

Roadwork in Ellis County begins

Last week, a job to seal U.S. 183 Highway in Ellis County began, weather permitting.

Starting in Hays at 55th Street and continuing north approximately 15 miles to the Ellis/Rooks County line, workers will spread a thin layer of asphalt oil over the pavement then coat it with a layer of rock chips that are pressed into place with heavy rollers. Chip Seals are a low cost method of sealing minor cracking in a roadway, preventing water from seeping into the pavement and therefore extending the life of the roadway.

Traffic will be reduced to one lane; and controlled by flaggers and a pilot car operation during daylight hours on this project. Minor delays should be expected through the construction time frame, not exceeding 15 minutes. The public should plan their travels accordingly. Pay attention to the signs and workers within a road construction zone

and "Give 'Em A Brake!" KDOT awarded the chip seal construction contract - totaling \$445,452 - to Heft and Sons L.L.C. of Greensburg. Weather permitting, the U.S. 183 seal will be complete by July 26. For questions concerning this project, please contact KDOT Northwest Kansas Public Affairs Manager Kristen Brands at (785) 877-3315 or kristenb@ksdot.org in Norton.

Rural zone program expanded for 2014

The Kansas Department of Commerce has announced that the Rural Opportunity Zones (ROZ) program will expand during Fiscal Year 2014. The expanded program will include 23 additional counties approved to participate in ROZ by the Kansas Legislature during the 2013 session.

"By bringing the Rural Opportunity Zones program to these additional counties, Kansas will be able to expand its efforts to ensure that we have a steady population and strong workforce in rural counties," said Kansas Commerce Secretary Pat George. "I look forward to working with the newly designated Rural Opportunity Zone counties to help them attract the businesses and workers who will drive our state's economy forward."

In 2011, Gov. Sam Brownback and the Legislature established the ROZ program in 50 counties as a means of countering the rural flight that has caused many Kansas counties to lose population over the past several decades. The ROZ program allows qualifying individuals who

move to a ROZ county to have their state income taxes waived for up to five years. In addition, counties that opt to partner with the state may offer student loan repayments of up to \$15,000.

Grant and Gray counties, two of the newly designated ROZ counties, have already voted to partner with the state in the student loan repayment program.

"We are excited to be included in the recent expansion of the Rural Opportunity Zones program," said Bob Dale, Grant County Economic Development director. "Grant County commissioners enthusiastically passed the resolution to participate in the student loan repayment option at their first opportunity, and here at Economic Development we already have a ROZ inquiry that looks promising to bring us a new restaurant. It is a great program for rural Kansas."

Since July 2011, the Department has received 864 applications for participation in the student loan repayment program from residents of 39 states. Applicants represent a wide variety of industries, with education

and healthcare as the two largest professions.

For more information about the Rural Opportunity Zones program, please visit KansasCommerce.com/RuralOpportunityZones.

The following counties have been certified by the Legislature as ROZ counties:

Allen, Anderson, Barber, Bourbon, Brown, Chase, Chautauqua, Cheyenne, Clark, Clay, Cloud, Coffey, Comanche, Decatur, Doniphan, Edwards, Elk, Ellsworth, Gove, Graham, Grant, Gray, Greeley, Greenwood, Hamilton, Harper, Haskell, Hodgeman, Jackson, Jewell, Kearny, Kingman, Kiowa, Lane, Lincoln, Linn, Logan, Marion, Marshall, Meade, Mitchell, Morris, Morton, Nemaha, Neosho, Ness, Norton, Osborne, Ottawa, Pawnee, Phillips, Pratt, Rawlins, Republic, Rice, Rooks, Rush, Russell, Scott, Sheridan, Sherman, Smith, Stafford, Stanton, Stevens, Trego, Thomas, Wabunsee, Wallace, Washington, Wichita, Wilson and Woodson.

The musical Alice in Wonderland opens July 27

Visitors to the Harlan County Dam Playhouse will be entering Wonderland when the musical production of Alice in Wonderland opens Saturday, July 27. The Playhouse, located at 102 Berrigan Road in Republican City, will run the show for three weekends.

Curtain time for Saturday's shows July 27, Aug 3, and Aug. 10 will be at 7:30 p.m. Sundays' shows for July 28, Aug. 4 and Aug. 11 are at 3 p.m. Doors will open 30 minutes prior to curtain

time, where general admission tickets can be purchased.

Featuring an original script and musical score, it is an adaptation of Lewis Carroll's classic tale of following a young girl's adventure as she falls through a rabbit hole and into a whole new world filled with imagination, fascination, and a lesson or two.

With a cast and crew of nearly 40 local participants from seven different counties, the show, directed by Spencer Wolfe of Lin-

coln, Neb., will also have live musical accompaniment, played by Michelle Fritz of Alma, Neb., and written and composed by Long Island native, Stanton Nelson.

The "Alice in Wonderland" production is partially funded by local businesses and patrons along with the support of the Nebraska Arts Council and Nebraska Cultural Endowment. For further information, call 308-799-3093.

Arugula is the ultimate vegetable garden turn off

Kay Melia

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In my entire 83 years, I cannot remember ever tasting kale. I may have inadvertently done so after purchasing and devouring one of those beautiful little plastic bags or boxes of mixed greens at the supermarket. But I have never purposely grown or eaten kale, which is really a "shame on me" thing. I intend to correct that mistake soon.

Surely, I'll like kale when I get around to eating some. You think? Some types or kinds of greens are bad news for a lot of people, especially those greens that may be spicy, or as they say, piquant. Take arugula, or rocket as some people call it. I have eaten arugula, and in my opinion, arugula is not only spicy, or piquant, it is peppery, highly disagreeable to the taste buds, stomach churning, and several other adjectives I dare not use. It is totally distasteful when added to a fresh garden salad. Do you get the feeling I don't really care for arugula?

I can think of no other garden vegetable that turns me off like arugula. Still, I've not yet tried kale...nor orach, nor edible chrysanthemum, nor catalogne frastagliato, which is a type of edible Italian dandelion. My late friend John Cogswell, noted rancher and cattleman for several decades, used to pick wild purslane along the creek banks of his ranch, and eat it raw by the handful. I didn't much care for that, either.

I have a daughter in Denver who loves arugula! Can't get enough of it. I have another daughter somewhere in the mountains who loves quinoa, and even knows how to pronounce it. But arugula. I sat by a lady at a luncheon meeting one time who brought her own beautiful green salad. I complimented her. She said it was arugula. I nearly gagged. She sat somewhere else at the next meeting.

It's all a matter of taste, isn't it? Either you like the taste of a fresh garden vegetable, or you

don't. A good friend from years ago detested fresh garden tomatoes. Or any kind of tomato, cooked or raw. He passed away at age 89. I couldn't see a connection there.

Growing your own fresh vegetables is the perfect way to satisfy your eating preferences. If you don't like the taste, don't plant it. Plant only the choices your family enjoys. I would never plant arugula in my garden, for fear that it might contaminate other growing things. Check that. If my Denver daughter lived here, I would try to grow some for her. But I would draw the line at planting catalogne frastagliato.

I'm getting a bit anxious to try kale. If I like the store-bought kind, I might plant some next spring, or even this fall. Bobby Flay has an interesting recipe or two on the internet for kale preparation, and I like Bobby Flay's way with a salad. Unless I find out he uses arugula in it!

Photo opportunity



Amy Wentz got her 4-H photos judged Saturday by Jacob VanSike as her mother Lois and Superintendent Ruth Shearer look on. Amy is a member of the Prairie Dog 4-H club. Both the 4-H and Open class photos are on display at the Norton 4-H building for your viewing.

- Telegram photo by Dana Paxton

Cruise beckons Kansas family caregivers

Family caregivers understand all too well the stress of caring for an aging loved one. What better way to relieve that stress than a getaway? That's why Kansas residents are invited to nominate deserving family caregivers, including themselves, for the opportunity to win a free, four-night, five-day cruise.

Home Instead, Inc., franchisor of the Home Instead Senior Care® network, is sponsoring the cruise for one lucky caregiving hero and guest. Submit your nomination and vote by Aug. 24, 2013, at cruise.caregiverstress.com/.

The Caregiver Cruise is scheduled for Feb. 3-7, 2014, on the Royal Caribbean Enchantment of the Seas. The cruise will set sail from Cape Canaveral, Fla., with stops in CocoCay and Nassau, Bahamas. In addition to the cruise, the winning recipient will receive 40 hours of free care from a Home Instead Senior Care professional

CAREGiverSM for his/her senior loved one while away.

"The stress of caregiving can have debilitating effects not only on family caregivers, but also on the older adults who are receiving that care," said President Jeff Huber of Home Instead, Inc. "That's why it's important for caregivers to take care of themselves. And what better way to do that than during a tropical getaway?"

The cruise offers a relaxing retreat with a number of optional activities such as putt-putt golf,

cocktail hour, cupcake decorating and scavenger hunts, along with support groups and one-on-one consultations with family caregiving expert Dr. Amy D. Aprix.

To take a caregiver distress assessment and learn how you can help guard against the potential dangers related to caregiver stress, go to FamilyCaregiverStressRelief.com.

For more information about the Home Instead Senior Care network, go to www.homeinstead.com.

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Poster contest aims to put the brakes on traffic fatalities

Kids ages 5 to 13 in Kansas are encouraged to enter artwork for a statewide poster contest focusing on "Put the Brakes on Fatalities Day"-a nationwide effort to increase roadway safety and reduce all traffic fatalities.

All entries must be postmarked by Friday, Sept. 20, and should be mailed to: AAA Kansas, Public Affairs, 3545 SW 6th Street, Topeka, KS, 66606. On the back of the 8 by 11-inch paper entry must be the child's full name; age at time of entry; mailing address; county; a parent's name; and contact phone number. For more information go to KDOT's Internet main website page at www.ksdot.org.

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HANSEN MUSEUM

The Dane G. Hansen Memorial Museum presents "The Eckman Method® of Fine Art Cast Paper Sculpture" on Aug. 16 through Oct. 6.

Patty and Allen Eckman have been creating wonderful, high-detail works in their handmade, acid-free cast paper sculpture since 1988. They have become internationally recognized as not only masters in the medium, but at this time, the sole masters. The Eckmans have shared their work with millions of art enthu-

siasts over the years.

Patty and Allen Eckman both have done a series of signed and numbered limited edition pieces. All are really limited edition originals, as each piece requires hands on sculpting.

The Eckmans have developed a revolutionary process that allows the artists to turn their museum quality paper creations into bronze, while retaining the archival paper (in its original state). This process is only available through Eckman Fine

Art. No other artists or foundry in the world knows how to do this.



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