

Decatur Health Systems

By Becky Wilson

Living in town, it can be easy to get focused just on Oberlin. That's a mistake, though, one that can be spotted simply by looking at our name: Decatur Health Systems. The hospital and clinic are here to serve the entire county.

One of the ways we try to do that is by offering bimonthly outreach clinics in Jennings and Norcat. However, with the start of cold and flu season, the clinic staff has been simply too stretched out to keep up with the clinics. Instead, people in Jennings and Norcat who need to be seen at the clinic are asked to call 475-2015 to schedule an appointment and then to call the county at 475-8102 to schedule a free ride into town.

Jennings and Norcat shouldn't feel like they've been forgotten. Our new chief executive officer, Johnathan Owens, will be attending a soup lunch at the Masonic Hall this week in Jennings to meet people and discuss their health-care needs and wants. He'll be making a similar trip to Norcat sometime soon.

Nurse practitioner Lynnetta Ward and the rest of the clinic staff are eager to get back to offering the clinics regularly and are committed to continuing this service for both Jennings and Norcat. Getting Dr. Allen Hooper on the clinic's schedule every week will help make the outreach clinics possible once more. Until then, people in Norcat and Jennings are urged to use the transport options on Tuesdays.

Meanwhile, February is Heart Month. Heart disease is a major health concern both nationwide and right here. The information collected in the community health assessment last spring showed a high incidence of cardiac disease in this area.

The American Heart Association would like to remind everyone, even those who might think they're too young to have to worry about things like this, to keep good heart health in mind. Some of the things they recommend include managing blood pressure and blood sugar, lowering cholesterol, avoiding

smoking, staying active and eating healthily.

There are a couple of bright spots for anyone worried about their heart. The clinic's medical director, Dr. Robert Rosin, is an internist with a special interest in cardiology, so you'll be in the hands of someone who has a particular interest in helping people with cardiac problems.

Another bit of good news is one of the cardiologists who visits Oberlin through our specialty clinic will be coming here more often. Dr. Jeffery Curtis of the DeBailey Heart Institute in Hays had been coming every three months, but starting this month the Institute will be sending someone on the third Monday every other month. It won't necessarily be Dr. Curtis — they may send another of its cardiologists — but it is at the least another resource available to our heart patients.

Prevention remains the best plan, though, so read up on heart-healthy recipes and be sure to keep as active as possible. A good heart is an key to a long, happy life.

Selden News

By Jacque Boultinghouse

Birthdays and anniversaries: Feb. 1, Lisa Emigh, Marsha Rogers, Jerry Rall, Aaron Emigh; Feb. 2, Joy Putnam; Feb. 3, Rachael Ritter, Brian and Linda Schroer; Feb. 4, Walt and Julie Marble, Mary Galden, Ron Rogers, John and Julie Geisinger; Feb. 6, Chris Bainter, Tom Stacey; Feb. 7, Shane Jones; Feb. 8, Wanda Spreser, Joseph Koerperich, Monica Aumiller Svoboda; Feb. 9, Joe Wessel, Dana Geisinger, Shirley M. Emigh, Anden Merkle; Feb. 10, Danica Ritter, Carlene Bruggeman, Kailee Wessel; Feb. 11, Fansion Juenemann, Adrienne Pauls; Feb. 12, Bailey Ochs; Feb. 13, Olga Vargas, Robert Ritter, Ethan Stanton; Feb. 14, Marge Miller, Holly Schrock, Dan

and Miriam Shaw, Shirley Albers Niermeier, Nick Stacey, Steve and Leah Sewell.

On Thursday during Senior Citizens at the Community Center, Gail Mumm won high with a score of 634, Jeanie Spreser took second with a score of 614, Lola Cook got low with a score of 386 and Bernita Aumiller had the most Jacks. Other members present included: Pat Wessel, Royce Cook, Betty James, Shirley Emigh, Lillian Sulzman, Ralph Weiss, Edna Schiltz, Carl Mumm, Bob Wessel, Paul Neff, Ann Hazlitt and Helen Karls.

A benefit soup supper for Klint Wessel will be held from 4:30 to 7:30 p.m., Saturday, Feb. 16, at the Parish Hall. Klint was injured in a

vehicle accident, Dec. 15 in Colby. He is still hospitalized in Denver and faces an extended recovery. Donations will be accepted. If you are unable to attend and would like to donate toward his recovery, donations can be sent to the Klint Wessel Fund at The Bank, P.O. Box 169, Selden, Kan. 67757.

The next pinocle night will be at 7 p.m., Feb. 16 at the Community Center. Bring a partner, snacks and \$10.

School Calendar: Friday: high school basketball in Rexford with Healy; Saturday, State Scholars Bowl and junior high basketball tournament; Monday, no school, teacher training; Tuesday, high school basketball with Brewster/Triplains.

Fight the flu by eating healthy

Are you trying to do all you can to avoid getting the flu this season? Is there anything in particular that should be included in your diet that could help?

When it comes to avoiding the flu, the best actions you can take are to get vaccinated by having a flu shot; take everyday precautions against the spread of germs, such as avoiding contact with sick people, and washing your hands thoroughly and often.

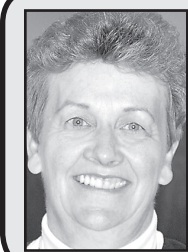
A healthy, balanced diet won't prevent you from being exposed to the flu virus, but it can help boost your immune system to help you fight off the flu virus and other illnesses. Here is a reminder of which nutrients are most often recognized as helping build immunity:

- Protein plays a key role in the immune system's patrolling white blood cells (called macrophages) which attack bacteria. Most Americans get plenty of protein, but often people cut back at this time of year to lose pounds they may have gained over the holidays.

- Vitamin A helps keep the immune system regulated and keeps skin and tissues functioning properly, in the respiratory system, mouth, stomach and intestines. Good sources of vitamin A include orange vegetables, such as carrots and sweet potatoes, and red bell peppers, kale, spinach, apricots, eggs and nuts and seeds (preferably unsalted).

- Vitamin C is a vital player in helping lymphocytes, another type of white blood cell, to fight against infectious microorganisms.

Many fruits and vegetables are good sources of vitamin C, includ-



Home Time

By Tranda Watts
Regional Extension Agent

ing citrus, red bell peppers, broccoli, tomato juice and foods (such as cereals) fortified with vitamin C.

- Vitamin E, as an antioxidant, helps protect healthy cells from being attacked by the immune system and may help improve immune function in other ways.

Good sources include spinach, peanut butter, sunflower seeds or oil, safflower oil and foods fortified with vitamin E.

- Deficiencies in zinc can impair the immune system. Good sources of zinc include lean beef, wheat germ, crab, wheat bran, sunflower seeds, back-eyed peas, almonds,

milk and tofu.

Other nutrients may also play a role. The bottom line? Strive for a healthy, balanced diet rich in fruits and vegetables and lean protein to keep your immune system running smoothly.

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.

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Lyle News

By Veda Wood

First, I apologize for messing up the item about Chandler and the wrestling. He did real well in his match.

Three-year-old Skylar was sitting in her little chair, studying my big globe in her lap. There is a tiny bare spot on the map made by showing little ones, "where they live". She knew, within a few hundred miles, where she lived, but was saying, "I do not know where my school is!". I told her, her school is real close to where we live, so now she knows. Her school is the Oberlin Pre-school, a very important place.

Toots Magers says there were 14 at the Lyle Church dinner on Sunday, including Sherry Browning and son. Sherry is the daughter of Martha Scriver, formerly of Lyle. Her son, Robert is in high school in Oberlin, and her daughter, Sarah is in grade school. Keith Anthony and his daughter, Sissy, attended the dinner, also.

Kathy Van Meter and Lloyd Frandsen were in WaKeeney on

business, then went to Martina Zimmerman's 90th birthday celebration in Quinter. Martina is the mother of Kathy's daughter-in-law, Jolene. A very nice reception was held. Among those attending were Clinton, Jolene and Kim Nejd, Jolene's sister and five brothers; Carrie and Alan from Pratt, and others. Kathie and Lloyd then saw her brother, Jim and Marge Hillman in Hoxie and took them to supper.

I saw the specialist on Tuesday. He gave me permission to walk, so I have been doing a semblance of walking, though not very smooth. The worst part was, as soon as I got home, my flu, or whatever I have had, came back, and I spent a couple of days in bed. Everything seems to be about normal now, except that I have to get my strength, appetite, etc. back. I'm grateful to have had my great-granddaughter and children with me as I recuperate. Carol has been an angel, and so many more have helped. Tracey Pershing visited on Saturday.

Faith is believing without seeing

I recently read a devotion on faith. It revealed a few important points, which in turn created a few questions.

One point is that faith is shy and believes nothing great about itself. For example, the Centurion in Luke 7, turned to Jesus for the healing of his servant. The townspeople told Jesus that the Centurion is worthy, for He loved the nation of Israel, and he has built the local Synagogue, or Church. As the Centurion however approached Jesus, he said to Jesus, "Lord, I am not worthy to have You come under my roof. But say the word, and my servant will be healed." Notice the humility of faith.

The words of the Centurion also illustrate another point. This is that faith always trusts and clings to the promises of the Word of God. Faith never argues, debates, or disagrees with the Word of God. But rather, faith confidently hopes in, and follows the Word of God, even if it makes no sense, or seems to be contrary to what is going on in the world around you. Faith always takes hold of God's Word and clings to it.

There are a few reasons for this. One is that faith is created by God's Word. "Faith comes by hearing and hearing by the Word of God". (Romans 10:17) Another reason is that Christ Himself is the living Word of God. "In the beginning was the Word, and the Word was with God, and the Word was God (Christ!) John 1:1" Another reason, is that faith is sustained by continuing to be connected with God's Word, and

by partaking of forgiveness of sins. Once the seeds of faith have been planted in the human heart, they are like the corn and bean seeds planted in this land. In order to grow there must be sunshine and rain. This past summer is a great reminder of this. So also, God's sunshine comes through hearing of His Word, and being in the Word. "Your Word is a lamp to my feet and a light for my path." (Psalm 119:105) His rain comes to us through partaking of His forgiveness of sins. "The blood of the Lamb cleanses us from all unrighteousness." (1 John 1:17)

All of this brings about a few questions that pop up occasionally about faith. One question revolves around the doubts and fears that exist in a Christian because of the sinful flesh, which abides alongside faith. The question is this: Does faith itself grow and mature, or does it remain the same, while the Christian grows and matures, or, does both faith and the Christian grow and mature?

Another question is, "what provides validation for a Christian?" Does validation of what is happening come only through God's Word and faith, or does validation come from God's Word and faith, along with one's intellect, emotions of the heart, and experience?

If you see me, let me know what you think.

Have a great February.



Pastor Brad Rick
St. John's
Lutheran Church

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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.

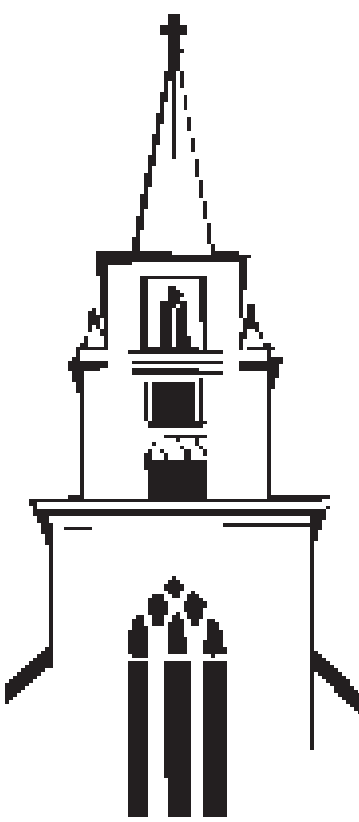
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510 North Wilson
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Brad Rick

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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