

## Gun lobbyist to speak at lecture

Richard Feldman, author of Ricochet: Confessions of a Gun Lobbyist, will be the featured speaker at the Dr. Max Pickerill Lecture Series hosted by Colby Community College on Tuesday, Sept. 10, beginning at 7 p.m. CT) The Lecture Series will be held in the Northwest Kansas Cultural Arts Center located on the southeast corner of campus.

Feldman is a former Regional Political Director for the National Rifle Association (NRA), former Chief Spokesman/Lobbyist for the firearms industry (Amer-

ican Shooting Sports Council), political campaign consultant/manager, and a White House Policy Advisor.

He has dedicated the past 25 years to protecting the rights of firearm owners, marksmanship organizations, gun retailers, and firearms makers in America and internationally. His access and advice to the highest government officials including Presidents Reagan, Clinton and Obama attests to his core conviction that Second Amendment rights and responsibilities benefit all society regardless of

ideological beliefs.

Feldman is sought out by the media for his comments on firearms policy by print media, on radio and television with appearances on Good Morning America, the Today Show, NPR, C-Span, CNN, Fox News and Peter Jennings' special, The Gun Wars.

There is no charge to attend. The Max Pickerill Lecture Series is funded annually by anonymous donors. For more information contact Dr. Linda Davis-Stephens at (785) 460-5528.

## Test your food preservation know-how

New, time-saving equipment and a plentiful supply of tested recipes can simplify home food preservation and ensure success for first-time food preservationists.

Here is a <http://www.rrc.ksu.edu/quiz> to highlight frequently asked questions about food preservation that you may find interesting if you are thinking of doing some food preservation:

1) True or False: Seasonal fruits and vegetables should be ripe and free of damage or spoilage to be candidates for home food preservation.

2) True or False: To freeze blueberries, wash and drain berries in a colander; spread dry berries on a baking sheet with a lip and place the baking sheet (with the blueberries) in the freezer; check at 30-minute intervals and transfer frozen berries to a freezer bag container. This is called dry-pack freezing.

3) True or False: A glass-top range cannot always bear the weight of a canning kettle. Read manufacturer's directions for the cooktop and canner before choosing a food preservation method.

4) True or False: A pressure canner gauge must be checked and, if necessary, replaced annually to ensure the canner reaches optimum temperatures for safe food processing.

5) True or False: Using proven, tested recipes for food preservation is recommended.

6) True or False: Food preservation is similar to baking; for optimum results, adjustments for altitude will need to be considered when choosing a recipe.

7) True or False: Use caution if buying canning and other food preservation equipment at garage sales or second-hand stores.

8) True or False: Home-canning protects foods for several years.

9) True or False: A pressure canner is used for low-acid foods, such as meats, vegetables, soups, fish or seafood.

### Homeed Tranda Watts, Extension specialist



10) True or False: A hot water bath can protect foods with a high acid content, such as fruit jams or jellies.

11) True or False: Food professionals advise shopping for canning, freezing supplies and containers before they are needed and checking equipment such as the gauge on a pressure canner well before it is needed.

12) True or False: An acid, such as bottled lemon juice, vinegar or citric acid, must be added to tomatoes to make them safe for canning.

Answers:

1) True.

2) True.

3) True. Consider freezing or dehydrating for safe, effective alternate food preservation methods.

4) True. A variance of as little as two degrees may cause as much as a 30 percent reduction in accuracy. This can lead to foodborne illness, and, in some cases, potentially deadly toxins. Many K-State Research and Extension offices can check gauges on pressure canners; manufacturers also provide this service.

5) True. Recipes are like chemistry experiments – correct proportion of ingredients is needed to produce the desired safe, successful results.

6) True. Kansas' landscape rises from east to west, and residents are advised to check the altitude in their location. It is typically listed on maps or on the <http://skyways.lib.ks.us/kansas/counties/index.html> State Library of Kansas website.

7) True. Check canning equipment, as it must be in good condition for safe canning and food preservation. For example,

rubber seals can dry out, crack or otherwise lose the ability to maintain a seal. Inaccurate pressure gauges can compromise results. The bottoms of canners may also be warped, and replacement parts may be impossible to find for many older brands of canners. Check canning jars for cracks, chips and nicks that will interfere with seals. Screw-top rings in good condition can be reused; lids cannot be reused.

8) False. Foods processed within the home should be labeled as to content; dated; stored in a cool, dry, dark place (if canned or dehydrated) or freezer; and used within one year or less. If foods have changed in color, appearance or have an odor, they should be discarded without tasting.

9) True. A pressure canner is needed to heat water to 240 degrees F to kill bacteria on low-acid foods that could cause foodborne illness.

10) True. A hot water bath is effective in processing foods with a high acid content.

11) True. Supplies can be hard to find or sold out, and parts (a gauge or rubber gasket are examples) may need to be ordered.

12) True. The natural acidity of tomatoes is not high enough to be considered a high-acid food. To increase the acidity, use one of the following and then process either with a water-bath canner or pressure canner: a. Bottled lemon juice – one tablespoon per pint or two tablespoons per quart b. Cider or white vinegar (with 5 percent acidity) – two tablespoons per pint or four tablespoons per quart c. Citric acid – one-fourth teaspoon per pint or one-half teaspoon per quart.

If you have food preservation questions, please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at [twatts@ksu.edu](mailto:twatts@ksu.edu) or call 785-443-3663.

## Coming soon!



City crews were pouring cement at the Norton Public Library on Thursday, Aug. 15. (From left to right) City employees Richard McKenna, Jason Dial, Steve Reedy and Dusty Eagleburger put the finishing touches on one of the bases that will hold the Remington statues, donated by owner Sue Sharp in memory of Bill Sharp. The Remington statues are expected to be placed on the bases the first week of September.

–Telegram photo by Mike Stephens

## Agricultural lenders conference planned

With a backdrop of ever-changing global market and weather conditions, Kansas State University will host the 2013 Agricultural Lenders Conference in two locations this fall. The Oct. 8 conference will be presented in Garden City, Kan., with the Oct. 9 event in Manhattan, Kan.

"Because of the constantly changing factors in agriculture, including farm legislation and supply and demand issues in the U.S. and overseas, this program is designed to address the specific informational needs of the Kansas financial community," said Rich Llewellyn, K-State agricultural economist and conference coordinator.

The conference begins with registration at 8:15 a.m. at both sites and the program starting at 9 a.m.

Presentation topics by K-State

Research and Extension specialists in agricultural economics include:

- Grain Market Prospects for 2013-2014 – Dan O'Brien;
- Kansas Land Values and Cash Rents – Mykel Taylor and Kevin Dhuyvetter;
- Macroeconomic Outlook for 2014 – Brian Briggeman;
- Machinery Costs – Kevin Dhuyvetter;
- Kansas Farm Management Association Update;
- Crop Insurance & the Farm Bill – Art Barnaby; and
- Beef Cattle Market Outlook for 2013-2014 – Glynn Tonsor.

The Oct. 8 conference in Garden City will be at the K-State Southwest Research-Extension Center at 4500 E. Mary St. The Oct. 9 conference in Manhattan will be at the International Grains Program Conference Center at 1980 Kimball Ave.

The cost to attend at either location is \$85 if paid by Oct. 4 and \$95 after that date and at the door. The fee includes conference materials, morning and break refreshments and lunch.

More information about the conference, including online registration, is available at [www.agmanager.info/events/ag\\_lenders/2013/](http://www.agmanager.info/events/ag_lenders/2013/). More information is also available by contacting Llewellyn at 785-532-1504 or [rvl@ksu.edu](mailto:rvl@ksu.edu).



### Opening August 29

## New Clinic Brings Specialized Wound Care Services To Norton

### Wound Care Clinic Norton County Hospital 102 E. Holme – Norton Weekly

In cooperation with Norton County Hospital, specialists from HaysMed's Wound Healing and Hyperbaric Center are providing wound care services in Norton for patients with these conditions:

- Wounds that are 30 days old or more and not improving
- Diabetic foot ulcers
- Lower leg ulcers
- Pressure ulcers
- Slow or non-healing surgical wounds

No physician referral necessary.

Call 785-877-3351 or 785-623-5602 to schedule an appointment.



**HAYSMED**  
WOUND HEALING &  
HYPERBARIC CENTER

2220 Canterbury Drive - Hays - 785-623-5602 - [haysmed.com/woundcenter](http://haysmed.com/woundcenter)

## SCHOOL MENU

### NCHS-NJHS Menu

Monday, Aug. 26

Breakfast-Sausage gravy, biscuits, grapes, apple juice and milk.

Lunch-Pigs in a blanket, pork and beans, rosy applesauce, broccoli and cauliflower and milk.

Tuesday, Aug. 27

Breakfast-Apple cinnamon bars, applesauce, orange juice and milk.

Lunch-Steak fingers, whipped potatoes, country gravy, carrots, rolls w/margarine, pears and milk.

Wednesday, Aug. 28

Breakfast-Assorted cereal, toast w/margarine, peaches, grape juice and milk.

Lunch-Stuffed crust pepperoni pizza, salad, peaches and milk.

Thursday, Aug. 29

Breakfast-Breakfast quesadilla, pears, grape juice and milk.

Lunch-Chicken fajitas, onions/green peppers, lettuce/tomato, oranges and milk.

Friday, Aug. 30

Breakfast-French toast sticks, Mandarin oranges, orange juice and milk.

Lunch-Beef and noodles, whipped potatoes, Mandarin oranges/peaches, cottage cheese, rolls w/margarine and milk.

### EES Menu

Monday, Aug. 26

Breakfast-Kansas granola bar, cheese stick, oranges and milk.

Lunch-Spaghetti, tossed salad, peaches, garlic bread and milk.

Tuesday, Aug. 27

Breakfast-French toast, warm syrup, strawberry fruit cup and milk.

Lunch-Corn dog, sweet potato tots, baby carrots, fruit cocktail and milk.

Wednesday, Aug. 28

Breakfast-Western omelet quesadilla, salsa, tater tots, peaches and milk.

Lunch-Scalloped chicken, corn, sweet heart pears, celery stick and milk.

Thursday, Aug. 29

Breakfast-Breakfast cake, sunrise smoothie, graham crackers and milk.

Lunch-Beef burrito, cheesy broccoli, applesauce, tomato wedge and milk.

Friday, Aug. 30

Breakfast-Sausage gravy, biscuit, apricots, grape juice and milk.

Lunch-Beef and noodles, whipped potatoes, green beans, orange half, cheese rolls and milk.

### Northern Valley Menu

Monday, Aug. 26

Breakfast-Streusel top muffin, eggs, hash browns, juice and assorted cold cereal.

Lunch-Taco salad, fresh car-

rots and celery, cinnamon puff and pineapple tidbits.

Tuesday, Aug. 27

Breakfast-Eggs w/ham, hash browns, toast and assorted cold cereal.

Lunch-Chicken patty, bun, mashed potatoes and gravy, buttered green beans and watermelon.

Wednesday, Aug. 28

Breakfast-Monkey bread, watermelon, scrambled eggs and assorted cold cereal.

Lunch-Wiener wagons, potato wedges, buttered corn and Mandarin oranges.

Thursday, Aug. 29

Breakfast-Oatmeal w/toppings, hash browns, strawberries and assorted cold cereal.

Lunch-Chicken nuggets, sauce, mashed potatoes, fresh broccoli, cauliflower, whole wheat roll w/jelly and strawberry/banana dessert.

Friday, Aug. 30

Breakfast-Pancake on a stick with syrup, eggs, orange juice and assorted cold cereal.

Lunch-Hamburger on a bun, sweet potato fries, buttered carrots and fruit cup.

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