

New year a good time to start balancing time, diet

We all talk about the need for balance. Especially at the beginning of the year, right? We need to balance our time. We need to balance our budget. We need to eat a well balanced diet.

What are you working on balancing as this New Year begins?

Remember when you lost your balance on an issue this past year? What happened? I know this; when you lose your balance, you start looking goofy. If you don't think so, then why do you feel embarrassed when you tripped on the carpet or ended up on your back side because you slipped on the ice?



steve rains

- moments from calvary

Our society is full of people who have lost balance, like the lady in Phoenix who drove in the carpool lane and justified it to the police because she was pregnant. Like the two men from Las Cruces, N.M., (Spanish for 'the crosses') who claimed the city logo (an emblem with the crosses) amounts to reli-

holes along the path of life that knock you off the track of a balanced life. It is easy to exchange the temporal for the eternal. Easy to think that our creature comforts are more important than our eternal comfort. I like what Thomas Kelly says, "People nowadays take time far more seriously than eternity."

gious persecution of non-Christians.

If you aren't careful, it is easy to get out of balance.

There are potential for transformation is great!

It is true God is concerned for your comfort. In fact 2 Corinthians 1:3 declares that He is the God of all comfort. But, the balance to that truth is this: God isn't as worried about your comfort as he is your condition. Don't get defensive; the ground at the cross is level, and the potential for transformation is great!

Let's face it, probably some of your greatest regrets started with choices that you convinced yourself were good ones. So what do we do to make sure we are living a balanced life? Ask yourself a couple of questions:

First, in order to live a balanced

life, you have to ask the right question. What is the right question? I believe it is this: What is the wise thing to do? In all of your decisions you face, and desires you have, what is the wise thing to do?

Secondly, ruthlessly remove hurry from your life. Lewis Grant suggests we are afflicted with "sunset fatigue." Sunset fatigue is when we are just too tired, or too drained, or too preoccupied, to love the people to whom we have made the deepest promises. How do you know you are a victim of this fatigue?

Grant says: you find yourself rushing even when there's no reason

to; there is an underlying tension that causes sharp words or sibling quarrels; you set up mock races ("OK, kids, let's see who can take a bath faster") that are really about your own need to get through it; you sense a loss of gratitude and wonder; you indulge in self-destructive escapes from fatigue: abusing alcohol, watching too much television, listening to rap music (whoops, that last one is mine).

Slow down, find some solitude, and be comfortable with silence.

Just a thought from Calvary. Check us out at calvarygospel.net or e-mail calvarycolumn@st-tel.net

Schiavo case exposed divide in how people view end-of-life care

The public spectacle unleashed over the medical treatment of Terri Schiavo exposed a serious divide in the way the American people currently view end-of-life care.

Despite 30 years of litigation, laws and efforts by a range of groups to improve treatment for those near death, too many Americans still receive poor care at life's end and are dying "bad" deaths without adequate palliative care or dignity.

Further progress in improving care for those near the end of life will not hinge on the enactment of new laws or implementation of new regulations. If anything, end of life reform has already been excessively driven by law.

And current laws do not need to be abandoned. These laws will work if allowed to, says a new report from The Hastings Center, "Improving End of Life Care: Why Has It Been So Difficult?"

What is needed, according to the report, is a new concept for improving end-of-life decision making and care delivery that puts less emphasis on the specific medical decisions concerning the individual and instead fosters shared decision-making and communication among patients and loved ones.

This new collective approach toward end of life care decision making embraces the reality that people die as they live — in a web of complex relationships.

The argument is that care for dying people would greatly improve under a system that considers the values and needs of patients but also focuses on strengthening the ability of families and providers to be more effective decision-makers, especially for people like the late Schiavo, who have lost the capacity to decide for themselves.

In the future, the emphasis should be on promoting a system of care that offers much better coordination of services, treatment planning and continuity of care and that sets parameters for better family dynamics and decision making around end of



hospice services inc.

- end-of-life care

life care issues.

Despite persistent problems, there has been significant progress made in end of life care over the past 25-30 years. The report notes that today people have much more control of their medical care at the end of life.

Palliative care is embraced and recognized as a medical specialty. About half of those who die each year receive hospice services for at least a brief period before death.

Today, many people die without suffering unnecessary pain and are surrounded by friends and family in a setting that addresses their spiritual, emotional and physical needs.

But this progress, and the individual rights upon which it is based, are in jeopardy. The political support for a framework of principles for end of life care decision making built by the courts, the legislatures and among providers and ethicists has not been universally embraced and, in fact, is eroding.

The authors call for a reexamination of assumptions linked with end of life care about autonomy, quality of life, trust, family dynamics and the motivations of professionals and lay people.

Most people would rather not stare death in the face, especially their own death. Even those with life-limiting illnesses resist enrolling in hospice programs until very late in the game because it feels like they are relinquishing hope.

Despite efforts to raise public awareness, only a small number of Americans have chosen to execute advance directives. And many of those that have done so have failed to provide their health proxy or family with enough clarity about their

Worship warms the heart



Calvary Gospel Church

Pastor: Steve Rains, Ben Coats, youth pastor
Fourth & College • 890-3605
Sunday: Kid's Church: 10:30 am
Morning Service: 10:30 am
Evening Service: 5:00 p.m.
Wednesday: Adult mid-week service: 7:00 p.m.
Youth @ the Rock House: 7:00 p.m.
Small Group Ministries meets through out the week.
www.calvarygospel.net

Our Lady of Perpetual Help

Pastor: Father Norbert Dlabal
307 W. 13th • 890-7205
Sacrament of Reconciliation:
4:30-5 pm Saturday or by appointment
Mass Schedule:
Saturday: 6 pm, Sunday: 10:30 am
Spanish Mass:
Sunday: 4 pm

Sonrise Christian Church

Ninth & Caldwell • 899-5398
Minister: Charles E. Kerr, Jr.
Sunday: Worship Service: 9:30 am
Sunday School: 10:45 am
Team Puppeteers: 6 pm
Wednesday:
Junior/Senior High Meeting: 7 pm
Adult & Children's Classes: 7 pm
Jets, 4th grade and under: 3:30 - 4:30

Word of Life Joursquare Church

10th & Clark • 899-5250
Pastor: John Coumerilh
Service Schedule:
Sunday: Worship Celebration
and Kids' Church: 10:30 am
First Wednesday: K.W.A.M.!
Grades 1 through 5: 7 p.m.

Pleasant Home Church

**Serving the rural community
for over 100 years**
Rt. 1, Box 180 • 694-2807 • 3190 Road 70
Pastor: Charlie Busch
694-2242
Sunday: Worship Service: 9 am
Sunday School: 10 am
Evening Service: 6 pm

Bible Baptist Church

Pastor: Michael Estep
Fifth & Broadway
890-7368
Sunday: Sunday School: 9 am
Morning Service: 10 am
Evening Service: 6:30 pm
Wednesday: Evening Bible Study: 7 pm

Church of Jesus Christ of Latter-Day Saints

1200 15th Street • Burlington, CO
(719) 346-7984
Sacrament Meeting: 10 am
Sunday School: 11:15 am
Priesthood/Relief Society: 12 am

Iglesia Del Dios Vivo

La Luz Del Mundo
Spanish Speaking Church
Minister: Esteban Ortiz B.
1601 Texas • 899-5275
Daily Prayer: Sunday thru
Saturday: 5 am & 6 pm
Sunday: Sunday School: 10 am

United Methodist Church

Brewster:
Pastor:
Worship Service: 10:45 am CST
Sunday School: 9:45 am CST
Winona:
Minister: Rev. Bob Winters
Worship Service: 9 am CST
Sunday School: 10:15 am CST

First Christian Church

(Disciples of Christ)
Pastor: Rev. Ted Amos
Eighth & Arcade • 890-5233
Sunday: Worship Service: 10:30 am
Sunday School: 9:15 a.m.
Activities: Junior High & High School Youth Groups,
Adult Bible Study, Choir, Men's and Women's Groups,
Devotions Study, Monthly Fellowship
Special Notice: Handicap Accessible, Hearing
Assistance Equipment and Infant and Toddler
Nurseries Available

Kanorado

**United Methodist
Church**
Pastor: Leonard Cox
399-2468
Sunday: Sunday School: 9 am
Worship Service: 10:15 am

Church of the Nazarene

Pastor: Bob Willis
Third & Caldwell
899-2080 or 899-3797
Sunday: Sunday School: 9:45 am
Worship Service: 10:50 am
Evening Service: 6 pm
Wednesday: Evening Service: 7 pm

First United Methodist Church

1116 Sherman
899-3631
Pastor: Rev. Janet Hernandez
Saturday: Informal Worship: 5:30 pm
Sunday: Sunday School: 9:15 am
Worship Service: 10:30 am

Goodland Bible Church

109 Willow Road • 899-6400
Pastor: Chad DeJong
Sunday: Sunday School: 9:30 am
Morning Worship: 10:45 am
Evening Worship: 6 pm
Wednesday: AWANA (Winter)
and prayer: 7 p.m.

First Baptist Church

Pastor: Travis Blake
Fifth & Center • 890-3450
Sunday: Sunday School for all ages:
9:15 am (Child care provided)
Morning Worship: 10:30 am
Wednesday: Bible study 7 p.m.
Call church for information
Thursday: Bible study 9:30 a.m.
Wheatridge Center

St. Paul's Episcopal Church

13th & Center
Church 890-2115 or Rectory 890-6969
Priest: Father Hal Lycett
Holy Eucharist: 10:00 a.m. Sunday
10:00 a.m. Thursday
Morning Prayer: 8:00 a.m. Wed. - Sun.
For emergencies Wed. - Sun. 890-6969
Sr. Warden for emergencies
Mon. and Tues. 890-3320

Harvest Evangelical Free Church

104 E. Hwy. 24 • 890-7918
Pastor: Brian Egleberg
Sunday: Worship: 9:30 am
Sunday School: 10:45 a.m.
Wednesday: Youth group
meets at 7 p.m.
at Scherlings', 827 Caldwell.

Seventh Day Adventist Church

1160 Cattletrail
Pastor: Jim Martin
Saturday: Sabbath School: 9:30 am
Worship Service: 11 am

Emmanuel Lutheran Church

13th & Sherman • 890-6161
Pastor: Scott Grimshaw
Sunday: Christian eduction/fellowship:
10:15 a.m.
Worship Service: 9 am
Wednesday: Confirmation: 6 pm

Church of Christ

401 Caldwell
890-6185
Sunday: Bible Study: 9:45 am
Worship Service: 10:45 am
Wednesday: Bible Study: 7 pm

The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:

Short & Son Trucking
Hwy. 24

Koons Funeral Chapel
North Main

Good Samaritan Center
208 W. 2nd

KLOE/KKEJ/KWGB
3023 W. 31

club news

The Prairie PieceMakers Quilt Guild met Saturday, Dec. 10, for the annual Christmas party at the home of Cora House. A good time was shared by all with dinner and a fun gift exchange.

The "First Baby of the Year" quilts were delivered to the Goodland and St. Francis Hospitals.

The Jan. 12th meeting will be the start our New Year. Dues of \$12.00 will be due, and the club will have Election of Officers. Our program

will be on "Hand Applique". Bonnie McQuillin of St. Francis will share her appliqué talents with the group.

Saturday, Jan. 14, will be a work day for the club's "Comfort Quilts." Bring your sewing machine and fabric, and the club will replenish its stock of donation quilts and have a lot of fun doing it. Visitors are welcome

Submitted by Cora A. House, chairman

matters of record

District Traffic

The following fines were paid in the Sherman County District Court:
Dec. 14 — Daniel S. Maier fined \$126 for speeding.
Henry J. Preimesberger fined \$108 for speeding.
Parminder Singh fined \$190 for over weight on wheels and axles.
Robert L. Smith fined \$175 for over weight on wheels and axles.
Dec. 15 — Derek W. Belt fined \$126 for speeding.
Michael L. Doxon fined \$120 for basic rule governing speed of vehicles.
Gregory L. Eveland fined \$132 for speeding.
Russell R. Gray fined \$138 for speeding.

Dec. 16 — Maurice Boozer fined \$204.50 for speeding.
Justin W. Creech fined \$177 for speeding.
Dec. 17 — Cecilee A. Corcoran fined \$132 for speeding.
Darrick J. Sowers fined \$132 for speeding.
Dec. 18 — James R. Vandover Jr. fined \$132 for speeding.
Tyson R. Weissnar fined \$120 for basic rule governing speed of vehicles.

Dec. 20 — Dana E. Fulennider fined \$114 for speeding.
Jennifer L. Landenberger fined \$120 for speeding.
Dec. 21 — Amanda D. Lester fined \$138 for speeding.
Dec. 22 — Jodell R. Chiles fined \$120 for speeding.
Dec. 23 — James P. Becker fined \$144 for speeding.
Larry M. Lebequf fined \$144 for speeding.
Dec. 24 — Herbert C. Covey fined \$144 for speeding.
Marvin R. Urban fined \$159 for improper parking.

Real Estate

The following real estate transactions were reported by the Sherman County Register of Deeds:
Robert W. Helman and Geraldine R. Helman, Carl Junction, Mo., to Stephen W. Helman, Carl Junction, Mo., and Philip A. Helman, Pleasanton, Calif., mineral rights on Sec. 13, T6S R40W.
Robert W. Helman and Geraldine R. Helman, Carl Junction, Mo., to Philip A. Helman, Pleasanton, Calif., and Stephen W. Helman, Carl Junction, Mo., mineral rights N/2, Sec. 18, T6S R39W.