

Donna Rae Gassmann  
February 18, 1930 - February 21, 2011

Donna enjoyed watching movies and playing bridge, although

In lieu of flowers or donations, Donna's family asks that you simply keep her in your hearts and memories.

James Mulder  
May 22, 1931 - January 28, 2011

He spent many years work-

**March 2:** Mom's turkey casserole, Italian blend vegetables,

The Norton Telegram *will cor-*

***Good Luck at State!  
Go Big Blue!***

*Let it snow, let it snow, now stop!*



The snow hit Norton at about 9:30 yesterday morning. The Weather Channel predicted an inch and by noon we had almost five inches on the ground with a light wind. The snow caused several accidents and people getting stuck. The citizens were advised to not leave the city limits.

— Telegram photo by Dana Paxton

– Telegram photo by Dana Paxton

# Healthy heart diet ideas

# Home ed

*Tranda  
Watts,  
Extension  
specialist*



Food and Drug Administration experts suggest the following guidelines when preparing meals:

- Balance calories to manage body weight.
- Choose nutrient-dense foods.
- Limit sodium.
- Limit added sugars.
- Limit saturated fats.
- Limit alcohol.
- Limit caffeine.
- Limit trans fats.
- Limit processed meats.
- Limit refined grains.
- Limit added salt.
- Limit added sugar.
- Limit added fat.
- Limit added protein.
- Limit added fiber.
- Limit added vitamins and minerals.
- Limit added preservatives.
- Limit added colorings.
- Limit added flavors.
- Limit added sweeteners.
- Limit added acids.
- Limit added bases.
- Limit added enzymes.
- Limit added hormones.
- Limit added antibiotics.
- Limit added pesticides.
- Limit added herbicides.
- Limit added fungicides.
- Limit added insecticides.
- Limit added molluscicides.
- Limit added nematocides.
- Limit added parasiticides.
- Limit added acaricides.
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- Limit added nematocides.
- Limit added parasiticides.
- Limit added acaricides.

When eating in a restaurant, follow these guidelines: Opt for steamed, grilled or broiled dishes instead of those that are fried

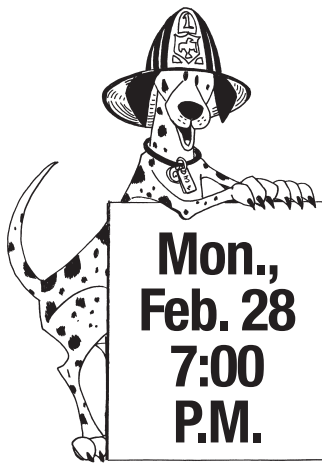
For further information, please feel free to contact your local K-State Research and Extension Office or e-mail <mailto:twwatts@ksu.edu>twwatts@ksu.edu .

*Birthday party*

Our family is hosting a 75th birthday celebration for Jack Kersenbroek on Feb. 26 from 2 p.m. to 4 p.m. at the Fellowship Hall of the Norton United Methodist Church. We would request no gifts, however, if you would care to bring a non-perishable food item for God's Pantry, we will see that they are delivered.



# Go Big Blue, Win State



AT THE  
Norton Rural Fire Station

Kimberly Barnes and Colby Stegman

## To wed in the spring



Kimberly Barnes and Colby Stegman

The bride to be is a 2002 graduate of Northern Valley High School in Almena and a 2005 graduate of Garden City Community College with an associate of science degree. She is currently

The wedding is planned for May 7, at St. John's Catholic Church in Spearville.

**THANK YOU  
SO MUCH**

Thanks so much to all of you for  
your generous donations.

**God Bless,  
Ric Gutzman Family**

**NOTICE**  
**City of Norton Primary Election**  
**March 1, 2011**

**The City of Norton primary election for Mayor will be held  
at the Norton County Courthouse Lobby.  
Ward 1, Ward 2, and Ward 3  
Election polls will be open from 7:00 a.m. to 7:00 p.m.**

Feb. 25-  
March 2

Showing at the

# NORTON THEATRE

## The Roommate

1 Hour, 40 Minutes (PG-13)  
Presented in Digital Sound

Friday and Saturday: 8:00 p.m.  
Sunday: 5:00 p.m.  
Monday, Tuesday, Wednesday:  
7:00 p.m.

## Country Strong

1 Hour, 57 Minutes  
(PG-13)

The Roommate is General Admission \$6.00 & \$5.00 – Sunday Tickets \$3.00  
Country Strong is General Admission \$6.00 & \$5.00 – Sunday Tickets \$3.00

POP

COMING SOON

Premiering in Norton  
Fri., March 4-Rango

This ad is brought to you by The Norton Telegram

Let's Go  
to the  
Movie