

Jennings News

By Louise Cressler

Many of the farmers in northwest Kansas are starting to cut their wheat. I have been told there is some good wheat being harvested. It has been several years since many of them have gotten enough rain to make a crop.

Have you ever attended a "Tastefully Simple" party? On Saturday, June 18, Dawn LaRue hosted a party in the school lunchroom. Those attending had a fun time sampling dips, breads, cakes, etc. Tammie Richmeier, Hays, is consultant.

Chris Giebler was chosen teacher of the year at Scranton Elementary Center. He is the son of Marlene and Tony LaRue.

Approximately 40 people from the Jennings and Dresden churches attended a farewell potluck dinner Sunday for Pastor Glenn and Betty Krebs. Glenn will be pastor at the Bird City United Methodist Church starting July 3. We will miss them.

On Sunday, July 3, we will welcome our new pastor, Carrie Buhler of Morland.

Wayne and Louise Cressler met Betty Hildebrand of Salina and Circe Cass of Hoxie at the Jennings Cemetery Friday. Betty, second cousin of Wayne, came to locate the

grave of her grandmother, Lavina V. Brown.

Jennings City council will meet at 5 p.m. Thursday, July 7, in the Sunflower Senior Center.

Those with concerns or complaints are invited to attend any council meetings.

Selden News

By Jacque Boultinghouse

Birthdays and anniversaries: July 1 - Phyllis Trembley; July 2 - Terry Goscha, Terra Schiltz Rath, Danny Eatherly; July 3 - Michelle Juenemann; July 4 - Curt Spesser, Rick Hickert, Scott Boultinghouse, Troy and Nicole Moore; July 5 - Cathy Broeckelman, Jesse Miller; July 6 - Carol Hill, Jason Rogers; July 7 - Joey Lobato, A.J. Russell.

On June 23 at Senior Citizens, Edna Schiltz won high, Cecelia

Ottley took second, Betty James got low and Alfred Albers had the most kings. Other members present included Anna Albers, Lola Cook, Carol Shaw, Dorothy Richards, Catherine Campbell, and Clara Schieferecke.

The Fourth of July is coming up soon. We ask that everyone intending to shoot off fireworks take extra precaution not to start fires. Enjoy your holiday, but please be careful.

Mosquitoes becoming nuisance

Since we have had rain several times now, it is more important to protect against mosquitoes.

Consider wearing some type of insect repellent, but keep in mind that "bigger" is not better with insect repellents containing DEET. All products containing DEET provide exactly the same quality of protection against mosquitoes and ticks.

In fact, the only real difference between products with 15 percent DEET and 45 percent DEET is the length of time each provides protection.

The easy-to-find products with about 20 percent DEET give adults four hours of protection. That should be plenty for almost everyone. It is recommended that adults not use products with more than 33 percent DEET.

Children are more sensitive than adults to repellents, so parents must read and follow label directions. Very young children often get enough protection from a simple drape of netting over their carrier.

Adults also must remember that applying sunscreen and a DEET-



Home Time

By Tranda Watts
Multi-county Extension Agent

based repellent at the same time reduces the sunscreen's effectiveness by as much as 33 percent. More frequent sunscreen applications may be necessary to prevent burns.

Wearing sunscreen is also important to your summer health and safety. Sunscreen should have a minimum Sun Protection Factor of 15. This means if you burn normally in 10 minutes, you should be able to stay out 15 times longer (or in this case, 150 minutes) without burning.

Experts recommend that no one stay out longer than two hours without refreshing their sunscreen, no matter what the Sun Protection Factor. Higher protection values some-

times give a false sense of security because people think that they can stay out all day without more sunscreen. The result can be serious burns.

Apply sunscreen about a half hour before going outside. This allows the chemical to begin functioning before you're exposed to the sun.

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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Defibrillator Recall Alert

You or a family member may be able to pursue a legal claim if you have been notified that you have a defective defibrillator. The Guidant Ventak Prizm 2 DR (manufactured before 4-16-02) and Guidant Contak Renewal (manufactured before 8-26-04) have been recalled by the FDA. Medtronic has warned about Marquis units manufactured before 2004. Call attorney Lee Hollis at 800-701-3672 for more information.

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JULY

Decatur County Community Calendar

Call 785-475-3441

(Call Decatur County Area Chamber of Commerce to have your organization's meeting updated and listed in next month's calendar.)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1 style="margin: 0;">The Oberlin Herald</h1> <p style="margin: 0;">NOW IN OUR 127th YEAR OF SERVICE</p>						<p style="font-size: 2em; font-weight: bold;">1</p> <p style="font-size: 2em; font-weight: bold;">2</p> <p style="font-size: small;">Races at Oberlin Speedway, 7 p.m.; 1/2 Price Day, Bargain Box Plus</p>
<p style="font-size: 2em; font-weight: bold;">3</p> <p style="font-size: small;">Attend the Church of Your Choice</p> <p style="font-size: small;">Races at Oberlin Speedway, 7 p.m.</p>	<p style="font-size: 2em; font-weight: bold;">4</p> <p style="font-size: small;">Fireworks at dusk at Fairgrounds</p> <p style="font-size: small;">Norcatour Rebekahs; Fun and games at the swimming pool and park.</p>	<p style="font-size: 2em; font-weight: bold;">5</p> <p style="font-size: small;">Dr. Doolittle, Decatur Health Systems; Rotary, Noon, Gateway; Weight Watchers, 5-6 p.m., Medical Arts Bldg., Jaycees, 8:30 p.m.</p>	<p style="font-size: 2em; font-weight: bold;">6</p> <p style="font-size: small;">Dr. Eskildsen, Decatur Health Systems; Farmers Market, 8 a.m. front of Chamber office each Wednesday; Blood pressure clinic, Golden Age, 11-11:30 a.m.; Oberlin Business Alliance, LandMark Inn, Noon.; AA, Ambulance Barn, 8 p.m.</p>	<p style="font-size: 2em; font-weight: bold;">7</p> <p style="font-size: small;">American Red Cross Blood Drive The Gateway 11 a.m. - 4:30 p.m.</p>	<p style="font-size: 2em; font-weight: bold;">8</p> <p style="font-size: small;">Oberlin Royal Neighbors, Golden Age, 4 p.m.</p>	<p style="font-size: 2em; font-weight: bold;">9</p>
<p style="font-size: 2em; font-weight: bold;">10</p> <p style="font-size: small;">Attend the Church of Your Choice</p> <p style="font-size: small;">Antique Engine Club Potluck, Sappa Manor, 6:30 p.m.</p>	<p style="font-size: 2em; font-weight: bold;">11</p> <p style="font-size: small;">Dr. Curtis, Urology, Decatur Health Systems; Oberlin School board meeting, 7:30 p.m.</p>	<p style="font-size: 2em; font-weight: bold;">12</p> <p style="font-size: small;">Dr. Doolittle, Decatur Health Systems; Dr. McGowan, Cardiology, Decatur Health Systems; Rotary, Gateway, noon; Weight Watchers, 5-6 p.m., Medical Arts Bldg.</p>	<p style="font-size: 2em; font-weight: bold;">13</p> <p style="font-size: small;">Dr. Eskildsen, Decatur Health Systems; Farmers Market, front of Chamber office, 8 a.m.; Norcatour Royal Neighbors; American Legion Auxiliary, 7:30 p.m.; AA, Ambulance Barn, 8 p.m.</p>	<p style="font-size: 2em; font-weight: bold;">14</p> <p style="font-size: small;">Chamber Board meeting, Chamber office, Noon</p>	<p style="font-size: 2em; font-weight: bold;">15</p>	<p style="font-size: 2em; font-weight: bold;">16</p> <p style="font-size: small;">Oberlin Jaycees Day/Night Golf Tourney</p>
<p style="font-size: 2em; font-weight: bold;">17</p> <p style="font-size: small;">Attend the Church of Your Choice</p>	<p style="font-size: 2em; font-weight: bold;">18</p> <p style="font-size: small;">Norcatour Rebekahs; Decatur Health Systems board meeting, 7 p.m.; Lions Club, Medical Arts Bldg.</p>	<p style="font-size: 2em; font-weight: bold;">19</p> <p style="font-size: small;">Dr. Doolittle, Decatur Health Systems; Rotary, Gateway, noon; Weight Watchers, 5-6 p.m., Medical Arts Bldg.</p>	<p style="font-size: 2em; font-weight: bold;">20</p> <p style="font-size: small;">Dr. Eskildsen, Dr. Curtis, Cardiology, Decatur Health Systems; Farmers Market, front of Chamber office, 8 a.m.; AA, Ambulance Barn, 8 p.m., Jaycees, 8:30 p.m.</p>	<p style="font-size: 2em; font-weight: bold;">21</p> <p style="font-size: small;">CVB, LandMark Inn, Noon</p> <p style="font-size: small;">Community Wide Garage Sale maps available 3-5 p.m., Chamber office</p>	<p style="font-size: 2em; font-weight: bold;">22</p> <p style="font-size: small;">Community Garage Sale maps available at Chamber office, 9 a.m. - 4 p.m.; Community Garage sales start after 3 p.m.</p>	<p style="font-size: 2em; font-weight: bold;">23</p> <p style="font-size: small;">Community Garage Sales, maps available 7:30 a.m. to 9 a.m. at Chamber office; Main Street Extravaganza, 8 a.m. - Noon. Farmers Market, vendors, food, entertainment and garage sale items; 25¢ day at Bargain Box Plus</p>
<p style="font-size: 2em; font-weight: bold;">24</p> <p style="font-size: small;">Attend the Church of Your Choice</p>	<p style="font-size: 2em; font-weight: bold;">25</p>	<p style="font-size: 2em; font-weight: bold;">26</p> <p style="font-size: small;">Dr. Doolittle, Decatur Health Systems; Rotary, The Gateway, Noon; Weight Watchers, Medical Arts Bldg., 5 - 6 p.m.; American Legion meeting.</p>	<p style="font-size: 2em; font-weight: bold;">27</p> <p style="font-size: small;">Dr. Eskildsen, Decatur Health Systems; Dr. Dormish, Podiatry, Decatur Health Systems; Farmers Market, front of Chamber office, 8 a.m.; AA Ambulance Barn, 8 p.m.</p>	<p style="font-size: 2em; font-weight: bold;">28</p>	<p style="font-size: 2em; font-weight: bold;">29</p> <p style="font-size: small;">OBA Beach Party on Main Street, 7 p.m.; Games, volleyball and much more</p>	<p style="font-size: 2em; font-weight: bold;">30</p> <p style="font-size: small;">\$3 Bag Day Bargain Box Plus</p>
<p style="font-size: 2em; font-weight: bold;">31</p>						

To sponsor this calendar call Dave at The Oberlin Herald • 785-475-2206

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