

Norcatour News

By the Norcatour News Committee

Sympathy is extended to the family of former Norcatour resident Larry Ramsey, who died at his home in New Braunfels, Texas, on March 12 from a tree trimming accident in this back yard. Services will be held later this spring.

The Norcatour Library was honored to be chosen as one of the winners to receive a \$000 grant from the 2013 Kansas Book Festival Grants. It is to be used for adult and children's books.

Matt and Brandy Kuhlman report that Eric Kuhlman got a good report on his three-month checkup. They

are back home and he is back in school. He will have checkups in June, September and December.

Senior citizens met March 15 to play pitch in the Educational Building with 20 present. Winners were Betsy Jakowski, Mary Sedlmayer and Kay Foth. The next meeting will be a potluck dinner at noon on Friday. (m29) Come join us for the covered dish meal followed by cards at 1 p.m.

Good Friday services will begin at 7:15 p.m. at the Norcatour United Methodist Church. Everyone is welcome.

Happy Birthday to Dorothy Ward, March 20; Kelsey Peters, Pastor Ed Woods, March 2; Gen Brunk, March 23; Quentin Wentz, March 24.

Recent guests of Joyce Price were Keith and Linda Jurey, Albuquerque, N.M.; Richard Jurey, Edmond, Okla.; and Jason, Kathy, Conner and MacKinze Jurey, Kennard, Neb.

Wava Reames has been enjoying a visit from her grandson, James. She met him and his mother, Shawna, in Great Bend.

There will not be a movie in Norcatour on Easter Sunday.

Make events fun and creative

Eating healthy and being physically active can be a fun part of parties and events like Easter. Great gatherings are easy to do when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

1. Make healthy habits part of your celebrations. Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

2. Make food look festive. Decorate foods with nuts or seeds or use new shapes for vegetables. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

3. Offer thirst quenches that please. Make fun ice cubes from 100 percent juice or add slices of fruit to make water more exciting. Create a "float" by adding a scoop of low-fat sorbet to seltzer water.

4. Savor the flavor. Take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

5. Include foods from all food groups for your party. Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory healthy salad.

6. Make moving part of every event. Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.

7. Try out some healthier recipes. Find ways to cut back on sugar, salt, and fat as you prepare your favorite recipes.

8. Keep it simple. Have others participate by contributing a pre-



Home Time

By Tranda Watts
Regional Extension Agent

pared dish, helping with the clean up, or keeping the kids active and moving.

9. Shop smart to eat smart. Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

10. Be a cheerleader for healthy habits. It's never too early for adults to set an example. Keep in mind that children follow what the adults around them do — even at special gatherings.

If you have questions, please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts at <mailto:twatts@ksu.edu>twatts@ksu.edu.

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.

Decatur Health Systems

By Becky Wilson

Hospitals across the nation have been reacting to cuts imposed by the federal government's implementation of sequestration, or across-the-board budget cuts, as well as changes due to the Affordable Care Act.

They have been approaching the new financial reality in different ways, which can be seen just by looking to some of our neighbors.

In WaKeeney, for example, voters recently authorized a 1 percent county sales tax to go into effect July 1, which along with an increased annual contribution from the county will help Trego County-Lemke Memorial Hospital make up its budget shortfall.

Meanwhile, in Goodland, Sherman County commissioners have begun looking into the possibility of selling Goodland Regional Medical Center to lighten the tax burden on the county.

Here, management decided to reorganize the staff, phasing out some positions and creating others to minimize our losses. The goal was to do this while at the same time preserving our standard of patient care and ensuring that the taxpayers of Decatur County will not be asked for additional support.

The numbers used as the basis for these decisions came from the Kansas Hospital Association, which prepared a report for each facility showing the harsh financial reality we must face.

For Decatur Health Systems, we previously had been looking at \$441,800 in cuts over the next 10 years due to our position as a critical access hospital. That's not a great number, but it can be managed.

With sequestration, however, the picture changes drastically. The new figures total more than \$1 million in cuts over the next decade, for an additional \$100,690 in cuts per year. Specifically, we are looking at a loss of \$91,500 due to the Affordable Care Act, \$102,900 to bad-debt payment cuts, \$6,600 to home health Medicare coding adjustments, and — the bulk of the impending cuts — \$805,900 due to sequestration.

To deal with these new figures, the administration developed a four-part plan to help reconcile the numbers and stabilize the hospital for future growth:

- Provide in-house physicians and providers to increase patient visits and reduce the need for contract labor.

- Focus on providing services that are reimbursable, as we are a critical access hospital and are only reimbursed for Medicare- and Medicaid-approved services.

- Collect on all services provided and bill appropriately and timely from now on.

- Reduce all nonessential staff to provide quality and timely care in the most cost-effective way.

The first three parts of the plan are noncontroversial. It only makes sense that our own doctors are more cost-efficient than using Docs Who Care, that billing should be more efficient and that we should work to provide the preventative health care measures that help ward off medical catastrophes down the road.

It's the fourth part that's the difficult one, where the hardest choices have to be made. Twelve positions were phased out or laid off. Job

losses are never good news, and every effort was made to minimize the number of people let go. Many of the positions in question were filled by people whose skills allowed them to fill other necessary roles. After the reorganization was completed, eight of the 12 people affected had different jobs at Decatur Health. That leaves four people without jobs once the dust settled, which is a terrible loss.

Each of the rest of us will have to work harder to make up for that, and we will. Some duties will return to those who did them previously, while others will be shared out among new people. It is hard work, navigating the shoals of the ever-changing federal and state regulations, and all of the area hospitals have been managing the best we can using the paths available to us.

The goal remains the same, however — to provide everyone in this area with accessible, state-of-the-art health care. We are continuing to do that, and intend to weather not only the next 10 years but many decades after that.

Jennings News

By Louise Cressler

A beautiful snow fell early Saturday morning in western Kansas. By afternoon the wind had picked up and blew some of it in drifts. There was good moisture in it, which we are most thankful for. Sunday was nice and a lot of the snow melted.

There were no Palm Sunday church services at the United Methodist Church in Jennings because of the weather.

Those enjoying playing cards at the Sunflower Senior Center Wednesday were: Agnes Wahlmeier, Linda Spresser, Stan and Ramona Shaw, Eleanor Morel, Diane Carter, Scott Taylor, Alice Mizer, Wayne and Louise Cressler, Bob Jones and Carla Latimer. It was nice to have three tables.

Water meters were read last Wednesday. The water test, sent in after work was done on the mains, checked out as safe to use without boiling it. We appreciated residents' patience with this problem.

The Jennings City Council has scheduled the Fourth Annual City-wide Clean-up Day for April 20, 2013, and encourages everyone in the Jennings Community to partici-

pate in the beautification of our city. Volunteers are needed as are tractor/loaders, trucks, skid steer, mowers, hand tools and other equipment.

Jennings residents are asked to place all pickup items near the alley or curb. Please contact Mayor Marge Hartzog at 678-3010 to suggest or request assistance with a cleanup project and to schedule waste pickup and removal. Volunteers will break at noon for a potluck meal at the Broken Wheel and to prioritize remaining clean-up projects. Dave and Donna New will provide hot dogs, iced tea and table service.

Additional information can be found in this column as the date approaches. Community response for this event in past years has been impressive with volunteers from near and far, and the cleanliness of Jennings and the community spirit is evident to all. Please notify Mayor Hartzog if you can assist with the clean-up or provide equipment. The Jennings City Council and residents of Jennings appreciate your participation.

Selden News

By Jacque Boultinghouse

On Thursday during Senior Citizens at the Community Center - Gail Mumm won high with a score of 603, Paul Neff took second with 601, Marilyn Meyer got low with 354 and Lillian Sulzman had the most 10s. Other members present included: Pat Wessel, Jeanie Spresser, Ralph Weis, Edna Schiltz, Lola Cook, Royce Cook, Bob Wessel, Carlene Bruggeman, Carl Mumm, Ann Hazlitt, Shirley Baker, Helen Karls and Shirley Emigh. Bob and Pat Wessel's grandson, Braden Irwin attended and entertained the group with a few songs after lunch.

Upcoming birthdays and anniversaries: Friday - Paula Schiltz, Marissa Porsch, Tammy Shaw, Alezxia Campbell. Saturday - Wyatt

Ashley, Gayle Bainter. Sunday - Kyle Emigh, Bruce Otter. Monday - Nickki Campbell. Tuesday - Tenna Ashley, Doug Shaw, Matt Juenemann. Next Wednesday - Rochelle Carman Mather, Bob and Ann Hazlitt, Tex Shaw. April 4 - Ben Albers, Donna Wessel Tremblay, Melissa Wessel, Jentry Rhodes.

School calendar: Friday - Monday - No school, Easter break. Tuesday - 10:30 a.m. high school track in Colby. Next Wednesday - Western Kansas Liberty League forensics and junior high music contest.

The Cross Stands for Love

For Christians, this week is Holy Week. Our Lenten journey has been a time in which we have been looking intently toward Jesus who is the author of our faith, and a time in which we have longed to know Jesus better. During this journey we have focused on our life of faith and following the teachings of Jesus. During Holy Week some communities gather each day to meditate on Jesus' final days before his death on the cross.

What effect does the Cross have on our daily lives?

What difference does it make that Jesus died on the cross for you?

On the cross, Jesus opens his arms to each one of us in a personal way to embrace us and forgive us for all our sins. We are loved unconditionally by his open arms. We are accepted for who we are. It does not mean that God through Jesus likes our sins or approves of them. But it is important for us to realize that God loves humanity.

God loves us so much that God sent Jesus to save us. The Cross is the way back for us in our relationship with God. That is the great news for us! The Cross in our daily lives should make all the difference in the world to us. God does not love the sin, but God does love the sinner. God sends Jesus to save us, to forgive us our sins, and to have us back in relationship again.

In Galatians 5, the apostle Paul writes to the early Christian churches of Galatia that as the people of faith, they are different than the ways of the world. The word "church" in the original New Testament Greek is "ecclesia," which means "The Called-out Ones."

As the Church we are called out of the world to a purpose different than the ways of the world. As Christians we are in the world but not of the world. We live IN the world, but our ways are not OF the world; for we are called out to serve in God's Kingdom and not the worldly kingdoms.

The apostle Paul writes that in contrast to the ways of the world, we are to be about the fruit of the Holy Spirit (Galatians 5:22-25). The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control. Paul goes on to say, "There is no law against such things. And those who belong to Christ Jesus have crucified the flesh with its passions and desires." We are to live by the Spirit and be guided by the Spirit. As Paul writes to the Christians in Corinth, we are about faith, hope and love, and the greatest of these is love. (1 Corinthians 13:13)

As Christians we are IN the world, but we are NOT OF the world. We are to be each day living as dead to sin and alive in Christ Jesus through the Spirit: dead to sin and alive in Christ Jesus our Lord.

As we journey to the Cross during Holy Week and Good Friday, let us remember the many aspects and meanings of the Cross for us as Christ guides us through the Holy Spirit.

Jesus Christ is the Light of the World which no darkness can ever overcome!

Let us pray: Almighty God, your Son our Savior suffered at human hands and endured the shame of the cross. Grant that we may walk in the way of his cross and find it the way of life and peace, through Jesus Christ, our Savior and Lord. Amen.



Charlotte Strecker-Baseler
Faith Lutheran of Oberlin

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.

NORCATOUR 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..

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