

# Decatur Health Systems

By Becky Wilson

Generally in this space, I share some sort of reminder – go get your flu shot, don't forget the Medicare Part D deadline (which is this Friday, by the way), that sort of thing. There's always something going on, and it's nice to have a place to touch base with the community. Back in the spring, if you remember, I talked quite a bit about the Community Health Needs Assessment that the hospital hired a consultant to do. We collected quite a bit of data for the consultant ahead of time, but the key work was done at an early morning meeting that several people from around the area – ministers, government officials, health workers and more – took time to attend. The general health care needs and

the current state of the county were the topics. Later, an online survey posted to get opinions from the public about the health care needs of Decatur County, strengths and weaknesses and what we might want devote more attention to. Now we are about to go through a similar process, but this time the attention will be dedicated to a specific area, the care of seniors, instead of a general overview of all aspects of area health. We're assembling the preliminary data for the GraceTeam consultants, and while we don't have dates yet for when the meetings and the call for public comment will be, it's not too early to start thinking about what you'd like to say about the current state of elder care in Decatur County and

what future needs you see. Companies hire consultants to get a clear view from an outside perspective, but in order to form an accurate picture, these consultants need to hear from a great many points of view. You don't have to be an official to have something relevant to say. We're all aging, and many of us have family and friends who are facing hard choices about what to do in the later years of life. Senior care in Decatur County is a vital area, and it's for the good of the entire county that everyone who can participate. Watch this space. Your input is needed, and as soon as we know when the consultants are ready for public comment, we'll let you know.

# Leftovers make great meals



## Home Time

By Tranda Watts  
Regional Extension Agent

One or two person households are the fastest growing segment of the population. It is estimated that close to 44 percent of the U.S. population fits within this group. Planning meals for a smaller family may seem more challenging, but it doesn't have to be. With a little pre-planning you can have meals that meet your nutrient requirements, keep your immune system strong and help with weight management. Preparing smaller amounts of food for each meal will help cut back on food waste and unnecessary leftovers. If you have a traditional recipe that serves more than you need, reduce it and prepare in smaller pans and baking dishes, checking for doneness five to ten minutes sooner than the original recipe states. Purchase smaller quantities of foods and ingredients at the grocery store. Many foods are available in single serving packages. The initial cost may be a little more but it is really worth paying more if you are going to throw it out? Use cookbooks or online sources that have recipes designed for one or two people. When you have had a long day of work or other activities, make use of prepared or processed foods. Many frozen meals require only a micro-

wave oven for preparation. Keep in mind that many frozen meals are not nutritionally well balanced. Check labels, looking for calories and nutrients. Consider adding fresh fruits, vegetables, or a salad to these main entrees. Using leftovers (or, as I like to call them – planned overs) is a great way to decrease food waste and have food available for later meals. With careful planning, larger meals can be prepared early in the week and planned overs used for meals later in the week. For example: Baked chicken breasts prepared for dinner on Monday can be used on Tuesday chopped up on a salad or in a chicken salad sandwich. Chili that is prepared for dinner can be used as a baked potato topping the next day for lunch. Make a smaller portion of lasagna in a bread pan instead of a large pan. This would give you just two servings. Or make the entire portion

but put it into two smaller pans and freeze one for later. When storing leftovers, pay attention to food safety. It is important to date and store them properly. Place perishable leftovers in food-safe containers in the refrigerator or freezer. Label when the food needs to be used by so that you do not have food spoilage issues. Remember to be aware of the expiration dates of all food items and leftovers – food does not last forever. 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

Weather permitting, at 1:30 p.m., Friday, volunteers will place wreaths on the graves of veterans buried in the Jennings Cemetery. This is part of "Wreaths Across America" campaign. The wreaths will be at the cemetery. For information on how you can help, call Lila Jennings (785) 678-2299 or Neoma Tacha (785) 678-2470. The Jennings American Legion will give a brief presentation of the placing of a wreath at the Veteran's Memorial at 10 a.m., Saturday. Taps will conclude the service. Immediately following, the Jennings Legion will conduct a similar service at the Big Timber Cemetery. The public is encouraged to attend these services. This special service honoring our veteran heroes is sponsored by the Jennings American Legion, the Jennings American Legion Auxiliary and the Czech Memorial Museum. The Historical fiction, "These Is My Words," by Nancy E. Turner was the book read in November by the Jennings Book Club. The 1881-1901 diary of Sara Agnes Prine

detailed the hardships, adventures and joys experienced by families homesteading in the Arizona territories. Joan McKenna hosted club members Lynn Tacha, Shelley McKenna, Pat Hall, Patty Foster, Helen Rhodes, Sue Long, Carla Latimer, Terri Hanke, Kathy Nauer, Joan Metz and Lila Jennings at her home on Nov. 26. Delicious flavored teas and coffees, lemonade, crockpot peanut clusters, cookies, pumpkin truffle and nuts were enjoyed by the group as they discussed the novel. Sue Long joined her mother, Mary Votapka, at the Cedar Living Center, Oberlin, for Thanksgiving dinner. Tom Votapka and Terri Hanke picked Mary up after lunch and took her for a drive to Jennings which she enjoyed. The Jennings Lions will serve a lunch from 11 a.m. to 1 p.m. on Saturday Dec. 15 at the Jennings Community Hall. Santa will arrive right after lunch to visit with the children and to hand out treats. Following Santa's visit there will be a drawing for all ages. If you have a

gift you would like to donate for the drawing, you can bring it that day or contact Louise Cressler, (785) 678-2233. Sunflower Senior Christmas Dinner will be held at noon, Thursday, Dec. 13, at the center. The meat and all the fixings will be furnished. If you would like to bring a salad or dessert that would be fine. The seniors are still collecting items for the food pantry at Oberlin.

# Teaching children in this modern age

## Judith Stricker, United Church of Oberlin

This is the time of year that we set our sights on Christmas, once again. We can't avoid all the hype, all of the media blaring the news of "Black Friday," and now, "Gray Thursday," shopping right on Thanksgiving Day, then "Cyber Monday," and even "Small Business Saturday." Everyone gets a piece of the pie. We're urged to shop until we drop, to walk off the great feast as we shop in the mall. I have expected the Christmas songs to start any day now on the radio stations, but have not heard them yet. You can be sure that we don't hear any message of the celebration of the birth for which the holiday is named, Jesus the Christ, only the greatest gift ever presented whose grace cannot be bought at any price, because it's absolutely free. "A child, a child, crying in the night, let us bring him silver and gold," so writes the hymn writer. A child who as a young adult rabbi, was ministering to the many gathered on the hillsides, who was healing both bodies and minds, who called the children to sit at his knee and learn. A teacher who admonished us all to approach heaven with the wonder and openness of a child. In the next few articles, I want to share with you my concern about children, and since children are OUR FUTURE, by implication, our future as well. Back in the 1960s, a woman bent on changing American society to fit her beliefs as an atheist, proposed that religion, especially Christianity, be removed from all of America's public places, especially its schools. It became law. We could argue the good and bad of that law until the cows come home, if you will, but we dropped the ball by not turning around right at that moment and making it possible for ethics to be taught in school, without the stigma of religion if that is what would get past the law, and begin teaching ethics at pre-school age right up through high school. It could have been done easily then, and it needs to be done now. At the same time as Ms. O'Hare was denigrating all religion, our culture was working right along with her, though not knowingly perhaps, to begin falling away from the habit of church attendance, and seeing that children had education in morals and ethics, if not at home, then somewhere. It was a perfect storm,

if you will, and I think that two generations of children, who are now adults, have reaped the spoils of that decision. I have been an educator, having taught in public education for 20 years, and as a private preschool teacher for another 15. Over that time span, I have seen children struggle with the questions of life, and not getting answers. Young parents today are pretty much investing all available energy to keep the family going. Now granted, as an "Old Foggy" of 70, I see places where I believe young families could sacrifice, in order to build stronger families. All the "things" that children think they need, aren't really essentials. The love and support of a moral and ethical mom and dad, absolutely are essential. Very few churches have weekly education programs for children anymore because children are not attending any church, because their parents aren't. Unless parents take the time, and I mean take the time, to sit down and discuss with their children those moral and ethical problems that will arise in every life from time to time, and how to deal with them, those children are absolutely unarmed in the middle of a war zone. You would not send you son or daughter into war without a weapon, but expect them to deal with an immoral and unethical culture unarmed. Think about that a little bit. I know that I will, to the best of my ability, do my best to see that our schools begin to teach ethics just as they do reading, writing and arithmetic. I am convinced that unless we take steps now, the world our grandchildren will inherit may not be fit to live in. When we don't stand for something, then we will fall for anything. The great and awful season that we have just passed through, and which we pass through every four years, should have taught us that. As we begin the Christian calendar anew as Advent begins, I want to raise questions and propose solutions, to encourage each of us to examine what church means and why it should be an important part of every life. It is the only bulwark standing against great immortality and soul-sickness that can be fatal. Let's begin a journey toward teaching our children what is good about life as we live it for each other, rather than what is in it for only them.



# Herndon News

By Julie Hafner

Randy Sattler and son Adam, of Hutchison, spent Thanksgiving weekend with Janice and Jayme Sattler of Atwood. They visited the Brian Clark family, the Ron Sattler family and Bob and Julie Hafner. They enjoyed spending time with all the relatives at the family Thanksgiving dinner at the Senior Center in Atwood. Troy and Brandi Ecker and Bart Ecker of Hays spent Thanksgiving weekend with Sharon Ecker. They hosted the family dinner Saturday evening with Dana and Marlin Marintzer; Wayne Goltl and Carla Marintzer as guests. Herndon residents extend sympathy to the family of Lyle Hackney of Herndon. Lyle died Saturday in Herndon. A memorial service will be held at 1:30 p.m., today, at the First Christian Church, Atwood. The 2012 Pride Christmas Brunch was a blast on Sunday. Even Santa stopped by to visit and listen as the boys and girls shared their wish lists. St. Mary's Belles: Chris Wood, Rita Marintzer, Eileen Unger, Sharon Ecker, Lena Mumm, Jacque Riener, Nadine Green, Julie Hafner, Voni Sattler, Ann Solko and Vicky Mumm entertained with Christmas music while area residents enjoyed

casseroles, cinnamon rolls, hot chocolate, coffee and juice. Bob and Julie Hafner traveled to Kearney, Neb., on Tuesday. Jason Hafner of Lexington spent the day with them eating out and Christmas shopping. Julie's Memory Jogger's The Herndon Nonpareil June 28, 1923 Mr. and Mrs. Joe Huttles and son Frank called at the Matt Kogl home last Friday evening. Joe Pummer was helping Joe Brown poison potato bugs last Thursday. C.F. Janousek bought a grain binder from the Leitner Bros last week. His brothers, Anthony and Wenzel helped him haul it home last Friday. Theresia Kleidosty was a Sunday guest at the Mr. and Mrs. Hubert Huss home. John Goltl and family from near Ludell spent last Sunday afternoon at the Joe Goltl home. Johnny and Henry Goltl helped Paul Weishapl butcher a big fat hog Monday evening. Miss Mary Kleidosty went to Bird City to resume her duties as Hello Girl for the Consolidated Telephone Co.

# 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, 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**  
Pastor Roy Matthewson  
10 miles south, 4 miles west of Oberlin.  
Sunday: Sunday School 10am Worship 11 am "The Difference is worth the Distance" facebook.com/LundCovenantChurch
- 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.

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