

Oran and LaVerne Milner visited from Nov. 8-12 in Denver with Vera Bishop and Bruce Bishop and other relatives.

Birthdays and anniversaries include: Dewaine Stapp, Judy Shirley and Troy Marshall - Nov. 17; Pastor Kathy Aeillo - Nov. 18; Merle Shirley and Brandy Cook - Nov. 19; Joyce Anderson - Nov. 2; Marylyn Barnett - Nov. 21.

Exercise class is being held at 10 a.m. on Tuesdays in the Educational Building. Aerobics begin at 7 p.m. on Tuesdays.

Lynn (Sissy) McFarland, daughter of Keith Anthony, came Nov. 6 for a visit.

Dorothy Ward, Bee Nelson and Marguerite Clark were in Hays on Nov. 10 for medical appointments and a meeting with a spokesman for the Area on Aging to learn about the prescription drug program.

There were nearly 160 served at the annual pheasant hunter's feed prepared by the Norcatour United Methodist Church on Nov. 12. Hunters attending were from Wyo-

ming, Colorado, Texas, South Carolina, Florida, Oklahoma and Kansas.

Many friends of Scott Harman helped him celebrate his birthday on Nov. 4.

Winners of the Cardinal Bar and Grill pool tournament on Nov. 7 were Jerald Leitner, Oberlin, first; Chad Kier, Clayton, second; Chuck Forbes, Norcatour, third.

Kortney Stapp and Jerrod Poire, Emporia; Dan Poire, Iola; and friend, Travis, Manhattan, were last weekend hunting guests of David and Patty Stapp, Kaitlyn and Sam.

Patty Stapp, Kortney and Kaitlyn were lunch guests of R.D. and Marian Thornton in Oberlin on Saturday, Nov. 12. Other guests were Linda Schleip and Spencer, McCook; Lee Dempewolf, Topeka; Greg Dempewolf, Trenton, Neb.; and Bob Dempewolf, Oberlin.

Marguerite Clark and Dorothy Ward attended the craft fair in Norton and the pheasant supper at Norcatour last Saturday. They also attended the bazaar at Lyle on Sun-

day afternoon, along with Lula Hix. The annual Norcatour Christmas drawing will be held at 4 p.m. on Saturday, Dec. 17, in the City Building All-Purpose room. For details on donating items, contact Deb Marshall, Chris Dempewolf or Lois Wentz. Following the drawing, the Cardinal Kids Connection Pre-school will have a freewill donation chicken and noodle, baked potato and cinnamon roll supper.

## MUSEUMNEWS

A small glass bathtub was donated by Randy Allen to the museum. Research is being done in the old *Norcatour Dispatch* newspapers from the 1930s. Everyone is encouraged to write stories of Norcatour's past to be placed in a book for others to enjoy at the museum. Donations are still being taken of Norcatour items. There is a plaque on display with names of those who have donated \$100 or more to the museum. Donations may be sent to Norcatour Museum, Box 89, Norcatour, Kan., 67653.

# Reducing your influenza risk



## Home Time

By Tranda Watts  
Multi-county Extension Agent

People die from the flu unnecessarily. The U.S. Department of Health cites the influenza virus, commonly called "the flu," as the sixth-leading cause of death in our country, and reports 20,000-40,000 Americans die from it each year.

The virus is highly contagious. It spreads through inhalation of droplets of respiratory secretions when persons who have the flu cough or sneeze. The virus also can be spread by personal contact, either shaking hands, or touching a doorknob, telephone or other surface that someone who has the flu just touched.

Here are some suggestions for ways to avoid catching the flu:

- Ask your doctor about getting a flu shot. The shots can boost immunity 70-90 percent and are most effective when given two to three weeks before flu season, which typically lasts from December to March. If you miss the recommended time frame, however, getting a shot later may still offer increased immunity. The shots must be given each year, as flu viruses mutate and change.

- Strive for a healthy lifestyle — eat a variety of foods, including fruits and vegetables, drink plenty of fluids including water, and get lots of rest.
- Wash your hands frequently and avoid touching your nose, eyes and mouth and introducing germs to exposed mucus membranes.
- Try to avoid those who you know are ill during the flu season. Do grocery shopping early or late, or on a weekday when stores are less crowded. If you're sitting in a theater and someone in the row behind you starts coughing, move to another seat.

Adults who have the flu typically are contagious for five to seven days from the onset of fever. Children may be contagious for 7-10 days or longer, especially to those who may have an immune system comprised by a chronic illness such as asthma or diabetes.

Certain environments may increase risk as well. Examples would be children in a day-care or older adults living in a nursing home.

Incubation period for the flu is 1-4 days. This is one reason why the illness can spread through a school, workplace or community quickly. Common symptoms include headaches, muscle aches, and joint pain; fatigue; sore throat; a dry, hacking cough that progresses to a wet cough, producing mucous; fever, with or without chills; nasal congestion, water eyes, runny nose; and vomiting and diarrhea (more common in children under 6). The flu is a viral illness that may subside with adequate rest, increasing fluid intake and targeting symptoms, such as taking cold medicine for a runny nose.

Complications from the flu include pneumonia, an earache or fluid in the ears, persistent fever or return of a fever that has previously subsided, wheezy cough, rapid or irregular heartbeat, or chronic ill-

ness such as asthma that worsens and signals the need to follow up with a health care professional.

While smokers can have a greater risk of bronchitis and pneumonia as complications from the flu, others including small children with immune systems not fully developed and the elderly, whose immune systems may be compromised by age or chronic illness, face an increased risk.

Avian influenza—or bird flu—is a viral respiratory infection in birds. Scientists are studying the illness infecting small flocks of birds primarily in southeast Asia. While it has not yet been reported in birds or humans in the United States, there is concern.

So far, the 126 people to date who have been diagnosed with the disease have been people working directly with infected flocks. Research on the 2005 bird flu continues, and so it's a good idea to keep up with the news.

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](mailto:twatts@oznet.ksu.edu). For more information, contact the county extension office, 475-8121.

## Mount Pleasant News

By Dianne Bremer

Our sympathies to the family of Hildegard Euhus whose funeral was held Friday afternoon at St. John's Lutheran Church in Oberlin.

Immediate family members attending the funeral of Hildegard Euhus were her four children and their families: Stuart Euhus, Kent and Diana Euhus and Brock, Lindsay Euhus, Topeka; Robert and Dana Morton, Coffeyville; Sheena and Shad Morton, Lawrence; Gail and Mike Harvey, Lamar, Colo.; Brad Euhus, Carol Stream, Ill.; Gaylord and Shirley (Euhus) Shields, Mike and Nancy Shields, Omaha, Neb.; Brett and Ali Shields, Omaha, Neb.; Mark Shields, Oral Valley, Ariz.; Phil and Karen Shields, Justin and Anna, Salisbury, Md.; Paul and Kelly Shields, Tyler, Cassidy, and Caitlin; Stan and Deanie (Euhus) Moore, Montgomery, Texas; Greg and Renae Moore, Travis, Tyler, and Jacob, Lafayette, La.; Kirk Moore, Albuquerque, N.M.; Forrest and Pat (Euhus) Junod, Sacramento, Calif.; Jana (Junod) Wilson, Tori and Taryn, Newton; Anne (Junod) Burkhardt, New York City, N.Y.; and Andrew Junod, San Francisco, Calif.

Out-of-town nieces and nephews attending were Glen and Esther Elting, Davenport, Neb.; Larry Lueders, Deshler, Neb.; Janet Robertson, Beatrice, Neb.; Kenneth and Erma Timme and Bob and Julie Timme, Lincoln, Neb.; Alfred

Euhus, and Kenneth and Mona (Euhus) Hoehner, Denver, Colo.; and Gordon Euhus, Ballinger, Texas. Additional out-of-town guests attending were Rosemary Weber, Wichita; Neal and Faye McCoy, Arapahoe, Neb.; and Lois Leibbrandt, Imperial, Neb.

Mr. and Mrs. Ed Waterman, Sedgwick; Mr. and Mrs. Darren Hibbs, A.J. and Emma, Wichita; and Scott Waterman, David Tommie and Courtlyn, Colby, spent the weekend in Oberlin visiting family and friends. Joining them for an early Thanksgiving family dinner Saturday evening were David and Karen Eskew, Melvin Waterman, Michael and Heather Wessel, Alexandra and Corbin, Donna Eskew, Bev Reiter and Brianna, Serena Stacy, and Terry Lippelmann.

Greg and Janice Cundiff and Quintin were Saturday evening dinner guests of Martin and Evelyn May to celebrate Janice's birthday, which was Tuesday.

Walter May was surprised with a birthday party and dinner Sunday noon at the Rhonda May and Dan Nedland home. Additional guests were Betty May, Wilbur May, Robert May and Cole, Roland and Pam May, Zach and Hannah, Roger and Susan May, Ryan and Erin, Richard and Delayne May, Danica and Nolan, Brianna May and Shane Steckline, and foreign exchange

students Jin Baek and Duygu Kavren, who are staying at the Richard May home. A good time was enjoyed by all.

Rory Wendelin, Cameron Nedland, Danica May, Jessica Bremer, Jin Baek, and Duygu Kavren were among the cast of the Decatur Community High School musical, "Once Upon a Mattress" held Friday and Saturday evening at the high school.

## Herndon News

By Carol Ginther

Cecelia Lahman of Tribune spent last Monday with her mother, Ann Martin.

Aurelia Escher, Topeka, and Mitch Escher, Kansas City, were last Saturday visitors of Helen Marintzer.

Julie Solko, Larned, spent last and also the past weekend with her mother, Monica Solko. They attended the St. Mary's Church bazaar. Other Saturday visitors both

weeks at her home were Ron and Rodney Solko, Oberlin. Tom Solko was a Sunday visitor.

Senior Citizens potluck was held Nov. 16. Debbie Rummel of the Rawlins County Health Department took blood pressures. Bingo was played and Doris Marintzer, Edie Pettera and Kayo Sattler won the door prize.

Mr. President, I move the adoption of the following resolution:

UNIFIED SCHOOL DISTRICT NO. 294, Decatur County, Kansas

### RESOLUTION

BE IT RESOLVED THAT:

The above-named school board shall be authorized to make an annual tax levy for a period not to exceed five (5) years in an amount to not to exceed four (4) mills upon the taxable tangible property in the school district for the purpose of acquisition, construction, reconstruction, repair, remodeling, additions to, furnishing and equipping of buildings necessary for school district purposes, including housing and boarding pupils enrolled in an area vocational school operated under the board, architectural expenses incidental thereto, the acquisition of building sites, the undertaking and maintenance of asbestos control projects, the acquisition of school buses and the acquisition of other equipment and for the purpose of paying a portion of the principal and interest on bonds issued by cities under the authority of K.S.A. 12-1774, and amendments thereto, for the financing of redevelopment projects upon property located within the school district. The tax levy authorized by this resolution may be made, unless a petition in opposition to the same, signed by not less than 10% of the qualified electors of the school district, is filed with the county election officer of the home county of the school district within 40 days after the last publication of this resolution. In the event a petition is filed, the county election officer shall submit the question of whether the tax levy shall be authorized to the electors in the school district at an election called for the purpose or at the next general election, as is specified by the Board of Education of the Oberlin Unified School District No. 294

### CERTIFICATE

This is to certify that the above resolution was duly adopted by the Board of Education of Unified School District No. 294, Decatur County, Kansas on the 14th of November, 2005.

Vickie Lippelmann  
Clerk, U.S.D. 294 Board of Education

## 'In the Fields'

By Bill Duncan, Church of Christ

"The little cares that fretted me,  
I lost them yesterday,  
Among the fields above the sea,  
Among the winds at play,  
Among the lowing of the herds,  
The rustling of the trees,  
Among the singing of the birds,  
The humming of the bees.

"The foolish fears of what might pass  
I cast them all away,  
Among the clover-scented grass,  
Among the new-mown hay,  
Among the rustling of the corn,  
Where drowsy poppies nod,  
Where ill thoughts die and good are born-  
Out in the fields, with God!"  
—by Elizabeth Barrett Browning

"Rejoice in the Lord always.  
I will say again: Rejoice!" Philippians 4:4

"Submit yourselves to God. Resist the devil  
and he will flee from you.  
Come near to God  
and He will come near to you." James 4:7  
—by God, the Holy Spirit



## Schedule of Oberlin and area church services:

**OBERLIN SACRED HEART CATHOLIC CHURCH**  
785-475-3103

The Rev. George Kochuvelikkakam,  
MASS: 10:30 a.m., Sunday

**IMMACULATE CONCEPTION CATHOLIC, LEOVILLE**

The Rev. George Kochuvelikkakam  
MASS: 8 a.m., Sunday.

**SACRED HEART CATHOLIC, SELDEN**

The Rev. George Kochuvelikkakam  
MASS: 5:30 p.m., Saturday

**OBERLIN SEVENTH-DAY ADVENTIST CHURCH**

Jim Martin  
120 South East, Oberlin  
SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m.

**JENNINGS-DRESDEN UNITED METHODIST CHURCH JENNINGS**

Carrie Buhler, 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**

Pastor: Dennis Brown  
SUNDAY: Morning Worship, 9 a.m.

**UNITED CHURCH OF OBERLIN**

109 North Griffith-American Baptist, Disciples of Christ, Presbyterian USA  
SUNDAY: Sunday School, 9:30 a.m.; Worship Service, 10:30 a.m. Choir practice every Wed. at 6:30 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 4-6 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: Kathy Aeillo  
Almena  
SUNDAY: Sunday School, 10 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**

South Beaver Street - Oberlin  
Bill Duncan — Phone 785-475-3259  
SUNDAY: Sunday School, 9:30 a.m.; Worship Hour, 10:45 a.m. Junior Worship, grade 3 & down. WEDNESDAY: Ladies Home Bible Study, 9 a.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, 9:30 a.m.; Morning Worship, 11 a.m.; Bible study, 7 p.m.

**NORCATUR UNITED METHODIST**

Pastor: Kathy Aeillo  
Almena  
SUNDAY: Worship Service, 10 a.m.; Church School, 10:30 a.m.

**LYLE UNITED METHODIST**

Carol Woodmanee, Almena  
Lyle Lay Speaker  
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**

Co-Pastors: Doug Mason & Tom Smith  
10 miles south, 4 miles west of Oberlin  
SUNDAY: Sunday School, 10 a.m.; Worship, 11 a.m.; WEDNESDAY: Bible Study and prayer, 7:30 p.m.; SATURDAY: Men's breakfast & Bible Study, 7 a.m.

**ST. JOHN'S LUTHERAN CHURCH**

510 North Wilson  
Pastor: Rev. Rick Langness  
Secretary: Norma Unger  
785-475-2333  
SUNDAY: Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 10:30 a.m.; Holy Communion: 1st and 3rd Sundays; KICK, 3:45-5:30 p.m. each Wednesday. Foundations Bible Class, Thursday, 7-9 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.

These sponsors urge you to attend church regularly:

**Herndon Insurance Agency**

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

**Fair Chiropractic Clinic**

"For Better Health Naturally"  
504 N. Penn  
Oberlin, Kansas  
Phone 785-475-2219

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