

Check equipment for safety in canning

Gardeners and farmers' market shoppers who plan to preserve summer fruits and vegetables are encouraged to check the condition of canning and other food preservation equipment before crops reach their peak.

Increased interest in gardening, the move toward eating more locally grown foods, and desire to reduce grocery bills are contributing to new and renewed interest in home food preservation, said Karen Blakeslee, Kansas State University Research and Extension food scientist.

While many may remember their mothers or grandmothers preserving freshly harvested fruits and vegetables for winter meals, novices also can be successful in preserving food, said Blakeslee, who recommends choosing tested recipes and following the directions exactly.

High-acid food like fruits, jams and jellies, and pickles, all contain enough acid to be processed in a water bath canner. This method requires a large kettle with a metal rack to hold jars during processing.

Tomatoes must have acid (either lemon juice, citric acid, or vinegar) added to increase the acidity for safe canning. When using lemon juice, add 1 tablespoon per pint or 2 tablespoons per quart; for citric acid, add one-fourth teaspoon per pint or one-half teaspoon per

quart; for vinegar, add 2 tablespoons per pint or 4 tablespoons per quart.

Low-acid foods, including vegetables, meats, seafood, and soups require pressure canning, said Blakeslee, who noted that checking the accuracy of the dial gauge and condition of the rubber seal on a pressure canner before canning is essential.

Many K-State Research and Extension offices have the equipment to check the accuracy of a pressure canner gauge. Simply bring the lid with the gauge, or bring the entire canner, into the Extension office. If replacement parts are needed, they can help provide information on purchasing parts. Some older pressure canners are no longer manufactured, so finding replacement parts can be difficult, if not impossible, Blakeslee said.

Information about safe food preservation is available at K-State Research and Extension offices, and online at: www.rrc.ksu.edu. "The Complete Guide to Home Canning," a USDA publication, is available through the K-State Research and Extension Publication Library (www.ksre.ksu.edu/library/fntr2/mf2904.aspx).

An additional resource is the National Center for Home Food Preservation, at the University of Georgia online at www.uga.edu/nchfp.

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SERVICES DIRECTORY

Worship in the church of your choice this weekend.



COLLEGE VIEW BAPTIST CHURCH (Affiliated with Southern Baptist), 1185 Wheatridge Rd. at College Drive, 785-460-7144, Sunday Bible Study 9:30 a.m., Sunday Worship services, 10:45 a.m. Prayer Service at 6:30 p.m. on Wednesday's.

Schedule of church services

GATEWAY FELLOWSHIP, 2nd and Sunrise, Oakley. Pastor James Bloom, Sunday Morning Worship and Children's Church 10:15 a.m., Wednesday evening Bible Study and Intercessory Prayer 6:30 p.m. 785-671-4020.

COLBY INDEPENDENT BAPTIST CHURCH, 730 E. 3rd (former Jaycee's building), Pastor Bernard Heinz, 785-460-0313, Sunday School 9:30 a.m.; Sunday Morning Worship 10:30 a.m.; Sunday Evening 6:00 p.m.; Wednesday Evening 7:00 p.m.

ASCENSION-ON-THE-PAIRIE EPISCOPAL, Rev. Don Martin, College Drive & Wheatridge Rd., 785-462-3041, Holy Eucharist, 9:00 a.m. every Sunday, Evening Prayer, 5:15 p.m. Wednesday, September through May, Christian Education for Youth, 6:30 p.m. Wednesday, September through May.

COLLEGE DRIVE ASSEMBLY OF GOD, 245 W. College Dr., Colby. Pastor Steve Todd. Worship Service 10:15 a.m. Sunday School 9 a.m. for all ages. Wednesday Youth at The Rock 3:30 and 7 p.m. Sunday evening services at 6:30 p.m. on all Sundays except the 5th Sunday of every month. 785-462-8234. cdag@st-tel.net.

BEREAN CHURCH, 1000 S. Franklin, 785-460-2763, www.colbyborean.com; Sunday School 9:30 a.m., Sunday Worship 10:45 a.m. and Saturday 5:30 p.m. Pastor Mark Carlton, Senior Pastor and Pastor Jason Purdy, Youth Pastor, Middle School Group Wednesday 7 p.m. at the Attic and High School Youth Group Sunday 6 p.m. at the Attic. AWANA Wednesdays at 7 p.m. at the church.

FIRST BAPTIST CHURCH, (Affiliated with American Baptist Churches USA) Rev. Craig Grossman, 615 W. Webster, 785-462-2867, Sunday School 9:15 a.m.; Family Worship: 10:30 a.m.; RC Club 2nd and 4th Sundays at 2 p.m.

COLLEGE VIEW BAPTIST CHURCH (Affiliated with Southern Baptist), 1185 Wheatridge Rd. at College Drive, 785-460-7144, Sunday Bible Study 9:30 a.m., Sunday Worship services, 10:45 a.m. Prayer Service at 6:30 p.m. on Wednesday's.

PLEASANT HOME CHURCH, Pastor, Perry Baird, 785-890-3375, 3190 Road 70, Edson, Worship, 9:00 a.m., Sunday School 10:00 a.m.

WINONA METHODIST CHURCH, 501 Bellview Ave. Rev. Sheryl Johnson, Sunday School, 10:30 a.m., Morning Worship 9:15 a.m. (CDT)

MINGO BIBLE CHURCH, 420 Main Mingo, 785-462-2992. An independent community church served by Village Missions Intern Pastor Tom Peyton. Sunday School: 9:30AM - all ages. Sunday Services: 10:45AM. Sunday Nights: 1st Sunday of the month: potluck following morning service - no evening service; 2nd Sunday: services at 6:30 PM; 3rd Sunday: informal fellowship - bring a snack to share; 4th and 5th Sunday: services at 6:30 p.m.

SACRED HEART CATHOLIC, 785-462-2179, Father Dana Clark, Pastor, Saturday Eve. Mass 5:30 p.m., Sunday Masses 8:00 & 10:00 a.m., Confessions will be heard Saturday 4:30-5:05 p.m. and from 7:30-7:45 a.m. and 9:25-9:40 a.m. on Sunday.

FIRST PRESBYTERIAN CHURCH, Rev. Carol Rahn, 515 W. 4th, 785-462-6342, Sunday Worship 11:00 a.m. Podcasts of the worship services are available at the church website colbypres.org.

WESLEYAN CHURCH, 320 W. Pine - 785-462-8391, Sunday School 9:30 a.m., Sunday Worship 10:40 a.m., Sunday Evening Cell groups at 6:00 p.m., Wednesday Youth Ministries, Kids Clubhouse 7 p.m.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS, 1145 S. Franklin - 785-460-6605, President Andy Rose, 785-460-6807; Erwin Mitchell, 1st counselor, 785-460-1952; Calvin Haverfield, 2nd counselor, 785-953-1043. Sacrament meeting 10 a.m., Sunday School and Primary 11:20 a.m., Priesthood, Relief Society, YM/YW, 12:10 p.m.; Family History Center open, 7-9 p.m. Thursdays or by appointment. Call 785-462-3571.

REDEEMING LOVE MINISTRIES, INC., 345 N. Franklin, Dr. W.G. and Rev. Orvelia Romine, Equipping Class, Sunday, 9 a.m., Sunday worship, 10 a.m., Wednesday, R.L.M Training Centers (Bible School), 6 p.m. Shoponline at: www.rlmregionalchurch.com.

COLBY UNITED METHODIST CHURCH, Rev. James Mardock, pastor, 950 S. Franklin, 785-460-6521, Sunday Worship Services at 8:30 and 11:00 a.m., Fellowship coffee 9:30 a.m., Sunday School, 9:45 a.m., KXXX broadcasts 11:00 worship. www.colbyumc.org

CHURCH OF CHRIST, Minister, Jarrod Spencer. 510 E. 4th, Sunday Bible Study 9:30 a.m., Sunday Worship 10:30 a.m., Wednesday, Bible Study 7:00 p.m. www.colbychurch.com

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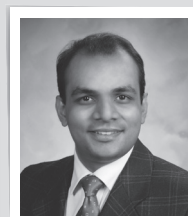


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New Spine Surgeon Brings a World of Experience to the Orthopedic Institute at Hays Medical Center



When everyday activities such as bending, looking overhead or simply shaking your head become a challenge due to back pain, turn to Vivek Sharma, M.D., at the Orthopedic Institute at Hays Medical Center. Dr. Sharma, the newest physician at the Orthopedic Institute, is an expert on the very latest surgical and non-surgical treatment options for problems of the back and spine. His focus is on finding the most effective way to address your spinal disorder and get you back to living your life.

Dr. Sharma has extensive experience in the diagnosis and treatment of a broad spectrum of spinal disorders including:

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- Treatment of spine fractures and other spine injuries
- Spinal cysts
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- Spine tumors
- Surgery for spinal stenosis
- Inpatient and outpatient rehabilitation services

Dr. Sharma graduated from the G.S. Medical College and K.E.M. Hospital Program at the University of Mumbai in India. After completing his internship and residency, he earned his diploma in orthopedic surgery at the College of Physicians and Surgeons in Mumbai. He moved to the United States in 2005 and completed several clinical fellowships.

Dr. Sharma's fellowships include: Orthopedic Spine Surgery: The Christ Hospital, Cincinnati Children's Hospital, University of Cincinnati, (Cincinnati); Orthopedic Sports Medicine and Arthroscopy: Boston Children's Hospital,

Harvard Medical School (Boston); Pediatric Orthopedics: B.J. Wadia Hospital for Children (Mumbai, India), Cincinnati Children's Hospital, University of Cincinnati (Cincinnati); and Joint Reconstruction and Arthroplasty, University of Minnesota (Minneapolis).

He's also put his expertise to work as an orthopedic physician for the Boston Ballet, the Boston Marathon and NCAA games in Boston.

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Ear, Nose & Throat – Dr. Black Fourth Wednesday (785) 628-3131	Orthopedics – Dr. Bassett First Tuesday (866) 428-8221
General Surgery – Dr. Hornick Monthly (785) 623-5945	Urology Thursdays, every two weeks (785) 462-7511 or (785) 432-3332

Call the number listed for specific clinic locations.