

# Good Samaritan Center

By Lisa Paulson

So often when writing the Good Sam News, I find myself using the term "Good Sam Family" and I questioned the appropriateness of doing so. As I thought about the happenings of this past week, my heart was comforted because there really is no word more fitting than "family" to describe life at the Good Samaritan Society.

The dictionary defines family this way. Family: a basic social unit consisting of parents and their children, considered as a group, whether dwelling together or not. Family is still the heart and soul of human society and family as it is defined by God. It is the place of intimacy. It is the place of joy. It is the place of memories that build the foundation of life. It is the place of love. It is the place of socialization. It is the place of morality. It is the place of security. It is where you build confidence." Pastor John MacArthur. This is a much more fitting description of our "Good Sam Family".

Monday morning a Memorial Service was given in honor of Ben Jorns. During the message, the legacy of his wonderful faith being passed down from generation to generation was highlighted, a beautiful example of God's design for

family. He was a very gentle man, always with a quick smile and a twinkle in his eye. He will be missed by his own family and ours!

During History Buffs, Lucy Schissler, Earl Brown, Elden Haas, Amy Rehm and Mary Waldo poured over framed photographs, newspaper articles and lots and lots of memories of friends and family who once lived or worked here.

Tuesday, Cindy Sattler's first grade class came to read to their First Hand Friends. These little children remind us how simple it is to enjoy life. Their giggles and generous hugs bubble forth a contagious joy that permeates our hallways and our hearts.

The partnership we have with the 180 House also allows us to extend our love, "our family" and the hope we have in Jesus to boys who have been removed from their families for a time and are seeking a way to turn their lives around so they can return home. This week we talked about death and heaven with them.

One young man said, "I don't have to think about that 'til I'm old." When we asked how old is old? He answered, "forty-one." Ninety-eight-year-old Loren Schrock let out a hefty chuckle! Heaven is our Bible Study theme for the month.

We have been answering common questions through the light of Scripture. So it was fun to extend the conversation to include the boys. Amy Rehm spoke to the boys very candidly and talked about the changes that have taken place in families since she was raising her children. One thing she mentioned was mothers aren't able to stay home anymore, so children sometimes raise themselves.

The Bible Study residents have a heart for encouraging and strengthening marriages and families. Who better to give advice than those who have been married for 65 years or more? They have made five scholarships available for anyone wanting to attend "The Art of Marriage" video conference coming up Jan. 27 and 28. We still have scholarships available, so if you are interested, please call Lisa Paulson. 475-2245.

Friday, Pastor Keith Reuther gathered Prayer Warriors, Amy Rehm, Walt and Betty May, Dorothy Pryor and Lucy Schissler in the Quiet Room for a Bible lesson and prayer.

Recent extended family visitors were: Mert McEvoy to see **Lucy Schissler**, Jody Betts and Pat Fringer for **Margaret Vacura**, Marvin and Sharon Slabaugh to visit **Opal Bryan**, Reva Marshall and Dixie Snyder (Colby) for **Dorothy Hunt**. Max Carman for **Myrtle Waldo**. Gerald Olson for **Evelyn Olson**. Rhonda May for **Walt and Betty May**. Galen Olson and Arian Arnold for **Edla Olson**. Ralph and Norma Unger for **Lucy Schissler** and **Earl Brown**. Edie Tate for **Lois Carlson**. Cheryl Miller for **Loren Schrock**. Bud and Vicky Mumm (Gem) and Stan, Becky and Muriel Faimon for **Doris Marintzer**. Von Johnson for **Crystal Moore**. Jody Betts, for **Mary Waldo**. Betty Heisel for **Ethel Nemeth**.

# Practice party food safety

Large gatherings can increase the chance of getting a food-borne illness. By closely refereeing the following food safety violations, you can play good defense against food-borne illness. Since you can't replay unsafe food practices, make plans now to be sure that you and other party goers return home as winners.

**Illegal use of hands.** Unclean hands are one of the biggest ways that bacteria are spread. Finger foods at parties put your team especially at risk. Finger-licking guests may reach into a chip bowl or vegetable tray, spreading unwanted bacteria. Avoid penalties for illegal use of hands by providing/asking for/using spoons, tongs, toothpicks, etc., to help avoid contaminating foods by touching them directly. Chefs and guests should wash their hands with soap and water for 20 seconds before and after handling food.

**Offsides.** Think of party foods as being on two different teams – the uncooked against the ready-to-eats. Keep each team in its own zone. Juices from uncooked raw meats contain harmful bacteria that can contaminate ready-to-eat foods. If possible, use one cutting board for uncooked meat and poultry, and another board for cutting veggies and ready-to-eat foods. If you use only one cutting board, wash it well with hot soapy water after each use and then rinse it.

**Tackle temperatures.** Call a "time out" and use a food thermometer to be sure that protein foods are safely cooked. The internal temperature, not meat color indicates doneness. Cook fish to 145 degrees F. Cook beef, pork, lamb and veal steaks, chops and roasts to 145 degrees F. and then allow to "rest" for three or more minutes before carving or eating. Cook ground meats to 160 degrees F. Cook all poultry to



## Home Time

By Tranda Watts  
Regional Extension Agent

165 degrees F. **Holding.** This is one of the most likely offenses when a party lasts late into the night. Never hold hot or cold foods for more than two hours at room temperature. Serve cold foods over ice, if possible. Refrigerate or freeze leftovers promptly to block offensive bacteria from multiplying. If a perishable food has been at room temperature for more than two hours, do not eat it. When in doubt, throw it out of the game... and out of the party.

**Ask a coach.** To avoid food safety penalties, make sure you understand the rules completely. A great

resource is to ask a United States Department of Agriculture food safety coach. Questions may be sent by email to: MPHonline.fsis@usda.gov. Or, on Monday through Friday from 9 a.m. to 3 p.m., you may call 1-888-674-6854.

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@ksu.edu. For information, contact the Decatur County office of Twin Creeks Extension, 475-8121.

## Chamber News

By Carolyn Hackney

Oh my! We are over halfway through January already.

Our 2012 annual meeting and banquet is over. Thanks to Lynn Johnson and helper Sid Metcalf, the auction was a success and quite entertaining. Thank you to all who donated items to help support the Decatur County Area Chamber of Commerce.

Chamber members agreed to accept all the volunteer candidates for new board members for the next three years: Rick Tomczek, Carrie Morford, Mary Holliday, Ruth Miesner, Galen Olson and Ken Badsy. We will have an organizational meeting at 5 p.m. today here in the Bee Building. All members are welcome to attend; bring ideas for helping with our organization.

The Oberlin Convention and Visitors Bureau board will meet at noon Thursday at the LandMark Inn. Everyone is welcome to attend.

The next Chamber-sponsored event is the Farmer-Rancher Appreciation Banquet The Gateway on Saturday, Feb. 18. Invitations to help sponsor this event will be going in the mail this week to the 2011 sponsors. I will also be sending them to other businesses, but if you don't get a letter and would like to help with this event, please call the Chamber office at 475-3441 for information and different sponsor levels.

Dr. Weldon Sleight from the Nebraska College of Technical Agriculture will be our guest speaker. He will be speaking about the college's "100 Cow Program" and a topic for small-town businesses.

There is no charge to attend this fun evening, but please call the Chamber to make reservations so that we provide the right amount of food.

Have a great week!

## Decatur Health Systems

By Becky Wilson

Hospital employees meet twice weekly to work out together. It's one of the most common New Year's resolutions: This year, I'm going to start to work out. Usually it doesn't amount to anything, but there's a fighting chance that I'll maintain the resolve past January in 2012.

The difference is that I'm not doing this alone. As of a couple weeks ago, the Fitness Center at Decatur Health Systems is filled to the brim on Tuesday and Thursday nights with hospital employees working on circuit training together. The work outs last for an hour, which is long enough that I feel that I've accomplished something and short enough that I don't get too worn out or discouraged.

Deb Klima is on hand to explain the machines and their proper use—she set me up on a bicycle with a five-minute resistance program that

simulated a series of hills. The time passes quickly, thanks to variations in the workouts provided by the machines and the constant hum of conversation around the room.

A couple of people bring their mp3 players along, and the televisions are turned on so that we can watch houses get appraised on HGTV while working on the elliptical machine. To be honest, it's a surprising amount of fun, speaking as someone who is generally inclined toward the sedentary side of things. The key is in the companionship. I encourage anyone wanting to add some activity to their lifestyle to recruit some friends and make a go at it together, to help with motivation for continuing week in and week out. Thanks to this program, maybe by March, I won't dread the stair-stepper quite so much.

## Making Wise Choices

By Pastor Barbara Patterson,  
Jennings and Dresden United Methodist churches

### Exodus 3

Moses appears in Exodus, Chapter 3 in the Holy Bible. He was born to the tribe of Levi at a time when the Pharaoh gave an order to all his people: "Throw all the newborn Israelite boys into the Nile River". But due to the wisdom of his mother who put him into a basket and floated him along the edge of the Nile River, he was spared. His sister, watching carefully from the shoreline, follows her little brother and came forward when the Egyptian Princess discovered baby Moses in the basket on the Nile. This wise little girl would provide a nurse for baby Moses. By the way, the nurse happened to be his own mother. Yes, it is amazing how God works when we walk by faith. Little baby Moses was discovered by a princess and to make a long story short, Moses would grow up in a palace in Egypt, along with his sister and mother.

By faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to be mistreated with the people of God than to enjoy the fleeting pleasures of sin. (Hebrews 11:24-25)

The Christian life is a series of choices that we make. Sometimes we make the right decision that blesses the Lord – and sometimes we make unwise choices that dishonor Him and lead us to seek forgiveness and restoration.

Your character can be defined as the summation of all the choices you make in life. Choices can be powerful and they can shape your life. Someone

once said, "First you make your choice, and then your choice makes you."

Mose's decision to forsake the pleasures of Egypt as Pharaoh's son is a wonderful example of how our choices can lead us in a different direction and shape our ultimate destiny for Christ. In a society of many celebrities, but few real heroes, Moses stands out to us as a real hero of faith who made the right decision.

Even though Moses lived like a prince in Egypt, he knew he was a Jew, and he decided to follow God by identifying with His people.

At about age 40, Moses knew God was calling him to do something important. So, instead of taking the easy way out and staying with his life of luxury, Moses said, "Yes, Lord." And he followed God in faith. Yes, with the help of God through several miracles, Moses leads the Israelites out of bondage and slavery, across the Red Sea into the wilderness. But, it would take 40 years of wandering around in the wilderness before God's plan would be accomplished and they would enter into the promised land that God had promised his people.

Like Moses, God often calls you and me to stand up in the midst of difficult situations and say, "Yes, Lord!" It may not always be easy, but I challenge you to follow God regardless. Who knows? A wise choice you make today could change the rest of your life!

Be willing to say, "Yes, Lord," and follow God's leading in faith."



## Schedule of Oberlin and area church services:

**OBERLIN SACRED HEART CATHOLIC CHURCH**  
785-475-3103  
Fr. Mark Berland,  
MASS: 10:30 a.m., Sunday

**IMMACULATE CONCEPTION CATHOLIC, LEVILLE**  
Fr. Mark Berland,  
MASS: 8 a.m., Sunday.

**SACRED HEART CATHOLIC, SELDEN**  
Fr. Mark Berland,  
MASS: 5:30 p.m. Saturday

**JENNINGS-DRESDEN UNITED METHODIST CHURCH**  
Pastor: Barbara Patterson  
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. Linda Willey  
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.

**OBERLIN UNITED METHODIST**  
102 North Cass — 785-475-3067  
The Rev. Linda Willey  
SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Praise team practice, 8 p.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.

**UNITED CHURCH OF OBERLIN**  
Pastor: Judi 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 Sun. at 9:45 a.m. Holy Communion, 1st & 3rd Sundays. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Sun. following Worship

**OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)**  
Pastor: Gene Gee  
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., WEDNESDAY: Service, 7 p.m.,

**CLAYTON UNITED METHODIST**  
Pastor: Ed Woods  
SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.

**OBERLIN CHURCH OF CHRIST**  
South Beaver Street - Oberlin  
Bill Duncan — Phone 785-475-3259  
SUNDAY: Fellowship and coffee time; 10:00 a.m. The "no sermon" worship hour with the Lord's Supper and Adventures With God, open Bible Study, 10:30 a.m.; TUESDAY: Ladies Bible Study, 9 a.m.

**ST. MARY'S CATHOLIC, HERNDON**  
Fr. Nick Parker  
Phone 785-322-5560  
MASS: SUNDAY and THURSDAY 8:30 a.m.

**HERNDON COVENANT CHURCH**  
Pastor: Keith Reuther  
Phone 785-322-5316  
SUNDAY: 9:45 a.m. Morning worship, 11 a.m. Youth group, 4 p.m.

**NORCATUR UNITED METHODIST**  
Pastor: Ed Woods  
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

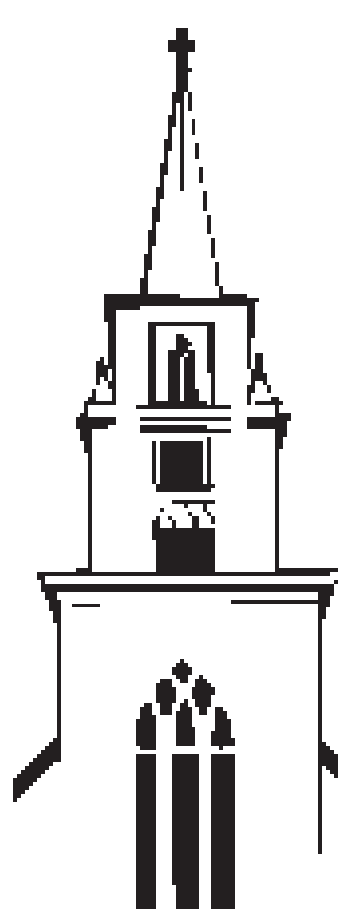
**LYLE UNITED METHODIST**  
Guest Speakers every Sunday  
SUNDAY: Morning Worship 9 a.m.

**EVANGELICAL COVENANT CHURCH OF OBERLIN**  
Pastors: Chris and Sharon Nelson  
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**  
Chairman Brad Marcuson  
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  
Interim Pastor: Brad Rick  
SUNDAY: Sunday School and Bible class, 9:45 a.m.; Divine Worship Service, 8:30 a.m.; Holy Communion: 1st and 3rd Sundays..

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