

Selden News

By Jacque Boultinghouse

Birthdays and anniversaries: June 10 - Don Spresser; June 11 - Tom Juenemann; June 12 - Jodi Ryan, Katie Aumiller, Larry and Kim Juenemann; June 13 - Rose Bainter; June 14 - Darrell Dipman, Kevin Carman; June 15 - Michael Schiltz, Art Wessel, Dan and Delores Juenemann; June 16 - Larry Juenemann, Lucille Shuler, Chris Wessel, Bernie and Bobbi Koerperich; June 17 - Jaelyn Schreiner; June 18 - Dennis Rogers; June 19 - Dawne Stevenson, Bailey Koerperich; June 20 - Royce and Lola Cook, Dan and Nikki Campbell; June 21 - Janella Benoit, Joe Broeckelman; June 22 - Dan Bainter, Renee Ochsner; June 24 - Marlee McKenna; June 25 - Adam Sabatka, Grant Spresser, Hailee Spresser; June 26 - Marla Rogers, Jennifer Hickert, Zachary Spresser, Terry and Gloria Goscha; June 27 - Carrie Spresser; June 28 - Amelia Juenemann, Shane and Jill Boultinghouse; June 30 - Rick Pauls, Olivia Filmore.

On June 10 at Senior Citizens, Edna Schiltz won high, Irene Kruse took second, Don Shaw got low and Carol Shaw had the most nines. On June 17 - Paulie Neff won high,

Cecelia Ottley took second, Edna Schiltz got low and Lola Cook had the most tens. Other members present included: Betty James, Catherine Campbell, Don Smith, Gene Rogers, Leone Porsch, Vesta Shea, Dorothy Lovin and Clara Schieferecke.

The Selden Rural High School held its 48th Annual Alumni Reunion on May 29 at the Parish Hall in Selden. Despite the dirt storm and the power outage, the evening was enjoyed by all. The Altar Society of Selden served 66 alumni and guests. Entertainment was provided by Margie Broeckelman of Oakley. She sang several beautiful songs that were enjoyed by everyone. The Alumni Association thanks everyone for attending and looks forward to seeing everyone again next year.

The Selden Public Library kicked off the Summer Reading Program, "Discover New Trails at Your Library", on June 7 with a program on nature trails. Nearly 25 readers listened to stories, sang songs, went on a nature trail walk, and made trail mix. The next week participants discussed rocks and minerals which might be found in nature. The highlight of the session

included discovering a variety of items on loan from the Sternberg Museum and Fort Hays State University, including a pumice rock from Mount St. Helen's (it floats!), a clam and oyster fossil, pyrite, volcanic rock, crystals, petrified wood, and sharks' teeth along with an allosaurus footprint model. The summer reading program continues Monday mornings through June 28.

For older readers, the library has issued the "Teen Reading Challenge" for students completing sixth through twelfth grade. Readers are encouraged to document pages read during the months of June and July. When a reader has read at least 1,000 pages, they may select a prize. Prizes include a pennant signed by Trent Green, donated by the Kansas City Chiefs, and a "Jayhawks Rock!" cap, donated by the University of Kansas.

The library board encourages all patrons to stop by the library for their summer reading needs. Hours are 9-11 a.m. on Mondays; 6:30-8:30 p.m. on Wednesdays, and 9-11 a.m. on Saturdays.

Don't forget kids softball on Wednesday evenings at the Selden Ball Park starting at 6:30 p.m.

Rexford News

By Zula Horenik

Robert and Marsha Moeder of Hutchinson spent the weekend with Cleda Moeder. They all went to Colby on Saturday and helped Peyton Moeder celebrate her fourth birthday.

The descendants of the late Elmer and Laura Shaw got together for a family reunion in the Selden Park on June 5. Donald Shaw, Carol Shaw, and Bob Pope, all of Selden, were special guests.

Others attending were Norman and Tracy Shaw, Ronea, Mont.; Alvin and Karen Shaw, Thompson Falls, Mont.; Alton and Marjorie McWilliams, Soddy-Daisy, Tenn.; Randy and Adeana, Two Buttes, Colo.; Mary Lambing Adrian and Austin, McCook; Willis and Jan Heck, Newton; Lavern and Judy Rentschler, Smith Center; Joe and Lorraine Robinson, Tyler Robinson, Shannon Titus, James and Laurie Long, Carla Jo Cellin, Chris

and Terry Bowler, Clayton; Stanley Shaw, Jennings; Scott and Janet Shaw, Andrea and Laura, Don and Miriam Shaw, Marcie Jeffrey and Jalyn, Hoxie; Allie and Shane Waggoner, Angelus; Rex and Myrt Shaw, Lisa Stoll, Ashley and Brooks, Brianna and A.J. Russell, Tex and Lenie Shaw, Gara and Heather Shaw, Bob and Elaine Koerperich, Nick and Elaine Koerperich, Tosha Shaw and Baily Bair, Gary and Shirley Emigh, Lori Miller and Abbie, Kyle Emigh, Tammy Shaw, Gloria Goscha and Miah, Dennis and Marla Rogers, Jason, Allissha and B.J. Rogers, all of Selden, and Doris Jean Oliver, Rexford.

Ed and Dixie Howki, Osage, Wyo., stopped on Monday to visit Cleda Moeder. The two girls graduated from high school together.

Lawrence and Zula Horenik were both hospitalized last week. Lawrence was in Hays and later transferred to Colby. Zula was in Oakley. She received four units of blood. She chose Oakley so she could have Dr. Hildyard. I want to thank the Oakley hospital staff for their wonderful care.

Karen Delzeit, Ryan and Michael of Austin, Texas, are visiting her mother, Zula, this week. They all visited Jackie Gilkerson on June 15 while in Colby.

Colette Moeder and Peyton Moeder of Houston, Texas, are visiting their grandmother this week. Colette is Greg Moeder's daughter. Those who attended Koffee Klotch on June 18 were Freda Ketchum, Deb Stepper, Eunice Sanford, Delores Dible, Berneda Zoberst, Velma Barnett, Hulda Wark, Grace Cheney, Kallie Kruse, and Sondra Barnett.

Protect yourself for outdoors

New combination products for sunscreen and insect repellent might seem like an easy way to get the balance right. Often, however, they're not a good idea.

Applying sunscreen and a DEET-based insect repellent at the same time can reduce the sunscreen's effectiveness by as much as one-third. And, if you apply a combination product often enough to get the sun protection you need, you could overuse the DEET and have an adverse reaction.

The goal with insect repellents is to get complete coverage on clothing and exposed skin (avoiding the eyes and mouth), while using as little of the product as possible. DEET-based repellents are preferred because they have a long history of safe use on both skin and clothing if applied following label directions. They help repel mosquitoes and ticks that can transmit diseases (West Nile virus, Lyme disease, Rocky Mountain spotted fever, etc.) for which there are no human vaccines.

Unfortunately, the puddles and moisture pockets generated by the recent wet weather and landscape irrigation help foster mosquito populations. Insect-carried diseases can become a very real threat, as they do almost every year.

The goal with sunscreen is to get complete, saturated coverage of exposed skin (avoiding the eyes and mouth), remembering that lightweight summer clothing doesn't necessarily block all ultraviolet (UV) rays. Ultraviolet rays can not only cause painful sunburn now, but also lead to wrinkles, leathery skin, and skin cancer. Even though U.S. skin cancer statistics are going through the roof, most people still don't apply enough sunscreen to



Home Time

By Tranda Watts
Multi-county Extension Agent

meet label directions, and they don't reapply often enough.

The U.S. Center for Disease Control and Prevention recommends applying sunscreen first, followed by an insect repellent containing DEET. Most experts say to apply sunscreen about 30 minutes before going outdoors. If the product doesn't have time to bind to your skin, it can easily wash off. It is also better to wait 10 to 15 minutes after applying the sunscreen before applying the repellent.

Children are more sensitive than adults to insect repellents. Parents should limit protection for infants to netting draped over their carrier. Children who are able to walk or crawl will need a repellent. Parents must look at labels carefully before buying a DEET product and then closely follow directions for children, or they could use a repellent based on soy oil, which requires more frequent applications.

In many cases, parents should apply repellent by spraying the product on their hand and wiping the child's skin. Parents with young children may find it prudent to skip the ears, eyes, and mouth. You may also want to avoid hands which often end up in the child's mouth.

All DEET-containing products are equally effective. The percentage of DEET simply determines the amount of time an application will

remain effective. For example, a 20 percent DEET product will last four to five hours. Even for adults, it's not recommended to use a product with more than 33 percent DEET.

All sunscreen labels carry a sun protection factor or SPF number. A product's SPF is like a multiplying factor. For example, when using an SPF 10 sunscreen, those who normally would tolerate the sun for 10 minutes can stay out in the sun for 100 minutes.

The more easily you burn, the higher SPF number you should apply. If you're also using an insect repellent, you should apply a product with a higher SPF than you would normally use. Again, it is also recommended that any adult not go out wearing less than an SPF 15.

Many sunscreen product labels recommend reapplying every two hours, plus after swimming, sweating or towel drying. It's not necessary to reapply insect repellent until the mosquitoes actually start biting.

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, 475-8121.

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 Cedar Living Center cordially invites you to a **Bridal Tea** Thursday, June 24 at 2:30 p.m.

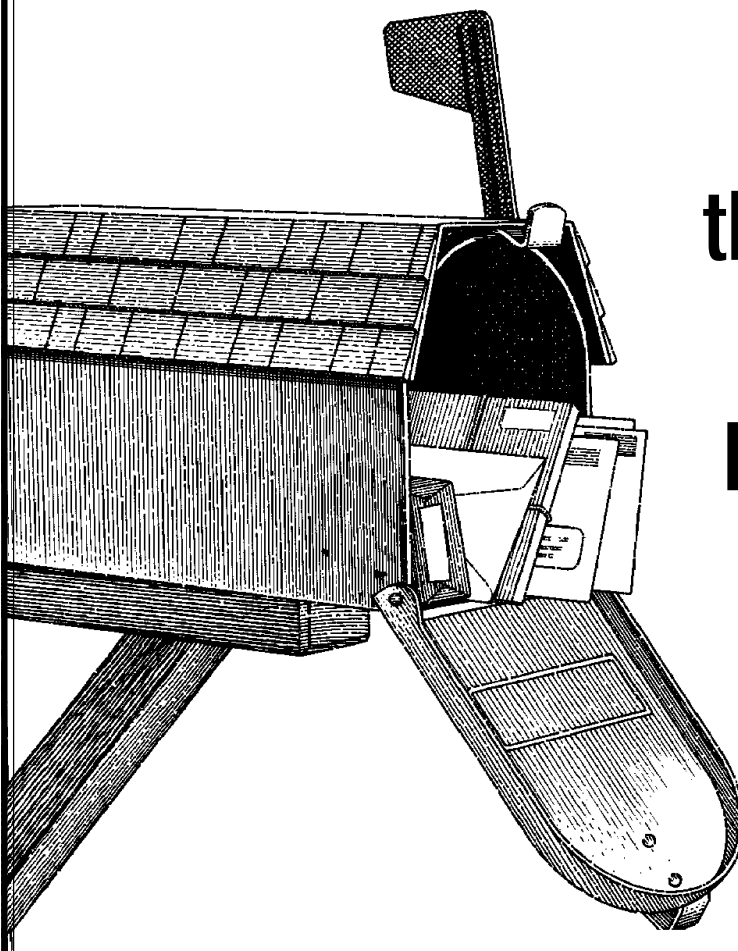
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