

Bible reading schedule starts at beginning, Genesis

In my column in the Friday, Dec. 23, edition of *The Goodland Star-News*, I gave a schedule for reading the Bible in one year.

It recommends from one to four chapters on most days but sometimes recommends more than that or whole books. When that is the case, keep in mind that the chapters or books recommended are short and won't take much time.

To help keep first-time Bible readers and anyone else with a busy schedule motivated to do their daily reading, I will be providing throughout the year highlights from each book of the Bible around the times the schedule recommends reading them.

Clip the schedule out and use it for a bookmark in your Bible, and you can even mark off on the schedule what you have read to show your progress.



sharon corcoran

• use it or lose it

This week, I'll start with the first book of the Bible, Genesis, which the schedule recommends reading from Jan. 1-17.

Genesis starts with the creation of the universe, the earth, the plants, animals and sea life and with the creation of mankind. If people believed what the Creator himself had recorded for our benefit, they could stop debating about what to teach in school, evolution or creation.

God is the author of the entire Bible, but he had Moses record the events in the book of Genesis. Exodus 17:14 says, "God now said to

Moses, 'Write this as a memorial in the book and propound it in Joshua's ears, "I shall completely wipe out the remembrance of Amalek from under the heavens."'"

Since the events of Genesis happened long before Moses lived, some wonder where he got his information. The scripture above shows that God spoke to Moses directly and could have told him the information. He also may have had written records, as archaeologists have assigned dates earlier than the flood of Noah's day to clay tablets they have excavated.

Since people in those days built cities, developed musical instruments and forged metal tools long before the Deluge, they would have been able to develop a way to write

(Gen. 4:17, 21 and 22).

Shortly after reading about God creating the earth and everything on it, you will find in Genesis chapter 3 the account of how sin entered the world. Romans 5:12 says, "That is why, just as through one man sin entered into the world and death through sin, and thus death spread to all men because they had all sinned."

Genesis 3 tells about the Devil using a snake to speak to Eve, thus talking her into eating the forbidden fruit, breaking God's commandment. And then Eve persuaded Adam to do the same.

Such well-known Bible stories as Noah building the ark to survive the global deluge (chapters 6-9), the destruction of Sodom and Gomorrah (chapter 19), events in Abraham and Sarah's life (11:27 through chapter 25) and Joseph being sent to Egypt to be a slave and

then becoming prime minister (chapters 37-47) are found in Genesis. This is the Joseph who is referred to as having a coat of many colors. His jealous brothers sold him into slavery.

Jacob is renamed Israel and is the patriarch of the nation called Israel, which later enters a covenant relationship with God. Joseph is one of Jacob's 12 sons, who are referred to as the 12 sons of Israel.

Jacob gives deathbed prophecies to his sons, telling them what will happen to them and foretelling that the scepter of rulership will remain in the tribe of Judah until the coming of Shiloh, who proved to be Jesus Christ.

The book introduces God's purposes, describes the beginning and end of a righteous world in Eden, the development and destruction of a world of ungodly people and the

development of the present world.

It sets the theme for the entire Bible, the vindication of God through the kingdom ruled by the promised "seed." It shows why man dies and holds out a hope of life in a righteous new world.

The Christian Greek Scriptures, also referred to as the "New Testament," refer to every prominent event and person recorded in Genesis. The prophecies recorded in Genesis have been fulfilled. Reading Genesis provides a basis for understanding the rest of the Bible.

So, begin reading and just remember that reading the entire Bible in a year requires less than an hour a day. Cutting one or two bad sitcoms out of your day, watching the television news only once a day or using an automatic dishwasher rather than washing by hand may make all that's required.

Many bite off more than they can chew with New Year's resolutions

The beginning of a new year brings promises made personally and to other to try to change something.

The most common New Year's resolutions are: 1. to eat right and lose weight, 2. to quit smoking, 3. to quit drinking alcohol, 4. to save money, 5. to exercise more, 6. to relax more, 7. to spend more time with family and 8. to volunteer.

Such resolutions are changes that a person wants to make, but they can



high plains mental health

• plain sense

be very difficult to accomplish. The following are suggestions in regard to making successful resolutions:

• Don't try to do too much. More

can be accomplished by setting one or two goals, rather than a dozen.

• Work on one at a time. Others can always be added later.

• Have a plan, write it down and break it into workable steps.

• Ask a friend or family member for support and encouragement or work

together to achieve similar goals.

The manner in which a resolution is described can also be a factor in being able to follow through. Rather than saying, "This year I am going to reduce stress in my life," put it this way: "This year I will spend one hour after work every Tuesday taking a walk," or "Saturday morning at 10 a.m. will be break time with someone at the local coffee shop."

The schedule may not always

work out, but these kinds of goals and plans can easily become a rewarding, relaxing habit.

Most important is to be realistic about resolutions and recognize personal abilities as well as limitations. Make plans and set goals that are workable. Remember too that no one is perfect. If you give in or give up, don't be too hard on yourself. Everyone makes mistakes. It doesn't have to be the end of your efforts or resolutions.

Contributed by Karen Beery, manager, Consultation and Education Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

Mail questions to High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 E. Seventh, Hays, Kan. 67601. Internet site: www.highplainsmentalhealth.com.

Nearly 1,800 veterans buried each day; dying vets need hospice care in final days

Every day we bury close to 1,800 of our nation's veterans — that's more than a quarter of all deaths annually in the United States — and these numbers are expected to remain high well into the next two or more decades as World War II, Korean and Vietnam-era veterans leave us.

Because only about 4 percent of veterans die in Department of Veterans Affairs facilities; the vast majority spend their final days being cared for by community caregivers, institutions and agencies. It is therefore up to us to work together to ensure seamless care through the end of life for all veterans.

There are many stories of veterans who could benefit from hospice care, an end-of-life care option that provides dying persons and their loved ones with comfort, compassion and dignity.

There is a gentleman who sur-



hospice services inc.

• end-of-life care

vived some of the toughest fighting in World War II but never talked about the war with his family. Now, as he lies in bed, he is haunted by memories from more than half a lifetime ago. His family and friends realize something is wrong, but they don't know how to comfort him. He is 86 years old with end-stage heart failure and moderate dementia.

There is a lady who served as a nurse in Vietnam. She had been receiving treatment at a Veterans Administration Medical Center some distance away. Although she still wants to maintain contact with their staff, she is not longer able to make

the trip to the medical center.

There is another gentleman who became disabled in Vietnam and has struggled with many challenges following the war. Now homeless, with no income or family support, he is in a Veterans Administration hospital. These stories represent just a few of the 674,000 veterans who are expected to die in the following year.

Hospice care involves a team-oriented approach to expert medical care, pain management and emotional and spiritual support. Care can be provided in a number of settings, including patients' homes, nursing homes and long-term care facilities. At the center of hospice care is the belief that everyone has

the right to die pain-free and with dignity.

The emotional and spiritual components of hospice care can be especially meaningful to veterans, who often face issues near the end of life relating to their military experiences. Support is even more crucial for veterans who do not have a strong network of family and friends.

Anyone who has tried to navigate the health care system in America knows that often there is fragmented communication and coordination of services among health care providers, public and private insurance agencies and patients and families.

So how can we ensure veterans received quality end-of-life care? This question is an important question when considering these facts:

• More than 1,800 veterans die each day. This represents a quarter of all deaths in America.

• About 85 percent of them do not receive care through the Department of Veterans Affairs health care system

• Most veterans who are enrolled in the VA health care system will still die in the community.

• Only 4 percent of veterans die in VA facilities.

These statistics highlight the importance of partnerships among VA and community health providers as well as organizations that serve veterans. There is a great need for education about hospice care and how it can be accessed.

Hospice care is part of the basic eligibility package for veterans enrolled in the Veterans Health Administration.

With a focus on improving end-of-life care for veterans, the Department of Veterans Affairs established the VA Hospice and Palliative Care Initiative. One of the programs launched by initiative is the

National Hospice-Veteran Partnership which is working with the National Hospice and Palliative Care Organization and other end-of-life care advocates.

These partnerships are dedicated to increasing veterans' access to hospice and palliative care.

As a nation, we reflect on the values, commitment and sacrifices of our men and women in uniform. Don't they deserve the very best care humankind can offer at the end of life? For more information on hospice and end-of-life issues, contact Hospice Services at 785-543-2900 or 800-315-5122.

Written by Sandy Kuhlman, executive director of Hospice Services Inc., Box 116, Phillipsburg, Kan. 67661. Contact her or Julia Schemper at 800-315-5122. Hospices serves northwest and northcentral Kansas and has been providing end-of-life care for more than 23 years.

matters of record

Real Estate

The following real estate transactions were reported by the Sherman County Register of Deeds:

Michael A. Hurd, Executor of the estate of Donna D. Hurd, to Matthew John Wellbrock, Lots 1, 2, 3 and 4, Block 3, Second Addition to the City of Goodland.

Michael A. Hurd, Executor of the estate of Richard L. Hurd to Matthew John Wellbrock, Lots 1, 2, 3 and 4, Block 3, Second Addition to the City of Goodland.

Rusty Fritz and Wendy Fritz to Melody M. Abbott, Lots 1 and 2, Block 3, subdivision of Original town of Goodland.

Thomas T. Rummel and Kathy Rummel, Fremont County, Colo., to Genevieve L. Rummel, Fremont County, Colo., S/2SE/4, Sec. 25, T9S R37W.

Dolly M. Irvin, Teresa Richardson, formerly Teresa Irvin and Terry Richardson, Reva Bauman, formerly Reva Irvin and Jerry Bauman, to Dolly M. Irvin, an undivided 1/2 interest; Teresa Richardson, an undivided 1/4 interest and Reva Bauman, an undivided 1/4 interest NE/4, Sec. 33, T8S R40W.

District Traffic

The following fines were paid in the Sherman County District Court:

Feb. 1, 2000 — Buddy H. Probst was fined \$110 for motor carrier safety rules and regulations.

April 3, 2004 — Rachel K. Byrd was fined \$150 for speeding.

July 1, 2004 — Christopher T. Kahles was fined \$95 for speeding.

July 2, 2004 — Glenn E. Lee Jr. was fined \$260 for transporting an open container, \$300 for driving while license cancelled/suspended/revoked, and \$108 for speeding.

March 3 — Jessica S. Rose was fined \$150 for speeding.

June 24 — Aoy K. Mbaye was fined \$204 for speeding.

June 27 — Chanel G. Brin was fined \$195 for speeding, \$10 and for not wearing a seat belt.

June 30 — Derek A. Shuttlesworth was fined \$159 for speeding.

July 2 — Tanya R. Weiss was fined \$150 for speeding.

July 9 — Melissa A. Hansen was fined \$159 for speeding.

July 10 — Gina R. Ross-Harris was fined \$168 for improper parking.

July 11 — Richard W. Roehline was fined \$120 for improper driving on laned roadway.

July 21 — Michelle R. Kistler was fined \$126 for speeding.

Aug. 4 — Tommy G. Dufoe was fined \$85 for over weight on wheels and axles.

Aug. 5 — Michelle L. Thebeau was fined \$186 for speeding.

Aug. 6 — Daren L. Dickson was fined \$132 for speeding.

Sept. 3 — Ryan M. Cason was fined \$168 for speeding and \$10 for not wearing a seat belt.

Sept. 10 — Stephen T. Lafountain was fined \$150 for speeding.

Sept. 12 — Omar A. Trejo was fined \$4150 for speeding and \$130 for child having no restraining system and seat belts.

Sept. 22 — Carlos M. Cesenas was fined \$138 for speeding.

Sept. 23 — Walter Castro was fined \$240 for speeding.

Oct. 1 — David J. Weiss was fined \$360 for driving while suspended; 1st conviction and \$300 for no liability insurance on vehicle.

Oct. 4 — Ahmed Khatlab Aldaraji, was fined \$230 for over weight limits on wheels and axles. Ronald R. Skaggs was fined \$186 for speeding.

Oct. 9 — Kyle K.C. Hansen was fined \$114 for speeding and \$10 for not wearing a seat belt.

Victoria C. Leone was fined \$159 for speeding.

Oct. 14 — Clara L. Kinner was fined \$144 for speeding.

Oct. 15 — Jenette D. Lavecchia was fined \$144 for speeding.

Oct. 17 — Thabit M. Majeed was fined \$177 for improper parking.

Oct. 20 — David McWilliams was fined \$120 for speeding.

Amy M. Yoney was fined \$159 for speeding.

Oct. 22 — Rondell R. Crier was fined \$126 for speeding.

Oct. 23 — Justin C. Griffin was fined \$126 for speeding.

Oct. 24 — Mindy J. Fox was fined \$168 for speeding.

Patricia H. Hawkins was fined \$159 for speeding.

Oct. 25 — Ryan E. Murphy was fined \$132 for speeding.

Oct. 26 — William M. Janssen was fined \$132 for improper parking.

Oct. 27 — Robert W. Barlow was fined \$102 for improper parking, \$10 for not wearing a seat belt.

Brice E. Giltner was fined \$186 for speeding.

Oct. 28 — Kevin A. Brown was fined \$160 for transporting an open con-

tainer.

Oct. 31 — Abduaziz S.A. Athukair was fined \$186 for speeding.

Jeffrey G. Crank was fined \$126 for speeding.

Nov. 1 — Trisha J. Salisbury was fined \$138 for speeding.

Nov. 3 — Robert F. Christie was fined \$108 for over weight limits on wheels and axles.

Milena V. Garcia was fined \$204 for speeding.

Nov. 4 — Jill Cooper was fined \$126 for speeding.

Kevin R. Diesslin was fined \$120 for speeding.

George K. Short was fined \$126 for speeding.

Steven L. Strobel was fined \$120 for unlawful acts with vehicle.

Nov. 5 — James P. Miller was fined \$132 for speeding.

Justin R. Nelson was fined \$102 for speeding and \$10 for not wearing a seat belt.

Nov. 7 — George A. Davis was fined \$240 for speeding.

YOUR KANSAS MANUFACTURED HOMES

HOMES

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Kevin K. Harriman was fined \$138 for speeding.

Thomas W. Hoog was fined \$120 for speeding.

Clayton R. Janicke was fined \$10 for not wearing a seat belt.

Lannie D. Robbins was fined \$126 for speeding.

Sally S. Schierer was fined \$108

for speeding.

Matthew J. Sirota was fined \$195 for speeding.

Homero Vargas was fined \$126 for speeding.

Nov. 8 — Parshanth K. Patil was fined \$222 for speeding.

Darrell A. Reasby was fined \$132 for speeding.

Brewster All-Star Booster Club

Calendar for Dec. 28 - Jan. 3

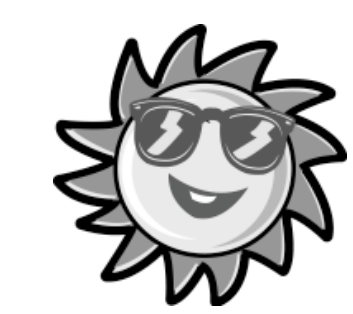
Wednesday, Thursday, Friday - No school, Christmas vacation.

Monday - No school.

Tuesday - Second semester begins.



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Brewster Students!
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