Change is necessary to combat diabetes

Diabetes affects nearly 26 million Americans and an estimated 79 million people are at risk for developing the disease. According to 2010 Center for Disease Control statistics, 8 percent of adults in Kansas have been diagnosed with diabetes and 6.1 percent have been told they have prediabetes.

November is National Diabetes Month and Link 4 Diabetes and the National Diabetes Education Program are Changing the Way Diabetes Is Treated by working together to help people better understand how to make the necessary changes in their day-to-day life in order to prevent type 2 diabetes, manage their diabetes to prevent complications, and live healthier lives.

Link 4 Diabetes is working with the National Diabetes Education Program to help people make a change to live well by bringing behavior change tools to the community. These tools help people better understand HOW to make healthy changes in their day to day life.

So how do you get started making these healthy

changes? It's about choosing a goal and working toward it. Link 4 Diabetes can help you make a plan and take the first steps to help you reach your goal. The National Diabetes Education Program's Make A Plan tool can help you think about what is important to your health and how to break down your goals into small, achievable steps.

Once you have your plan in place, the National Diabetes Education Program and Link 4 Diabetes can provide you with a number of tools to help you meet your health goal. Whether you are looking to eat healthier, be more active, manage your weight, cope better with stress and emotions, the National Diabetes Education Program and Link 4 Diabetes offer tools and resources to help you reach your health goals.

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention with the support of more than 200 partner organizations.

Wedding announcement

Brandie Lynette Sammons and Dylan Eugene Irby were united in marriage on Aug. 25, 2012 at 4:30 p.m. at the Bogue United Methodist Church, in Bogue. Officiating at the ceremony was Nicki Sammons, aunt of the bride. Brandie is the daughter of Dave Sammons of rural Logan, and Sheri Sammons of Almena. Dylan is the son of Dan and Jana Irby of Bogue. Brandie is the granddaughter of Larry and Vernelle Sammons of Phillipsburg, and Cecil and Patti Roy of rural Stockton. Dylan is the grandson of Roma Lee Irby and the late Don Irby of Bogue and Eula Clary and the late Eugene Clary of Hill City. Maid of honor was Beverley Sammons, sister of the bride. The bridesmaids were Bailey Mueting, sister of the bride, Leandra Sparks, Sarah Douglas, both friends of the couple, Jennifer Schmidtberger, cousin of the groom, Amy Thurlow, cousin of the groom, Dawn Archer, and Vanessa Underhill, both friends of the couple.

Best man was Roger Thurlow, cousin of the groom. The groomsmen were Dustin Kibel. Blake Davignon, Lance Underhill, Tyler Brack, Dillon Bell, all friends of the couple and Bryce Sammons, brother of the bride.

NVHS

Honorary groomsmen, Marcus Nutting, friend of the couple. Ushers were Lance Thurlow, Jake Savell, Jesse Schmidtberg-

girls were Lily Thurlow, cousin of the groom and Josie Schmidtberger, cousin of the groom. Musicians were Kelsey

er, all cousins of the groom and Justin Mueting, brother in-law of the bride. Candle lighters were Brianna Sammons, sister of the bride & Brendon Sammons, brother of the bride. Ring bearers were Chauncey Rome, cousin of the groom, Bentley Underhill and Cooper Underhill, friends of the couple. Flower

ROLL

pianist; Kaitlyn Pinkerton, Noone and Jenny Noel soloist, all friends of the bride. Guestbook attendant was Savannah Sammons, cousin of the bride.

A dinner, reception and dance followed the ceremony at the Bogue Township Hall in Bogue. The couple resides in Hoxie.

Believe in your dreams



Last Thursday, famous author, Ben Mikaelsen came to the Norton Schools to present his life story or how he became a writer and some of his other stories with the students. He left everyone with the message of "Believe in your dreams, believe in yourself and never ever give up." The program was brought to Norton by the Northwest Kansas Library System, USD 211, The Dane G. Hansen Foundation, Natoma Corporation, New Age Industrial, First Security Bank and Trust and the Almena State Bank.

- Telegram photo by Dana Paxton

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PUBLIC NOTICE IN THE MATTER OF THE ESTATE OF LARRY L. SMITH

Tuesday, October 23, 30, Nov. 6, 2012

(3T) IN THE DISTRICT COURT OF NORTON COUNTY, KANSAS In the Matter of the Estate of I ARRY L. SMITH a/k/a LARRY LEE SMITH. Deceased

Case No. 12-PR-24 NOTICE TO CREDITORS THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

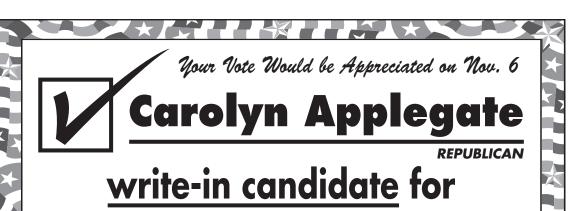
You are hereby notified that on October 15, 2012, a Petition for Probate of Will and Issuance of Letters Testamentary Under the Kansas Simplified Estates Act was filed in this Court by Iris L. Smith, surviving spouse,

Published in The Norton Telegram on heir, devisee and legatee named in the Last Will and Testament of Larry L. Smith, deceased. All creditors of the decedent are notified to exhibit their demands against

the Estate within four months from the date of the first publication of this notice, as provided by law, and if their demands are not thus exhibited, they shall be forever barred

IRIS L. SMITH, Petitioner

JETER LAW FIRM, LLP Emprise Bank Building P.O. Box 128 Hays, Kansas 67601 (785) 628-8226 Attorney for Estate





1st Nine Weeks Honor Roll <u>Highest</u> Freshmen Trey Hall Shayna Vincent Sophomores Brant Cox Macy Kasson Juniors Ian Vincent Seniors Alex Tharman <u>Honors I</u> Freshmen Brooke Baird Sarah Baird Camden Cox Brianna Martin Sophomores

Clint Cole Morgan Hawks Carson Montgomery Tea VanPatten Juniors Jordan Baird Hunter Chandler Seniors Erika Chandler Halev Graham Brittanie Larison <u>Honors II</u> Freshmen Jesse Courtain Allison Keith Talia Lowry Dalton Smith Sophomores Shilo Cline

Ame Baird

Norton Junior High School Honor Roll-1st 9 weeks <u>Highest Honors: 4.00 GPA</u>

7th Grade-Jessica Ambrosier 7th Grade-Jace Ruder 7th Grade-Callie Uehlin 8th Grade-Caitlyn Cox 8th Grade-Wilson Ellis

Honor Roll I: 3.50-3.99

7th Grade-Mariah Addington 7th Grade-Kara Frack 7th Grade-Dustin Harting 7th Grade-Ryan Johnson 7th Grade-Seth Otter 7th Grade-Cale Patterson 7th Grade-Justis Posson 7th Grade-Emily Riley 7th Grade-Nicole Thrailkill Grade-Alexzandria 8th Aldridge

8th Grade-Brian Clavijo 8th Grade-Macayla Kent 8th Grade-Kennedy Leibbrandt

8th Grade-Koby McEwen 8th Grade-Miah Melvin 8th Grade-Baylee Miller 8th Grade-Layton Miller 8th Grade-Josephine Otter 8th Grade-Landon Porter 8th Grade-Jena Risewick 8th Grade-Julian Snyder 8th Grade-Kade Unterseher 8th Grade-Harrison Woodyard

Honor Roll II: 3.00-3.49 7th Grade-Anna Burge 7th Grade-Trenton Chisham 7th Grade-Jessie Dawley 7th Grade-Kiana Estes 7th Grade-Heaven Gallegos 7th Grade-Dallas Gosselin 7th Grade-Weston Harting 7th Grade-Dalaina Karnes 7th Grade-Dennis (Raye) Kasson 7th Grade-Tevin Petrie

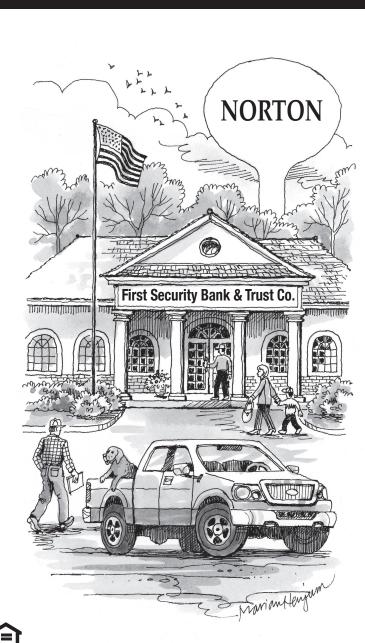
7th Grade-Nicole Rumback-Vahling 7th Grade-Jace Smothers 8th Grade-Joshua Acheson 8th Grade-Jacob Green 8th Grade-Caleb Gregerson 8th Grade-Jazelle Group 8th Grade-Tyus Henson 8th Grade-Mitchell Hickman 8th Grade-Gia Laurin 8th Grade-Kira Robertson 8th Grade-Taylor Wahlmeier 8th Grade-Trenton Wright



Matt Stutsman Khrissanna VanPatten Juniors DaKota Hilburn Kolton Hilburn Aaron Pinzenscham Seniors Tyson Callaway Jon Compton Phillip Compton McKinsey Evans Daniel Lentz

MaKayla Smith

Norton County Commissioner 2nd District EXPERIENCE COUNTS Paid for by Carolyn Applegate for County Commissioner, Russ Erbert, Treasurer



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