

Good Samaritan Center

By Lisa Paulson

The season has made a decided turn from summertime to autumn, change is in the air, and the colors of the new season are announcing it beautifully. Change is on the way for me personally, too. I will be moving to Dallas to join my husband who is attending Dallas Theological Seminary to receive this Masters in Theology Degree. John and I met at Good Sam, were engaged at Good Sam and married at Good Sam! In fact one of the conditions of marrying John was that he would never ask me to leave my job. His response was, “Okay, I won’t, but God might one day.” And now, He has – so wherever He leads, we will follow! The people who live and work here are definitely family, and we will miss everyone greatly.

I thought one of the hardest parts of working here would be saying good-bye to loved ones who move from this home to their new heavenly home, but saying good-bye this side of heaven is proving to be much harder.

This week we said good-bye to our dear friend, Mary Lemman. The message at her memorial service was based on her favorite hymn, “In The Garden.” In the message I likened her casual acquaintances to the annuals she planted: petunias and marigolds as her acquaintances, people God placed in her life...or she in theirs...for just a short season...and in contrast the perennials: peonies, roses and lilacs that would last and bloom from

season to season and generation to generation, her husband Don, her children, grandchildren and great-grandchildren. It is easy to picture her walking and talking with Jesus in a garden more beautiful than she could imagine.

Butter churning has become a tradition here in the fall, Connie Cramer, Betty Jones, Amy Rehm, Leone Porsch, Evelyn Olson, Phil Erickson, Myrtle Ross and Margaret Vacura joined Anita as they took turns cranking the antique paddle churn provided by Coleen Rippe. Can’t make butter without eating it, so Anita baked fresh biscuits, mixed up some honey butter and apple butter too.

Thursday, Coleen Rippe read the newspaper during Current Events. Two new residents, Betty Jones and Woody May joined Amy Rehm, Marcella Leitner, Phil Erickson and Leone Porsch as they discussed the tornado of 1942 which was part of the write up in the Mini-Sappa Days article.

Friday, Myrna Jones came to play for the STARS Committee Fall Social Hour Celebration. Linda Hollowell and her team made delicious cherry limeades and fresh warm popcorn. This is always a great time! We love having Myrna, she is a blessing to us.

October is here with new and exciting things to do. Mark your calendars so you can join us!

Oct. 31 is, of course, the Spook Parade. Last year over 200 children

filled our halls to overflowing and we ran out of candy. If you would like to donate some candy it would be greatly appreciated!

Nov. 3 is our 2012 Rock-A-Thon, where the proceeds go will be decided by the residents this week.

Nothing brings more joy than the many visitors we have: Mert McEvoy for **Lucy Schissler**. Reva Marshall, Ellen and Iris Osborne (Wichita), Tara Sue Larson, (Colby), Robert and Penny Fringer for **Dorothy Hunt**. Connie Simonsson for **Amy Rehm**. Cheryl Miller for **Loren Schrock**. Jerry Hill, Lon Irtenkauf (Norcatuur), Brett, Erin and Jordan Fredrickson (Colorado) for **Cheryl Hill**. Max Carman for **Myrtle Waldo**. Sally Henningson for **Connie Cramer**. Marilyn Horn for **Myrtle Ross**. Gerald Benda for **Eulaine Benda**. Eunice Martin for **Glenn Martin**. Susie Sabatka (Atwood) for **Vera Kacirek**. Gene Leitner, Jerald and Elaine Leitner Colby) for **Marcella Leitner**. Pat Fringer and Reta Barratt for **Margaret Vacura**. Rose Riffle, Bill Flyon and Carolyn Dolirka for **Roxie Pomeroy**. Bob and Neoma Tacha (Jennings) for **Galen Tacha**. Kelly Olson (Manhattan) for **Evelyn Olson**. Bruce Winder for **Earl and Elsie Winder**. Sara Bishop (Lindsborg) for **Earl Brown**. Varlan and Catherine Neal for **Grace and Jim Schroer**.

Water is important for life

All beverages are mostly water, which is a nutrient that is essential to life. Every body function depends on water, and you can live only a few days without water. Your total body weight is 55 to 75 percent water; which is about 10 to 12 gallons. Water makes up about 83 percent of the blood, 73 percent of muscles, 25 percent of body fat and 22 percent bones.

Eighty percent of your total fluid intake comes from beverages of all kinds, and the other 20 percent comes from foods. Fruits and vegetables; fresh, frozen and canned – contain lots of water. For example, watermelons, tomatoes, lettuce and celery contain more than 90 percent water, and oranges are 87 percent water.

Milk, soymilk, juice and soup all supply water to the body and contain other nutrients.

Benefits of Drinking Water

Choose water as your primary beverage. It is usually inexpensive and readily available. Water is also thirst quenching, contains no calories, fat, cholesterol, or caffeine, and is low in sodium. Water’s other benefits include:

- Prevents dehydration
- Regulates body temperature to about 98.6 degrees F
- Reduces fluid retention
- Gives the feeling of fullness when consumed with a meal



Home Time

By Tranda Watts
Regional Extension Agent

- Carries nutrients and oxygen to the cells
- Provides moisture to skin and other tissues
- Helps prevent constipation
- Cushions joints
- Helps strengthen muscles

Tap water, especially from large municipal water systems, is just as safe as bottled water and less expensive. If bottled water gets a person to drink water, then the added expense may be worthwhile. Be aware, however, that some bottled water is actually reprocessed tap water, and others have added sugar and sodium.

How Much is Needed?

On an average day, a healthy adult needs 8 to 12 cups of water to replace the amount lost through perspiration, breathing, urination, and bowel movements. These fluids must be replaced to avoid dehydration and to keep the body working normally. When eating a high fiber diet, extra water is needed to process the additional roughage.

In general, one quart of water is needed daily for every 50 pounds of body weight. The exact amount of water needed depends on: age; gender; weight; health; level of physical activity; foods eaten; and medications taken; and the weather.

Thirst is one sign that you need fluids. Your current fluid intake is probably adequate if you drink enough water to quench your thirst, you feel well, and you produce a normal amount of urine that is colorless or slightly yellow. However, do not wait until you feel thirsty before drinking something. Sometimes the brain doesn’t get the thirsty signal. Older adults often lose the ability to sense thirst.

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.

Jennings News

By Louise Cressler

The Jennings American Legion will sponsor a ham, bean and corn bread dinner from 11:30 a.m. to 2 p.m., Sunday, Oct. 28 at the Sunflower Senior Center. There will be a food sale also. Donated food items will be appreciated. All proceeds will be used for Legion Hall improvements.

The Lions Club will be serving lunch from 11 a.m. to 1 p.m., on election day, Tuesday, Nov. 6 in the Community Hall. The menu is hamburgers, chips and dessert. Club members are also collecting old eye glasses and/or frames to send to needy countries. You may give them to any Lions member or bring them with you on election day when you come to vote and to lunch.

United Methodist Women met last Wednesday. Vickie Bailey gave an interesting Bible lesson on

the book by Max Lucado, “*John 3: 16, For God so loved the World, He gave His only begotten Son.*” Those attending were Helen Rhodes, Rachel Carter, Barbara Patterson.

Those enjoying playing pinhole at the Senior Center last Wednesday were: Ann Swezeitis, Alice Wagoner, Scott Taylor, Diane Carter, Eleanor Morel, Agnes Wahlmeier, Carol Carter, Stan Shaw, Wayne Cressler, Ramona Shaw and Louise Cressler. We would welcome anyone who would like to come join us at 1:30 p.m. on Wednesdays.

Stan and Ramona Shaw attended the birthday party on Saturday honoring their great-grandson, Tyce Bollers, on his 5th birthday held at the home of his parents, Kyle and Lisa Boller and sister, Tenley, in Strasburg, Colo.

Decatur Health Systems

By Becky Wilson

The calendar has turned to October, and there are a couple of important events this month around Decatur Health Systems that people should be aware of.

The first of those is that the road construction I mentioned a couple months ago has begun. Columbia Street has been blocked off. To get to the hospital and the clinic, drivers can use Cedar Street to the south and drive around the building.

Parking spaces out front of the hospital and clinic will be available, so once you’re here, you’re fine. Drivers also can use Victoria Street on the north to get to the hospital from Elk and Cole avenues, at least in good weather. It is not paved, however.

The other big thing that October brings is the beginning of Medicare Part D enrollment for 2013. This program helps with prescription drug costs for everyone qualified for Medicare.

The national Medicare website, www.medicare.gov, has been updated with the changes for the coming year, so now is the time to compare your plan’s 2012 benefits to what they will be next year. Some plans may become more expensive, or you may qualify for a new, cheaper plan, so looking over the changes is always a good idea.

Reviewing coverage and enrolling online can be a hardship. Not everyone has a computer with Internet access, after all, and even if you do, the process can be confusing. That is why the Kansas Department of Aging provides free counseling through the Senior

Health Insurance Counselor for Kansans program. The counselor here is Joanne Wendelin, and she is eager to get everyone qualified for Medicare Part D signed up for the best possible coverage.

The first step is to call Joanne at 475-2208, ext. 224. She will send you a worksheet for you to list all of the medications you take, their dosages, and what pharmacy you use, and also schedule an appointment to come in and talk about the various plans that are available. When you mail your medication worksheets back to her, she enters the information into the computer to have it all at her fingertips when you come in for your appointment. This makes the process as quick as possible. The available plans depend on your Zip code and medication information. Joanne will show you a list of what you’re eligible for and boil it down to the basics – which plan would cost you the least. Once that’s determined and you’ve decided on the plan that’s right for you, she’ll enroll you online, and a new card for 2013 will arrive in the mail in about 10 days.

Though you can start the plan comparisons now, the actual enrollment begins on Oct. 15. The enrollment period lasts through Dec. 7, but it’s best to get enrolled early. New plans will begin on Jan. 1. If you already have a Medicare Part D plan and make no decision, you’ll be enrolled in the same plan for next year.

The next chance to change plans will be a year from now, in October 2013.

Continued from last week:

To which the husband replied, “Well, actually preacher, about 10 years ago, I forgot her name..... can you help me out here?”

Now the point here is not that humans are forgetful. The point here is that God knew us, and knows us; and he has not forgotten anything about us. He knows everything, and yet he still went to the cross for us. That’s love! That’s agape, unselfish love.

To understand the depth and extent of God’s love is difficult. How could God love such a sinful world? A world that ultimately rejected his Son, Jesus?

Our relationships with others usually teach us that love is conditional. If the required conditions are met, then love is given. But if the required conditions aren’t met, love is usually taken away.

However, God’s love is unconditional. God’s love flows out freely to every person. We desperately need to experience this love – a love that we can hardly understand. And God wants a personal relationship with His children – all of them. We only have to open ourselves to God’s spirit through Christ. Whosoever believes in Him. Much of what we do and say and think is rooted in what we believe. Sometimes we think that belief is an opinion, but it is much more than that.

Nicodemus thought he knew all about God and what Jesus was there for. After all he was a learned teacher, a Pharisee. He’d said to Jesus, “Rabbi, we know who you are and what you’ve come here for.”

Jesus surprised Nicodemus when he told him that no one could see the kingdom of God without being born “anotnen”. Born again. Born from above. Nicodemus was confused by this. How can these things be? Nicodemus took Jesus to mean a physical rebirth rather than a spiritual one. Maybe he chose to misunderstand.

Maybe he found it hard to believe that a Pharisee, a leader of the Jews would need to be born anotnen□ again□from above. After all he followed the Torah, wasn’t his entry into the Kingdom assured?

OBERLIN SACRED HEART CATHOLIC CHURCH

785-475-3103
Fr. Mark Berland,
MASS: 10:30 a.m. Sunday
IMMACULATE CONCEPTION
CATHOLIC, LEVILLIE
Fr. Mark Berland,
MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN

Fr. Mark Berland,
MASS:5:30 p.m. Sunday

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. Nancy Proffitt
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. Nancy Proffitt
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. Praise and Worship time, with Weekly Lords Supper, Multi-media Bible sermons & open bible studies combined. Private Bible studies on request.

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

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Oberlin.
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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..

FAITH LUTHERAN CHURCH

404 North York Avenue
Oberlin, Kansas
The Rev. Charlotte Strecker-Baseler
Church Office Phone: 785-475-2053
SUNDAY: Worship, 10:00 a.m.; Fellowship
and Educational Hour, 11:15 a.m. Holy
Communion first and third Sundays.
THURSDAY: Women's Bible Study second
Thursday at 9:30 a.m.

Give Kansas Kids a Home



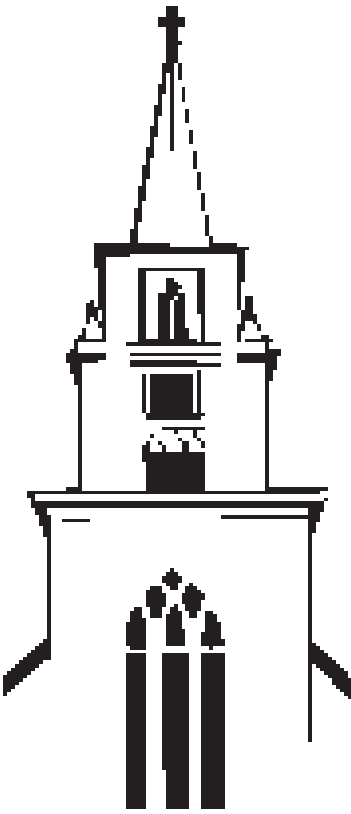
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