

Good Samaritan Center

By Lisa Paulson

Routine is very important for those who live at Good Sam. Especially for those with memory loss, it helps them to relax and know what to expect. Routine is the skeleton of our day, but little surprise "splash" celebrations keep our days from becoming monotonous and boring.

Here is a glimpse of what our routine entails and who regularly attend: **Devotions:** Myrtle Waldo, Connie Cramer, Eva Bryan, Evelyn Olson, Leone Porsch, Lucy Schissler, Amy Rehm, Olive Arnold, Shirley Hayward, Myrtle Ross, Alice Bobbitt, Opal Bryan, Leona Helmkamp, Walt and Betty May, Vivian Mock and Phil Erickson. **Social Hour:** Olive Arnold, Connie Cramer, Louise Pollnow, Margaret Vacura, Dorothy Hunt, Earl Brown, Evelyn Olson, Leone Porsch, Amy Rehm, Myrtle Ross, Alice Bobbitt, Opal Bryan, Walt and Betty May and Earl and Elsie Winder.

Monday, Friday and Saturday: Folding Fellowship: Amy Rehm, Connie Cramer, Margaret Vacura, Vivian Mock and Phil Erickson. **Ladies Coffee:** Alice Bobbitt, Opal Bryan, Amy Rehm, Connie Cramer, Margaret Vacura, Vivian Mock. **Exercise:** Evelyn Olson, Leone Porsch, Alice Bobbitt, Opal Bryan, Amy Rehm, Connie Cramer, Margaret Vacura, Vivian Mock. **Tuesdays: Literary Club:** Evelyn Olson, Leone Porsch, Olive Arnold, Amy Rehm, Alice Bobbitt and Opal Bryan, Vivian Mock, Connie Cramer and Margaret Vacura.

Wednesdays: Songs of Worship and Bible Study: Walt and Betty May, Eva Bryan, Evelyn Olson, Leone Porsch, Amy Rehm,

Shirley Hayward, Myrtle Ross, Alice Bobbitt, Opal Bryan, Leona Helmkamp, Violet Schissler. **Bin-go:** Earl Brown, Earl and Elsie Winder, Evelyn Olson, Leone Porsch, Lucy Schissler, Amy Rehm, Shirley Hayward, Connie Cramer, Margaret Vacura, Myrtle Ross, Alice Bobbitt, Myrtle Waldo, Walt and Betty May and Opal Bryan.

Thursdays: Catholic Services: Bonnie Weskamp, Vera Kacirek, Jim and Grace Schroer and Marcella Leitner. **Current Events:** Connie Cramer, Margaret Vacura, Evelyn Olson, Leone Porsch, Amy Rehm, Myrtle Ross, Alice Bobbitt and Opal Bryan. **Fridays:** The men have to have their time too, thanks to Pastor Keith Reuther and Frank McEvoy who join the guys for coffee at the "Round Table": Earl Brown, Earl Winder, Loren Schrock, Phil Erickson, Walt May and Elwood May get together for that. Keith tells some pretty good jokes!

A recent splash of celebration was when Mary Lou Plotts came to tell about and read sections from a newly published book she wrote. Phyllis Metcalf has been joining us for Social Hour discussions. She too brought a book of Aunt Tude's Hillbilly Poetry. Earl and Elsie Winder, Olive Arnold, Dorothy Hunt, Margaret Vacura and Galen Tacha thought that was a hoot!

Glenn Martin and Leona Helmkamp both celebrated their birthdays with family, then Anita made beautiful, delicious cupcakes and decorated with pink and black balloons for a more formal celebration. Loren Schrock played "Happy Birthday" on his harmonica.

Mark your calendars! We're

getting ready to rock again! This year's Rock-A-Thon will be Saturday, Nov. 3. More details will be forthcoming.

Nothing brings more joy than the many visitors we have: Mert McEvoy for **Lucy Schissler**. Reva Marshall and Penny Fringer for **Dorothy Hunt**. Elden and Delta Anderson for **Eva Bryan**. Connie Simonsson for **Amy Rehm**. Cheryl Miller for **Loren Schrock**. Jerry Hill for **Cheryl Hill**. Tom and Deb Campbell (Hoxie) and Max Carman for **Myrtle Waldo**. Sally Henningson for **Connie Cramer**. Marilyn Horn for **Myrtle Ross**. Gerald Benda for **Eulaine Benda**. Eunice Martin for **Glenn Martin**. Susie Sabatka (Atwood) for **Vera Kacirek**. Gene Leitner, Jan Sattler (Atwood) Marlene Cook (Parker, Colo.) and Julie Hafner (Herndon) for **Marcella Leitner**. Pat Fringer and Reta Barratt for **Margaret Vacura**. Rose Riffle for **Roxie Pomeroy**. Nadine Tacha, Allen Tacha (Norton), Starla Swager (Guyman, Okla.) and Bob and Neoma Tacha (Jennings) for **Galen Tacha**. Ralph and Norma Unger for **Earl Brown, Margaret Vacura and Lucy Schissler**. Virgil and Donna Mock (Norton) for **Vivian Mock**. Julie Gardiner (Salina) and Lori Brewer (Limon, Colo.) for **Leona Helmkamp**. Gerald and Connie Olson for **Evelyn Olson**. Bruce Winder, Betty Butler, Doug Winder and Ardes Cappel for **Earl and Elsie Winder**. Marvin and Sharon Slabaugh for **Opal Bryan**. Martin and Evelyn May for **Elwood May**. Laurene Van Otterloo for **Amy Rehm, Myrtle Waldo, Connie Cramer and Lucy Schissler**.

Take care of food containers

In today's world of "reduce, reuse, recycle," consumers are looking for ways to save on waste. When it comes to storing or transporting food for meals, reusing plastic storage bags could create a food safety problem.

Plastic storage bags are intended to be used once, then thrown away. Some sources are encouraging consumers to reuse them. They say "wiping the inside of the bags clean" makes them reusable. This brings up food safety questions. How are these bags wiped clean? What foods were in the bags? What is used to wipe them clean?

Bags that held any type of perishable food should not be reused. This includes meats, dairy foods, and other foods that need refrigeration. Once the bag is used, left at room temperature for hours, the dirty bag could contain bacteria that can grow rapidly.

A better, less wasteful option is to use containers that can be washed by hand in hot soapy water or in the dishwasher.

Many plastic food containers are designed to use once only also. However, some can be reused. If food stains remain after washing, here are some tips to remove the stains.

- Place in direct sunlight for a few hours.
- Soak in a bleach solution of 2 teaspoons bleach per gallon of water. Drain, wash, and rinse before using.
- For off odors, scrub with a solution of 1 teaspoon baking soda per 1 cup water. Undiluted vinegar is also an option.



Home Time

By Tranda Watts
Regional Extension Agent

To reduce stains in plastic containers, try spraying the inside with cooking spray. If the food is not cooked in the container, line it with plastic or foil. Tomato stains are difficult to remove. Avoid microwaving tomato products in plastic containers.

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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Herndon News

By Julie Hafner

Herndon residents congratulate the Square Deal on celebrating the 20th anniversary of the paper. Everyone is invited to stop in from 1 to 4 p.m., Thursday and search through old photos and enjoy cookies and punch at the office.

Everyone is invited to join in the assembly of pro-lifers on Sunday. A breakfast will be held following the 10:30 a.m. Mass at Sacred Heart in Atwood. This is by donation. The crowd will convene for the Pro-Life Prayer Chain from 1 to 2 p.m. on the intersection of Highways 36 and 25 for an hour of silent prayer for the unborn.

The population of Herndon increased by one this week. Congratulations to Justin and Jennifer Beims Davis on the arrival of a baby boy, Mason Lee.

Deb Portschy spent the weekend in Stockton helping care for her mother after her recent knee surgery. Family members, Scott and Denise Murchie, Freddie Reed of Stockton, Heather Murchie of Manhattan and Adam Murchie of Hays met the Portschy's in Hill City on Friday night to watch Neil Portschy and the Rawlins County Buffalos beat the Hill City Ringnecks.

attended the wedding of Myra's niece in Faulkton, S. D., on Saturday. Tom and Myra visited with relatives and enjoyed traveling through some really flat country on the long, but pretty drive.

FAME award winner country and gospel singer Jerry Bennett from Nashville will have a concert at 7 p.m., Monday, Oct. 22, in McCook at the McCook Christian Church. Admission is by donation. His music not only entertains but will touch your hearts.

Good Samaritan Atwood residents were treated to a program Thursday afternoon. The Belles of St. Mary's, Herndon, entertained with unique and energetic songs of the fall season and favorite tunes. In formal wear of black slacks and white tops the group of Theresa Rippe on piano, Sharon Ecker, Julie Hafner, Chris Wood, Eileen Unger, Rachelle Solko, Vicky Mumm, Ann Solko, Voni Sattler and two special helpers, Janice Sattler and Floyd Trail of Atwood, provided singing and jokes but no dancers. Marie and staff served ice cream sundaes following the program for the residents and entertainers. For information on the Belles, contact Theresa Rippe, (785) 322-5384.

How can these things be?

Nancy Proffitt

Oberlin/Prairie Chapel United Methodist Churches

John 3:16: I'm pretty sure that every one of us has heard this verse. In fact, I'm pretty sure that most of us have this verse memorized, from whatever Bible translation we like best!

I read something recently that said one Sunday school teacher kept a copy of this verse in a walnut shell on his desk, because he was taught long ago that John 3:16 is the gospel in a nutshell. That makes sense to me. I like that. Martin Luther said that John 3:16 was the gospel in miniature. I suppose if there was ever a verse that could change the world, this would be the one.

John 3:16 has been called the greatest verse in the Bible. It is learned in Sunday School, Vacation Bible School, it's quoted often in sermons. Maybe you've even seen it hung over guard rails in football stadiums during the Super Bowl. I even heard of a man who changed his name legally to John Threesixteen. Max Lucado has a book called *3:16-The Numbers of Hope*, which I have read.

Many preachers have preached sermons by taking this verse phrase by phrase. I once read an article using that method. It's pretty simple and hard to beat for clearly telling the gospel in a nutshell, let me share it with you:

For God,	The greatest one
So loved,	The greatest degree
The world,	The greatest amount of people
That He gave,	The greatest generosity
His only begotten Son,	The greatest uniqueness
That whosoever,	The greatest invitation
Believeth in Him,	The greatest simplicity
Should not,	The greatest certainty
Perish,	The greatest possible loss
But,	The greatest difference

Have, The greatest possession
Eternal, The greatest length
Life, The greatest gift.
(Author anonymous)

It seems natural for us to think about this in the context of the word LOVE. And I believe that is what it is ultimately about. However, I'm not so sure that love is an easy concept for us to grasp.

There are different meanings for the word "love." There is romantic love, the kind between a man and woman. There is brotherly love that we have for friends. We also have parental love, and love for our pets. There are an abundance of uses for love when it comes to appreciating things. I love chocolate. I love baseball. I "love" my job. "I love my car." In the 1960s movie, "Love Story," Ali McGraw turned to Ryan O'Neal and said, "Love means never having to say you're sorry." And Elvis wanted the ladies to "Love Me Tender."

So, when it comes to talking about God, what kind of love are we talking about? Somehow Elvis and the rest fall short there. Here is a working definition of love (agape) in Scripture: God's kind of love is an unselfishness, which results in doing the best for another, even at the highest personal cost, without requiring or expecting payback.

Now, frankly, it's hard for us humans to grasp that, to understand how God or anyone could act in someone else's best interest without expecting something in return.

I heard a story about a pastor who visited an elderly couple for dinner. During dinner, the husband always talked so sweetly to his wife. Each time he addressed her it was "Sweetheart, pass the butter." Or "Dear one, will you get some more coffee? Thank you, love of my life."



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Dr. Ahmed Awais

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Schedule of Oberlin and area church services:

<p>OBERLIN SACRED HEART CATHOLIC CHURCH 785-475-3103 Fr. Mark Berland, MASS: 10:30 a.m. Saturday</p> <p>IMMACULATE CONCEPTION CATHOLIC, LEVILLIE Fr. Mark Berland, MASS: 8 a.m., Sunday.</p> <p>SACRED HEART CATHOLIC, SELDEN Fr. Mark Berland, Saturday 5:30 p.m.</p> <p>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.</p> <p>PRAIRIE CHAPEL UNITED METHODIST The Rev. Nancy Proffitt SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.</p> <p>HERNDON IMMANUEL UNITED CHURCH OF CHRIST Pastor: Dennis Brown SUNDAY: Morning Worship, 9 a.m.</p> <p>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.</p> <p>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.</p>	<p>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</p> <p>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.,</p> <p>CLAYTON UNITED METHODIST Pastor: Ed Woods SUNDAY: Sunday School, 10 a.m.; Worship Service, 11 a.m.</p> <p>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.</p> <p>ST. MARY'S CATHOLIC, HERNDON Fr. Nick Parker Phone 785-322-5560 MASS: SUNDAY and THURSDAY 8:30 a.m.</p> <p>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.</p> <p>NORCATUR UNITED METHODIST Pastor: Ed Woods SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.</p>	<p>LYLE UNITED METHODIST Guest Speakers every Sunday SUNDAY: Morning Worship 9 a.m.</p> <p>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.</p> <p>LUND COVENANT CHURCH Pastor Roy Mathewson 10 miles south, 4 miles west of Oberlin. Sunday: Sunday School 10am Worship 11 am "The Difference is worth the Distance" facebook.com/LundCovenantChurch</p> <p>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..</p>	<p>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.</p>
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