

OBITUARIES

Michelle Marie Marsh

June 1, 1963 - Oct. 30, 2012

Michelle Marie Marsh, daughter of Robert and Phyllis (Gregory) Willey, was born June 1, 1963, in Norton, Kansas, and passed away at the Hays Medical Center in Hays, Kansas, on October 30, 2012, at the age of 49.

Michelle moved to Colorado with her family when she was a young girl. She attended elementary school in Northglenn and graduated from the high school in Sheridan with the class of 1981. Following her graduation, she moved back to Norton with her parents where she was employed at the Norton Bakery. On August 11, 1989, Michelle married Douglas L. Marsh. They made their home in Norton and, were blessed with a daughter, Cherokee Nichole Marsh. Michelle later furthered her education and received her Associate's Degree in Social Work from Colby Community College.

Michelle attended the Living Hope Fellowship

in Norton, and in her spare time she enjoyed reading and spending time with her special friends but her greatest loves were her daughter and their animals.

Michelle is survived by her daughter, Cherokee Marsh, Norton; nieces and many cousins; other relatives and friends.

Michelle was preceded in death by her parents, her brother, Barton Willey, and her nephew, Andrew Willey.

The family will be holding a private funeral service.

Contributions can be made to the Michelle Marsh Memorial Fund c/o Enfield Funeral Home in Norton.

Condolences can be made to www.enfieldfh.com

Arrangements are by Enfield Funeral Home - 215 W. Main - Norton, KS 67654.

Wedding

Mr. and Mrs. Paul Becker of Lenora, are pleased to announce the marriage of their son, Jason Becker, to Ms. Sylvia Randall, the daughter of Ms. De Ette Randall of Oberlin, Ohio.

A celebratory ceremony and reception are planned for Nov. 7 at the Elms Hotel and Spa in Excelsior Springs, Mo.

Jason is the grandson of Eugene and Miriam Sansom of Edmond, and Bernice Becker of Norton and the late Henry J. Becker.



Flu shots help against heart attacks

Getting a flu shot doesn't just protect you against flu, it protects you from heart attacks, according to new research. Those who got a flu shot reduced their risk of heart attacks and other serious cardiovascular problems by nearly half during a one-year follow-up period.

The study was conducted by Jacob Udell, a cardiologist at Women's College Hospital and the University of Toronto. The research was not funded by vaccine developers.

Udell and his team re-evaluated the results of four randomized trials that looked at how the influenza vaccine might help heart health. In all, the studies had more than 3,200 patients. The original studies were done from 1994 to 2008.

Some of the people in the trials were free of heart disease, while others either had stable cardiovascular disease or had recently had heart attacks or other coronary problems. All groups were followed for a median of a year. Those who got the flu vaccine had about a 50 percent reduction in heart attack, stroke or other major cardiovascular events. During the follow-up, nearly 200 major cardiovascular events were reported, including 65 cardiovascular related deaths.

Udell said experts don't know

Home ed Tranda Watts, Extension specialist



for sure why the flu vaccine may be heart-protective, but offered two possible explanations. First, the vaccine may protect vulnerable patients already in poor health from one more illness that could "tip them over the edge." Second, the protection may come from avoiding the inflammation associated with getting the flu. Inflammation has long been linked to cardiovascular problems. Whichever way it might work, "it certainly lends support to a lot of clinical guidelines that recommend the flu vaccine to patients either with heart disease or after a heart attack."

In a related study, researchers evaluated nearly 230 patients with irregular heartbeats who had been given implantable cardiac defibrillators. These devices give the body a shock or jolt

to restore normal rhythms when needed. During flu season, those who have implantable cardiac defibrillators often report they get the flu and more shocks (and need medical attention) than other times of the year.

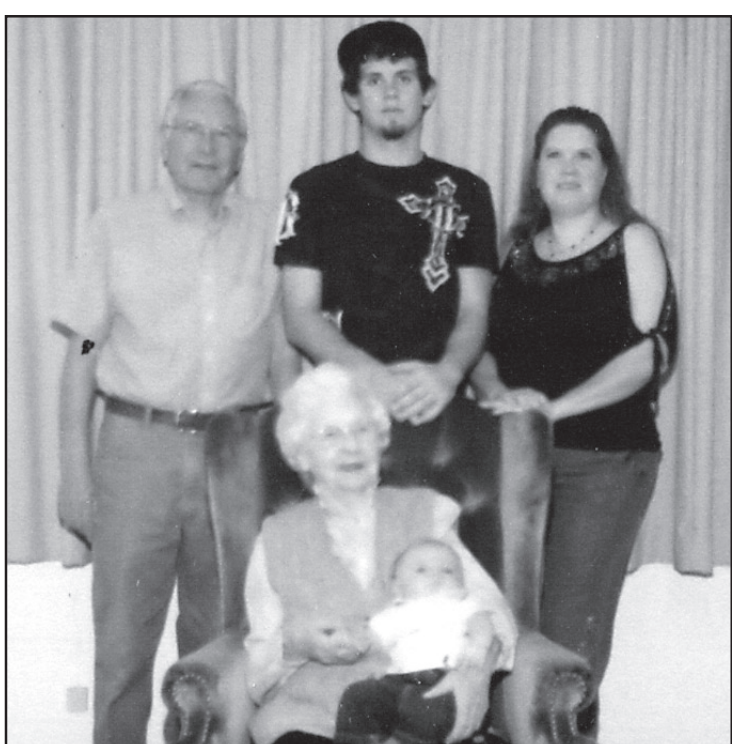
Cardiologists from Sunnybrook Health Sciences Centre in Toronto found that about 11 percent of those who got the flu vaccine got at least one shock from their defibrillator during flu season, but nearly 14 percent of those who did not receive the vaccine got a shock from their defibrillator.

Less than 30 percent of U.S. adults aged 18 to 49 got vaccinated last flu season, according to the U.S. Centers for Disease Control and Prevention. This is definitely something to give serious consideration if you have heart issues or frequently get the flu.

If you have questions, please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twatts@ksu.edu.

BIRTH

Isaac Connor Runnion was born on July 6, 2012 at Colby Hospital. Isaac is the fifth generation of this family. (Pictured in the front row) Great-great-grandma, LaVergne Bietz of Logan, holds Isaac. (Pictured in the back row) Great-grandpa Myron Bietz of Norton, the father is Logan Runnion of Oberlin, and grandma Kathy Runnion of Norton.



Incentives program deadline is Nov. 16

Natural Resources Conservation Service State Conservationist Eric B. Banks, announced that the application evaluation cutoff date will be, Friday, Nov. 16, for the Environmental Quality Incentives Program.

The Environmental Quality Incentives Program is a voluntary program that provides financial and technical assistance to agricultural producers through contracts up to a maximum term of ten years in length. These contracts provide financial assistance to help plan and implement conservation practices that address natural resource concerns and provide opportunities to improve soil, water, plant, animal, air, and related resources on agricultural land, such as cropland and rangeland, and non-industrial private forestland.

Applications are accepted year round, but those

received by Nov. 16, will be evaluated for fiscal year 2013 funding. Applicants must meet certain eligibility requirements.

"Environmental Quality Incentives Program helps address the unique circumstances of socially disadvantaged, limited resource, and beginning farmers and ranchers, who have natural resource concerns that need to be addressed on their land," said Banks. Qualifying Kansas producers compete separately and receive higher payment rates.

For more information visit the Kansas NRCS Web site www.ks.nrcs.usda.gov/programs or your local U.S. Department of Agriculture Service Center. To find a service center near you, check your telephone book under "United States Government" or on the Internet at offices.usda.gov.

Healthy lawns need fall mowing

Continuing to mow grass throughout the fall in preparation for cold weather yields healthier grass in the spring.

While rumors claim that allowing grass to grow tall will insulate it against the cold winter weather, K-State Research and Extension horticulturalist Ward Upham said tall grass will provide little protection against winter. In fact, canopies that are too tall may even cause damage if they become matted down and harbor snow mold.

"The lawn will benefit more from continuing to mow at the recommended height than from trying to gain some insulation

against winter cold by allowing it to grow tall," Upham said.

He said the recommended heights for grasses in Kansas is as follows: Tall fescue 2.5 -3.5 inches, Kentucky bluegrass 2-3 inches, Perennial ryegrass 2-3 inches, Buffalograss 2-3 inches, Bermudagrass 1-2 inches and Zoysiagrass 1-2 inches.

Mowing grass at the higher end of these ranges during early fall helps the grass store more carbohydrates for the winter, Upham said.

For more information about healthy lawns, visit www.ksre.ksu.edu.

VOTE

for ...

R.A. Peterson

For District 2

County Commissioner

(Paid Political Ad for R. A. Peterson, R. A. Peterson, Treasurer)

Is Jesus calling you?

Parish Mission

with Father Daniel Scheetz

November 4-6, 2012

6:30-7:30 p.m.

St. Francis of Assisi Catholic Church, Norton, KS

Phone: (785) 877-2234

The Parish Mission is an invitation for parishioners to take a moment to reflect as you learn about the Call to Holiness offered to each of us. Set aside these three evenings to come to the restful waters of a deeper understanding of our faith.

Please Remember to Vote Nov. 6

VOTE

Charles "Bud" Posson

for County Commissioner

District 3

PAID FOR BY CHARLES POSSON, KRISTINE KNAPP, TREASURER

Nora Thompson Washburn

will be celebrating her 90th Birthday on November 12.

Cards can reach her at 970 Quail Drive, Norton, Kansas 67654

Dr. R.A. Peterson

for Norton County Commissioner District #2

Primary Winner!

The Name IS on the Ballot

Paid for by Leroy Lang
Norton County Commissioner
2000 - 2008

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Nov. 2- Nov. 7

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NORTON THEATRE

Here Comes the Boom

(PG) 1 Hour and 51 Minutes (Presented in Digital Sound)

Friday and Saturday - 8:00 p.m.

Sunday - 5:00 p.m.

Mon., Tues., Wed., 7:00 p.m.

Trouble with the Curve

1 Hour, 57 Minutes, (PG-13)

Here Comes the Boom is General Admission Price of \$6.00 and \$5.00 - \$3.00 on Sunday
Trouble with the Curve is General Admission Price of \$6.00 and \$5.00 - \$3.00 on Sunday

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