

# Decatur Health Systems

By Becky Wilson

There’s a table sitting in the lobby of the hospital this month, decked out in red, with pamphlets and posters full of information about heart health for February.

Most people, if asked, probably already know the basics. I’ve mentioned a lot of them the past couple weeks: quit smoking, watch your cholesterol levels and blood pressure, stay on a healthy diet with low sodium and stay active.

But I certainly couldn’t tell you much beyond that. I know there’s good cholesterol and bad cholesterol, for example, but I don’t know which is which offhand.

That’s why it’s good there are folks like Deb Klima around. She’s the one who put the table together, and she has all sorts of information available for anyone who is interested in learning more. Three days a week, she works with people doing cardiac rehab, and a lot of what’s relevant to them is just as relevant

to us all.

Staying active to keep your heart rate up improves your circulation and blood oxygen and can reduce your risk of heart disease and stroke. The American Heart Association recommends 30 to 60 minutes of vigorous activity three or four times a week. Try to find something fun that works for you, whether it’s using the machines at our Fitness Center (open daily from 6 a.m. to 8 p.m.) or playing basketball with a group down at the gym. Even moderate activity can show benefits, so you can feel doubly good about yourself while doing housework, gardening or yard work.

As for your diet, avoid foods that are high in sodium and that have been cooked in saturated fats. Get to know your numbers—your blood pressure, your cholesterol levels and your triglycerides. HDL cholesterol is the “good” kind. It should be above 40 mg/dL for men and above

50 for women, the higher the better. LDL cholesterol is the harmful type, and you want it from 100 to 129 mg/dL in most cases. Triglyceride levels should be under 150 mg/dL to avoid increased risk.

Of the factors that contribute to heart disease, there’re some we can’t change, like our family history and our age (risk increases after 45 for men and after menopause for women). Many of the rest, thankfully, we can do something about.

So if you’re in the area this week, maybe stop by and check out the information in the lobby. There’s even some candy on the table to sweeten the deal.

And if you don’t make it out this week but still have something of a sweet tooth, mark off March 25 on your calendar. We’re planning an open house to introduce our new doctors, and rumor has it there’ll be a lot of chocolate to be had at this Spring Fling.

# Good Samaritan Center

By Whitney True

What better way to enjoy all this snow and feel like a kid than to make homemade ice cream out of it! That’s just what we did!

To our surprise it was pretty darn good, and the residents loved the chance to feel the cold of the snow. It also brought back so many memories of playing as a kid and playing with their children.

Connie Cramer said she felt like we were all acting like “really old kids,” everyone agreed and seemed to be happy with that title! Unlike our snow play most of our activities kept us warmer.

This week we wrapped up our last week of our “random acts” operation. Each week this month, we came together to find a way to make a positive difference in someone’s life; this week we created a “thinking of you card,” and sent it to Lisa Paulson. So many of our staff and residents have kept in contact with her as she has ventured to Dallas on a new journey and so we thought a sweet little card might remind her of how much love is here for her at the Good Sam.

The residents here also have such a heart for the community and are excited to have kicked off our official ambassador program with the Chamber of Commerce. We are assisting the Chamber in assembling totes for the Welcome Wagon; a program designed to introduce local business and all the different

local opportunities and resources available to families that are new to Decatur County.

The residents are delighted to be involved with the community. The residents are also interested in starting another service-project in March. We will have a resident council meeting later this week and will be voting on a few different options. We will also be starting a penal program with school children.

Our residents got their fair share of exercise this week as we played balloon volleyball to Elvis Presley’s greatest hits. Thanks to our wonderful volunteers residents had their weekly manicures, Bingo, Bible Study, social hours complete with homemade treats and devotions ever day. We also had a visit with from our First Hand Friends readers and great time at History Buffs, where our topic of conversation was “Wild Women of the West.” Our residents had a lot to say about the accomplishments of women from Kansas from the time of the Great Depression to current times. Betty May put it best when she said, “I want to be wild too.”

Don’t forget, the Good Samaritan Hoedown is on March 23 this year. We invite you to join us with a corporate or individual sponsorship. Individual tickets are \$30. As always, proceeds from the event will be used for projects throughout the year for the Good Samaritan Society

# Norcatatur News

By the Norcatatur News Committee

Norcatatur Senior Citizens met Feb. 15 at the Methodist Church Educational Building to play pitch with 21 players present. Winners were Ed Yeater, Chuck Brumitt and Al Sedlmayer. The group will play again at 1 p.m. Friday.

Sympathy is extended to the Eric Milnes family. Mr. Milnes died Feb. 12 at the age of 54. Services will be planned at a later date.

Happy birthday wishes to: Matt Kuhlman, Feb. 15; Arlene Hix, Darren Wentz, Feb. 20; Deborah Scott, Rodney Stapp, Feb. 21; Denise Bailey, Feb. 22; Juanita Eckhart, Feb. 24; Mike Helm, Feb. 25; Robert Schoenradt, R.J. Borgan, Andrea Spanier, Feb. 26.

Happy anniversary to: Monty and Linda Hunt, Feb. 22; Gail and Denise Bailey, Feb. 23.

Wava Reames reports seeing

several gold finches, purple finches, a pair of cardinals, a pail of yellow-bellied sapsuckers, a pair of downy woodpecker and, of course, sparrows.

Jeff Magers and Joy Luoto were recent Saturday brunch guests of his parents, Rea and Dee Magers. Mr. and Mrs. Magers attended the soup supper at the Lebanon, Neb., American Legion for Mike Helm who is running for the National Commander position of the American Legion.

There will not be a movie Sunday because of the pancake supper at the Norcatatur Methodist Church Educational Building.

Pancakes, eggs and sausage supper will be served from 5 to 7 p.m. Sunday at the Norcatatur Methodist Educational building.

## 10<sup>th</sup> ANNUAL OPEN HOUSE

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Saturday, March 16<sup>th</sup> 8AM-6PM  
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# Sugary foods, empty calories



## Home Time

By Tranda Watts  
Regional Extension Agent

desserts; and pizza (18 percent of empty calories).

The specific top food categories that provide solid fats (which average 433 cals/day from solid fat) for children and teens are:

- pizza (50 cals/d).
- grain desserts (43 cals/d).
- whole milk (35 cals/d).
- regular cheese (34 cals/d).
- fatty meats (29 cals/d).

The specific top food categories that provide added sugars (which average 365 cals/day from added sugars) for children and teens are:

- sodas, energy drinks, sports drinks, and sweetened bottled water including vitamin water (116 cals/d).
- fruit drinks (55 cals/d).

- grain desserts (40 cals/d).
- dairy desserts (29 cals/d).
- candy (25 cals/d).
- cold cereals (for young children and for children and teens from low income families, cold cereals provide more added sugar to the diet than candy does).

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 [trwatts@ksu.edu](mailto:trwatts@ksu.edu). For information, contact the Decatur County office of Twin Creeks Extension, 475-8121.



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and our residents.

Deadline to purchase tickets is March 20; for sponsorships is March 15. For additional information contact Cindi Sloan Sauder at (785)475-2245 or [csauder@good-sam.com](mailto:csauder@good-sam.com).

We also welcomed Jubilee Thorburn to our family this week. She is our newest volunteer and will be doing “Sensory Hands,” a one-to-one activity with residents that involves hand massage and music therapy a few times a week.

As always, we say thanks to our faithful volunteers for all their time and big hearts! Visitors included: Reta Barrett for **Margaret Vacura**. Tami Cook, Eric Kuhlman and Reva Marshall for **Dorothy Hunt**. Max Carman for **Myrtle Waldo**. Cheryl Miller for **Loren Schrock**. Marvin and Sharon Slabaugh for Opal Bryan, Linda Wade for **Marilou Long**. Ralph and Norma Unger for **Walter and Betty May** and **Earl Brown**.

# God’s Love is patient and kind

February is the month of love, with the celebration of Valentine’s Day.

St. Paul the Apostle, under the inspiration of the Holy Spirit, speaks about our God’s love in his first Letter to the Corinthians. In this letter, St. Paul tells us what God’s love is not. God’s love is not noisy. It is not boastful or arrogant. It is not filled with envy or jealousy. It is not rude. It does not always insist on its own way. It does not rejoice in wrong. It does not find fault in others and does not keep a record of wrongs.

St. Paul also tells us what God’s love is. God’s love is patient and kind. It rejoices in the truth. It believes in all things, bears all things, hopes in all things, and trusts in all things.

(Where there is confident hope and trust, there is no fear or suspicion.)

God’s love is different from man’s love. Man’s love always has a cost or price. Our fallen and broken world would deceive us to believe that “love” always operates according to a barter or political favors system. It goes like this, “You do something for me, and I will do something for you.” This morphs into, you had better do what I want, expect, or demand, and be

good enough, or I will not love you. With man’s love there is always a price.

God’s love is different. His love is free, unconditional, and sacrificial. This kind of love is seen in God the Father, as He sacrificed His own Son as our Savior, in our place. “For God so loved the world, that He gave his only begotten Son, so that whoever believes in Him shall not perish, but have everlasting life.” (John 3:16). The Son has the same love. For it is written, “Greater love has no one than this, that he lay down his life for his friend.” (John 15:13). With God’s love, the price and cost is on Him. Out of love, Christ died for you and me so that we can be saved.

God’s love is one of His eternal attributes. God’s love has no prerequisites, no conditions, and no strings attached. Out of His love, knowing all there is to know about you and me, God still loves us, for who and what we are. Only our Triune God offers this kind of love. All the other gods of this life and world demand a price that must be paid.

So these three remain; faith, hope and love, and the greatest of these is love. Would you want your God to be any other way?



**Pastor Brad Rick**  
**St. John’s**  
**Lutheran Church**

# Schedule of Oberlin and area church services:

<p><b>OBERLIN SACRED HEART CATHOLIC CHURCH</b> 785-475-3103 <b>Fr. Mark Berland,</b> MASS: 10:30 a.m. Sunday <b>IMMACULATE CONCEPTION CATHOLIC, LEOVILLE</b> <b>Fr. Mark Berland,</b> MASS: 8 a.m., Sunday.</p>	<p><b>UNITED CHURCH OF OBERLIN</b> <b>Pastor: Judi Stricker</b> 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 &amp; 3rd Sundays. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Sun. following Worship</p>	<p><b>LYLE UNITED METHODIST</b> <b>Guest Speakers every Sunday</b> SUNDAY: Morning Worship 9 a.m.</p>	<p><b>FAITH LUTHERAN CHURCH</b> 404 North York Avenue Oberlin, Kansas <b>The Rev. Charlotte Strecker-Baseler</b> <b>Church Office Phone: 785-475-2053</b> 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.</p>
<p><b>SACRED HEART CATHOLIC, SELDEN</b> <b>Fr. Mark Berland,</b> MASS: 5:30 p.m. Sunday</p>	<p><b>JENNINGS-DRESDEN UNITED METHODIST CHURCH</b> <b>Pastor: Barbara Patterson</b> SUNDAY: Church School, 10 a.m. Morning Worship, 11 a.m. <b>DRESDEN</b> SUNDAY: Morning Worship, 9:30 a.m.</p>	<p><b>EVANGELICAL COVENANT CHURCH OF OBERLIN</b> <b>Pastors: Chris and Sharon Nelson</b> <b>810 West Cedar, Oberlin</b> <b>Office Phone 785-475-2769</b> 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><b>PRAIRIE CHAPEL UNITED METHODIST</b> <b>The Rev. Nancy Proffitt</b> SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p>	<p><b>CLAYTON UNITED METHODIST</b> <b>Pastor: Ed Woods</b> SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p>	<p><b>LUND COVENANT CHURCH</b> <b>Pastor Roy Matthewson</b> 10 miles south, 4 miles west of Oberlin. Sunday: Sunday School 10am Worship 11 am “The Difference is worth the Distance” <a href="http://facebook.com/LundCovenantChurch">facebook.com/LundCovenantChurch</a></p>
<p><b>HERNDON IMMANUEL UNITED CHURCH OF CHRIST</b> <b>Pastor: Dennis Brown</b> SUNDAY: Morning Worship, 9 a.m.</p>	<p><b>OBERLIN UNITED METHODIST</b> 102 North Cass — 785-475-3067 <b>The Rev. Nancy Proffitt</b> SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Praise team practice, 8 p.m.</p>	<p><b>OBERLIN CHURCH OF CHRIST</b> South Beaver Street - Oberlin <b>Bill Duncan — Phone 785-475-3259</b> SUNDAY: Fellowship and coffee time; 10:00 a.m. Praise and Worship time, with Weekly Lords Supper, Multi-media Bible sermons &amp; open bible studies combined. Private Bible studies on request.</p>	<p><b>ST. JOHN’S LUTHERAN CHURCH</b> 510 North Wilson <b>Interim Pastor: Brad Rick</b> 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><b>OBERLIN ASSEMBLY OF GOD</b> <b>The Rev. Royce Leitner</b> SUNDAY: Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Evening Worship, 7 p.m. WEDNESDAY: Adult Bible study, 7 p.m.</p>		<p><b>ST. MARY’S CATHOLIC, HERNDON</b> <b>Fr. Nick Parker</b> <b>Phone 785-322-5560</b> MASS: SUNDAY and THURSDAY 8:30 a.m.</p>	
		<p><b>HERNDON COVENANT CHURCH</b> <b>Pastor: Keith Reuther</b> <b>Phone 785-322-5316</b> SUNDAY: 9:45 a.m. Morning worship, 11 a.m. Youth group, 4 p.m.</p>	
		<p><b>NORCATATUR UNITED METHODIST</b> <b>Pastor: Ed Woods</b> SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p>	



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