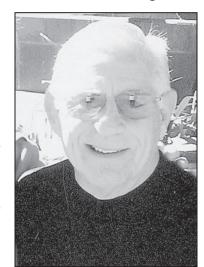
Lyle Duaine Garrison

Dec. 20, 1938 - Aug. 6, 2012

Lyle Duaine Garrison, son of William Lyle and Mira Mae (Alley) Garrison, was born Dec. 20, 1938 in Norton and passed away at Norton County Hospital in Norton on Aug. 6, 2012 at the age of 73.

Duaine grew up in Norton and attended the Norton schools, graduating from Norton Community High School. He also served his country in the Kansas National Guard. On Nov. 16, 1958, Duaine and Rose Marie Kohn were united in marriage at the Presbyterian Church in Beaver City, Neb. They made their home in Norton where they owned and operated Norton Glass Company for many years. Following their retirement, they enjoyed traveling and spent time living in Bullhead City, Ariz. and Estes Park, Colo. They recently returned to Norton to make their home and be near their family.

Duaine was a member of the



Norton Christian Church and Norton Lions Club and was a very dedicated Norton Blue Jay

Survivors include his wife, Rose Garrison of Norton; three daughters and their husbands, Kimberly and Shawn Mortensen of Norton, Kandice and Greg Gunn of Granby, Colo., Kathryn and Vito Mandato of Stu-

dio City, Calif.; one son and his wife, Kirby and Judy Garrison of Scott City; eight grandchildren, Elicia and Chelsey Wicker, Kyle and Ryan Gunn, Marirose and Hallie Mandato, Sophia and Lily Garrison; five great-grandchildren, Aiden, Ava, Jaxon, Alyssa, and Hudson; one brother, Norman Gene Alley of Aurora, Colo.; one sister, Glenda Garrison Purkis of Abilene; other relatives and many friends.

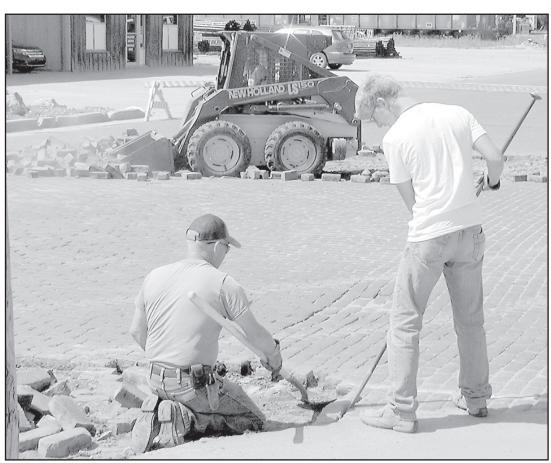
Duaine was preceded in death by his parents and one brother.

Funeral services will be held on Friday, Aug. 10, at Norton Christian Church at 10 a.m. and inurnment will be at the Norton Cemetery.

Memorial contributions can be made to The Rock in Norton, the Norton Theatre Association and the Downtown Norton Beautification Fund.

Arrangements are by Enfield Funeral Home of Norton.

A bumpy road



City of Norton employees Richard McKenna and Kegan Vanover (pictured) break up buckling bricks at the intersection of West Lincoln and North Second Streets on Wednesday, (Background) Andrew Knuth scoops up the bricks in the skid steer. The city's crews are removing the bricks and replacing the flow-pan where cars have been bottoming out. Concrete will replace the bricks and the work is expected to be finished in three weeks.

-Telegram photo by Mike Stephens

Dorothy 'DJ' Krich June 9, 1927 - Aug. 7, 2012

Dorothy (DJ) Krich, 85, was born June 9, 1927 in Norton, to Wilma (Witmer) and Orrin Baker. She passed away Aug. 7, 2012 at Shawnee Mission Hospital after a fall and short illness.

She was preceded in death by her parents and husband, Verne R. Krich (1995) of Bella Vista,

She is survived by two daughters, Verna Lee Scott (Bob) of Stanwood, Wash. and Janet Louise Martindale (Larry) of Overland Park, three grandchildren and seven great-grandchildren.

She was a homemaker and raised her family in 438-6444.

Kansas City, and retired to Bella Vista, Ark. in 1977 and moved back to Overland Park in 2001 to be closer to family. She enjoyed keeping connected to family and friends by writing or talking on the phone. She always had a smile and a kind word for anyone she met.

Cremation is planned.

Condolences may be expressed at www.porterfuneralhome.com.

Arrangements are by Porter Funeral Homes & Crematory, 8535 Monrovia, Lenexa, KS (913)

Do night time snacks put on the weight?

There currently is a disagreement among many as to whether you are more likely to gain weight from eating a snack at night than if you ate the same snack earlier in the day. Like so many issues related to human nutrition, this is a bit of a loaded question.

For years, the standard nutrition response has been "no." It's the overall balance between calorie intake and energy outgo that matters, not what time of day you eat.

And that's still the take of the Academy of Nutrition and Dietetics (formerly the American Dietetic Association). If you do some searching, you'll find lots of great guidance that suggests that eating "late-evening calories are no more likely to promote weight gain than calories eaten at other times of the day.

But recent studies are beginning to prompt some researchers to reconsider.

Most recently, in a study published in June in the journal Cell, researchers reported findings about two groups of mice fed a high-fat diet. The mice that were fed frequently throughout

The Norton County Conser-

vation District board of super-

visors will hold a Local Work

Group meeting on Wednesday,

Aug. 29 at 7 a.m. at Prairie Land

The purpose of this meeting

Recommendations on cost-

Whether ranking criteria used is acceptable and the quality ap-

Whether the eligible practice lists are meeting the needs of the

resource concerns of the state,

and is there a need to eliminate

or add resource concerns and/or

The responsibilities of the Lo-

cal Work Groups are identified

in the U.S. Department of Ag-

riculture Conservation Program

Delivery Manual. The groups'

recommendations will be re-

viewed by the KTC for submit-

Ensure that a conservation

needs assessment to identify

priority resource concerns is developed using community stake-

holder input and use the conser-

tal to department agencies.

plications are getting funded.

Electric in Norton.

share payment rates.

eligible practices?

Home ed Tranda Watts, Extension specialist



better usage of nutrients and ex-

penditure of energy.,.

A study in the journal Obesity in late 2009 had similar findings. In that study, mice fed only during their natural feeding time weighed significantly less than mice fed at the wrong times. The mice fed at the wrong times also tended to be less active and to eat slightly more than the other group - a bad combination.

The researchers involved in these studies suggest that our

Conservation board meeting to be held Aug. 29

vation needs assessment to help

identify program funding needs

conservation program applica-

tion and funding criteria, eli-

gible practices (including limits

on practice payments or units),

Assist the district and CDs

with public outreach and infor-

mation efforts, and identify edu-

cational and producers' training

The work groups should be

and payment rates.

Recommend the department

and conservation practices.

eating patterns should adjust to circadian rhythms - that is, you should eat during the day and avoid snacks at night, especially if you want to maintain or lose weight.

Whether or not you accept the researchers' conclusions you still might want to consider whether nighttime snacks are the best choice for you. The Academy of Nutrition and Dietetics itself recommends pausing to think if you're tempted to eat a nighttime snack. Are you eating because you're hungry, or because you're bored or anxious, or have just gotten into the habit of having that snack?

Besides, if you're trying to lose weight, giving yourself a time-related cutoff for eating could help you trim the number of overall calories you consume on a day-to-day basis. It could be a good place to start.

Questions? Contact your local K-State Research and Extension Office or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twwatts@ksu.edu.

Big Creek Mud Run is Aug. 26

HaysMed's Center for Health Improvement and Fort Hays State University are sponsoring the Big Creek Mud Run on Sunday, Aug. 26. The mud run is a two-mile obstacle course that winds through the Fort Hays State University Campus. Participants should be ready to "get their dirty on" as they jump, crawl and climb through mud and other obstacles.

This year's event will include a Kids Mud Bath that begins at 1 p.m. Kids will be allowed to "get their dirty on" after the last wave of competitors has completed the course. No obstacles, just plenty of mud.

The Mud Run is carried out in heats of 30 people. The first wave begins at 8:30 a.m. and a new wave starts every 30 minutes with the last one beginning at 12:30 p.m. You can run in your own wave or get your friends together and all run in the same wave.

Deadline for registering for the event is Aug. 22. The fee is \$25 for participants and they must be 18 years and older. All participants will receive a t-shirt and a free lunch. Live music and food will be available from 8:30 a.m.-2 p.m. Participants are encouraged to bring along their families and friends.

For more information about the event or to register, visit www.thecenter.haysmed.com/mudrun. Call Kelly at The Center at 785-623-6324 or Emily at Fort Hays State University at 785-628-5908 with questions.

DEATH NOTIGE

Marilyn Elizabeth Craig of Salina and a former Norton resident, died July 30, 2012 at Via Christi St. Francis Hospital in Wichita at the age of 61.

A memorial service will be held for Marilyn on Saturday, Aug. 11 at The First Church of God in Norton at 11 a.m. with Pastor Terry Worthington officiating.

Weldon and Merrice Brooks invite family and friends to their 70th Wedding Anniversary Open House Sunday, Aug. 12 2-4:30 p.m. Norton American Begion

GOLLEGE MOTES

May 2012 from Kansas Community College in Kansas City graduate from Norton Comwith an Associates of Applied munity High School. She is the Science in Mortuary Science daughter of Troy and Chriselle Degree. She is doing her ap- Thomson.

Alyssa Thomson graduated in prenticeship in Gardner at Bruce Funeral Home. Alyssa is a 2010

<u>THANK YOU</u>

I would like to thank everyone for your support and vote.

To Carolyn, Brock and Curtis, I would like to say, you are winners!! You had the guts to run for these offices and I am proud of all of you. Hold your heads high and be proud to say, "At least I tried!!"

GOD BLESS ALL OF YOU

Dr. R.A. Peterson



Magic Mike is General Admission Price of \$6.00 and \$5.00 - \$3.00 on Sunday

Total Recall is Premiere Admission Price of \$7.00 and \$6.00 - No Sunday Discoun

This ad is brought to you by The Norton Telegram

Premiering in Norton, Friday, Aug. 17

ParaNorman (PG)

Coming to Norton, Friday, August 24

and is Not Limited to Senior Citizens

THIS PROJECT FUNDED IN PART BY THE

diverse and focus on agricultural interests and natural resource issues existing in the community. Membership should include agstock, and poultry raised within

ricultural producers representing the variety of crops, livethe local area; owners of nonindustrial private forest land, representatives of agricultural and environmental organizations; and governmental agencies car-

rying out agricultural and natural resource conservation and activities. Groups also take into account concerns of particular historically underserved groups

and individuals including but not limited to women, persons with disabilities, socially disadvantaged, and limited resource groups.

For more information about Local Work Groups, or to become a member, contact your local office or district staff at the USDA Service Center, 11506 Pineview Dr, Norton, KS or by phone at 785-877-2623.

> O O General O O **Public Transportation Bus** Call 785-877-5352 WE COVER ALL OF NORTON COUNTY

Bus is Available to the General Public First Come, First Serve — Wheelchair Accessible

KDOT PUBLIC TRANSPORTATION PROGRAM