

# OBITUARIES

## Donald R. Burge March 16, 1917 - Oct. 9, 2011

Donald R. Burge, 94, died Sunday, Oct. 9, 2011 at Grandview Manor Nursing Home in Campbell, Neb. Donald was born on March 16, 1917 to Arthur and Carrie LaDuska (Hempstead) Burge in Bladen, Neb. He married Edna O. Meyer on June 1, 1941 in Blue Hill, Neb. He lived in the Bladen area and was a farmer and carpenter by trade until retiring and moving to Alma, Neb. He was an avid fisherman and bowler and his greatest joy was being with his family. He was a member of Trinity Lutheran Church, in

Blue Hill, Neb.

He is survived by his wife of 70 years: Edna, Campbell, Neb.; daughter, Sharon (Ronald) Kreutzer, Kearney, Neb.; son, Robert (Patricia), Kearney, Neb.; daughter-in-law, Linda Burge, Norton; sister, Wilma (Leo) Whittier, Granada Hills, Calif.; seven grandchildren, three step grandchildren, eight great-grandchildren, eight step great-grandchildren, nine great-great-grandchildren. He was preceded in death by his parents, his son, Dennis, five brothers and four sisters.

Services were Thursday, Oct. 13, at 10 a.m. at Trinity Lutheran Church, Blue Hill, Neb., with Rev. Joshua Lowe officiating. Burial was in Blue Hill Cemetery. Visitation was Wednesday, Oct. 12 from 1-8 p.m. at Merten-Butler Mortuary, Blue Hill, Neb., and one hour prior to services at the church. Memorials can be directed to Asera Care, Kearney, Neb. Merten-Butler Mortuary of Blue Hill, Neb. is in charge of arrangements.

# ANNIVERSARY



The children of Gale and Janice Lohrmeyer will hold a reception to honor the couple on their 50th wedding anniversary on Sunday, Oct. 23 from 2-4 p.m. at St. John's Parish Hall in Logan. The couple was married at St. John's Catholic Church in Logan on Oct. 21, 1961. Cards may be sent to PO Box 162, Logan, KS, 67646.

# Business in the spotlight

Each month this column features one Norton County business selected at random in honor of all our local businesses large and small, well-established and newly-established for their valuable contribution to our economy. Economic development board member Brad Hopkins submitted this month's article.

October 2011  
Don's Floor Covering  
113 West Washington  
Norton, KS  
(785) 877-3002

Since Norton is home to Don Kaus and the only place that installed carpeting was closing, Don decided to try his hand in the carpet installation business. With that thought, Don's Floor Covering was born.

Once he made the decision to

open his own store, it took about two months to get it up and running. He started with just a van and equipment. Now, that business includes a full service showroom and a warehouse. The business has expanded to include flooring and floor care products, as well as a variety of window coverings.

Don says one of the main challenges he faces as a business owner is finding and retaining the right personnel. When asked about what he would do differently, Don said, he "would try to be a better administrator." He would like to maintain the business he has, but would also like to offer different goods and services in the future.

Don says he sees opportunities for growth as long as he can provide better services than the

next guy. He also says that consumers need to recognize the value and honest pricing that is available at Don's Floor Covering and at other Norton businesses.

Don says some of the most rewarding things about being a business owner is the friendships he has developed over the years, both professionally and personally. His advice to other business owners in Norton County is to "provide the best service you can to your customers and let them know they are appreciated."

The Norton City County Economic Development is proud to salute Don's Floor Covering as the October Business in the Spotlight.

## Recycle and be environmentally wise

By Ron Wilson, director of the Huck Boyd National Institute for Rural Development at Kansas State University

"Reduce, reuse, recycle." That's a familiar phrase which reminds us to recycle and be environmentally wise. Today we'll learn about a business which has made recycling a fundamental part of its enterprise.

Greg Wilson is co-owner of Howie's Trash Service in Manhattan. The business was founded by his father, Howard Wilson. The Wilsons (no relation to me) have rural roots. Howard grew up near the rural community of Alta Vista, population 434 people. Now, that's rural.

Howard Wilson met his wife Joann at Alta Vista and went on to Kansas State University where he studied dairy management. When children were born, he started running a trash route as a way to pay his way through college. He called it Howie's Trash Service.

"Thanks to that trash route, my dad got through college in five years while being married with two kids, debt-free," Greg said. After graduation, Howie sold the trash route and worked for the Safeway milk plant for 17 years.

In 1984, Howard and Joann and son, Greg, went back into the trash business in Manhattan. The business had one rear load trash truck and four Golden Goat machines.

What is a Golden Goat? They were yellow-colored machines that sat in parking lots around Manhattan. A person could put aluminum cans in the front and quarters came out the back. "It was pretty meager," Greg said.

In 1985, they decided to focus their efforts on the recycling business. Today, the business is known as Howie's Recycling and Trash Service.

Howie's opened its first recycling center in May of 1986. At that time, Howie's Recycling, Inc. bought aluminum cans, scrap aluminum and other non-ferrous metals from individuals and businesses. It soon expanded into other household products,

such as cardboard, glass, and newspapers. The papers were shredded with a tree shredder, baled with a John Deere hay baler, and sold as animal bedding. Now, that's rural ingenuity.

Trying to recycle plastics proved to be a challenge in the beginning.

"The companies we shipped plastics to went out of business or found some fault with the shipment," Greg said. "We never received payment for the first three loads of plastic that we shipped out."

In 1993, Howie's Recycling purchased land in south Manhattan where its building is currently located. The main building is 150 feet x 200 feet in size. In 1998 Howie's Recycling added a roll-off trash service to its business. Since then, it has expanded to operate four roll-off semi-trucks and more than 200 open top containers in order to keep up with the demands of new construction in Manhattan and the surrounding area. The company also provides services to small or large companies needing demolition, handling all sizes and types of debris. The roll-off service services trash compactors for businesses like the Kansas State Union and Home Depot.

In 2008 Howie's added a residential and commercial trash

service to its business. It currently runs two frontload and one rear-load trash trucks and services Manhattan, Ogden, and Keats.

In 2010, Howie's Recycling, Inc. added optional curbside recycling services for its residential and commercial customers. Recycling containers are picked up from customers twice a month.

Today, Howie's is a self-serve center for the recycler. Howie's accepts aluminum cans, food and beverage glass, plastic (#1 and #2), newspaper, magazines, office paper, cardboard, and tin cans, as well as all non-ferrous metals. Saturday mornings are an especially busy time, when families bring their recyclables to Howie's.

When Howie's Recycling started, it took about six months to generate a semi load of aluminum cans. Today, it ships an average of 15 semi loads of materials to be recycled per month.

"Reduce, reuse, recycle." We salute Howard, Joann, and Greg Wilson and all those involved with Howie's Recycling and Trash Service for making a difference with this environmentally positive business. So reduce, reuse, recycle - and revive rural Kansas.

## Choose My Plate replaces Food Guide Pyramid

Choose My Plate, which is the new symbol replacing the Food Guide Pyramid is a very simple image designed to remind us to make healthy food choices at meals and snacks.

This includes eating a variety of foods from the five basic food groups which are included in the logo (which includes the grains group, fruits, vegetables, dairy, and the protein group).

When looking at Choose My Plate, you can easily picture the advice to make half your plate full of fruits and vegetables. The other half should consist of grains, preferably whole grains, and various lean protein foods. Include low-fat dairy milk or yogurt with meals and snacks, as well. Just because Choose My Plate shows a plate with separate food groups, however, does not mean that you should avoid eating sandwiches, stews, casse-

Homeed  
Tranda  
Watts,  
Extension  
specialist



roles or other mixed dishes.

While the image is new, the information about what and how much to eat has not changed. Both the older My Pyramid and the new Choose My Plate illustrate the same food groups and the same recommendations about what and how much to eat.

The new Choose My Plate logo includes a website where you and your family can get lots of specific information about what and how much to eat [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov). It is loaded with practical ways to

help people make healthier food choices. At this website, you can learn about which foods to eat more of, which foods to eat less of, healthy choices within the various food groups, how many calories and servings you need based on your age and gender, and guidelines for physical activity. It also includes many tip sheets and ideas for families with youngsters, information on weight loss, examples of seven days of balanced meals, some recipes, a food planner and a food diary tracker.

The main dietary advice to remember is:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Make at least half of your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.
- Drink water instead of sugary drinks.

If you have food and nutrition related questions, please feel free to contact your local K-State Research and Extension District Office or contact Tranda Watts at [twatts@ksu.edu](mailto:twatts@ksu.edu).

# HANSEN MUSEUM

Dane G. Hansen Museum, Logan, Kansas, is proud to present "K is for Kansas" and "Considering the Common Place: Prairie Towns" scheduled to open Oct. 28 through Dec. 18. "K is for Kansas" is an exhibit exploring Kansas from A to Z. This includes the state symbols that all Kansas children study, but also fun and curious facts about the state, and stories which are often overlooked. "Considering the Common Place" consists of seventy-one photographs taken by artist/teacher, Bob Regier, from North Newton.

"K is for Kansas" uses an alphabet theme to explore the cultural and natural history of Kansas in a way children can un-

derstand and enjoy. It received a 2004 Kansas Museums Association Award for Excellence and a 2006 American Association for State and Local History Award of Merit (their highest award).

"Considering the Common Place: Prairie Towns" through the Lens of Bob Regier is organized around eight themes: light and shadow, windows and walls, sentinels, elegance, locomotion, entrances, signs and lines, and sacred space. This exhibit also includes notable quotes found by Bob Regier that share his affection and appreciation for the ordinary.

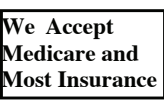
## Duplicate Bridge

There were three tables for Duplicate Bridge on Wednesday night. First place honors went to Jack Graham and David Graham, second place went to Myron Veh and Jerry Moritz and third place went to Jake Durham and Norman Walter.

Call Mike with all your social news.  
877-3361



Dr. Dustin Cheney



Dr. Susan Buchanan

The  
Chiropractic  
Centers • Phillipsburg  
• Stockton  
• Norton  
877-351-7191

Parents scheduled for treatment in October (Mom and/or Dad) can bring their children for a free exam and treatment

We are Celebrating our  
Chiropractic Family for  
National Chiropractic  
Month

Thru October  
New Patients  
will receive a  
FREE initial  
exam



[www.TheChiropracticCenters.com](http://www.TheChiropracticCenters.com)

## American Legion Auxiliary

### BAKE SALE

Thursday, October 20

Pies, Cakes, Cookies and Breads

FROM 9:30 A.M. TO 1:30 P.M.

LEGION DINING ROOM, NORTON, KANSAS



## First Security Bank & Trust

wants you to have

### a free gift . . .

a professional natural color portrait of you or your entire family.



We are pleased to offer this gift to our valued customers and the members of our community. All you need to do to receive your free gift portrait is call us to set up an appointment for your portrait sitting.

#### PHOTOGRAPHY LOCATION:

First Security Bank and Trust: 105 S. Main Street, Lenora

Tuesday, October 25, 2011 - 3:30 p.m.-8:00 p.m.

First Security Bank and Trust: 201 E. Main, Norton

Wednesday, October 26, 2011 - 3:00 p.m.-8:00 p.m.



FIRST SECURITY BANK AND TRUST COMPANY

201 E. Main Street, Norton, KS - PH 785-877-3313

Oct. 14-  
Oct. 19

Showing at the

## NORTON THEATRE

### Abduction

1 Hour, 56 Minutes (PG-13)  
Presented in Digital Surround Sound  
Friday and Saturday: 8:00 p.m.  
Sunday: 5:00 p.m.

Monday, Tuesday and Wednesday: 7:00 p.m.

## Spy Kids 4

1 Hour, 35 Minutes, (PG)

Since both movies are non-premieres, all passes accepted

Abduction is General Admission \$6.00 and \$5.00 - \$3 Sunday Ticket  
Spy Kids 4 is General Admission \$6.00 and \$5.00 - \$3 Sunday Ticket



COMING TO NORTON  
FRIDAY, OCTOBER 28  
PUSS IN BOOTS (PG)

This ad is brought to you by The Norton Telegram