

Good Samaritan Center

By Lisa Paulson

Seven years ago when Hurricane Katrina hit, several residents asked, "What can we do?" From their compassion came - The Rock-a Thon! That first year, 10 ladies lined Town Square. They were: Dorothy Pryor, Lucy Schissler, Jeanette Conway, Eva Bryan, Fern Anderson, Ruth Laidig, Doris Miller and Edla Olson. This year 16 chairs were needed to accommodate all those ready to serve.

As everyone took to the rocking chairs it was notable that only two charter rockers remain: Eva Bryan and Lucy Schissler. Joining them were some seasoned rockers, Amy Rehm, Alice Bobbitt and Leone Porsch and first timers, Connie Cramer, Phil Erickson, Betty May, Margaret Vacura, Elden Haas, Vivian Mock, Woody May, Marylu Brown, Dwayne and Betty Jones and Loren Schrock.

The morning began with Janice Shobe inspiring us with a devotion in keeping with our theme "Jesus is the Light of the World." Janice spoke in front of a beautiful light-house constructed by Anita Hirsch. We started and ended the day singing "This Little Light of Mine." Anita sang "Shine, Jesus Shine" as well as other inspirational songs. I sang an animated version of "Rise and Shine" (Anita actually got that on video...eek!) Yes, His light was shining through the songs and faces of all who participated.

Doug and Jo Mason shared about Teens For Christ and showed video clips of some of the fun the teenagers have together all the while learning about serving the Lord. Jenny Tally brought rhythm to the rocking in a drumming circle. She sang a solo and then with her mom. It was beautiful and brought Vivian to tears! Todd Mastin was next with a Tae Kwan do demonstration; he has held the hearts of the residents for a long time. Teens For Christ member, Austin Kyte, performance was "Magic" he wowed us all by his mastery. Michael Milbauer came to play some dance tunes and to get Loren to play his harmonica with him. Alice Bobbitt, Phil Erickson and Dorothy Hunt took to the dance floor. We recruited some kids to dance the Buggie Wiggle with us and Erin May shared a variety of talents with us. Cheryl Miller and Loren Schrock ended with a finale tune on harmonica and piano

This year's Rock-A-Thon total was \$2,083 with more promised. That brings the seven year total of proceeds to \$13,867; pretty impressive for a "rest home."

It has been an absolute joy serving alongside such lovely people, especially my assistants, Anita Hirsch and Coleen Rippe. This will be my last article for the Good Sam News as I will be joining my husband in Dallas soon.

It is my pleasure to introduce you

to Whitney Francis who will be the new Activities Director. She is young and energetic and will bring new and refreshing ideas.

Recent visitors were: Max Carman for **Myrtle Waldo**. Marilyn Horn for **Myrtle Ross**. Cheryl Miller for **Loren Schrock**. Gerald Benda for **Eulaine Benda**. Eunice Martin for **Glenn Martin**. Reva Marshall, Penny Fringer for **Dorothy Hunt**. Susie Sabatka (Atwood) for **Vera Kacirek**. Gene Leitner, Barbara Leitner (N.M.), Pat Tongish (Newton), Julie Hafner (Herndon) and Elsie Wolters for **Marcella Leitner**. Pat Fringer, Reta Barratt and great-grand-daughter Riley Larkins for **Margaret Vacura**. Nadine Tacha (Jennings) for **Galen Tacha**. Gerald Olson for **Evelyn Olson**. Ron and Becky Hunziker (Breckenridge, Colo.) for **Amy Rehm**. Frank and Mert McEvoy for **Lucy Schissler**. Jeannie May for **Elwood May**. Tom and Jennifer Phillips (Seattle, Wash.) for **Marylou Brown**. Jody Betts for **Marcella Leitner** and **Margaret Vacura**. Galen Olson for **Amy Rehm**, **Lucy Schissler** and **Louise Pollnow**. Bernice Martin and Pat Wurm for **Louise Pollnow**. Pastor Nancy Proffitt, Jeremy Tally and Tonya Tally for **Dwayne and Betty Jones**. Marty Olson for **Jim and Grace Schroer**. Pi Alpha Club, St. John Lutheran's Kick Kids, Gerry Neff and Phyllis Metcalf for **ALL!**

Flu shot prevents heart attack

Getting a flu shot doesn't just protect you against flu, it protects you from heart attacks, according to new research. Those who got a flu shot reduced their risk of heart attacks and other serious cardiovascular problems by nearly half during a one-year follow-up period.

The study was conducted by Jacob Udell, a cardiologist at Women's College Hospital and the University of Toronto. The research was not funded by vaccine developers.

Udell and his team re-evaluated the results of four randomized trials that looked at how the influenza vaccine might help heart health. In all, the studies had more than 3,200 patients. The original studies were done from 1994 to 2008.

Some of the people in the trials were free of heart disease, while others either had stable cardiovascular disease or had recently had heart attacks or other coronary problems. All groups were followed for a median of a year. Those who got the flu vaccine had about a 50 percent reduction in heart attack, stroke or other major cardiovascular events. During the follow-up, nearly 200 major cardiovascular events were reported, including 65 cardiovascular related deaths.

Udell said experts don't know for sure why the flu vaccine may be heart-protective, but offered two possible explanations. First, the vaccine may protect vulnerable patients already in poor health from one more illness that could "tip them over the edge." Second, the protection may come from avoiding the inflammation associated with getting the flu. Inflammation has long been linked to cardiovascular problems. Whichever way it might work, "it certainly lends support to a lot of clinical guidelines that recommend the flu vaccine to patients



Home Time

By Tranda Watts
Regional Extension Agent

either with heart disease or after a heart attack."

In a related study, researchers evaluated nearly 230 patients with irregular heartbeats who had been given implantable cardiac defibrillators. These devices give the body a shock or jolt to restore normal rhythms when needed. During flu season, those who have implantable cardiac defibrillators often report they get the flu and more shocks (and need medical attention) than other times of the year.

Cardiologists from Sunnybrook Health Sciences Centre in Toronto found that about 11 percent of those who got the flu vaccine got at least one shock from their defibrillator during flu season, but nearly 14

percent of those who did not receive the vaccine got a shock from their defibrillator.

Less than 30 percent of U.S. adults aged 18 to 49 got vaccinated last flu season, according to the U.S. Centers for Disease Control and Prevention. This is definitely something to give serious consideration if you have heart issues or frequently get the flu.

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.

Selden News

By Jacque Boultinghouse

Thursday during Senior Citizens at the Community Center, Helen Karls won high with a score of 554, Carl Mumm took second with a score of 552 and Lola Cook got low with a score of 361. Other members present included: Pat Wessel, Jeanie Spesser, Shirley Emigh, Lillian Sulzman, Edna Schiltz, Betty James, Ralph Weis, Bob Wessel, Gail Mumm, Paulie Neff, Bernita Aumiller, Royce Cook, Ann Hazlitt and Janice Kruse.

Birthdays and anniversaries: Nov. 9, Dan and Melissa Wessel, Katie Koerperich, Kira Adelman; Nov. 10, Eleanor Rogers, Carman Hill, Ronnie Albers; Nov. 11, Christa

Wessel, Kelly Otter Jorgenson, Ron Neff, Bill and Carol Wessel, Collin Mumm; Nov. 12, Emily Wachen-dorfer, Gus Ochs; Nov. 13, Isaac Broeckelman, Jonathan Broeckelman, John Wessel, Kash Schiltz; Nov. 14 Wayne Sulzman, Dan Rogers; Nov. 15; Dennis Bruggeman and Cindy Stevenson Stechman.

School Calendar: Nov. 9-10, junior high basketball pre-season tournament in Brewster; Nov. 12, junior high Scholar Bowl in Atwood; Jostens will be visiting with the sophomores and seniors. Nov. 13, high school Scholar Bowl at Oberlin; Nov. 15, junior High basketball at Logan; high school

Scholar Bowl at Goodland.

The Selden City Council will be putting up Christmas decorations Saturday. If you can help, contact any council member for time and place to meet.

O troubled heart, do not fret Gene Gee, Oberlin Community Fellowship

Romans 1:20 For the invisible things of him since the creation of the world are clearly seen, being perceived through the things that are made, (even) his everlasting power and divinity; that they may be without excuse: *Romans 1:21* because that, knowing God, they glorified him not as God, neither gave thanks; but became vain in their reasoning, and their senseless heart was darkened. *Romans 1:22* Professing themselves to be wise, they became fools, man, and of birds, and four-footed beasts, and creeping things. *Romans 1:24* Wherefore God gave them up in the lusts of their hearts unto uncleanness, that their bodies should be dishonored among themselves *Romans 1:25* for that they exchanged the truth of God for a lie, and worshipped and served the creature rather than the Creator, who is blessed forever. God shows his anger from heaven against all wicked people who suppress the truth by their wickedness. Even though they try, the people who know the truth have the sun, the earth, and all his creation - the birds, the butterflies, the cattle, flowers, trees, mountains, oceans and the beautiful colors of the fall on the plains. Even though God made everything the people can clearly see the attributes of God. So there is no excuse for not knowing God. However, even though they might know God, they won't worship him as God or even give him thanks for what He does. In their own minds his people conjure up what God is like and become confused. They claim to be wise but become as fools.

Paul, in this section of Romans, shows the spiral downfall of people who don't serve Him or worship

Him in truth. First people reject God, then they conjure up in their minds and soon find themselves in a mess. Selfish ideas, wickedness, greed, hate, envy, murder, quarreling, deception and every kind of malicious behavior soon becomes their life. Finally they grow to hate God for who He is and choose the ways of the world. Once you are caught in the downward spiral, no one can pull him or herself out. He or she has to turn to God alone and let him clean them up. Let me leave you with an old song found on Cyber Hymnal. The song is:

O Troubled Heart.

Oh, troubled heart, be thou not afraid,
In the Lord thy god, let thy hope be stayed;
He will hear thy cry and will give thee aid,
What e're thy cross may be.

He is able still to deliver thee
And His own right hand thy defense shall be
He is able still to deliver thee,
Then be thou not afraid.

O troubled heart, though' thy foes unite,
Let thy faith be strong and thy armor bright;
Thou shalt overcome through His power and might
and more than conqueror be.

O troubled heart when thy way is drear
He will rescue thee and dispel thy fear.
In thy greatest need He is always near,
To Him all glory be.

will be served from 5 to 7 p.m. that day as well at the Jennings United Methodist Church. Children 4 and under eat free; adults, \$7; and children, 6-12, \$3.50.

Please note the date change for the Sunflower Senior Dinner; from Nov. 13 to Nov. 15. There was a conflict with the Tuesday Study Club meeting.

Jennings City Council meeting will be at 7:30 p.m. Thursday in the Sunflower Senior Center.

Chamber News

By Carolyn Hackney

As some may have heard, I have resigned my position as Chamber Manager, effective Nov. 12. I wanted to finish a few projects for Oberlin Business Alliance as this is coming up to a busy season for them.

The Business-to-Business Tour begins at 4 p.m. Sunday at the Business Entrepreneurial Enhancement Building and returning afterwards for soup and dessert furnished by the Chamber board members. I visited with several retail businesses about being included in the tour, but if anyone wants to be a part, please call the Chamber office at 475-3441 to be included on the list.

The theme for the Nov. 23 Light Parade, sponsored by the Oberlin Business Alliance, is "Christmas Salute." There are registrations and guidelines in the Chamber office. I will be taking some to various businesses where they may be

picked up.

There is room for a few more spaces at the Nov. 24, Chamber-sponsored, Holiday Craft Show at The Gateway.

The Oberlin Business Alliance will have their November meeting at noon today at the LandMark Inn. One major topic of discussion will be a proposed merger with the Chamber of Commerce. All members are encouraged to attend.

The Chamber will hold its meeting at 5 p.m. today at the Business Entrepreneurial Enhancement Building. All Chamber members are encouraged to attend, even if you are not a board member.

Oberlin Convention and Visitors Bureau will meet at noon Thursday at the LandMark Inn.

Wow! What a busy week. I guess this is what you call "going out with a bang!"

I wish all a great week.

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Schedule of Oberlin and area church services:

<p>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.</p> <p>SACRED HEART CATHOLIC, SELDEN Fr. Mark Berland, MASS: 5:30 p.m. Sunday</p> <p>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.</p> <p>PRAIRIE CHAPEL UNITED METHODIST The Rev. Nancy Proffitt SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p> <p>HERNDON IMMANUEL UNITED CHURCH OF CHRIST Pastor: Dennis Brown SUNDAY: Morning Worship, 9 a.m.</p> <p>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.</p> <p>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</p>	<p>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</p> <p>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.,</p> <p>CLAYTON UNITED METHODIST Pastor: Ed Woods SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p> <p>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.</p> <p>ST. MARY'S CATHOLIC, HERNDON Fr. Nick Parker Phone 785-322-5560 MASS: SUNDAY and THURSDAY 8:30 a.m.</p> <p>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.</p> <p>NORCATUR UNITED METHODIST Pastor: Ed Woods SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m. LYLE UNITED METHODIST</p>	<p>Guest Speakers every Sunday SUNDAY: Morning Worship 9 a.m.</p> <p>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.</p> <p>LUND COVENANT CHURCH Pastor Roy Mathewson 10 miles south, 4 miles west of Oberlin. Sunday: Sunday School 10am Worship 11 am "The Difference is worth the Distance" facebook.com/LundCovenantChurch</p> <p>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..</p> <p>FAITH LUTHERAN CHURCH</p>
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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.

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