



The Jayhawker

By Jim Merriott
jtmerriott@nwkans.com

Take precaution as temperatures soar to high level

Each year across America, when late summer rolls around and the temperatures hover around the century mark, people die because of heat exhaustion or heat stroke.

With high school sports practice beginning, this is a good time to refresh memories on symptoms of these two killers.

The American Medical Association's definition says that when your body cannot sweat enough to cool you off, this is heat exhaustion. It generally happens when you are working or exercising in hot weather.

Symptoms include:
• Fatigue, weakness, dizziness or nausea.

• Cool, clammy, pale, red or flushed skin.

Heat exhaustion can sometimes lead to heat stroke.

Heat stroke requires emergency treatment. It happens when your body stops sweating but the body temperature continues to rise, often to 105 degrees or higher.

Symptoms include:
• Confusion, delirium or unconsciousness.

• Hot, dry, red or flushed skin, even under the armpits.

PREVENTION:
• Avoid strenuous outdoor physical activity during the hottest part of the day.

• Wear light-colored, loose-fitting clothing to reflect the sun.

• Avoid sudden changes of temperature. Air out a hot car before getting into it.

• If you take diuretics, ask your doctor about a lower dose during hot

weather.

• Drink 8 to 10 glasses of water per day. Drink even more if you are working or exercising in hot weather.

• If you exercise strenuously in hot weather, drink more liquid than your thirst seems to require. For example, runners should drink about one cup of water 10 to 15 minutes before running and another cup of water every two miles or so.

WHAT YOU CAN DO FOR TREATMENT:

• Get out of the sun to a cool spot and drink lots of cool water, a little at a time. If you are nauseated or dizzy, lie down.

• Sponge the body with cool water.

• If the body temperature reaches 105 degrees, immediate cooling is essential.

Use cold, wet cloths all over the body. A cool bath may be necessary.

• If the temperature is lowered to 102 degrees, use care to avoid overcooling.

FINALLY:

• Call 911 or go to the emergency room of the nearest hospital if signs of heat stroke develop.

• Work fast to lower the temperature and seek immediate help if:

• The skin is dry, even under the armpits, and bright red or flushed.

• The body temperature reaches 104 degrees and keeps rising.

• The person is delirious, disoriented or unconscious.

Above all, watch each other and keep an eye on the elderly, especially if they live alone.



SOPHOMORE ADRIENNE PAULS started off the Oberlin volleyball season with four aces and 15 for 15 serving against the Wheatland/Grinnell Thunderhawks on Friday. She was

also top hitter with 13 of 14 along with 7 kill shots.

— Herald staff photo by Jim Merriott

Volleyball team splits a double header

By JIM MERRIOTT

jtmerriott@nwkans.com

The Decatur Community High volleyball team split a double header in Grainfield on Friday, losing to Wheatland/Grinnell but beating Hoxie.

The Wheatland Lady Thunderhawks, who were ranked fifth in the preseason Class 1A polls, stunned the young Oberlin team 25-13 in game one.

"We have taken it on the chin from Oberlin the last two years," said Wheatland Coach Rose Packard. "We have an experienced group of girls that work together well."

"Oberlin has always been a challenge. They have a tradition that every school strives to get."

In the second game, the Lady Red

Devils corrected defensive mistakes, settled down and beat the Lady Thunderhawks 25-19.

In game three, Oberlin struggled for consistency, but the girls found themselves out of position on defense during key crunch situations.

"We had trouble adjusting during the transition game," Oberlin Coach Sherri Ruf said. "We must stay aggressive."

Oberlin lost the final game 25-16. Oberlin sophomore Adrienne Pauls was 15 for 15 with 4 aces serving. She also was the top hitter, going 13 for 14 with 7 kills.

Senior LeAnna Sheaffer used her experience as a hitter, going 15 for 17 with 6 kills. Senior Heather Glodt and Pauls were top blockers with 2 points each. Senior Lacey Ream fin-

ished 26 for 28, leading the team in passing. Freshman Jordan Dreher was the top setter with 27 for 27.

Oberlin regrouped between matches and looked like a different team when the girls came out against Hoxie.

Although Hoxie came out fired up, Oberlin was able to outplay the Indians, winning a thriller 25-23 in game one.

Oberlin then went on to defeat Hoxie 25-16 with strong play from Pauls, who used her height to lead the team in blocked shots.

Sheaffer used her varsity experience to lead the Lady Red Devils as top hitter with 14 of 15 from behind the net. She recorded 7 kills.

Ream was the top server with 12 of 13 and three aces. She also made

an incredible diving save during the last seconds of the second game, keeping the ball alive and allowing the Lady Red Devils to put the final touches on Hoxie.

Dreher was the top setter with 23 of 23.

"We made a few adjustments against Hoxie," said Coach Ruf. "The girls did a much better job at the net staying aggressive. Hoxie is a good team; they kept digging for tips and blocking at the net."

"We will work to stay aggressive and fine tune ourselves as the season progresses."

Oberlin was to play host to Oakley, Phillipsburg and Wichita County-Leoti on Tuesday with the first game starting at 3:30 p.m. at either the junior high or high school gym.

Lady Red Devil scrimmage a big hit with fans

By JIM MERRIOTT

jtmerriott@nwkans.com

Friends and family got their first look at new Oberlin volleyball coach Sherri Ruf's 2007 Lady Red Devils at an intra-squad scrimmage last Tuesday.

Fans had to stay on their toes as spiked volleyballs sailed throughout the gym.

The Lady Red Devils had been practicing for their first meet of the season Friday in Grainfield, where they also faced Hoxie and Wheatland/Grinnell.

The host Wheatland/Grinnell Lady Thunderhawks were led by senior letter winners Brooke Evans, Stacy Schuster, Trisha Tholen and Meagan Weaver.

The Thunderhawks, ranked fifth

in the Class 1A preseason polls, are coached by Rose Packard, who entered her 12th season with an overall record of 301-181, and assistant Megan Tuttle, in her fourth year.

"I expect our team to become very competitive as we continue to build around the court experience," said Packard. "We have a tough schedule for a 1A school, but welcome the challenge and expect to have a great year."

Wheatland/Grinnell ended its season last fall with a 26-11 record, losing in in the substate championship game to Wallace County.

The Lady Thunderhawks return six starters: seniors Brookee Evans, Stacy Schuster, Trisha Tholen, and Meagan Weaver. Juniors Tessa Weaver and Areil Hapke, and

sophomores Taylor Ostmeier and Amanda Wolf.

The Hoxie Lady Indians returned seven letter winners, led by seniors Corinna Hoyt, Chandra Spillman, Michaela Mauck, Megan Ochs and Kayla Moss, coached by Emily Bogue and assisted by Lisa Smith.

Tuesday, the Lady Red Devils were to play Oakley, Phillipsburg and Wichita County-Leoti.

The Oakley Lady Plainsmen returned three letter winners to their team this season, seniors Brea Teeter, Megan Baalman and Alicia Cookse. The team is coached by Charlotte Baalman and assisted by Joyce Baalman and Maggie Koster, all graduates of Fort Hays State

University.

Wichita County-Leoti returned three letter winners, seniors Ashley Geyer and Devon McKinney and junior Sarah Smith.

The team is coached by first-year McPherson College graduate and volleyball standout Jayme Bishop, assisted by Julie Conrad.

Phillipsburg returned seven Lady Panther letter winners led by seniors Shelbie Robertson, Brittini Robison, Melanie Bilby, Jessica Bui and Christina Bohl.

The Lady Panthers are coached by Terra Keeten, starting her 10th season, a graduate of Kansas State University. She is assisted by Kim Pakebier and Stephanie Dusin.

SENIOR CITIZEN ALERT Don't Get Scammed



Older Americans are the No. 1 targets of INVESTMENT FRAUD. The files of state securities agencies are filled with tragic examples of seniors who have been convinced to give their savings, windfall insurance payments and even equity in their homes to con artists for fraudulent investments. **BEFORE** giving money, or if you believe you have been the victim of a scam, contact the Office of the Kansas Securities Commissioner: **1-888-40-SCAMS**

Visit our website for additional information: www.dontgetscammed.org

Paid for with public investor education funds.

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Real Estate Inc.

Gary Richards
Broker

601 W. Frontier Pkwy
Oberlin, KS 67749
garyrichards2007@yahoo.com
www.homerangerealestate.com

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Cell: 785-475-8324
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DEPUTY SHERIFF

The County of Norton is accepting applications for the position of full time deputy sheriff.

Applicants must possess high school diploma and valid driver's license, and be able to complete background and psychological exams. Benefits include overtime, sick leave, vacation, health insurance, retirement plan, uniforms and equipment.

For applications, contact the Norton County Sheriff's Department, P.O. Box 70, Norton, Kansas 67654, or call (785) 877-5780 E.O.E.

HAPPY LABOR DAY, AMERICA!

Decatur County Offices & Landfill will be closed Monday, September 3

Landfill normal operation is Saturday, September 1

Due to the Labor Day weekend, it will be Saturday, September 8