

Safety tips told for working outdoors

The Kansas Department of Health and Environment reminds people to take precautions to protect themselves in hot summer temperatures.

Heat-related illness

Heat-related illness is always of concern during hot weather, and may be characterized as heat stress, heat exhaustion or heat stroke.

- Heat stress includes faintness, painful muscle spasms and cramps and prickly heat caused by a skin rash from clogged pores.
- Heat exhaustion, which is more serious, includes headache, dizziness, clammy skin, muscle fatigue, chest pain, breathing problems and nausea. Medical attention is necessary if these conditions persist.
- Heat Stroke is a life-threatening condition that should be considered an emergency. Headache, hot and dry skin, temperature of 103 degrees or higher, rapid and shallow breathing, disorientation and changes in consciousness are all

symptoms of heat stroke. The person should be cooled quickly with cold, wet sheets or a cool bath and taken to the nearest hospital.

Staying cool

Follow these steps to minimize your risk of heat-related illness:

- Drink plenty of fluids, especially water. Avoid alcohol and caffeinated beverages, which dehydrate the body.
- Wear loose and light-colored clothing.
- Take cool showers.
- Take frequent breaks to cool off.
- Eat light meals like fruit and salads. Eat apricots, bananas, cantaloupes, oranges, beans, broccoli, potatoes and tomatoes to increase potassium.
- When outdoors try to stay in the shade.
- Use sunscreen and other measures such as wearing sunglasses to limit UV radiation.
- Create airflow in hot indoor work areas.



DONNA STEVENS is the high bidder of the quilt that was auctioned off through a silent auction at the Methodist Thrift Store. Carol Forsythe and Arlene Peter look at the quilt with Donna.



Brandi and Terry Niblock

Couple wed in April

Sara Moore of Bird City and Cole Kieswetter of Hill City were married April 14, 2007, at St. Joseph Catholic Church in Demar with Fr. McCarthy officiating.

Parents of the couple are Gary and Mary Moore and David and Pauline Kieswetter. Grandparents are Willard and Dorothy Moore, Bird City, Bob and Leona Scantland, Greeley, Colo., and Delores Kieswetter, Hill City.

Brandi Niblock, sister of the bride, served as matron of honor. Attendants were Hayley Young, Andrea Carpenter, Kristi Kieswetter and Krista Nickelson. Kayley Shields was the flower girl.

Cody Kieswetter, brother of the groom, was the best man. Groomsmen were Kenny Casida, Mark Schlingloff, Cody Fabricius and Chase Kieswetter. Austin Anderson was the ring bearer.

Chris Moore, Terry Niblock and Jordan Owen served as the ushers. Kelsey Shields and Blair Nickelson were the candlelighters.

A wedding reception and dance were held at the fairgrounds in Hill City.

The couple honeymooned in San Antonio, Texas, and are now at home in Hill City.



Sara and Cole Kieswetter

Watch out for ID theft

There seems to be many scams and identity theft everywhere. Vicki Schliep turned in the following warning and it is published so, if anyone reading this gets a call, they will know what to do.

Most people take a summons for jury duty seriously, but enough people skip out on their civic duty, that a new and ominous kind of fraud has surfaced.

The caller claims to be a jury coordinator. If the person protests that they never received a summons for jury duty, the scammer asks for the person's Social Security number and date of birth so he or she can verify the information and cancel the arrest warrant.

Giving out this information allows the person's identity stolen.

The fraud has been reported so far in 11 states including Oklahoma, Illinois and Colorado. This swindle is particularly insidious because the caller uses intimidation over the phone to try to bully people into giving information by pretending they are with the court system.

If anyone receives such a call, contact the local sheriff's office, 785-332-3330 or go to www.fbi.gov/page2/june06/jury_scams060206.htm



Vows exchanged

Brandi Moore and Terry Niblock were united in marriage on Jan. 20, 2007, at Sacred Heart Catholic Church in Colby with Fr. Roger Meitl officiating.

Parents of the couple are Gary and Mary Moore and Loretta Niblock. Grandparents are Willard and Dorothy Moore, Bird City, and Bob and Leona Scantland, Greeley, Colo.

Maid of honor was Sara Kieswetter, sister of the bride. Bridesmaids were Amy Olson, Audrey Peterworth and Alicia Beeson. Sable Finlay was the flower girl.

Best man was Gary Niblock, brother of the groom. Groomsmen

were Rex Jamison, Justin Jamison and Lee Niblock. Brady Peterworth was the ring bearer.

Ushers were Ivan Phillips, Adam Phillips, Dale Niblock and Paul Niblock.

Candlelighters were Teryn and Ty Carmichael. Vocalists were Jennifer Sabatka and Simon Micek. Pianist was Marilyn Ward.

Guest book attendants were Brooke Ostmeier and Mackenzie Weiser.

A wedding reception and dance was held at the Legion Hall in Colby.

The couple honeymooned in the Bahamas and are now at home in Brewster.

Chatting with Rosalie

Chat with Rosalie
By Rosalie Seemann

As I sit here in a lift chair pondering this article surrounded by family and friends following my successful hip replacement surgery at Citizen's Medical Center by Dr. Mikki Saba, I cannot help but wonder who those that do not have fam-

ily and friends survive. My one thought is as an Advocate: Be a friend to those in need, offer to help out any way you can. It may be a phone call; a trip to the doctor or you could pick up some groceries. Just anything could make their day a little brighter. Yes, I know there are several

agencies to help out and assist and they are so appreciated but being a friendly neighbor advocate is good for everyone.

Readers may submit questions by writing Seemann at Chat With Rosalie c/o Rosalie Seemann, 426 Hale, Levant, KS 67743 or by emailing: rseemann@st-tel.net

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