

# OBITUARIES

## 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 fan.

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.

## 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, Ark.

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

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.porter-funeralhome.com](http://www.porter-funeralhome.com).

Arrangements are by Porter Funeral Homes & Crematory, 8535 Monrovia, Lenexa, KS (913) 438-6444.

## 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

**Homeed  
Tranda  
Watts,  
Extension  
specialist**



the day, disrupting their normal nighttime feeding cycle, were more likely to become obese and suffer from related conditions even though their calorie intake was the same as mice fed during normal feeding times. The mice given food only at the “right” feeding time (for mice, it’s natural to eat at night) had better usage of nutrients and expenditure 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

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 [twatts@ksu.edu](mailto:twatts@ksu.edu).

## Conservation board meeting to be held Aug. 29

The Norton County Conservation District board of supervisors will hold a Local Work Group meeting on Wednesday, Aug. 29 at 7 a.m. at Prairie Land Electric in Norton.

The purpose of this meeting is to:

Recommendations on cost-share payment rates.

Whether ranking criteria used is acceptable and the quality applications are getting funded.

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 eligible practices?

The responsibilities of the Local Work Groups are identified in the U.S. Department of Agriculture Conservation Program Delivery Manual. The groups’ recommendations will be reviewed by the KTC for submittal to department agencies.

Ensure that a conservation needs assessment to identify priority resource concerns is developed using community stakeholder input and use the conser-

vation needs assessment to help identify program funding needs and conservation practices.

Recommend the department conservation program application and funding criteria, eligible practices (including limits on practice payments or units), and payment rates.

Assist the district and CDs with public outreach and information efforts, and identify educational and producers’ training needs.

The work groups should be diverse and focus on agricultural interests and natural resource issues existing in the community. Membership should include agricultural producers representing the variety of crops, livestock, and poultry raised within the local area; owners of nonindustrial private forest land, representatives of agricultural and environmental organizations; and governmental agencies carrying 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.

## 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

## 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 be-

ginning 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](http://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 NOTICE

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.

## COLLEGE NOTES

Alyssa Thomson graduated in May 2012 from Kansas Community College in Kansas City with an Associates of Applied Science in Mortuary Science Degree. She is doing her ap-

prenticeship in Gardner at Bruce Funeral Home. Alyssa is a 2010 graduate from Norton Community High School. She is the daughter of Troy and Chriselle Thomson.

## THANK YOU

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**

Pd. for by Dr. R.A. Peterson

Aug. 10 -  
Aug. 15

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