

Decatur Health Systems

By Othelia Vacura

The Oberlin Blood Drive will be held from 11 a.m. to 4:30 p.m. on Thursday, Jan. 18, at The Gateway. Walk-in donors 17 and older are welcome. Donors who are 16 need a signed parental consent form.

Don't be chicken! Donate blood! The Decatur Health Systems Employee Recognition Banquet was Saturday evening at The Gateway. A total of 130 employees, staff, medical personnel and guests enjoyed a delicious prime rib dinner and trimmings served by The Gateway staff.

The keynote speaker, Certified Registered Nurse Anesthetist Gary Bartels, illustrated that 40 or more individuals are involved in the treatment of a single person experiencing a medical crisis.

Joan McKenna, retiring board member, reflected on the fact that our facility is on the "upside" and that planning to build an annex to house specialty clinics has taken a fraction of the time under our own management than it would have taken under another health management organization. On behalf of the board, Chairman Connie Grafel presented Mrs. McKenna a gift for her 13 years of service.

Cedar Living Center Director of Nursing Margee Wilson talked about positive changes that have happened the past year at the center. The group played a recognition game to identify fellow employees through specific descriptions.

Joanne Wendelin was honored for 30 years of work. Others hon-

ored were: 25 years, Peggy Ream; 20 years, Kelly Moore, Dorothy Vacura, Lisa Votapka and Julia Otter; 15 years, Enid Anderson, Bernita Daniels, Teresa Ely and Sondra Fowler; 10 years, Henrietta Juenemann, Nancy Vath and Char Shields; five years, Charissa Huff, Rebecca Tate, Leslie Jones, Rose Eskew, Nikki Murray, Shayla Bailey and Krista Fowler; and three years, Lynn Baker, Sherry Bergling, Nikki Lincoln, Jan Bainter and Dave Nichols.

Decatur Health Systems employees and staff contributed a total of 326 nonperishable food and toiletry items to the food pantry. This shows clearly that our employees care about those in need in our community.

Keep food safe after outage

Here are some tips for dealing with power outages, plus some things that can be done now to prepare for the next emergency—even if it doesn't come for a long time.

- Have appliance thermometers in your refrigerator and freezer to indicate the temperature in case of a power outage to help you determine if food is safe.

- Make sure the freezer is set at or below 0 degrees and the refrigerator is at or below 40.

- Freeze containers of water so the ice can be used to keep food cold in the freezer, refrigerator or coolers when power is out. This can be done when you hear the weather warnings, or place the containers outside if the weather is cold enough. The melting ice will also supply drinking water if needed.
- Group food together in the freezer to help it stay cold longer.
- Have coolers on hand to keep refrigerator food cold. Purchase or make ice cubes and store in the freezer for use in the refrigerator or coolers, or freeze gel packs.

- Keep a supply of bottled water where it will be as safe as possible.
- When the power goes out, keep the refrigerator and freezer doors closed as much as possible. The refrigerator will keep food cold for about four hours if unopened. A full freezer will maintain the temperature for about two days if the door remains closed.
- Once power is restored, determine the safety of your food. Check the temperature when the power comes back on. If the freezer thermometer reads 40 degrees or below, the food is safe and may be refrozen.



Home Time

By Tranda Watts
Multi-county Extension Agent

If you don't have a thermometer, check each package of food. If the food still contains ice crystals or is 40 or below, it is safe to refreeze or cook.

- Discard any perishable food stored in the refrigerator that has been above 40 degrees for two hours or more. These foods may cause illness if consumed, even when they are thoroughly cooked.

Here is a partial list of foods that should be thrown away if they have been warmer than 40 degrees for over two hours: raw or cooked meat, poultry, seafood or fish; gravy, stuffing, broth, lunch meats, bacon, pizza, canned hams labeled "Keep Refrigerated," soft cheeses, shredded cheeses, dairy products such as milk, sour cream, yogurt, custards and puddings, eggs, casseroles, soups, stews, opened mayonnaise, tartar sauce, horseradish, fish sauces, opened creamy-based dressings, refrigerator biscuits, rolls, and cookie dough, any cream-filled pastries or pies, pre-washed and/or pre-cut packaged vegetables, baked potatoes and potato salad.

A question has come up about putting food from the freezer or refrigerator out in the snow. The

American Red Cross says don't do it.

Frozen food can thaw if exposed to the sun, even when the temperature is cold. Food stored in this manner may become too warm, and food-borne bacteria could grow. The outside temperature can vary hour by hour and the temperature outside will not protect refrigerated and frozen food.

Additionally, perishable items could be exposed to unsanitary conditions or to animals. Animals may harbor bacteria or disease; never eat anything that has come in contact with an animal.

Rather than putting the food outside, take advantage of the cold temperatures by making ice. Fill buckets, empty milk cartons or cans with water and leave them outside to freeze, then put that in your refrigerator, freezer, or coolers.

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@oznet.ksu.edu. For more information, contact the county extension office, 475-8121.

Midway News

By Mary Lou Olson

Congratulations to Chase and Dana Juenemann, who were married on New Year's Day at St. Mary's Catholic Church in Herndon. The bride is the daughter of Ron and Cindy Sattler of this community and the bridegroom's parents are David and Joyce Juenemann of Selden.

Christmas Day dinner guests of LeRoy and Daisy Schmidt were Curtis and Dawnelle Heim and family, Tucson, Ariz.; T.J. and Danace McDonald and family, Colby; Clint Schmidt, Denver; and Chris and Sherri Schmidt.

Christmas supper guests of Keith and Mary Lou Olson on Dec. 29 were Rex Olson, Seth, Sam and Abbie, Boulder, Colo.; Tyler Witt,

Scottsbluff, Neb.; Chris and Keely Wilson and Julie Beth, Kearney, Neb.; Sarah Olson, Manhattan; and Mark and Barbara Olson, Kurt and Sarah, and James and Kimberly Witt, Ashley and Whitney, Oberlin.

Wane and Cheryl Stull of Solomon visited over the weekend with her sisters, Detta and Elden Anderson, and Donna and Dick Kelley, and other relatives. They came to attend the retirement party Friday evening at The Gateway which honored Mrs. Kelley on her retirement from the Farm Service Agency in Oberlin.

On Saturday evening, the three couples were joined by Carolyn Miller and Gary Anderson at the LandMark Inn for a post-Christmas

dinner. The Stulls were houseguests of her cousin, Carolyn Miller, while here.

Covenant Women Ministries will meet at 10 a.m. Saturday at the Herndon Covenant Church for a missionary work day.

Tyler Witt and Kurt Olson accompanied their grandmother, Mary Lou Olson, to McCook on Thursday, where they had dinner to honor Kurt on his 18th birthday.

The annual meeting of the Herndon Covenant Church will be held following church services on Sunday. Members are to bring a sack lunch and something for afternoon coffee.

Jennings News

By Louise Cressler

Big news is still the snow and mud. Many south of Jennings are still without electricity. Predictions are for another storm to move in the later part of the week.

There were no church services at the United Methodist Church in Jennings or Dresden on Dec. 31 or Jan. 7 due to the weather.

No Sunflower Senior Center potluck supper was held Tuesday, Jan. 9. February gathering will be at 6 p.m. on Tuesday, Feb. 13, weather permitting.

Bus and Coach International open house on Saturday drew a large crowd. Invited guests were to arrive at 1 p.m. Lunch was served in the newly remodeled dining room. A tour of the building was given. The public was to arrive at 2

p.m., though many were there earlier. At 2:15, everyone gathered in the former school gym, now the bus showroom, where one of the motor coaches was on display.

Mayor Bob Jones welcomed everyone to the open house. A plaque with the Key to the City was presented to Phil Oldridge and Lee Gilroy of the bus company.

Phil spoke of the plans for the company in Jennings. Merle Snyder served refreshments. Julie Carter and Gail Brandyberry assisted her.

New garage doors have been installed on the city shop building, which is a big improvement. The small tractor purchased by the school district works very well moving snow at the curbs.

Selden News

By Jacque Boulinghouse

Birthdays and anniversaries: Dec. 28 - Heath Albers, Bill and Rose Bainter, Robbie and Debbie Koerperich; Dec. 29 - Mark Schieferecke, Travis Schlenk; Dec. 30 - Sumner and Cheryl Schlenk; Dec. 31 - Clayton Bainter, Bill and Mary Carroll, Mitchell Shaw; Jan. 1 - Mike and Tami Porsch, Amy Aumiller; Jan. 2 - Boyd and Marge Wilson; Jan. 3 - Elizabeth Schriemer; Jan. 4 - Bill Bainter, Mike Kruse, Jenna Bruggeman; Jan. 7 - John Kruse, Ron Kaus; Jan. 8 - Gary Shaw, Tyler Stevenson, Tom Zedrow; Jan. 9 - Evelyn Wahl, Lindsey Wahl; Jan. 10 - Melanie Schulz,

Randi Stevenson, Kiezer Carman; Jan. 11 - Shad Putnam; Jan. 12 - Joe Bainter; Jan. 13 - Harold Sulzman, Sherry Carman, Joe Trembley; Jan. 14 - Bernie Ritter, Angela Lobato, Dorothy Stacey; Jan. 15 - Dave Wachendorfer.

At Senior Citizens on Dec. 28 Helen Karls won high, Anna Albers took second and had the most tens, and Jeanie Spreser got low. Other members present included Alfred Albers, Leone Porsch, Shirley Emigh, Edna Schiltz, Betty James and Carol Shaw.

Senior Citizens did not meet on Jan. 4 due to the snow storm.

'Let the Babies Live!'

By Bill Duncan, Church of Christ

She would be 34 years old now, if she could have lived. But she was killed in her mother's womb in 1973, shortly after the U.S. Supreme Court ruled in Roe vs. Wade that killing babies in their mother's womb is an act they decided would be legalized, and that by simply the voting action of a few.

She wasn't asked if she wanted to live. She wasn't allowed to see the light of day, nor to ever experience life as a toddler, a little girl, as a grade schooler, nor a teenager, nor a young adult, nor perhaps marriage and becoming a mother to her own little girl or boy.

No, her life was snuffed out even as she enjoyed the snug warmth of her mother's womb. But she was only one of 50 million babies who have since died by abortion in the U.S., at the hands of the abortionists.

Abortion is a business, an industry, and from what I have read it is big business, dollar-wise. It is big enough to buy the loyalties of politicians, governors and attorney generals, in government.

We, of course, are grateful for the women of any age who do not abort their unwanted pregnancy. We are understanding of the difficulties many find

themselves in. Help is available.

Abortion should never have been made legal. Join me in prayer to God that it will be reversed.

Don't you know that there will be more babies and children in heaven for eternity, than any other age group? Gotta be!

Don't you want to be there with them? I do.

"Let the little children come to me, and do not hinder them," said Jesus Christ, the Son of God, "for the kingdom of heaven belongs to such as these (emphasis mine)."



Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
Fr. Henry Saw Lone,
MASS: 10:30 a.m., Sunday

IMMACULATE CONCEPTION CATHOLIC, LEOVILLE
Fr. Henry Saw Lone
MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN
Fr. Henry Saw Lone
MASS: 5:30 p.m., Saturday

OBERLIN SEVENTH-DAY ADVENTIST CHURCH
Jim Martin
120 South East, Oberlin
SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m.

JENNINGS-DRESDEN UNITED METHODIST CHURCH JENNINGS
Carrie Buhler, pastor
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. Doug Hasty
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.

UNITED CHURCH OF OBERLIN
Pastor: Judy 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 Wed. at 6:30 p.m. Holy Communion, 1st Sun. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Wed. at 8 p.m.

OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)
Pastor: Fred Dycus
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., AWANA Club 4-6 p.m. WEDNESDAY: Service, 7 p.m.

OBERLIN UNITED METHODIST
102 North Cass — 785-475-3067
The Rev. Doug Hasty
SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Choir practice, 7:30 p.m.

CLAYTON UNITED METHODIST
Pastor: Ray Gilstrap
Almena
SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.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. King's Kids, 6:30

p.m.; Youth, 8 p.m. Women's Group, 2nd & 4th Thursdays, 2 p.m.
OBERLIN CHURCH OF CHRIST
South Beaver Street - Oberlin
Bill Duncan — Phone 785-475-3259
SUNDAY: Sunday School, 9:30 a.m.; Worship Hour, 10:45 a.m. WEDNESDAY: Ladies Home Bible Study, 9 a.m.

ST. MARY'S CATHOLIC, HERNDON
The Rev. Damian Richards
Phone 785-322-5560
MASS: SUNDAY, 8 a.m.

HERNDON COVENANT CHURCH
Keith Reuther, Pastor
Phone 785-322-5316
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 11 a.m.; Bible study, 7 p.m.

NORCATUR UNITED METHODIST
Pastor: Ray Gilstrap
Almena
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

LYLE UNITED METHODIST
Carol Woodmanee, Almena
Lyle Lay Speaker
SUNDAY: Morning Worship 8 a.m.

EVANGELICAL COVENANT CHURCH OF OBERLIN
The Rev. Heidi Wiebe
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: Doug Mason
10 miles south, 4 miles west of Oberlin
SUNDAY: Sunday School, 10 a.m.; Worship, 11 a.m.; WEDNESDAY: Bible Study and prayer, 7:30 p.m.

ST. JOHN'S LUTHERAN CHURCH
510 North Wilson
Pastor: Rev. Rick Langness
Secretary: Norma Unger
785-475-2333

SUNDAY: Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 10:30 a.m.; Holy Communion: 1st and 3rd Sundays; KICK, 3:45-5:30 p.m. each Wednesday. Foundations Bible Class, Thursday, 7-9 p.m.

FAITH LUTHERAN CHURCH
404 North York Avenue
Oberlin, Kansas
Rev. Charlotte Strecker-Baseler
Church Office Phone: 785-475-2053
SUNDAY: Worship, 9:30 a.m.; Fellowship and Educational Hour, 10:45 a.m. Holy Communion first and third Sundays. THURSDAY: Women's Bible Study second Thursday at 9:30 a.m.

SELDEN COMMUNITY CENTER
110 North Kansas Street
Selden, Kansas
Brother John L. Paulson
3rd Sunday of Each Month at 3 p.m.
Fellowship 2:30-2:55 and immediately following message.



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