



Gregory Todd Rowh and Melissa Kay Bando

Couple sets October date

Jay and Rita Rowh of Beloit take pleasure in informing family and friends of the engagement and upcoming wedding of their son, Gregory Todd Rowh, to Melissa Kay Bando, daughter of Larry and LaVonda Bando of Nebraska City, Neb.

The bride-to-be is a graduate of Nebraska City High School in Nebraska City. She is a graduate of Southeast Community College and Peru State College with a Bachelor's Degree in Psychology. Melissa is a Case Manager for Pawnee Mental Health in Beloit.

Her fiancé is a graduate of St. John's High School in Beloit. He

attended Southeast Community College in Beatrice, Neb. Greg works as a Special Education Para for Beloit Elementary School. He is the grandson of Lyman and Georgia Rowh of Norton, and the late Edward and Vivian Rasmussen of Grand Island, Neb.

The couple met while attending Southeast Community College in 2001. They plan to marry on Oct. 4 at 4:30 in the afternoon at the Bethel United Church of Christ in Nebraska City, Neb.

Reception and dance will be held following the ceremony at Table Creek Country Club in Nebraska City.

Cancer Survivors Support Group to meet Tuesday

The Cancer Survivor's Support Group was formed with the purpose of helping cancer patients through the awesome and frightening diagnosis of cancer. Our purpose is to be there for persons with this diagnosis and help them find information in order to build the best support team available.

This group is helping people live LIFE to their full potential! The group meets to share hope, laughter, support and friendship.

The next meeting is Tuesday Aug. 19 at the Norton County Hospital from 7-8 p.m. The theme is "Exercise! Exercise! Exercise!"

Joan Bolt, Physical Education instructor for the Norton Schools, will be the speaker. She will show us some exercises we can do to regain energy following surgery, etc.

Rita and Bob Speer chair the group. There will be a short business meeting. If you would like to attend, please feel free to come and bring a friend.

At our September meeting, Dr. Bascom from Kearney will be our guest speaker.

Call Jane at 877-3445 or Rita at 877-5205 if you have any questions.

Court dates set in Meyers' case

By BRANDY LEROUX
bleroux@nwkansas.com

Jeremy K. Brafford, 22, of Norton has been charged with one count of aggravated battery against Norm Meyers as the result of an altercation on June 21. His first appearance was Aug. 5 where he entered a plea of not guilty. Mr. Brafford has a court-appointed attorney, Paula Hofaker of Logan, to handle his case.

Mr. Brafford's preliminary hearing was to be held Wednesday; however, his attorney filed a motion for continuance and the new hearing date is Thursday, Sept. 25 at 9 a.m. in district court

in Norton.

John Horesky, 21, also of Norton, has been charged with unlawful hosting, a Class A person misdemeanor in this same incident. He has pleaded not guilty to the charge, and will have his bench trial on Tuesday, Sept. 2 at 9:30 a.m. in district court.

Also charged in this case is Jeff Soderlund, 18, Norton. He is being charged with one count of aggravated battery and one count of minor in possession or consumption of alcohol.

His preliminary appearance is Thursday, Aug. 21 at 2:30 p.m. in district court.

Beef up nutrition in your burgers

Home ed
Tranda
Watts,
Extension
specialist



Many people love grilling burgers during the summer. However, more and more people are concerned about how one can make those ever popular burgers more healthful?

Well, first of all, don't feel guilty every time you enjoy a hamburger. Beef is a great source of nutrients, including protein, zinc, iron, vitamin B-12, niacin, phosphorus and selenium. A healthful diet is both balanced and varied, and most certainly can include the occasional grilled burger.

But if burgers are more of a staple of your summer cuisine than an occasional treat, by all means take some steps to beef up the nutrition. Here are some ideas:

If you haven't already, experiment with the leanest burger you can find. Some stores sell 95 percent or even 97 percent lean ground beef. Choosing leaner

ground beef can make a huge difference in calories and fat in your final burger: According to the U.S. Department of Agriculture's National Nutrient Database, 100 grams (about 3.5 ounces) of 80 percent-lean broiled burger has 270 calories, with 160 calories from fat. That's a whopping 59 percent calories from fat. In contrast, a broiled burger the same size made from 95 percent lean ground beef has just 170 calories, with 63 calories, or 37 percent, calories from fat.

To keep leaner burgers from drying out too much, cook them slowly at lower temperatures. But, as always, be sure the innermost part of the burger reaches 160 degrees Fahrenheit to prevent E. coli O157:H7 or other pathogens from causing food-borne illness. Some cooks add egg white and breadcrumbs to lean ground beef to help the burger hold together, and seasonings for additional flavor. Everyone's palate is different try different variations until you find what works for you.

Watch your portion sizes. According to the Dietary Guidelines for Americans, women need only 5 to 5.5 ounces from the meat and bean group daily; men need just 5.5 to 6.5 ounces. Many burgers top those ranges in one sitting. Weigh a few of your average burgers to determine how much you usually consume. If a bigger

burger is the only thing that will satisfy you, reduce your intake from the meat and beans group during the rest of the day.

Pile on the healthful toppings. Use lower, or non-fat and reduced-sugar condiments. Skip the cheese or choose lower- or non-fat versions. Be certain to include a crisp leaf of lettuce and a thick slice of tomato. And try different brands of whole-grain buns they often have just as many calories as regular buns, but offer a lot more nutrition. This can help you meet the Dietary Guidelines recommendation to make half of all the grains you eat whole grains.

If you have food related questions, contact your local K-State Research and Extension Office.

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. For more information, contact the county extension office, 877-5755.

PUBLIC RECORD

Municipal Court

These transactions were taken from the records of filings in the offices of the Norton Municipal Court. The traffic and criminal cases were given to the paper with the date of the hearings.

Traffic

July 31 — Nish Millan, Norton, speeding 40 in a 30 mph zone, fine \$30, court cost \$70.

July 31 — Marsha Gafford, Hayes Center, Neb., speeding 44 in a 35 mph zone, fine \$30, court cost \$75.

July 31 — Charlie Kohfeld, Norton, failure to have verification of insurance on self. Dismissed as verification was provided at hearing.

July 31 — Jennifer Glennemeier, Norton, driving under expired license, failure to wear seatbelt and failure to use child safety restraints, fine \$590 of which \$500 would be suspended if pays \$165 by Sept. 30, court cost \$75.

July 31 — Elliot Conard, Norton, loud exhaust, fine \$10, court cost \$85.

July 31 — Tamara Walter, Norton, speeding 40 in a 30 mph zone, and no driver's license in possession. Verification of driver's license provided and amended to speeding 74 in a 65 mph zone, fine \$30, court cost \$75.

July 31 — Brady Rundel, Colby, speeding 37 in a 30 mph zone and minor in possession. Six month Diversion, fines and fees \$230,

court cost \$70.

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

July 17 — Denise E. Allyn, Tucson, Ariz., speeding 78 in a 65 mph zone, fine \$48, court cost \$66.

July 17 — Gary R. Atwill, Aurora, Neb., speeding 75 in a 65 mph zone, fine \$39, court cost \$66.

July 17 — Robert D. Bain, III, Mobile, Ala., speeding 78 in a 65 mph zone, fine \$48, court cost \$66.

July 17 — Teresa L. Browning, Garden City, speeding 75 in a 65 mph zone, fine \$30, court cost \$66.

July 17 — Larry G. Cromwell, Payson, Ariz., speeding 77 in a 65 mph zone, fine \$51, court cost \$66.

July 17 — Jacquilyn R. Dooley, North Platte, Neb., vehicles; unlawful acts; e.g., registration, fine \$63, court cost \$66.

July 17 — Barbara A. Hart, Bailey, Colo., speeding 80 in a 65 mph zone, fine \$60.

July 17 — Lawrence H. Louis, Colorado Springs, Colo., speeding 81 in a 65 mph zone, fine \$66, court cost \$66.

Wildlife & Parks

July 17 — Douglas J. Beckman, Grinnell, failure to have personal floatation device readily accessible, fine \$109, court cost \$66.

July 17 — Deborah L. Hunziker, Broomfield, Colo., operating a jet ski within a restricted area, fine \$84, court cost \$66.

July 17 — Dean W. Staubs, Hoxie, fish by illegal means and method, use of jug lines which are not allowed and not secured, fine \$84, court cost \$66.

Animal Shelter

For Adoption

Five week old kittens.

Three male kittens, 11 weeks old. 1 year old male Siberian Husky. 1 year old male, Boxer/Chow.

READERS

Duplicate Bridge

Three Tables

1st — Claudia Bridges and Norman Walter

2nd (tied) — Sam and Bonnie Manning, and Myron Veh and Alberta Slaby

Lloyd J. Harvey, a former Norton resident, will celebrate his 104th birthday on Sept. 2. Cards can reach him at 2625 58th Ave., Greeley, Colo. 80634. He resides with his daughter, Marlene Wilmot. He is in excellent health.

LODGE NOTICES

**American Legion
Harmonson Redd
Post No. 63**

Second and Fourth Monday
Gil Otter, Commander

**Eagles Lodge
FOE 3288**

Second and Fourth
Wednesday, 7:30 p.m.

Marvin Matchett, President

John Walsh, Secretary

**Sons of the
American Legion**

Fourth Monday
7:30 p.m.

James Railsback, Commander
Doyle Brooks, Adjutant

**Veterans of
Foreign Wars**

Reg. 7:00 p.m.

First Mon. of each Month

Curt Archibald, Commander
Joe Ballinger, Quartermaster

**I.O.O.F.
No. 157**

Meet at Eagles Club

First and Third Thursday

Each Month at 7:30 p.m.

Horace Collins, Noble Grand
Randy Knoll, Secretary

**Competitive current interest
rate — guaranteed for
two years. Call today.**

Current Rate*
4.60%

Guaranteed Rate*
2.00%



Joy Johnson
205 N Kansas
Norton, KS
(785) 877-3221

FARM BUREAU INVESTMENT SERVICES

Insurance • Investments

www.fbfs.com

Auto | Life | Business | College | Retirement

*Based on the Company's 7/1/08 declared interest rate for the Single Premium New Money 2 option of the nonparticipating annuity (Select IV Fixed Annuity). This rate assumes a premium payment of \$100,000 or higher. For premium payments between \$25,000-\$99,999, the rate is 4.35%. For premium payments between \$0-\$24,999, the rate is 4.00%. \$10,000 initial premium requirement. The current rate is guaranteed for 2 years. *The guaranteed rate is the guaranteed minimum for the life of the contract. Any surrender of the policy is subject to a surrender charge; the surrender charge is 4% of the policy's value in the first year, 2% in the second year and 0% in the third year. Farm Bureau Life Insurance Company/West Des Moines, IA. Farm Bureau Mutual Insurance Company/West Des Moines, IA. *Companies of Farm Bureau Financial Services © 2008 FBL Financial Group, Inc. 116 (7-08) Policy #434-060 series

**get the color that
shows off your team spirit**



**MOTO Q™ 9c
LIME OR BLACK**

Perfect for the tech-savvy, mobile-but-always-connected multi-tasker who works hard and plays hard — the MOTO Q™ 9c is the ultimate device for business and fun.



**BlackBerry®
Pearl™ 8130
RED OR BLACK**

The BlackBerry® Pearl™ 8130 smartphone is designed to help you get more out of life. It comes complete with a 2 MP camera with video capture, media player, GPS and expandable memory.



Kellie's Inc.



Hill City, 101 E Main • 785-421-6245
Norton, 107 E. Main • 785-874-6718
Stockton, 201 S. Cedar • 785-425-6333

FOR TERMS AND CONDITIONS, SEE www.alltel.com/terms.html

New Licensed Daycare Center in Norton Opening

Holly's Clubhouse

Preschool Teachings

Walking Distance to Eisenhower

Flexible Hours

Openings for Full-Time Children

Opening Soon-Get on the Waiting List Today-Call Holly, 874-4019

Aug. 15-
Aug. 20

Showing at the
NORTON THEATRE
WANTED
1 Hour, 58 Minutes (R)

Friday and Saturday: 7:00 and 9:10 p.m.
Sunday, 5:00 and 7:10 p.m.
Mon., Tues., Wed. at 7:00 p.m.

Mama Mia!
(Premiere) (PG-13)
1 Hour, 58 Minutes

Since Both Movies Are Non-Premieres, All Movie Passes Accepted

GENERAL ADMISSION FOR BOTH MOVIES — \$6.00 & \$5.00
NEXT WEEK: SPACE CHIMPS (G)

COMING SOON

10 Hours Only

Serendipity
OF HILL CITY

**WILL BE IN
NORTON**

Friday, Aug. 15. 4-8 p.m.
Saturday, Aug. 16 8 a.m.-2 p.m.

40-75% OFF

113 S. State • Norton, KS
Formerly The Sewing Box