

# Mount Pleasant News

By Dianne Bremer

Noah Henry Tate was born Friday, June 21. He weighed 5 pounds, 9 ounces, and was 18 inches long. He has a sister, Abigail. Congratulations to his parents, Jaron and Tara Tate, Fort Collins, Colo., and his paternal grandparents, John and Edith Tate. His paternal great-grandparents are the late Elder and Lois Carlson.

Ralph and Violet Shaw were last Tuesday visitors of Duane and Phyllis Berry, Grand Junction, Colo., who were in town to attend funeral services for his sister, Eva Bryan.

Nelda Wojsznarowicz, Boston, Mass., was a Tuesday afternoon and overnight guest of John and Dianne Bremer, leaving Wednesday afternoon to visit Linda Tomasz of Olathe on her way home. Jessica Bremer was an additional Tuesday evening supper guest.

Karen Eskew, Melvin Waterman, the Heather Waterman family, Scott and Kristy Waterman, and Kaleb Ballentine returned home Tuesday evening from Bonaire, Ga., where they helped their brother and uncle, Elmer and Margaret Waterman,

celebrate their 40th wedding anniversary. Ed Waterman, Ponca City, Okla., accompanied Karen and Melvin on the trip. Ed Chapman and Christian Rountree, Lafayette, La.; and Jessica Bremer and Justin Zodrow, were supper guests of John and Dianne Bremer at an area restaurant Wednesday evening. Ed is a cousin of John Bremer and Jody Betts. While in Oberlin for a couple days, they also visited Keith and Helen Muirhead.

Andrew and Stephanie Frankforter, Ethan and Isaac, Cairo, Neb., were weekend visitors of Elwood and Jeanie May.

At the Colby swim meet Saturday, Mollie Tate placed fourth in the 100 meter freestyle and the 50 meter backstroke, second in the 50 meter breaststroke; Grace Tate placed sixth in the 25 meter backstroke, seventh in the 100 meter individual medley, placed in the top six in the 25 meter breaststroke; and Erin May placed fifth in the 50 yard butterfly, the 50 yard backstroke, and the 100 yard individual medley, and second

in the medley relay.

Erin May spent the weekend with her grandmother, Darlene Schaffer, Hoxie, following the Colby swim meet.

Tami Shaw and Dante left Friday for Colorado Springs, to visit her sister, Becky and Al Rohr; niece, Hayley and Dave Wilson and family; and celebrate Dante's birthday, returning home Sunday evening.

John and Dianne Bremer and Jessica Bremer were Sunday evening guests of Herschel and Jody Betts and their children, Gene and Jan Betts, Austin, Texas, and Rod and Lisa Betts, San Diego, Calif., enjoying dinner and an evening of visiting.

Greg and Janice Cundiff returned home Monday after spending a week in Reedsport, Ore., visiting their son and family, Pastor Quintin and Lindsay Cundiff and Carter.

John and Dianne Bremer, Jessica Bremer and Kristen Bremer and Rowan met for brunch at a Colby restaurant Saturday morning.

# Jennings News

By Louise Cressler

The Jennings United Methodist congregation went to the Dresden Methodist Church Sunday for the dedication ceremony of Brooke-lynn Olivia Vahling, daughter of Candi and Mike Vahling, of rural Dresden.

Dawn Langley, Cambridge, Neb., visited Sunday with her grandmother, Dorothy Jones, her uncle Bob Jones and aunt Carla Latimer.

Allan Carter, Overland Park, is spending time this summer with his mother, Rachel Carter and other relatives in and around the Jennings area.

A small group played cards Wednesday at the Senior Center. Those playing were: Diane Carter,

Eleanor Morel, Agnes Wahlmeier, Carol Carter, Stan and Ramona Shaw.

The men from Norton Correctional Facility worked four days in Jennings last week. They mowed, painted and put a new roof on the shelter at the roadside park. The town appreciates all the work the men do.

Red Mountain, Cory Simoneau, will be starting the work at the Community Hall. He will build a handicapped sidewalk at the street going into the Senior Center, a new sidewalk on the south side of the Hall, replacement at the alley behind the center and tear out and fill in the opening at the front door

of the Hall.

The Jennings Book Club met on June 18 at the home of Kathy Nauer to review the nonfiction book, "One Simple Act" by Debbie Macomber. The discussion led by guest Angie Wilson focused on how simple acts of kindness, giving and forgiveness can have a lasting, life-changing impact.

Those enjoying the meeting and the fresh fruit salad, lemon pudding, cake and iced tea were Kay Brown, Julie Carter, Ruth Chance, Terri Hanke, Lila Jennings, Sue Long, Joan McKenna, Shelley McKenna, Helen Rhodes, Lynn Tacha and hostess, Kathy Nauer. The evening concluded with a stroll through the Nauer's beautifully landscaped yard. The rocks, metal art objects, arbors and blooming plants, bushes and trees provided a fun and enchanting retreat. Lila Jennings will be hostess for the July meeting.

is coordinated by Shirley Emigh. Teams play every Wednesday evening. T-ball kids start at 6:30. Kids softball at 7:30 and high school and older play at 8:30. If you have questions please feel free to call Shirley (785) 386-4252.

Anyone interested in participating in a communitywide garage sale in July should give Renee Spresser a call.

# Walk Kansas results are in

The 2013 Walk Kansas fitness program, sponsored by Kansas State Research and Extension in most Kansas counties, has been completed. Here is a summary of the results as they have been turned in to the local Extension Office:

In Twin Creeks Extension District, 34 teams consisting of six individuals each participated for a total of 204 participants.

In Decatur County, there were 14 teams or 84 participants. Six youths who walked during the same time period also participated in Kids Cruisin' Decatur County. These people have been walking or doing some form of moderate physical exercise and reporting the amounts since March 17.

The goal is to walk 423 miles (or the equivalent of walking across Kansas), to walk back and forth across Kansas (846 miles), or to walk around Kansas (1,200 miles) as a team during the eight week period ending May 11.

Eight of the 11 teams chose walking across Kansas as their goal. One team chose to walk back and forth across Kansas and five teams chose to walk around Kansas as their goal. Eight teams met their goal of walking across Kansas and two teams met their goal of walking around Kansas. The teams and the miles walked are as follows: (Captains in parentheses)

Goal: Walk around Kansas (1,200 miles)

1. Sole Mates: 1,427 miles (Rena Unger) Top Twin Creeks District team: We Walkalotta, Norton, 1,623 miles.

2. Five Thongs and a Granny Panty 1,285 miles (Anna Shaw).

Goal: Walk across Kansas (423 miles)

1. Stepping High Grandma's, 855 miles (Montine Alstrom) 2. Walking Queens of the Night, 830 miles (Dorina Votapka) 3. It Works, 782 miles (Sondra Fowler) 4. Quick Steppers, 732 miles (Donna Fortin) 5. Columbia Cruisers, 689 miles (Shelly McKenna) 6. Cranky Cruisers, 602 miles (Byron Hale) 7. Go-Getters, 557 miles (Pam Anderson) 8. Suckers, 484 miles (Carolyn Miller).

Top Twin Creeks District team, TOPS, Norton, 1,609 miles.



# Home Time

By Tranda Watts  
Regional Extension Agent

Top Twin Creeks District team for walking across Kansas and back, The Pacers, Hoxie, 1,937 miles.

Increased consumption of fruits and vegetables is also encouraged during Walk Kansas. The top five teams which reported eating the most fruits and vegetables (5 cups are recommended daily) are:

1. Sole Mates 2. Walking the County Line 3. The Walking Queens of the Night 4. Columbia Cruisers, and 5. Quick Steppers.

The top individual walkers (based on the team logs received) were:

1. Sharon Olson, 420 miles (Sole Mates) 2. Stephanie Blau, 350 miles (Oberlin Globe Trotters) 3. Jeanie Unger, 323 miles (Sole Mates) 4. Rena Unger, 278 miles (Sole Mates) and 5. Jennie Anderson, 246 miles (Walking the County Line). Some team logs were not received so others may have had higher results, but could not be included.

The top six individual consumers of fruits and vegetables (from those who reported) were: Rena Unger (Sole Mates), Stephanie Blau (Oberlin Globe Trotters), Lacey Smith and Kerrie Wahlmeier (both from the Sole Mates), and Trish Henningsen (from Walking the County Line). These individuals were the only ones who met the daily minimum of five, one cup servings of fruits and vegetables daily.

Incentive prize winners were: Top Walking Team (Challenge 1, 423 miles): Stepping High Grandma's consisted of Montine Alstrom, Loretta McFee, Jo Henderson, Trena Skufca, Janice Shobe and Jeannie Gawith.

Top Walking Team and Fruit and Vegetable consumption team (Challenge 2, 1,200 miles), Sole Mates consisted of Rena Unger, Jeanie Unger, Jan Badsky, Lacey Smith, Kerrie Wahlmeier and Sha-

ron Olson.

Individual walkers, Stephanie Blau (Oberlin Globe Trotters) and Lacy Tally (Bootcamp Babes)

Individual fruit and vegetable consumers, Jennie Anderson and Trish Henningsen (Walking the County Line).

Individual team prizes (randomly selected):

Oberlin Globe Trotters, Nora Urban, Cheryl Sauvage and Leanna Bryan; Bootcamp Babes, Molly Coleman, Susan May and Kelly Shields; Walking the County Line, Britta Spitzer, Beth Holle and Kristi Dirks; Columbia Cruisers, Shelly McKenna, Karen Bailey and Cathy Claussen; Cranky Cruisers, Dave Depperschmidt, Jean Hale and Dana Marintzer; Go-Getters, Teresa Shaughnessy, Pam Anderson and Vonda Leopold.

Incentives can be picked up at the local K-State Research and Extension Office. Please call before coming in to pick incentives up. All prizes have not been delivered as yet.

Results for Kids Cruisin' Decatur County were as follows:

John Burmaster, 437 miles; Teague Morford, 158 miles; Mackenzie Urban, 114 miles; Madison Urban, 106 miles; Mason Urban, 95 miles; Erin May, 77 miles.

Congratulations to all 2013 Decatur County Walk Kansas participants for a job well done. Plan to join us next year for Walk Kansas 2014.

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.

# Selden News

By Jacque Boultinghouse

Birthdays and anniversaries: June 28, Shane and Jill Boultinghouse; June 29, Kat Steadman; June 30, Wally Brantley, Cynthia Meyer, Olivia Filmore, Rick Pauls; July 1, Phyllis Trembley, James Schreiner, Jeremy Hunter; July 2, Terra Rath, Terry Goscha; July 3, Michelle Juenemann; July 4, Curt Spresser, Troy and Nicole Moore, Scott Boultinghouse.

The Summer Softball program

is coordinated by Shirley Emigh. Teams play every Wednesday evening. T-ball kids start at 6:30. Kids softball at 7:30 and high school and older play at 8:30. If you have questions please feel free to call Shirley (785) 386-4252.

Anyone interested in participating in a communitywide garage sale in July should give Renee Spresser a call.

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# \*\*FIREWORKS\*\*

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# LifeMD versus CarMD

Have you ever seen the infomercial for CarMD? It's a gadget that plugs into your car to analyze problems that your car is having. You simply plug it into your car and then plug it into your computer and it tells you what is wrong with your vehicle.

To my surprise, it actually works pretty good and I have saved money. The idea behind it is that you can know before going to a repair shop so that you don't get told lies. You know not only what is wrong, but what it should cost to repair the problem. The repair shop can't give you a snow job, so-to-speak.

If you think of the Bible as life's CarMD there are some interesting comparisons. When your life is not working right it's easy to get bad advice. A friend may have good intentions, but not good advice. A psychiatrist may tell you're fine, and that you're a good person, giving a bunch of warm fuzzies because they make more money by not telling you that there is anything wrong with the way you live your life.

The Bible is God's instructions for life. So if you are doing something wrong, it points out what's wrong. It doesn't steer you wrong. It doesn't go

with warm fuzzies. The Bible does not give you bad information.

I'm not saying all psychiatrists are bad, but telling someone that your lifestyle is not healthy is going against the grain in society. Everything is focused on saying you are OK and to just do what you want to do. Self-indulgence and justification for everything is so popular. It's called being "tolerant." If you are honest with yourself you know something is wrong. Why not turn to life's physician - the one who created you?

"Intolerance" is made out to be a bad thing, but sometimes intolerance is very important. I'm not going to be tolerant of sin in my life and if I care about you I'm going to be intolerant of your sin, because I want you to be spiritually healthy. It's not condemnation - it's help. "And we know that in all things God works for the good of those who love him, who have been called according to his purpose." (Romans 8:28)

If your life needs a "check up", be honest with yourself. Check out what the Bible has to say.



Pastor Doug Mason  
Teens for Christ

# 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, LEVILLIE**  
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..

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