

# Making your mark, and reaching to the heart

It has been said, "When God measures men He puts the tape around the heart, not the head."

That is a great quote from Eleanor Doan. In the midst of the pursuit of knowledge and success that is so prevalent in our world today it is a good reminder to check our heart. I had one Sunday School teacher always say, "There will be many who miss heaven by a foot." Meaning they may have had some Bible knowledge in their head, but it never made it to their heart. It never impacted their life like it could of.

I just finished reading a book that really challenged me. The author talked about how big our universe was, and how small we are. He made the statement that in the span of the earth's history 99.999999 percent



## steve rains

• moments from calvary

of the people won't ever know you existed. In our culture that promotes and pushes how valuable popularity is, and how our pride jockeys for position and recognition that is a pretty depressing statement.

Here is the good news you can make a significant positive impact on the life of people in our community. In fact I will be so bold to say, "You have a responsibility to." It is part of that golden rule statement Jesus spoke about, "Love God with

all your heart, and love your neighbor as yourself."

You may have never heard the story of Felix Kersten, but let me share it with you. During the blood-filled days between 1940 and 1945 when names like Hitler, Himmler, and Goering struck terror in the hearts of millions, Dr. Felix Kersten rescued thousands from certain death at the hands of the Nazis. He was the personal physician and manual therapist to Heinrich Himmler, and in his position he had an amazing power over Nazi Germany's number two man.

Dr. Kersten used his influence to keep many from becoming vic-

tims of the wanton killers who led Germany. Week by week Kersten snatched Himmler's victims from concentration camps and gas chambers. The World Jewish Council credits him with saving sixty thousand Jewish people. The number of Dutch, Poles, Finns, and Norwegians he saved is impossible to estimate.

You can read his story in the book "The Man With The Miraculous Hands." The influence of this little-known and quiet man changed the course of destiny for many - maybe the whole world!

Robert Strand says, "All of us recognize the impact of famous and influential people, but few of us understand they dynamics of quiet lives hidden from headlines and the

bright lights of publicity."

The Apostle Paul understands this; he is familiar to every Christian. Yet, this man that is so well known, and impacted some many through the ages states that he was influenced, refreshed, and possibly changed by a little-known Christian that God brought across his path. The name of this influencer, Onesiphorus. How would you like that name on your birth certificate!

When Paul penned his last letter (2 Timothy) he spoke highly of Onesiphorus, because of his courage, his faithfulness, lover, and warmth. When others had deserted Paul, there was Onesiphorus standing by his friend. Perhaps it was his influence and steadfastness that gave Paul courage as he walked out the

final days of his life.

Most of us will never become well known. We may not even be well known in our small town; yet all of us can be persons of compassion, ready to help others. Maybe you can't be a Paul, how about being an Onesiphorus or a Felix Kersten?

May words of Christ echo within your heart, your heart that is growing larger! "I assure you, when you did it to one of the least of these my brothers and sisters; you were doing it to me!"

Steve Rains is the pastor at the Calvary Gospel Church, Fourth and College. Go to the church's web site at calvarygospel.net or e-mail Rains at calvarycolumn@st-tel.net.

# Most adults need seven to eight straight hours of sleep each day

Most adults need seven to eight straight hours of sleep each day, including those who work a night shift and sleep during the



## high plains mental health

• plain sense

daylight hours. Stress, worry and anxiety can contribute to insomnia and interfere with getting a good night of rest. Thus it is important to know and practice healthy habits in regards to sleep.

Maintaining a regular bedtime makes a big difference; go to bed and get up at about the same time no matter how tired you are. Avoid taking naps or dozing off near bedtime. Watch what you eat; heavy or spicy foods can keep you awake, as will caffeine products. Peanut butter, dairy products and apples can help increase sleepiness.

Perform only relaxing mental or physical activities right before bedtime. Watching television or working and playing games on the computer can be extra stimulation for the brain, which interferes with falling asleep, so turn those off at least an hour or more before bedtime.

The bedroom environment is also a factor in getting to sleep. Be sure the mattress is adequately firm and comfortable. A dark quiet cool location is best; overly warm bedrooms are not conducive to quality sleep. In addition, learn to associate the bedroom with a place for relaxation and sleep. Do not work on the computer or watch TV in bed. Try not to lie in bed worrying about problems or challenges of the upcoming day and avoid discussing problems on the phone in bed because this can result in that location becoming associated with anxiety and arousal.

If possible avoid medications that can cause arousal and interfere with sleep including many over-the-counter remedies and herbal products. Read product labels well and learn more by discussing those medications with you doctor, psychiatrist or pharmacist. If you practice healthy sleep habits yet are still

excessively tired, or your sleep is still poor and fragmented, it may indicate a sleep disorder. Talk with your medical or mental health pro-

fessional about these difficulties; sleep disorders are fairly common and very treatable.

Contributed by Karen D. Schuel-

er, MS, LCPC, Prevention, Education and Outreach Department of High Plains Mental Health Center. The views expressed here are those

of the individual writer and should not be considered a replacement for seeking professional help.

## club news

The regular monthly meeting of the Sunflower 4-H Club was held at the United Methodist Church on Monday, Jan. 21.

The meeting was called to order by President Dusti Chadwick by saying the flag salute and 4-H pledge. Roll call "What do you do on snow days?" was answered by 17 members, ten parents, one leader and one guest.

Song leader Kinsey Volk led the group in singing "Take Me Out To The Ball Game".

The Treasurer, Secretary, Reporter, and Fundraising Committee gave their reports during the business meeting.

Following the business meeting,

Tyler Neufeld with his dog Remy gave an informative project talk about the dog project that they are in. Aquarium pets project member Sarah Johnson gave a project talk about supplies needed to set up a fish aquarium. Kendra Promise demonstrated how to make yummy Fruit and Oat Squares.

"The Human Knot" game was led by Jessica Johnson for recreation. The next meeting will be held at 7 p.m. on Monday, Feb. 18.

The meeting was adjourned by saying the club motto. Refreshments were served by the Volk family.

Submitted by Jessica Johnson, reporter

## matters of record

### Goodland Police

The following incidents have been reported to the Goodland Police Department:

**Jan. 19** — 11:13 p.m., 1900 Cherry Ave., arrested Levy Lawrence Ryan and a juvenile for transporting open container and minor in possession. Case referred to county attorney.

**Jan. 20** — 12:39 p.m., 539 W. 13, arrested Daxton Navarro on a warrant for another jurisdiction. Case referred to city attorney.

**Jan. 24** — 8:02 p.m., 318 Grand Ave., report of battery of a juvenile. Case referred to county attorney.

**Jan. 26** — 3:16 p.m., 607 E. 19, juvenile runaway. Case referred to county attorney.

### Ron Paul: Defender of Gun Rights

- Ron Paul is the only pro-gun, pro-Constitution Presidential candidate - from either party
- Ron Paul led the fight in Congress to restore the Second Amendment rights to all Americans, without infringement, that have been stripped away
- Ron Paul is 100% pro-gun and 100% pro-freedom

**RON PAUL SHARES KANSAS VALUES!**

- Support Ron Paul in your local Republican Caucus Saturday, February 9 - Find out how at [www.RonPaul2008.com](http://www.RonPaul2008.com) or call 913-963-6858 Paid for by Stephen Shute, Ron Paul Presidential Campaign Committee [www.RonPaul2008.com](http://www.RonPaul2008.com)

### Russell Terrier Pups Available!

Go to [www.flushingpheasantrussells.com](http://www.flushingpheasantrussells.com) for more information on these dogs, our current & upcoming arrivals. Smooth coat puppies born January 20, will be ready March 17th! Accepting deposits now.

Jordie Mann  
Flushing  
Pheasant  
Russells  
Colorado  
719-397-2270



Russell Terriers are also known as Shorty Jack Russell Terriers.

# Worship warms the heart

<p><b>Calvary Gospel Church</b>  <b>Pastor:</b> Steve Rains, Ben Coats, youth pastor                  Fourth &amp; College • 890-3605  <b>Sunday:</b> Kid's Church: 10:30 am                  Morning Service: 10:30 am                  Evening Service: 5:00 p.m.  <b>Wednesday:</b> Royal Rangers Missionettes 6:30 p.m.                  Adult mid-week service: 7:00 p.m.                  Youth @ the Rock House: 7:00 p.m.                  Small Group Ministries meets through out the week.  <a href="http://www.calvarygospel.net">www.calvarygospel.net</a></p>	<p><b>Our Lady of Perpetual Help</b>  <b>Pastor:</b> Father Norbert Diabal                  307 W. 13th • 890-7205  <b>Sacrament of Reconciliation:</b>                  4:30-5 pm Saturday or by appointment  <b>Mass Schedule:</b>                  Saturday: 6 pm, Sunday: 10:30 am  <b>Spanish Mass:</b>                  Sunday: 12:30 pm</p>
<p><b>Word of Life</b>  <b>A Joursquare Church</b>                  10th &amp; Clark • 899-5250  <b>Pastor:</b> John Coumerilh  <b>Associate Pastor:</b> Ben Coumerilh  <b>Sunday:</b> Worship Celebration                  and Kids' Church: 10:30 am  <b>Life Groups</b> - call for times and locations  <a href="http://www.wordoflifegoodland.org">www.wordoflifegoodland.org</a></p>	<p><b>Pleasant Home Church</b>                  Serving the rural community                  for over 100 years                  Rt. 1, Box 180 • 694-2807 • 3190 Road 70  <b>Pastor:</b> Perry Baird                  890-3375  <b>Sunday:</b> Worship Service: 9 a.m.                  Sunday School: 10 a.m.                  Evening Service: 6 p.m.</p>
<p><b>Bible Baptist Church</b>  <b>Pastor:</b> Clifford Middlebrooks                  Fifth &amp; Broadway                  890-7368  <b>Sunday:</b> Sunday School: 9 a.m.                  Morning Service: 10 a.m.                  Evening Service: 6:30 p.m.  <b>Wednesday:</b> Evening Bible Study: 7 p.m.</p>	<p><b>Church of Jesus Christ of Latter-Day Saints</b>                  1200 15th Street • Burlington, CO                  (719) 346-7984  <b>Sacrament Meeting:</b> 10 a.m.  <b>Sunday School:</b> 11:15 a.m.  <b>Priesthood/Relief Society:</b> 12 a.m.</p>
<p><b>United Methodist Church</b>  <b>Brewster:</b>  <b>Pastor:</b> Dorine Chambers                  Worship Service: 10:45 a.m. CST                  Sunday School: 9:45 a.m. CST  <b>Winona:</b>  <b>Minister:</b> Sheryl Johnson                  Worship Service: 9 a.m. CST                  Sunday School: 10:15 am CST</p>	<p><b>First Christian Church</b>                  (Disciples of Christ)  <b>Pastor:</b> Rev. Ted Amos                  Eighth &amp; Arcade • 890-5233  <b>Sunday:</b> Worship Service: 10:30 a.m.  <b>Sunday School:</b> 9:15 a.m.  <b>Activities:</b> Junior High &amp; High School Youth Groups, Adult Bible Study, Choir, Men's and Women's Groups, Devotions Study, Monthly Fellowship  <b>Special Notice:</b> Handicap Accessible, Hearing Assistance Equipment and Infant and Toddler Nurseries Available</p>
<p><b>Church of the Nazarene</b>  <b>Pastor:</b> Bob Willis                  Third &amp; Caldwell                  899-2080 or 899-3797  <b>Sunday:</b> Sunday School: 9:45 a.m.                  Worship Service: 10:50 a.m.                  Evening Service: 6 p.m.  <b>Wednesday:</b> Evening Service: 7 p.m.</p>	<p><b>First United Methodist Church</b>                  1116 Sherman 899-3631  <b>Pastor:</b> Rev. Kasey Crosby  <b>Saturday:</b> Worship: 5:30 p.m.  <b>Sunday:</b> Adult Classes: 9:15 a.m.                  Worship: 10:30 a.m.  <b>Wednesday:</b> Wednesday Nite Live                  5:45 - 6:45 p.m. Simple Supper "Free will Offering                  6:30 - 7:30 p.m. Classes for all ages</p>
<p><b>First Baptist Church</b>  <b>Pastor:</b> Travis Blake                  Bateman's Funeral Home, 211 E. 11th                  890-3450  <b>Sunday:</b> Sunday School for all ages:                  9:30 a.m. (Child care provided)                  Morning Worship: 10:30 a.m.  <b>Thursday:</b> Bible study 9:30 a.m.                  Wheatridge Center</p>	<p><b>St. Paul's Episcopal Church</b>                  13th &amp; Center                  Church 890-2115 or Rectory 890-6969  <b>Priest:</b> Father Hal Lycett  <b>Holy Eucharist:</b> 10:00 a.m. Sunday                  10:00 a.m. Thursday  <b>Morning Prayer:</b> Daily, 8 a.m. Thursday and Sunday                  For emergencies 890-6969</p>
<p><b>Seventh Day Adventist Church</b>                  1160 Cattletrail  <b>Pastor:</b> Mike Larson  <b>Saturday:</b> Sabbath Home: 9:30 a.m.                  Worship Service: 11 a.m.</p>	<p><b>Emmanuel Lutheran Church</b>                  13th &amp; Sherman • 890-6161  <b>Sunday:</b> Christian education/fellowship:                  10:15 a.m.                  Worship Service: 9 a.m.  <b>Wednesday:</b> Confirmation: 6 p.m.</p>
<p><b>Goodland Bible Church</b>                  109 Willow Road • 899-6400  <b>Pastor:</b> Chad DeJong  <b>Sunday:</b> Sunday School: 9:30 a.m.                  Morning Worship: 10:45 a.m.                  Evening Worship: 6 p.m.  <b>Wednesday:</b> AWANA (Winter) and prayer: 7 p.m.</p>	<p><b>Harvest Evangelical Free Church</b>                  104 E. Hwy. 24 • 890-7918  <b>Pastor:</b> Brian Fugleberg  <b>Sunday:</b> Worship: 10:30 a.m.                  Sunday School: 9:30 a.m.  <b>Wednesday:</b> Youth group meets at 7 p.m.                  at Scherlings', 827 Caldwell.</p>
<p><b>Church of Christ</b>                  401 Caldwell                  890-6185  <b>Sunday:</b> Bible Study: 9:45 a.m.                  Worship Service: 10:45 a.m.  <b>Wednesday:</b> Bible Study: 7 p.m.</p>	

## The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:

<b>Short &amp; Son Trucking</b> Hwy. 24	<b>Koons Funeral Chapel</b> North Main	<b>Good Samaritan Center</b> 208 W. 2nd
--	---	--

KLOEIKKQJIKWGB

3023 W. 31