

OBITUARIES

Jimmie E. Collins

July 23, 1924 - Dec. 13, 2011

Jimmie E. Collins, son of Lawrence E. and Bessie (Mayo) Collins, was born July 23, 1924, in Hendley, Neb., and passed away in New Mexico, on Dec. 13, 2011, at the age of 87.

Jim attended grade school in Hendley and graduated from high school in Gardena, Calif. Collins then proudly served his country in the U.S. Army during World War II. On Aug. 13, 1943, he married Margerite A. "Marge" Collins, in Gardena. He was a machinist and they made their home in Gardena and Hawthorne, Calif. Following their retirement, they returned to Norton and later moved to Truth or Consequences, N.M.

Jim was a member of the Caballo Church in Caballo, N.M., and had been a member of the VFW in Gardena, the American Legion and Lions Club in Norton.

Survivors include: his wife, Marge Collins, Truth or Consequences, N.M.; two sons, Tim Collins, McPherson, and Roger Collins, Santa Maria, Calif.; three grandchildren, Kris, and husband, Jay Jones, Nixa, Mo.; Troy, and wife, Sara Collins, Norton; Carolyn Collins, Simi Valley, Calif.; three great-grandchildren, Darrien Collins, Norton; Jason Jones and Katherine Jones, Nixa, Mo.; two sisters, Glenda Hahn, Norton; Bonnie

Ryerson, Torrence, Calif.; other relatives and friends.

Jim was preceded in death by his parents, one son, Terry Collins, two brothers, Russel and Gerald Collins, and three sisters, Lorena Yeager, Hazel Jensen, and Deloris Brown.

Funeral services will be held Monday, Dec. 19, at 1:30 p.m. at Enfield Funeral Home in Norton and burial at Norton Cemetery.

Memorials can be sent to the Jimmie Collins Memorial Fund at Enfield Funeral Home.

Friends may call at the Enfield Funeral Home on Sunday, Dec. 18 from 3 p.m. until 8 p.m.

Arrangements are by Enfield Funeral Home of Norton.

Thomas F. Garwood

Dec. 11, 2011

Logan resident, Thomas F. Garwood, passed away Dec. 11, 2011 at his home at the age of 67.

Tom is survived by two sons, John and wife, Michelle of Norton and Thomas J. and wife, Lynette of Westminster, Colo.; eight grandchildren; and two sisters, Mary Kay Vanover of

Clayton, and Dorothea Jimenez of Grand Junction, Colo.

Cremation is planned. Memorial services will be held at 2 p.m. Monday, Dec. 19, at the Norcatur United Methodist Church in Norcatur, with Pastors Ed Woods and Jeff VanDerWeele officiating. Inurnment will follow in the Norcatur Cemetery.

Memorial contributions may be made to the Thomas F. Garwood Memorial Fund.

Olliff-Boeve Memorial Chapel, 1115 2nd Street, Phillipsburg, KS 67661 is in charge of arrangements. Online condolences may be left at www.olliffboeve.com.

BIRTHDAY

Hazel Bates will celebrate her 100th birthday with an open house from 2 p.m. until 4 p.m., Friday, Dec. 30 in the Bird Room at the Andbe Home in Norton. Come join her.



25th Anniversary



Rodney and Margaret New, formerly of Norcatur, are celebrating their 25th wedding anniversary on Dec. 20. A card shower is being held to honor the occasion. Cards can be sent to: 902 Clubhouse, McPherson, KS 67406.

BIRTH



Heath and Sara (Schrum) Beery, Wichita, are the proud parents of a new daughter. Kaylin Joyce was born Friday Oct. 7, 2011 at 2:57 p.m. at Wesley Medical Center. She weighed 7 pounds, 12 ounces and was 19 1/4 inch long. Siblings include

five-year-old Jace and three-year-old Taryn. Grandparents are Steve Schrum, Norton, and Joe and Renda Beery, Cimarron. Great-grandparents are J.B. and Betty Schrum and Irene McFarland, Norton, and Maxine Beery, Cimarron.

Huelskamp supports measure to create jobs in America

The House of Representatives passed *The Middle Class Tax Relief & Job Creation Act* on Tuesday evening with bipartisan support and by a margin of 234-193. Congressman Tim Huelskamp of Kansas supported the legislation which will now go to the Senate for its approval. Among other things, the legislation pushes the Keystone XL Pipeline, offers important job creation incentives, extends the Social Security tax holiday, and reforms unemployment insurance benefits.

"By forcing the President to make a decision on the Keystone XL pipeline, promoting busi-

ness investment, and preventing another EPA job-killing regulation, the House has offered a path forward that is about job growth, not job destruction," said Congressman Huelskamp. "We know American families are struggling to make ends meet and extending the Social Security tax holiday in this bill provides another 12 months of relief in their paychecks."

Call Mike with all your social news. 877-3361

A sure winner



Claiming one of ten \$25 instant prizes, Elaine Lofgreen of Norton is the latest winner of the Norton Telegram's Christmas on Us Promotion. Lofgreen got her winning ticket from Main Street IGA. Participating in the contest every year, Lofgreen said she plans to spend her earnings at Main Street IGA to purchase groceries. Pictured, Lofgreen accepts her winnings from Main Street IGA owner Natalie Hadley. "Thanks to all the businesses who participate," Lofgreen said. "I think it's a great idea and a great promotion."

-Telegram photo by Carleen Bell

Lower your stroke risk with antioxidants

Have you heard recently that eating more fruits and vegetables can help prevent stroke? If having a stroke is something you have worried about, here are some interesting details.

You probably heard something about a Swedish study published Dec. 1 on the website of Stroke: Journal of the American Heart Association. That study, of nearly 37,000 Swedish women ages 49 to 83, found that women with high intakes of antioxidants had lower risk of stroke, even when other lifestyle factors were taken into account.

For most of the participants -- those with no history of cardiovascular disease -- the ones with the highest consumption of antioxidants had a 17 percent lower risk of total stroke compared with women with the lowest intake. Those with the highest intake got about 50 percent of their antioxidants from fruits and vegetables, averaging seven to eight servings a day. Other significant sources of antioxidants for this group were whole grains (accounting for 18 percent of their antioxidant intake, from an average of three to four servings per day), tea (16 percent of intake, from 12 to 13 servings per week) and chocolate (5 percent of intake, from one or two servings per week).

Results were a bit different for the 5,700 participants who had a history of cardiovascular disease. For them, a higher antioxidant intake was associated with a lower risk of just one particular type of stroke. Those with higher levels of antioxidant intake had a 46 to 57 percent lower risk of hemorrhagic stroke than those with the lowest intake.

Antioxidants, including vi-

Home ed
Tranda
Watts,
Extension
specialist



tamins C and E, carotenoids (which become vitamin A in the body), and flavonoids have long been associated with health benefits. Just how exactly they work is not completely known, but we do know they battle free radicals -- unstable molecules that can damage cells, leading to inflammation and stiffening and other damage to blood vessels.

No matter how antioxidants work, eating plenty of fruits and vegetables is always a good idea. Some tips:

-Pack an apple, plum or a serving of prunes in your lunch or to snack on at the end of your work day.

-Add frozen berries to a serving of plain or vanilla yogurt.

-Sprinkle fresh blueberries, blackberries, raspberries or strawberries onto salad or cereal.

-Add red beans, pinto beans or black beans -- all very high in antioxidants -- to soups, stews and casseroles.

-Add spinach, red cabbage or chopped broccoli to soups and salads.

If you have questions about foods and nutrition, please feel free to contact your local K-State Research and Extension Office of you may contact Tranda Watts at twatts@ksu.edu.

Join us for our holiday

Open House



Tuesday, December 20
Wednesday, December 21
Thursday, December 22

At both bank locations:
500 Main Street in Almena
202 E. Washington in Norton

Enjoy cookies and cider on us!

Merry Christmas!

from all of us at the
Almena State Bank
Member FDIC

Kaley Daniels

785-202-0484

Listing and Sales Agent for
Kansasland Realtors - Broker Larry Riggs

Working for You and with You!

Dec. 16
Dec. 20

Showing at the
NORTON THEATRE
Alvin and the Chipmunks 3: Chipwrecked
(G) 1 Hour, 38 Minutes
Presented in Digital Surround Sound
Friday and Saturday: 8:00 p.m.
Sunday: 2:00 p.m. FREE Movie with Canned Good; 5 p.m.
Monday, Tuesday, Wednesday: 7:00 p.m.
New Year's Eve
2 Hours, 8 Minutes (PG-13)
Only Premiere passes accepted for Alvin and the Chipmunks 3
Only Premiere passes for New Year's Eve

Let's Go to the Movie



New Year's Eve is Premiere Price: \$7.00 and \$6.00 (No Sunday Discount)
Alvin and the Chipmunks 3 Premiere Price: \$7.00 and \$6.00 (No Sunday Discount)

Premiering in Norton Wed., Dec. 21
Sherlock Holmes: A Game of Shadows

VISIT OUR WEBSITE:
nortontheatre.com

This ad is brought to you by The Norton Telegram

Merry Christmas from...

Enfield Funeral Home

We have something new this season!!

Hand blown glass Angel Ornaments that can be personalized to make your tree extra special!

Can be made for Baby's First Christmas, your First Christmas Together, or remembering a loved one just to name a few!



Stop by and see these beautiful angels or call us at 785-877-5135