

Good Samaritan Center

By Whitney True

"To live is the rarest thing in the world. Most people exist, that is all." This is a quote by Oscar Wilde and it was the subject of conversation I shared with residents a few weeks ago.

It's not uncommon to learn of old stories and experiences from one resident or another on a daily basis. It's the story telling that really gives our days its flavor and a real insight as to who the residents are as people. It's quite entertaining to learn of how ornery some of them were. And other times it's incredible to learn of how life has changed and our country has changed over the course of their life to date. Probably the greatest fact of all for staff is to listen and to see how age and life experience has given them the perspective and an impulse to be silly, find reasons

to laugh and to not take most things too seriously. It reminds us to try and be present in our daily life and to not get caught up in the next day's plans so much that we lose the time that is all around us.

As part of our residents' initiative to try new experiences we will try out a fresh activity this week called "A road trip," and it will serve as a time for residents to pick a geographical location and we will make food, art and learn about the history of the area for fun.

We are also working on jump-starting our newsletter and re-arranging our activity space to recreate entertaining and leisure areas that can be better utilized for resident to resident socialization. Our residents and staff are also excited to learn that one of our reg-

istered nurses, Sara Weyeneth, has received a grant to kick-off a community based cardio-pulmonary resuscitation (CPR) project. The project will enable Good Samaritan to teach Cardiac Pulmonary Resuscitation to interested organizations and individuals in Oberlin. The total cost for the community project still exceeds the grant amount we have received. If you would like to donate to the project please contact us.

This past week visitors included Max Carman for **Myrtle Waldo**; Jeanie May for **Woody May**; Cheryl Miller for **Loren Schroek**; Gerald Olson for **Evelyn Olson**; Detta Anderson for **Eva Bryan**; Penny Fringer, Sarah and Bailey Wolf for **Dorothy Hunt**; Nadine and Alan Tacha for **Galen Tacha**; and Marvin and Sharon Slabaugh for

Mount Pleasant News

By Dianne Bremer

Jay Tate was sworn in Jan. 14, as the 17th Judicial District magistrate judge serving Decatur County. Jay is one of six district magistrate judges in the district, and replaced Judge John Bremer who recently retired after 28 years in that position. Jay and his wife, Becky, have three children, Dakota, Mollie and Grace. He is the son of John and Edith Tate,

and his maternal grandparents were the late Elder and Lois Carlson.

Susan May represented the Kansas Farm Bureau Women's Leadership Committee at the American Farm Bureau Federation's Annual Meeting held in Nashville Jan. 11 to 15. Her daughter, Erin, accompanied Susan on the trip.

The Decatur Community High

School boys and girls basketball teams played in the Northwest Kansas League Basketball tournament Saturday in Leoti. Ryan May played on the boys' team, which placed second in the tournament, and Hannah May played on the girls' team, which placed eighth.

Selden News

By Jacque Boultinghouse

Birthdays and anniversaries: Jan. 18, Renee Wilson; Jan. 19, Ricky Bullock, Bodie Sauvage, Myrtle Shaw, Anogene Rogers (95); Jan. 20, Jessica Shaw; Jan. 22, Shirley Emigh; Jan. 23, Frank Neff, Matthew Geisinger, Shawn Boultinghouse; Jan. 24, David Bainter, Julia Rogers; Jan. 25, Diane Aumiller, George and Lola Wessel, Justin Bainter; Jan. 26, Michele Goscha, Abby Boultinghouse; Jan. 28, Roger Aumiller, Gary Robinson; Jan. 29, State of Kansas (152), Helen Karls; Jan. 30, Rocky Cooper; Jan. 31, Micah Wenger, Brian Brown, Wayne Manis.

School Calendar: Jan. 25, high school basketball with Northern Valley in Rexford (all day); Jan. 26, high school junior varsity basketball round robin in Rexford, 9 a.m. to 6 p.m.; Jan. 28, junior high Scholars Bowl in Grinnell all day; Jan. 29, high school basketball in Cheylin all day; Jan. 30, Thomas County Spelling Bee 9 to 10 a.m.; Jan. 31, high school Scholars Bowl, Regionals; junior high basketball in Weskan,

all day. Results of the pinocle night: First place was a tie with Jeanie Spresser and Lillian Sulzman and Joe Broeckelman and Rick Shaw. At one point there was talk of arm wrestling to determine which team would take first, but they left it at a tie. Third place went to Cole Ziegelmeier and Julie Ziegelmeier. The next pinocle night will be Feb. 16.

The following large print books have been shelved at Selden Public Library and are ready for checkout. Enjoy! "Timber Creek," by Veronica Wolff; "After the Rain," by Karen White; "Sea Glass Winter," by JoAnn Ross; "Chance of a Lifetime," by Jodi Thomas; "True Love at Silver Creek Ranch," by Emma Cane.

On Jan. 17 during Senior Citizens at the Community Center, Ralph won high with a score of 711, Jeanie Spresser took second with a score of 669, Pat Wessel got low with a score of 508 and Bob Wessel had

the most Kings. Other members present included Ann Hazlitt, Lola Cook, Royce Cook, Betty James, Edna Schiltz, Lillian Sulzman, Carl Mumm, Paul Neff, Bernita Aumiller and Helen Karls.

Eliminate stress by sleeping

Getting enough sleep can help relieve stress any time of the year, but getting enough sleep throughout the year is difficult for many people.

However, a recent study gives another reason why it's important to get enough shut-eye. Findings reported in the October 2012 *Annals of Internal Medicine* showed that the fat cells of study participants who slept an average of only 4.5 hours a night were not able to respond to insulin properly, compared to when they slept 8.5 hours a night. This disruption could lead to weight gain, Type 2 diabetes, obesity and other health problems.

One of the authors of the study say this new finding is of particular interest because sleep is important not only for brain cells, as we have known for a long time, but for all cells of the body, including fat and probably muscle cells, liver cells and others.

How much sleep do we need? While children and adolescents need at least 9 to 11 hours of sleep each night, the National Sleep Foundation recommends most adults get 7 to 9 hours.

Since this is the time of year to make and check-off lists, here are some ideas to help you increase the amount of sleep you get every night.

- Pace yourself with activities. While some people like to bake, attend parties, shop and go to school activities, don't feel like you have to do it all. Plan ahead and make time to do the things that mean the most to you. Sleep easy at night knowing your day was well spent on priorities.
- Keep healthy habits, including a regular sleep cycle. Don't try to catch-up on your sleep debt on weekends. Research has shown this debt that can't be repaid.
- Limit alcoholic beverages, which can interfere with sleep. While low amounts of alcohol may increase total sleep time, too much



Home Time

By Tranda Watts
Regional Extension Agent

can disturb sleep patterns and cause a rebound effect, causing you to wake in the middle of the night.

• Maintain positive relationships so that you don't lie awake at night replaying arguments over in your mind. Try to brush-up on your effective communication and conflict-resolution strategies so that you are prepared to deal with difficult situations.

• Don't over indulge in food or beverages, which can make it difficult for you to fall asleep. Enjoy small amounts of special foods, saving a treat or two for tomorrow.

• Relax, take time to be quiet and reflect. This may be taking a walk, or simply sitting quietly reflecting on the blessings in your life.

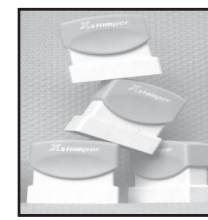
This week (and from now on!) your goal is to get a minimum of 7

hours of sleep every night. A good strategy is to increase the amount of sleep you get each night in gradual increments. Start by going to bed 15 minutes early, then add 15 minutes each night until you find yourself getting a minimum of 7 hours every night. Eight hours may be even better for most people. Pleasant dreams!

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

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Listening well first and talking after

James 1:19-20: 19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

Most of us talk more than we listen. "So often, listening and hearing do not happen between persons - despite all the talk and emphasis placed on communication today. Our technology has provided us a means to listen even at the depths of oceans. It is possible to listen to distant planets, and even listening to sounds from outer space. In this modern age of technology we see more and more people walking around with their cell phone to their ear. But all too often we seldom really hear what they are saying. Do we hear their sadness or the joy in their voice or hear the deep concerns they may be experiencing at that time. All of us need someone who listens and hears us.

"In studying the earthly life of Jesus as reported in the Gospels, we are deeply touched with his marvelous ability to listen. While his disciples were arguing and talking, Jesus was listening to the deeper needs of the people whom they encountered along the way.

"Jesus traveled the same roads and villages as his contemporaries. Yet he heard and saw needs which no one else seemed to notice. His authentic love for people motivated him to listen not only to words but to non-verbal communication. He was constantly meeting people at a point of need whether it was the Samaritan woman at the well or Zacchaeus who was up a tree. He listened. From time to time, all of us need someone to listen and hear us.

Verse 19 begins with an admonition to be quick to listen and slow to speak and to anger. This is a very

practical insight. It seems to me that the human tendency is to do just the opposite. Verse 22 continues with instruction not merely to listen but actually to do what the word says. "Doing" is an important concept in James. For James, listening and even knowing what it right is not enough. You must take your listening and knowing to the next level and do what is right.

What an important message this is because:

1. It is impossible to talk and listen at the same time. If you spend all of your time talking then you probably will not hear God's word for you. Talking busies our mind to the point that there is not much room for peaceful contemplation with the Lord.

2. Talking can inhibit your relationship with other believers. No one wants to be in a relationship with someone who is not a good listener. When we fail to listen and do God's word, we often fail to follow God's important command to love one another in the way that Christ loved us.

The message of James for us personally is: Put on your listening ears! However, James does provide a word of warning: We must learn to control our tongues. This is an important discipline of our faith. If we cannot gain control of something so small but powerful, we have little hope for a productive, full Christian life. This is so important! If we listen to the word, but do not do what it says, then we have wasted our listening.

James encourages believers that taking an active role in our faith is imperative. We must "be not only hearer's of the word, but be ye doers" of the word as well. In that way, James reminds us to be faithful to our calling as Christians.



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, LEVILLE
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.

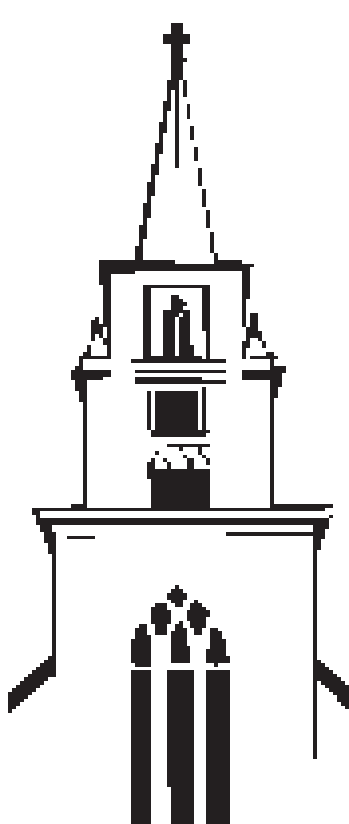
NORCATUR UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

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
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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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Deadline is
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Decatur County

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