

As everyone may have noticed — it is starting to look more like Christmas every day. Residents of Selden have been busy getting the decorations and lights put up. Christmas Light Night will be from 6 to 10 p.m. on Dec. 21. Everyone with Christmas lights should have them on during this time for people to drive around and see the beautiful decorations and appreciate the labor that has been put forth. So far this year, my pick has to go to the city for the lights in the park, but there is plenty of time for more lights to surface.

Birthdays and anniversaries: Dec. 11 - Kelly and Orba Stevenson; Dec. 12 - Betty James, Paul Zodrow; Dec. 13 - Emmy Pauls; Dec. 14 - Chris Koerperich; Dec. 15 - John and Helen Karls, Vicky Albers; Dec. 16 - Steve Carman, Cole Spresser, Dana Broeckelman, Don Ashley; Dec. 17 - Nick Koerperich, Tyson Paulson, Robyn Mendiola.
School Calendar: Thursday - Junior High basketball at Healy; Friday and Saturday - High School basketball tournament at Brewster; Monday - Elementary Christmas pro-

gram at Selden at 7 p.m., High School academic bowl at Winona at 3:45 p.m.; Tuesday - Junior High science fair from 1 to 2 p.m., High School basketball with Jennings at Rexford.
On Dec. 4 at Senior Citizens, Vesta Shea won high, Lola Cook took second, Don Smith got low and Don Shaw had the most jacks. Other members present included: Royce Cook, Cecelia Ottley, Paulie Neff, Catherine Campbell, Dorothy Lovin, Leone Porsch, Carol Shaw and Betty James.

Results are in for sunflowers

Reminder: Don't forget the weed management schools at Grainfield or Norton next week.

Some farmers had a positive experience with limited-irrigated grain sorghum this season, and others were pleased with the return from limited-irrigated sunflowers. Here are preliminary irrigated sunflower results for both oils and confection sunflowers from extension test plots.

At Colby, top yielding oil sunflower hybrid was Kaystar X3002 with 3,713 pounds per acre, which was 123 percent of the 3,013 pounds per acre plot average. The rest of the top five were Mycogen 8377NS with 3,466, Red River Commodities with 3,408, DeKalb EXP3880CL with 3,386, and Mycogen 8488NS with 3,366 pounds per acre.

Yields were not as high but still respectable at Tribune, with a plot average of 2,575. The top yielding hybrid was Interstate Hysun 450 at 3,195, followed by Interstate Hysun 424 at 3,181, Croplan Genetics CL 345NS at 2,876, Triumph 645 and Croplan Genetics CL 385NS both at 2,816, and DeKalb DK F 33-33NS at 2,808, rounding out the top five.

For confections at Colby, top yielding hybrid was Sigco Goliath RT at 2,540 pounds per acre. Plot average was 2,302. The rest of the top five were Red River Commodities 2213 at 2,481, Harvest States RH318 at 2,469, Red River Commodities RRC7015 at 2,478, and Triumph 777C at 2,458.

At Tribune, plot average was



Extension Lines

By Brian Olson
Extension Agronomist

2,388. Top five were Harvest States RH 118 at 2,892, Red River Commodities 2213 at 2,873, Red River Commodities RRC7015 at 2,857, Seeds 2000 Grizzly at 2,804, and Seeds 2000 X3987 at 2,754.

These results are all from small replicated plots, so producers should understand that yields may be slightly lower due to field variability. In addition, more management is involved in growing confection sunflowers than oils. Unless farmers are using a crop consultant experienced with sunflower production, those growing sunflowers for the first time should probably choose oil sunflowers instead of confections. Once they understand management of pest problems spe-

cific to sunflowers, then they will have a much better opportunity to produce high-quality confection sunflower seed.

For more information on irrigated sunflower results, click on the Kansas Crop Performance icon at the Web site: www.oznet.ksu.edu/agronomy-block2, or pick up a copy at the county extension office.

Brian Olson is multi-county extension agronomist for Decatur, Gove, Norton, Sheridan, and Trego counties. E-mail bolson@oznet.ksu.edu if you have any questions or would like to see a newspaper article on a specific crop production topic. For more information, contact the county extension office, 475-8121.

Once again, it's the flu season

A visit to the doctor and a quick shot can reduce the risk of death and serious health complications from influenza, that highly contagious respiratory infection commonly called the flu. Yet in any given year, only about two-thirds of those who should get the immunization do.

The immunizations usually cost \$15 to \$30 or less and are generally recommended for people age 50 and older, as well as those who suffer from asthma, diabetes, heart disease, and other chronic illnesses that may compromise the immune system.

Women who are more than three months pregnant also should consider being immunized.

Health-care workers, including those who work in nursing homes, as well as teachers and others who routinely come into contact with a large number of people at work, school or sporting events also are advised to get the immunization.

The flu can be spread through a cough or sneeze before symptoms of the illness — a headache, chills, body ache, stuffy nose or sore throat — are apparent. The flu also can be transmitted for several days after symptoms become apparent, and is transmitted like a cold, from hand to mouth, as when touching a doorknob or other surface that someone else who has the flu has touched.

The Centers for Disease Control and Prevention estimate that in the United States as many as 100,000 people will be hospitalized from the flu this year. Thirty-six thousand people are expected to die from it.

The immunization is considered safe for the general population age six months and up, but is not recommended for people who are allergic to eggs. The virus used to make the vaccine is grown in eggs, and some egg protein may remain.

October and November are considered the optimum time to get a flu shot because in Kansas the flu sea-

Home Time

By Tranda Watts
Multi-county Extension Agent

son usually begins around the first of December and continues through March.

The vaccine is plentiful this year and shots given later in the season can still be beneficial. It will take one to two weeks for the vaccine to take effect.

Here are some frequently asked questions:

Can the flu shot give you the flu? That's not likely because the serum does not contain a live virus.

How does the vaccine work? The vaccine typically stimulates production of antibodies in the recipient as a response to the viruses in the vaccine.

Is the immunization painful? People who receive the immunization generally experience few side effects. Fewer than one-third reported soreness in their arm (the site of the shot) and less than 10 percent reported a headache or low-grade fever.

After a flu shot, is it still possible to get the flu? The flu shot vaccine is formulated to offer protection from the most commonly-occurring strains of the flu. If a new strain should appear, it's possible to contract it.

Don't like shots? Sorry, no excuse. This year an inhaled vaccine, called "FluMist", is available. In contrast to the shot, which contains vaccine derived from killed virus, the nasal spray is made from a weakened live virus. It has been approved for healthy people from the age of 5 to 49. The inhaled vac-

cine is significantly more expensive than a flu shot.

If you have further questions about flu shots, please contact your local extension office, your local doctor or me.

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.

Urgent news for people who have used

WELDING RODS

Scientists have discovered that elevated manganese exposure from welding rod fumes has been associated with Parkinsonism (like Parkinson's disease) and manganism. Symptoms include shakiness, distorted facial expression, loss of equilibrium, decreased hand agility, difficulty walking, joint pain, loss of short term memory, slurred/slow speech, stiffness in muscles and tremors. Call us today toll free at 1-800-THE-EAGLE for a free consultation to evaluate your potential claim. We practice law only in Arizona, but associate with lawyers throughout the U.S. to help people across the country.

GOLDBERG & OSBORNE
1-800-THE-EAGLE
(1-800-843-3245)
www.1800theeagle.com

'The Ten Commandments'

By Bill Duncan, Oberlin Church of Christ

It was about 3,500 years ago when Jehova God delivered from Mt. Sinai in Arabia what we know as the Ten Commandments. God had created the first man, Adam, and the first woman, Eve, who were joined together in marriage. Here, for the first time since creation, He announced to the world of their descendants His standards for living—only ten short statements.

God's grace has given each person the gift of being a "free moral agent". That means He hasn't made a single person a "robot", nor does he force any person to "be His slave". We each can choose our own value system. So, we can choose to follow God's ways voluntarily, or not.

The main difference is God knows what is best for us. That's why He gave the law. To deliberately violate His perfect ways is sin. That is best spelled "s-I-n"; it is when the "big I" decides that I'm smarter than God, so I'll do things MY way.

You know what? That is how we cause untold misery for ourselves and others, when we "s-I-n".

Although all of our U.S. history uses the Ten

Commandments as a basis of law, including the Bill of Rights, the Declaration of Independence, the Constitution, and most other laws, there are those who now want to throw these out, and "do things THEIR way", i.e., without God and His laws. The State of Alabama vs. Judge Roy Moore has started it. What will happen next? I'm not sure. But I do know that nothing good will follow that course of action.

God said: 1. You shall have no other gods before me. 2. You shall not make graven (carved) images as idols. 3. You shall not misuse the name of the Lord your God. 4. Remember the Sabbath and keep it holy. 5. Honor your father and your mother. 6. You shall not murder. 7. You shall not commit adultery. 8. You shall not steal. 9. You shall not give false witness (lie) against your neighbor. 10. You shall not covet your neighbor's house, his wife (or, her husband), servants, property, nor anything that belongs to your neighbor. Exodus 20: 1-17

Now, which of these is it that you don't want to keep?



Mount Pleasant News

By Dianne Bremer

Paul and Kelly Shields, Tyler, Cassidy, and Caitlin, were overnight guests of Pastor Chad and Patty Eckels and family, Evansville, Ind., Tuesday, Nov. 25. The next day they drove on to Ironton, Ohio, to spend Thanksgiving with Kelly's mother, Ann Fields. They returned home Sunday, Nov. 30.

Anna Shaw, Isaac and Jennifer, were gone Nov. 24-Dec. 1 visiting their mother and grandmother, Alfreda Seiber, in Ixtapa, Mexico, where she lives during the winter months.

Wilma May, Mildred Fortin, and Lois Eckhart were Thursday evening guests of Darlene Fisher.

Anna Shaw painted with Garrah Gaumer Thursday, Friday, and Saturday at the Decatur Good Samaritan Center.

Mike and Nancy Shields, Omaha, were weekend guests at the home of Gaylord and Shirley Shields.

Norman and Joanne Wendelin and Rory visited Ladd and Greta Wendelin Saturday at Seward, Neb., and watched Ladd perform in the Acapella Choir during the "Concordia at Christmas" celebration.

Dave Stevens, a friend and art patron from Fort Collins, Colo., arrived Friday to hunt and spend the weekend visiting at the Richard Shaw home. He returned home Sunday morning.

Lyndon and Linda (Bremer) Tomasch, Olathe, were guests Monday through Friday at the John Bremer home.

Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
The Rev. George Kochuvelikkakam, The Rev. Mr. Stan Chapin, MASS: 10 a.m. Sunday

IMMACULATE CONCEPTION CATHOLIC, LEVILLE
The Rev. George Kochuvelikkakam
MASS: 8 a.m. Sunday.

SACRED HEART CATHOLIC, SELDEN
The Rev. George Kochuvelikkakam
MASS: 6 p.m. Saturday

OBERLIN SEVENTH-DAY ADVENTIST CHURCH
Arlin Cochran, Minister
539 E. 2nd St., St. Francis
SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m.

JENNINGS-DRESDEN UNITED METHODIST CHURCH JENNINGS
Glenn Krebs, pastor
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. Doug Hasty
SUNDAY: Church Services, 9 a.m.; Sunday School, 8:30 a.m.

HERNDON IMMANUEL UNITED CHURCH OF CHRIST
The Rev. Nolan and Barbara Pierce
SUNDAY: Morning Worship, 10 a.m.

HIGH PLAINS BAPTIST CHURCH
122 S. Penn Ave., Oberlin
Pastor Steve Smith
Phone 785-475-3844
SUNDAY: Sunday School, 10 a.m.; Morning Service, 11 a.m. and Evening Service 7 p.m.; WEDNESDAY: Bible Study & Prayer Meeting, 7 p.m.

UNITED CHURCH OF OBERLIN
109 North Griffith-American Baptist, Disciples of Christ, Presbyterian USA
Rev. Barbara and/or Nolan Pierce
SUNDAY: Sunday School, 9:30 a.m.; Worship Service, 10:30 a.m. Choir practice every Wed. at 7:30 p.m. Holy Communion, 1st Sun. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Wed. at 8 p.m.

OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)
Pastor: Bobby Cornelius
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., AWANA Club 4-7 p.m.; Evening Service, 7 p.m. WEDNESDAY: Service, 7 p.m.

OBERLIN UNITED METHODIST
102 North Cass — 785-475-3067
The Rev. Doug Hasty
SUNDAY: Church School, 9:30 a.m.; Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Choir practice, 7:30 p.m.

CLAYTON UNITED METHODIST
Pastor: Charles Keller
785-693-4339
SUNDAY: Sunday School, 9:45 a.m.; Worship Service, 11 a.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. King's Kids, 6:30 p.m.; Youth, 8 p.m. Women's Group, 2nd & 4th Thursdays, 2 p.m.

OBERLIN CHURCH OF CHRIST
Beaver and Mill
Bill Duncan — Phone 785-475-3259
SUNDAY: Sunday School, 9:30 a.m.; Worship Hour, 10:45 a.m. Junior Worship, grade 3 & down; 2nd Sundays: All-church dinner. WEDNESDAY: Ladies Home Bible Study, 9 a.m.; Home Bible Studies, 7:30 p.m.

ST. MARY'S CATHOLIC, HERNDON
The Rev. Damian Richards
Phone 785-322-5560
MASS: SUNDAY, 8 a.m.

HERNDON COVENANT CHURCH
Keith Reuther, Pastor
Phone 785-322-5316
SUNDAY: Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Bible study, 7 p.m.

NORCATUR UNITED METHODIST
Pastor: Charles Keller
785-693-4339
SUNDAY: Worship Service, 9:30 a.m.; Church School, 10:30 a.m.

LYLE UNITED METHODIST
Pastor: Charles Keller
785-693-4339
SUNDAY: Morning Worship 8 a.m.

EVANGELICAL COVENANT CHURCH OF OBERLIN
The Rev. Heidi Wiebe
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, 7:30 p.m.

LUND COVENANT CHURCH
Pastor: Tom Smith
10 miles south, 4 miles west of Oberlin
SUNDAY: Sunday School, 10 a.m.; Worship, 11 a.m. SATURDAY: Men's breakfast & Bible Study, 7 a.m.

ST. JOHN'S LUTHERAN CHURCH
510 North Wilson
Interim Pastor: Don White
Secretary: Norma Unger
785-475-2333
SUNDAY: Sunday School and Bible class, 9:45 a.m.; Divine Worship Service, 11 a.m.; Holy Communion: 1st and 3rd Sundays; Tuesday: Bible Study, 7:30 p.m.

FAITH LUTHERAN CHURCH
404 North York Avenue
Oberlin, Kansas
Pastor Charlotte Strecker-Baseler
Church Office Phone: 785-475-2053
SUNDAY: Worship, 9:30 a.m.; Fellowship and Educational Hour, 10:45 a.m. Holy Communion first and third Sundays. Congregation Council, third Sunday, 10:45 a.m. Youth Group, first and third Sundays, 10:45 a.m. WEDNESDAY: Confirmation class, 6:30 p.m.; Women's Bible Study second Wednesday at 9:30 a.m.

NOTICE OF BUDGET HEARING AMENDING THE 2003 BUDGET

The governing body of City of Oberlin will meet on the 30th day of December, 2003 at 6:30 p.m. at Gateway Civic Center for the purpose of hearing and answering objections of taxpayers relating to the proposed amended use of funds.

Detailed budget information is available at City Clerk Office and will be available at this hearing.

Fund	Adopted Budget 2003		Proposed Amendment 2003	
	Actual Tax Rate	Amount of Ad Valorem Tax	Expenditures	Expenditures
Gateway Civic Center			142,420	164,200

Dianne M. Castle

Internet tonight
475-2206

Herndon Insurance Agency
Ron Beims, Agent
785-322-5331
9 a.m.-5 p.m. Mon.-Fri.

Fair Chiropractic Clinic
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