

Midway News

By Mary Lou Olson

Covenant Women will meet at 9:30 a.m. Saturday for a missionary work day at the Herndon Covenant Church. The men are also encouraged to attend as Christmas decorations will be taken down and stored.

Guests for the Christmas holidays of Roger and Melinda Carlson were Mike, Sarah, Kelly and Rory Thompson, Binghamton, N.Y.; Greg, Gwen, Greg, Susannah, Aliah and Obadiah Jones, Estes Park, Colo.; Eric, Susan, Belle, Una Fae, Evangeline and Nathaniel Flavin, and Ann Marie Flavin, Camolin, Ireland; Josiah and Mandi Jones, Ryan and Emma Jones, Atwood; and Ben and Mariah Grafel and

Clara, Herndon.

Clint and Morgan Schmidt of Denver were New Year's weekend visitors of his grandmother, Daisy Schmidt, and other relatives.

New Year's Day dinner guests of Esther Noren were Ken and Alice Robson, Ellsworth; Steve and Connie Noren, David and Michael, and Jimmy and Britta Spitzer, Oberlin.

Chris and Sherri Schmidt returned home last week after visiting for six weeks with their daughters, Erin and Mike Kittson, Noah and Julianna Belle in Browning, Mont., and Dawnelle and Curtis Heim, Karli, Kelsi and Christopher in Tucson, Ariz.

Mike and Nione Rhodin of Love-

land, Colo., came Christmas Eve and left on Friday after attending funeral services for her cousin, Violet Holle, in Atwood on Dec. 28. They and Steve and Arian Arnold were Christmas Day dinner guests of Galen and Lynn Olson.

Dick and Donna Kelley met Sheldon and Brenda Kelley, Kendra and Jessica of Frederick, Colo., in Fort Morgan, Colo., on Sunday to watch Kendra participate in club volleyball.

The annual meeting of the Herndon Covenant Church will follow morning worship services on Sunday, Jan. 20. Those attending are asked to bring a sack lunch and something for refreshments.

Jennings News

By Louise Cressler

Christmas Eve guests of Bob and Neoma Tacha were Roger and Peggy Tacha, Oakley; Dusty Tacha, Pretty Prairie; Royal and Gayle Tacha, Hoxie; Garrett Tacha, Colby; and Ashley and Micheal Brown and Aden, Norton.

Megan Faris, Manhattan, came New Year's Day to visit her grandparents, Wayne and Louise Cressler even though the roads were snow packed and icy. She went home on

Friday. We really enjoyed the week with her.

Playing cards at the Senior Center on Wednesday were: Eleanor Morel, Diane Carter, Bob Jones, Carla Latimer, Stan and Ramona Shaw, Wayne and Louise Cressler. Megan Faris worked on a puzzle since she doesn't play pinochle.

The snows the past month have been wet and western Kansas will always welcome the moisture.

City Council will meet Thursday evening, Jan. 10, at 7:30 p.m. in the senior center. Robert Papp was called to repair the north door lock on the senior center on Thursday. Seems it had been tampered with and the cylinder inside the handle was broken. This was on the new door just recently put on the center.

Selden News

By Jacque Boultinghouse

On Thursday during Senior Citizens at the Community Center, Edna Schiltz won high with a score of 683, Bernita Aumiller took second with a score of 668, Ann Hazlitt got low with a score of 417 and Jeanie Spenser had the most nines. Other members present included: Betty James, Pat Wessel, Royce Cook, Lola Cook, Ralph Weis, Paul Neff, Gail Mumm, Bob Wessel, Lillian Sulzman, Carl Mumm and Shirley Emigh.

Birthdays and anniversaries:

Jan. 11, Reid Griest, Robin Smith Markle, Shad Putnam; Jan. 12, Joe Bainter; Jan. 13, Carl Ochs, Joe Trembley, Harold Sulzman, Sherry Carman; Jan. 14, Bernie Ritter, Angel Lobato; Jan. 15, Dave Wachendorefer, Kelsey Hill.

School Calendar: Jan. 11, high school basketball Western Kansas Liberty League semifinals; Jan. 12, league finals; Jan. 14, junior high basketball with Western Plains at Rexford; Jan. 16, high school Scholars Bowl at Triplains; Jan. 17,

junior high basketball with Healy at Rexford.

The next pinochle night will be at 7 p.m., Saturday, Jan. 19, at the Community Center. Cost is \$10 per person to play, so get a partner and some snacks. Hope to see you there.

Make realistic resolutions

New year, new you!

It's that time again when we're thinking about the New Year and what resolutions we should adopt for 2013. Maybe it's eating healthier, exercising, or shedding a few extra pounds. While it's easy to be motivated at the thought of turning over a new leaf in the New Year, many worthy resolutions are forgotten by Valentine's Day. Don't set yourself up for failure; regardless of the resolution, you'll be more successful if you follow these simple guidelines:

- Be sure to set goals that are realistic. Many people make the mistake of being overly ambitious in setting goals. You are much more likely to achieve your goal when you are mindful of what you can realistically achieve and what may be an unreasonable target for you to reach.

- Have an action plan. This should include a timeline that lists the steps along the way to help you reach your goal.

- Be specific about what your goal is. Rather than thinking "I want to lose weight", ask yourself how much you think is a realistic amount of weight for you to lose.



Home Time

By Tranda Watts
Regional Extension Agent

It could be something like "I want to lose five pounds by Valentine's Day." You could set smaller goals for each week to help you achieve the larger goal.

- Write down your goal, when you plan to achieve it, and the action plan for how you will achieve the goal. Studies have shown that those who put their goals in writing are much more likely to achieve them. This also helps to remind you what you need to do in order to progress. Use positive phrases that affirm your behavior, such as "I will exercise 20 minutes five days a week" instead of "I will not sit around on the couch and watch television every night."

- Be flexible with yourself. Understand that setbacks may happen along the way. Be sure to realize that this doesn't prevent you from

ultimately reaching your goal.

- Many people who achieve their goals have rewarded themselves. This could be something that is special and important to you, such as treating yourself to a movie or some alone time with a favorite book.

However big or small, realize that any change towards a healthier lifestyle is progress. As the Chinese philosopher Lao Tzu wrote in the 6th century BC, "A journey of a thousand miles begins with a single step."

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.

Good Samaritan Center

By Whitney True Francis

Oprah Winfrey once said "Cheers to a new year, another chance for us to get it right."

I love this perspective on a new year. How great to think of 2013 as a new beginning, actually 365 of them to be exact, 365 opportunities to institute all things that matter.

Residents will meet this week to discuss and decide on a new year's resolution as a group. Our residents are hopeful moving forward into 2013 and are excited at what is to come. In talking about the New Year and resolutions the residents talked about several different scriptures as they relate to new beginnings. In Mark 12:30 we are asked to "Love the Lord your God with all your

heart and with all your soul and with all your mind and with all your strength."

To me and to many of our residents the wonderful thing to know as we move forward in the New Year is that all we have to do according to scripture is to love and if we can love in all we do then we will inevitably better ourselves, Oberlin and the world.

Speaking of love, we have had so many visitors this past week and the love shared with our residents was wonderful to see.

Visitors included: Joan Betts, Jerry and Cheryl Miller, Helen Brooks, Sharon Black, Betty Heisel, Lisa and John Paulson, Pat and

Lesley Tongish, Ashley Houser, Desiree and Donna Wilson, Jerald and Elaine Leitner, Ann Mines, Elden and Delta Anderson, Donna and Dick Kelley, Brandon May, Stephanie and Frank Porter, Ethan Issac, Jeanie May, Pat and David and Denver Foley, Xavier Harris, Cary Harris, Isaiah Harris, Danica Harris, Sarah Harris, Robert and Penny Fringer, Tara Larson, Max Carman, Laci and Riley Larkins, Ralph and Norma Unger, Marvin and Sharon Slabaugh, Kelly Olson, Carisa and Jesse and Zeff Gillespie, Bob and Julie Hafner, Gary Erickson, Kathy Porsch.

Thank you to all our family and friends for visiting!

New start with a new year

"Be still in the presence of the Lord and wait patiently for Him to act!"

—Anonymous, Holy Bible: King James Version

As you read this article, it will be a whole new year 2013. I am sure that there are many of you who never thought that you would ever see the year 2000; let alone the year 2013. As one old timer told me years ago, "If I knew that I would live this long, I would have taken better care of myself."

Is that not the truth for all of us. I know for myself there are things that I should have done and there are things that I should not have done. That's "reflective thinking." Now that I have said that; now what? Do I continue on the path that I am on or do I seek to find a new direction. I hope that the answer for all of us is yes to a new direction.

There is a simple little exercise that I learned in a conference a few years ago. It is just as simple as changing the point of view from YOUR perspective. For example, if you always sit in a chair facing the wall; turn the chair around and look out the window. That sounds all too silly. But is it?

The one perspective had been to look at a wall all day and never see any hope. The other view is to look out into the world and see a world of possibilities. Hope is eternal because of the limitless amount of possibilities. Hope is truly born of God's grace and mercy.

"Great is his faithfulness; his mercies begin afresh each morning."

—Lamentations 3:23

"Let us hold unswervingly to the hope we profess, for he who promised is faithful."

—Hebrews 10:23

The story of new life brings the promise of Hope; the eternal hope that is found in the Infant Child born on Christmas Day. Since that child grew up and became the Savior of the world on Easter Sunday; you and I can have the assurance of HOPE.

It is my prayer for all who will read this article that there may be a change in your life. The change is that God will enter in and bring to you peace, joy, hope and love. The Love of God is new daily. Just invite the Lord Jesus on your journey this year 2013 and see all the possibilities that God has in store for you.

"The more we let God take us over, the more truly ourselves we become — because He made us. He invented us. He invented all the different people that you and I were intended to be. . . It is when I turn to Christ, when I give up myself to His personality, that I first begin to have a real personality of my own."

—C.S. Lewis



Pastor Barbara Patterson

Jennings-Dresden United Methodist Churches

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, LEVILLIE
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.

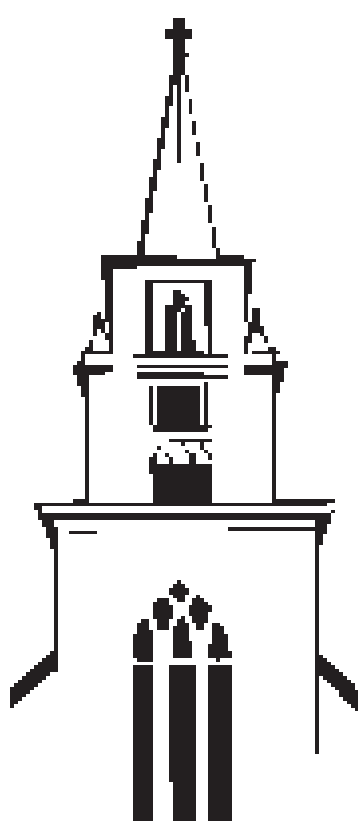
LYLE UNITED METHODIST
Guest Speakers every Sunday
SUNDAY: Morning Worship 9 a.m.

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
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..

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.



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Excellence in Joint Replacement helps keep you on the go!



Debbie Stevens wasn't about to let a congenital hip condition slow her down. She conferred with one of Community Hospital's visiting orthopedic surgeons, who advised her of the outstanding joint replacement care right here in McCook.

Community Hospital's Orthopedic Package included classes to learn about pain management, and therapy strategies to help Debbie speed her recovery.

After surgery, Debbie had physical therapy at the Community Hospital Rehabilitation Center. Now she enjoys swimming, golf, and so much more!



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