

Good Samaritan Center

By Lisa Paulson

Dennis Brown preached and Jeanette Diedrich sang at the memorial service in honor of Dennis Wurm. Their common theme was, "Blessed Assurance, Jesus is Mine!" Dennis wasn't at Good Sam for long, but we were blessed by knowing and loving him.

Our Storytellers met on Monday and wrote a fun, little story they titled "Dogs in the Sky." Anita Hirsch, Vi Krizek and Cheryl Miller all helped facilitate the writing and imaginations of Loren Schrock, Betty May, Amy Rehm, Marylu Brown, Violet Schissler, Leona Helmkamp, Opal Bryan, Alice Bobbitt, Connie Cramer and Leone Porsch.

Our First Hand Friends are about to graduate to the second grade! Mrs. Witt's class came to read for

the last time and now they are so looking forward to celebrating at the Teddy Bear Picnic on their next visit.

More pampering by Britta this week; Barb Beisner, Amy Rehm, Connie Cramer and Cheryl Hill all were humming happily as they enjoyed a relaxing massage.

Yuki Berkheimer, Carol Duncan and Marilyn Horn came on Thursday with fresh fruit and homemade cookies for Social Hour. Bernice Martin did the same for us on Wednesday. Cheryl Miller and Loren Schrock provided music.

In House Club planned to head outside for some sunshine and courtyard fun, but their plans were dampened by the rain. Vera Kacirek, Margaret Vacura, Evelyn Olson,

Leone Porsch, Mary Waldo, Marylu Brown, Dorothy Pryor and Connie Cramer just stayed indoors for some Rainy Days reminiscing.

This week's guests were: Rod and Glenna Copeland and Eunice Martin for **Colen Martin**. Pat Fringer for **Margaret Vacura**. Cheryl Miller for **Loren Schrock**. Max Carman for **Myrtle Waldo**. Jerry Hill for **Cheryl Hill**. Reva Marshall for **Dorothy Hunt**. Sharon Slabaugh for **Opal Bryan**. Murry and Audrey Pavlicek for **Mary Lemman**. Gerald Benda for **Eulaine Benda**. Connie Simonsson for **Amy Rehm** and **Marylu Brown**. Marilyn Horn for **Myrtle Ross**. Gerald Olson for **Evelyn Olson**. Galen Olson came to visit **Everyone!**

Too much sugar, not sweet



Home Time

By Tranda Watts
Regional Extension Agent

The average amount of added sugar eaten in the U.S. is about 20 teaspoons (79 grams) per day. While you probably know that "too much" added sugar is not a good thing, how much is too much?

Here are the limits for added sugars, as recommended by the American Heart Association. Children should get no more than three teaspoons (12 grams) per day. Women should get no more than six teaspoons (24 grams) per day. Men should get no more than nine teaspoons (36 grams) per day.

How can you tell how much added sugar is in a food? Read the ingredients label. Names for added sugar include: high fructose corn syrup, molasses, cane sugar, corn sweetener, syrup, honey and fruit juice concentrates. The beverage or food also has added sugars if its ingredients list has words ending in "ose", such as fructose and sucrose.

How can you tell how much added sugar is in a food? You can't know the exact amount. Nutrition Facts labels show the grams of total sugar, but this amount includes both added sugars and naturally occurring sugars. But if the food does

not contain fruits or dairy products, know that the total grams of sugar shown on the Nutrition Facts label will be mostly from added sugars.

Below are ways to reduce your and your family's intake of added sugars, based on the main sources of sugars in the U.S. diet.

- Limit sugar-sweetened beverages; soda, energy drinks, sports drinks, sweetened fruit drinks and sweet tea. Just 12 ounces of regular soda contain 8 teaspoons (32 grams) of added sugar. Instead, satisfy your thirst with water most of the time.

- Reduce the amount of cake, cookies, pie, sweet rolls, pastries, donuts, ice cream and candy that you eat. Instead, most of the time, serve unsweetened fruit at the end of meals and as snacks. These include no-added-sugar fresh, fruit canned in water or in 100 percent juice, and unsweetened dried and

frozen fruits.

- Switch to no-added-sugar breakfast cereals.

- If you buy flavored yogurt, switch to plain instead. For extra flavor, add unsweetened fruit.

- When preparing baked goods, cut the sugar called for in your recipe by one-third to one-half. Often you won't notice the difference.

- Remember that treats should be enjoyed only occasionally, not every day. Enjoy a sweet life of good health.

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.

Mount Pleasant News

By Dianne Bremer

Among those from Decatur Community High School competing in State Music at Kansas Wesleyan University in Salina on Saturday were Cassidy and Caitlin Shields, Elizabeth Nedland, and Hannah, Zach, and Ryan May. Vocal solos: Cassidy and Zach - 1; French Horn solo: Elizabeth - 1; Percussion solo: Caitlin - 1; and flute solo: Hannah - 2. The percussion ensemble, brass ensemble, girls ensemble, DCHS Singers, and Men in Black also received 1 ratings. Chante received a 2 rating. In the groups were Caitlin - percussion ensemble, Elizabeth - brass ensemble, Ryan and Zach - Men in Black, Elizabeth, Hannah, Cassidy, Zach and Ryan - Singers, Hannah, Elizabeth

and Cassidy - girls ensemble, and Caitlin - Chante.

Stephanie Loyd, Manhattan, finance of Denton Bailey, was honored with a bridal shower Saturday morning at St. John's Lutheran Church in Oberlin. Hostesses were Colleen Rittmann and Riley, Shawnee; Andrea (Bailey) Bromm, Tekamah, Neb.; Danielle Bailey, Omaha, Neb.; Norma Unger and Sarah Fredrickson.

Dianne and Jessica Bremer attended a bridal shower for Molly Coleman Saturday afternoon at the Golden Age Center in Oberlin, hosted by Allie (Moore) Lohrmeyer, Kelly Moore, Sondra Fowler and Krista Fowler. Molly will be a July bride and is the fiancé of Brent

Olson.

Hunter Nedland won the Jurors Merit Award at the High Plains Art Fest Gala this weekend at the Oberlin Gateway Center.

Alfred Euhus, Centennial, Colo.; Dennis Euhus and Kenneth and Mona (Euhus) Hoehner were Sunday noon dinner guests of Gaylord and Shirley Euhus.

Esther (Jording) Hoffbauer, a former resident of the Mt. Pleasant community, will celebrate her 100th birthday May 13 and would enjoy receiving cards and letters. Her address is: Esther Hoffbauer, c/o Carroll Hoffbauer, 9303 Jonagold Court, Yakima, Wash., 98903-9616.

Rexford News

By Gwen Griffiths

People are busy getting ready for graduation and the end of the school year here. We attended the spring band and choir concert at Golden Plains on Thursday evening and enjoyed hearing the music performed by all of the groups. The concert was followed by the annual Sophomore Work Auction. There was quite a crew of workers up for bid, and somehow we came home with three of them committed to help us this summer!

Shaun Gilbert received the Dane Hansen Scholarship for the next two years. He also received a Kansas State University academic scholarship. He will be graduating from Colby Community College this spring and will transfer to Kansas State in the fall. He is pursuing a degree in engineering.

Clara Gillum, Raenell Lunsway and Joan Todd made a tour of their childhood homesites earlier this

month. They visited Page City, where Raynelle was raised and then drove to north of Arapahoe, Colo., where Joan grew up, and finally cut across country to trek to the top of Mount Sunflower. They ended their journey in Clara's childhood home, south of Goodland. They shared many memories and lots of laughter.

The Country Quilting and Keepsakes quilting group spent the weekend at Shepherd's Staff doing what they do best - creating beautiful projects that will be cherished by each person who receives them. They arrived Thursday and quilted into the wee hours of each morning, then left Sunday afternoon.

Youth from Lutheran churches all over western Kansas came for a "Wild, Wild West" retreat on Friday and Saturday. Many of them took advantage of the spring weather by playing paintball before and after

the actual retreat.

A city-wide garage sale has been scheduled for June 23. If you are interested in participating, please give me a call so we can add you to the list. As always, news may be left in the jar by the door at the Red Barn, emailed to: griffithsgang@gmail.com or called to 687-2076.

The Decatur County Landfill

Will offer one free dump per family during regular hours from April 30 through May 5. Weekdays are open from 10 a.m. - 3 p.m. and Saturday, May 5, from 8 a.m. - Noon. The free dump can be used for business or residence, but not both.



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Christmas in May Pastor Judi Stricker, United Church of Oberlin

I've got to admit, I was not sure it was my turn yet to write the five articles for the month of May. But after a call to the newspaper office, I discovered that it was; early Monday morning.

I had planned to submit my five articles, based on a book about the "manger". Yep - that Christmas Manger, even though it is May.

The title, "At the Manger, Stories of Those Who Were There," by Peter V. Orullian. This little book was brought to me after having been discovered in our church library. There are some real gems in there when we look for them.

This story is about the carpenter who built the manger. He had a lot in common with many who are struggling to find and keep work right here in Oberlin, in the 21st century. Not a lot changes, huh?

Anyway, the innkeeper needed some work done in the stable and the carpenter needed work. It would start with the feed troughs for the stable; the guts of the manger, if you will. The only problem was that

the innkeeper could not pay, but made the promise of more work that could pay later. This, however, did not set well with the other local workers in wood. This young carpenter was bringing their profession down. When questioned by his wonderful teacher, Zacharias, about working for free, he was reminded that Zacharias taught him the skills for free.

Wood was not in ready supply so it took sacrifice of the carpenter's meager savings to buy it. This on top of a baby coming soon. Are you beginning to see the wonderful irony here?

Over the course of building the manger, he learned that pride can be a terrible burden for the soul and that a simple manger could serve others as well as finely made furniture.

What about us? Are we willing to serve where called? That's the meaning of mission, you know!

Let's think about it. There will be three more stories from the "little gem."



Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
Fr. Mark Berland,
MASS: 10:30 a.m., Sunday

IMMACULATE CONCEPTION CATHOLIC, LEOVILLE
Fr. Mark Berland,
MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN
Fr. Mark Berland,
MASS: 5:30 p.m. Saturday

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. Linda Willey
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. Linda Willey
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.

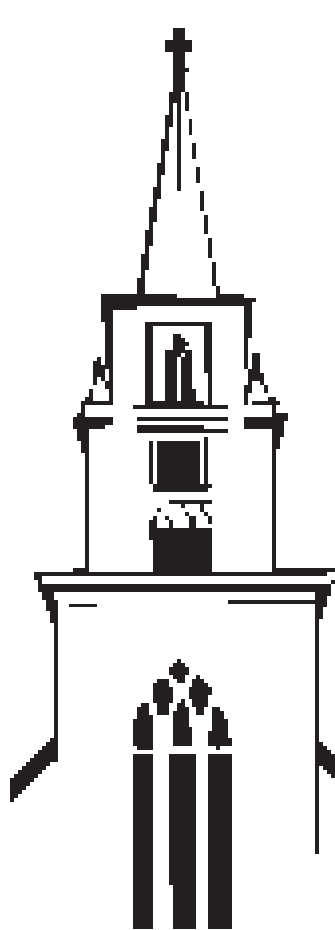
LUND COVENANT CHURCH
Chairman Brad Marcuson
10 miles south, 4 miles west of Oberlin
SUNDAY: Sunday School, 10 a.m.; Worship, 11 a.m.; WEDNESDAY: Bible Study and prayer, 7:30 p.m.

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.

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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.



Decatur Health Systems

By Becky Wilson

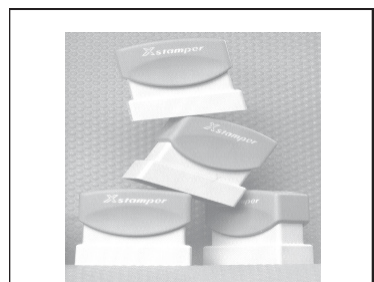
If you noticed a semi-trailer truck parked in front of the hospital on Monday, you saw the arrival of the new computed tomography machine. A crew of six people arrived Monday morning ready to install the machine into the newly-renovated space the maintenance and radiology staff have worked hard to prepare for it.

The radiology department has been fully trained in its use, and will be ready for patients next week. First the machine has to be fully calibrated for accuracy. It had a long journey to get here, and needs a bit of attention to be completely settled in.

The CT machine isn't the only arrival at Decatur Health Systems we've been waiting and preparing for. Our newest physician, Dr. Alex Platz, is getting closer to obtaining his Kansas license and starting work here. Only a few pieces of paper remain in what is a lengthy certification process. In the case of Dr. Platz, items from as far afield as Poland, where he had his early education, had to be obtained and checked by the state Board of Healing Arts. We still do not have a timeline for when exactly we can expect him in Oberlin, but we're hopeful the wait will be relatively brief.

In the meanwhile, talks with another physician continue, and as soon as something solid can be announced, we will be certain to let the public know.

While we've been wading through this licensing procedure with Dr. Platz, that led into a discussion with the director of the state board about what their policies are and how the board is structured. It's something all health-care workers in Kansas should know about, and to that end, the executive director of the board, Kathleen Selzler Lippert, will be



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