

OBITUARIES

Cynthia Kay Mattison

April 29, 1964 - April 22, 2012

Cynthia Kay Mattison, daughter of Howard and June (Clinkenbeard) Crouse, was born April 29, 1964 in Aurora, Colo. and passed away at her home in Colby on April 22, 2012 at the age of 47.

She attended Hinckley High School in Aurora and later received her GED. She married John Black and he passed away Oct. 11, 1991. She later married Richard Kirkland. On Nov. 14, 1992 Cynthia married Michael Mattison. They made their home in Denver, Colo. before moving to Norton. Michael passed away April 9, 2005. Following Mi-

chael's death, Cynthia moved to Colby where she worked at Daylight Donuts and Casey's General Store.

Cynthia enjoyed playing games, watching TV and her trips to Colorado but her greatest joy was her family, especially her grandchildren.

Survivors include her mother, June Crouse, Aurora, Colo.; three children, Joe Black, Colby; Rachel and husband, Mark Van Patten, Alma; Jonathan Mattison, Utica; four brothers, Randy, Edward, David, and Eric Crouse, all of Colorado; one sister, Arlene Lynch of Colorado;

five grandchildren; other relatives and friends.

Cynthia was preceded in death by her father, two husbands, John and Michael, and her grandmother.

Funeral services will be held on Saturday, April 28 at the Congregational Church in Alma at 1 p.m.

Contributions can be made to the Cynthia Mattison Memorial Fund.

Condolences can be sent to www.enfieldfh.com.

Arrangements have been made by Enfield Funeral Home, Norton.

A different approach to layoffs

By Ron Wilson,
Huck Boyd Institute

NBC Nightly News, March 16, 2009. The evening prime time newscast features a story about a business which was hit by the economic downturn - but instead of laying off employees, it kept them on the payroll and sent those employees out to work on projects for the community. The remarkable business which used this amazing strategy is found in rural Kansas. It's the subject of today's Kansas Profile.

Last week we learned about B&W Trailer Hitches, owned by Joe Works. Joe and co-founder Roger Baker designed truck beds and gooseneck trailer hitches which are now sold nationwide and beyond. They include the innovative Turnover Ball which revolutionized the industry. Beth Barlow, Joe Works' daughter, is marketing director for the company.

Many manufacturing companies were hit hard by the economic downturn of the past decade, and certainly B&W Trailer Hitches was affected as well.

"We did go through a lot of lean years and I know what it's like," Joe said. Beth remembers those times well. Sales were down and employees were idle.

"It was heartbreaking," Beth said. "We were looking at how to lessen the payroll, and we took a few days to learn about how the state would handle our unemployment."

But then the company took a different course. "Joe came in one day and said, 'You know what, let's just not lay anybody off,'" Beth said. Instead, the company tried something different. Joe sent the employees into the community - with full pay - to use their skills on various projects around the town. The labor was provided to the community free of charge.

So, instead of welding trailer hitches inside the company's plant, the workers went out to repaint churches, prune trees, spruce up playgrounds, and refurbish the baseball fields. Not only did these projects significantly benefit the community, it benefited the workers and their families as well as the local economy by keeping those workers employed.

But what about the impact on the company itself? "It was a good move," Beth said. "I think it was a forward-looking move on Joe's part. He be-

lieved (demand for products) would come back, and it has. We have an investment in training our employees. Doing these community projects utilized our employees' skills and retained them in the company."

Business has recovered for B&W Trailer Hitches. In fact, the company had record sales months in late 2011 and early 2012. At the time of the downturn, the company employed 180 people. Today, B&W Trailer Hitches has grown to 220. B&W Trailer Hitches is now Humboldt's largest employer.

Sending the employees out to work in the community is an amazing alternative to the layoffs experienced by so many manufacturers in the 2000s. In fact, it was so unusual that it came to the attention of NBC Nightly News. A television reporter and camera crew came to the rural community of Humboldt, Kansas to cover the story. Humboldt is a town of 1,964 people. Now, that's rural.

The TV reporter interviewed Joe Works and other local citizens and shared their comments about the mutually beneficial relationship of company and community.

"Because I've been blessed by a business that's been successful and made some money, I don't want to hang onto that with a greedy attitude, I want to share," Joe said.

"It's Midwestern values, but this is above and beyond," said Larry Mendoza, Humboldt recreation director.

"It's like one big family," said Janet Pulley of the Poplar Grove Baptist Church. "What hurts one hurts the other, and what helps one helps the other."

The reporter described it this way: "Restoring a piece of the heartland - keeping one hometown alive for the next generation."

For more information, go to www.turnoverball.com.

It's time to turn off the NBC Nightly News, but we are thankful that a television network would highlight this innovative way to utilize employees during an economic downturn. The television segment about B&W Trailer Hitches was fittingly titled "Making a difference." We commend Joe Works for finding this creative way to benefit the community while benefitting his employees as well. To me, that result is big news.

Too much sugar is not sweet for your health

The average amount of added sugar eaten in the U.S. is about 20 teaspoons (79 grams) per day. While you probably know that "too much" added sugar is not a good thing, how much is too much?

Here are the limits for added sugars, as recommended by the American Heart Association. Children should get no more than three teaspoons (12 grams) per day. Women should get no more than six teaspoons (24 grams) per day. Men should get no more than nine teaspoons (36 grams) per day.

How can you tell how much added sugar is in a food? Read the ingredients label. Names for added sugar include high fructose corn syrup, molasses, cane sugar, corn sweetener, syrup, honey and fruit juice concentrates. The beverage or food also has added sugars if its ingredients list has words ending in "ose," such as fructose and sucrose.

How can you tell how much added sugar is in a food? You

Home ed
Tranda
Watts,
Extension
specialist



can't know the exact amount. Nutrition Facts labels show the grams of total sugar, but this amount includes both added sugars and naturally occurring sugars. But if the food does not contain fruits or dairy products, know that the total grams of sugar shown on the Nutrition Facts label will be mostly from added sugars.

Below are ways to reduce your and your family's intake of added sugars, based on the main sources of sugars in the U.S. diet.

-Limit sugar-sweetened beverages like soda, energy drinks, sports drinks, sweetened fruit drinks and sweet tea. Just 12

ounces of regular soda contains eight teaspoons (32 grams) of added sugar. Instead, satisfy your thirst with water most of the time.

-Reduce the amount of cake, cookies, pie, sweet rolls, pastries, donuts, ice cream and candy that you eat. Instead, most of the time, serve unsweetened fruit at the end of meals and as snacks. These include no-added-sugar fresh fruit canned in water or in 100 percent juice, and unsweetened dried and frozen fruits.

-Switch to no-added-sugar breakfast cereals.

-If you buy flavored yogurt, switch to plain instead. For extra flavor, add unsweetened fruit.

-When preparing baked goods, cut the sugar called for in your recipe by one-third to one-half. Often you won't notice the difference.

-Remember that treats should be enjoyed only occasionally, not every day. Enjoy a sweet life of good health!

Questions? Please call your local K-State Research and Extension Office or e-mail Tranda Watts at twatts@ksu.edu.

Call Mike
with all your
social news.

877-3361

mstephens@nwkansan.com

Annual allegiance



Last Saturday the Norton American Legion held the 94th Annual Sixth District Convention. Pictured, the head table stands during the Pledge of Allegiance starting on the left with Harry Morrison Jr. of Concordia who is the Sixth District Chaplain, Teri Minton of Salina, the Sixth District Adjutant, Dave Hazelwood also of Concordia who is the Sixth District Commander, Charles Meyers of Concordia, Sixth District Vice-Commander and Sam Sparks also of Salina, Department Detachment Commander. There was a joint session followed by a memorial service for those veterans who were lost this past year. The rest of the day's events included a business session and elections of new officers.

- Telegram photo by Dana Paxton

State launches new system for drivers

The Kansas Department of Revenue is ready to upgrade to a new, more efficient system for titling and registering vehicles, and people who have license plate registrations or driver's licenses that expire in April or the first week of May are being urged to renew no later than April 30 to avoid problems with expired plates and licenses.

The department estimates it will take about 100 continuous hours to convert 6.8 million vehicle registration records to the new DMV system, a process that will begin late evening April 30. While those records are being converted, state and

county offices will close out of the old mainframe system, install new computer equipment, and get set up to serve customers again on May 8.

From May 1 through May 7, state and county offices will not be able to do vehicle title work or renew vehicle registrations, nor will they be able to issue driver's licenses and other identification cards.

The Norton County Treasurer's office will be open for business for that week, but will not be able to offer any motor vehicle services or driver's license services until May 8.

Kansans take up fight against strokes

Kansas residents are rallying to participate in the American Heart Association/American Stroke Association's 31 Days of Power during American Stroke Month in May.

During the 31 days of May, the American Heart Association and its division, the American Stroke Association, are conducting events across the nation to narrow the knowledge gap about stroke -the No. four cause of death and a leading cause of severe, long-term disability for all Americans - because studies show that few people know about stroke including the risk factors, warning signs and what to do in a stroke emergency.

"These events are an opportunity to bring people together, raise awareness about stroke and move people toward action to help reduce stroke incidences," said Tru-Kechia Smith, Kansas health equities director, American Heart Association. "Knowl-

edge is power, so we are encouraging people across the country to join an American Heart Association/American Stroke Association stroke awareness event or conduct their own activity."

The Association is asking the public to help by developing their own stroke awareness event or activity and/or participating in a local one. "An activity can be as simple as posting stroke education messages on a social media site or posting photos that represent you sharing your 'Power' to end stroke. Just get creative and help us spread

important stroke messages!"

31 Days of Power is an initiative of the Association's Power To End Stroke cause campaign.

Through the Power To End Stroke, the association unites people to help make an impact on the especially high incidence of stroke in African-Americans. To learn more about stroke and nationwide 31 Days of Power events, visit www.powertoendstroke.org. Power To End Stroke is nationally sponsored by the Bristol-Myers Squibb/Sanofi Pharmaceuticals Partnership.

The Norton County Arts Council held its Annual Meeting on Tuesday, April 3, where the future of the Arts Council was discussed extensively. The Board of Directors has determined that a public meeting will be held Thursday, May 3, 2012, at 7:00 p.m. in the Norton Library Community Room to get input as to whether the Arts Council should continue. The Arts Council has been in existence since 1974 and in recent years has faced declining attendance and an increasing concern in filling vacant board positions. As a result, the prevailing facts that need to be considered are whether or not there is sufficient public interest in continuing the Council programs. If interest is favorable, volunteers will be needed to serve on the Board of Directors. **PLEASE BRING YOUR IDEAS AND OPINIONS TO THE MEETING ON THURSDAY, MAY 3. Norton County Arts Council Board of Directors**

April 27-
May 2

Showing at the
NORTON THEATRE
21 Jump Street

(R) 1 Hour, 59 Minutes - Presented in Digital Surround Sound

Friday and Saturday: 8:00 p.m.
Sunday: 5:00 p.m.
Monday, Tuesday, Wednesday: 7:00 p.m.

Wrath of the Titans
2 Hours, 10 Minutes
(PG-13)

Let's Go to the Movie

Since both movies are non-premieres, all passes accepted

21 Jump Street is General Admission Price of \$6.00 and \$5.00 - \$3.00 on Sunday
Wrath of the Titans is General Admission Price of \$6.00 and \$5.00 - \$3.00 on Sunday

POPcorn

COMING SOON

PREMIERING IN NORTON
FRIDAY, MAY 4 -
THE AVENGERS (PG-13)

This ad is brought to you by The Norton Telegram

FYI

Duplicate
Bridge

The Edmond classes of 1951 and 1952 will be holding a reunion on May 26 at the Norton Community Center with refreshments at 4 p.m. and a meal at 6:30 p.m. Reservations can be sent to Sandra Anderson at 304 Van Horn, Apt. 3 Alma, Kansas.

There were two and a half tables for Duplicate Bridge played Wednesday night at Norton Manor. First place honors went to Norman Walter and Jake Durham and second place was captured by the duo of Norman Nelson and Myron Veh.