

Summer heat can cause serious problems

Summer heat can kill unnecessarily. Soaring daytime temperatures, especially if accompanied by high humidity, greatly increase the risk of heat exhaustion and heat stroke.

Heat exhaustion is typically caused by the body's inability to sweat enough to cool itself. Signs of heat exhaustion include heavy sweating, fatigue, weakness, dehydration (thirst), paleness, and feeling dizzy or light-headed.

As the body's cooling system fails, the risk of heat stroke increases. Symptoms of heat stroke can include hot, dry skin that may be flushed, but is not sweaty. Other signs are a rapid heart rate, headache, dizziness, nausea, confusion, loss of consciousness and high body temperature (103-105 degrees).

Heat stroke can cause permanent physical impairments or death. If it's suspected, seeking immediate medical treatment is the best course.

While waiting for help to arrive, other good steps to take include:

- Move the person indoors or into the shade.
- Loosen clothing.
- Use a garden hose, tub, or shower to immerse the victim in cool, not cold water. If water is not

Home ed Tranda Watts, Extension specialist



available, a damp, cold cloth or ice packs on the groin or armpits should help lower body temperature.

- If available, direct fans or air conditioning vents toward the victim.
- If the person is coherent, give water or other beverages. Avoid offering stimulants, such as coffee, tea or other caffeinated beverages.

If you have further questions relating to heat stroke or heat exhaustion, please contact your local family physician, contact your local K-State Research and Extension Office or e-mail twatts@oznet.ksu.edu.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Norton, Decatur, Gove, 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, 877-5755.

WILSONVILLE

By VELMA HOLTZE

Velma Holtze was a recent guest in the Dee Lamb home in Beaver City when she entertained her Red Hat friends at an afternoon tea. A classmate of Dee's, Jean Bucholz, from Silver Spring, MD., who is an enthusiastic social tea lover and well-informed on the history of teas as well as many tea customs and traditions shared some of her information. The women enjoyed the sandwiches, scones and sweets with their refreshing tea. Several women received special door prizes made by Jean's daughter.

Those who happened to go to Cambridge last week saw the hundreds of bicyclists who rode across Nebraska. They stayed in town for a while before heading to Minden. Pam Frecks from Wilsonville was one of the riders. She has been on the trip several times. Each year the ride takes a different route, allowing them to see scenic Nebraska. Many Cambridge groups were serving various foods throughout the day. Carla Holtze helped with clean-up after the Methodist Women served a potluck dinner.

Jim, Becky and Janene Holtze and Brian and Lyndzie Holtze joined other relatives for a barbecue supper at the lake north of Cambridge in honor of Justin Miller's birthday.

Dick and Joan McLaughlin went to Iowa recently to visit "snowbird" friends who winter in the same place they do. While there they took in a large antique show.

All alumni property, including pictures and trophies, were removed from the school house by consent of the owners. Fourteen of the older pictures were not found. Temperatures have soared to over 100 degrees in recent days.

Sandy Kasson, Becky and Janene Holtze drove to Ellsworth recently to attend the wedding of the daughter of Gregg and Von Sumner, Norcatur.

Word was received by Bob and Connie Holliday that their oldest son, Royce of Hastings, had suffered a heart attack. They left immediately to be with him in a Lincoln Hospital. They reported that a cauterization had been done and the trouble was with a blockage around the stent which they had placed some time ago.

The Larry Murphy property sold at auction. It seemed there

were not too many interested people so the closing price was \$5,500. The buyer was a lady from Arapahoe. Rumor has it that some other places have sold. Wilsonville's population may soon be on the upbeat.

The Caring Group of the Baptist-Christian church met Sunday evening at the church basement with Gary and Karen Brown as hosts. The evening began with some sharing of the most recent Christian conversations, followed by making plans for a community bike ride for both young and old with some type of fellowship in the park. Pastor Keith shared a true story that happened only recently showing how God places a person at a certain place at a certain time for a certain reason. As the story unfolded one could not doubt that a guiding hand was directing the happenings, decisions and the actions that took place to a certain person at the right spot at the right time.

Bud DeViris of Arapahoe, father of Dana Sears, was injured in a tractor semi wreck recently. He was taken to the Kearney Hospital.

Vic and Nancy Knutson attended part of the festivities at the Eustis Celebration. They brought their grandson, Broden Dean, home with them. His parents, Tim and Sandy of Eustis, were later dinner guests and took Broden home with them.

Death

Darlene Stanley, youngest daughter of Guy and Lou Dillan, died June 10 in Oberlin. She attended rural school in her district northeast of Wilsonville. She graduated from Wilsonville High School with the class of 1943. She was married to Paul Stanley and they farmed her parents' farm when they retired and moved to town.

Later the Stanleys moved to Wilsonville where they raised dogs. She continued raising dogs for many years until she sold the home to Jerry and Shelly LaPlatte after moving to a retirement home in McCook. Later, she moved to a care home in Oberlin.

She is survived by two sons, Donald "Butch" Stanley, Oberlin and Doug Stanley, Wichita; one daughter, Patty Tuller, McCook; six grandchildren; and two sisters, Neva Stanley, Cambridge and Evelyn Schleicher, Sutton, Neb.

Worship At The Church Of Your Choice This Week

NORTON FIRST UNITED METHODIST CHURCH

The Rev. Lew Van Der Wege, Pastor
804 W. Wilberforce, Norton
877-2196

8 a.m. Early Services
9:15 a.m. Sunday School for all ages
10:30 a.m. Worship Service
Board of Trustees Hamburger Feed
7 p.m. Bridge Service
TUESDAY — 10 a.m. Communion at Whispering Pines

EDMOND UNITED METHODIST CHURCH

Rev. Lew Van Der Wege, Pastor
SUNDAY — 9 a.m. Worship Services

TRINITY EPISCOPAL CHURCH

Georgia Briery, Senior Warden
102 E. Waverly, Norton
SUNDAY — 9:30 a.m. Christian Education
10:30 a.m. Holy Eucharist; Celebrant, Fr. Dennis Gilhousen; Lay Reader, Georgia Griery
11:30 a.m. Coffee Hour, Alberta Slaby
3-4 p.m. God's Pantry, Ron Briery

CROSSROADS CHURCH

313 West Lincoln Street
Pastor Terry Laughlin
Phone: 877-2416
e-mail: crossroads@ruraltel.net
www.standatthecrossroads.com
SATURDAY — 8 a.m. Men's Fellowship and Prayer
SUNDAY — 9:15 a.m. Sunday School
10:30 a.m. Worship Service
WEDNESDAY — 6:45 p.m. Christian Fellowship
7:15 p.m. Adult Bible Study

ST. FRANCIS OF ASSISI CATHOLIC CHURCH

Father Vincent Thu Laing
877-2234
stfanci@ruraltel.net
108 S. Wabash, Norton
Mass Schedule
Sunday 10:30 a.m.
Monday 8 a.m.
Tuesday No Mass
Wednesday 8 a.m.
Thursday 8 a.m. Mass
Friday 8 a.m.
Saturday 7 p.m.

Sacrament of Reconciliation
4 p.m. Saturday, 30 minutes before Mass or by appointment
TUESDAY — 7 p.m. Bingo
WEDNESDAY — 7 p.m. SYF (K-8)
First Friday of the Month — Adoration following Morning Mass
First Saturday of the Month — 8 a.m. Marian Devotions
K of C Third Monday of Month at 7:30 p.m.

NORTON MINISTERIAL ALLIANCE

Hospital chaplain, Monday through Sunday, Kasson
Sunday Services at Andbe Home 2 p.m.; Norton Manor at 3 p.m., Kasson

PRAIRIE VIEW REFORMED CHURCH

The Rev. Jeffrey Van Der Weele
410 Holland, Prairie View
973-2794
SUNDAY — 9 a.m. Morning Worship
7 p.m. Evening Service at Luctor Christian Reformed Church

LUCTOR CHRISTIAN REFORMED CHURCH

2 miles east and 3 miles north of Prairie View
The Rev. Jeffrey Van Der Weele
973-2794
SUNDAY — 10:30 a.m. Morning Worship
7 p.m. Evening Service at Luctor Christian Reformed Church

REDEEMER
EVANGELICAL

LUTHERAN CHURCH

Pastor Timm O. Meyer
e-mail: timmomeyer@ruraltel.net
805 W. Holme, Norton
877-3138

SUNDAY — 7 a.m. "Time of Grace" on FOX-TV
9:05 a.m. "Goodness From the Good Shepherd" Radio Broadcast, KQNK 106.7 FM & 1530 AM
9:30 a.m. Worship Service
10:45 a.m. Sunday School and Bible Study
MONDAY - FRIDAY — "Set Sail" Vacation Bible School, 9:30 a.m. to 12:01 p.m.
TUESDAY — 5:45 p.m. and 7:30 p.m. Bible Studies at Norton Correctional Facility
SATURDAY — 1:30 p.m. Evangelism Meeting
2 p.m. Ladies Mission Society Meeting

NORTON CHRISTIAN CHURCH

Jeff Nielsen, Minister
Cody Shepherd, Youth Minister
e-mail: ncc_office@sbcglobal.net
208 N. Kansas, 877-2871
SATURDAY — 7 a.m. Youth Mexico Trip Leaves
SUNDAY — 8 a.m. Early Worship
9:30 a.m. Sunday School
10:40 a.m. Worship Service
noon, Potluck dinner with Brian and Gina (Anthony) Tummons, Missionaries.
TUESDAY — 7 p.m. Grief Support Group
WEDNESDAY — 6:30 a.m. Men's Prayer Breakfast
9 a.m. Prayer and Fellowship
7 p.m. Upper Room Prayer Time
THURSDAY — 8:30 a.m. Cabinet meeting at Town and Country Restaurant
FRIDAY - SUNDAY — Single's Retreat

FIRST CHURCH OF GOD

Pastor Terrill Worthington
1010 Churchill Dr.
877-2181
SUNDAY — 9:15 a.m. Time of Prayer (Adults)
9:30 a.m. Time of Prayer (Children in kitchen)
9:45 a.m. Sunday School
10:45 a.m. Morning Worship
6 p.m. Choir Practice
7 p.m. Evening Service
WEDNESDAY — 6 p.m. 3D at Parsonage
7 p.m. Adult Bible Study, King's Kids, Jr. High and High School Worship
8 p.m. Committee Meetings, Team Practice
2nd THURSDAY of each month — 7 p.m. Women of the Church of God
3rd SATURDAY of each month — 8 a.m. Men's Breakfast

IMMANUEL LUTHERAN CHURCH

The Rev. Rick Rostek
814 N. Second, Norton
877-2430

SATURDAY — Youth Car Wash
SUNDAY — 9 a.m. Sunday School, Bible Class
10:30 a.m. Worship
TUESDAY — 6:30 p.m. Elders meeting
WEDNESDAY — 9:30 a.m. Bible Study
2 p.m. Andbe Home

CONGREGATIONAL CHURCH, ALMENA

Kirk Kasson, Pastor
e-mail: congo@ruraltel.net
SUNDAY — 9:30 a.m. Sunday School
10:30 a.m. Church Services
7 p.m. TFC
TUESDAY — 7:15 a.m. Teen Women's Discipleship

WEDNESDAY — 3:30 p.m. Good News
7 p.m. Kirk and Kim's Small Group
THURSDAY — 7:15 a.m. Teen Men's Discipleship

ST. JOHN'S CATHOLIC CHURCH, LOGAN

Father Ben Saw
SUNDAY — 8:30 a.m. Mass
MONDAY — 5:30 p.m. Mass

FIRST CHRISTIAN CHURCH OF LOGAN

Pastor Troy Buss
SUNDAY — 9:30 a.m. Sunday School
10:30 a.m. Church services
WEDNESDAY — 7 p.m. Bible Study

CLAYTON UNITED METHODIST CHURCH

Pastor Ray Gilstrap
669-2554
SUNDAY — 10 a.m. Church School
11 a.m. Worship Service

LENORA CHURCH OF GOD

Pastor Maurita Lymer
785-567-4459
SUNDAY — 10 a.m. Sunday School
10:45 a.m. Worship Service
THURSDAY — Evening Bible Study

FAITH LUTHERAN CHURCH

404 N. York Avenue, Oberlin
SUNDAY — 9:30 a.m. Worship
10:45 a.m. Fellowship and Educational Hour
Holy Communion, first and third Sundays
7:30 p.m. Congregation Council second Wednesday

NORTON SEVENTH DAY ADVENTIST CHURCH

105 S. Case Street
Pastor Marion Miller
SATURDAY SERVICES — 9:45 a.m. Church Services
10:45 a.m. Sabbath School

LONG ISLAND UNITED METHODIST CHURCH

The Rev. Dean Gilbert
554 Washington, 854-7626
SUNDAY — 11 a.m. Morning Worship
FIRST SUNDAY — 12 noon Fellowship Dinner
1 p.m. Administrative Council Meeting
FIRST WEDNESDAY — 2 p.m. United Methodist Women's Meeting in Fall, Winter and Spring

NORTON FIRST BAPTIST CHURCH

Pastor Charles Ross
112 S. Archer, 877-5214
SUNDAY — 11 a.m. Worship Service
6 p.m. Evening Service
WEDNESDAY — 7 p.m. Mid-Week Prayer Meeting and Bible Study

LIVING HOPE FELLOWSHIP

One mile south of Norton at corner of PDRA road
Pastor Jerry Cummings
877-2426
SUNDAY — 10 a.m. Worship and Praise Service
TUESDAY — 10 a.m. Prayer Meeting
WEDNESDAY — 7 p.m. Youth and Children's Programs
7 p.m. Adult Home Bible Study

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Phillipsburg Ward
Tom Arnett, Bishop
620 7th Street
SUNDAY — 10 a.m. Sacrament meeting
11:15 a.m. Sunday School

11:15 a.m. Primary
12:05 a.m. Priesthood meeting
12:05 a.m. Relief Society
Visitors welcome.

LOGAN UNITED METHODIST CHURCH

Dean Gilbert
303 W. Church, 689-4350
SUNDAY — 9:15 a.m. Worship
10:30 a.m. Sunday School
9:15 a.m. Fifth Sunday song service
FIRST & THIRD WEDNESDAYS — 6:30 p.m. UMYF
SECOND WEDNESDAY — 1:30 p.m. United Methodist Women
THIRD WEDNESDAY — 7:30 p.m. Administrative Council Meeting

UNITED PARISH OF LENORA

The Rev. Jack Kersenbrock
140 E. Iowa, 567-4420
SUNDAY — 9:30 a.m. Sunday School
10:30 a.m. Worship Service

LYLE UNITED METHODIST CHURCH

Carol Woodmansee
SUNDAY — 9 a.m. Worship Service

MAPLE GROVE CHURCH OF THE BRETHREN

9 miles west
4 1/2 miles north of Norton
Pastor Leon Neher
SUNDAY — 9:30 a.m. Sunday School
11 a.m. Worship Service
4th Tuesday, Women's Fellowship
3rd Sunday, Noon, carry-in dinner

ST. JOSEPH CATHOLIC CHURCH, NEW ALMELO

stjoseph@ruraltel.net
Father Vincent Thu Laing
Pastoral Administrator, Stan Chapin
SUNDAY — 8:30 a.m. Resurrection of The Lord Mass
FRIDAY and MONDAY — 8 a.m. Scripture Communion Service
Weekday Mass Tuesday 8:30 a.m.

ALMENA UNITED METHODIST CHURCH

Pastor Ray Gilstrap
669-2554
SUNDAY — 8:30 a.m. Worship
9:30 a.m. Sunday School
WEDNESDAY — 7 p.m. Bible Study in Fellowship Hall
2ND SUNDAY — Noon Fellowship Dinner
1:00 p.m. Administrative Board Meeting
THURSDAY — 10 a.m. Vita Band Exercise Class, Everyone Welcome
7 p.m. Aerobics Class, Everyone Welcome
3RD THURSDAY — 1:30 p.m. United Methodist Women in Fellowship Hall

HENDLEY/WILSONVILLE UNITED METHODIST CHURCHES

The Rev. R.L. Malchow
10 a.m. Sunday Worship Hour
1st and 3rd Sundays, Hendley
2nd and 4th Sundays, Wilsonville
Coffee Fellowship after service
3rd Thursday U.M.W.

WILSONVILLE UNITED BAPTIST CHRISTIAN CHURCH

Minister, Keith Theobald
SUNDAY — 9:45 a.m. Sunday School
11 a.m. Worship and Communion
1st Thursday, B.C.W. 9 a.m.

NORCATUR UNITED METHODIST CHURCH

Pastor Ray Gilstrap
693-4519
SUNDAY — 10 a.m. Worship Service
11 a.m. Sunday School
TUESDAY — 7 p.m. Aerobic Class, Everyone Welcome

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