

# OBITUARIES

## Wallace F. Rubick July 7, 1933-August 9, 2008

Wallace F. Rubick, prominent Billings, Mont., businessman, and former resident of Norton, died in Colorado Springs, Colo., at the age of 75 on Aug. 9, 2008. He was born in Lamar, Colo., on July 7, 1933 and grew up in other Colorado cities, including Limon, Denver and Pueblo.



Mr. Rubick

Mr. Rubick attended Western State College, Gunnison, Colo., the University of Northern Colorado, Greeley, and graduated from Ohio University in Athens in 1955 with a degree in business administration.

He was employed with CIT Financial Corp. from 1956 until 1971.

In 1963, he moved to Billings and founded Rubick Leasing Company, a successful business he ran for more than 30 years, besides dabbling in other inventions and health food sales.

He retired in 2001 to enjoy his cabin in Red Lodge, Mont., and to do all that he loves, including fishing, golfing and most of all following his favorite baseball teams, from small town high school teams to big leagues and collecting baseball cards and other baseball and football memorabilia.

In January 2008, Mr. Rubick moved to Colorado to be near family in Colorado Springs.

Mr. Rubick lived in Norton, Kan., from age 2 through 16, including two years of high school. He and his sister, Beverly, grew

up playing in the Foster Lumber Yard in Norton when their father was the manager.

Family members recall finding information recently that he wrote on a baseball card with his picture on it, that reads, "First Base Norton, KS American League. Wally's dad was assist coach player against Billy Martin."

Mr. Rubick was very active in his community of Billings, and a member of a host of clubs, including Al Bedoo Shrine, Lincoln Masonic Lodge 147, member and past president of the Al Bedoo Brass Band, member of the Billings Rotary Club, Billings Elks Lodge, Past President of Gideons International, member of the Left Handers International, Tuba International, and several dance clubs.

Additionally, he was a member of the Montana State University-Billings Booster Club, and in 1997 was chosen Yellow Jacket Fan of the Year.

He also updated the words to the MSU-B fight song and Alma Mater when the school became a university in 1994. His love for the sport was unsurpassed.

He is survived by one sister, Beverly Hilleary, Littleton; and six children (including stepchildren) — Christy Rubick Thomas, Littleton, Marsha Bredford, Colorado Springs, Mona Dupre, Columbia, Mo., Monica Littlefield, Colorado Springs, Matt Welch, Billings and Mark Welch, Joshua, Texas.

Services were held at the Smith Funeral Home (Westside) Billings on Aug. 16, 2008.

Burial was in Sunset Memorial Gardens, Billings.

# Tip: Go greener when choosing lettuce

Have you heard people say that lettuce actually has very little nutritional value? Have you heard that people need to eat more leafy greens? Isn't lettuce a "leafy green"? Have you wondered what's the real story?

It depends on what you mean by "lettuce". If you're thinking iceberg or some other variety of tightly-wrapped, pale green head lettuce ("crisphead" lettuce), then this lettuce does have very little nutritional value — only about 7 percent of the vitamin A you need in a day, for example, and 3 percent vitamin C. At the same time, it's 95 percent water, which means it helps keep you hydrated,

and, some scientists say, will help you feel full. And, it has very few calories — only 10 in a full cup of shredded lettuce.

So iceberg lettuce should hardly be classified as junk food. It's just not the most nutrient-dense choice you could make for your salad.

In contrast, one cup of shredded romaine lettuce gives you 55 percent of your daily intake of vitamin A, and 20 percent of vitamin C. Green leaf lettuce is almost as good, offering almost as much vitamin A and about 10 percent of vitamin C. Even butterhead lettuce (Boston or bibb type) offers 35 percent of vitamin A, though not much vitamin C.

## Home ed Tranda Watts, Extension specialist



you can expect to get.

If you are the adventurous type, you may consider trying other types of leaf greens in your salad — spinach, collard greens, Swiss chard and bok choy are among the more mild-flavored. Greens with a stronger flavor include mustard greens, arugula, mizuna and turnip greens. Kale falls somewhere in between.

Vegetables that are better for you tend to be richer in color. The deep green leaves of "iceberg alternatives" tend to offer more folate, potassium and magnesium, as well as antioxidants of beta-carotene, etc. And, the darker the leaf, the more phytonutrients (a fancy name for "plant nutrients")

The My Pyramid Food Guidance System recommends anywhere from 1.5 to 3 cups of dark green vegetables — a category that also includes broccoli — each week. There's a trick, though: leafy greens count for only half — you need two cups of lettuce or leafy greens to count as one cup of dark green vegetables. Keep that in mind when you're at the salad bar.

If you have further questions about food and nutrition, please feel free to contact your local K-State Research and Extension Office.

Tranda Watts is the 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

### Jail Log

Aug. 12 — Joshua C. Christopher, Burlington, Colo., driving while suspended, second offense, released Aug. 17.

Aug. 15 — Carlos Baez-Hernandez, Overland Park, holding for Shawnee County, released Aug. 19.

Aug. 15 — Norman Myers Jr., Norton, holding for forgery, burglary and theft.

Aug. 16 — Billy Tallent, Norton, driving under the influence of alcohol and transporting an open container, released Aug. 16.

Aug. 16 — Andy Horesky, Norton, serving 5 days for minor in possession of alcohol, released Aug. 17.

Aug. 16 — Dewayne Bangle, Norton, holding for theft, burglary, criminal damage and vehicle theft.

Aug. 20 — Kenneth Thomas, Matfield Green, possession of drugs and paraphernalia, released Aug. 28.

Aug. 23 — Darrell Moore, Almena, probation violation.

Aug. 25 — Nicholas Phillips, Norton, warrant arrest.

Aug. 27 — Debra Sigwing, Norton, serving 5 days for driving while suspended.

### 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

Aug. 14 — Ryan Cornwell, Belgrade, Neb., speeding 49 in a 40 mph zone, fine \$30, court cost \$75.

Aug. 14 — Marty Cook, Leupp, Ariz., speeding 42 in a 35 mph zone, fine \$30, court cost \$75.

Aug. 14 — Jose Rodriguez, Lexington, Neb., speeding 55 in a 45 mph zone, fine \$30, court cost \$75.

Aug. 14 — Nish Millan, Norton,

speeding 55 in a 45 mph zone, fine \$30, court cost \$75.

Aug. 14 — Dyann Abbott, Wilsonville, Neb., failure to have tag and registration, 30 days jail suspended if fines paid in full within 6 months, fine \$100, court cost \$75.

Aug. 21 — Aaron Roberts, Norton, driving in violation of restrictions. Pled not guilty and dismissed by city prosecutor for payment of costs, court cost \$75.

Aug. 21 — Landon Scott, Beaver City, Neb., failure to provide verification of insurance, dismissed as verification provided at hearing.

### Criminal

Aug. 21 — Samantha Buffington, Almena, guilty to one count of battery, to pay restitution of medical expenses to victim in the amount of \$412, fine \$500, 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 31 — Ernest F. Bane Jr., Scotia, Neb., failure to comply with motor carrier safety rules and regulations, failure to have medical card, fine \$100, court cost \$66.

July 31 — James J. Baker, Hill City, speeding 79 in a 65 mph zone, fine \$63, court cost \$66.

July 31 — Cheri M. Brooks, Clayton, speeding 77 in a 65 mph zone, fine \$51, court cost \$66.

July 31 — Brandon L. Bullock, Norton, failure to wear seat belt as required, fine \$39, court cost \$66.

July 31 — Rickie E. Hansen, Cope, Colo., over weight limit on

wheels and axles, fine \$450, court cost \$66.

July 31 — Lacy Jo Hargitt, Bloomington, Ill., speeding 79 in a 65 mph zone, fine \$63, court cost \$66.

July 31 — Melody J. Huss, Highland, speeding 86 in a 65 mph zone, fine \$108, court cost \$66.

July 31 — Todd L. Klemp, Deerfield, Ill., speeding 69 in a 55 mph zone, fine \$63, court cost \$66.

July 31 — Benjamin H. Maestas, Grants, N.M., speeding 81 in a 65 mph zone, fine \$66, court cost \$66.

July 31 — Jason Lloyd McKenna, Norton, speeding 80 in a 65 mph zone, fine \$69, court cost \$66.

July 31 — Richard L. Overturf, Lukachukai, Ariz., speeding 75 in a 65 mph zone, fine \$39, court cost \$66.

July 31 — Bradford B. Parker, Phillipsburg, speeding 74 in a 65 mph zone and failure to wear seat belt, fine \$69, court cost \$66.

July 31 — Jason C. Skow, Decatur, Ill., speeding 77 in a 65 mph zone, fine \$51, court cost \$66.

July 31 — Steven W. Taylor, Seneca, speeding 83 in a 65 mph zone, fine \$87, court cost \$66.

July 31 — Nancy A. Terry, Galatin, Mo., speeding 81 in a 65 mph zone, fine \$75, court cost \$66.

### Animal Shelter

For Adoption  
6-week-old black kittens.

Club News  
is everybody's  
news. Please  
be sure The  
Telegram  
receives  
your  
report!

## Jessica Peterson December 7, 1982-August 26, 2008

Jessica Chatman (Carreau) Peterson, daughter of Judith Ann (Harper) and Louis Carreau, III, was born Dec. 7, 1982, in Denver, Colo., and passed away in Littleton, Colo., on Aug. 26, 2008, at the age of 25.

She grew up in several communities in Colorado, including Denver, Nederland, Lafayette, Boulder, Bailey, and Parker, before moving to Norton. She attended Ponderosa High School in Parker, and graduated from the Norton Community High School with the class of 2001. She attended the Academy of Hair Design in Salina, and became a licensed cosmetologist. On May 24, 2003, Jessica and Chad Peterson were united in marriage in Norton. They made their home in Norton, Aurora and Centennial, Colo.

She attended the Colorado Community Church. She will be

remembered for her passion for the arts, dancing, the Colorado outdoors, the ocean, and traveling. She was a lover of life, family, and friends.

Survivors include her husband, Chad Peterson, Centennial, Colo.; her mother and step-father, Judy and Dave Holzapfel, Norton; one brother, Joseph Carreau, Omaha, Neb.; and other relatives and many friends.

She was preceded in death by her father, Louis "Chip" Carreau and her grandmother, Joan Chatman Lamborn.

Funeral services were held Sept. 2 at the Norton Christian Church. Burial was in the Norton Cemetery.

Memorials may be made to the Jessica Peterson Memorial Fund.

Arrangements were by Enfield Funeral Home, Norton.

— Steak and Seafood Night, Thursday, 6-9, American Legion. Members and guests welcome.

# READERS

The Telegram takes  
pride in being a backer  
of the Norton Theatre

Aug. 29-  
Sept. 3

Showing at the  
**NORTON THEATRE**  
**SPACE CHIMPS**  
1 Hour, 30 Minutes (G)  
Friday and Saturday: 7:00 and 9:15 p.m.  
Sunday, 5:00 and 7:15 p.m.  
Tues., Wed. at 7:00 p.m.

**The Sisterhood of the  
Traveling Pants 2**  
(PG-13)  
2 Hour, 8 Minutes  
Since both movies are non-premiere releases, all movie passes accepted!

GENERAL ADMISSION FOR BOTH MOVIES — \$6.00 AND \$5.00  
**SUNDAY — EITHER MOVIES IS ONLY \$3.00**

**Awana Clubs**

**Norton Christian Church**  
invites students ages PreK-8th Grade  
to join them on  
**Wednesday evenings from 6:15-8:00 p.m.**  
for a fun filled evening of Scripture Memorization,  
Lessons, and Games like no other . . .  
**WEDNESDAY, SEPTEMBER 3, 2008**  
**IS OUR FIRST OFFICIAL NIGHT!**  
Come see what it's all about.  
For more information contact: Cheri Renner at 877-2420  
or the Norton Christian Church at 877-2871

**Sparks** **Cubbies** **Truth Training Clubs**

Beginning of Christian Life Club  
at the . . .  
**FIRST CHURCH OF GOD**  
1010 Churchill Drive - Norton, Kansas

**Wednesday,  
September 3  
at 7:00 p.m.**

**Carnival  
Night**  
Free! Free!

- Games
- Free Prizes and Unique Balloons
- Refreshments (for Children Pre-School thru the Sixth Grade)

† **Cross Roads** †  
"A Christian's Prayer"  
"Statesmen Who Fear God"

The children of God can most certainly desire godly leaders and call out to the Lord for those who walk in the fear of the Lord. The last words of King David in 2 Samuel give us this truth, "The God of Israel spoke, the Rock of Israel said to me: 'When one rules over men in righteousness, when he rules in the fear of God, he is like the light of morning at sunrise on a cloudless morning, like the brightness after rain that brings the grass from the earth.'" (2 Samuel 23:3-4)

Jethro, Moses' father-in-law, gave some great advice that we as Christians need to heed, "...select capable men from all the people--men who fear God, trustworthy men who hate dishonest gain--and appoint them as officials over thousands, hundreds, fifties and tens... If you do this and God so commands, you will be able to stand the strain, and all these people will go home satisfied." (Exodus. 18:21,23)

Our founding fathers knew the truth in these Scriptures. Noah Webster wrote, "When you become entitled to exercise the right of voting for public offices let it be impressed on your mind that God commands you to choose as rulers men who rule in the fear of God. The preservation of a republican government depends on the faithful discharge of this duty; if the citizens neglect this duty and place unprincipled men in office the government will soon be corrupted."

God has raised up at least two colleges that are prayerfully training Christian men and women to become national leaders who will have an influence on our culture with timeless Biblical values. They are Patrick Henry College and Focus On the Family Institute.

**Exercise Your Biblical Rights**  
**Pray for Statesmen Who Fear God!**