

# Bombeck's lesson on joy is something to think about

The great theologian Erma Bombeck had this to say about joy: "In church the other Sunday, I was intent on a small child who was turning around and smiling at everyone. He wasn't gurgling, spitting, humming, tearing the hymnals, kicking, or rummaging through his mother's handbag. He was just smiling.



**steve rains**

● moments from calvary

becoming a sounding brass or a tangling cymbal.' Translated in the parking lot it comes out, 'same to ya fella.'

"Suddenly I was angry. It occurred to me that the entire world was in tears, and if you were not, you had better get with it. I wanted to grab this child with the tear-stained face and tell him about my God. He's happy. He smiles. God would have had a sense of humor to have created the likes of me.

"I wanted to tell him that He is an understanding God. One who un-

derstands when little children pick their noses in church because they are bored. He understands the man in the parking lot who reads comics while his wife is inside attending church. He even understands my shallow prayers that implore, 'Lord, if you can't make me thin, make my friends look fat.'

"By tradition, we wear faith with the look of a mourner. What a tragedy. If that child couldn't smile in church, where was there left to go?"

I am convinced God is concerned about your joy level. In fact, He has a book in the Bible that revolves around the theme of joy; it is called Philippians. In this book, He pro-

vides five elements to help keep the well of joy in your life primed.

Pump number One: Recollect The Good Things God Has Given You. It is important for you to know that the Apostle Paul is writing this from prison (not a fun place so I'm told), but yet he chooses to focus on the good. Philippians 1:3 says, "I thank my God every time I remember you."

We have to recognize how blessed we really are. Sometimes you have to look past your current situation. Can I be blunt with you? Here it goes — Thomas Hardy said, "Some people can find the manure pile in any meadow!" That isn't priming your pump if you're like that. That is just being negative.

Pump number Two: Request God's Help For Others. You can maintain joy in your life by taking

the focus off of you and praying for others. Verse 4 says, "In all my prayer for all of you, I always pray with joy."

Joy will come in your life simply by praying for others. Remember the old adage: Jesus, Others and You?

Pump number Three: Remember You Are Not Alone. I hope you are part of a church family, but if not, I encourage you to connect with one. Paul understood he was in a partnership (verse 5). His heart welled up with joy because he didn't have to go it alone.

Pump number Four: Realize That God is Doing A Work. Every day God is doing a work. If you let Him, he will even work on you. He will chip away on the rough edges and refine us. The Bible says it this way, "being confident of this, that he who

began a good work in you will carry it on to completion until the day of Christ Jesus" (verse 6). In other words, we are all a work in progress. He doesn't leave unfinished projects.

Pump number Five: You Must Have Relationships (verses 7-8). Our relationships have to be more than, "Hi, how are you?" Who is in your life that really knows you? Knows your fears, knows your joys, and isn't scared of all the stuff that makes you you? If you are missing joy, it might be because you are possibly missing relationships.

Jesus is concerned about your well and doesn't want it to run dry. In fact he wants you to tap into His, and you will never thirst (John 4:14).

Check us out at calvarygospel.net or e-mail me at calvarycolumn@st-tel.net.

## Goodland graduate tops in food service

A 1973 Goodland High School graduate received an award for making more nutritious choices available to students in the Orange County, Fla., Public Schools, for cutting costs for the school and for increasing the school's revenue from food service.



**Lora Gilbert**

Lora Gilbert, daughter of Dale and Elaine Ellison of Goodland, director of food and nutrition services for the schools in Orlando, Fla., received the Food Service Achievement Management Excellence (FAME) Silver Rising Star Award.

It was presented at the annual Child Nutrition Industry Conference of the School Nutrition Association on Sunday, Jan. 15, at the Disney Contemporary Hotel in Orlando.

Now in their 17th year, the National FAME Awards are a tribute to school food service professionals who go above and beyond in food service achievement and management excellence. These honors go exclusively to the most accomplished and innovative industry leaders.

Gilbert, recognizing the growing concern about child nutrition, has been a leader in making her county schools more health conscious. She borrowed an idea from other Florida counties, called "Cooperative Sales Carts," designed to offer nutritious foods in multiple areas around campus and to support student organizations. She has successfully decreased the sales of a la carte junk food items by 37 percent while increasing revenue for the schools.

Gilbert supports the school district's Superintendent's Healthy Vending Initiative by providing vending machines stocked with healthy, nutritious snacks on two

high school campuses and by removing carbonated beverages on these campuses.

All lines now sell reimbursable meals, with a la carte sales taking a back seat. This increased reimbursable meals by 298 percent in one of the high schools and by 89 percent in the other.

She is responsible for reducing food costs for the county by 5 percent and is credited for increasing the productivity of her staff, which has decreased labor costs by 12 cents per meal. While decreasing costs, she has expanded the number of meals served to students by 35 percent since starting the job in 2003.

In 2003 the financial program was operating at a \$5.7 million deficit. Gilbert has improved that balance to \$2 million.

As a leader in the food service industry, Gilbert strives to improve upon current practices to allow her schools to operate more efficiently and effectively. She has developed facility and equipment prototypes that reduced the cost of building an elementary school by \$65,000, a middle school by \$112,000, and a high school by \$347,000.

She has expanded and improved the use of technology in all areas of her kitchens to better serve her students. Some of her improvements include accepting credit cards, establishing "no cash" serving lines and an on-line ordering system.

Gilbert has also successfully established a centralized competitive purchasing program using a formal bid process. Her improvements have allowed her to serve 15 percent more meals in 2005, reduce food costs by 5 percent, and increase the use of U.S. Department of Agriculture-donated foods by 48 percent.

## 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 throughout 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  
 Foursquare 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 Fugleberg  
**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 education/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/KKCG/KWGB**  
 3023 W. 31

## Pins on sale!



Special color souvenir pins featuring the giant Vincent van Gogh sunflower painting on the big easel in Goodland are now on sale.

The pins are \$3<sup>49</sup> each and are available at The Goodland Star-News office, 1205 Main. They can be purchased wholesale through the Sherman County Convention and Visitors Bureau office at 890-3515 or 888-824-4222.

Pins are on sale at both Sinclair stations, Knott Just Books, Goodland Regional Medical Center Hospital Auxiliary gift shop, KOA Kampground, Bowmans Heating and Air Conditioning and at The Total Look beauty shop.

The Goodland Star-News  
 1205 Main, Goodland, Kan. 67735 Phone 785-899-2338

**Empty closets, attics, garages with classified ads! 899-2338**