

Getting crafty



The annual Arts and Crafts Fair was held Saturday in Norton. Many exhibitors came from all over the region to sell their wares at the 4-H Building, Community Center, Legion, Armory and Eisenhower Elementary. The fair coincided with the start of pheasant season in northwest Kansas. (Above) Dawn Riswick of Norton and Julie Campbell, also of Norton, check out some of the offerings at the 4-H building during the fair.

-Telegram photo by Carleen Bell

LYLE NEWS

It doesn't sound right, earthquakes in Oklahoma. They say many have happened before, but not at four or five in the Richter Scale. My son, David, said it did some damage a few miles from them, but not to his place.

Josephine [Jody] Baker Corroscio, 57, of Fort Stockton, Texas, suffered a tragic motorcycle accident and died Monday, Oct. 24, 2011 at the Medical Center Hospital in Odessa, Texas. She was preceded in death by her parents. Survivors are her husband of 37 years, Tony Corroscio, three children and six grandchildren; brothers Thomas Baker, and Scott Tavis, Norcatar; Dale Baker, Omaha, Neb.; Frank Baker, Lincoln, Neb.; sisters, Patricia Espinosa, Amarilla, Texas; and Star Sarabia, Ft. Stockton, Texas. Services will be held in Nebraska at a later date.

Jane Engelhardt took Toots Magers and Rea and Dee Magers to visit Pam and Mike Engelhardt in

Pheasant hunters are combing the highways and byways again. They say there are not as many pheasants this year owing to the hard hailstorm we had during the summer, but they are finding some. The Norcatar Educational building was packed with hunters, neighbors and lots of food on Saturday evening.

The Lyle Community building was the scene of the Liberty Star Club Thanksgiving supper on Wednesday evening. 22 people; members, families and friends; ate turkey and all the trimmings and had a great time visiting. Kathy Van Meter brought the delicious turkey and dressing. I believe two ladies opened 'mystery sister' gifts, and pictures were taken of the group. We send the snapshots

School

(Continued from Page 1)

schooling doesn't work out. Regardless of the pros and cons of the non-traditional schools, Mann said that he believes similar learning models could be successful in the traditional school setting. Making it work well, though, would require some big changes in the overall philosophy of education.

"It would require some re-thinking of the role and function of teachers," he said. "It would require a re-thinking of what good instruction and what learning look like."

Though that shift in philosophy and perception may be only realistic in the somewhat distant future, the Superintendent predicts that the use of non-traditional education is on the horizon, even in the most rural areas of the state.

"I think we will see more of this (type of learning)," he said, "especially in curricular areas in which teachers are hard to find and/or as school budgets continue to tighten and fewer instructors are available."

Aurora, Colo. on Oct. 24. They also visited with Brittany and Tyler Hawk. Rea and Dee's daughter, Sherri, took them to her home. They returned home Monday.

Terry Rippe brought Earnest and Donna Huff for a short visit with Toots Magers on Tuesday.

Kathy VanMeter and Lloyd Frandsen came to Lyle on Thursday. Plans were made for the Liberty-Star Club Thanksgiving dinner. The Lord willing and the Sappa Creek didn't rise, and it happened on Wednesday.

Happy birthday to Dwight Wood, Nov. 7 and to Keith Anthony, Nov. 8. My twin granddaughters, Hannah Jirak and Hester Brodnock will also celebrate their birthdays Nov. 8.

Our friend, Eleanor Jensen, is supposed to be back in Norton after experiencing a serious aneurism. She was hospitalized in Wichita.

in Christmas cards to former members of the club.

J.T. Guy and daughter, Kendra, came to Toots Magers on Saturday, and brought her to the pheasant supper. Kendra had to be back to Abilene for basketball practice by 4:30 p.m. on Sunday. Charles and Inez Keller brought pizza to Toot's on Friday, and Charlie and Judy Easton came on Sunday.

June Jolly has been doing the

"same ol' thing", except she is anxiously awaiting the birth of a great grandson, Carl Talan McDonald. She went to the Halloween Party at the Eagles as the Headless Horseman and won second place. [That June!! ha].

Kathy Van Meter and Lloyd Frandsen attended the VFW Auxiliary soup and pie supper at the Holbrook Community Building.

You can manage diabetes

Of the 26 million Americans with diabetes, more than half are currently not meeting medical targets established by the American Diabetes Association. Another 79 million Americans are at risk for developing diabetes.

In honor of American Diabetes Month, Edelman has identified the top seven most useful resources to arm people with diabetes - and those who support them - with the knowledge they need.

1. Personal Support Network: It is critical to build a strong network of family, friends, and other people living with diabetes. Diabetes is an emotional marathon and the support and understanding from those that care help you move forward with your head up. Whether you communicate through email or meet in person, stay connected with your network, share your struggles and triumphs.

Know someone with diabetes? Be an essential support tool for him or her.

2. The Diabetes Online Community: People with diabetes have built an international support network through blogs, online support communities like DiabetesDaily.com, diabetes social networking sites like TuDiabetes, and through traditional social media channels like Facebook and Twitter. These online resources offer the chance to connect emotionally and seek advice and information from others living with diabetes- from the newly diagnosed to those who have been managing the disease for decades.

There are multiple ways to connect, from skimming message boards to leaving comments for or emailing bloggers to joining a community. You can even start your own blog. Whether you or someone you love has diabetes, these online tools grant instant access to thousands of lifetimes worth of wisdom.

3. Formal Diabetes Education: A diabetes educator can help you understand why blood sugars change and what you can do to manage those changes. Patients with Medicare can access 10 free hours of diabetes education per year (the average patients uses less than three). Most private plans cover education as well. Your doctor or local diabetes association can help connect you with a good educator. However, the unfortunate reality is there is just one diabetes educator for every 2,630 people with diabetes. To maintain and enhance education between visits with your educator, consider

attending local support groups or workshops (often hosted by hospitals or health networks).

For diabetes patients and family and friends trying to better understand its impact, books can help you better understand diabetes, like "50 Diabetes Myths That Can Ruin Your Life and the 50 Diabetes Truths That Can Save It" by Riva Greenberg. Or consider an online education course like "Workshop for Better Blood Sugars" from Diabetes Daily University (<http://university.diabetesdaily.com>), which allows you to learn at your own pace and connect with others in a virtual classroom. Make sure that educational courses are taught by a credentialed and nationally recognized physician or educator.

4. Meal Planning Tools: Want the "Approved Foods List" for people with diabetes? You are out of luck: it does not exist! People with diabetes must watch how many total carbohydrates they eat, not ban specific foods. Even high carb items can be enjoyed in smaller quantities.

But to get the maximum health and enjoyment out of your diet, it helps to discover new lower carbohydrate meals or variations on your favorites. The American Diabetes Association has excellent recipes on its website, and DiabetesDaily.com has an entire section of original recipes from culinary guru Elizabeth Edelman.

You can track the carbohydrates in your food using tools like CalorieKing, which provides software with a detailed food database as well as the popular Calorie Fat & Carbohydrate Counter book to accurately track carbs and calories.

5. The Meter: Blood glucose meters are the key to discovering how to live a healthy life with diabetes. Want to know if your breakfast is okay to eat? Check your blood sugars, eat breakfast, and check it again two hours lat-

er. If you are back about where you started, then this meal works for you. If not, then consult with your doctor or educator about adjusting medication or the content of that meal. Most people find that little tweaks have a big impact on their health and how they feel. Having a better understanding of how certain foods or activities impact your blood sugar makes it simpler to adjust when you choose to vary your routine. And this is all information you can get right from your meter.

For friends and family members, learn how to interpret blood sugar readings and the impact certain foods have on your friend or family member so you can better support individual choices - like having ice cream for dessert. Often, concern can come across as judgment when well-wishers are uninformed.

6. Exercise Specialists/Instructors: A good fitness instructor can provide information and exercises not only to help control weight, but also that specifically benefits diabetes management. For example, Diabetes Daily co-founder and certified yoga instructor Elizabeth Edelman recommends certain yoga poses to stimulate the pancreas, liver and kidneys. Try taking a class or enlisting a buddy for group support.

7. Yourself: Edelman believes the key to successful diabetes management is taking ownership of diabetes. You spend less than one percent of your year at the doctor's office. The rest of the time you are on your own. So take the time to examine choices, actions and emotions objectively, without assigning guilt or blame. Understand what is working for you and what is not. And if you do not understand something, do not leave your doctor's office until you do. It is your life, and it is worth fighting for.

•PUBLIC NOTICE•

IN THE MATTER OF THE ESTATE OF CLARENCE D. RIMA

Published in The Norton Telegram on Tuesday, November 8, 15, 22

IN THE DISTRICT COURT OF NORTON COUNTY, KANSAS
In the Matter of the Estate of CLARENCE D. RIMA, deceased
Case No. 2011-PR-05
NOTICE OF HEARING ON PETITION FOR FINAL SETTLEMENT

The State of Kansas
To All Persons Concerned:
You are hereby notified that on the 2nd day of November, 2011, a Petition for Final Settlement was filed in this Court by Joyce Rima, executor, praying for a final settlement of the estate, approval of her acts, proceedings and accounts as executor, allowance for attorney's fees and expenses, and determination of the heirs, devisees

and legatees entitled to the estate and assignment to them in accordance with the will of Clarence D. Rima deceased. You are hereby required to file your written defenses thereto on or before December 1, 2011 at 9:00 a.m., on such day, in such Court in the City of Norton, in Norton County, at which time and place such cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon said petition.

Joyce Rima, Petitioner

Paula D. Hofaker #16169
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Attorney for Estate of
Clarence D. Rima

•PUBLIC NOTICE• NOTICE OF SUIT

Published in The Norton Telegram on Tuesday, November 8, 15 and 22, 2011

IN THE DISTRICT COURT OF NORTON COUNTY, KANSAS
CIVIL DEPARTMENT

CitiMortgage, Inc.)
Plaintiff,)
vs.)
David W. Bainter aka David Bainter,)
Victoria A. Bainter aka Victoria Bainter,)
Jane Doe, and John Doe, et al.,)
Defendants.)

Title to Real Estate Involved Pursuant to K.S.A. §60
NOTICE OF SUIT

STATE OF KANSAS to the above named Defendants and The Unknown Heirs, executors, devisees, trustees, creditors, and assigns of any deceased defendants; the unknown spouses of any defendants; the unknown officers, successors, trustees, creditors and assigns of any defendants that are existing, dissolved or dormant corporations; the unknown executors, administrators, devisees, trustees, creditors, successors and assigns of any defendants that are or were partners or in partnership; and the unknown guardians, conservators and trustees of any defendants that are minors or are under any legal disability and all other persons who are or may be concerned:

YOU ARE HEREBY NOTIFIED that a Petition for Mortgage Foreclosure has been filed in the District Court of Norton County, Kansas by CitiMortgage, Inc., praying for foreclosure of certain real property legally described as follows:

A TRACT OF LAND COMMENCING AT THE SOUTHWEST CORNER OF THE SOUTHWEST QUARTER OF THE SOUTHWEST QUARTER (SW/4 SE/4) OF SECTION THIRTY-SIX (36), TOWNSHIP TWO (2) SOUTH, RANGE TWENTY-THREE (23) WEST OF THE SIXTH PRINCIPAL MERIDIAN, NORTON COUNTY, KANSAS, RUNNING THENCE NORTH 380 FEET, THENCE EAST 175 FEET, THENCE SOUTH 380 FEET, THENCE WEST 175 FEET TO THE PLACE OF BEGINNING.


for a judgment against defendants and any other interested parties and, unless otherwise served by personal or mail service of summons, the time in which you have to plead to the Petition for Foreclosure in the District Court of Norton County, Kansas will expire on December 20, 2011. If you fail to plead, judgment and decree will be entered in due course upon the request of plaintiff.

MILLSAP & SINGER, LLC
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(913) 339-9132 - (913) 339-9045 (fax)
ATTORNEYS FOR PLAINTIFF

MILLSAP & SINGER, LLC AS ATTORNEYS FOR CitiMortgage, Inc. IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

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