

Good Samaritan Center

By Whitney True

Be joyful always, pray continually, and give thanks in all circumstances. I Thessalonians 5: 16–18.

This week we kicked our week off with an exercise in joy! The scripture tells us to be joyful always and so we set out to think of a simple way we could help remind one another to live joyfully and with thanks in our hearts.

In getting to know our residents I have found that they are full of happy memories and seem to find the most joy in small stuff. Amy Rehm is always saying that she is “thankful,” in the mornings as are Betty May and Marilou Long. I have realized also how lucky I am to work with residents that have such glad hearts. Inspired to find a way to express our joys, we decided to follow our Monday morning devotionals with one minute of “shouting for joy!” It’s pretty cool to listen to the residents shouting out what makes them happy all at once. This sounds simple and silly and it is! It’s also a

pretty amazing experience and it leaves everyone feeling positive as they proceed into the next week.

We are also honoring Kelley May, our social work designee this month, as it is National Social Work Month. Kelley brings so much to both staff and residents and is a big part of what makes Good Sam so great! Thank you Kelley!

We also kicked off our horticulture club this week. Woody May, Alice Bobbitt, Olive Arnold and Galen Tacha assisted me in re-potting our plants around the building! Poker was a hit as per usual and we kept busy over the weekend with Movie Magic, devotionals, social hour, “The Bible,” mini-series and making an orange Julius!

Our St. Patty’s Day celebrations commenced on Monday as we created St. Patty’s Day brooches and played “At the End of the Rainbow Coin Toss.”

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 and our residents. Deadline for sponsorships is March 15; deadline for tickets is March 20.

For additional information contact Cindi Sloan Sauder at 785-475-2245 or csauder@good-sam.com.

As always, we say thanks to our faithful volunteers for all their time and big hearts.

Visitors included: Cheryl Miller for **Loren Schrock**; Reva Marshall for **Dorothy Hunt**; Nadine Tacha and Lois Heilman for **Galen Tacha**; Connie and Gerald Olson for **Evelyn Olson**; Sharon Slabaugh for **Opal Bryan**; Shirley Shulch for **Marilou Long**; Peggy Carman for **Myrtle Waldo**; and Ralph and Norma Unger for **Earl Brown**, **Margaret Vacura**, **Walt and Betty May**.

Making mealtime memories

Many children and teens who eat dinner at home are seated in front of a television or computer, or text on their phones a lot. They may not even be seated at a table, but rather on the floor, with a TV tray or other convenient surface. If this sounds like your house, you may want to make some changes to what you are “serving” your family for meals.

Creating a relaxed mealtime experience will help you to have healthier children and grandchildren and stronger family connections. Remove mealtime distractions by having family members turn off the television and computer and take phone calls and messages later. Instead, talk with each other and also focus on the meal. Encourage each family member to eat slowly and relax. Pay some attention to each family member and keep mealtime conversations pleasant. This really is not the time to try to solve family problems. A better time might be following a



Home Time

By Tranda Watts
Regional Extension Agent

family meal and the regular clean up after the meal. This promotes family meals that are looked forward to by everyone. They enable you to have a more positive influence on your youngsters.

On the other hand, eating meals often in front of a screen is a problem. The number of hours that children watch television or play video games is linked with their gaining excess body weight. One reason is because they ignore the signals from their bodies that they have eaten enough. Instead, they eat even in the absence of physical hunger.

Strive to enjoy relaxed family meals, free from electronic gadgets, often each week! In fact you may want to strive for a sit down family meal each day whether it is breakfast, lunch or dinner.

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.

NOTICE TO HISPANIC AND/OR WOMEN FARMERS OR RANCHERS

If you, or someone you know, believe the United States Department of Agriculture (USDA) has improperly denied you farm loan benefits between 1981 and 2000 because you are Hispanic or female, you may be eligible to apply for compensation.

Claims MUST be postmarked by MARCH 25, 2013 to be considered for cash payment or loan forgiveness.

If you think you might be eligible to file a claim, please access the Farmer and Rancher Call Center or Website:

1-888-508-4429
www.farmerclaims.gov



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Jennings News

By Louise Cressler

Meme Carper welcomes the arrival of her 11th great-grandchild. Bryn Elizabeth McGuiness was born March 2 to Joslyn and Chris McGuiness, Evergreen, Colo. She weighed 7 pounds, 7 ounces. She has two brothers, Carter and Hudson to welcome her home. Carol and John Topliff, Goodland, are her grandparents.

Meme Carper’s niece, Richelle Basgall of Independence will perform at 7:30 p.m., Saturday at The Gateway in Oberlin with the Euphoria String Band. Eleanor Basgall, Richelle’s mother; Meme Carper and Mildred Welter, Dresden, are sisters and grew up in the Dresden area.

A fun time was had at the Children’s Reading Saturday held in the newly remodeled Jennings City Library. Devin Carter read stories to the children. The children enjoyed making bird feeders from plastic gallon milk jugs. Those attending included: Jayden and Trent Fenner, Hoxie; Candice, Sidney, Rayna, Abe and Quinley Taylor, Dresden; Devin and McKaylie Carter, Jennings. Helen Rhodes and Librarian

Carla Latimer were instructors.

Sunflower Senior card players last Wednesday were Stan and Ramona Shaw, Agnes Wahlmeier, Eleanor Morel, Diane Carter, Scott Taylor, Carol Carter, Wayne and Louise Cressler.

The United Methodist Women met Wednesday with Glenda Johnson as program leader. Parts of the program titled, “Seeing the Power of Sisterhood” were read by each member attending. Devotions given by Louise Cressler was a reading from the devotional book, “Jesus Calling”. Lila Jennings was out of town so Kathy Nauerserved snacks. Those attending the meeting were: Kay Brown, Rachel Carter, Ruth Chance, Kathy Nauer, Glenda Johnson, Patty Foster, Helen Rhodes, Darlene LaRue and Louise Cressler.

There was no church services Sunday at the United Methodist Church in Jennings because of the weather. Minister Barbara Patterson lives at Cawker City so it would have been difficult for her to get here.

There are still many books to be

given away at the Jennings City Library. They are free to anyone who would like to have them. Library hours are Wednesday and Saturday 9 to 11 a.m. and Friday, 3 to 6 p.m. If these hours do not work with your schedule, contact Marge Hartzog, 678-3010, to arrange a time for viewing books. Any books that are left after April 1 will be donated elsewhere.

Several new valves have been installed in the water lines at various locations in Jennings. After two different days with the water off, the residents are asked to boil the water before human consumption. People will be notified when the water can be used without boiling it first. These valves will help the city when water needs to be shut off to different locations in town.

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The Cross and Hunger

We are in the season of Lent. Lent is a season for looking intently toward Jesus who is the author of our faith, and a season in which we long to know Jesus better. Lent is a time in which we focus on our life of faith and following the teachings of Jesus. Jesus taught that we should feed the poor, clothe the naked, tend to the sick and those in need, welcome the stranger, love your neighbor as yourself, and forgive your enemies and pray for those who persecute you.

In the teachings of Jesus, he mentions more often than any other teaching, the importance of reaching out and helping the poor. Jesus teaches us that the Kingdom of God is about reaching out and helping others who are in need. Jesus teaches us the importance of feeding the hungry, time and time again. Stories of Jesus feeding the multitudes, appears in all four gospels. The Gospel of Matthew describes Jesus’ compassion for his hungry followers, “He took the seven loaves and the fish; and after giving thanks he broke them and gave them to the disciples, and the disciples gave them to the crowds. All of them ate and were filled; and they took up the broken pieces left over, seven baskets full.” (Matthew 15:36-37)

The early followers of Christ and their activities are described in the Acts of the Apostles, the fifth book in the New Testament. Christians continued in the teachings that Jesus had left them and cared for those

in greatest need: “All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need... they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.” (Acts 2:43-47)

Jesus reveals God’s will through these teachings. The Kingdom of God is about loving and serving God, loving and serving one another. Jesus models this, not by being a warrior king like King David of old; rather, Jesus is a servant king. Jesus loves and serves us by the ultimate giving of his very life on the cross. Jesus dies on the cross so that we might have life in his name. Following the teachings of Jesus is implied in the word “Christian.” As Christians we are to love and serve one another through the teachings Jesus has left us. That Jesus mentions feeding the hungry and helping the poor more often than any other teaching, is significant for us who follow him.

The Cross and the Hungry are related to one another in the person of Jesus Christ, who teaches us the importance of reaching out to those in need in the Kingdom of God. May we defend the cause of the poor and give deliverance to the needy, as the Psalmist writes in Psalm 72:4.



Charlotte Strecker-Baseler Faith Lutheran of Oberlin

Decatur Health Systems

By Becky Wilson

We’ve been busy planning events here at Decatur Health Systems this week.

Our employee appreciation banquet Friday is fast approaching. In addition, we’ve been working on a Spring Fling “Chocoholic” extravaganza scheduled for 2 p.m. Monday, March 25. This is an open house to welcome Dr. Robert Rosin, Dr. Allen Hooper and our new chief executive, Johnathan Owens. At least, that was the original plan.

Now, we’re glad to say we’re adding another name to that list—Diane Addington, who has joined Decatur Health as a new full-time registered physical therapist. She’ll be another person eager to meet everyone at our Spring Fling.

She and Tiffany Pakkabier, physical therapy assistant, are coming to us as a part of Aegis Physical Therapy. They will be joining Jody Robertson and Jessica Townsend to offer the widest possible variety of therapy options for our patients. Functional movement is central to what it means to be healthy, and this department is there to help patients build strength and regain mobility after an illness or injury.

Another area that’s expanding services available to patients is surgery. Decatur Health now has a laparoscope, which means that people needing minimally invasive surgery such as hernia repair no

longer have to travel out of town. Laparoscopic surgery offers advantages over open procedures for the patient: it requires smaller incisions, which lead to less pain and a quicker recovery time.

It’s great news that this option is now available for us here.

Thinking about the work done in the surgery department reminds me of the constant need for more blood donors. March is Red Cross Month, and Decatur Health will sponsor another blood drive at The Gateway from noon to 5 p.m. next Tuesday.

Blood and platelet donors are everyday heroes who help save lives. During this month the Red Cross would like to recognize and thank each and every person who takes the time to donate, and encourage others to join their ranks.

February’s severe winter weather in many parts of the nation forced the cancellation of more than 100 blood drives, which means a shortage in the expected blood supply. Donors with all blood types are needed, especially with types O negative, B negative and A negative. The need is constant, and the many dedicated donors make sure that everyone facing a medical emergency has the resources they’ll need.

Call (800) RED-CROSS or go to www.redcrossblood.org to schedule an appointment.

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, LEOVILLE
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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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..



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