

Upholstery equipment goes to a new home!

I think Jim would be pleased to know his upholstery equipment went to someone who ... 1) knows what they're doing and 2) appreciated the opportunity to go into business for himself.

When a friend called to see if I was interested in selling Jim's upholstery equipment I agreed in the affirmative ... with one caveat: he HAD to take all the material and tools that went along with the actual sewing machines. What good would bolts of material and yards of cording do me if I didn't have the sewing machines?

My new friend, Roger, is a transplant to this country, but he had been in the upholstery business for 20 years. It was a profession he was good at and he wanted to pursue it here. Upholstery work is getting to be a lost art, so I was more than happy to give him a slight advantage with everything he would need to set up his own business.

To show his gratitude Roger has recovered a small chair I had and covered a valance to match; both for my upstairs lounge room. I am thrilled with his workmanship and his winning personality. I am not his booking agent, but if you need a truck seat covered or grandma's old sofa, give me a call or send an email. I'll put you in touch.

-ob-

Okay, so I'm a woos. But, this recent cold snap caused me to turn the furnace back on. At first, I was going to brave it out. The furnace had been off for days, but when the temperature continued to drop, I finally gave in. Really, what was the sense of wearing a coat around the house in May?

Memorial Day dawned cold, overcast and rainy and I admit to watching the services from the comfort of my vehicle. However, I have nothing but admiration for the Legion members who braved the

Out Back

Carolyn Plotts



elements to pay their tribute to fallen comrades by carrying on the traditions of firing a salute, standing at attention and playing taps.

My flowers were all but gone by Memorial Day. I took a bunch of purple iris and pink roses to Lyle where my folks and little sister are buried leaving me just enough for a nice bouquet to place on Jim's grave. He loved flowers.

A friend who accompanied me commented that she normally didn't like cemeteries, but this one made her feel good. Which prompted me to remember something my mom used to say. "You can tell how people will treat the living by the way they treat the dead."

Sometimes modern technology not so helpful

I opened my Word documents this morning in hopes of some inspiration. Sometimes I jot something down, maybe a quote or phrase as an idea for a column. Sometimes I lift paragraphs out of columns and save them because they didn't quite fit but are (of course) brilliant!

What I found was eight separate copies of a "Payment Voucher" for a parking pass application at KSU Football this fall. It sort of cheered me up because there were 14! I successfully deleted six of them!

These were "Read Only" documents which means I could not edit them, nor could I print them. We all know the definition of insanity: "Doing the same thing over and over again and expecting different results." That is how I got 14 copies of the document!

The bad news is I am not sure how I ever got the document to print, so I have learned

nothing! The good news is this is not a sign of senility; it was the same way 20 years ago when I used to drive a tractor for the Hubby. Every day we had to have a lesson in what to do! A third possibility is that my memory was failing 20 years ago, but again looking at the positive side of things: it isn't any worse!

Recently I saw some research on Boomers and technology. The study pointed a particular business, which was mostly frequented by Boomers and has been decimated because their customers abandoned them. Analysis of the business model showed it was because the company decided to make access to purchasing dependent on customers downloading an App. Boomers don't like downloading Apps.

Screenshots or those QR codes or whatever they are? Forget it! I don't remember ever successfully accomplishing that! I have downloaded

This Too Shall Pass  
Nancy Hagman



tickets to my phone and find it satisfying when it works! Which it always has for me; I have also watched others spent up to 10 minutes trying to get into a venue because of some glitch.

Recently our dog's Vet closed the location nearest us. I called to see about getting Buddy's heartworm meds for the next six months. I was given the dreaded advice: "Go online". The Vet's site, which was suggested, took me to a retail site. I had some questions and had to communicate via text. The retailer kept suggesting I ask the Vet. I kept explaining The Vet said to take care of this online. The retailer finally called the Vet on the phone, got my questions answered and relayed the information to me. I still had to actually complete the order online. The whole process took about 25 minutes!

The only good thing about this was online I was able to secure the meds for 20% off for the next year. I interpret this to mean I do not need to take Buddy to the Vet in December to renew the meds! But I will because he should be vetted every year. (With a dog rescue volunteer in the family you pick up on these things!)

The next day the online vet store called to tell me they were ready to ship Buddy's meds and ask if I had any questions about their use. Oh, now you want to chat? We were on our way out the door for the weekend; I was a bit short with the representative.

The medicine arrived the day before the dose was due. Buddy took it cheerfully. How grateful I am for that stuff, it repels all sorts of pests: fleas, ticks, heart worms!

Modern science and medicine, for all creatures, is a wonderful thing. Still I like human voices on the other end of the line and physical things (like event tickets) to hold in my hand!

Homestead Nutrition Project Menus for the month of June

The HOMESTEAD Nutrition Project serves seniors 60 and older in the 18 counties of Northwest Kansas. The nutrition sites are open Monday through Friday. Meals contain at least 1/3 of the current Recommended Dietary Allowance (RDA) and the portions served follow the meal pattern established by the Kansas Department for Aging and Disability Services. The meals program is a very flexible program, allowing you to pick the days that you would like to eat. In addition, up to 2 meals can be ordered per person each day.

Persons age 60 and older contribute a suggested donation of \$3.75 per meal for both congregate and home delivery. Persons under age 60 are welcome to eat but must pay the full cost of the meal which is \$6.75. In order to receive home delivered meals, the person must be assessed and determined to be physically homebound, socially homebound, or isolated. SNAP Benefits (previously known as food stamps) can be used to contribute towards the meal. If you need help applying for SNAP, call 1-800-432-7422.

Meal reservations need to be made at your local site by noon the day before you are planning to eat.

Please call HOMESTEAD Nutrition at 1-800-432-7422 for more information. Or locally call the Norton Senior Citizen Community Center at 785-877-5352.

Monday, June 2 - Pork fritter, mashed potatoes and gravy, broccoli, bread, mixed fruit

Tuesday, June 3 - Taco burger on bun, lettuce, tomato, cheese, gelatin with fruit, bar cookie

Wednesday, June 4 - Chicken and noodles, mashed potatoes, peas and carrots, bread, strawberries and bananas

Thursday, June 5 - Turkey Ala King, California blend vegetables, biscuit, baked cinnamon pears

Friday, June 6 - Cook's Choice

Monday, June 9 - Meatballs in gravy, bed of rice, peas and carrots, strawberries and bananas, brownie

Tuesday, June 10 - Seasoned baked chicken, au gratin potatoes, broccoli, bread, cinnamon apples

Wednesday, June 11 - Little Smokies, macaroni and cheese, mixed vegetables, mandarin oranges

Thursday, June 12 - Liver and onions in gravy, mashed potatoes, beets, bread, cantaloupe

Friday, June 13 - Chicken strips, tater triangles, brussel sprouts, bread, tropical fruit

Monday, June 16 - Beef frank on bun, marinated cucumbers, strawberries and bananas, no bake cookie

Tuesday, June 17 - Chef salad with ham, crackers, mandarin oranges, brownie

Wednesday, June 18 - Chicken and rice casserole, mixed vegetables, bread, tropical fruit

Thursday, June 19 - Smothered steak, mashed

potatoes, Italian blend vegetables, bread, pineapple up/down cake

Friday, June 20 - Cook's Choice

Monday, June 23 - Chicken salad, tomato soup, crackers, mandarin oranges, cookie

Tuesday, June 24 - Beef pot roast in gravy, mashed potatoes, seasoned carrots, bread, acini de pepe salad

Wednesday, June 25 -

Chicken pot pie, California blend vegetables, biscuit, fruit crisp

Thursday, June 26 - Breakfast casserole, potatoes o'brien, blueberry muffin, banana half

Friday, June 27 - Hamburger patty, lettuce, tomato, onion, three bean salad, bun, gelatin with fruit

Monday, June 30 - Sloppy Joe on bun, tomato cucumber salad, pineapple, cookie

Prepare seeds with seed tape

MANHATTAN, Kan. - Seed tape is a method of preparing seeds for planting that reduces the amount of time spent bending over the ground. Kansas State University horticulture expert Cynthia Domenghini said seed tape makes it easier to handle small seeds and get proper spacing.

To make a seed tape, cut a paper towel into strips two inches wide by 12 inches long. Create a paste by mixing ½ cup flour with water. Use a ruler and pencil to mark dots on the paper towel at the proper spacing for the type of seed being planted. The seed packet should contain recommended

plant spacing guidelines.

"Put one seed on each dot on the paper towel, then put a small drop of the flour paste on top of each seed," Domenghini said. "Allow the paste to dry before moving the seed tape."

At the appropriate time, each seed tape can be planted at the proper depth in the garden. Domenghini said the seeds will germinate through the paste.

"Over time, the paper towel will break down into the garden. Toilet tissue and tissue paper are other options for making seed tape," Domenghini said.

This activity is perfect for getting children involved, she added.

Domenghini and her colleagues in K-State's Department of Horticulture and Natural Resources produce a weekly Horticulture Newsletter with tips for maintaining home landscapes and gardens.

Interested persons can subscribe to the newsletter, as well as send their garden and yard-related questions to hortsupport@ksu.edu, or contact your local K-State Research and Extension office.

JENNINGS NEWS

By Louise Cressler

Family members gathering at the Sunflower Senior Center for Easter Sunday dinner included Aaron and Tara Gillespie, Jackson and Greyson, Hays; Chris Gillespie and Tom Neff, Marion; Kevin and Colleen Wagoner, Sharon Springs; Mark and Shelley Shaw, rural Logan; Ethan and Mary Shaw, Sarah, Lane and Shaylie, rural Jennings; Bryce and Erin McKennon, Alya, Aspen and Briggs, Hoxie; Cindy Black, Gem; Saylor Black, Colby; Nevada Black, Colby; Nick and Kerrie Wahlmeier, Trenton, Kyndal and Brynn, rural Oberlin; Adam and Sierra Wahlmeier, Asher and Blakely, Norton and Ramona Shaw, Jennings. Rick and Tammy Shaw, Selden, were after lunch callers and everyone watched the traditional Easter egg hunt for the children at Ramona's storage shop nearby.

Cindy Black, Gem, and Ramona Shaw attended the eighth grade graduation exercises for their granddaughter/great granddaughter, Lenzy

Golemboski, daughter of Zach and Katie Golemboski, at the Scott City Elementary School last Friday. On Sunday they attended high school graduation at the Strasburg, Colorado High School for Tyce Bollers, son of Kyle and Lisa Bollers. Tyce has signed with Colby Community College and will be playing basketball for them this fall.

Wednesday, May 14 was a fun day at the Sunflower Senior Center. A potluck was enjoyed at 11:30 a.m. with the following attending: Dorothy Shimek, Tammy Parrish, Ramona Shaw, Doyle and Kay Brown, Stanley Shimek, Gwen Anderson and Louise. Cressler. After clearing the tables, bingo was played.

Several people then went to Oberlin to have a birthday party at the Good Samaritan Home. There were two birthdays. Refreshments were served and songs were sung. Those going to Oberlin included: Doyle and Kay Brown, Stanley Shimek, Vicki Bailey, and Ken and Julie Carter.

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Public Notices  
•PUBLIC NOTICE•  
RESOLUTION NO. 8-2025  
Published in The Norton Telegram on Wednesday, May 28, and Wednesday, June 4, 2025.  
RESOLUTION NO. 8-2025  
A RESOLUTION FIXING THE TIME AND PLACE AND PROVIDING FOR NOTICE OF A HEARING BEFORE THE GOVERNING BODY OF THE CITY OF NORTON, KANSAS, AT WHICH THE GOVERNING BODY WILL BE CONSIDERING ADOPTING NORTON COUNTY'S NEIGHBORHOOD REVITALIZATION PLAN.  
WHEREAS, pursuant to K.S.A. 12-17,114, et seq., the Board of County Commissioners of Norton County, Kansas, adopted a Neighborhood Revitalization Plan on January 1st, 2025; WHEREAS, Norton County presented to the Norton City Council a Neighborhood Revitalization Plan; WHEREAS KSA § 12-17,117(c) states "Prior to adopting a plan pursuant to this section, the governing body shall call and hold a hearing on the proposal. Notice of such hearing shall be published at least once each week for two consecutive weeks in a newspaper of general circulation within the municipality. Following such hearing, or the continuation thereof, the governing body may adopt such plan." NOW, THEREFORE, BE IT RESOLVED BY THE GOVERNING BODY OF THE CITY OF NORTON, KANSAS:  
That a hearing will be held on the 18th day of June 2025, at 5:45 p.m., before the governing body of the City at the City Council Meeting Room located at the Norton City Building, 301 E. Washington, Norton, Kansas at which time the governing body will be considering entering in to a Neighborhood Revitalization Plan.  
BE IT FURTHER RESOLVED that the City Clerk shall cause this resolution to be published twice in the official newspaper.  
Adopted this 21st day of May 2025.  
Gerald Jones,  
President of Norton City Council  
ATTEST:  
Alex McKenna  
Alex McKenna  
City Clerk  
CITY OF NORTON  
SEAL  
NORTON COUNTY, KANSAS