

Water dancing with grace...



Just like synchronized swimmers, members of the Thursday evening water aerobics class swam in unison. These swimmers chose to do their exercises in the deep end. The class is taught by Jan Volgamore. — Telegram photo by Carolyn Plotts

Knowing your allergens may help control them

Summertime is finally here and for most people this means warm weather, bright, green lawns and beautiful flowers. For some, however, spring may also mean sneezing, congestion and watery eyes.

More than 20 percent of adults and children (40 million to 50 million) in the United States suffer from allergies. People become sensitized to allergens because of an overactive immune system and some of those overactive immune systems are starting to act up right now with the trees, grass and flowers blooming, sending pollen in the air. But, there are also some allergens in the home such as dust mites, animal dander or mold.

Allergies can be inherited, however, children may not be allergic to the same allergens as their parents because it is usually the 'tendency' to be allergic that is inherited.

An allergy occurs when a person's immune system responds incorrectly to a normally harmless substance, such as pollen, reacting as if it is harmful. People can be allergic to a variety of substances ranging from certain foods to airborne allergens. The most common airborne allergens are pollen, dust mites, molds and animal dander.

Pollen can cause inflammation and swelling in the lining of the nose and the protective tissues of the eyes. The allergic response to pollen is sometimes called 'hay fever'.

Dust mites are tiny organisms that live on human dander particles found in dust and the fibers of household furniture such as pillows, mattresses, carpet and upholstery. The allergic response by humans is caused by a reaction to the proteins and feces of the mites.

Molds commonly grow in warm, damp areas found outdoors in grass, leaf piles, hay or mulch, but they can also grow in basements or bathrooms. Like pollen,

Home ed
Tranda Watts,
Extension
specialist



mold spores float in the air and can cause sneezing, congestion, itchy or watery eyes, runny nose, and coughing.

Animals secrete proteins in their saliva and through oil glands in their skin, which are shed in dander. Allergic symptoms include sneezing, congestion, and itchy or watery eyes. Allergies to animal dander can take two or more years to develop and symptoms can take months to clear up after ending contact with the animal.

When symptoms last longer than a week and tend to recur, allergy sufferers should see their doctor, who may want to complete an allergy skin test.

Testing for allergies usually involves placing a small amount of a suspected allergen on or under the skin. The skin will usually swell and take on a red inflamed appearance in 20 to 30 minutes at the site of the test if the person is allergic to the substance.

Although allergies cannot be prevented, they can be controlled through medications or by making environmental changes that will limit a person's exposure to certain allergens.

Once a person finds out that they're allergic to certain allergens, steps can be taken to avoid them. If necessary, changes in the home environment can be made, such as removing carpets or vacuuming frequently; buying leather furniture; closing the windows and using the air-conditioner; having a friend adopt his or her pet; and using hypoallergenic pillowcases and mattress covers.

NORCATUR NEWS

By NEWSLETTER VOLUNTEERS

Marguerite Clark entered Norton County Hospital Thursday evening, May 31. Wava Reames and Bee Nelson took her to the hospital.

Sunday, June 3, Dorothy Ward, Mary Leslie and Bee Nelson visited Marguerite Clark at the Norton Hospital. Other visitors that day were Oran and LaVerne Milner and her great-niece, Janet Rippe.

Viola Gallentine and Veryl VanDerWege, Norton, were married Saturday, April 28, at the Norton United Methodist Church. Rev. Lew VanDerWege, Veryl's nephew, officiated. Attendants were Sharon Anderson of Norton, Vi's sister-in-law, and Wendell VanDerWege of Colorado Springs, Colo., Veryl's brother. A reception was held at the Town and Country Kitchen meeting room. Judy Menges, Janel Andrews, Brent Menges, Britney and Bailey, Colby, and Sharon Anderson, Norton, assisted with arrangements at the reception. The newlyweds are at home at 803 Timbercreek Road, Norton, Kan., 67654.

Thursday to Sunday, May 31 to June 3, guests of Dave and Patty Stapp were Jerrod and Kortney Poire, Emporia, and Kaitlyn Stapp, Colby. They all attended the 50th wedding anniversary in Colby for Richard and Jean Dempewolf. Richard and Jean are Patty's uncle and aunt.

Congratulations to Aaron Helm, son of Mike and Deb Helm, for being selected as prom king and for being valedictorian of his class. His speech at graduation was awesome. Way to go, Aaron! He will be leaving the first part of July for West Point, N.Y.

Doug and Chris Dempewolf attended the 50th wedding anniversary celebration of Dick and Jean Dempewolf in Colby on Sunday.

The Norcatour Library held their annual summer reading program the week of May 29-June 1, with the theme "Get a Clue." Five children attended this year. The craft teacher was Amanda Marshall, story teller was Deb Marshall, and

Chris Dempewolf assisted. The crafts included masks, utensil windchimes and hidden message scrolls. On Friday the kids enjoyed a scavenger hunt, and the final clue brought them to a goodie bag. The awards ceremony will be held on Aug. 13.

The Virgil Price home has been a busy place since Wednesday, May 23, when Bob and Lea Price arrived from Mission, Texas, in their motorhome and set up on Jody Lyon's lot. On Saturday, May 25, Keith and Linda Jurey, Albuquerque, N.M.; Richard Jurey, Edmond, Okla.; and Jason, Kathy, Connor and MacKinzey Jurey, Kennard, Neb., came to spend the weekend and attend the Memorial Day services.

On Sunday, June 3, some members of the "New Old-timers Band" from Hill City, including Joe, Kenna, and Jordan Vincent, and J.F. Stover came to join Bob and Lea in playing bluegrass music. Several people stopped by to listen and visit, making a very pleasant Sunday afternoon. We have a great time having our families home.

On Sunday, May 13, Bob and Lea Price attended the graduation of their daughter, Kate, from the University of Illinois with a degree in elementary education.

Harold Clark, Jon Clark, and Anita Whiteside of Saskatoon, Canada, came to Norton on Saturday, June 2, to visit Marguerite Clark in the Norton County Hospital and Oran and LaVerne Milner. Jon and Anita are staying with friends near Greensburg. Harold is going back and forth, staying with family. Anita has leave until the first of July. Hopefully by that time they will have been able to make some perma-

nent arrangements.

Brian and Tami Cook were visited Memorial weekend by their oldest daughter and family, Cassandra and Bo Schindler, and their three children, Madison, Charlie and Julie, Belton, Mo. Bo, in his Marine uniform, joined the other military veterans in formation at the Norcatour Cemetery on Memorial Day.

Memorial Day weekend guests of Gerald and Judy Jackson were their son, Brian and Patty Jackson; Thad Jackson from Hudson, Colo.; and Ken Fisher from North Platte, Neb. Sunday afternoon guests were Butch and Carole (Jackson) Salter, Terry and Laura Jackson of the Denver area, Gale and Sharon (Jackson) Schultz and their daughter, Karensa, of Norton; Butch and Barb (Alexander) Marvin and their grandson, Tevin of Alma, Neb.; Linda (Roe) Henry of Atwood;

and Loyal Temple of Oklahoma. Gerald and his son, Brian, and Butch Salter helped take down the flags at the cemetery. We have great respect for those who do it every year, especially with the wind blowing so hard this year. The cemetery looked very pretty this year with the Avenue of Flags blowing in the wind.

Museum Tidbits

The Norcatour Museum has received a donation of several wonderful Norcatour Rural High School uniforms, including several band uniforms, basketball sweaters, and others from Dennis and Judy Shirley. Do you have any Lyle memorabilia? We would love to have it for the Norcatour Museum. Chris Dempewolf is hoping to start a Lyle section soon.

Florists aid fight against cancer

(Continued from Page 1) said they also had a good crowd. "We can make a nice donation," she said.

The Norton County Relay for Life is being held tonight at Travis Field. It starts at 7 p.m. with a survivors lap and will run until 7 a.m. If it rains, the Relay will be moved to the Norton National Guard Armory.

SHRINE BOWL, HAYS, 7/28/07

Family Fun, Excitement, and Activities Galore!
5K Run*Free Shriners Hospitals for Children Screening Clinic*
Arts & Crafts Fair*Free Shrine Parade*High School Combine*Kids
Fair*1 Mile Fun Run/Walk*Charity Poker Run for Autos and
Cycles*All-Star Cheerleaders*All-State Marching Band*
All-Star High School Football Game.

Information: 800-530-5524 or ksshine.com

Benefiting: SHRINERS HOSPITALS FOR CHILDREN

SENIOR CITIZEN ALERT Don't Get Scammed



Older Americans are the No. 1 targets of INVESTMENT FRAUD. The files of state securities agencies are filled with tragic examples of seniors who have been convinced to give their savings, windfall insurance payments and even equity in their homes to con artists for fraudulent investments. **BEFORE** giving money, or if you believe you have been the victim of a scam, contact the Office of the Kansas Securities Commissioner: **1-888-40-SCAMS**

Visit our website for additional information:
www.dontgetscammed.org

Paid for with public investor education funds.

Clip and save with your financial records for future reference.

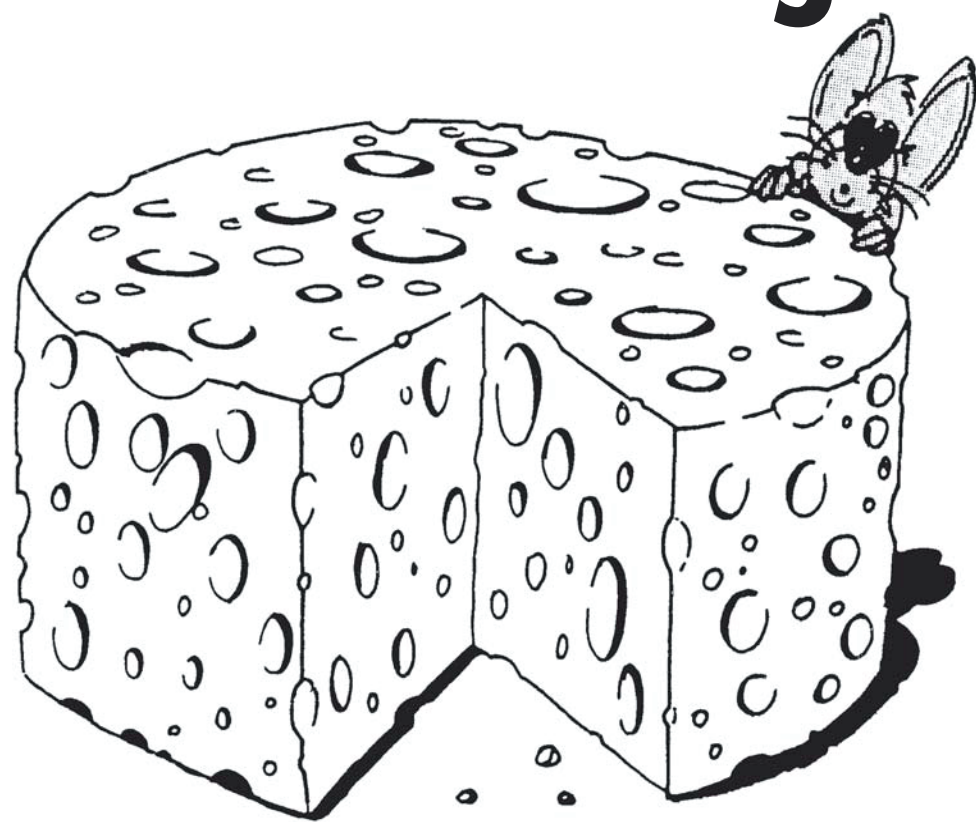
Local poll produces surprises

(Continued from Page 1)

Dennis Kucinich and Gov. Bill Richardson.

To take part in the poll, simply mail your preference, with a comment if you wish, to *The Norton Telegram*, c/o Tell Us 2008, 215 S. Kansas Ave., Norton 67654; fax (785) 877-3732; call (785) 877-3361 or 877-3732; e-mail tom@nwkans.com; or drop by the office. You do not need to sign your poll.

There are no holes in our coverage!



Why Pay for Partial Circulation When You Can Get Virtually—

100% Coverage of Your Primary Market Area through the Monday TMC of The Telegram Extra?

- Hendley, Neb •Wilsonville, Neb •Beaver City, Neb •Logan
- Prairie View •Long Island •Stuttgart •Jennings •Norcatour
- Lenora •Almena •Clayton •Densmore •Edmond •New Almelo
- ... and MORE!

THE NORTON TELEGRAM

215 S. Kansas
Norton
785-877-3361