

Good Samaritan Center

By Lisa Paulson

Last week's article began this way: The season has made a decided turn from summertime to autumn, change is in the air, and the colors of the new season are announcing it beautifully. Wow, what an understatement!

Anita Hirsch transformed the pond area from school room to Autumn splendor using wedding flowers donated by Britta and Jimmy Spitzer. Thank you for sharing the beauty of your special day with us!

Literary Club members Amy Rehm, Connie Cramer, Margaret Vacura, Phil Erickson, Walt and Betty May, Vivian Mock, Leona Helmkamp, Betty Jones, Louise Pollnow and Leone Porsch eagerly met to hear more of the Eskimo Girl story. It's a perfect autumn activity.

Gene Leitner loves to tag along to activities with his wife Marcella, and we are tickled that he does. In addition to eating the noon meal with her every day, he sat in on Catholic services and heard the town news during Current Events. He's not the only faithful spouse; Nadine Tacha had coffee and caramel corn with her husband, Galen, while watching the birds in the aviary. Eunice Martin drops over nearly every day to enjoy a dish of ice cream with her hubby, Glenn. Jerry Hill comes to sit and visit with his beloved Cheryl. Such love, such faithfulness, such an example!

Whether we perceive it or not people are watching us, especially little people. The bright eyed, cheery, curious little First Hand Friends came on Tuesday to read to their "Good Sam Grandmas and Grandpas." The sound of music should be our official theme

song. Marilyn Horn plays the piano for Devotions every Monday, Wednesday and Saturday. Anita Hirsch's voice lifts the roof during Devotions and Songs of Worship. Loren Schrock and daughter Cheryl Miller entertain in the afternoons with lively piano, harmonica and spoons! During Folding Fellowship on Friday, Vivian Mock serenaded the ladies with her sweet heart-felt rendition of her favorite hymns. Her songs, strong and clear beckoned staff away from their work to Town Square to hear her singing.

During History Buffs, another Alaskan-themed video was shown called "The Reindeer Queen." This is a documentary highlighting this renowned Alaska Eskimo woman. Paired with Literary Club, the same residents are getting a well-rounded Alaskan experience. They are looking forward to Arm Chair Travel when Anita will bring her personal photographic tour of her trip.

Columbus Day was celebrated with some history, trivia and popcorn! Loren and Cheryl then topped off the day with some toe tappin' knee slappin' musical fun! Three options for Rock-a-Thon proceeds were presented at Bible Study on Thursday. Teens For Christ, the Golden Age Center and the Swimming Pool Project! The residents in attendance were; Connie Cramer, Amy Rehm, Phil Erickson, Betty May, Margaret Vacura, Elden Haas, Leone Porsch and Eva Bryan.

Discussion centered around the spiritual need of our youth, and encouraging young families to raise their children here. We have already contributed to the Golden Age Center in the past so the decision was made to split the proceeds between

TFC and the Pool.

WE ARE READY TO ROCK! Join us on Saturday, Nov. 31! The entertainment schedule is ready to be filled and sponsor sheets are available at churches, local business and here at Good Sam. If you want to mail your contribution the address is 108 E. Ash Ave. Oberlin, Kan., 67749; just write Rock-a-Thon in the memo line.

Our visitors this week were: Mert McEvoy for **Lucy Schissler**. Reva Marshall and Penny Fringer for **Dorothy Hunt**. Connie Simonsson for **Amy Rehm**. Cheryl Miller for **Loren Schrock**. Jerry Hill, Lori and Matt for **Cheryl Hill**. Max Carman and Peggy Carman for **Myrtle Waldo**. Sally Henningson and Cathy Wenger for **Connie Cramer**. Marilyn Horn for **Myrtle Ross**. Gerald Benda for **Eulaine Benda**. Eunice Martin for **Glenn Martin**. Susie Sabatka (Atwood) and Sandra Nolette for **Vera Kacirek**. Gene Leitner and Sandra Nolette for **Marcella Leitner**. Krystal Barratt and Taylor (McCook) and Reta Barratt for **Margaret Vacura**. Rose Riffle, Bill Flynn and Carolyn Polivka for **Roxie Pomeroy**. Nadine Tacha (Jennings) for Galen Tacha. Bruce Winder for **Earl and Elsie Winder**. Jeanne and Keri Britton (Denver) for **Opal Bryan**. Ron and Kristi Reneberg for **Phil Erickson**.

Athletes need carbohydrates



Home Time

By Tranda Watts
Regional Extension Agent

Have you ever had an athlete come home from practice saying he or she had "hit a wall" during practice and thinks that he or she needs more protein? Is protein really the issue?

It is more likely that the individual needs to pay more attention to carbohydrates than protein.

Most people need just 6 or 7 ounces of protein a day from a variety of sources, including lean meat, poultry, seafood, milk, cheese, yogurt, eggs, beans, nuts and seeds. Athletes may need a little more to build and repair muscle tissue, but not much.

When athletes "hit a wall", what's happening is that their body has run out of carbohydrates to use for energy. The body first uses blood glucose, but there's only a certain amount available for immediate energy needs. Then it turns into supplies of glycogen, the form of carbohydrate stored in muscle and the liver. With less intense physical activity, the body uses both glycogen and fat. With higher-intensity activities, including football, the body primarily uses glycogen stored in muscle.

Athletes may need to eat more carbohydrates throughout the day to build up glycogen supplies. When adding carbohydrates to

your athlete's diet, remember that half of all grains consumed should be whole grains. Whole grains include oatmeal, whole-grain bread, whole-wheat pasta, brown rice and popcorn. Potatoes, corn, lima beans and other high-starch vegetables are also good sources of carbohydrates.

In addition, the Academy of Nutrition and Dietetics recommends eating a carbohydrate-rich snack or meal three to four hours before exercise, along with a small amount of protein to help build and repair muscle tissue. The food should be low in fat and fiber to make sure it digests easily and quickly.

Then, 30 to 60 minutes before the activity, eating a piece of fruit, drinking a sports drink or even enjoying a few jelly beans, low-fat candy or orange juice diluted with half water will top off the body's blood glucose and glycogen stores. Energy drinks with large amounts

of caffeine or other stimulants aren't recommended for teenagers because of the health risks they pose.

Athletes also need to make sure that they stay hydrated. Water carries oxygen and glucose to muscles, helping produce energy. Athletes should drink:

- Two cups of water or a sports drink two to three hours before an activity.
- One to 1.5 cups about 15 minutes beforehand.
- A half-cup to 1.5 cups every 15 minutes during the activity, without overdoing it.

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 trawatts@ksu.edu. For information, contact the Decatur County office of Twin Creeks Extension, 475-8121.

Rexford News

By Gwen Griffiths

Congratulations to Vernon Vance, who was recognized as having the Yard of the Month.

A "Women in Denim" retreat was held by the Northwest Kansas Conservation and Environmental Alliance at Shepherd's Staff. Almost 50 women from all over Kansas came for this fun and educational day; they learned about communication, planning for the future, what their favorite color indicates about them, and even about salsa making!

The Colby Gideon Camp held their monthly meeting at Shepherd's Staff.

Saturday night is bingo night! Come on down to the Red Barn for an evening of fun.

Well, that's the news from Rexford! As always, I would love to publish celebrations and important events in your life. Just call 687.2076 or email griffithsgang@gmail.com. Have a great week!

Decatur Health Systems

By Becky Wilson

There's been a lot of change at Decatur Health recently, but one nice aspect of that has been some familiar faces returning.

It's a tremendous help in uncertain times to have people around who the community is familiar with. Charlie Myers returned to serve as our interim chief executive. Dr. Allen Hooper returned to serve as the medical director.

More recently, a couple more people who have a history with Decatur Health are working here once again.

The first is Sheryl Unger, the new administrator at the Family Practice Clinic. She was originally hired at the hospital, and then transitioned to the Oberlin Medical Arts Clinic, where she worked for over 30 years. Now she has returned to the clinic, this time as its administrator. She has taken the role left by Rhonda Jennings, who had to leave us to move to be with her husband in Topeka.

I always felt when talking with her that my day felt a little brighter afterwards; she always had a bright smile and the kindest things to say.

And now with Sheryl here, that office is still filled with a welcoming, positive energy. We're very lucky to have someone so fitting to take that position.

The other new face is the one that everyone's been talking about—our new physician, Dr. Robert Rosin. He knows Oberlin well—he's a 1976 graduate of Decatur Community High. He attended Fort Hays State University and the University of Kansas School of Medicine, where he received the Roscoe Falls Morton Award for Outstanding Student in Internal Medicine. Dr. Rosin is board-certified in internal medicine

with over 24 years experience. He also has a lot of experience in management and prevention of cardiovascular disease.

After practicing in Scott City for nearly 20 years, Dr. Rosin became the lead hospitalist at Hays Medical Center in 2007. He then moved to Idaho, where he was director of internal medicine and the intensive care unit at Bingham Memorial Hospital in Blackfoot. The Rosin family returned to Kansas in 2010, and Dr. Rosin has most recently been practicing at the Heartland Regional Clinic in Great Bend. He is looking forward to coming home to Oberlin and establishing the type of practice that he loves—as a community physician for a rural area.

The Rosin household includes his wife Kami and children Dylan, 12, and Joshua, 8. Dr. Rosin also has two older children, Melissa, 26, of Overland Park, and Aaron, 24, Manhattan. The couple enjoys participating in their children's school and extra-curricular activities as well as camping, boating, trail riding and snowmobiling.

Dr. Rosin began his orientation here on Monday, and will be seeing patients starting this week. We're all very excited to have him here.

One last thing to mention this week is about something less-than-exciting: the clinic bill statements for October. An error which resulted in clinic bills being sent out with hospital information duplicated on them. So, if you've gotten a statement which looks a bit off, don't panic—just pay the hospital statement, which is the one that says Decatur Health Systems. As always, if you have any questions, please feel free to drop by or to call us at 475-2208. We're glad to help.

You can't do it all alone

The Rev. Nancy Proffitt Oberlin United Methodist and Prairie Chapel United Methodist

This year national "Make a Difference Day" comes on Saturday, October 27. Make a Difference Day stirs up the desire in me to do something, to truly make a difference. Instead of those feelings coming in January with the new year, they come to me at this time. How will the world be any different because I, a Christian, am in it?

Last year some things stirred those feelings up in me. On a Sunday morning a parishioner lifted up a challenge during worship, to join in K-LOVE Radio station's "Make a Difference Monday challenge". The idea can be as simple as complimenting a stranger, buying someone a cup of coffee or listening to a co-worker or friend. I repeated that challenge not only to parishioners, but to all of my Facebook friends. Then when I went to Kwik Shop, I gave the clerk my \$2 change to pay for the next person's drink. When I go through a toll-booth, I pay for the next person's toll. It makes me feel good. Yet I wondered, is this any different though, because I am a Christian, can't anyone do good things?

Then I attended a youth gathering. Youth can also get serious when it is necessary. This gathering was no exception. The youth were encouraged to be leaders and were given the challenge to repeat the phrase "I can make a difference—as a teenager." They repeated that sentence several times. It was a great encouragement, and reminded me of God's words to Jeremiah not to be discouraged because he was a youth. It was very encouraging to hear these youth being affirmed as leaders. They seemed to respond to this as well. Little did I know there was more to the message than that. Something deeper.

We watched a video clip from Evan Almighty, and discussed what Evan was trying to do (build an ark because God told him a flood was coming) However, things didn't seem to work well for Evan, because he was trying to do it alone, he didn't need God's or anyone's help. Then things turned around, like every good story does, when Evan and his family turned to God for help.

After we watched the film clip, then the youth were challenged once again to repeat the phrase, "I can make a difference—as a teenager." This time another few words were added... "but I can't do it alone."

That was the key. When we do good deeds, relying solely on ourselves, that isn't the Christian faith, that is more a humanitarian effort, which is good, however, the key for disciples of Jesus Christ, is that we can't do it on our own.

The journey of faith comes with challenges, hurts, and demands. We were never meant to go it alone. On the night before he was crucified, Jesus showed his disciples (and us) a better way: serving and loving one another.

Jesus was a doer. His life was an example of how we are to treat others. He laid down his robe and humbly washed the dusty, dirty feet of his disciples. He laid down his life, enduring the humiliation and pain of the cross.

The apostle Paul knew that we humans need concrete actions to back up words and thoughts and inspirations, when he wrote in Romans 12, "...hold fast to what is showing honor...Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints, extend hospitality to strangers."

I can make a difference—as a Christian—but I can't do it alone. Jesus' life was not in vain, not a story to be put on a shelf of memories or history of days gone by. The disciples might have wondered what they would do when Jesus was gone. They knew that they couldn't do it alone. However, would that mean they would go back to their old ways once Jesus was gone? That is why Jesus sent the Holy Spirit, to be an advocate for them and for us, so that his disciples would know that they are not alone.

So it comes down to this...do our intentions and our actions represent Christ, the Word made flesh?

As we get closer to this year's "Make a Difference Day" what will you do? I plan to spend that Saturday morning in McCook at the "Feed My Starving Children" event with my church. You don't have to be a part of that event, there are plenty of people right here at home in Oberlin whom you make a difference for and with.

Let us be doers of the word and not hearers only. (if you would like to help with Feed My Starving Children contact Deanna Castle, 785-475-3227)

To learn more about Make A Difference Day go to <http://daytabank.handsonnetwork.org/>

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. (Nurse 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.

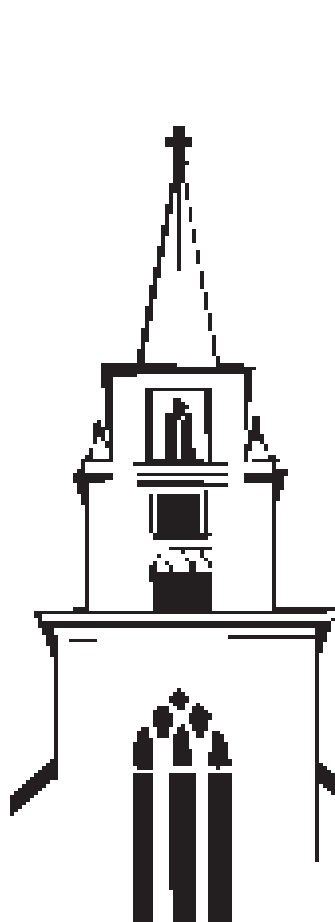
- UNITED CHURCH OF OBERLIN**
Pastor: Judi Stricker
109 North Griffith-American Baptist, Disciples of Christ, Presbyterian USA
SUNDAY: Adult Sunday School, 9:30 a.m.; Coffee: 10:30 a.m. - 11 a.m. Worship Service, 11 a.m. Choir practice every Sun. at 9:45 a.m. Holy Communion, 1st & 3rd Sundays. United 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**
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..



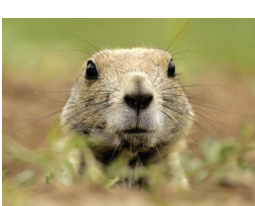
The Rev. Charlotte Strecker-Baseler

404 North York Avenue
Oberlin, Kansas
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.



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