

Lyle News

By Veda Wood

We are having foggy, drippy weather with the temperature in the 50s. It feels good, but after the heat we had, it almost feels cold. I decided it was a good time to turn the oven on and made a little pan of corn bread for corn bread n' beans. Good! Speaking of good meals, neighbors Tom and Cheryl brought me a plate with chicken livers, mashed potatoes and gravy. Are you hungry yet?

My week was taken up with doctor's appointments. Still waiting for results from three tests. Kathy Van Meter and Lloyd Frandsen attended the Red Willow Fair on Saturday. They had supper and went to the rodeo. On Thursday,

Kathy went to a musical production, "Grease" in Kearney sponsored by her bank. The show was followed by supper at the "Chicken Coop".

June Jolly "Fair Sat" for the Community Building at the McCook fair on Saturday. She played cards on Thursday and Saturday, and has her new quilt in the frame.

Toots Magers played pinochle on Thursday. After church on Sunday, the Powells had their annual picnic at the Powell picnic grounds, with 24 attending. This was about the smallest number they had ever had. It was so chilly, they built a campfire to keep warm. No danger of forest fires with everything so damp. Elden Huff and Jeff Allen ran ce-

ment and fixed the slippery slide at the Lyle Community Building. Now kids (or whoever is so inclined) can play on it.

Little sister, Dixie Wood, turned 80 on July 27. Our brother-in-law, Rudy Bowe, of Gresham, Ore., has been suffering with a broken leg, and is not doing well.

At noon on Sunday, Aug. 11, everyone is welcome to the Community picnic, sponsored by the Liberty-Star Club at the Powell picnic grounds. Bring a dish, place setting and chair. Drinks will be furnished by the club. If the weather isn't cooperative, the picnic will be moved to the Lyle Community Building.

Safe food preservation a must

Seasonal fruits and vegetables typically cost less, so it's easy to understand why cost-conscious consumers are embracing home food preservation.

Doing so can extend health benefits from fresh foods for future meals and trim grocery bills when out-of-season prices rise.

There is a growing interest in home food preservation, but this can also lead to food safety mistakes if recommended practices are not followed. Such mistakes can cause food borne illnesses and be life threatening.

Novices can be successful but it's important for both new and more experienced home food preservationists to choose tested recipes and follow directions exactly. New and improved equipment and recommended techniques can simplify the process.

Safe home food preservation typically involves canning, freezing or drying. Recommendations for the three methods have similarities, such as:

- Start with a clean kitchen. Wash hands frequently. Clean as you go to prevent cross contamination.

- Start with good food. Select fresh fruits and vegetables that are free of insect damage, nicks, bruises and mold.

- Read the recipe in advance, and make sure all ingredients and equipment are on hand.

- Allow time to complete the process. Home food preservation requires staying in the kitchen, on task.

Follow the canner manufacturer's recommendations and read the manufacturer's instructions for using a smooth top electric range or cook top with canning equipment. That's important as some smooth top cooking surfaces are not recommended for home canning because the weight of a canner can crack the glass cook top.

Home food preservationists should become familiar with the properties of the food because food content will dictate preservation



Home Time

By Tranda Watts
Regional Extension Agent

methods. There are specific differences in recommendations for canning low-acid foods and foods with a higher acid content:

- Low-acid foods, such as meats and vegetables, require pressure canning to achieve a safe, recommended processing temperature (240 degrees F) to reduce potential risks of botulism that can grow in improperly canned low-acid foods.

Pressure canners require an investment, but can be used for several seasons when used and cared for according to manufacturer's directions, which vary with the type of gauge.

A pressure canner with a dial gauge should be checked for accuracy annually because a variance of one pound (up or down) can increase the risk of food-borne illness. Contact your local Extension Office to make an appointment to get your

dial gauge tested. Gaskets, seals and vent holes also should be checked annually.

A pressure canner with a weighted gauge can be easier to maintain, as only the gaskets (which should be clean and pliable) and general condition will typically need to be checked each year.

Most experts do not recommend buying a pressure canner at a garage sale, thrift store or auction, as you won't know its history, how it has been cared for, and may not be able to buy replacement parts.

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

Mount Pleasant News

By Dianne Bremer

Congratulations to Brent and Molly (Coleman) Olson of Oberlin on the birth of their first child, Kyler Andrew. Kyler was born Friday, July 26, weighing 7 pounds, 9 1/2 ounces, and was 20 inches long. Grandparents are Mike and Mirla Coleman and Randy and Sharon Olson; great-grandparents are Loyd and Fern Moore and Eunice Martin of Oberlin; Edith Coleman, Grandview, Mo.; and Darlene Feikert, St. Francis.

The potluck previously scheduled for Elmer and Ed Waterman at St. John's Lutheran Church on Aug. 4 has been canceled due to unforeseen circumstances.

Ralph and Norma Unger returned home Saturday after enjoying a week long family vacation in Steamboat Springs, Colo., with their children and families, Butch and Colleen Rittmann, Christian and Rielly, Shawnee; Bob and Rachelle Gorrell, Connor and Logan, Bland, Mo.; and Ryan and Darci Unger and Ty and Brock Zwegardt of St. Francis.

Roland and Pam May and Hannah drove Alessa Walz, a Farm Youth Exchange Student, to Manhattan Friday to meet her new host family. Alessa is from Vaihingen/Enz, Germany, where her family runs a vineyard/winery operation. She was

a houseguest of host family, Roland and Pam May, Zach and Hannah, the past couple weeks.

Greg and Janice Cundiff took John and Dianne Bremer to dinner Saturday evening to celebrate Dianne's birthday.

Kristen Bremer and Rowan, Jessica Bremer and John and Dianne Bremer attended church together Sunday morning, then enjoyed breakfast at a local restaurant to celebrate Dianne's birthday. After breakfast, they returned to the Bremer home for visiting and later enjoyed a homemade birthday cake made by Jessica, decorated to look like a watermelon.

Herndon News

By Julie Hafner

The Niemeth "pickling crew" of Herndon, Laverne, Jerry and Kim spent the weekend at the Jan Alexander home in Arvada, Colo., making quarts of dills.

Bill and Mary Jo Bock, Los Angeles, CA alif., are in the area visiting cousins, Bob and Julie Hafner and Janice Sattler and family.

St. Mary's Parish will celebrate the Feast of the Assumption of the Blessed Mother, at 5:30 p.m., Thursday, Aug. 15. Mass will be followed by a supper at the hall. Meat and beverages will be provided. Come join in the evening gathering.

Friends in Herndon of Bufard Clark, Atwood, extend sympathy

to his family. Bufard was born Aug. 9, 1921, and died Wednesday, July 24, 2013 in Atwood. Services are pending at this time with Williams Funeral Home in Atwood.



JULIE'S MEMORY JOGGERS: Pictured are two unidentified coyote hunters from the Herndon area. Stephens Photography took the picture. If you have any information about these two men call Julie Hafner (785) 322-5219. — Math Leinwetter collection

We Gather to be Sent

What is the purpose of worship? Why do we go to church? In two recent books, James K. A. Smith suggests that the goal of worship is action; we gather to be sent. This month we've been learning from Smith's "Desiring the Kingdom" and "Imagining the Kingdom" about how worship forms us. This week we'll wrap up by taking a look at how learning to love what Jesus loved inspires us to live like Jesus lived. Questions for individual or group reflection follow.

We've been talking all month about how worship forms us, how going to church may change who we are and how we live. It's important to note that this is, in a sense, a side-effect of worship. As a former teacher of mine once quipped, "We don't worship because it's good for us. We worship because God is good." Worship is first of all about God, but it is also the means by which God's people are enlisted into his mission.

We have a tendency to see a tension between worship and mission, between the monks who retreat behind monastery walls and inner-city activists or overseas missionaries. But rightly understood, worship and mission are intrinsically linked.

Worship is not a retreat. Worship is not my personal refueling station. Worship is not separate from Monday through Friday life. Worship, instead, is

"where we learn to take the right things for granted," to share God's desires for his creation, so that we may be sent in the power of the Spirit, working to re-create the world in that likeness. Mission is not possible without the formative presence of the Holy Spirit in worship.

Or to put it in succinctly: worship actually changes us. Through scripture and song, through story and sacrament, worship captures our hearts with a vision of the kingdom of God and orients our desires toward the right ends. Worship does not merely motivate us to follow the example of Christ; it draws us into the life of God and unites us with Christ so that we become more and more Christ-like.

As Smith puts it, "It's not a matter of choosing between worship or mission... To the contrary, we worship for mission; we gather for sending; we center ourselves in the practices of the body of Christ for the sake of the world."

If we would answer Christ's call to "Go and make disciples," to love God and to love our neighbor, then regular immersion in worship that moves and forms us is where we must begin.

Why is worship important to you? Do you tend to favor the outward life (action) or the inner life (contemplation) in your relationship with God? Why are both crucial to living as Jesus' disciple?

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 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.

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.

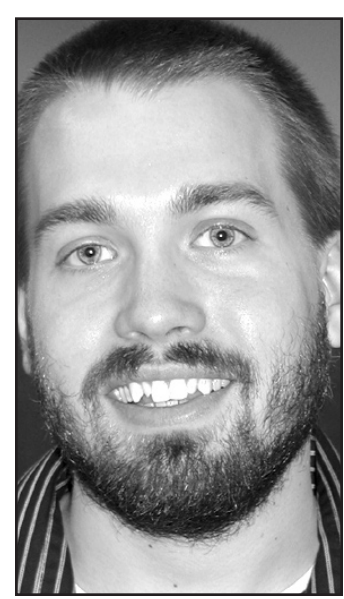
NORCATUR UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

LYLE UNITED METHODIST
Guest Speakers every Sunday
SUNDAY: Morning Worship 9 a.m.

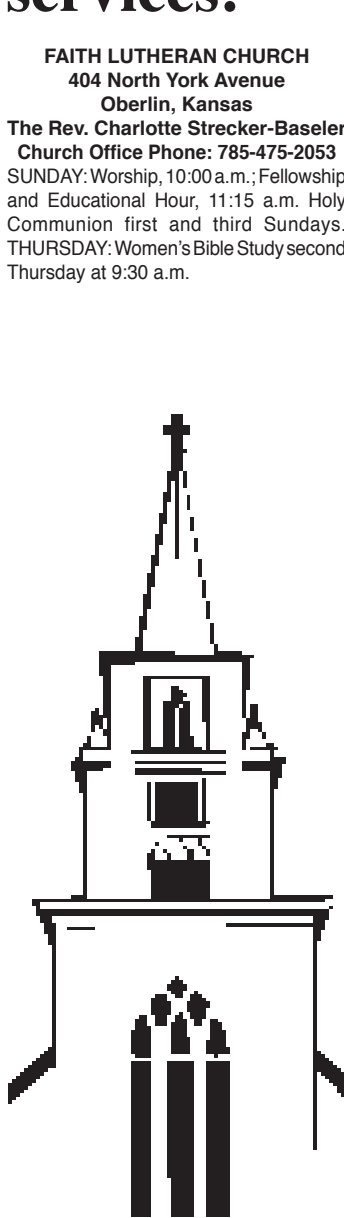
EVANGELICAL COVENANT CHURCH OF OBERLIN
Pastors: Chris and Sharon Nelson
810 West Cedar, Oberlin
Office Phone 785-475-2769
SUNDAY: Worship Service, 9:30 a.m.; Fellowship Time, 10:30 a.m.; Sunday School, 11 a.m. WEDNESDAY: Bible Study, 7 p.m.

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 Chris Nelson
Evangelical Covenant Church of Oberlin



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785-475-3127 — Oberlin
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Selden News

By Jacque Boultinghouse

During Senior Citizens at the Community Center on July 25, Ralph Weis won high with a score of 670. Lillian Sulzman took second with a score of 634 and Ann Hazlitt got low with a score of 420. Other members present included: Batty James, Pat Wessel, Jeanie Spresser, Royce Cook, Lola Cook, Bob Wessel, Carl Mumm, Paul Neff and Gail Mumm.

It will be "Movie Night" at 9 p.m., Friday in the City Park. Showing will be "Journey to the Center of the Earth." The occasion is to celebrate a successful summer reading program. Be sure to bring blankets or your lawn chairs.

Birthdays and anniversaries: Aug. 3, Megan Juenemann; Aug. 4, Karly

Miller, Domingo Vargas; Aug. 5, David Zodrow, Marilyn Kaus, Paul and Karla Bruggeman, Corey Shaw, Sara Juenemann, David Kruse; Aug. 6, Dick and Pat Stevenson, Robbie Koerperich, Mike Beckman; Aug. 7, Ben and Kelsey Rhodes, Cory Wurm, Laura Ritter, Jesse Mumm, Kaitlyn Steadman; Aug. 8, Rick and Tammy Shaw, Clara Gillum, Casey and Shannon Shaw.

The 2013 - 2014 school year for Golden Plains schools is about to begin. Enrollment is from 8 a.m. to 4 p.m., on Aug. 5 and 6 at both Rexford and Selden schools. Free physicals will be from 4 to 7 p.m., Thursday, Aug. 15 at the Family Clinic. The first day of school is Thursday, Aug. 22.