

BITES

While I've written many times about how to manage bug bites, two articles recently came to light containing new information. The first of the two discussed the use of Ivy-Dry for chigger bites. Ivy-Dry contains benzyl alcohol, camphor and menthol. It works very well for the itching caused by poison ivy, poison oak and other forms of bites and itching. I've often suggested its use but not for chiggers.

The second article discussed how long DEET, an effective insect repellent, lasts. The source of the information was the *New England Journal of Medicine*.

DEET Amount	Minutes
23.8%	301.5 minutes
20%	234.4 minutes
6.65%	112.4 minutes
4.75%	88.4 minutes

Additionally, if you have an inflammatory condition, such as rheumatoid arthritis or are taking drugs that suppress the immune system, you may be at risk for mosquito-borne diseases, such as Zika, chikungunya or West Nile viruses. This means that it's wise to use all of the suggested ways to prevent bites. They are:

- 1) Remove mosquito breeding sites—standing water;
- 2) Stay in when bugs are out—around sunrise and sunset;
- 3) Replace or repair holes in window or door screens;
- 4) Wear protective clothing—lightweight and breathable, but tightly woven long-sleeve shirts and long pants;
- 5) Use insect repellents containing one of three ingredients: DEET, oil of lemon eucalyptus or picaridin—please consult the chart above for information identifying need for reapplication;
- 6) Don't rely on repellent devices—wrist bands show little evidence of effectiveness but clip-on devices MAY work.

Some people seem to attract bugs more readily than others do. Individuals who produce high levels of CO2 (people working out, children running in the yard and individuals with high metabolic rates) tend to attract more mosquitoes. Diet makes no difference. Conclusion: it's best to avoid heavy physical activity outdoors during peak mosquito hours. -Submitted by Jo Flanders



Thank You to our Cleaning crew from Eurest (Maria, Doylene and Tiffany) and a Special Thank You to Doylene for doing a wonderful job on Sealing the floors.

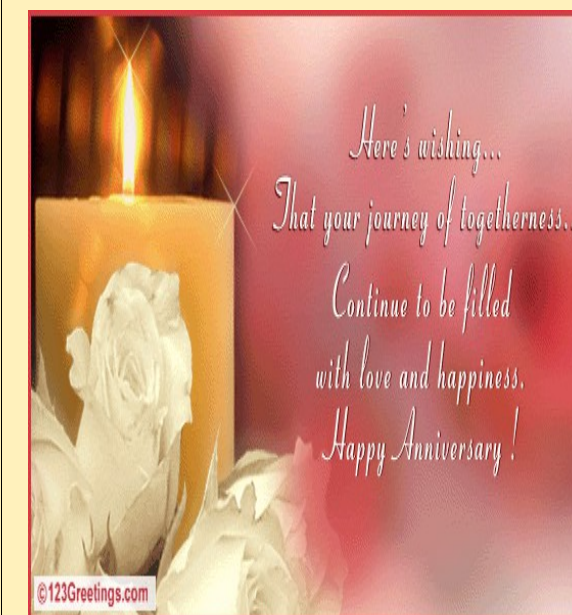
Mike Grantham and the FPC congregation

August Anniversaries:

Les and Joyce Hallock

Celebrating 71 years

August 31, 1946



Youth Food Harvest
August 20th
"Canned Foods"



Happy August Birthday!

Let's Pray Prayers of Joy for These People on Their Special Day!



Judy Holtmyer 08/02

Sue Beall 08/03

Stan Martin 08/04

Bill McQuain 08/26

If we missed your Birthday, please let us know.

A lunch honoring August Birthdays will be held at Jimmy's Egg at noon on Wednesday, August 16th. *Everyone is welcome.*

Please call or email your plans to attend to:

Eloise Hofmann elbohof@cableone.net or 580-252-2476.

ASCOG Medicare Counselor to Present information on Medicare Fraud and Help For Low-Income Beneficiaries

Ken Jones, one of ASCOG's two certified Medicare Counselors, will present information about Medicare fraud prevention as well as assistance to Medicare beneficiaries who need help paying for Medicare premiums. The local schedule is:

Aug 15, Marlow Nutrition Site 11:00am

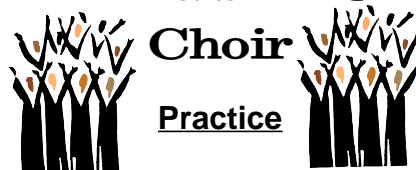
Aug 17, Suncan North Nutrition Site, 11:00am

August 21, Duncan South (Douglas) Nutrition Site,

11:00am

For More Information Contact: Ken Jones 580-736-7972

Anna's FPC



Wednesday August 2nd at 7pm

Wednesday August 23rd at 7pm

Sing

Sunday August 6th at 10am

August 27th

FAVORITE HYMN SUNDAY

Submit your top 3 favorite hymns to Pastor Matt by August 15. This will give Anna and Matt time to put together a full service of music and fun, and also allows the choir time to assist us. While we cannot promise to sing all your favorites, at least one of everyone's favorites will appear! Use the purple *Glory to God* hymnal as your guide (or talk to Pastor Matt with special requests). Request forms available in early August. Place forms in the offering plate or turn into the church office.

Prayer Corner

Let us keep our family and friends in our prayers:

Rev. Pam Normile, Anita Finch, Sue Beall, Bill McQuain, Walt Glover, Rita Martin, Kirsten Davis and Bentley Drake Davis, Charlotte Utley, Kaitlin and Greyson Caldwell, Cliffla Jean Belinski, Jean Ann Reed, Beverly Chalkboyer, & Emily Ritter

Let us remember those unable to attend worship service:

Gladys Taylor, Janis Hruby, Colleen Winn, Jack Munn and Beverly Moody

We are Also in Prayer for:

Our Government and President, Our Pastor, Session, Diaconate & Drs. Leslie and Cindy Morgan, missionaries in Bangladesh



OFFICERS OF FIRST PRESBYTERIAN CHURCH

ELDERS

Class of 2017
Joan Drake
Mike Grantham

Class of 2018
Joanne Flanders
Bennie Drake

Class of 2019
Caron Hawkins
Vicki Zimmerman

DIACONATE

Class of 2017
Nancy Grantham
Mike Steil

Class of 2018
Margo Jones
Coy Elliot

Class of 2019
Glennis Wilson
Tim Burns

Treasurer –Bennie Drake

Asst. Treasurer –Mike Grantham



We will be celebrating the Lord's Supper on August 6, 2017 during the worship service.

DEADLINE FOR NEXT FAW ENTRY IS

August 18, 2017



Telephone Numbers

Church Office (580) 255-5769
Fax (580) 252-4175
e-mail: fpcduncan@gmail.com
Website: www.fpcduncan.com

Pastor
Rev. Dr. Matt Meinke 255-5769

Treasurer
Bennie Drake 255-5769

Asst. Treasurer
Mike Grantham 255-5769

Secretary and Newsletter "Faith- At-Work"
Venessa Swanson 775-7468
email: fpcduncan@gmail.com



RETURN SERVICE REQUESTED

First Presbyterian Church
704 West Ash Ave.
Duncan, Oklahoma 73533-4646
580-255-5769
Website: www.fpcduncan.com



First Presbyterian Church
"FAITH - AT - WORK"

704 West Ash Avenue
Duncan, Oklahoma



Issue 8

August 2017



What joy! It feels like just yesterday I was writing a guest article, and now I write to you as your new pastor. It is an honor and a joy to be among you and serving God with you here in Duncan. Like Pastor Mike, I live in Oklahoma City, but I hope that doesn't stop us from connecting. If we haven't met yet, let's change that! I will be in Duncan on Sundays and Wednesdays, and probably one other day that week as the need arises.

There are a lot of ways to connect with me. First, as I mentioned in last month's newsletter, please sign up to receive my Morning Reflections, www.mattmeinke.com. Of course you can always see me on Sundays. We could also get to know one another over coffee or lunch. I do love to eat and would

enjoy the opportunity to get to know each of you better. I also work at the Presbytery office on Tuesdays and Thursdays as the Stated Clerk, and a call from Duncan would be most welcomed. My contact information is below.

There is also a new opportunity for study, fellowship, and food. Please consider coming to the new **Wednesday Noon Bible Study, beginning on August 9 in the Fellowship Hall**. Bring a **sack lunch**, your **Bible**, and a **hungry spirit** for learning God's Word. 12pm-1pm. We will study the **Gospel of Matthew**.

Wednesday Noon Bible Study will be an excellent way for me to get to know you better. Invite your friends too! It is also a great opportunity for working folks. Your lunch break can also be a time of enrichment, plus fellowship with your church family. Consider giving yourself this gift.

I hope to see you there!

-Matt

Contact Info:

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INP Office: (405) 524-0990 (Tue & Thur)