

# Chamber News

By Carolyn Hackney

Farmer's Market opens today, on Penn Avenue in front of the Chamber office!

In helping to promote home-grown and healthy eating, the Chamber is having a "Salad Sampling" at today's market from 11 a.m. to 12:30 p.m. Another cooking demonstration on Wednesday, July 11, will feature stir-fry veggies with chicken, beef or shrimp.

If anyone is bringing vegetables to the market that could be used in this dish, the Chamber would be happy to buy a few from you, but please let me know a couple days before that.

Fresh baked goodies, jams and jellies, and fresh home-baked cookies will be available this week at the market. The Chamber will be having "Float Friday" beginning this week at the gazebo in Centennial Park. Stop by for a refreshing cool-down.

The Oberlin Business Alliance fireworks jars are out. Please make your donation at one of the participating businesses or bring it to the Chamber office. The fireworks display will be about 9:30 p.m. on Wednesday, July 4. Without your support, this could not happen. Thank you for all your generosity in the past.

A couple of months ago, I received an e-mail from a woman requesting information on a place to camp with several horses, and information for feed, veterinarian and farrier services.

Imade arrangements with the fair board and the Tripple Creek Riders to use the arena and shelters at the fairgrounds.

Last week, this group came through town, and I was invited to eat with them on Friday evening. This was a most interesting dinner

and visit with the group. One of the members had previously sent me information about the group, so I will share a small portion with you:

The ride is called "Grandmothers' Horses, the Ride Home, the Whole Story." The opening page of their information tells their intent of this trip:

"One day Grandmother Margaret said to Juan, 'Juan, I want you to organize a ride that traces the exodus of the Cheyenne people. As you travel this route, you will teach the way of the horse and the knowledge and wisdom of the ancestors that came before us. In this way, we can begin to plant the seeds of a new beginning and balance the land with healing, harmony and unity. There is Great Spirit in the way of the horse. They will guide you to the Council in Lame Deer, Mont., and they will remind the heart of what it already knows, and we will bring this Spirit home to all beings.

"Having never actually ridden a horse, Juan replied, 'Yes, I will do this.' And so the journey begins....

"Along the route, all are invited to join Grandmother Margaret and arriving riders for prayers and healing ceremonies at these sites of sacrifice: Black Kettle on the Washita, Turkey Springs, Sand Creek Massacre, Punished Woman Creek, Fort Robinson, Noahvose and Little Big Horn.

Hands-on teachings of the Way of the Horse and earth skills for youth and families will also be offered at Fort Reno, Okla., Fort Robinson, Bear Butte, S.D., and Lame Deer, Mont. All are free of charge.

"Through the use of ancient wilderness survival arts, outdoor awareness, care taking of our Mother Earth, the creation of bow-drill friction fire, reading of stories writ-

ten by way of tracks, and survival hut building, will be taught as a way of giving thanks to Creator for the Gift we have been given."

If anyone would like a copy of this information, I can print it for you.

Another interesting happening was on Friday when the American Eagle Bus Tour came to Oberlin with 47 visitors. Director Krista Smith and I coordinated the tour of the "Eight Wonders of Decatur County." At 3 p.m., Rick Pauls and I met the bus at Sappa Park, where Rick talked to them about the park, and they all looked at the shelter house and wetlands. On to the fairgrounds, where Danny Votapka took them for a ride on the train, then they went down Main Street to see the sculpture by Pete Felton, brick streets, the museum and dinner and tour at the LandMark Inn. Several said the train was the highlight of their whole day!

Have a great week, and hope to see you at the Farmer's Markets every Wednesday and Float Fridays at the gazebo!

# What is metabolic syndrome?

Metabolic syndrome is a group of conditions that put people at higher risk for both diabetes and heart disease. They are:

- High blood pressure.
  - High blood sugar levels.
  - High blood levels of triglycerides.
  - Low blood levels of HDL, the good type of cholesterol.
  - Too much fat on your waist.
- Some authorities say if you have three or more of these conditions, you have metabolic syndrome, also known as "syndrome X." Metabolic syndrome isn't a new disease - it's just an easy way to describe a set of risk factors that doctors increasingly see lumped together in their patients.

Other factors can also increase the risk of heart disease, including smoking and having high levels of LDLs (the bad type of cholesterol), but they're not part of metabolic syndrome. That doesn't mean they're any less risky - they just aren't as commonly grouped with



## Home Time

By Tranda Watts  
Regional Extension Agent

those other risk factors. It's possible that metabolic syndrome is caused by insulin resistance. That's when the body's tissues have trouble using insulin (produced by the pancreas) to accept the glucose that's flowing through your bloodstream. Type 2 diabetes results when glucose resistance becomes extreme.

If you have metabolic syndrome, your doctor may prescribe medications to treat the conditions diagnosed. But you can take other steps, too, to reduce your risk, including:

- Improving your diet. Increasing your level of physical activity. Most people should get 30 to 60 minutes

of moderate exercise five days a week, but check in with your doctor and start slowly if you haven't been active in a while. Physical activity offers a double bonus: Not only does it help you burn calories, but it helps reduce your blood sugar levels, and may even decrease LDL cholesterol, too.

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.

## Rawlins Clinic in Atwood

Rodney Dill, MD  
Charles Zerr, MD  
Dana Jewell, PA-C  
Michael Dorsch, PA



Monday-Friday  
9:00 a.m. - 5:00 p.m.  
Saturday 9:00 a.m. - Noon

707 Grand Street  
Atwood, KS 67730  
(785) 626-3241

# Notice

Due to replacing water lines, there will be water shut off intermittently from Hall Street to Cass Avenue and Commercial south to Mill Street.

## Decatur Health Systems

By Becky Wilson

With Father's Day this past weekend, I hope everyone had a good time contacting or remembering their dads.

Fathers are important, as are sons, uncles, brothers and husbands. June is National Men's Health Month, and we want to make sure the men in our lives stay healthy and strong.

Early detection and prevention is key to a great many health issues. Unfortunately, men often seem reluctant to go see the doctor. According to the Centers for Disease Control and Prevention, women are twice as likely to get annual exams and preventative services. These preventative measures add up: today, the average woman will outlive a man by six years, whereas in 1920 the gap was only one year. Each of the 10 leading causes of death as defined by the center affect men more than they affect women.

The leading causes of death among men, such as heart and respiratory disease and diabetes, often can be helped with healthy lifestyle changes. Men are often reluctant to participate in preventative health-care activities in their younger and middle years - the best years for illness prevention.

This missed opportunity continues to affect the male lifespan and quality of life. So why do so many men dodge the doctor? The National Health Disparities Report lists three barriers to health that affect Americans: lack of health insurance, lack of a usual source of care and lack of a perception of need.

The lack of health insurance often leads men to postpone seeking medical care, and men who do not have a regular provider reported greater difficulty obtaining preventative services. The perception of need can vary with the culture a man is raised in - Midwestern self-sufficiency can be a great thing, but it also can have drawbacks.

Someone feeling perfectly healthy and in the prime of their life might not feel inclined to get their cholesterol screened, but probably they should anyway.

Anyway, June is the month to give the men and boys in your life a push towards preventative health care. If you have a husband, father, brother, uncle or son over the age of 30 and they haven't had a physical since high school sports, send them to the Family Practice Clinic, because it's time for a check-up.

## Christians should take risks

Doug Mason, Teens for Christ

In most of the world people that carry the title of "Christian" put their safety at risk. Yet they are willing to be put in harm's way rather than disregard their faith. These Christians take the chance of imprisonment, rejection of family, even death simply to get to a worship service or Bible study. In the middle-east and the far-east Christian brothers and sisters are in danger 24/7 yet live joy-filled lives. Then there are American Christians.

American Christians are free to worship and study the Bible. American Christians have their own music and products and social organizations. American Christians worship in comfortable buildings and tote the latest, coolest version of the Bible. But, American Christians are wimps. The average American Christian is completely disabled with fear at the thought of inviting someone to church. The average American Christian is only willing to risk conflict when the music on Sunday morning isn't what he or she thinks it ought to be.

Most American Christians get bristled if the worship service goes ten minutes longer than it's supposed to and get upset when the preacher talks too much about tithing. They expect the pastor/priest to preach nice sermons, throwing in some humor, but not to say anything that would step on their toes. Oh, it's OK to step on someone else's toes, but not their toes.

The hero Christian in most churches is the one person in the church that went on a two-week "mission trip" to fix some poor soul's house. The American Christian feels "holy" because they donated \$20 to that effort.

American Christians love to point out the "bad" people so they get to feel good about themselves. They talk about the evil people at the local bar and how aw-

ful our society has become, but the average American Christian does NOTHING to make a difference. The average American Christian is not willing to risk his or her standing in their family, community, job situation, school, social circle, economic status or comfort level for the sake of the Gospel. They are "wusses." I don't even know if that's a word, but it seems to fit.

In the Gospels, (The first four books of the New Testament) Jesus regularly confronts the Pharisees, a powerful Jewish sect, about their self-righteousness pointing out how they like to look religious and get the "praise of men" but inside they are dead. This very much describes the average American Christian. Jesus challenged people to "Take up your cross." This said a lot in that culture. A cross represented shame, physical harm, and slow, painful death. He was saying that if your faith is real you will risk everything for it. He didn't mean you will die because of your faith, but that you would if necessary.

Christianity is not a social club. It's not about a ticket to Heaven. It's about trying to model your life by the example Jesus Christ set. It's doing what Jesus did. It's doing what Jesus said to do. It's putting others above self and more importantly, putting God number one in your life, which is a lot more than just words. We will always be sinners. We will always make mistakes, but we are saved by the grace of God alone - not by being "good" people. After all - who is good enough? Nobody. So-called "American Christians" seem to think they are good enough, but need to remember that we are only saved from going to Hell by the grace extended to us. If we remember that we are saved by grace alone, we ought to become the church we were meant to be - a force to change the world.



## Schedule of Oberlin and area church services:

**OBERLIN SACRED HEART CATHOLIC CHURCH**  
785-475-3103  
Fr. Mark Berland,  
MASS: 5:30 p.m. Saturday

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

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

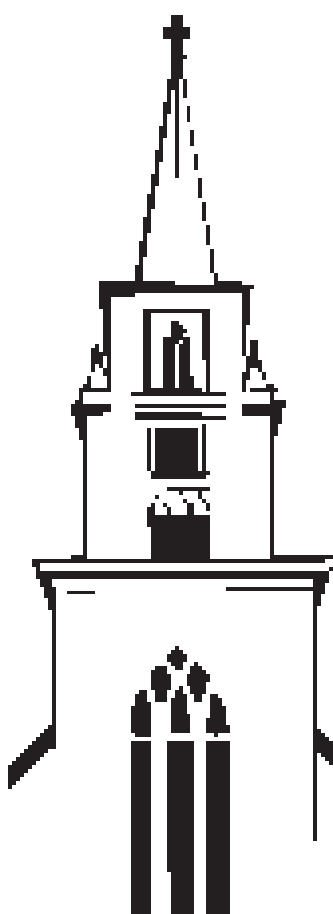
**LUND COVENANT CHURCH**  
Pastor Roy Matthewson  
10 miles south, 4 miles west of Oberlin.  
Men's Breakfast Saturdays June 2, 16, and 30 8 a.m.  
Lawn Vespers Sundays June 10, and 24 7 p.m.  
Sunday: Sunday School 10am Worship 11 am "The Difference is worth the Distance"  
facebook.com/LundCovenantChurch

**ST. JOHN'S LUTHERAN CHURCH**  
510 North Wilson  
Interim Pastor:

**Paul's FUNERAL HOMES**  
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Phone:  
785-475-3127 - Oberlin  
785-386-4311 - Selden  
Derek Riner  
Rick and Dori Pauls

**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.

**FAITH LUTHERAN CHURCH**  
404 North York Avenue  
Oberlin, Kansas  
The Rev. Charlotte Strecker-Baseler  
Church Office Phone: 785-475-2053



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**WILD WEST FESTIVAL**  
July 4th through July 7th  
At Hays Municipal Park  
Hays, KS  
Thursday, July 5th \* 9:00pm \* Hairball  
Friday, July 6th \* 9:30pm \* Diamond Rio  
Saturday, July 7th \* 7:30pm \* Glen Templeton  
9:30pm \* Easton Corbin  
\$12  
One \$12 Ticket is your pass to all events.  
Tickets available at  
www.wildwestfestival.com  
Wednesday, July 4th \* 10 p.m. \* Fireworks Display