

Cedar Living News

By Teresa Shaughnessy

The Herndon Covenant Church will be bringing in their congregation for services Sunday in the Cedar Living Center dining room. Residents who attended the service when the group visited on June 23 declared that it really was just like going to church and the congregational singing was an especially big hit. Visitors are welcome to join us at 10 a.m. for this lively service.

The past week was just as busy as ever here at Cedar Living Center. Monday afternoon residents met to play card games. Myrna Jones led the sing-along time before supper on Monday. Myrna had missed for a few weeks so everyone was pleased to have her back on the piano.

Several residents met after supper on Monday to try a game of Wheel of Fortune. Goldie Stapp and Tressie Rogers were the big winners of the evening.

There were lots of residents in attendance at the bingo game on

Tuesday afternoon. Everyone went home with a candy or two.

Pastor Charlotte Strecker-Baseler of the Faith Lutheran Church gave the monthly Communion Service Tuesday afternoon.

The craft group met on Wednesday afternoon to work on our display project for the fair.

Fr. Mark Berland had Mass for the Catholic residents on Thursday morning.

Residents and staff met for a party in the dining room on Thursday afternoon. Helen Juenemann was recognized for her many years of service as the beautician at Cedar Living Center. She is retiring and plans to spend more time with her grandchildren.

The bingo players met for a game on Thursday evening. Residents, staff and volunteers had a great time.

The baking group made fried zucchini on Friday afternoon. Fried

foods and fresh garden produce are always a big hit.

Connie Miller brought homemade cinnamon rolls in for a treat on Saturday afternoon. The group also spent time trying to remember all of the good old nursery rhymes.

The dietary and activity departments teamed up on Sunday evening to make ice cream sundaes for dessert. Residents had a variety of toppings to select from including whipped cream and a cherry for the top.

Recent out-of-town visitors: Kathy Brashears, Curtis, Neb.; Ceanne Rinehart, Ogallala, Neb.; Kathy Shaffer, Jim and Yanis Helm, McCook; Stephanie Pelkey, Gail and Rick Smith, Atwood; Mike Bailey, Jennings.

Oberlin visitors: Connie Olson, Marilyn Gamblin, Juanita Williby, Gerry Neff, Gladys Geis, Carol and Bill Duncan, Sherri Shuler, Mary McEvoy.

Know your medical history

When providing emergency care, doctors, nurses, and emergency personnel like paramedics will have many questions about the patient's medical history. Many times it may not be possible to remember the details of a medical history in a stressful situation.

That's why it's important to keep a comprehensive record of your medical information nearby. In many cases, this information can help a medical professional make quicker diagnoses and decisions during an emergency, when each second counts.

Keeping Track of Medical Information: Refer to the categories below to create a complete health record.

Keep one copy of the record in an accessible place at home (such as on the refrigerator) or by the phone, one in each car, one at the workplace, and one in the bag or wallet. Also send a copy to your kid's schools or childcare, and one to any regular care givers, along with the name and number of your doctor.

Allergies: Record on your list any known allergies to medications, both prescription and nonprescription, and any known allergic reactions to insect stings and bites and food allergies. In addition some people have latex allergies. In many cases, allergy information helps medical personnel discover a cause for problems like swelling or difficulty breathing.

Medications: Certain medications can't be taken together, so paramedics need to know all medications



Home Time

By Tranda Watts
Regional Extension Agent

(prescription and nonprescription) that are being taken before they can administer certain drugs. A person's symptoms also could be due to side effects of medications, which is another reason it's important to report everything being taken. In addition, you need to know the doses, the dosing schedules, and when and how much of the medications were recently taken.

Pre-existing Illnesses or Conditions: Pre-existing illnesses or conditions can have a great impact on the kinds of tests or treatments administered during an emergency. If there is a health problem - from diabetes to epilepsy to asthma - emergency medical personnel must know. For additional protection, those with chronic conditions (long term) should wear an identifying bracelet with this important information on it. This kind of immediate notification can help doctors save a life.

Hospitalizations and Operations: List the dates the person has been hospitalized, the reasons for hospitalization, treatments received, and the types of operations performed.

This information may help during and after an emergency situation.

Immunization: Keeping an updated record of all immunizations is important. If you need help remembering or compiling this, the staff at your doctor's office can assist you. Be sure to include information about any reactions to an immunization, such as seizures, high fever, or severe discomfort.

Height and Weight: When calculating medication doses, it's very helpful for doctors to know approximate height and weight. (Be sure to keep this updated.)

It's relatively easy to compile a medical history, and it could mean saving critical minutes - when they count the most. Information from KidsHealth.org.

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.

Norcatcur News

By the Norcatcur News Committee

Bee Nelson was a guest of her daughter, Tara Nelson, in Independence, Mo., from June 29 to July 13. During her stay, they went to the Lake of the Ozarks for some boating and tubing fun. One of the highlights of the trip was seeing "The Buddy Holly Story" at a dinner theater.

Gus and Kay Foth met their daughter, Karen Bristol, of Aurora, Colo., on the Fourth of July to pick up grandchildren Hope, Noah and Morgan Bristol for a two-week visit. They returned to Norcatcur in time to attend the watermelon feed and fireworks display at Prairie Dog State Park. There they were joined by Paul Foth and Monica Bebb of Lenora. The three children were also able to spend a few days with their cousins, DeAnna Foth, Baylee and Jay Johnson in Oberlin.

Linda Wood, wife of Pastor Ed Wood, was hospitalized for a few days in Norton. However, she was soon able to return to her new home in Jennings.

Happy birthday wishes to: Brenda Arnold, July 18; Mildred Schwab, July 19; Greg Long, Mary Wentz, July 20; Aaron Helm, Adam Spanier, July 21; Judy Ward, July 22; Carol New, July 23.

Adam and Andrea Spanier celebrated their anniversary on Tuesday.

Norcatcur Senior Citizens will play pinochle at 1 p.m., Thursday at the Methodist Church Educational Building. Everyone is welcome.

Recently, Gust and Kay Foth drove to Elyria, Neb., for their 55th class reunion of the Class of 1958. The reunion was held at the Country Neighbor Restaurant. Following the reunion, Mr. and Mrs. Foth visited the Mira Valley United Methodist Church where they were married 50 years ago. That same weekend the Foths attended the Ord High School Alumni Banquet held at the Ord Veterans Club. They spent the night with a niece, Jenny Hyatt and John Cobin on the North Loup River. Sunday morning they had brunch with Kay's uncle, Richard Wright, at Broken Bow, Neb. They returned to Norcatcur that night.

Steve and Debbie (Leichliter) Obrecht of Pueblo, Colo., came June 29 to the Denny Leichliter farm to help with wheat harvest. They reported being done by July 7.

Other guests for the Fourth of July were Kyle and Kathleen Obrecht, Maverick, Mercy, Martial and Moxy of Elbert, Colo., who arrived late the night before the fireworks

display at the Norton lake.

Joyce Price had house guests from July 1 through July 7. Her daughter and son-in-law, Linda and Keith Jurey, Albuquerque, N.M., came to look for a retirement home in this part of the country. They found a house in Oberlin and plan to move after the first of the year.

Noah and Morgan Bristol, grandchildren of Kay and Gust Foth, attended Vacation Bible School July 10 - 12 at the Norton United Methodist Church.

Mr. and Mrs. Ron Steelsmith and family of Phillipsburg visited Beth Johnson and Fred Molzahn July 12.

The Norcatcur Outreach Clinic will see patients from 9:30 to 11:30 a.m., Thursday. Call (785) 475-2015 to schedule an appointment. Walk-ins are also welcome.

Mount Pleasant News

By Dianne Bremer

Anyone wanting to visit with Elmer Waterman, Bonaire, Ga., and Ed Waterman, Ponca City, Okla., is invited to attend a potluck dinner in their honor at 6 p.m., Sunday, Aug. 4, at St. John's Lutheran Church Fellowship Hall in Oberlin.

Check your renewal dates ...

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Practice makes perfect

A shortstop takes dozens of ground balls before each game. A violinist methodically practices scales in order to play a challenging concerto. A point guard spends hours just shooting free throws.

The Apostle Paul compares the Christian life to training for an athletic competition. Like Paul, James K. A. Smith in his recent books "Desiring the Kingdom" and "Imagining the Kingdom" emphasizes the importance of practice(s) and discipline(s) for bringing our desires and longings into line with God's desires for this world. It's a matter of forming new habits, and that takes consistency and practice. As I've done each week, I've provided some follow-up questions for you to reflect on individually or with a group.

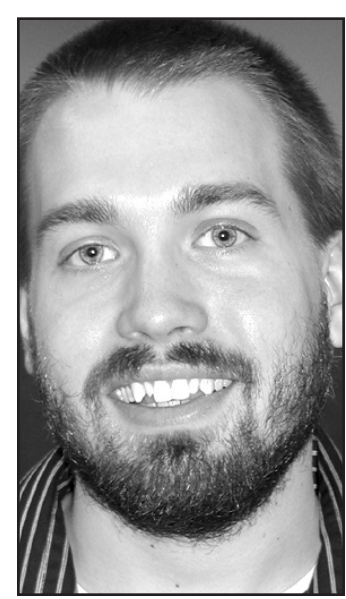
Smith suggests that we are trained to love the right things - that we make the priorities of Jesus our own - through a range of Christian practices inhabited by the Holy Spirit: habits like worship and prayer, hospitality and Sabbath-keeping, confession and forgiveness. Serious followers of Jesus are made, not born, he says. The consistent repetition of these seemingly mundane routines over time has a more profound impact on our character than any rules or principles we might learn intellectually. In other words, a convincing argument may be able to change our minds, but it takes practice(s) to change our hearts.

This suggests that there may be some value in "going through the motions." While many of us are rightly suspicious of "empty ritual," if worship and other Christian disciplines have the power to change us, then our consistent participation is crucial, perhaps even more so when our hearts are not in it. Sometimes just "showing up" is every bit as important as sincerity.

And this underlines the importance of practicing these habits in community. Smith says there are no private practices. Whether or not a particular song or prayer, for example, expresses the current state of my soul on Sunday morning is of little concern. We sing and pray with and for one another. We need each other to learn how to worship and to pray, to hold one another accountable, and to carry us when we are weak.

Practice(s) shape our habits. Habits form our hearts. And our hearts direct our actions. And action, it turns out, is the goal of worship. More about this next week.

What are the disciplines that you observe in your walk with Christ? How have they shaped who you are? Which practices do you participate in with others? What difference does that make? How has God used these habits even when your heart was not in it?



Pastor Chris Nelson
Evangelical Covenant Church of Oberlin

Schedule of Oberlin and area church services:

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| <p>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.</p> <p>SACRED HEART CATHOLIC, SELDEN
Fr. Mark Berland, MASS: 10:00 a.m. Sunday</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>PRAIRIE CHAPEL UNITED METHODIST
The Rev. Nancy Proffitt
SUNDAY: Church Services, 9 a.m.; Sunday School, 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> | <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>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>CLAYTON UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 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 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>NORCATCUR UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p> | <p>LYLE UNITED METHODIST
Guest Speakers every Sunday
SUNDAY: Morning Worship 9 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.
Sunday: Sunday School 10am Worship 11 am "The Difference is worth the Distance" facebook.com/LundCovenantChurch</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>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> |
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