

Savvy shoppers



A small group of savvy shoppers gathered Tuesday evening at the Norton County 4-H building for a "Coupon 101" seminar. Led by Family and Consumer Science Agent Karen Shephard, the seminar was intended to help consumers learn how to optimize coupon use and save money while shopping for what they need.

-Telegram photo by Mike Stephens

JENNINGS NEWS

Keith and Helen Muirhead family members spending the Christmas holiday with them were Mignon Barry, from Wellfleet, Mass., (on Cape Cod); Tamala Schulze and Kolten from Manhattan; Michelle Zadow and Austin from Grapevine, Texas; Teffani Zadeh, Natalia and Dylan from Chicago, Ill., and Kallista and Blake Isernhagen from Edmond, Okla.

Paul and Kathy Nauer have returned home from Colorado after spending four days at the home of Roy and Julie Kidder in Mead, Colo. Paul's sisters and families were there as well to celebrate the Nauer family Christmas. Paul and Kathy then spent five days in Breckenridge, Colo., with her son and daughter-in-law, Marc and Roxanne Groff and grandchildren, Jaden, Jake and Jordan skiing and celebrating New Year's.

Scott and Denise Taylor are proud to announce the arrival of their son, Vincent Scott born Jan. 8, at Norton County Hospital. He weighed 8 pounds, 5 ounces. Four sisters and one brother are welcoming him home. Grandparents are Dave and Diane Carter; Charles and Vicki Taylor, Oberlin. Great-grandmother is Eleanor Morel.

The United Methodist Women met Jan. 4, opening the meeting with the reciting of the Purpose. Helen Rhodes gave a history of the "Day of Prayer and Self Denial." A special offering for this program will be taken at the February meeting. Rachel Carter gave the Devotions. Ruth Chance served snacks.

The City Council will hold their meeting on Monday evening Jan. 16, instead of on Thursday Jan. 12, at 7:30 p.m.

PUBLIC RECORD

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 and Wildlife and Parks cases are given to the paper when the fines are paid.

Jan. 5

Dec. 20- Jess Lee Allen, Oberlin; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Dec. 10- Brian L. Barnett, Norcat; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Dec. 10- Robert Lynn Barnett, Norcat; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Dec. 10- Melissa Harper, Norton; Charge: Speeding 82 in 65; Found: Guilty; Fine: \$185.

Nov. 30- Gavlin K. Henderson; Charge: Speeding 80 in 65; Found: Guilty; Fine: \$173.

Dec. 22- Charles L. Mann, Canadian, Texas; Charge: Speeding 78 in 65; Found: Guilty; Fine: \$161.

Jan. 1- Jared D. Michaels, Norfolk, Neb.; Charge: Speeding 85 in 65; Found: Guilty; Fine: \$203.

Dec. 28- Gary R. Neff, Elwood, Neb.; Charge: Improper

stop lamp or turn signal; Found: Guilty; Fine: \$143.

Nov. 7- Nicholas Daniel Sharpnack, Norton; Charge: Expired registration; Found: Guilty; Fine: \$173.

Jan. 1- Timm A. Walter, Norton; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Jan. 12

Jan. 2- Thomas E. Billenwillms, Kanorado; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Dec. 22- Kenneth Dean Braccelin, St. Francis; Charge: Speeding 74 in 65; Found: Guilty; Fine: \$143.

Sept. 24- Ricardo Claro Perez, Dodge City; Charge: Motor carrier safety rules and regulations-no previous seven days; Found: Guilty; Fine: \$198.

Nov. 8- Travis E. Dial, Norton; Charge: Speeding 82 in 65; Found: Guilty; Fine: \$185.

Dec. 31- Susan J. Gilgenbach, Norton; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Dec. 29- Raymond Seungwon Jang, Warner Robins, Ga.; Charge: Speeding 76 in 65; Found: Guilty; Fine: \$149.

Dec. 20- Brad D. Long, Nor-

cat; Charge: Speeding 78 in 65; Found: Guilty; Fine: \$161.

Nov. 23- Felix M. Mendoza-Fuste, Grand Island, Neb.; Charge: Operating a motor vehicle w/o valid license; Found: Guilty; Fine: \$198.

Jan. 2- Angel Grace Rice, Kensington; Charge: Failure to wear seatbelt; Found: Guilty; Fine: \$10.

Dec. 30- Dean Eilert Thorstenson, Waterville, Iowa; Charge: Speeding 76 in 65; Found: Guilty; Fine: \$149.

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Success depends on 'P' and 'Q'

New Year's resolutions are often made with good intentions, but they can be difficult to maintain. Instead of making vague promises this year, set tangible goals and work toward realistic lifestyle changes. TOPS Club, Inc. (Take Off Pounds Sensibly), the nonprofit weight-loss support organization, offers tips from member Loisann Dulaney of Texas to help individuals reach their weight loss goals and lead healthier lives.

The "Ps"
Plan. Create a plan for the New Year. Will you eat fewer sweets or consume more whole grains? It's important to understand, in advance, how you will reach your healthy goals.

Pyramid/Plate. The USDA's MyPlate, which has replaced the Food Guide Pyramid, offers healthy eating and portion size guidelines. Also, TOPS' Food Exchange System, similar to the one developed by the American Dietetic Association, encourages individuals to use variety and flexibility in meal planning to achieve balanced nutrition. There are no "good" or "bad" foods, according to the Exchange System. All food is acceptable in moderation.

Portions. It's essential to be aware of portion sizes. A cup of food is approximately the size of a cupped hand, a half cup is about the size of a fist, and a serving of meat is roughly the size of a deck of cards.

Pitcher. Put a pitcher of water in the refrigerator and drink about eight glasses each day. The pitcher will indicate the amount of water you have al-

ready consumed.

Push and Pass. Try to leave a small amount of food on your plate as you "push away" from the table at the end of a meal. Stand up, put the food in the trash, and leave the table. Pass on potato chips, pastries, pies, pound cake, and more. Choose healthier snack foods, like pretzels, unsalted peanuts, popcorn, and diet juice popsicles.

Personal Trainer. Personal trainers help people tailor their exercises to their ability and the proper intensity level. But a trainer or special equipment is not required. Just walk and get moving.

Parks. Walk or jog in a local park. If the weather conditions are poor, go to the mall or a large store to burn off some calories. Visit the gym or take fitness classes.

Partners. Having a fitness partner can help you stay on track. Whether they help you make healthy meal choices or join you during a workout, they are the people who can offer support. Consider attending a local TOPS chapter meeting in your area, where support abounds. Find chapter meetings at www.tops.org.

Project. Start a project or take up a hobby that keeps you away from the kitchen. Choose a hobby that will get you moving - nature hikes, gardening, dance classes, bike riding, golfing, camping, and more.

Public. Check out restaurants' menus online, so you can find a location with healthy options. If you're mulling over an appetizer, consider a salad with low-

fat dressing or oil and vinegar rather than mozzarella sticks or other deep-fried foods. Choose the fruit and vegetable option at a fast food restaurant instead of fries. Practice eating smaller portions and bring half of the meal home.

Pajamas. It's important to get about seven to nine hours of sleep each night. Go to bed at a reasonable time for more energy the next day.

Practice. As with anything - learning to drive, playing an instrument, and more - practice is necessary. Start slowly and practice healthy habits each day to make lasting changes.

The "Qs"
Quick. There is no quick fix when it comes to weight loss. Work slowly and make lifestyle changes as you go along.

Quiz. Quiz yourself frequently. Am I exercising on a regular basis? Do I keep a food journal to track what I am eating? Do I encourage others as they try to make healthier lifestyle choices? This will keep you accountable and mindful of the choices you make.

Quit. Quit knocking yourself down. There are times when you may overindulge, but it shouldn't be discouraging. Stay motivated and continue with your weight-loss plan.

Quiet. Make time for some peace and quiet in a busy schedule. It's important to spend a few minutes alone periodically. This will give you time to recharge. Take a quick nap, listen to music, or simply sneak off to a quiet room in the house to clear your mind.

Farmers can see for themselves

Soybean farmers can now apply for the United Soybean Board's free See for Yourself program, which will enable 10 U.S. soybean farmers this year to witness for themselves how the soybeans they grow are used in animal feed at home and abroad, in bio-diesel, in fish farming, and even as a mainstay in a school-lunch program. As you learn, you can also evaluate how soybean-check-off investments help foster this utilization every

step of the way.

Interested U.S. soybean farmers may complete an application now through March 30, on the board's website at www.unitedsoybean.org.

The week-long program, scheduled to take place July 29-Aug. 4, will also enable U.S. soybean farmers to meet industry representatives using soy, as well as some of the men and women who help lead the checkoff.

Happy New Year!

Start the New Year right with a gift from us... A special on our Regular 1-Year Rate

Effective Dec. 31, 2011

Offer Expires Tuesday, Jan. 31, 2012

25% OFF for New Subscribers Only

Norton, Phillipsburg, Graham, Decatur and Furnas County, Nebraska

\$60.00 *NOW* \$45.00

Elsewhere in Kansas and Nebraska

\$70.00 *NOW* \$52.50

All Other States

\$76.00 *NOW* \$57.00

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PLEASE CHECK: \$45 \$52.50 \$57

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THE NORTON TELEGRAM