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Tuesday, March 30, 2004

Norton, Kansas Home of Bill Johnson

Briefly

Juniors, seniors to party Saturday

"Reflections of the Sea" is the theme for Norton Community High School's Junior-Senior Prom, set for Saturday.

The promenade starts at 6 p.m. in the school gymnasium followed by the banquet at 6:30 p.m. Jason Jones will be the speaker.

The dance will follow the banquet with the crowning of king and queen at 11 p.m.

The public is invited to view the decorations from 1-3 p.m. and the crowning ceremony.

Bridge tourney planned in April

The annual Norton National Bridge Tournament will be Thursday, April 15, April 22 and April 29 at the Norton American Legion.

All bridge players are invited. Players will enter as teams and will play the three evenings together.

Contact Mary Jane Wahlmeier for information at (785) 877-3141, MJWally2000@yahoo.com or 314 N. Brown, Norton, 67654.

Booster club

to meet Wednesday

The Norton Blue Jay Booster Club will meet at 7:30 p.m. on Wednesday in the high school Cafeteria.

Norton Track Coach Bruce Graber and Golf Coach David Stover will give the fans previews of the 2004 season which begin with Norton Invitationals on Friday.

Refreshments will be served. All fans of Norton Community High School sports are invited.

Weather

Forecast:

Tonight — Mostly clear with lows in the mid 20s. Wednesday — Mostly sunny with highs in the mid 60s. Wednesday Night — Mostly clear with lows in the lower 30s. Thursday — Mostly sunny in the morning then becoming cloudy with highs in the 60s.

Howell report:

Monday High 80, Low 62 Saturday High 70, Low 34 .15 of an inch of precipitation Sunday High 66, Low 35 Monday High 60, Low 31 .10 of an inch of precipitation Week ago High 64, Low 40 Month ago High 47, Low 31 Year ago High 47, Low 25 March precipitation57 Year-to-date precipitation 2.67 (Readings taken at the Paul and Pat Howell farm 10 Miles North and 1/3 Mile East of Norton)

Prayer

Lord, when trouble comes, give us your peace that "passes all understanding." (See Phil. 4:7.) Help us to know that it's okay for us not to understand all the "whys" and "hows." Thank you. Amen

City will help rebuild tennis courts

By VERONICA MONIER

The Norton City Council is going to give part of the money needed to fix the Norton tennis courts.

Tests done by the Kansas Department of Transportation showed that the courts had a good base and the city's Finance Committee recommended that the city go ahead with the project, said Councilman Jerry Hawks at Monday's special session.

"I don't think anybody was as surprised as I was to find that there was a good base (at the courts)," he said. "It really opens a lot of possibilities."

"I think the city and the school board and everyone else involved need to show their gratitude to the department of transportation for testing the courts."

Mr. Hawks said the city needs to get together with the school and contractors

to get the right maintenance techniques so that the courts will last for the full five years.

"There's a strong show of support here for this," he said.

It is estimated that the repairs to the courts will cost about \$13,500.

The city and the Norton School Board will both give \$3,375 with the remaining \$6,750 coming from the community.

There is the possibility that up to \$2,500 of the \$6,750 will come from a grant called Adopt-A-Court.

In other business, the council:

• Set a public hearing for the city/county airport's apron project on Wednesday, April 7, at a time chosen by the Norton County commissioners.



Kansas Highway Patrol Trooper T. L. Hileman, right, and Howard Schemper talk about safety issues Saturday afternoon at the KQNK Hi Plains Expo and Norton County Wellness Fair. Over 500 people browsed the booths on display at the annual event. — Telegram photo by Veronica Monier

Expo, wellness fair draw crowd

More than 500 people showed up to browse through the booths at the KQNK Hi Plains Expo and the Norton County Wellness Fair at the Norton National Guard Armory this weekend.

"It (the Expo) is a great opportunity for everybody to come see what's new for their homes, inside and out," said Marvin Matchett with KQNK Radio.

Businesses with booths at the Expo included Prairie Land Electric, Olliff-Boeve Furniture Store of Phillipsburg, Prairie Builders of Lenora, Julie Baughman with Pampered Chef, Rural Telephone/Nex-Tech, Richard Frakes with Absolutely Nuts, Mortensen Computer Service, Hot Shots Photography,

Larry Brown Collectibles, D and C Creations, Town and Country Home Improvement of Salina, Jackrabbit Service and Quicklube, Kellie's, Norton Area Chamber of Commerce, Jams Sessions Mobile Music, National Guard Armory Recruiting, Norton County Rural Fire Department, and the radio station.

The Norton County Wellness Fair, which was held on Saturday, also had a good crowd.

"It's been steady all day," said multi-county Extension Agent Tranda Watts Saturday afternoon about the crowd.

"It's good they have this. We try to make it as good as possible so people will want to come out."

Representatives from the Norton County Health Department, Safe Kids Coalition, Kansas Highway Patrol, Norton County Emergency Medical Service, Norton County Hospital, Med Link Mobility, Midwest Transplant Network, Valley Hope Association, Take Off Pounds Sensibly, High Plains Mental Health, Norton Andbe Home, Hospice, Norton County Farm Bureau, and the Norton County office of K-State Research and Extension manned the booths at the Wellness Fair.

"Considering all the activities to choose from last weekend," said Mr. Matchett, "we really appreciate all of the people who came to the Expo."



Gladys Letcher

Woman to celebrate 100 years on Saturday

By CAROLYN PLOTTS

In just a couple of days, Gladys E. Moody Phillips Letcher will celebrate her 100th birthday.

She was born on Easter Sunday, April 3, 1904, in Norton County, the 13th child of homesteaders, Fred and Anna (Magner) Moody.

Like a lot of pioneer families, the Moodys lived, for a time, in a sod house before building a home five miles south of Norton. The house is no longer standing but a nephew, Donald Moody, still lives on the farm.

Mrs. Moody graduated from Norton Community High School and then taught country school for several years.

On May 15, 1925, she married George Phillips.

They lived in Norton where he worked for Peerless Flour Mill. In the

1940s he started the Mobil gas tank service. He operated that business until he retired.

Besides caring for their own two children, the Phillipses provided a home and care to many children whose parents were patients at the Norton Tuberculosis Sanitarium.

Sometimes, babies were brought to the Phillips home only hours old to protect them from exposure to the dreaded disease.

She was baptized in the Norton Christian Church as a young girl and continued to be an active member of the congregation for many years.

Following her husband's death, Gladys decided to try something different.

In 1968, she accepted the position

Overworked ambulance crew seeks more help

The ambulance crews have been overworked and Acting Ambulance Director Andy Nielsen would like another emergency medical technician on staff.

So far this year the ambulance has made 105 runs, 78 of them since Jan. 13. Of those, Mr. Nielsen went on 67 and emergency medical technician Ruth Schilling went on 58.

On Monday he went to the Norton County commissioners with his request.

While the commissioners were sympathetic, they wanted to know if the trend to more and more runs will continue or if the first of 2004 has been an anomaly.

The crews have made 37 more runs this year than last, Mr. Nielsen said. There have been more vehicle accidents and quite a few heart attacks.

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Sanford and his owner Gary Matson, Norton, took a trip to the Countryside Vet Clinic to get vaccinated for rabies during the Rabies Vaccination Clinic Saturday afternoon. Jewell and her owner Sara Davis, Norton, (above) were at the vet's office a short time later to get a city license from Animal Control Officer Sherry Hickman, which were also available during the clinic. — Telegram photos by Veronica Monier

County gets yard waste permit

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 county's ditches. Commission Chairman Leroy Lang agreed. "You have to handle them all fairly," he said. In other business, the commissioners:

- Talked to Joe Mindrup, who farms northeast of New Almelo, about Chinese elms growing into power lines and a ditch near his place.

Road and Bridge Supervisor Tom Brannan said he'd get the trees in the ditch sprayed and he

and the rural electric company will remove the ones in the lines.

- Heard that most of the signs are up for the county road between Hill City and Lenora. With summer highway construction, Mr. Brannan said this road will be getting more traffic.
- Held a 15-minute closed session with James Kaue, the county's attorney in Topeka, about a Supreme Court case involving the commissioners and confined animal regulations. The commissioners are expecting to hear the court's opinion at any

time.

- Held a 15-minute closed session with Acting Ambulance Director Andy Nielsen, Emergency Medical Technician Ruth Schillig and County Attorney Doug Sebelius to discuss non-elected personnel.
- Discussed a tornado drill that was to occur at 5:30 p.m. with Emergency Preparedness Coordinator Alvin Mapes.
- Held a 10-minute closed session to discuss attorney-client privilege.

Ambulance crews stay on the run

(Continued from Page 1)
 The commissioners wondered if they needed to advertise the position or if they could just look through the job applications they received when they hired Ms. Schillig, Norton's other full-time emergency medical technician. One of those interested in the job is just turning 19, Mr. Nielsen said. County regulations preclude anyone under 21 from driving an emergency vehicle. However, Mr.

Nielsen said, there are almost always at least three emergency medical technicians on board along with the driver so that shouldn't ever be a problem if the county hires a younger person. The county has 18 volunteer emergency medical technicians, who will take calls. However, these people have other jobs and are not always available to be on call. "Are you getting burned out?"

Commissioner John Miller asked. Ms. Schillig said it wasn't so much the runs as the other things that needed to be done, including maintenance, equipment checks, billing and paperwork. In his report Mr. Nielsen said that he and Ms. Schillig will be putting in overtime just to deal with checking files from Jan. 2002 through Nov. 1.

Let's start enjoying green vegetables

It's that time of year to get the garden tools ready and packets of seeds bought. Rows of lettuce, beans, peppers and more will soon be sprouting in backyard gardens. Since March is here, why not enjoy some of those green goodies now. Asparagus is a favorite spring vegetable. While delicious on its own, it is also used in salads and main dishes. Nutritionally, asparagus is a good source of dietary fiber and vitamins A, C, and B6. Next to orange juice, it's the second best source of folic acid from a whole food. It is naturally free of fat and cholesterol. Buy asparagus stalks that are firm and uniform with closed tips.

Store the stalks upright with the bottom ends in water or simply wrap in a moist paper towel. Store asparagus in the refrigerator if not eaten immediately. Cook asparagus until crisp-tender. Cabbage is another popular spring vegetable. In March, corned beef and cabbage is popular for a St. Patrick's Day meal. Nutritionally, cabbage is an excel-

lent source of vitamin C. Cabbage can be consumed raw or cooked. Buy cabbage that is evenly colored, not wilted, and heavy for its size. A green fruit to consider is the avocado which is now consumed throughout the year. Avocados contain five grams of fat in each one-fifth slice. Of the fat, three grams are monounsaturated fat. They do not contain cholesterol or sodium. They are 60 percent higher in potassium than bananas. Avocados are also a good source of fiber, vitamin B6, vitamin E, vitamin C and folate. Ripen firm avocados in a paper bag at room temperature. Ripe avocados can be stored in the refrigerator. They can be frozen as a puree. Use ripe, softened fruit. Wash, peel and remove the pit. Puree the flesh. To prevent darkening, add 1 teaspoon ascorbic acid or 3 tablespoons lemon juice per quart of puree or 1 tablespoon lemon juice per two avocados. Pack in a freezer bag and freeze. Use within four to five months. Avocado seeds are poisonous and should not be consumed. If you have further nutrition related questions, contact your Extension office or e-mail twatts@oznet.ksu.edu.

Home ed
Tranda Watts,
 Extension
 specialist



Woman prepares to celebrate 100 years

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 as house mother for the women's dormitory at Manhattan Christian College. It was there she met the Rev. Stanley Letcher, a semi-retired preacher. They married and Gladys accompanied him as he fulfilled speaking engagements all across the country. They were married for 18 years before his death. In 1990 Mrs. Letcher moved to New Braunfels, Texas. She lived in her own apartment until a year ago. Now, she lives in an assisted living center. She has six grandchildren, 11 great-grandchildren and seven great-great-grandchildren.

To celebrate their mother's 100th birthday, Mrs. Letcher's children, Esther Marie Headrick, New Braunfels and Gale Phillips, Lynden, Wash., are asking her friends and family to shower her with cards. Greetings will reach her at 3648 Prairie Park Drive, New Braunfels, Texas 78130.

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