



Robert and Jean Ann Bowman

## Couple marks 40 years

Robert and Jean Ann Bowman celebrated their 40th wedding anniversary on Sunday, Nov. 9.

Their children Wade and Judy Bowman, Trish and Don Cressler, and Melissa and Brian Tyrrell

along with their grandchildren Peyton, David, Jade, Travis, Wyatt, Cole, Trista and Thomas are requesting a card shower.

Cards can reach them at 1004 Hartford, Norton, Kans., 67654

## Rec board position open

The Norton School Board is seeking an individual interested in serving on the Norton Recreation Commission Board of Directors. The term of office for this position will begin on Dec. 9, 2008 and run through Nov. 30, 2012. The Recreation Commission Board of Directors is responsible for the oversight, direction and policies of the programs and activities sponsored by the Norton Recreation Commission.

Interested persons should submit their names to the school board office at 105 E. Waverly on or before 4 p.m. on Wednesday, Dec. 3. The board will appoint the position at their Dec. 8 board meeting. Interested persons must be of at least legal voting age and reside within the boundaries of the Norton School District to be eligible for this position.

## The truth about fats, trans fats

Which is healthier? Butter, margarine or vegetable oil? What is trans fat and why is it bad for me? Is it better for my heart to replace butter with margarine? Should I try to cut out fats?

The 2005 Dietary Guidelines for Americans recommend keeping total fats between 20 and 35 percent of our total calories. Most of these fats should come from sources of polyunsaturated and monounsaturated fats such as fish, nuts, and vegetable oils. On the other hand, intake of saturated and trans fat should be limited, saturated fat should be kept to less than 10 percent of total calories and trans fat kept as low as possible. Today the majority of Americans consume too much saturated and trans fat. Most of the fats you eat should be poly and monounsaturated.

Butter is high in both saturated fat and cholesterol. Too much saturated fat in the diet has been shown to raise total blood cholesterol and LDL cholesterol (bad cholesterol), which can lead to an increased risk of heart disease.

Margarines or spreads, are made from a blend of healthy oils like soybean, canola and sunflower. These vegetable oils are low in saturated fats, contain no cholesterol and are rich in polyunsaturated and monounsaturated fats. Margarine and spreads are usually low in saturated fat, however some may contain trans fat. Check the Nutrition Facts panel on the label.

Fats rich in saturated and trans fats have been shown to be harmful

### Home ed Tranda Watts, Extension specialist



ful to health, while research shows that fats and oils rich in polyunsaturated fats and monounsaturated fats are beneficial to health. Saturated fats and trans fats are known to raise blood cholesterol, which can increase the risk of heart disease.

Replacing saturated fat in the diet with polyunsaturated fats has been found to reduce LDL cholesterol levels and clinical trials show that substituting polyunsaturated fats for saturated fat reduces risk of heart disease. In addition, consuming omega-3 polyunsaturated fats from fatty fish (such as salmon or trout) or vegetable oils (such as canola, walnut or flaxseed oil) may also help reduce the risk of heart disease.

Monounsaturated fats are the primary fat in olive, canola, and peanut oils, as well as nuts. Research indicates that monounsaturated fat may be useful in controlling blood sugar levels and have a mild cholesterol lowering effect when substituted for saturated fat.

Within the category of polyunsaturated fats, linoleic acid and alpha-linolenic acid (from the omega-6 and omega-3 families respectively) are essential dietary

## READERS

—The Almena Community PRIDE and Junior PRIDE are serving a pancake and sausage supper on Saturday, Nov. 22 from 5 to 7 p.m. at the Almena Community Center. Free will donations will be accepted. proceeds will be used for cupboards in the new community building and library.

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

## It's a girl



Molly Elizabeth Miller

Mr. and Mrs. Tad Miller and their three-year old daughter, Emma Jane, welcomed Molly Elizabeth on Sept. 17, 2008. Molly weighed exactly 8 pounds. The Millers live at Lake Monticello, Va. Grandparents of the little girls are Charles and Donna Driscoll of Richmond, Va. and James L. and Rose Ann Miller of Norton.

## By SHIRLEY HENRICKSON Museum Director

The Dane G. Hansen Memorial Museum invites the public to see the exhibits, "Brain Teasers" and "Brain Teasers 2" from the Oregon Museum of Science and Industry out of Portland, Ore.

"Brain Teasers" & "Brain Teasers 2" are both a collection of puzzles ranging from giant jigsaws to rope tricks to the mysterious "Tower of Brahma", and are sure to challenge the most accomplished problem-solver. One of the puzzles has yet to be solved! To solve these puzzles, visitors must use creative thinking and problem solving strategies such as looking at problems from different perspectives.

This brightly colored exhibit appeals to museum visitors of all ages and encourages parent-

child interaction as families team up to solve the "brain teasers." Visitors have been known to come back and try again if they do not solve all the puzzles on their first visit! These two exhibits will be on display through Jan. 4, 2009.

We have had several families and school classes visit, but we have time for more! If you would like to schedule a class field trip, please call in and schedule ahead of time! We will be glad to work with you!

The quilters have only two classes left. It's fun to see the progress of each class member! There are some beautiful quilts being pieced. We will be hosting a quilt exhibit March 13, 2009 to May 3, 2009 of quilts that were pieced in our quilting class.

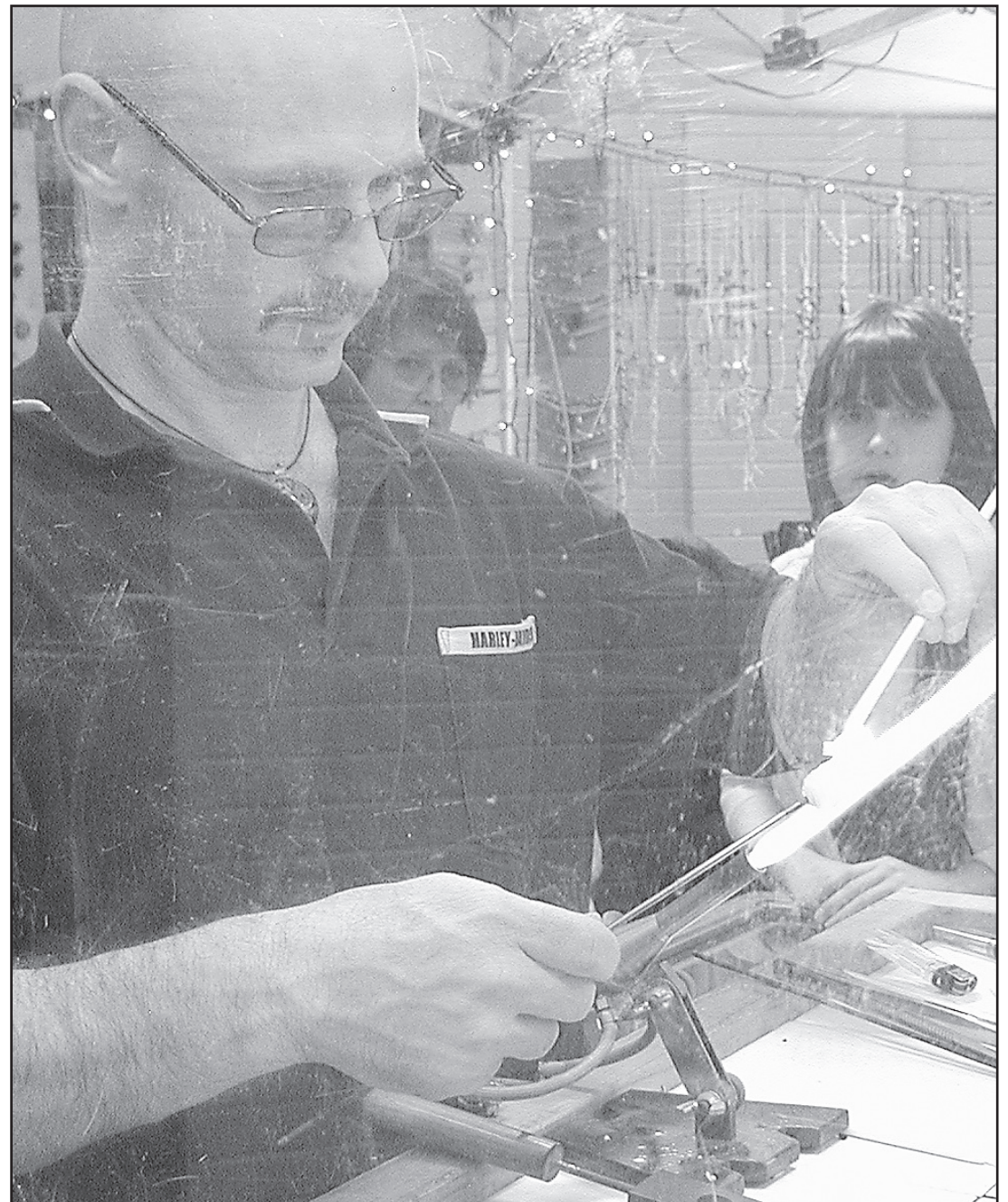
Each student will be displaying one quilt.

Our November Artist of the month is Leland Rundle from Logan. Leland has several nice wood items that would make an excellent Christmas gift! Please come in and check out our Artist of the Month corner!

Museum hours are Monday-Friday 9-12 & 1-4; Saturday, 9-12 & 1-5; Sunday & holidays, 1-5. We are handicapped accessible, there is never an admission fee and we have a free Wi-Fi Hotspot in the Community Room.

For more information about this and other exhibits, contact Shirley at 785-689-4846 or check out our web at [www.hansenmuseum.org](http://www.hansenmuseum.org).

## Marble Maker



Brian Heikes, Kansas City, took a few minutes to make a marble at the Norton Arts and Crafts Fair on Saturday while Mia Carvalho, Wichita, watched from the side. Mr. Heikes is the son of Dwight and the late Kathy Heikes, and attended school in Norton. This is the 4th year Mr. Heikes has sold his glass products at the Norton County Arts and Crafts Fair. — Telegram photo by Brandy Leroux

## FYI

Amber Schmitz, a Norton Community High School graduate and a student at Cloud County Community College, Concordia, will be part of the school's annual Great Society Singers "Fall Fling" on Nov. 16 at the Brown Grand Theatre, downtown Concordia at 2 p.m.

The concert will include spirituals, American popular songs, and African songs.

Amber is a member of the Great Society Singers. The program will also feature

the Great Society Singers' World Drumming selections.

Dr. Everett Miller is the director of the Great Society Singers and Jan Melhus is the accompanist.

Concert tickets at the door are \$5 for adults and \$3 for students.

Greensburg needs help finishing the houses for the people living in the FEMA trailers. They are turning to Norton and other communities in the state

to please help. Tornado Recovery of Greensburg will provide lunch. Work will continue on a schedule of seven days a week. If you would like to volunteer for one day or one week, whatever is convenient for you, the community of Greensburg would appreciate it. Please call South Central Kansas Tornado Recovery of Greensburg at (620) 723-3155, or visit their website at [www.scktro.org](http://www.scktro.org). They say "thanks" in advance for your consideration and your willingness to help.

Nov. 7-  
Nov. 12

Showing at the  
**NORTON THEATRE**  
**BEVERLY HILLS CHIHUAHUA**  
(PG) - 1 Hours, 35 Minutes  
Friday and Saturday: 8:00 p.m.  
Sunday: 5:00;  
Mon-Tues-Wed: 7:00 p.m.  
**Madagascar 2:  
Escape to Africa**  
(in DTS Surround Sound)  
(PG) PREMIERE  
1 Hour, 39 Min.

Since Madagascar is a premiere, only premiere passes accepted. Since BHC is not a premiere, all movie passes accepted

Madagascar is the premiere price of \$7.00 and \$6.00. BHC is the general admission price of \$6.00 and 5.00 and will be \$3.00/ticket on Sunday

**COMING SOON**

PREMIERING IN NORTON:  
Friday, November 21: Bolt (PG)  
PREMIERING NOVEMBER 21  
Twilight (PG-13)

This ad is brought to you by The Norton Telegram

Homestyle  
Chicken and Noodle Dinner  
and Baked Goods Sale  
Saturday, Nov. 15  
5:00-7:00 p.m.

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