

Norcatour News

By the Norcatour News Committee

Mildred Schwab planned to observe her 97th birthday on Tuesday. Her address is Andbe Home, 201 W. Crane, Norton, Kan., 67654.

Brenda Arnold also was to have a birthday on Tuesday.

Rea and Dee Magers were honored by their family with an open house on Saturday, July 9, at the Educational Bilding. Weekend guests at their home were Bob and Cheri Pomeroy, Zach and Brenda Pomeroy and daughter, Ryan, Lake-wood, Colo. Their son, Jeff Magers, and Joy Luoto of Cedar Bluffs were also there and they all enjoyed a

barbecue on Saturday evening. Steve and Debbie Obrecht of Pueblo, Colo., came on June 29 to help Denny Leichter with wheat harvest. Vene Leichter has been helping Denny since Easter. Cousin Bobby is driving the trucks this year. On Friday, Kathleen Obrecht, Maverick, Mercy and Martial, came for the weekend. Later Friday, Jake and Kathryn Leichter, Nathan, James and Abigail arrived and so did a little rain.

When the storm hit on Saturday night, Kathleen and the children were in Denny's trailer and the 80-

mile per hour wind blew the trailer off the blocks and twisted it around. Everyone was rescued and brought into the house.

On Sunday, they attended church and Lora Arnold came for supper and homemade ice cream. On Monday they enjoyed the fireworks in Norton. Kathleen and the children returned to Colorado on Tuesday. Due to the rain, Steve and Debbie returned to Colorado for a funeral for one of this former students, then they returned here Thursday night waiting to cut wheat again.

Drink lots of liquids in heat

In recent years, reusable water bottles have taken on stylish new looks, but making a fashion statement pales in comparison to the value of the life-saving role fluids play in reducing risks from too much summertime heat and humidity.

Drinking eight to 12 cups of fluid a day is recommended under normal circumstances to replenish essential body fluids, and more is needed as summer temperatures and humidity rise.

We sometimes forget that 55 to 75 percent of the body's weight is water; the brain is 70 percent water; blood is 82 percent water, and the lungs are nearly 90 percent water. Water carries nutrients and oxygen to cells, cushions organs, tissue, bones and joints, removes waste and regulates body temperature.

In high heat, humidity, and times of high activity, such as working outdoors or participating in athletic activities, water is lost through perspiration, which helps cool the body through the evaporation of fluids on the skin.

Exposure to the sun or a sunburn will speed fluid loss, and so will drinking beverages containing caffeine or alcohol, which both act as diuretics. Excessive water loss or dehydration can impair body function and lead to heat exhaustion and/or heat stroke that can be life threatening.

Fluid replacement is essential, but it's best to not wait until you're thirsty. People often become slightly dehydrated before they become thirsty.

Checking to see if your body is well hydrated is easy. If urine is pale yellow in color, fluids intake are likely adequate. If urine is dark yellow or appears concentrated, more fluids are needed.

Water is recommended for the majority of the fluid replacement because it is readily absorbed; cool water is preferred because it is absorbed more readily than warm, hot



Home Time

By Tranda Watts
Regional Extension Agent

or ice water.

Other good sources of fluids include milk, 100 percent fruit juice, low-sodium vegetable juices and foods that have a high water content, such as melons and other fruits, tomatoes and other vegetables, and soups, smoothies, puddings, gelatin salads and other foods made with milk, fruit juices or broths.

Beverages that contain caffeine, including coffee, tea and some soft drinks, or alcohol act as a diuretic that speeds fluid loss, so are not recommended as essential fluid replacements. Only half of the amounts of these beverages should be counted towards total fluid replacement.

Sports beverages may be helpful for athletes who are exercising more than one hour and are in need of lost electrolytes and quick energy, but diluting them with an equal part of water to help replenish fluids and reduce calories is recommended.

Low-fat chocolate milk also can be a good fluid replacement for athletes. Sugary sports drinks or carbonated beverages can add unnecessary calories.

Before working in the heat, exercising or participating in athletics, drink 14 to 22 ounces of cool water. Drinking 1-1/2 cups of water every 15-20 minutes during exertion is also recommended. Parents are encouraged to make sure that children take frequent water breaks (one-half cup after each 15 minutes of activity).

Older adults need to drink fluids, even if they are not thirsty. The ability to sense thirst declines over the years, leaving older people unable

to rely on their thirst to prompt them to drink enough fluids.

The ability to regulate body temperature easily also declines with age. So, if a care giver is thirsty, a dependent older adult, infant or small child probably is, too.

In order to make sure that people who work outdoors, athletes and active children get enough fluids to replenish fluid loss, weigh before and after an activity and drink 16-24 ounces of water for each pound lost.

Parents also are encouraged to monitor their children's (including infants and toddlers) fluids. Water is recommended for infants who have started on solid foods. Weighing children before and after play or participation in an athletic event can be helpful in gauging a child's fluid loss and replacement needed.

In addition to replacing fluids, wear a hat with a brim and sunglasses; choose loose, comfortable clothes that breathe; use sun screen; and take occasional breaks to help minimize the effects of heat and humidity.

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@ksu.edu. For information, contact the county extension office, 475-8121.

Decatur Health Systems

By Lynn Doeden

Under Kansas law, physician assistants practice under the guidance of a responsible licensed physician and may perform those duties and responsibilities outlined in written protocols.

These "midlevel" practitioners may perform only those duties which constitute the practice of medicine and surgery to the extent and in the manner authorized by the doctor.

Physician assistants may diagnose illnesses, order lab and imag-

ing tests, prescribe medications and treat illnesses. They differ from nurse practitioners only in their education; physician assistants are educated according to the medical model while nurse practitioners are educated according to the nursing model.

Physician assistants can practice rather autonomously but must be supervised by a doctor. This means that their charts have to be signed by a physician and that a physician must be available by phone within

30 minutes' drive. Physician assistants are able to do:

- Primary care – common acute, chronic, stable or health care maintenance conditions.
- Secondary care – unstable, uncommon, unfamiliar or complex conditions such as severe abdominal pain or unstable diabetes.
- Tertiary care – acute, life-threatening conditions such as respiratory or cardiac arrest or major trauma.

The physician assistants at Decatur Health Systems take calls for the emergency room, admit patients to the hospital and take care of them there, and see patients at the Family Practice Clinic. They see patients of all ages with all disease types, including well-child checks and preventive-medicine visits.

At the clinic, the physician assistants can remove skin lesions, do shoulder and knee injections, biopsies and cryotherapy (freezing of skin lesions), among other family practice and procedures.

As before, the hospital and the clinic continue to accept all major insurance, including Medicare, Medicaid, Blue Cross and Blue Shield.

Selden News

By Jacque Boulinghouse

On Thursday during Senior Citizens at the Community Center, Paulie Neff won high, Bob Wessel took second, Cecelia Ottley got low and Ann Hazlitt had the most Kings. Other members present included Pat Wessel, Jeanie Sprester, Shirley Emigh, Matt Finnesy, Ralph Weis, Betty James, Carl Mumm, Shirley Baker and Lillian Sulzman.

Birthdays and anniversaries: July 15 - Mandy Focke, Karla Bruggeman. July 16 - Shawn Sprester, Mark Wessel, Lance Weis. July 17 - Edna Schiltz, Vickie Bainter. July 18 - Jeff Shaw, Mark and Lori Miller. July 19 - Samantha Schulte. July 20 - Jean Bruggeman, Sumner

Schlenk, Daniel Wilson. July 21 - Jeff Wessel, Bob Hazlitt. July 23 - Matt Schrock, Karla Wessel, Deb Sprester, Barb Happer, Danielle Schiltz. July 24th - Cyndie Aumiller. July 25 - Chrissy Stanton, Lori Truetken. July 26 - Jennifer Sprester. July 28 - Betty Pauls, Lacey Rogers.

The Selden Girl Scouts took over the park this weekend with a campout. They pitched tents and cooked over an open fire. It was nice to see so many girls taking part in something they will remember the rest of their lives. We hope to see more Girl Scout functions.

Jennings News

By Louise Cressler

The Children's Summer Reading program was held Saturday, July 9, at the City Library. Those enjoying a water balloon battle and story time were Candace, Sidney, Rayna, Abe and Quinley Taylor, Jacob and Jaden Graf (grandchildren of Kathy Nauer), Taryn and Jordyn Fleckenstein, Jasmine Wahlmeier, Clayton and Anna Carter and Madi and Abbie DuBois. Helen Rhodes assisted Carla Latimer, the librarian.

Darlene LaRue has been in the hospital in Oberlin with pneumonia but is expected to return home this week.

Congratulations to Dorothy Jones on her 90th birthday which will be celebrated on Saturday, July 23. Her address is Box 127, Jennings, Kan., 67643.

City water meters will be read Thursday. Please post reading on your door if your meter is inside. The city has been working on getting all water meters outside of homes.

The Sunflower Senior group enjoyed a potluck supper last Tuesday evening. Bingo was a fun time with Bob Jones calling numbers.

Attending were Carla Latimer, Bob Jones, Agnes Wahlmeier, Rachel Carter, Ruth Chance, Ann Szejewitz, Stan and Ramona Shaw, Bob and Neoma Tacha, John Ketterling and Louise Cressler. We invite you to join us on the evening of Tuesday, Aug. 9, for potluck and social hour at the Senior Center.

Mount Pleasant News

By Dianne Bremer

Rhonda May and Dan Nedland and Elizabeth returned home Wednesday after vacationing and visiting family. They spent July 4 in Barron, Wis., visited Dan's mother, Elizabeth McConnell, of Minong, Wis., and also visited his brothers, Paul, Sam, Fred, and Jack. En route home, they enjoyed amethyst mining at Thunder Bay, Ontario, Canada.

Rhonda May and Dan Nedland, Cameron and Elizabeth hosted a birthday party Saturday evening to honor Liam Nedland on his first birthday. Guests were Hunter

and Rhiannon Nedland and Liam, Gareth and Lisa Davies, Cerys and Meghan, Doris Auker; Pastors Chris and Sharon Nelson, Amanda Marshall and Tiffany Anderson.

John and Dianne Bremer and Jessica were among those attending a going away party for Gabe Moore Saturday afternoon and evening, hosted by his parents, Monte and Kelly Moore. Gabe has accepted a job as a vocal and band instructor for grades six to 12 in Kotzebue, Alaska, 4,122 miles from Oberlin, and will be soon be moving to his new home.

Pride goes before the Fall

Pastor Chris Nelson, Oberlin Covenant Church

The villain of the book of Esther is Haman, "the enemy of the Jews," as he is called throughout the story. When he first appears, he has just been elevated to the highest post in the kingdom, second only to the king, and all the royal officials must bow down to him and show him honor. But the Jew Mordecai refuses to kneel, and he sticks like a thorn in Haman's side. Haman determines to take his revenge not just on Mordecai, but on the whole Jewish people, and plots to have them annihilated throughout the kingdom.

We read last week how Queen Esther intervened, risking her life to appear unsummoned before the king. But she did not actually plead for her people in the royal throne room that day. Instead she planned a banquet, issuing invitations to only two people: King Xerxes and Haman. Haman couldn't help but boast to his friends and family that he had been singled out for this special honor. There was just one thing spoiling his mood: the stubbornness of Mordecai. He consoled himself that in the morning he would ask the king to have Mordecai impaled, and then he'd be done with him. But I can't tell this story any better than the Bible

does. Read Esther 6:1-14.

Haman, at the height of his pride, assuming that the king would want nothing better than to honor his second-in-command, is absolutely humiliated. He had wanted to see Mordecai impaled on a pole, but instead he had to parade him through the city on a royal horse. And Haman's friends see his doom written in this turn of events. Sure enough, at the queen's banquet that night, Haman's plot is exposed, and he is condemned to hang from the very gallows he had intended for Mordecai.

"Pride goes before the fall" is a saying that comes from the biblical book of Proverbs, and I can think of no better illustration of this bit of wisdom than Haman. It was Haman's pride that Mordecai wounded when he wouldn't bow to him, his pride that fueled his hatred of the Jewish people, and his pride that sealed his own fate on the gallows he'd prepared for his enemy. Let's learn this lesson well: As Jesus said, "Those who exalt themselves will be humbled, and those who humble themselves will be exalted" (Matthew 23:12; Luke 14:11, 18:14).



Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH
785-475-3103
Fr. Mark Berland,
MASS: 5:30 p.m., Saturday

IMMACULATE CONCEPTION CATHOLIC, LEOVILLE
Fr. Mark Berland,
MASS: 8 a.m., Sunday

SACRED HEART CATHOLIC, SELDEN
Fr. Mark Berland,
MASS: 10:30 a.m. Sunday

JENNINGS-DRESDEN UNITED METHODIST CHURCH
Pastor: Barbara Patterson
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. Linda Willey
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
Pastor: Judi Stricker
109 North Griffith-American Baptist, Disciples of Christ, Presbyterian USA
SUNDAY: Adult Sunday School, 9:30 a.m.; Coffee: 10:30 a.m. - 11 a.m. Worship Service, 11 a.m. Choir practice every Sun. at 9:45 a.m. Holy Communion, 1st & 3rd Sundays. United Church Women, 2nd Wed at 2 p.m. Parish Council, 2nd Sun. following Worship

OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)
Pastor: Gene Gee
SUNDAY: Sunday School, 9:30 a.m.; Morning Worship, 10:30 a.m., WEDNESDAY: Service, 7 p.m.,

OBERLIN UNITED METHODIST
102 North Cass — 785-475-3067
The Rev. Linda Willey
SUNDAY: Church School, 9:30 a.m.;
Morning Worship, 10:45 a.m. (Nursery provided.) WEDNESDAY: Praise team practice, 8 p.m.

CLAYTON UNITED METHODIST
Pastor: Ed Woods
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.

OBERLIN CHURCH OF CHRIST
South Beaver Street - Oberlin
Bill Duncan — Phone 785-475-3259
SUNDAY: Fellowship and coffee time, 10 a.m. The "no sermon" worship hour with the Lord's Supper, Adventures With God and open Bible Study 10:30 a.m.
TUESDAY: Ladies Bible Study, 9 a.m.

ST. MARY'S CATHOLIC, HERNDON
Fr. Nick Parker
Phone 785-322-5560
MASS: SUNDAY and THURSDAY
8:30 a.m.

HERNDON COVENANT CHURCH
Pastor: Keith Reuther
Phone 785-322-5316
SUNDAY: 9:45 a.m.
Morning worship, 11 a.m.
Youth group, 4 p.m.

NORCATOUR UNITED METHODIST
Pastor: Ed Woods
SUNDAY: Worship Service, 10 a.m.;
Church School, 10:30 a.m.

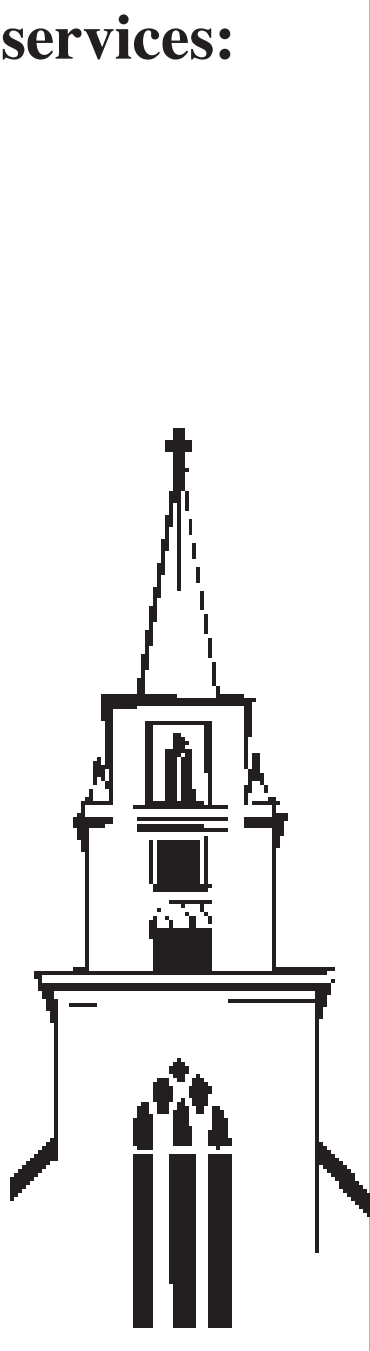
LYLE UNITED METHODIST
Guest Speakers every Sunday
SUNDAY: Morning Worship 9 a.m.

EVANGELICAL COVENANT CHURCH OF OBERLIN
Pastors: Chris and Sharon Nelson
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 p.m.

LUND COVENANT CHURCH
Chairman Brad Marcuson
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.

ST. JOHN'S LUTHERAN CHURCH
510 North Wilson
Interim Pastor:
Kevin Schnakenberg
SUNDAY: Sunday School and Bible class, 9:15 a.m.; Divine Worship Service, 8 a.m.; Holy Communion: 1st and 3rd Sundays.

FAITH LUTHERAN CHURCH
404 North York Avenue
Oberlin, Kansas
The Rev. Charlotte Strecker-Baseler
Church Office Phone: 785-475-2053
SUNDAY: Worship, 10:00 a.m.; Fellowship and Educational Hour, 11:15 a.m. Holy Communion first and third Sundays.
THURSDAY: Women's Bible Study second Thursday at 9:30 a.m.



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