

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 pre-diabetes.

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 Alma. 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 Mueeting, 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.

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

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 Mueeting, 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

Pinkerton, pianist; Kaitlyn Noone and Jenny Noel soloist, all friends of the bride. Guest-book 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.

HONOR ROLL

NVHS

1st Nine Weeks Honor Roll

- Highest**
 Freshmen
 Trey Hall
 Shayna Vincent
 Sophomores
 Brant Cox
 Macy Kasson
 Juniors
 Ian Vincent
 Seniors
 Alex Tharman
Honors I
 Freshmen
 Brooke Baird
 Sarah Baird
 Camden Cox
 Brianna Martin
 Sophomores

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

- MaKayla Smith
 Matt Stutsman
 Khrianna VanPatten
 Juniors
 DaKota Hilburn
 Kolton Hilburn
 Aaron Pinzensham
 Seniors
 Tyson Callaway
 Jon Compton
 Phillip Compton
 McKinsey Evans
 Daniel Lentz

Norton Junior High School

Honor Roll-1st 9 weeks

- Highest Honors: 4.00 GPA**
 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
 8th Grade-Alexzandria 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 Rumbach-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



Believe in your dreams



Last Thursday, famous author, Ben Mikaelson 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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THE NORTON TELEGRAM

•PUBLIC NOTICE•

IN THE MATTER OF THE ESTATE OF LARRY L. SMITH

Published in The Norton Telegram on Tuesday, October 23, 30, Nov. 6, 2012 (3T)

IN THE DISTRICT COURT OF NORTON COUNTY, KANSAS
 In the Matter of the Estate of **LARRY 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, 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

Your Vote Would be Appreciated on Nov. 6

Carolyn Applegate
 REPUBLICAN

write-in candidate for Norton County Commissioner 2nd District

EXPERIENCE COUNTS

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