

OBITUARIES

Donna Rae Gassmann

February 18, 1930 - February 21, 2011

Donna Rae (Hicks) Gassmann was born Feb. 18, 1930, in Limon, Colo., and died at her home on Feb. 21, following a long illness, at the age of 81.

She was the daughter of Glenn and Helen (Wray) Hicks. Donna spent her early years in Norton and graduated from Norton Community High School.

Donna met her husband, Andrew R. Gassmann in Topeka, where he was stationed at Forbes Air Force Base. They were married in Norton on July 2, 1955. Donna and Andy moved to Castle Rock, Colo., where together they built their dream house and raised their two sons, Mark and Scott.

Donna enjoyed watching movies and playing bridge, although

her sons and grandchildren gave her the proudest moments. She was a loving wife, mother, grandmother and friend.

She is survived by her husband, Andy; her sons, Mark Gassmann and Scott Gassmann Sinclair; and her grandchildren, Andrew, Rebecca, Eric and Sydney; plus many cousins and friends.

Donna's twinkling eyes and wonderful laugh will be missed by her many friends and relatives in Norton, and throughout the rest of the country.

She will be cremated, and there will be no public services.

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

James "Jim" Albert Mulder was born May 22, 1931 to Ira J. and Hazel U. (Harper) Mulder and died on Jan. 28, at the age of 79, from complications of pneumonia.



James Mulder

Jim was born on the family farm in Norton County and attended Timberlake Country School in Grant Township. He graduated from Norton Community High School in 1948. He wrestled and was the Kansas State Wrestling Champion his sophomore year. He attended Ft. Hays State Teachers College in Hays and taught country school for 2 years.

On Sept. 7, 1951, he joined the Army during the Korean War and served in the Headquarters A Battery 330 Field Artillery Battalion and was stationed in Germany for 2 years. He was honorably discharged on June 10, 1954, having attained the rank of Sergeant.

On Aug. 1, 1954, he was united in marriage to Arlene Ann Wagner at Emmanuel Lutheran Church, Stuttgart, by the Reverend Herbert Schauer. They were blessed with 56 years of happy marriage.

In Sept. 1955, Jim decided to return to college to continue his education and attended Kansas State College, in Manhattan. He received his degree in Feed Technology and a minor in Engineering on June 1, 1958. He accepted a position with Walnut Grove Products Company and was plant manager in Independence and West Liberty, Iowa. In August 1970, Jim moved to Fremont, Neb. and worked for Vigortone Products Company and managed the plant for 2 years. He then decided to go into construction full time as he had worked construction part time over the years and formed his own company, Mulder Construction and Rentals. Jim was a hard worker and always willing to help others.

He spent many years work-

ing with the Boy Scouts as both his sons earned the Eagle Scout Award.

He was a member of the Lions Club for 49 years and held various offices and was the current President of the Fremont Lions Club. He was awarded the Melvin Jones Award. Jim was a member of the VFW Post #854 in Fremont, Neb.

Jim was a member of First Lutheran Church for 40 years and had served on the Church Council, various committees, and an usher. He attended church faithfully and was always thankful his parents taught him to work hard and love the Lord.

Jim is survived by his loving wife Arlene; sons: Lonnie (Linda) Mulder, Lincoln, Neb.; Larry (Jamie) Mulder, Omaha, Neb.; daughters, Brenda (Dean) Snyder, Omaha and Becky Mulder, Phoenix, Ariz.; 7 Grandchildren: Elizabeth, Anna, Matthew and Sophie Mulder; Lindsey and Ashley Snyder; and Brandon Sova; brothers: Darrell Mulder and Gary (Doris) Mulder both of Logan; sisters-in-law, Nancy Mulder, Silver Spring, Md. and Norma (Max) Schick; brother-in-law, Ivan (Phyllis) Wagner, Phillipsburg; many other nephews, nieces, cousins, and friends.

He was preceded in death by his parents; brother Dean D. Mulder; brother-in-law, Milton (Arlene) Wagner; niece, Susan Thomaneck.

Jim had a great life's journey and he will be missed by all.

Memorials can be given to First Lutheran Church in Fremont, Neb.

Please visit <http://www.duganchapel.com>www.duganchapel.com to leave an online condolence.

Funeral Services were held on Feb. 2, at First Lutheran Church in Fremont, Neb. Officiating was Charlie Axness. Burial was in

Senior Menu

Feb. 28: Ham, sweet potatoes, corn, bread, ambrosia fruit salad.

March 1: Sloppy Joes, potato salad, baked beans, bun, applesauce.

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

strawberries, bread, cookie.

March 3: Smothered steak, scalloped potatoes, green beans, bread, gelatin with fruit.

March 4: Spanish rice with hamburger, broccoli salad, cook's choice fruit, bread, pudding.

Correction

A story in the February 18 edition of The Norton Telegram on the Norton County Spelling Bee left out Cale Patterson, alternate, fifth grade for Eisenhower Elementary. The mistake was an edit error.

The Norton Telegram will cor-

rect or clarify any mistake or misunderstanding in a news story. Please call our office at 877-3361 to report errors. We believe that news stories should be fair and factual, and appreciate your calling to our attention any failure to live up to this standard.

**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

Healthy heart diet ideas

February has long been known as heart month, so take a look at some information that might help keep your heart healthy.

Making healthy food choices can help you reduce your risk of heart disease - the leading cause of death of men as well as women in the United States.

In a new Food and Drug Administration Consumer Update, experts say you can reduce the risk of developing these problems with lifestyle changes that include eating a healthy diet. But with racks full of books and magazines about

**Home ed
Tranda
Watts,
Extension
specialist**



food and recipes, what is the best diet for a healthy heart?

Food and Drug Administration experts suggest the following guidelines when preparing meals: Balance calories to manage body

weight.

Eat at least 4.5 cups of fruits and vegetables a day, including a variety of dark-green, red, and orange vegetables, beans, and peas. Eat seafood (including oily fish) in place of some meat and poultry. Eat whole grains - the equivalent of at least three 1 ounce servings a day. Use oils to replace solid fats. Use fat-free or low-fat versions of dairy products.

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

or sauteed. Most of the fats you order should come from polyunsaturated and monounsaturated fats such as those found in some types of fish, nuts and vegetable oils. Choose foods and beverages low in added sugars. Pick foods that provide dietary fiber, like fruits, beans, vegetables and whole grains.

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



Kimberly Barnes and Colby Stegman

To wed in the spring

Rean and Jerri Stegman of Of-ferle and Jackie Barrett of Raven-na, Neb. and Dwight and Sherry Barnes of Imperial, Neb. are pleased to announce the engagement and approaching wedding of their children, Colby A. Stegman and Kimberly G. Barnes.

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

working as a firefighter-paramedic at Ford County Fire and EMS in Dodge City.

The prospective groom is a 2001 graduate of Spearville High School and a 2003 graduate from Colby Community College with an associate in farm and ranch management. He is currently working for Stegman Family Farms in Offerle.

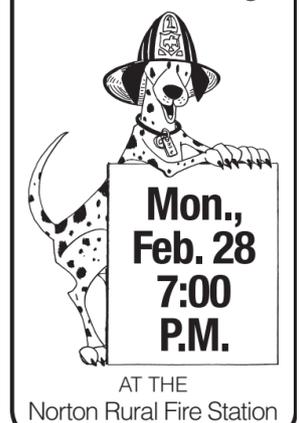
The wedding is planned for May 7, at St. John's Catholic Church in Spearville.

Birthdays party

Our family is hosting a 75th birthday celebration for Jack Kersenbrock 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.



PUBLIC NOTICE Norton Rural Fire District #2 Board Meeting



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)

Let's Go to the Movie

All passes accepted for The Roommate and Country Strong

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

COMING SOON

Premiering in Norton Fri., March 4-Rango

This ad is brought to you by The Norton Telegram