

Lyle News

By Helen Helm

Remember the Lyle Community Picnic on Sunday, Aug. 10, at the Lyle Community Building. All are invited to attend. Bring a covered dish. Beverages will be provided by the Liberty Star Club.

The annual Powell picnic was held Sunday, July 27 at the Powell picnic ground. It was a pleasant day but no water at all in the Sappa, so the picnickers missed their annual wet and muddy entertainment. The Powells are descendants of early settler Samuel Powell and his wives.

Present were Carol Mieske and Mildred Pierce, Red Bluff, Calif.; Leonard Powell, Seatac, Wash.; Don and Shanna Netzel, San Diego, Calif.; Bill and Wanda Powell, Jack Powell and Linda Slaver, Warsaw, Mo.; Joe and Pat Powell, Columbia, Mo.; Mack and Vi Powell, Lincoln, Mo.; Allan, Spencer Powell, McCook; Shawn, Michelle, Brandon and Candace Malleck, Gail, Janet and Allison Rippe, Indianola, Neb.; Curtis, Christine, Kelvin, and Justine May, Tipton; Dennis and Karla Clason, Dwight and Ruth

Vise, Roger, Barb, Erin and Mike Powell, Beaver City, Neb.; LaVerne and Coleen Rippe, Elden and Charissa Huff, Lebanon, Neb.; Todd and Sandy Ketterl, Herndon; Sandy and Jean Spires, Jane Engelhardt, Norton; Charlie and Judy Easton, Quinter; Earnest and Donna Huff, and Margaret Magers, Norcatour.

Margaret Magers was the oldest Powell present and Allison Rippe was the youngest. A picture was taken of all the male descendants with the Powell surname and there were 12 present so the family name should go on indefinitely.

Coleen and Laverne Rippe hosted a dinner on Saturday for Leonard Powell, Mildred Pierce, and Carol Mieske and took them for a ride to view the Powell homestead and other homes where the Powells had lived through the years. Mack and Vi Powell, Jack Powell and Linda Slaver, Joe and Pat Powell and Allan Powell joined them for dinner and spent the afternoon discussing Powell genealogy.

Kathy Van Meter drove to Quinter on July 25 and had lunch with her son and grandson, Tim and Clinton

Nejdl. After lunch she went to Cimarron, to the home of Sam and Gladys Williams. That evening they went to Dodge City for the opening of the fair and attended a concert starring Mark Chestnut, Jo Diffy, and Tracy Lawrence. Other guests of the Williams for the weekend were Connie Faulkner, Wichita; Shawna Dillon, Plattsmouth, Neb., and children, Shantana and Alijah, Angela Williams and daughter, Tristan, Cimarron. Mrs. Van Meter returned home Sunday evening.

Mrs. Magers, Mrs. June Jolly, and Mrs. Marguerite Fullerton attended the barbecue supper held in Beaver City, Neb., in connection with their fair on July 25. The ladies took their meal to the home of Van Cozad and enjoyed supper with him. Bill and Wanda Powell, Warsaw, Mo., were also visiting him. On Tuesday, the same ladies plus Mrs. Van Meter visited Mr. Cozad at his home before going to the Senior Center for cards.

David and Jennifer Johnson of Great Bend called on Marguerite Fullerton Sunday evening. They had spent the weekend with his

mother, Beth Johnson, in Norcatour.

Tielia Slater and children, Lorisa, Wade, Emily, Mariah, Garrett and Grant, Indianola, Neb., visited Tielia's grandmother, Mrs. Veda Wood, on Thursday

June Jolly played cards in Norton Sunday and in McCook Monday evening. She made a visit to the Helm home Friday morning. Other callers this past week at the Helms were Terry Rippe, Ceanne Rinehart, and Deb Helm and children.

Margaret Magers, June Jolly, and Kathy Van Meter went to the Senior Card Party in Norcatour on Friday evening.

Richard Engelhardt, Norton, visited Margaret Magers Thursday and brought her sweet corn ready for her freezer.

Marguerite Fullerton and Margaret Magers were in Oberlin on Friday for a doctor's appointment and had lunch with Gene and Laurene Van Otterloo. While at the doctor's office, they had a chance to visit with Henrietta Van Vleet, Larry Lyons, Judy and Dennis Shirley, Lee and Lora Arnold, and Frank Ward.

Fluid replacement is so important now

Summer heat and humidity increase the risks of dehydration. Anyone can be susceptible, and some may increase their risks unknowingly.

Children can be particularly vulnerable. They may become preoccupied with play to the point where they forget to stop for a drink.

Teens and adults who may be working outside or enjoying activities also may skip breaks. Older adults who may or may not be active can be at risk because the senses, including thirst, decline with age.

When a person senses thirst, he has reached the first stage of dehydration; after thirst comes fatigue and weakness. Delirium and death can follow.

Dehydration is a preventable health risk.

Drinking six to eight 8-ounce glasses of water each day is a basic for health. The need for fluid replacement increases with heat and activity. Health professionals recommend drinking water before and after activity, and taking frequent breaks to replenish fluids. On humid days, when perspiration isn't likely to evaporate quickly additional flu-

ids are needed.

Water is preferred as a replacement fluid; it is natural and easily absorbed.

Fifty-five to seventy-five percent of an adult's body is water. When more water is needed to cool the body (through perspiration), there will be less fluid available for other functions, including transporting nutrients; cushioning bones, joints and skin; and eliminating waste.

Replacement fluids may come from other sources, including fruits and vegetables that have a high water content. Lettuce, for example is about 95 percent water by weight, a raw tomato 93 percent and watermelon 92 percent.

Milk also can be a good choice—it has a high water content (about 89 percent) and is a good source of calcium for bone health.

Beverages with caffeine are slightly dehydrating by nature and should not be used as fluid replacements. The same is true for alcoholic beverages; alcohol acts as a diuretic.

Carbonated beverages should not be considered as primary sources of fluid replacement, either. They are not absorbed as easily as water and



Home Time

By Tranda Watts
Multi-county Extension Agent

may contribute little if any nutritional value.

Soft drinks formulated to replace lost electrolytes (sodium, chloride and potassium) needed for an athlete's recovery can be helpful during activity of 45 minutes or more. The fact that sports drinks are "in" can be an inducement for children participating in organized activities to replace fluids, yet the importance of water should not be overlooked. Water still is the most natural way in which to replenish essential fluids quickly.

Carrying a water bottle in a belt pack or shoulder sling has become popular with walkers, runners and

others who spend time outdoors. Refillable bottles with different colored lids can be helpful to families or groups needing to replace fluids on the go. And, while keeping a thermal container filled with water handy during outdoor activities is recommended, carrying one in the truck or the car also can be a life saver.

Tranda Watts is multi-county 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, 475-8121.

Selden News

By Jacqu Boulinghouse

Enrollment for Golden Plains Schools will be from 9 a.m. to 4 p.m. on Monday and Tuesday, Aug. 11 and 12, at both the Rexford and Selden locations. If there are any questions, please call (785) 386-4560.

Birthdays and anniversaries: Aug. 7 - Laura Ritter, Jesse Mumm, Cory Wurm, David Zdrov; Aug. 8 - Rick and Tammy Shaw, Clara Gillum; Aug. 9 - Robynn Ochsner, Ty Gillum; Aug. 10 - Dennis Becker, DaLaena Neff, Dallas Koerperich; Aug. 11 - Mike Ritter, Rhonda Sabatka, Ben Wessel, J.B.

and Marcia Schlageck, Gary and Clara Gillum; Aug. 12 - Charlene Campbell Werth, Mike Spreser; Aug. 13 - Dan Shaw.

On July 31 at Senior Citizens, Cecelia Ottley won high, Catherine Campbell took second, Dorothy Lovin got low and Don Shaw had the most nines. Other members present included: Betty James, Lola Cook, Royce Cook, Leone Porsch, Carol Shaw, Alfred Albers, Anna Albers, Don Smith, Irene Kruse, Lorene Reinert, Paulie Neff, Vesta Shea and Gene Rogers.

Herndon News

By Carol Ginther

The Ann Martin family met at the Down Home Cafe in Herndon on Sunday. Those present were Bob, Liane, Nik and Anikka Martin, Julie and John Geisinger, Selden; Johnna Weins, Colby; Dick and Betty Martin, Wilsonville, Neb.; Ron and Cecilia Lehmen, Tribune; Lucy Evans, McCook; Tonia Johnson, Ralston, Neb.; and Hank and Lourie Martin and boys, Herndon.

Nickolas Kleidosty of Elm Creek, Neb., spent last weekend with his grandmother, Mildred Kleidosty.

Ron Solko of Oberlin and Tom Solko were last Sunday visitors of their mother, Monica Solko.

Guests last Thursday of Frank and Wynemah Cox to honor them on their birthdays were Roseann, Shakia Rose and Sohn Michael Domsch of rural Atwood. The children sang "Happy Birthday" to them.

Congratulations to Kerrie Olson, daughter of Randy and Sharon Olson, who was a participant in the Thomas County Rodeo Queen contest. Samantha Nickel, daughter of Craig Nickel, was a Thomas County Princess contestant. Results were announced July 29 during the rodeo. The girls were judged on horsemanship, an interview and clothing style.

KPA-CFI Goodland to print

Internet tonight 475-2206

Help Wanted

Case Coordinator - Sappa Valley Youth Ranch is accepting resumes for a Case Coordinator position. Applicants must possess a Bachelor's degree from an accredited college or university. Experience with case management and/or juvenile services is preferred. Pay is negotiable depending on qualifications. Resumes will be accepted through August 8 at the following address:



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Musical Instruments
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tend a class on china painting, taught by Edith Schick of Norton.

Deanie Moore, Florissant, Colo., was a weekend guest of her mother, Hildegard Euhus.

Ralph and Violet Shaw attended the Severns family reunion Saturday noon at Almena. They were guests of Dale and Kathryn Severns. Dale Severns' uncle, Jim Severns, was a long-ago neighbor of the Guy Shaw family.

Jennifer Shaw attended the cheer-leading lock-in held at Decatur Community High School on Saturday for all cheerleaders.

Gage Gerald Scott, infant son of Justin and Wendy Scott, was baptized Sunday, during Sunday morning church services at St. John's Lutheran Church. Stean and Kelly Olson were his sponsors. Invited guests were Evelyn Olson, Wilma May, Myron and Alberta Scott and Melissa Scott of Hill City, Eugene Wurm of Herndon, Gerald and Connie Olson and Kelly, Stean Olson of Salina, Elwood and Jeanie May, and David May of McCook. A dinner in honor of Gage's baptism was held at the home of Justin and Wendy Scott, Garrett and Gage following church services.

Hildegard Euhus and Deanie Moore were Sunday noon dinner guests of Gaylord and Shirley Shields.

Lyndon and Linda Tomasch, Lori (Tomasch) Taylor and Marisa, and Larry and Lisa (Tomasch) Sonst-hagen, Matthew and Emily, all of Olathe, were Saturday evening dinner and overnight guests at the John Bremer home, leaving Sunday morning after breakfast. An additional visitor at the Bremer home Saturday evening was Esther Ready, New York, who is here visiting her parents, John and Muriel Ready.

Arthur and Alice May and Warren and Jan Bainter were Monday evening, July 28, visitors at the John Bremer home to help Dianne celebrate her birthday.