



## Home Time

By Tranda Watts  
Multi-county Extension Agent

# Reduce your plastic exposure

Canada and Minnesota were the first to ban the sale of plastic baby bottles (and cups intended for use by children less than 3 years old) that contain the chemical bisphenol A, or BPA. BPA is used to harden plastic, making the bottles harder and more durable, shatterproof and heat resistant. These safety features have a down-side, however. BPA leaches out of the bottles and is transferred into the milk, especially after it is heated.

**The potential harm of BPA**  
The concern is that if enough BPA gets into the diet, it has effects similar to human hormones. Infants are especially vulnerable. Why? Because their exposure to BPA is high if they get their milk from BPA-containing bottles; their bodies are small and still developing; and they can't eliminate BPA as quickly as adults can.

Scientists do not agree on how much BPA exposure is harmful. The U.S. Food and Drug Administration considers human exposure to BPA to be below the levels that cause harm to people of any age.

**BPA products**  
Along with most baby bottles and cups, BPA is in many pacifiers and plastic kitchen items, such as some reusable beverage and food containers, tableware, microwave oven dishes and bottle tops. BPA-containing plastics are also used as liners in some metal food and beverage cans. BPA is found in some, but

not all, plastics with the number "3," "6" and "7" recycling symbol.

### Ways you can reduce your family's exposure to BPA

- Breast feed your baby
- Use "BPA-free" plastic baby bottles, water bottles and other kitchen products. Read product information labels to determine if they contain BPA. For example, use plastic baby bottles with the number "5" recycling symbol, or use plastic bag inserts.
- Use non-plastic containers.

For example, use food-grade metal beverage containers without plastic liners and use metal tableware. Use glass, porcelain or lead-free ceramic dishes to microwave foods.

- Hand-wash bottles and plastic food containers using mild non-abrasive detergent, instead of using a dishwasher. Allow them to dry thoroughly before re-use. Discard bottles and food containers that have cracks or scratches.

- Eat fewer foods sold in metal cans. Instead, choose foods packaged in glass jars or cardboard "brick" cartons, along with fresh, frozen and dried 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 or e-mail twatts@ksu.edu. For more information, contact the county extension office, 475-8121.

Bee Nelson and Wava Reames returned from a trip across the state to Kansas City and on to Independence, Mo., where they visited Tara Nelson and Anita Volsky. They reported a smooth trip and seeing wheat harvest in full swing. They added that the corn looks great in eastern Kansas, tasseling out and setting on ears. While on their trip they shopped at local fruit and vegetable stands and at a clearance house called Cargo Largo. They also hit pet stores and discount stores. The highlight of their trip was spending time at a lake house on Lake of the Ozarks.

Mary Lesle accompanied Dorothy Ward to McCook on July 7 for Dorothy's hearing appointment. The ladies ended their day with shopping and a stop at a coffee shop.

Dave and Patty Stapp, Sam and Kaitlyn attended the fourth birthday party for Spencer Schliep in McCook. Other guests were Spencer's parents, Dave and Linda Schliep

and Addison; Greg Dempewolf, Culbertson, Neb.; Rose Riffle, Bob Dempewolf, Marian Dempewolf, Oberlin; and Mr. and Mrs. Duane Schliep and Denise Powell.

Patty Stapp took a few days off from her job at the Bank in Norcatour to be with her mother, Marian Dempewolf, following surgery. Sheree Milnes filled in for her.

Celebrating birthdays and anniversaries were: Dickie Beachel, July 9, John Baker, July 10, Renee Harmon, July 12; Rea and Dee Magers, July 9.

A benefit supper for Terri James was held Sunday, July 12 at the Norcatour Grade School gymnasium. Sponsors were Oberlin Eastern Star, Norcatour Commercial Club and Norcatour Royal Neighbors of America.

Sara Cawak, Craig, Colo., great-niece of Rea and Dee Magers, recently spent the weekend with them. She is studying for a degree as an Equine Dietician at Oklahoma

State University.

Another visitor at the Magers home was Jay Locy, Kearney.

A Fourth of July barbecue at the Mager's home was attended by Miss Cawak, Jeff Magers, Cedar Bluffs, Margaret Magers, Lyle, and Charlie and Judy Easton, Quinter. Later, they all attended the fireworks display at Sebelius Reservoir.

Justine (Miller) Tuttle, El Dorado, arrived at the Stan and Carol Miller farm on Monday, June 29 to help cook for harvest. When rains stopped harvest on July 3, she and her parents, went to Topeka to spend the weekend with Mr. and Mrs. Curt DeDonder and Sophia. They celebrated the Fourth of July with Mr. DeDonder's family in St. Mary's. The Millers and Mrs. Tuttle returned to Norcatour on July 5 and went back to harvest duties.

Recipients of the Norcatour Commercial Club scholarships will be announced soon. The deadline to apply was July 8.

Mary Lesle and Dorothy Ward ate supper in Norton on July 4. The rain clouds caused them to skip the fireworks display at the lake. Instead, they returned home and watched Norcatour's own fireworks. Sunday, the two women drove to Oberlin where they took Beth Sebaugh out to dinner. They report Mrs. Sebaugh is recuperating, but is not yet allowed to drive.

Senior Citizens met at the Methodist Educational Building on July 3 for an afternoon of cards. There were 13 players present. Winners were Eleanor Jensen, followed by Veda Wood and Paul Welch. The next meeting will be at 1:30 p.m., Friday, July 17 at the Educational Building.

Vonda (Leichliter) Laird recently made a donation to the Clayton Cemetery Fund in memory of her husband.

# Good Samaritan News

By Lisa Paulson

To everything there is a season, A time for every purpose under heaven: Ecclesiastes 3:1.

When planning activities for the residents, there are always three "P's" to consider; peace, pleasure and purpose. The most important of the three is purpose. We all need to be needed.

One of the leading causes of depression is the feeling that one's life doesn't matter anymore. Here are some actual comments made from your loved ones here at the Good Sam: "There is no reason (purpose) to get up in the morning." "Why doesn't God just let me die?" "What can I do? I'm old...nobody cares what I think." "My family doesn't visit anymore...what good am I? It breaks your heart, doesn't it?"

Psalm 139: 13-16 says: For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well. My frame was not hidden from You, When I was made in secret, And skillfully wrought in the lowest parts of the earth. Your eyes saw my substance, being yet unformed. And in Your book they all were written. The days fashioned for me. When as yet there were none of them.

God alone knows our birth date and our death date...until He calls us home...we still have a purpose! The challenge is helping each resident find purpose, no matter their physical or mental limitations....

the next segment of the scripture reads:

How precious also are Your thoughts to me, O God! How great is the sum of them! If I should count them, they would be more in number than the sand; When I awake, I am still with You.

The residents probably tire of me saying "God woke you up this morning, so He must have something for you to do."

For some residents with physical challenges, their job for the day may be to pray for specific needs... to praise God by listening to music... to learn something new... to greet visitors ...or to share Jesus with someone who is caring for them.

I met a young man this weekend that worked as a certified nurse aide in high school and gave his life to Christ when a 90-year-old resident shared her love for Jesus with him. He is now in ministry! Wow! That is purpose for eternity!

When someone has purpose it automatically takes care of the other two "P's." It gives both peace and pleasure!

Amy Rehm, Faye Miller, Leone Porsch, John Wright (visiting), Opal Bryan, Myrtle Ross, Alice Bobbitt, Evelyn Olson and Kathryn Post tapped their creative abilities and made colorful poppy tissue paper paintings.

The P.E.O. Club helped us celebrate the birthdays of Emma Sanford, Nadine Anderson and Lora Zwickle. Betty Jones introduced the residents to Clown Ministry,

and encouraged them to join her in some mime techniques put to music. Everyone enjoyed homemade pies brought by the ladies.

The Lyle Gals, famous for their laughter, cookies and heart for pinochle, were here for their monthly card party. Lora Zwickle, Myrtle Waldo, Leone Porsch, Alice Bobbitt, Pooch Portchy and Opal Bryan all played.

Michael Noren engaged the residents in a lively game of Kick Ball, Thursday afternoon.

Bingo, the old favorite, took place on Wednesday night, thanks to Marilyn Horn and Colleen Geihlsler. Nineteen residents joined them.

Visitors this week were: Jerry and Dorothy Pointer (Elmwood, Neb.) Mert McEvoy and Mabel

McLaughlin (Sturgeon, Mo.) for Lucy Schissler. RD Thornton had two daughters visit: Lynn and Ralph Streit (Larned) and Chris Dempewolf (Norcatour) and granddaughter MJ Dempewolf. Cheri Kastens ate lunch with Pooch Portschy, Loren Escher and Hubert Mumm. Hubert and Doris Marintzer were both visited by Bud and Vicky Mumm (Gem). Jeanne Hafner came to see Eva Bryan. Gladys Geis for Kathryn Post. Reva Marshall and Penny Fringer for Dorothy Hunt. Marvin and Sharon Slabaugh for Opal Bryan. Barry Martin (Olathe), Terry Martin (Shawnee) and Eunice Martin for Glenn Martin. Eunice Richards for Opal Bryan and Earl Brown. Betty Heisel visited Ethel Nemeth and Dorothy Hunt.

# What is sin?

By Pastor Doug Mason, Lund Covenant Church

Sin — you've heard the word all your life. You've lived with it. Sin is something we often joke about like when we mock an evangelist, "Repent, ye sinner!" Or the old phrase, "The devil made me do it." But do we really understand what sin is? I want to try to explain that without getting all the theological. No big words, no complicated philosophies.

Sin is simply acting apart from God's will. If we do or think something that God would not approve of we sin. Sometimes we sin by not doing something. One of those passive sins that many youth deal with is not interceding for kids being bullied or teased. We can't escape sin, but we don't have to be controlled by it. People often say that they have committed unforgivable sins. But there is no such thing. Just look at the characters in the Bible. They were all sinners. Paul, for example, oversaw the stoning of Stephen. He had Christians beaten and imprisoned. Yet, God, not only forgave him, He used Paul in a mighty way.

What have you done? I challenge you to find a

passage in the Bible that says that your particular sin is unforgivable. No matter what you've done in the past, Jesus died for you. His death paid the price for all sin. All we have to do is accept that gift. As a result of accepting that gift (receiving Christ in your heart) we are made clean. "Though your sins are like scarlet, they shall be as white as snow." *Isaiah 1:18*

*2 Corinthians 5:17* says, "Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!" What a great promise! The old you is gone — history — out-of-here! There is a new person, pure, holy, without blemish and totally presentable to God. Wouldn't it be great to live without that feeling of dirtiness? Remember that it doesn't mean that you won't sin anymore, but that you and the Holy Spirit are working on a new you, constantly striving to leave the old ways behind and focusing on the great prize. Like the old song says, "I'm just an old lump of coal, but I'm gonna be a diamond some day."



# Chamber News

By Carolyn Hackney

Where does time go? It is almost fair time, and lots of people are making their preparations.

Lots of volunteers are needed for the carnival rides and games. You can see any Amusement Authority member or see me at the Chamber office, or just call me at 475-3441.

It really helps when plenty of people take a turn and no one has to work very many hours. Maybe some of your visiting family that week might enjoy helping for a couple of hours at the fair. Working together at something fun always makes for good memories. Any help will be greatly appreciated.

There were a few vegetables at the last week's Farmers Market, along with the same good vendors who have been there each week so far. Hopefully, lots of good vegetables will arrive this week.

I was asked to attend a meeting last week with a group of people who are planning the "Up in Smoke on the Blackwater" Barbecue Cook-off in September. This sounds like a fun event. I plan on taking my tent and joining them for part of the day and night.

They are a small group and would welcome anyone who would like to join in their fun. They had 10 or 12 people who entered the cooking contest last year. The thought is making me hungry already.

I also had a lady call me about a Boy Scout Pow Wow that on Saturday, Aug. 8, at Colby Community College. They were looking for vendors to come with anything that goes along with Boy Scouts (hunting, fishing or anything with outdoor

life). If interested, call (785) 460-5413. Two names they gave were Barry Kaaz, and Kathy Cayton.

I get a copy of the *Norcatour News* each week. The food at the Cardinal Bar and Grill sounds delicious! Along with the normal community events, it talks about some history of Norcatour and some of the people who have passed on. Of course, a lot of their relatives still live in the area.

There is some interesting reading and the little city has some events going on that might be of interest to others outside the city. You can write for a subscription to *Norcatour News*, Box 15, Norcatour, Kan. 67653, or just scan the weekly excerpts right here in *The Oberlin Herald*.

The Chamber board members and I agreed that we would do a drawing for a scooter again. I haven't finished the plans yet, but I will have more information about the scooter yet this week, and tickets will be available at that time.

Don't forget to come join us by the Gazebo in Centennial Park at 7 p.m., Sunday for snacks and entertainment by Joe Hirsch & Co. This will be great! See you there.

This is something to think about: If every household in Decatur County would spend \$100 more each month at locally-owned businesses, instead of some other town, think how much income it would generate for our county. Statistics show, in another county, that about \$68 out of every \$100 stays in the county. Ours figures should be close to the same.

Have a great week!

# Schedule of Oberlin and area church services:

<p><b>OBERLIN SACRED HEART CATHOLIC CHURCH</b> 785-475-3103 Fr. Henry Saw Lone, MASS: 5:30 p.m., Saturday</p>	<p><b>OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)</b> Pastor: Gene Gee SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., WEDNESDAY: Service, 7 p.m., FRIDAY: Celebrate Recovery 6-10 p.m.</p>	<p><b>NORCATOUR UNITED METHODIST</b> Pastor: Larry Danforth Almena SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p>	<p><b>FAITH LUTHERAN CHURCH</b> 404 North York Avenue Oberlin, Kansas Rev. Charlotte Strecker-Baseler Church Office Phone: 785-475-2053 SUNDAY: Worship, 9:30 a.m.; Fellowship and Educational Hour, 10:45 a.m. Holy Communion first and third Sundays. THURSDAY: Women's Bible Study second Thursday at 9:30 a.m.</p>
<p><b>IMMACULATE CONCEPTION CATHOLIC, LEOVILLE</b> Fr. Henry Saw Lone MASS: 8 a.m., Sunday</p>	<p><b>OBERLIN UNITED METHODIST</b> 102 North Cass — 785-475-3067 The Rev. Doug Hasty SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Choir practice, 7:30 p.m.</p>	<p><b>LYLE UNITED METHODIST</b> Guest Speakers every Sunday SUNDAY: Morning Worship 8 a.m.</p>	
<p><b>SACRED HEART CATHOLIC, SELDEN</b> Fr. Henry Saw Lone MASS: 10 a.m., Sunday</p>	<p><b>CLAYTON UNITED METHODIST</b> Pastor: Larry Danforth Almena SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p>	<p><b>EVANGELICAL COVENANT CHURCH OF OBERLIN</b> 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><b>OBERLIN SEVENTH-DAY ADVENTIST CHURCH</b> Jerry Nowack 120 South East, Oberlin SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m.</p>	<p><b>OBERLIN ASSEMBLY OF GOD</b> 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><b>LUND COVENANT CHURCH</b> Pastor: Doug Mason 10 miles south, 4 miles west of Oberlin SUNDAY: Sunday School, 10 a.m.; Worship, 11 a.m.; WEDNESDAY: Bible Study and prayer, 7:30 p.m.</p>	
<p><b>JENNINGS-DRESDEN UNITED METHODIST CHURCH JENNINGS</b> Carrie Buhler, pastor SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m. DRESDEN SUNDAY: Morning Worship, 9:30 a.m.</p>	<p><b>OBERLIN CHURCH OF CHRIST</b> South Beaver Street - Oberlin Bill Duncan — Phone 785-475-3259 SUNDAY: Sunday School, 9:30 a.m.; Worship Hour, 10:45 a.m. WEDNESDAY: Ladies Home Bible Study, 9 a.m.</p>	<p><b>ST. JOHN'S LUTHERAN CHURCH</b> 510 North Wilson Interim Pastor: Kevin Schnakenberg SUNDAY: Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 8 a.m.; Holy Communion: 1st and 3rd Sundays..</p>	
<p><b>PRAIRIE CHAPEL UNITED METHODIST</b> The Rev. Doug Hasty SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p>	<p><b>HERNDON IMMANUEL UNITED CHURCH OF CHRIST</b> Pastor: Dennis Brown SUNDAY: Morning Worship, 9 a.m.</p>	<p><b>PAULS FUNERAL HOMES</b> A Trusted Name Since 1925. Phone: 785-475-3127 — Oberlin 785-386-4311 — Selden Derek Riner Rick and Dori Pauls</p>	
<p><b>UNITED CHURCH OF OBERLIN</b> 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 &amp; 3rd Sundays. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Sun. following Worship</p>	<p><b>HERNDON COVENANT CHURCH</b> Keith Reuther, Pastor Phone 785-322-5316 SUNDAY: Sunday School, 9:45 a.m.; Morning Worship, 11 a.m.; Youth Group, 4 p.m.</p>		

Classified Ads get results!

Call Pat at 475-2206

We urge you to attend church regularly: