

# OBITUARIES

## Alan E. Loughry

Aug. 22, 1942 - Dec. 22, 2005

Alan E. Loughry, 63, Scottsbluff, Neb., formerly of Norton, died Dec. 22 at his home.



A. Loughry

Mr. Loughry was born Aug. 22, 1942, in Pueblo, Colo., to Alvah and Evelyn (Satter) Loughry.

He grew up on the family farm north of Norton and graduated from Norton Community High School with the class of 1960.

He moved to Scottsbluff in 1968, while employed by KN Energy.

He retired as Emergency Medical Services coordinator for the state of Nebraska.

At the time of his death, he owned and operated Al's Home Repair.

On Feb. 12, 1999, he married Peggy Warren in Cheyenne, Wyo. He was a member of the Elks

Lodge, Robert W. Furnas Lodge and the Masonic Lodge

He was preceded in death by an infant son, Gregory, his parents and a brother, Darwin Loughry.

Survivors include his wife, Peggy; two sons, Steve and Alicia Loughry, Winnemucca, Nev.; Mark and Laurie Loughry, Hays; two daughters, Yvonne and Brad Burmaster, Overlin; Amy and Brian Hanson, Wamego; stepsons, Chris Warren, Brian Warren and David Warren; a brother, Phillip and Gerry Loughry, Norton; a sister, Joyce and Doyle Brooks, Norton; six grandchildren; and four step-grandchildren.

Funeral services were held Tuesday at Dugan-Kramer Funeral Chapel with Tom Perkins officiating. Burial was in Fairview Cemetery, Scottsbluff.

Memorials may be sent in Mr. Loughry's honor to the American Heart Association, Box 1653, Topeka, Kan. 66601-1653, or made on-line at [www.donate.americanheart.org](http://www.donate.americanheart.org).



Y. Moennich and B. Smith

## Couple plans to wed Jan. 28 in McPherson

Yawna Moennich and Bryan Smith, Marysville, plan to marry Jan. 28 at the First Presbyterian Church in McPherson.

Parents of the couple are Dennis and Helen Moennich, McPherson, Becky Smith, Norton, and the late David Smith.

The bride-to-be is the granddaughter of Walter and Gertrude Moennich, Hope, and the late Clarence and Geneva Erickson, Gypsum.

Mr. Smith is the grandson of Richard and Mildred Smith, Norton and John and Hazel Stutterheim, Norton.

Miss Moennich graduated from McPherson High School and Butler County Community College. She works for The Eye Doctors, Marysville.

The prospective groom graduated from Norton Community High School and Kansas State University, Salina, with a bachelor of science in mechanical engineering technology and is employed as a design engineer with Titan Trailer Manufacturing, Waterville.

## MARKETS

At close of business Dec. 29

Wheat .....	\$3.54
Milo .....	\$1.61
Corn .....	\$1.82
Soybeans .....	\$5.35

## Municipal Court

No transactions have been given to the paper for municipal court.

## District Court

These transactions were taken from the records of filings in the offices of the District Court clerk at the Norton County Courthouse. Traffic, criminal and wildlife parks cases are given to the paper when the fines are paid. Limited action and small claim cases are reported only after the defendant is served.

## Traffic

May 20 — Dennis John Ryan Martinez, Louisville, Colo., speeding 78 in a 65 mph zone, fine \$48, court cost \$60.

July 5 — Terrell G. Lane, Norton, operating a motor vehicle without a valid drivers license and failure to provide verification of liability insurance, fine \$50, court cost \$60.

July 6 — John Henri McCoy, Santa Barbara, Calif., speeding 90 in a 65 mph zone, fine \$137, court cost \$60.

July 22 — Nicole E. Hess, Castle Rock, Colo., failure to wear seat belt, fine \$10.

Nov. 20 — Anthony F. Thompson, Denver, speeding 82 in a 65 mph zone, fine \$72, court cost \$60.

Nov. 23 — James E. Dew, Barnard, Mo., speeding 79 in a 65 mph zone, fine \$54, court cost \$60.

Nov. 23 — Edward A. Hiza, Olney Springs, Colo., speeding 83 in a 65 mph zone, fine \$78, court cost \$60.

Nov. 29 — Amber K. Wirges, Holyoke, Colo., speeding, fine \$60, court cost \$60.

## READERS

—Norton Rotary Club Scholarship Soup Supper, 5-7 p.m., Jan. 3, high school cafeteria, Norton vs Oberlin. 12/30

The Duplicate Bridge Club met Wednesday evening at the Norton Manor for its regular weekly session with three tables present. Winners were: first, Sam and Bonnie Manning; and tied for second were the teams of Ivy Rolland and Mary Keith and Myron Veh and Dick Hemphill.

— Now Showing at Norton Theatre, Premier of "King Kong" and featuring, "Cheaper By The Dozen II". Call 785-877-2075 or [www.nortontheatre.com](http://www.nortontheatre.com). 12/30

Jessica Schwab began working for Rural Telephone as a network services assistant in Lenora on Oct. 25. Ms. Schwab completed training as a health unit coordinator through the regional occupational program and has considerable experience in both the health field and telecommunications. She lives in Hill City with her two children, Cheyenne and Cody.

Local students receiving diplomas after the fall semester from

Dec. 7 — Michael G. Buske, Calhan, Colo., speeding 73 in a 55 mph construction zone, fine \$156, court cost \$60.

Dec. 8 — James B. Maestas, Colorado Springs, speeding 77 in a 65 mph zone, fine \$42, court cost \$60.

Dec. 17 — Daniel E. Contrerez, Moorefield, Neb., speeding 80 in a 65 mph zone, fine \$60, court cost \$60.

Dec. 19 — Richard C. Chambers, Hays, speeding 82 in a 65 mph zone, fine \$72, court cost \$60.

Dec. 19 — Wayne M. Dietz, Orleans, Neb., speeding 76 in a 65 mph zone, fine \$36, court cost \$60.

## Limited Action

Dec. 7 — Jamboree Foods versus Stacy Maret, Wilsonville, Neb., check for \$55.85, plus court cost and fees.

Dec. 7 — Pizza Management versus Kim Speth, Beaver City, Neb., check for \$9.05, plus court cost and fees.

Dec. 7 — Felton's Ace Building Supply versus John Bieber, Norcat, unpaid debt of \$169.58, plus court cost and fees.

Dec. 7 — Dec. 7 — Brooks Motel versus Bouncin Around Trucking, Pamela Christensen, Jennings, check for \$58.01, plus court cost and fees.

Dec. 8 — Felton's Ace Building Center versus James and Kari Sisk, Norton, unpaid debt of \$410.07, plus court cost and fees.

Dec. 8 — Felton's Ace Building Center versus Benjie and Michelle Whittenburg, Norton, unpaid debt of \$213.38, plus court cost and fees.

Dec. 8 — Felton's Ace Building Center versus Dorin and Diane

Nelson, Norton, unpaid debt of \$509.58, plus court cost and fees.

Dec. 14 — Pizza Management versus Karen Rogers, Colby, check for \$28.54, plus court cost and fees.

Dec. 14 — Jamboree Foods versus Jason Glendening, Hill City, check for \$143.41, plus court cost and fees.

Dec. 14 — Weskamp Rentals versus Crystal and Michael Rojas, Oberlin, unpaid debt of \$1,119.72, plus court cost and fees.

Dec. 14 — Pizza Management versus Leah King, Salina, two checks for \$56.80, plus court cost and fees.

Dec. 19 — Yellow Books Sales & Dist., versus Bruce Reeves d/b/a Jackrabbit Service & Towing & Quick Lube, Norton, unpaid debt of \$1,140, plus court cost and fees.

Dec. 20 — Vollertsen Corp., d/b/a Moffet Drug versus Sharon Wells, Norton, check for \$105.30, plus court cost and fees.

## Marriage

Dec. 27 — Zane D. Smith, and Rodeana K. Schwandt, Norton.

## Animal Shelter

5-month-old female cat gray and white tabby.

1-year-old female, Spaniel mix.

1-year-old female dog, mix. A must see.

1-year-old female Chihuahua mix.

3-year-old female, red and white Australian Shepherd.

3-year-old male Labrador.

1-year-old male Chihuahua mix.

## Janice Towne

May 15, 1948 - Dec. 14, 2005

Janice (Atkinson) Towne, 57, daughter of Dr. George Atkinson, Norton, died Dec. 14 in Glendora, Calif.

Mrs. Towne was born May 15, 1948, in Norton, the daughter of George and Esther (Workentine) Atkinson.

She graduated from Norton Community High School and from Manhattan Christian College.

One June 8, 1969, she married Ed Towne at the Norton Christian Church.

They ministered in Christian churches in Tucson, Ariz., and Overlake, Wash.

After her husband's death in 1992, Mrs. Towne returned to the Seattle, Wash., area. She recently moved to California to be near her son and his family.

She was a long-time member of the Christian Church. She enjoyed

music and belonged to several Bible study groups. She had a strong faith and a deep love for her family.

She was preceded in death by her mother, her husband, and a brother, Dr. Edward Atkinson.

Survivors include: her son, Phillip and Sarah Towne, Glendora; her father, Dr. George and Dolores Atkinson, Norton; a brother, Dr. Bill and Aleta Atkinson, Denton, Texas; a sister, Martha Lofgreen, Lee's Summit, Mo.; and two granddaughters.

Funeral services were held in California on Dec. 20. An inurnment service will be held in January in Seattle.

Memorials in her honor are suggested to Manhattan Christian College or Norton Christian Church. Contributions may be sent in care of the church at 208 N. Kansas, Norton, Kan. 67654.

# Strategies can help prepare you for the winter food Olympics

Starting with Halloween in October through Super Bowl Sunday in January, there's one eating event after another. If there were an Olympics for eating, this would be it.

Studies suggest that most Americans probably gain about a pound during the winter holiday season, but the extra weight accumulates through the years and may be a major contributor to obesity later in life.

The games begin with the "Halloween Candy Kickoff." Candy collected by the kids, candy unloaded at the office, candy stockpiled from last year ... in this kickoff you have to be careful or it could be pounds, not yards, gained.

Following Halloween is the "Thanksgiving Gobble." Though many of us have stopped stuffing our turkeys, we're still stuffing ourselves.

Next is the "December Decathlon," a series of holiday gatherings where we get together with our friends over more food! Try this, try that, our munching friends encourage, and suddenly, we're caught in trying times.

Then the "New Year's Celebration Challenge," lasting until midnight or later, provides ample opportunity to munch too much.

The Winter Food Olympics end with the "Super Bowl Bonanza." The field is filled with food and refreshments.

Who wins the Winter Food Olympics? Those who maintain their weight! Start training now so these eating events don't weigh you down. Here are seven strategies for success:

• **Have a game plan.** When approaching an obstacle course full of fat and calories, plan your strat-

## Home ed Tranda Watts, Extension specialist



egies in advance. Equip yourself — bring lower-calorie drinks or munchies. Avoid weight penalties by choosing smaller portions. Position yourself away from pastries and heaping platters. Concentrate on conversing, not crunching cookies.

• **Choose events carefully.** Ask "How does it rate?" before you put it on your plate. The food events where you can score the most points (and fewest calories) include lots of fruits, vegetables and low-fat, low-sugar goodies! With a good game plan, you can include a few traditional offerings such as Aunt Ruth's raisin cream pie and Grandma's fruitcake.

• **Get in condition.** Lift a weight — other than your own — or take a walk to help your waistline. The earlier you start an exercise program, the greater the benefits. Exercise and added muscle boost your metabolism. That helps burn holiday calories.

• **Find a trainer.** Prepare for the

Winter Food Olympics by learning new techniques. Check your library or favorite Internet food sites for lower-calorie versions of holiday foods.

• **Practice pre-competition eating.** Eat a light snack before the event begins. Take the edge off your appetite to avoid eating too much later on. Resist overloading on calories earlier in the day. Keep a few calories in reserve so you can enjoy goodies without guilt.

• **Pace yourself.** Alternate between higher and lower-calorie foods. Bypass second helpings or take half as much the first time through. Avoid spending too much time at the dessert table. Finally, mingle more than you munch.

• **Enjoy the closing ceremony.** As you weigh in at the finish line, rejoice in clearing the holiday hurdles. Congratulate yourself on successfully completing the Winter Food Olympics. Take a bow!

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Norton, Decatur, Gove, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail [twatts@oznet.ksu.edu](mailto:twatts@oznet.ksu.edu). For more information, contact the county extension office, 877-5755.

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## BIRTH

### Anya Elizabeth Balderston

Shane and Kimberly Peck-Balderston are the parents of a daughter, Anya Elizabeth, born Nov. 30 in Tucson, Ariz. She weighed 8 pounds 1 ounce and measured 19 inches long.

Grandparents are Eugene and Barbara Peck, Hastings, Neb.;

Howard and Kathleen Schemper, Norton; and Dennis Balderston, Beaver City.

Great-grandmothers are Maxine Bishop and Evelyn Balderston, Beaver City; and Lela Peck, Hastings.

*Old-Fashioned New Year's Greetings*

Our new year's wish to you and yours is for health, wealth, and love in the new year and beyond.

*Thanks for making 2005 a success for us!*

## Almena Agri Services

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## A NEW YEAR'S Wish

*With hope and gratitude in our hearts, we wish you a Happy New Year and offer our thanks for your faithful support*

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