Gregory Todd Rowh and Melissa Kay Bando

# Couple sets October date

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

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

John's High School in Beloit. He Nebraska City.

Jay and Rita Rowh of Beloit 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 Bethal United Church of Christ in Nebraska City, Neb.

Reception and dance will be Pawnee Mental Health in Beloit. held following the ceremony at Her fiancé is a graduate of St. Table Creek Country Club in

# Cancer Survivors Support Group to meet Tuesday

The Cancer Survivor's Sup- Joan Bolt, Physical Education port Group was formed with the instructor for the Norton Schools, 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 Hos-"Exercise! Exercise! Exercise!" tions

will be the speaker. She will show us some exercises we can do to regain energy following surgery,

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 pital from 7-8 p.m. The theme is. 877-5205 if you have any ques-

## 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 Sept. 25 at 9 a.m. in district court district court.

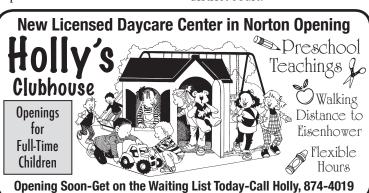
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in Norton.

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 new hearing date is Thursday, Thursday, Aug. 21 at 2:30 p.m. in





# Beef up nutrition in your burgers

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 calories from fat.

Home ed Tranda Watts, Extension specialist

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,

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 reducedsugar 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.

### **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

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

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 Diversion, fines and fees \$230, court cost \$66.

Jov Johnson

Norton, KS (785) 877-3221

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court copst \$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

#### is served. **Traffic**

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

reported only after the defendant

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 July 17 — Teresa L. Browning,

Garden City, speeding 75 in a 65 mph zone, fine \$30, court cost July 17 — Larry G. Cromwell, Payson, Ariz., speeding 77 in a

65 mph zone, fine \$51, court cost July 17 — Jacquilyn R. Dooley, North Platte, Neb., vehicles; un-

lawful 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 speeding 37 in a 30 mph zone and Colorado Springs, Colo., speedminor in possession. Six month ing 81 in a 65 mph zone, fine \$66,

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## Wildlife & Parks

July 17 — Douglas J. Beckman, Grinnell, failure to have personal floatation device readily accessable, 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.

Duplicate Bridge Three Tables

1st — Claudia Bridges and Nor-

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

## LODGE NOTICES



Second and Fourth Monday Gil Otter, Commander



Eagles Lodge FOE 3288 Second and Fourth Wednesday, 7:30 p.m.

Post No. 63

Marvin Matchett, President John Walsh, Secretary



Fourth Monday 7:30 p.m.

Sons of the

James Railsback, Commander Doyle Brooks, Adjutant



Curt Archibald, Commander



Meet at Eagles Club First and Third Thursday Each Month at 7:30 p.m. Horace Collins, Noble Grand

Randy Knoll, Secretary Benefit Supper Roger and Lynn Wetter Due to Financial Hardship from Lynn's Prolonged Medical Bills

Sunday, August 24, 2008

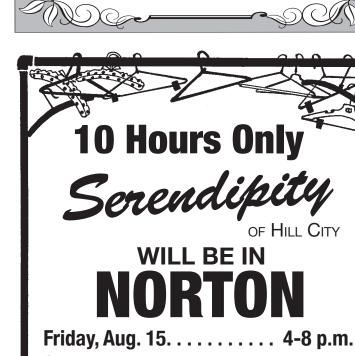
from 5:00 p.m. to 7:00 p.m.

104 S. Wabash, Norton, Kansas Beef Brisket, Cheesy Potatoes, Vegetables and Homemade Pie!

St. Francis of Assisi Parish Hall

Tea and Coffee Donations may also be sent to: The First State Bank

105 West Main - Norton, Kansas



**Saturday, Aug. 16 . . . . 8 a.m.-2 p.m.** 

8/15/08 8:34:07 AM

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

