

Get chemotherapy tips for patients and families

The Centers for Disease Control and Prevention estimate that about 1.4 million new cases of cancer were found last year.

The diagnoses vary, but cancer patients, their families and close friends who will support them through the illness and treatment process experience many of the same concerns.

Many will have little if any experience with chemotherapy, chemical treatment formulated to treat a specific cancer.

As treatment is planned, there often is time for a patient to put together a team of helpers and develop a plan to share responsibilities. If the primary caregiver is nervous about traffic on the way to a city medical center, others can be asked to drive.

Help running errands, doing laundry, cooking and housekeeping usually are needed, as are offers to sit with the patient to give the primary caregiver time off.

The treatment process and side effects, including weakness, nausea, loss of appetite, a change in skin, nails and dental health, and hair loss, can be unsettling. Side effects from chemotherapy typically subside when the treatments end.

Following are some additional suggestions for help if you are caring for a chemotherapy patient.

- Learn as much as you can about the kind of cancer being treated. Ask the physician and oncologist for information to take home to read, and check the public library, health department and local chapter of the American Cancer Society for more information about the illness, as well as resources and support groups available.

- If using the Internet for research, look for credible sites that offer factual, research-based information. Sources to check might

Home ed
Tranda Watts,
Extension
specialist



be the Centers for Disease Control and Prevention (www.cdc.gov), and American Cancer Society (www.cancer.org), as examples.

- The National Family Caregivers Association (www.nfcares.org) offers tips and resources for caregivers.

- Keep a running list of questions about the illness and caring for the patient and take it, along with paper and pencil, to each medical appointment. Write down the answers to questions and care instructions as they are offered.

- Make healthful foods available. Cancer patients can lose their interest in food, their appetite, or both. Continue to offer a variety of health-promoting foods such as fruits, vegetables, lean meat and whole grains.

- Keep the living area as clean as possible.

- Ask family and friends to postpone visits until they have recovered from a cold or flu. Cancer treatment weakens the immune system and can make patients more susceptible to other illnesses.

- Think positive and take one day at a time.

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@oznet.ksu.edu. For more information, contact the county extension office, 877-5755.

Worship At The Church Of Your Choice This Week

NORTON FIRST UNITED METHODIST CHURCH
The Rev. Lew Van Der Wege,
Pastor
804 W. Wilberforce, Norton
877-2196

SUNDAY — 8 a.m. Early Service
9:15 a.m. Sunday School for all ages

10:30 a.m. Worship Service
7 p.m. Bridge Service
MONDAY — 6:30 p.m. First Place

WEDNESDAY — 7-9 a.m. Pastor Lew's M&Ms Breakfast
9:30 a.m. Thrift Shop
4 p.m. Children's Choir
6 p.m. Pastor Staff/Parish Relations

7 p.m. Chancel Choir
8:15 p.m. Bell Choir
THURSDAY — 6:30 p.m. Education Work Area

SATURDAY — 7 a.m. United Methodist Men

EDMOND UNITED METHODIST CHURCH
Rev. Lew Van Der Wege,
Pastor

SUNDAY — 9 a.m. Worship Service

TRINITY EPISCOPAL CHURCH
Georgia Briery,
Senior Warden

102 E. Waverly, Norton
SATURDAY — Work Day
SUNDAY — 9:30 a.m. Christian Education

10:30 a.m. Holy Eucharist and Confirmation, Celebrant Bishop Adams' annual visit; Lay Reader, Georgia Briery
11:30 a.m. Potluck Dinner
3-4 p.m. God's Pantry, Georgia Briery

CROSSROADS CHURCH
313 West Street
Pastor Terry Laughlin

e-mail: crossroads@ruraltel.net
SUNDAY — 9:15 a.m. Sunday School

10:30 a.m. Worship Service
TUESDAY — 9 a.m. Senior Saints Coffee at Town and Country

WEDNESDAY — Noon, Ladies luncheon at Town and Country
6:45 p.m. Christian Fellowship
7:15 p.m. Chonda Pierce video
7:45 p.m. Prayer for Persecuted Church

SATURDAY — 7 a.m. Board of Directors
8 a.m. Men's Prayers

ST. FRANCIS OF ASSISI CATHOLIC CHURCH
Father Vincent Thu Laing
877-2234

stfanci@ruraltel.net
108 S. Wabash, Norton
Mass Schedule
Sunday 10:30 a.m.
Monday 8 a.m.
Tuesday No Mass
Wednesday 8 a.m.
Thursday 8 a.m. Mass
Friday 8 a.m.
Saturday 7 p.m.

Sacrament of Reconciliation
4 p.m. Saturday, 30 minutes before Mass or by appointment
TUESDAY — 7 p.m. Bingo
WEDNESDAY — 7 p.m. SYF (K-8)

First Friday of the Month — Adoration following Morning Mass
First Saturday of the Month — 8 a.m. Marion Devotions
K of C Third Monday of Month at 7:30 p.m.

NORTON MINISTERIAL ALLIANCE
Hospital chaplain, Monday through Sunday, VanDerWege
Sunday Services, 2 p.m. Andbe Home; 3 p.m., Norton Manor, Nielsen

PRAIRIE VIEW REFORMED CHURCH
The Rev. Jeffrey Van Der Weele
410 Holland, Prairie View
973-2794

SUNDAY — 9 a.m. Morning

Worship Services.
10:15 a.m. Sunday School
7 p.m. Evening Services at Luctor Christian Reformed Church

MONDAY — 8 p.m. Consistory Meeting
TUESDAY — 6:30 p.m. Logan Manor Worship

LUCTOR CHRISTIAN REFORMED CHURCH
2 miles east and 3 miles north of Prairie View
The Rev. Jeffrey Van Der Weele
973-2794

SUNDAY — 10:30 a.m. Morning Worship
7 p.m. Combined Evening Services at Luctor Christian Reformed Church

REDEEMER EVANGELICAL LUTHERAN CHURCH
Pastor Timm O. Meyer
e-mail: timmomeyer@ruraltel.net
805 W. Holme, Norton
877-3138

SUNDAY — 9:05 a.m. "Goodness From the Good Shepherd" Radio Broadcast, KQNK 106.7 FM & 1530 AM
9:30 a.m. Worship Service
10:40 a.m. Sunday School and Bible Class

MONDAY — 6 p.m. Confirmation at Alma
7:45 p.m. Worship at Alma
TUESDAY — 3:40 and 4 p.m. Group Home Devotions
WEDNESDAY — 7 p.m. Bible Study

NORTON CHRISTIAN CHURCH
Jeff Nielsen, Minister
Cody Shepherd,
Youth Minister
e-mail: ncc_office@sbeglobal.net
208 N. Kansas, 877-2871

SATURDAY — 7 p.m. Senior roast, everyone invited
SUNDAY — 8 a.m. Early Church
9:30 a.m. Sunday School; Camp sign up
10:40 a.m. Worship Service; Youth Sunday
1:30-3 p.m. Come and go baby shower for Sue Ann Skrdlant and baby Colby
2 p.m. Andbe Home Service
2:30 p.m. Baccalaureate Services at E. Campus
3 p.m. Manor Service
5 p.m. Benefit Hog Roast for Lakeview Christian Camp
7 p.m. Last Jr./Sr. High Youth Group
WEDNESDAY — 6:30 a.m. Men's Prayer Breakfast
9 a.m. Prayer and Fellowship
6:30 p.m. Bible Bowl
7 p.m. Upper Room Prayer Time

FIRST CHURCH OF GOD
Pastor Terrill Worthington
1010 Churchill Dr.
877-2181

SUNDAY — 9:15 a.m. Time of Prayer (Adults)
9:30 a.m. Time of Prayer (Children in kitchen)
9:45 a.m. Sunday School
10:45 a.m. Morning Worship
6 p.m. Choir Practice
7 p.m. Evening Service
WEDNESDAY — 6 p.m. 3D at Parsonage
7 p.m. Adult Bible Study, King's Kids, Jr. High and High School Worship
8 p.m. Committee Meetings, Team Practice
2nd THURSDAY of each month — 7 p.m. Women of the Church of God
3rd SATURDAY of each month — 8 a.m. Men's Breakfast

IMMANUEL LUTHERAN CHURCH
The Rev. Rick Rostek
814 N. Second, Norton
877-2430

SUNDAY — 9 a.m. Sunday School, Bible Class
10:30 a.m. Worship
WEDNESDAY — 2 p.m. Andbe Home
7 p.m. Building Information,

Small Group
THURSDAY — 9:30 a.m. Bible Study (Deines)

CONGREGATIONAL CHURCH, ALMENA
Kirk Kasson, Pastor
e-mail: congo@ruraltel.net
SUNDAY — 9:30 a.m. Sunday School
10:30 a.m. Church Services
4:30 p.m. Membership Classes
7 p.m. TFC
MONDAY — 3:30 p.m. Good News
TUESDAY — 7:15 a.m. Teen Women's Discipleship
WEDNESDAY — 7 p.m. Kirk and Kim's Small Group
7:30 p.m. Women's Fellowship
THURSDAY — 7:15 a.m. Teen Men's Discipleship

ST. JOHN'S CATHOLIC CHURCH, LOGAN
Father Allen Scheer
SUNDAY — 8:30 a.m. Mass
MONDAY — 5:30 p.m. Mass

FIRST CHRISTIAN CHURCH OF LOGAN
Pastor Troy Buss
SUNDAY — 9:30 a.m. Sunday School
10:30 a.m. Church services
WEDNESDAY — 7 p.m. Bible Study

CLAYTON UNITED METHODIST CHURCH
Pastor Kathy Aeillo
669-2554
SUNDAY — 10 a.m. Church School
11 a.m. Worship Service

LENORA CHURCH OF GOD
SUNDAY — 10:30 a.m. Worship Service
WEDNESDAY — 7 p.m. Bible Study

FAITH LUTHERAN CHURCH
404 N. York Avenue, Oberlin
SUNDAY — 9:30 a.m. Worship
10:45 a.m. Fellowship and Educational Hour
Holy Communion, first and third Sundays
7:30 p.m. Congregation Council second Wednesday

NORTON SEVENTH DAY ADVENTIST CHURCH
105 S. Case Street
Pastor Marion Miller
SATURDAY SERVICES — 9:45 a.m. Church Services
10:45 a.m. Sabbath School

LONG ISLAND UNITED METHODIST CHURCH
The Rev. Shelly Cox
554 Washington, 854-7626
SUNDAY — 11 a.m. Sunday School
11 a.m. Morning Worship
FIRST SUNDAY — 12 noon Fellowship Dinner
1 p.m. Administrative Council Meeting
FIRST WEDNESDAY — 2 p.m. United Methodist Women's Meeting in Fall, Winter and Spring

NORTON FIRST BAPTIST CHURCH
Pastor Charles Ross
112 S. Archer, 877-5214
SUNDAY — 11 a.m. Worship Service
6 p.m. Evening Service
WEDNESDAY — 7 p.m. Mid-Week Prayer Meeting and Bible Study

LIVING HOPE FELLOWSHIP
One mile south of Norton at corner of PDRA road
Pastor Jerry Cummings
877-2426
SUNDAY — 10 a.m. Worship and Praise Service.
WEDNESDAY — 7 p.m. Youth and Children's Programs
7 p.m. Adult Home Bible Study
THURSDAY — 7 p.m. Prayer Meeting

THE CHURCH OF JESUS CHRIST OF LATTER

DAY SAINTS Phillipsburg Branch
Noel Krouse, Bishop
620 7th Street
SUNDAY — 10 a.m. Sacrament meeting
11:15 a.m. Sunday School
12:05 a.m. Primary
12:05 a.m. Relief Society
Visitors welcome.

LOGAN UNITED METHODIST CHURCH
Shelly Cox
303 W. Church, 689-4350
SUNDAY — 9:15 a.m. Worship
10:30 a.m. Sunday School
9:15 a.m. Fifth Sunday song service
FIRST & THIRD WEDNESDAYS — 6:30 p.m. UMYF
SECOND WEDNESDAY — 1:30 p.m. United Methodist Women
THIRD WEDNESDAY — 7:30 p.m. Administrative Council Meeting

UNITED PARISH OF LENORA
The Rev. Jack Kersenbrock
140 E. Iowa, 567-4420
SUNDAY — 10 a.m. Sunday School
11 a.m. Worship Services

LYLE UNITED METHODIST CHURCH
Carol Woodmansee
SUNDAY — 8:00 a.m. Worship Service

MAPLE GROVE CHURCH OF THE BRETHREN
9 miles west
4 1/2 miles north of Norton
Pastor Leon Neher
SUNDAY — 9:30 a.m. Sunday School
10:30 a.m. Worship Service
4th Tuesday, Women's Fellowship
3rd Sunday, Noon, carry-in dinner

ST. JOSEPH CATHOLIC CHURCH, NEW ALMELO
stjoseph@ruraltel.net
Father Vincent Thu Laing
Pastoral Administrator, Stan Chapin
Sunday — 8:30 a.m. Mass
Friday and Monday 8 a.m. Scripture Communion Service
Weekday Mass Tuesday 8:30 a.m.

ALMENA UNITED METHODIST CHURCH
Pastor Kathy Aeillo
669-2554
SUNDAY — 8:30 a.m. Worship
9:30 a.m. Sunday School
WEDNESDAY — 7 p.m. Bible Study in Fellowship Hall
2ND SUNDAY — Noon Fellowship Dinner
1:00 p.m. Administrative Board Meeting
3RD THURSDAY — 1:30 p.m. United Methodist Women in Fellowship Hall

HENDLEY/WILSONVILLE UNITED METHODIST CHURCHES
The Rev. R.L. Malchow
10 a.m. Sunday Worship Hour
1st and 3rd Sundays, Hendley
2nd and 4th Sundays, Wilsonville
Coffee Fellowship after service
3rd Thursday U.M.W.

WILSONVILLE UNITED BAPTIST CHURCH
Minister, Keith Theobald
SUNDAY — 9:45 a.m. Sunday School
11 a.m. Worship and Communion
1st Thursday, B.C.W. 9 a.m.

NORCATUR UNITED METHODIST CHURCH
Pastor Kathy Aeillo
693-4519
SUNDAY — 10 a.m. Worship Service
11 a.m. Sunday School

PUBLIC NOTICES

Notice of Matter of Marriage

Published in The Norton Telegram on Friday, May 13, 20, 27, 2005. (3T)
IN THE DISTRICT COURT OF NORTON COUNTY, KANSAS
In the Matter of the Marriage of Tony Lee Jurey and Jo Renee Jurey

NOTICE OF SUIT
THE STATE OF KANSAS AND ALL OTHER PERSONS WHO ARE OR MAY BE CONCERNED:
You are hereby notified that a petition

has been filed in the District Court of Norton County, Kansas, by Tony Lee Jurey, praying for absolute Divorce, and you are hereby required to plead to the petition on or before June 27, 2005 in the Court at Norton County Courthouse, Norton, Kansas.

If you fail to plead, judgment and decree will be entered in due course upon the petition.
Tony Lee Jurey, Petitioner

Area Workforce Board Meeting

Published in The Norton Telegram on Friday, May 13, 2005. (1T)
The Local Area I Workforce Investment Board and Chief Elected Official Board (as authorized by the

Workforce Investment Act), shall hold a scheduled meeting at 10:00 a.m. on Wednesday, May 25, 2005 at the Golden Belt One-Stop, 1025 Main Street, Great Bend, KS.

ENERGY ENVIRONMENTAL AWARENESS ISSUES FOR THE WORLD AND KANSAS
Presented by: Richard Nelson, Director of Energy Engineering, Kansas State University

RESEARCH & EXTENSION
Wednesday, May 18 • 7 p.m. • 4-H Building, Norton
Specific topics may include: renewable energy such as wind, community wind, biomass, crop residue, fossil fuels and distributed generation. Energy issues affecting rural communities will be discussed as well as potential solutions.
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YOU CAN FIND THEM AT:
NORTON COUNTY HEALTH DEPARTMENT
801 N. Norton — Norton, KS 67654

WILSONVILLE UNITED BAPTIST CHURCH
Minister, Keith Theobald
SUNDAY — 9:45 a.m. Sunday School
11 a.m. Worship and Communion
1st Thursday, B.C.W. 9 a.m.

NORCATUR UNITED METHODIST CHURCH
Pastor Kathy Aeillo
693-4519
SUNDAY — 10 a.m. Worship Service
11 a.m. Sunday School