

Weather Corner



Tonight: Partly cloudy. Lows around 60. East winds 10 to 15 mph.
 Saturday: Windy. Mostly sunny. Highs in the upper 80s. Southeast winds 10 to 20 mph increasing to 15 to 30 mph in the afternoon.
 Saturday night: Windy. Mostly clear. Lows in the lower 60s. South winds 25 to 30 mph.
 Sunday: Windy. Mostly sunny with a 20 percent chance of thunderstorms. Highs in the upper 80s. South winds 25 to 30 mph.
 Sunday night: Breezy. Partly cloudy with a 20 percent chance of thunderstorms. Lows in the mid 60s.
 Labor day: Breezy. Mostly sunny with a 20 percent chance of thunderstorms. Highs in the lower 90s.
 Monday night: Partly cloudy with a 20 percent chance of thunderstorms. Lows in the mid 60s.
 Tuesday's high in Colby: 82; low, 49. Water Usage for Thursday: 2,142,000 gallons
 Three consecutive days over 3.5 million gallons will mean a water watch;
 Three consecutive days over 4.0 million gallons will mean a water warning and possible restrictions;
 Three consecutive days over 4.5 million gallons will be a water emergency and require restrictions in watering.

Kansans fight higher food costs by canning vegetables

LAWRENCE (AP) — You've got tomatoes coming out of your ears. Okra, peppers and cucumbers, too, in a cornucopia of late summer produce.

Now what? You could eat vegetables until you sprout roots, but most likely, you'll still see a few, if not more, die a wilting death waiting to get on your plate.

Or you could take that bounty and prepare it the way Irene Hain has been her whole life: in a jar.

Hain, 80, has been a home canner since learning the skill from her grandmother as a child. She's an expert at preserving her garden vegetables into a yearlong bounty of dilly beans, chow chow, green tomato pickles, jams, jellies, dill and bread and butter pickles, beans and tomatoes.

"We had our own garden, and we always did our own canning," the Lawrence resident says.

"We can the things that are in the garden, of course. We grow most-

"We grow mostly tomatoes, and green beans and beets and, of course, cucumbers to make pickles."

Irene Hain, Lawrence resident and canner

ly tomatoes, and green beans and beets and, of course, cucumbers to make pickles."

Though she cans every summer, she knows it's a dying art. Many folks young enough to be her grandchildren have never spent time canning with their grandmothers and probably haven't even seen canning equipment in use.

But that could soon change, as canning is getting a few extra breaths of life thanks to soaring food prices.

The U.S. Department of Agriculture has projected food costs will rise 5 to 6 percent this year, the

biggest increase since 1990. Even before the USDA's report, which came out in mid-August, more and more people had turned to gardening this summer as a means to save at the grocery store.

And now, with an abundance of late-summer vegetables and fruits, many people are left wondering how to enjoy their bounty without throwing out food.

Enter the forgotten art of food preservation — canning, freezing and drying. Most everyone knows how to freeze foods, but canning and drying can be a little bit more of a mystery.

And canning specifically can be especially worrisome for someone lacking Hain's experience. The canning process, when done correctly, uses heat and time to process foods in a water-bath or pressure canner. Both methods remove oxygen, destroy enzymes, prevent the growth of bacteria, yeasts and molds and helps to form a high vacuum in jars. Tight vacuum seals keep liquid in and air and microorganisms out until the product is opened.

Of concern is not doing it correctly and ending up with food that has gone bad and is rife with bacteria when it is finally opened.

To avoid a trip to the emergency room or a sad day of taking oodles of jars to the trash bin, Mary Ellen Barnes has a few recommendations.

Barnes, a home canner for nearly 30 years, judges food preservation contests for 4-H in four counties. She will teach a class on food preservation Sept. 25 at the Community Mercantile in Lawrence.

Her first recommendation is that novices start with the simplest of the two methods of canning, water-bath canning. This involves sealing a canning jar in a hot bath of boiling water. The other method, pressure canning, can be a little bit more difficult, especially for beginners, she says.

"I would start with a water-bath canner and your high-acid foods like tomatoes," says Barnes, who lives south of Tonganoxie.

"It's easier. ... Some of the pressure foods, you know, green beans ... corn, take an extremely long time to process — it takes like an hour and a half in the pressure canner."

She also recommends going to the Douglas County Extension Office to pick up free pamphlets on food preservation, buying the "Ball Blue Book of Preserving" or checking out canning resources online. The disadvantage to water-bath canning is that it cannot be used to can low-acid foods such as corn, peas and mushrooms. However, pressure canners can be used with foods of all acidities.

Low-acid foods have pH values of higher than 4.6. Acid foods have a pH of 4.6 or lower. Acidity may be natural — as in most fruits — or added, as in pickled foods. Therefore, the level of acidity in foods can be increased by adding acids like lemon juice, citric acid or vinegar.

"Really, following the guidelines is very, very important," Barnes said.

"If you have a clean environment to start and use the USDA guidelines, you should be safe."

Specialist helps children improve speech

BLUE SPRINGS, Mo. (AP) — Christine Keele needed help for her son. The 10-year-old had a lisp that wouldn't go away. The word "see" would have a "th" sound to it.

He underwent seven years of speech therapy, but the lisp didn't improve.

The boy was referred to Mary Billings, a speech-language pathologist in Blue Springs. Since February, Billings has made great improvement in his speech, Keele said.

"Mary is a true blessing to have in our lives," Keele said.

Billings quickly diagnosed the boy as having an orofacial myofunctional disorder. It's a condition related to the normal and abnormal use of the muscles of

the lips, tongue, jaw and cheeks and palate. Orofacial myology is a condition that the public rarely hears about.

"There are not a lot of people in the area who know we exist," said Billings, who is the owner of Billings Speech Pathology Services in Blue Springs. She is a state licensed speech-language pathologist with 27 years of experience. "There is not a wealth of information regarding this issue like other well-documented conditions."

She went through training to teach the program and now is wrapping up her certification that requires extensive research and writing and onsite observation. When she earns certification, Billings will be the only speech pathologist in Missouri to be spe-

cialized in orofacial myology.

In some cases, dentists or speech pathologists not trained extensively in orofacial myology believe they can treat the problems.

RE-ELECT Mike Baughn Sheriff Thomas County As a Write-in Candidate

Mike Baughn joined the Thomas county Sheriff's Office in 1970 when Sheriff Lloyd Lunsway appointed him a Special Deputy. He held this position, working part-time, during the term of Sheriff Dale McFarland, and again during Sheriff Lunsway's last term. In 1985 he was appointed a Deputy by newly elected Sheriff Tom Jones. Serving under Sheriff Jones, Mike advanced from Deputy/Jailer, to Sergeant, Chief Deputy, and for nine years, held the position as Undersheriff and Jail Administrator. When Sheriff Jones retired in 2004, Mike ran for Sheriff and was elected.

Sheriff Baughn obtained his Bachelor of Arts Degree in Secondary Education from Asbury College, Wilmore, KY, in 1970; a Masters of Science Degree in Educational Administration from Fort Hays State University in 1976, and his Associate of Arts Degree in Criminal Justice from Colby Community College in 1988. In special ceremonies held at the United States Capital in Washington, D.C. in 1997, he was designated a Nationally Credentialed Law Enforcement Officer. Mike is also a 2006 graduate of the 90th National Sheriff's Institute and has many hours in diversified investigation, leadership, and management classes.

Sheriff Baughn has experience as a classroom teacher, secondary school administrator and grocery store co-owner/manager prior to joining the Sheriff's Office as a full-time officer in 1985.

His adult life has been one of service, and Sheriff Baughn currently serves on the Thomas County Historical Society Board; as Past District Governor; Lions Clubs International and current Secretary-Treasurer of the Brewster Lions Club; the Salvation Army Local Service Unity; VFW Men's Auxiliary; Phi Delta Kappa; and is a Mason and Shriner.

Statement of Philosophy on Law Enforcement and the Office of Sheriff

"My management philosophy surrounds two major platforms; the first emphasizes that our agency exists for the sole reason that we are sworn to serve and protect the citizens we serve. The second recognizes our Deputies and employees are the most important assets in my office.

"These two platforms recognizes that the leadership in my Office must work diligently in seeking the highest possible achievement in training and equipping my Deputies to perform their mission, and exploring every opportunity to partner with members of our community by using Sheriff's Office resources and visionary leadership for the right purposes.

"The MISSION STATEMENT of the Thomas County Sheriff's Office reads: 'The Thomas Sheriff's Office will provide the citizens of Thomas County with effective and efficient public safety services; working actively with citizens to reduce crime and protect life and property. We will provide these services through strategic personnel selection, education, and training, with integrity, competence and open communication.'

"I continue to seek opportunities to conserve tax dollars through consolidation of police services with other law enforcement agencies, and exploring other tax-saving initiatives.

"I believe the Sheriff must play a strong role in seeking community consensus on how to resolve long-standing problems within the criminal justice system. One issue that must be addressed related to insufficient jail capacity. Our ability to maximize safety for both the community and those incarcerated, however, cannot be realized with our current jail, and solutions must be seriously considered.

"Having experienced a contested election this term, I am acutely aware of changes, revisions and upgrading required within the Sheriff's Office to provide the effective and efficient law enforcement as stated in the Mission Statement. These issues are being addressed at this time.

"Finally, I believe the Office of Sheriff holds a public trust that must be earned through demonstrated integrity and competence. My entire career has been dedicated to ensuring that the citizens we serve receive the best possible law enforcement.

"I am asking you to re-elect me as Sheriff on November 4th, by writing my name, MIKE BAUGHN, on the ballot and marking the oval indicating that I am your choice. If re-elected I will continue to serve with integrity and absolute dedication to the Office."

Mike Baughn

Adv. Paid for by Mike Baughn for Sheriff, Sharron Knox, Treasurer

GIVE CANCER PATIENTS HOPE



Colby Blood Drive

Thursday, Sept. 4

Noon – 6 p.m.

Colby Community Building
285 E. 5th

Make your lifesaving appointment at

1-800-GIVE LIFE

Walk-in donors welcome.



In 2006, 1.4 million new cancer diagnoses were made in the United States.

Nearly all of those receiving chemo or related therapy will need blood during their treatment.

A cancer patient can use between 10-20 pints of blood and 10-50 units of platelets while being treated.

Please give another smile, another hug, another day of hope to those in need. Share your gift of life today!



Rawlins County Health Center

RAWLINS COUNTY HEALTH CENTER COMMUNITY CALENDAR

707 Grant Atwood, KS 67730 (785) 626-3211

Bringing Specialized Healthcare To Your Community

August 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Cardiac Rehab	2	3 Diabetic Clinic Echocardiograms Ultrasounds Cardiac Rehab	4 MRI Mobile Unit Vasc Ultrasounds	5 Cardiac Rehab Echocardiograms Ultrasounds	6
7	8 Cardiac Rehab	9 McDonald Clinic - p.m.	10 Diabetic Clinic Echocardiograms Ultrasounds Cardiac Rehab Dr. Frankum Surgery	11 MRI Mobile Unit Vasc Ultrasounds	12 Cardiac Rehab Echocardiograms Ultrasounds	13
14	15 Cardiac Rehab	16 McDonald Clinic - p.m.	17 Diabetic Clinic Ultrasounds Cardiac Rehab Nuclear Stress Mammograms Dr. Curtis Cardiology	18 Dr. Saba Orthopedics MRI Mobile Unit Vasc Ultrasounds Dr. Reeves Podiatry	19 Cardiac Rehab Echocardiograms Ultrasounds Dr. Reeves Podiatry	20
21	22 Cardiac Rehab Bone Density	23 McDonald Clinic - p.m. Dr. Miller Cardiology	24 Mammograms Diabetic Clinic Echocardiograms Ultrasounds Cardiac Rehab	25 MRI Mobile Unit Vasc Ultrasounds	26 Cardiac Rehab Echocardiograms Ultrasounds	27
28	29 Cardiac Rehab	30 McDonald Clinic - p.m.		Oct. 6 Dr. Rubiniowitz Oncology		

In House Services Available Daily
CT Scan ** Bone Mineral Density
** EKG
Electrocardiograms

TO SCHEDULE AN APPOINTMENT WITH A VISITING PHYSICIAN, PLEASE CALL (785)626-3211 Cheryl Banister, RN Specialty Clinic Director