



Tosha Lyon and Kyle Kats

Wedding in August

Kevin and Kelly Lyon, Norton, announce the engagement and approaching marriage of their daughter Tosha Rae Lyon to Kyle Garrett Kats, son of Norman Kats and Deb Anderson, Norton.

Tosha is the granddaughter of Charles Eberle, Glen Elder and LaVern and Elain Lyon, Salina. Kyle is the grandson of Sylvia Kats, Long Island and Mary Reusink, Holdrege, Neb.

The bride-to-be is a 2005 gradu-

ate of Norton Community High School and a 2009 graduate of Fort Hays State University with a Bachelor's in Graphic Design. The groom-to-be is a 2005 graduate of Norton Community High School and is now an employee at Pest-inger Beverage in Colby, KS.

The couple will marry on August 28, at the Methodist Church in Norton with Pastor Terry Worthington of the First Church of God as the officiant.

Student News

Shelby Jones, a 2010 graduate of Norton Community High School, is the recipient of a cheer-

leading scholarship at Barton Community College for 2010-11. The cheerlead-

ing scholarship recipients are selected by



Shelby Jones

Barton's head cheer coach Debbie Warren.

In high school, Jones was active in volleyball, basketball, track, cheerleading, Pep Band, Kansas Association for Youth, Family, Career and Community Leaders of America and Students Against Driving Drunk.

She also has been a teacher's aide.

She is the daughter of Don and Jenda Jones, Norton, and plans to enter Barton's Medical Laboratory Technician Program.

FYI

There were three tables for Duplicate Bridge at the Norton Manor on Wed. Aug. 18. First went to Bob Jones and Karla Latimer, second place were Joyce and Larry Sumner and third place were Myron Veh and Jerry Moritz.

Beware, someone is posing as a telemarketer and trying to sell yearbook ads in our area. Please know that this is a scam. The yearbook students will be around to visit you after school starts to sell their yearbook ads. Please help spread the word.

The USD 211 Board of Education will meet in a special meeting on Monday, August 23.

The primary purpose of the meeting will be to discuss and identify goal areas for the 2010-11 school year.

Current Norton City/County Economic Development Coordinator Diane Stiles will facilitate the Board's discussion. Also, as time and information may

allow, health insurance may be discussed. The meeting is open to the public beginning at 5:30 p.m. and will be held in the meeting room of the USD 211 Offices at 105 E. Waverly.

Eisenhower Elementary will be conducting a free Early Childhood Screen on Friday, August 27. If you have a concern in any of the following developmental areas; vision, hearing, speech, motor, behavior and/or reasoning, please call to schedule your child for this screening. Those eligible are children ages birth through 5. The appointments are approximately 30 minutes, beginning at 8:00. To schedule an appointment, please call Eisenhower Elementary at 785-877-5113 by August 26, and ask for Joan Hale.

6th Annual Customer Appreciation Day, Aug. 25 from 11:30 a.m. to 1:30 p.m. at Norton Animal Health Center. Thank you for your patronage and support. Food and door prizes are provided.

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, 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 22 - Zachary D. Abbott Jr., Colorado Springs, Colo., failure to wear seat belt, fine \$5.

July 22 - Clarence W. Cheek, Grant, Neb., failure to have interstate registration, fine \$115, court cost \$93.50.

July 22 - Macario Hernandez, Colby, operating a motor vehicle without a valid license, fine \$106.50, court cost \$93.50.

July 22 - Troy J. James, Wilcox, Neb., failure to wear seat

belt, fine \$5.

July 22 - Rosemarie Maley, Norton, failure to wear seat belt, fine \$5.

July 22 - Bobbie E. Miller, Pierre, S.D., speeding 80 in a 65 mph zone, fine \$75, court cost \$93.50.

July 22 - Tammy K. Miller, Nicoma Park, Okla., speeding 76 in a 65 mph zone fine \$45, court cost \$93.50.

July 22 - Christopher Michael Newlin, Atwood, speeding 84 in a 65 mph zone, fine \$99, court cost \$93.50.

July 22 - Brent W. Nordhus, Vermillion, speeding 80 in a 65 mph zone, fine \$60, court cost \$93.50.

July 22 - Bryan L. Shearer, Norton, failure to wear seat belt, fine \$5.

July 22 - Virgil E. Wilcox, Jr., failure to wear seat belt, fine \$5.

Tennis court waits for players to show up!



The resurfacing of the tennis courts is complete. The Norton Community Schools and the City of Norton shared the cost of repairing the courts. VersaSport of Kansas installed

a Versacourt tile system. The high school players are enjoying early season practices on the new surface.

-Telegram photo by Harriett Gill

Empty nest cooking can be easy

Now that your children are all grown and out of the house, do you still seek to cook as much as you ever did?

Leftovers are fine, but do you also eat more at meals because there's always so much. Are you gaining weight?

It's not easy to shift gears from cooking for a family to cooking for just one or two. The first step is to know the appropriate amount of food to buy for two people.

If you are interested, use the contact information below, and I will send you an Extension fact sheet, "Grocery Shopping for One or Two." It lists a dozen or so types of vegetables and nearly as many meats with suggested amounts to purchase when planning meals for two people.

For example, one-half to three-quarters of a pound of green beans is plenty for two, as is one pound

**Home ed
Tranda
Watts,
Extension
specialist**



of broccoli or asparagus. For meats, one-half to two-thirds of a pound of ground beef or sausage is enough for two, while a 3- to 4-pound roast will last for two to three meals.

Another Extension fact sheet, "Cooking for One or Two," offers guidance once you're in the kitchen. One idea is to use smaller pans and baking dishes.

For casseroles and similar dishes, check to see if it is done five to 10 minutes sooner than normal to account for the smaller amount.

In addition to cooking less, portion control once the food is ready for the plate, can help combat weight gain.

An easy way to do that is to use the "Plate Method." The basic idea is to fill one-quarter of your plate with lean protein and one-quarter with a starch, such as rice, beans, peas, potatoes or corn. Use the remaining half for non-starchy (generally low-calorie) vegetables.

Using a smaller plate is recommended: An 8- or 9-inch salad plate is about the right size for proper portion sizes; today's larger 12-inch dinner plates are just too big.

You'll be surprised: Studies have shown that people feel more satisfied with less food when it is served on smaller plates.

How to fill up that half-plate with vegetables? Don't think you need to limit yourself to just

one type of vegetable. Nutrition experts recommend eating a variety of vegetables in a wide range of colors, because the color of a vegetable is a good indicator of the health benefits it offers.

So, varying vegetable selection and color is a good idea. When you use different colors of vegetables it can spark your appetite.

Try a serving of cooked greens on one corner and a helping of roasted cauliflower on the other, or grill up some yellow summer squash to be served next to fresh tomato slices from the garden.

Your plate will look beautiful and colorful and your body will thank you for it.

If you would like more empty nest information, contact your local K-State Research and Extension Office or you may e-mail Tranda Watts at <mailto:twatts@ksu.edu> twatts@ksu.edu.

Annual family reunion held in Norton

Descendants of the Orin E. and Ida M. (Wetzler) Severns family gathered Aug. 7 at the Norton County Senior Citizens' Center in Norton for their annual reunion.

There were many "Hi's", "Hello's", and "How are Ya's", as family members arrived and greeted each other and carried lots of food into the building.

After the meal and everyone had over indulged on the good food, Wilmer called the business part of the meeting to order. Tom Melroy gave the financial

report. This was followed by a family history report of the births, marriages and deaths for the past year.

Margaret Leonard read a clipping from her local newspaper that mentioned some people with the Severns surname and she wanted to know if any of us knew if this was a connection to our family.

The Taylor sisters and brother then presented a very humorous and enjoyable skit about the local Severns sisters: Inez Taylor,

Nina Melroy, Reva Smith and Ila Zellmer when they took a trip to Oregon to see their older sister, Zelia Hines and her husband Alfred.

There was much visiting and reminiscing throughout the afternoon and then all the goodbyes as people started departing to their homes.

Attending the reunion this year were: Nina Melroy, Wilmer and Juan Severns and Thomas Melroy, Norton; Tim and Shelly Hanson, Cambridge, Neb.; Ron and

Zona Fritz, McCook, Neb.; Judy Tadlock, Gloria Egge and Dixie Green, Kearney, Neb.; Nancy Fry, Grand Island, Neb.; Margaret and Bob Leonard, Manhattan; Jim, Nannette, Steven, Jamie and Kelly Anderson, Longmont, Colo.; Herb and Sue Taylor, Columbia, Mo. and Frank and Jan Henson, Warriors Mark, Penn.

Our longest distance traveler this year, Cheryl O'Donnell, Bend, Ore.

The next reunion is planned for July 16, 2011.

Truckers to have the largest truck convoy again for Kansas Special Olympics

Breaker, Breaker. Calling all truckers. Special Olympics Kansas is announcing the World's Largest Truck Convoy once again in Northwest Kansas. Any trucker can have the opportunity to transport Special Olympics athletes from the sidelines to the playing fields by being a part of the fundraising event.

The convoy will be held on, Sept. 11. The East Leg of the convoy will leave Mitten's Truck Stop in Oakley at 10:00 a.m. (Central Time). The West Leg will leave Wilken's Truck & Trailer in Goodland at 8:45 a.m. (Mountain Time). Both legs will join together at the Thomas County Fairgrounds in Colby, for lunch and awards. A minimum donation of \$100, a

valid driver's license and proof of insurance are required to participate. Registration is now open at www.nwkstruckconvoy.com

If you don't have a truck, you won't be left on the side of the road! Join athletes, coaches, fans and staff for a celebration on, Sept. 10 at the Thomas County Fairgrounds. BBQ and entertainment will be provided for a free-will donation.

All event proceeds are directed toward programs for the athletes of Special Olympics Kansas. Special Olympics is an international year-round program of sports training, education and athletic competition for individuals with intellectual disabilities. All proceeds benefit the 5,489 Special

Olympics Kansas athletes by providing medals and ribbons, meals for athletes, training for coaches and equipment. Mitten TA Travel Plaza is located at Exit 76 on I-70 at Oakley. Wilken's Truck & Trailer is located at 1840 W Hwy 24 in Goodland. Truck Town is located at 105 W Horton Ave., Colby, KS.

For additional information

contact any of the committee members: Joe and Jane Mentlick 785-443-1682, Tom Sloan 785-675-8540, Jack Collins 785-675-8375 and Daryl Goetz 785-673-4336. Complete event details are at www.kssso.org

Southwest Dairy Farmers Association and Sam's Clubs are Guardian of the Flame Sponsors of the Truck Convoy.

Country and Classic Rock

FLB Band will be playing

Saturday, August 21

8 p.m.-Midnight - \$5.00 Cover Charge

Time Zone

Bar and Grill

LENORA, KANSAS

Let's Go to the Movie

Showing at the

NORTON THEATRE

Inception

2 Hours, 39 Minutes (PG-13) Presented in Digital Surround Sound

Friday and Saturday: 6:30 and 9:15 p.m.

Sunday: 4:00 and 6:45 p.m.

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

The Sorcerer's Apprentice

1 Hour, 53 Minutes, (PG)

General Admission: \$6.00 and \$5.00 for Inception/\$3 Ticket Sunday

General Admission: \$6.00 and \$5.00 for The Sorcerer's Apprentice/\$3 Ticket Sunday

Check the Theatre website for Upcoming Events nortontheatre.com

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