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Very nice Pack and Play.
HALF PRICE SALE on
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nity clothes. July 4th items,
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Read All The Herald!



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8-2021

**Kansas JCI Senate
GLO-BALL Golf Tour-
ney**—Friday, July 18.
Time 9 pm. Cool Springs
in Onaga. \$35 per person.
For more info contact Julie
Schmitt taz21430@yahoo.
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The Onaga Historical
Museum is open for the
2025 summer on Wednes-
day, Friday, and Saturday
afternoons from 1:00 to
4:00 and by appointment at
onagahistory@gmail.com
or Onaga Historical Society
Facebook messenger.

Got News We Can Use?

e-mail it to us, at
oherald@bluevalley.net
or call 889-4681

Join The Lions Club

*Make A Difference In
Onaga and
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time together!*
**Lions Members make
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Call Jay Rezac
Tom Tessendorf
Darren Figge
Carol or Luke Perry
Tom Kasten

Isolation, loneliness

Continued from Page 3

Social isolation is not
having relationships, con-
tact with, or support from
others. Johannes notes a
2024 study from Harvard
university that indicates
those who are socially
isolated have a 32% in-
crease in earlier death.

Loneliness is the feel-
ing of being alone, dis-
connected, or not close
to others. That group, ac-
cording to the 2024 study,
has a 14% increase in
early death.

“If you are socially iso-
lated and also lonely...
my goodness,” Johannes
said. “It is no wonder our
lifespan in the United
States seems to be short-
er than it once was.”

Perhaps a surprise
finding, older Americans
— over the age of 50 -- are
less likely to feel socially
isolated or lonely com-
pared to younger Ameri-
cans. Johannes says
many in the older genera-
tion “were raised in a time
where institutions were
prevalent.”

“Some research does
show that texting still
provides a social connec-
tion,” Johannes said.

Johannes touted the
importance of the state’s
extension network, which
provides numerous local
programs for residents
that include physical ac-
tivity, leadership, health,
nutrition and more.

“If the psychological
effects of understand-
ing that you’re discon-
nected and then feeling
some discomfort about
that lasts for 6-8 weeks
persistently, then the
person may be feeling
depressed,” she said.
“That’s when the person
needs to have a provider
who could support them.”
out and support them.”

Johannes said online
behavioral health provid-
ers can be an effective
way to address issues
of isolation or loneliness.
She also encourages
Kansans to contact their
local community mental
health center or local ex-
tension office to learn of
programs and resources
available in their geo-
graphic area.

Online, help is avail-
able at <https://988lifeline.org/>
or by texting or call-
ing 988.

Public Notices

**Need to be printed
Because You Have the
Right To Know!**

Bucks Grove News

by Colleen Reamer

On the beautiful Fa-
ther’s Day morning of
June 15th, seventeen
people gathered to wor-
ship at Bucks Grove
Methodist Church at 9:00
am.

Mary Ringel lit the can-
dles.

After the Call to Wor-
ship the congregation
sang “Holy, Holy, Holy!
Lord God Almighty”.

Other songs sung on
Sunday were “How Great
Thou Art” and “O Master,
Let Me Walk with Thee”.

Colleen Reamer had
the special. She asked
Donna Ashcraft to play
the song “Keep It Be-
tween the Lines” by Ricky
Van Shelton.

Lay Pastor Hefty read
the scriptures. The first
scripture read was Prov-
erbs 8: 1-4 and 22-31. In
these verses Wisdom in
speaking. Wisdom wants
you to understand what is
right so she speaks in a
loud voice. She stands
where people will hear
her, on the hills along
the road and where dif-
ferent paths meet. She
also stands near the gate
where people go into the
city. She tells people that
the Lord created her as
the first thing he did, the
first of His acts long ago.
He chose her as His ser-
vant from the beginning
of time. She was born
before the deep seas
were there, before the
mountains or the hills ap-
peared and before there
was soil on the earth.
She was there when He
put the heavens in their
place and when He put
clouds in the sky. When
the Lord made all that
happen she was there as
His faithful helper.

The second scripture
read was Romans 5:
1-5. These passages
tell of how Paul is say-
ing that we have been
justified through faith and
we have peace with God
through our Lord Jesus
Christ through whom
we have gained access
by faith into the grace in
which we now stand. We

glory in our suffering be-
cause it produces perse-
verance, character and
hope and hope does not
put us to shame. God’s
love has been poured out
into our hearts through
the Holy Spirit, who has
been given to us.

Lay Pastor Hefty then
read to us from John
16: 12-15. This Gospel
Reading tells of how Je-
sus is telling people that
when the Spirit of truth
comes, he will guide you
into all the truth. He will
not speak on his own, he
will speak only what he
hears, and he will tell you
what is yet to come. He
will glorify Jesus because
it is from Him that he will
receive what he wants to
make known to you. Je-
sus tells them that all that
belongs to the Father is
His and that is why He
said the Spirit will receive
from Him what he will
make known to them.

Lay Pastor Hefty’s
message was about wis-
dom. He spoke about
how we send our children
off to college so they can
get the knowledge they
need to be successful in
life. So must we be sent
to school to know what it
is that God has for us.

He said there are many
things out there calling
themselves wisdom but it
is the Spirit of God to
reveal the truth. To
be able to sort out the
wisdom from everything
else God has for us we
must be seekers of God
and connected to God
to know exactly what it
is that God would have
for us as truth and would
have for us as wisdom.
He said the challenge is
being connected to God
and knowing what it is
that God wants.

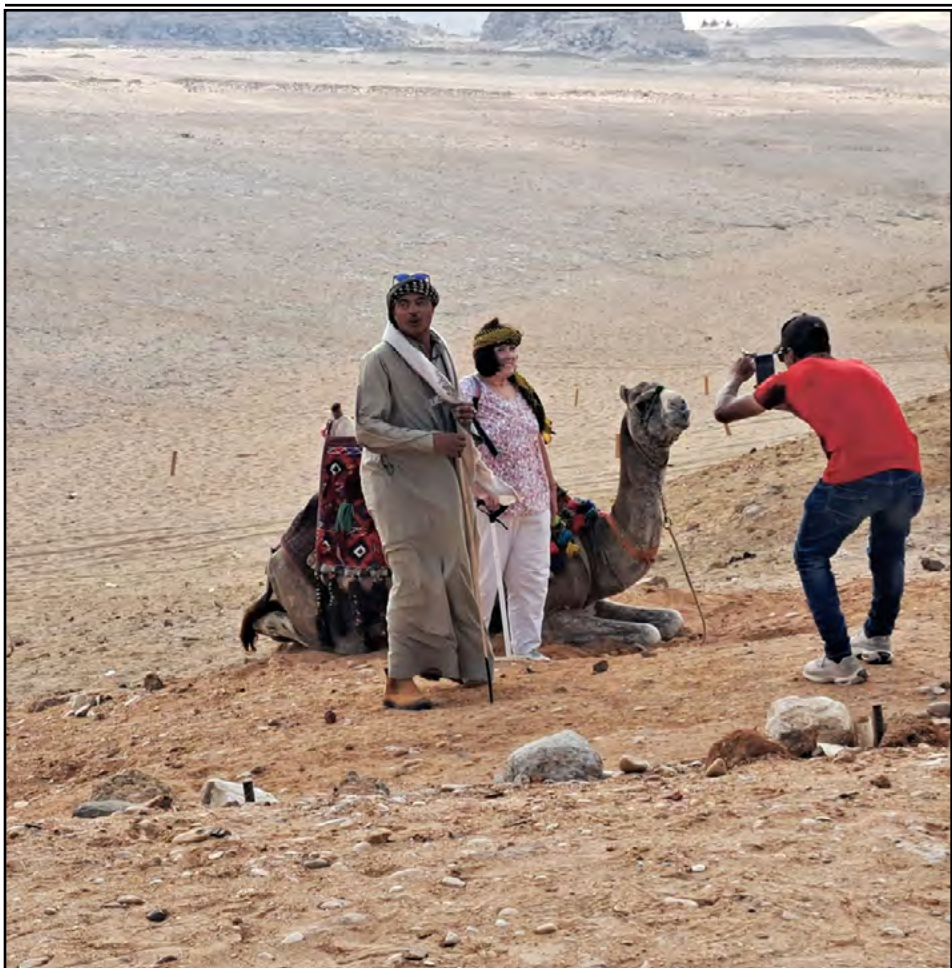
He then told us the sto-
ry of Joseph and how his
brothers were jealous of
him and threw him in a
well. You know that Jo-
seph, while in the well,
prayed to God to save
him. He said when God
answers our prayers it is
good and well if he an-
swers them the way we
want them answered but
the God answers them in

the best way they should
be answered. So, while
Joseph was praying that
he’d be rescued and re-
turned to his father. That
didn’t happen. He was
rescued but sold into
slavery. He was taken to
Egypt.

Joseph then prayed
to God to get him out of
slavery. He was thrown
in jail for something he
didn’t do. The cupbearer
and the baker were also
thrown into jail. Joseph
then interpreted their
dreams and told the cup-
bearer he’d be restored
to pharaoh and the bak-
er would lose his head.
That is what happened
and the cupbearer told
him I will tell the pharaoh
about you. He’s glad be-
cause now he has an in.
It just took two years for
the cupbearer to remem-
ber him. The pharaoh
had a dream and asked
Joseph to interpret his
dream and Joseph told
him there was going to
be seven years of plenty
and then there would be
seven years of drought.
This dream came true but
Joseph saved grain from
the seven good years to
last through the seven
bad years. The famine
reached the land where
his brothers lived and
they came to Egypt to
buy grain. They didn’t
recognize Joseph. One
of them was accused of
being a spy and sent to
jail. Joseph asked for
the younger brother to
be brought to him. When
this was done Joseph re-
vealed to his brother who
he was and told them that
all that had happened to
him let him be there to
save a nation. Not just
the nation of Egypt but
the nation of Israel as
well.

Prayers are asked for
David Allen as he is ex-
periencing some health
concerns. Theresa Ri-
eschick reported that Lin-
da and Leroy Rieschick
were attending their new-
est grandson’s christen-
ing.

Services ended with
the Benediction and the
song “Come, O Lord”..



Recently Donn and Kathy Teske traveled to Egypt. Donn had this one on Facebook. They were trying to talk Kathy into riding the camel, but she wasn’t having it. I believe they both had a wonderful time. In full color you can see the big grin on Kathy’s face.

PUBLIC NOTICE

*If it’s not in the newspaper,
how will you know?*



your community — local government officials are required to publish in the local newspaper.

Your local newspaper fulfills an essential role in serving your right to know. After all, it shouldn’t be your responsibility to know how to look ... where to look ... when to look ... and even what to look for in order to be informed about public information. It is the government’s responsibility to notify you of public information, and your local newspaper is the most accessible place to find it.

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