



The SE Kansas

Volume 3 Issue 1

Q&A Times Journal

September 1, 2012

The only pure, public relations' media in the entire SE Kansas Area



Introducing Michelle Hucke
Page 5



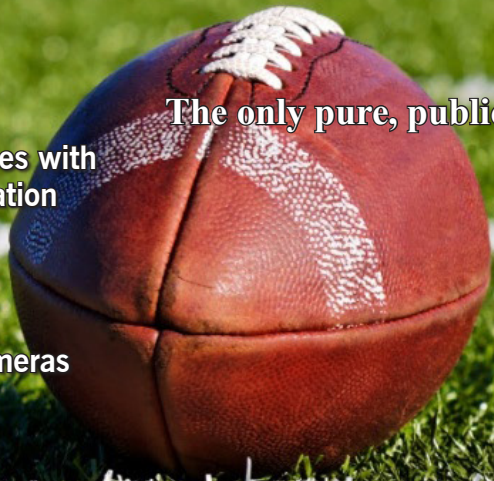
Family recipes with
little preparation
Page 7



Security cameras
Page 25



Auto paint process
Page 25



**EVANS
MOTORS**
Since 1935
www.EvansMotors.net



Coupons Page 14!

View our publication online!
www.theQandATimes.com

DIRECT-MAILED TO MORE
HOMES AND BUSINESSES
IN CRAWFORD COUNTY
THAN ANY OTHER NEWSPAPER!

WHAT'S NEW

"Say it ain't so Joe" - series

By Charlie Traffas



Q: What's new?

A: For the past few issues I have written on senior care and how it is mostly a matter of risk management. God willing, I will

come back to this subject later to address more of the questions that I have received. But for now I need

to take a break to write about some things that have been occurring during the past few weeks on the political stage between our two presidential candidates, their campaigns, the parties and the press. There is just so much a guy can take...or this guy anyway. I know I process things differently...and sometimes a little more "weirdly" than most, but as I was considering all of these things that have been taking place, I was taken back to the Chicago Black Sox scandal of 1919. Yeah, I know...I am "different"...but that's where I went. For those of you who may not remember it or remember exactly what happened...let me brief you.

The Black Sox Scandal took place during the play of the World Series of 1919. Eight members of the Chicago White Sox (imagine that...Chicago!) were banned for life from baseball for intentionally losing games, which allowed the Cincinnati Reds to win the World Series. The conspiracy was the brainchild of White Sox first baseman Arnold "Chick" Gandil, who had longstanding ties to petty underworld figures. Gandil enlisted several of his teammates, motivated by a dislike of club owner Charles Comiskey, whom they perceived as a tightwad, to implement the fix.

See Joe..Page 23

Presorted
Standard
US Postage
PAID
Wichita, KS
Permit NO. 68

HEALTH & WELLNESS

Tis the season for sports injuries

By Jeanie Erwin

Fall brings with it some wonderful things—beautiful fall colors, the start of another school year, and of course fall sports. Along with those sports come injuries, some being minor, and some major. Contact sports such as football make the athlete the most



vulnerable, but other fall sports such as volleyball and cross country bring their fair share of injuries as well. We recently sat down with Dr. John Yost, Orthopedic Surgeon at Girard Medical Center to gain some expert perspective on sports injuries.

Q&A Times: Does the rate of sport injuries between adult and teen

See Sports...Page 10

INVESTMENTS

Don't fret on Changing bond prices

By Seth Holder



Q: Fluctuation in bond prices has me worried. Should I worry as much about the rise and fall of bond prices, as I would a stock

price?

A: When you own stocks, you know their prices will always fluctuate. To help ease the effects of this volatility on your portfolio, you could add other types of investments, such as bonds. Yet bond prices will also rise and fall. But there may be — in fact, there should be — a big difference in how you view the ups and downs of stocks versus those of bonds.

Any number of reasons can cause stock prices to go up or down. But in the case of bonds, prices go up and down largely, though not exclusively, for one reason: changes in interest rates. Suppose you purchase a bond that pays 4% interest and then, a year later, newly issued bonds pay 3%. You could now potentially sell your bond for more than its face

See Bonds...Page 26

TEMPERATURES ARE GOING UP

OUR PRICES ARE GOING DOWN!

Hot Days Outside... Cool Deals for Inside

Sensible Vinyl



Ready to Go at... \$4.99 sq yd

Luxurious Carpet



Starting at... \$3.89 sq yd

As Always... Free Measurements and Estimates!

Attractive Tile



At An Unbelievable... 79¢ sq ft

Stylish Laminate



For Only... 89¢ sq ft

Financing is Available* and Installation Can be Arranged. *with approved credit

Beautiful Hardwood



In Stock From... \$3.79 sq ft

Comfortable Recliners



Only \$89 Kidliners

As Low As... \$199

We Do Special Orders. Ask About SmartStrand Silk by Mohawk.

Carpet • Tile • Vinyl

Laminate • Hardwood • Area Rugs

Furniture & More!

DERAILED COMMODITY

620.395.2141 207 N Weichert Brazilton, KS Weekdays 9:00-5:30 Saturday 9:00-5:00

Quality Floor

Hardwood Floors Carpet Tile Sheet Goods



Ph:620.231.2690 Fax: 620.231.2692 qfloor@sbcglobal.net 1011 N. Hwy, 69 Frontenac, KS 66763

Intuitive Healing

Stewart N. Johnson has over 20-years experience & has given over 10,000 massages. He can help remove the pain from your body. The healing begins here, through massage.

We would like to welcome our newest massage therapist Samantha Jo Highfield C.M.T.



613 N. Broadway #F Pittsburg, KS 620-687-3801

VOTE "MO" November 6



facebook.com/MichelleHucke twitter.com/MichelleHucke MichelleHucke.wordpress.com MichelleHucke.com Paid for by the Hucke for Kansas House Campaign, Dave Holloman Treasurer.



FROM THE PUBLISHER

By Jerod Norris



I don't know about you, but it is hard not to get excited about fall. Actually, I'll take ANY fall day over those dawg days of summer...Any day. Why? Because the weather cools down, school is back in session, businesses seem to revive, people are refreshed, people are moving around, going to this town or that town for a school function or event, it's just great. I know the traveling part can be hectic if you have active kids or student athletes, but you get the point. What I'm trying to say is fall is exciting, and I think you will feel that excitement in this issue.

For many of us, that same fall excitement equals one thing—**FOOTBALL**. I'm talking knuckle in the dirt, shoulder pad poppin, blood, sweat and tears excitement of America's #1 sport, and what Crawford County has embraced as the "Football Capital of Kansas." Crawford County is indeed the Football Capital of Kansas, and we

have you covered in this issue. If you never read an article again within these pages, please be sure to check out the 2012 football preview (and the "themed" emphasis of this edition) by our own Mark Schremmer. It's been a lot of hard work and to be honest, I've been giddy about putting this together for a loong time. So to finally have our own preview of all our Crawford County high school teams, as well as our defending Division II National Champion Pittsburg State Gorillas is a personal dream come true.

Thanks as always to all of our contributors within this issue. And please let them know you recognized them within our pages!

Good luck to ALL our area teams, wishing you a safe and successful season whether you play football, volleyball, run cross country, debate, band...Anything. Lets go!

GO CHIEFS!

Jerod Norris
Publisher

Join us for worship Sunday at 10:00 am
3003 N. Joplin St. Pittsburg Community Center
620-670-4510
<http://pittsburg.grace-place.org>

Bible Based • Family Integrated

GRACE @ PLACE

empowering great relationships

MOTIVE

matters

Hosted by Grace Place

Marriage Seminar

September 28 & 29

\$50 per couple (includes books & snacks)

RSVP by September 14

For more information or to RSVP call:

Debbie 417-214-0638

BLESS AMERICA Invest in Your Marriage

Running for a political office?

The Q & A Times Journal is the perfect advertising vehicle for you.

Not only do you get the ad, but you get a Q&A to accompany your ad that is **FREE**.

Your ad gives a call of action to the reader to vote for you.

No other media gives you this opportunity.

The Q&A let's you tell your story and state:

- ★ What you believe in
- ★ What you stand for
- ★ What you feel needs to be done

Lowest Priced/Most Affordable Most Cost-Efficient Political Advertising in the State.

Try to Get This in Any Other Media. Call Us Today to Get In the Oct. and Nov. Issues

Call us today at 800-711-2897 or email sales@theqandatimes.com



Jerod Norris.....Publisher
 Alan Rogers.....Sales Partner
 John Randall.....Sales Partner
 Gloria Bayer.....Editor
 Jeanie Erwin.....Assistant Editor
 Scott Peters.....Graphic Designer
 Valley Offset.....Printing & Mailing
 Valley Center, KS

Send e-mail to: editor@theqandatimes.com

116 North Westfield Wichita, KS 67212

Office: 316.721.9200 Fax: 316.721.2671

Contributing Writers This Issue:

Bill Emmerling
 Brandon Peak
 Brian Bulot
 Brice Elnicki
 Cathy Lloyd
 Charlie Traffas
 Devin Gorman
 Doug Brennan
 Dr. John Yost Jr.
 Dustin Walker
 Eddie Walsh
 Gentry White
 Glenn Fortmayer
 Hillary Houston
 Jene Ecker
 Jeanie Erwin
 Jeff Lovell
 Jerod Norris

Jess Daniels
 Jessica Dutton
 John Harrison
 Lori Johnson
 Lori Horton
 Kevin Knaup
 Mark Kolarik
 Mark Schremmer
 Michelle Gaborie
 Michelle Hucke
 Mike Davied
 Rev. Dennis Paschke
 Richard Smith
 Roland Dalrymple
 Seth Holder
 Shanna Parrish-Taylor
 Shellie Blevens
 Stephanie Webb
 Stewart Johnson
 Tammy Parker

Jerod Norris

Ph: 620-249-7462

Email: Jnorris@chartmarketing.com

Welcome to The Southeast Kansas Q & A Times Journal...

We provide answers to questions about everything. If you have a question about any subject... retirement, insurance, savings, investments, politics, travel, hobbies, cooking, health, fitness, religion, lawn & garden, sports...send it to us via postal mail or e-mail. We will get you an answer from one of our contributing writers. If we cannot include your answer in The Southeast Kansas Q & A Times Journal due to space, we will see to it that you receive an answer to your question via mail, e-mail or phone. Send your questions to us at the address above, complete with your contact information (phone number, address, etc). We change all names to protect anonymity. The Q & A Times Journal accepts no responsibility for unsolicited manuscripts or photographs. Materials will not be returned unless accompanied by a stamped, self-addressed envelope. Questions, address queries, subscription inquiries, contributing writer queries, Letters to The Q & A Times' Editor, advertising information and requests should be sent to: *The Q & A Times* • 116 N. Westfield • Wichita, KS. 67212, by e-mail to editor@theqandatimes.com or call (316) 721-9200 or (800) 711-2897. Thank you!

The **SE** Kansas
Q&A Times
 Journal

Copyright 2001-2012©



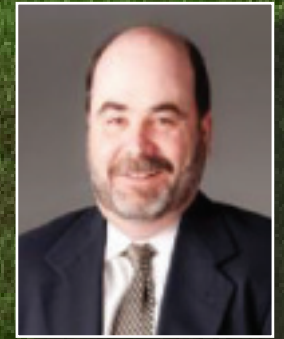
Nate Evans



Hwy 69-400 Jct
Pittsburg, KS



112 W St. John
Girard, KS



Eddie Walsh

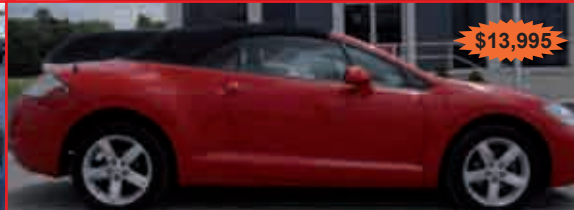
View our entire inventory at:

www.evansmotors.net • 866-447-7815



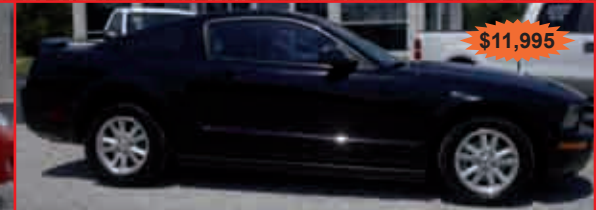
\$20,995

2011 TOYOTA VENZA FWD 14
4DR, FULL POWER, KEYLESS ENTRY, 27,956 MILES



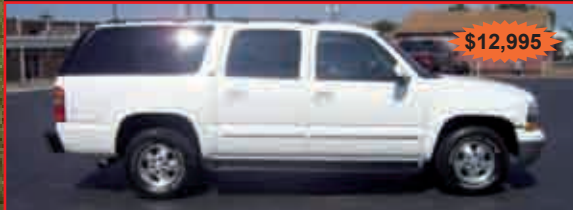
\$13,995

2007 MITSUBISHI ECLIPSE GS SPYDER
CONVERTIBLE, ANTI-LOCK BRAKES, AC, 67,159 MILES



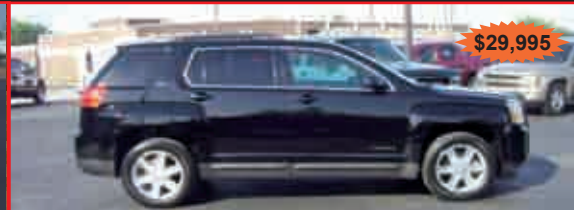
\$11,995

2006 FORD MUSTANG V6 STANDARD COUPE
2DR V-6, FULL POWER, 85,203 MILES



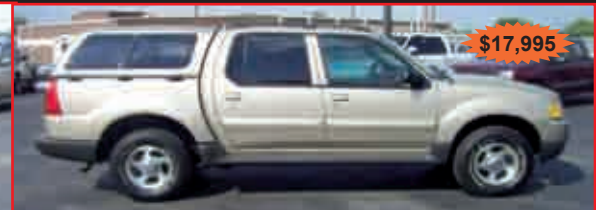
\$12,995

2003 CHEVROLET SUBURBAN LT
4X4, FULL POWER, HEATED LEATHER, DVD, 124,389 MILES



\$29,995

2010 GMC TERRAIN SLT1
BLACK ON BLACK, HEATED LEATHER, FULL POWER, 4,593 MILES



\$17,995

2005 FORD EXPLORER SPORT TRAC XLT PREMIUM
4X4, FULL POWER, MATCHING TOPPER, 42,834 MILES



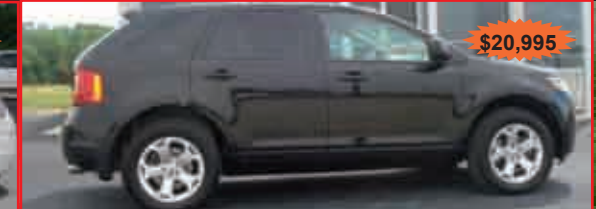
\$13,995

2006 JEEP COMMANDER
4X4, 3RD SEAT, FULL POWER, A/C, 86,930 MILES



\$17,995

2010 CHRYSLER TOWN & COUNTRY TOURING
V-6, FULL POWER, CRUISE CONTROL, AC, 53,931 MILES



\$20,995

2010 FORD EDGE SE AWD
4X4, 3.5 V-6, FULL POWER, 57,856 MILES



\$16,995

2007 FORD F-150 XLT SUPERCREW
4X4, FULL POWER, 5.4 V-8, 110,800 MILES



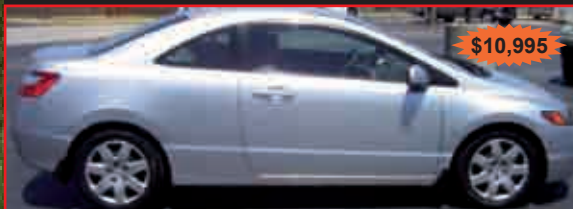
\$17,995

2006 HONDA RIDGELINE RT
4X4, 3.5 V-6, FULL POWER, 74,589 MILES



\$15,995

2011 TOYOTA COROLLA LE
FULL POWER, 34 MPG-HWY, 36,774 MILES



\$10,995

2008 HONDA CIVIC LX COUPE AT
AC, CRUISE, FULL POWER, 101,000 MILES



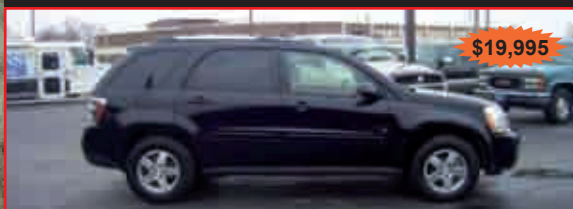
\$16,995

2008 NISSAN ALTIMA 2.5 SL
SUNROOF, FULL POWER, HEATED LEATHER SEATS, 63,790 MILES



\$11,995

2008 FORD FUSION S
4DR, FULL POWER, 68,000 MILES



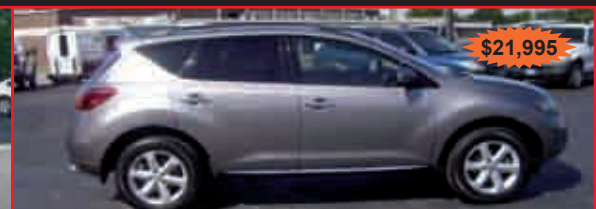
\$19,995

2008 CHEVROLET EQUINOX LT1 AWD
4DR, FULL POWER, 35,000 MILES



\$11,995

2005 HYUNDAI TUCSON LX 2.7 4WD
LX V-6, FULL POWER, SUNROOF, LEATHER, 89,029 MILES



\$21,995

2009 NISSAN MURANO S AWD
4DR SUV, 3.5 V-6, FULL POWER, 39,418 MILES

How American are American cars?

By Eddie Walsh



Q: I believe it is important to our economy to buy local and American whenever possible. That is getting harder to do though as the lines have gotten so blurry, especially when it comes to cars. Can you tell me how I can determine how American our American cars are?

A: You are right--that is getting harder and harder to do across the board, but probably nowhere more difficult than in the automotive industry.

It is a global economy and for the consumer, it is difficult to know just how American is a particular "American" car. Cars might be assembled in the United States using

parts that were manufactured outside of the country. Because of this, many people look to the "American-Made Index" or AMI developed by Cars.com for help in getting an understanding of how domestic that domestic vehicle may be.

The American-made index recognizes cars that are built in the United States use a high number of domestic parts and are bought in large numbers by American consumers. According to cars.com:

"Cars.com's American-Made Index rates vehicles built and bought in the U.S. Factors include sales, where the car's parts come from and whether the car is assembled in the U.S. We disqualify models with a domestic parts content rating below 75 percent, models built exclusively outside the U.S. or models soon to be discontinued

without a U.S.-built successor."

The latest stats rank the Toyota Camry in the top spot with the Ford F-150 in a photo finish 2nd place. A decrease in domestic parts placed Ford's Escape and Focus off the list.

Again, according to Cars.com:

The Chevrolet Malibu, Ford Explorer and Honda Odyssey fell off the AMI, as all three cars' domestic parts content fell. Of the models that made the index, the Accord and Sienna had the highest domestic parts content, at 80 percent each. In last year's AMI, four cars had 80 percent domestic parts content or higher, reflecting a dwindling number of cars with high domestic content. For the 2012 model year, 21 models assembled in the U.S. have a domestic parts content rating of 75 percent or higher, according to the National Highway Traffic Safety

Administration. That's down from 32 cars a year ago.

Even Cars.com acknowledges that such an index under represents the overall impact of a car. Corvette for example employs 524 workers at the GM plant in Kentucky, while the GM plan in Lansing Michigan employs nearly 4,000 people in assembling the Enclave, Traverse, and Acadia.

Eddie Walsh is the Sales Manager for Evans Motors and has worked there for 28-years. He resides in Girard with his wife Christina of 24 years and daughter Alexandria. Eddie has lived in S.E. KS all his life and has built a good customer base by being fair and sharing empathy with them. For more information or to reach Eddie please call 620-724-6457 or visit www.evansmotors.net

POLITICAL OFFICE

Know your local candidate Part 1

By Jeanie Erwin



On November 6th our country will once again be allowed to exercise our freedom, and right to vote in the 2012 election.

Michelle Hucke As always, we are striving to differentiate ourselves from other media outlets, educating and informing readers and providing information that touches them personally, in their daily lives. All rhetoric aside, we want to dive deep into the issues that matter to you, the voter. In that effort, we recently sat down with State Representative candidate Michelle Hucke, to gather a little insight into her foundational qualities, beliefs, stances, and overall outlook on life. We can do the same with any and all candidates. Now...we introduce you to Michelle Hucke.

the good of those around him, coming to the aid of those in need. He is a confident, unwavering man who always stands up for what he believes, and I truly admire that. That is the kind of public servant I will be.

My passion, drive and good-natured sense of humor are valuable assets that will aid me as a representative for my fellow Kansans. But it's my unwavering refusal to compromise the needs and desires of the people that seal the deal.

As a professional, I am energetic and driven by my passion to ensure success. When I believe in something, I latch on and have a compulsion to see it through to the end, even if that means losing sleep because I am thinking about it 24/7 - whatever it takes.

As an active member of the community, I encounter the joys and even the pain of the people in the third district on a daily basis. I understand and identify with the hardships people are facing. I know that many of us are disillusioned by a government that has run amok with our hard-earned money, while people are struggling to pay their bills, keep a roof over their head and food on the table. Although, it has been a difficult journey, where we are now is NOT the destination. It is time to stop focusing on Southeast Kansas for what it is and starting seeing it for

what it can become. Our future can be great and I know that, together, we can make a real difference for this area. My vision for SEK is a radiant one--and I want the people to be a part of it!

Q&A Times: What differentiates you from other candidates?

Hucke: Mrs. Menghini and I couldn't be more different. SEK cannot afford to re-elect one of the architects of a lost decade, only to have her follow her plan of reverting back to the type of failed policies that have created the economic recession that we are experiencing.

People understand that experience is not earned from simply being present or from rubber stamping the agenda of another. We need representation that encourages less regulation, lower taxes,

job growth, expansion of Highway 69, and more efficient education systems. Our State Representative must lead with the principles and values of a Southeast Kansan. This person must also recognize that healthcare decisions need to remain in the hands of the individual and whatever doctor they choose for themselves and his/her family. I AM that kind of servant and I need your help in getting elected...

Join us next month as we dive into some of the more pressing topics and problem areas within SEK, along with a clear explanation of her proposed solutions.

For more information please visit www.michellehucke.com or contact her directly at (620) 778-2220.

Q&A Times: Who, exactly is Michelle Hucke? What political office are you running for and what drew you to this?

Hucke: I grew up in Southeast Kansas. At an early age, I watched my father, Tom, become the Labette County Sheriff (a job he held for over 16 years), and the first sparks of my desire to be in public service glinted in my eyes. I regard my father as a true servant of the people of Kansas. He has always sacrificed himself for

Security Cameras and Recording
the Rescue Tech
 IQinVision
 EverFocus
 ACTi
620-308-6448
 3003 N. Joplin St. - inside the Community Center
 ComdTIA A+ CERTIFIED

ASSISTED LIVING

How can seniors help keep their mind sharp?

By Michelle Gaborie



Q: My father will be moving to assisted living in the very near future. One of my concerns is that he will shrink away from life

once he is there. Is there any way to help keep him as physically and mentally fit as possible?

A: While aging is a process where we do start to lose the ability to do things we once could, it is also a time of being able to do things we never could before.

Staying mentally and physically fit involves many things. It also involves staying social and having purpose. Those are both things that a reputable assisted living facility would take very seriously. It also involves many teammates—the senior, the assisted living employees, and the loved ones. Here is a list of ways to help keep sharp and active:

1. Eat well. Make sure the diet is filled with brain healthy foods such as fruit and vegetables high in antioxidants. Foods such as fish, nuts,

and seeds also help protect the brain. 2. Ask a physician about brain boosting supplements. Research shows that certain combinations of vitamins and other natural ingredients can help keep the mind sharp and alert. Some vitamins work against some medications, so be sure to consult a physician before considering any supplement.

3. Avoid junk food. Junk food contains many things that ultimately hinder the brain from working at full capacity.

4. Stop smoking. Smoking reduces the amount of oxygen to the brain, which reduces brain function.

5. Exercise. Strength training and balance exercises help stimulate endorphins in the brain and help increase mobility. A regular plan of physical fitness now can also help avoid falls later.

6. Sleep well. A proper sleep schedule is very important for good health.

7. Continue learning. Learning new things challenges us and keeps the brain stimulated. Today, even mobility is not a hindrance when anyone can

take a telecourse, online course, or even follow how-to broadcasts.

8. Begin a new hobby. Hobbies are a great way to get the mind engaged and involved with others.

9. Stay or get social. The lives of others can add to our own when we allow them. A social group provides stimulation, entertainment, education, and laughter.

10. Keep a journal. Recalling our past and recording our present is the perfect way to keep memories fresh.

11. Do puzzles. Puzzles cause us to reach and use parts of the brain we do not normally use.

12. Volunteer. Make your life about others.

Best wishes to you as you continue to show love and support to your father.

Michelle Gaborie LPN has been the Administrator for 5 years at Carrington Place and was previously the DON for 3.5 years. She has also been an LPN since 1992. For more information please contact Carrington Place 1909 E 4th St., Pittsburg, KS 66762, phone: 620-235-1212.

AUTOMOTIVE

Why won't my 4wd work?

By Jeff Lovell



Q: For over a year now my 4 wheel drive will not work. The drive motor and actuator on that motor have been disassembled and reassembled and

all is in order, clean and greased. With direct battery current it operates properly. All fuses are okay and are not blown, nor have they ever been. The dash switch has been replaced with new factory replacement, thinking that was the problem. What am I missing?

A: My best guess is that the problem is a faulty 4WD control module. This controls power to the 4WD switch on the transmission.

It needs to be seen by a professional



simply due to the fact that 4wd in all vehicles differ. What may be the cause for one may not be the cause for another. While most people associate 4WD with off road driving, it is also important in aiding in stabilization and control of the vehicle in inclement weather. A professional technician will perform an inspection of the whole system and assure that your vehicle is in peak running condition and that your safety is not compromised.

Jeff Lovell is the owner of Neptune Radiator and Auto Repair. He started a radiator repair shop in 1996 and has grown over the last 15-years into an automotive repair shop. With three ASE Certified technicians including one Master ASE Certified technician, they have over 40-years of combined experience. They do everything except glass and body repair. For more information please contact us at 620.231.5890 or visit us at 902 West 4th Street.

RELIGION

Difficult relationship

By Pastor Bill Emmerling



Q: I thought marriage was bliss at first, but my wife and I struggle constantly and I often feel better when I'm away from her. Why doesn't she just

submit like the Bible says and things would be better?

A: I am sorry to hear that your relationship with your wife is so difficult. However, I'm afraid you have seriously taken that reference out of context, and further ignored the texts that apply to us as men.

First consider 1 Peter 3:7, "Likewise, husbands, live with your wives in an UNDERSTANDING way, showing HONOR to the woman as the weaker [physically] vessel, since they are HEIRS WITH YOU of the grace of life, so that your prayers may not be hindered."

Note the instruction/command to us as men: Be understanding; show her honor, she is your equal.

The result: Your relationship with God will be unhindered.

Look at the text you refer to as well, Ephesians 5. While Paul speaks to wives, we need to apply what we are told to do. Verses 25, 28a "Husbands, love your wives, as Christ loved the Church and GAVE HIMSELF UP for her, ... In the same way husbands should love their wives as their own bodies...." It is not your responsibility to tell her how to be a wife. You are responsible for LOVING her, putting her needs before your own, sacrificing for her.

While your wife has responsibilities in the relationship, you as the man need to be leading the way by doing what you are called to do, leading by example and sacrifice as Jesus did. Remember, your relationship with her is to be a reflection of Jesus with His Church.



Pastor Bill Emmerling, Jr. is the lead pastor at Grace Place Pittsburg, meeting at the Homer Cole Community Center in Pittsburg. Ordained at Grace Place of Lamar, MO, Bill has a heart to see Godly men together lead their families for the glory of Jesus the Messiah. He has been married to the bride of his youth, Sharri, for 22 years and has two daughters and a son. Bill has earned a B.S. in Physics, a secondary teaching certification and studied Theology/Philosophy at Lincoln Christian Seminary. He may be reached at pittsburg@grace-place.org or by phone at 620-670-4510

AUTOMOTIVE SERVICE AND REPAIR

How long can you reasonably put off auto glass replacement?

By Dustin Walker



Q: I have a sizable crack in my windshield and believe it needs replaced. Since I have a number of bills ahead of me I am wondering how

long I could put it off so I can manage all of my expenses. What do you suggest?

A: Most Americans rely on their car to get them to work or to shuttle family to an endless stream of activities. In fact, even one day without a vehicle can cause havoc in a family. But not getting your windshield fixed can cause even more problems and even more expense.

First, it may be that your windshield is not as bad as you think and only needs repaired. This may result in a substantial savings.

Next, even if the windshield does need to be replaced, the process does not take long and is not as costly as

you might imagine. In fact it is far more affordable than other car repairs.

However, putting off the repair can cause even more damage or result in accident caused by impaired vision. It can also result in significant injury if rough roads or unexpected objects in the lane cause the car to jolt dislodging the glass. It can also become a hazard should you get into an accident or fender bender.

Over all, the advantages of not putting off the repair far outweigh any financial concerns. My suggestion is that you call around, get some prices, and work the cost of repair into your budget as soon as possible. Stay safe!

Dustin Walker is the owner and operator of Dustin's Auto Detail in Pittsburg (4010 Parkview Drive). Dustin's Auto Detail is a one stop shop to get anything from your car cleaned to a suspension lift, wheels, tires and accessories. For more information or to reach Dustin please call 620-230-0440.

WEDDINGS, PARTIES & SOCIAL EVENTS

How can I add some flair to birthday parties?

By Hillary Houston



Q: We have a stream of birthdays coming up in our family and I really want to make each one extra special and

include some take home gifts that are really memorable and usable, rather than candy or trinkets that would get lost or broken. We have twin girls that will be three, a son who will be seven, another son who will be nine. We would like to make each one be distinctive. Any ideas?

A: Birthday parties are always so much fun, and I love your desire to send home with the attendees something that represents the day but continues to be useful and fun.

For the girls, I would consider something fun, cute, and provides the perfect photo opportunity. If the party will have a bunch of little girls attending, consider doing tutus in different colors. Every girl deserves

to feel like a ballerina and no matter the age, something about putting on a bunch of colorful tulle sends a girl's heart racing and parent racing for the camera.

Next, for the boys, consider doing a small run of customized t-shirts. Personalized or customized t-shirts are surprisingly affordable. After you total the price of candy and trinkets, the shirts are far more economical and last far longer. Even better, the shirts serve as a lasting reminder of the day and a keepsake of childhood.

The best part about both of those ideas is that you can combine the fun with purpose by ordering them from a provider that provides training and work experience for those with disabilities. Not only do attendees have a wonderful take-home gift, you take away the knowledge that you made a difference in the lives of others.

Hillary Houston, 2005 PSU graduate, MBA program. Resides in Frontenac with my two boys Logan and Peyton. Employed with New Hope Services since 2008 as the Assistant Program Director.

COOKIES, CAKES & SWEETS

Family recipes with little preparation & ingredients

By Lori Horton



Q: With school back in session and the kids starting in so many activities, what are some easy projects we can still do as a family?

A: It's so hard to plan something that will keep kids interested that you can squeeze in during those infrequent off-times! My best suggestion is recipes that don't require much preparation and have less than 5 ingredients (preferably ones that you keep on hand all the time). Starting out with a trip to the grocery store is a recipe for distraction! While the horrible heat has finally broken for normal temperatures, something that doesn't require oven time is a bonus too. A couple of my favorites are below, try them out and see if they don't give you some fun kitchen time that is quick to the best part... the eating!

No-Bake Chocolate, Peanut Butter & Oatmeal Cookies

Ingredients:

½ cup (1 stick) butter

2 cups granulated sugar
½ cup milk
4 tablespoons cocoa powder
½ cup peanut butter
2 teaspoons vanilla extract
3 cups quick-cooking oats

1. Add the first four ingredients (through the cocoa powder) to a 4-quart saucepan.
2. Bring to a rolling boil and let boil for 1 minute.
3. Remove from heat.
4. Stir in the peanut butter and vanilla until smooth, then stir in the oats.
5. Drop by heaping tablespoons onto wax paper-lined baking sheets.
6. Let cool until set.

I know, there's 7 ingredients, but trust me, they are easy and quick!

Classic Rice Krispy Treats

Ingredients:

4 Tablespoons of butter or margarine
1 Package of marshmallows (10 ounce bag) or 4 cups of miniature marshmallows
6 Cups of Rice Krispies cereal
Large pan
Spatula
Baking pan (13 x 9 x 2)



1. Melt the butter in a large pan over low heat.
2. When the butter is melted, slowly stir in the marshmallows. Keep stirring until marshmallows are completely melted. Remove from heat.
3. Using a spoon or spatula coated with butter or cooking spray, gently stir in the Rice Krispies cereal. Mix until the cereal is well covered with the marshmallows
4. Begin spooning the mixture into a baking pan coated with butter or cooking spray (wax paper can be used as well) while it is still warm. Press the mixture into the desired shape. If the mixture begins to stick to the spoon, recoat it with butter or cooking spray.
5. Allow it to cool and then enjoy!

The butter and marshmallows can be cooked in the microwave as well. Cook for approximately 3 minutes, stirring occasionally. Then follow directions 3-5.

These are enjoyed by kids the world over but can have some fun variations too! Try Cocoa Krispies or Fruity Pebbles instead of the standard for some cool treats!

Enjoy!

Lori Horton is the owner of Celebrations by Lori in Pittsburg, Ks. With over 15 years experience in the bakery business, Lori opened Celebrations in 2000. She is always out front with the most unique ideas in cake and cookie decorating for all occasions. Celebrations is also on top of the industries' latest trends and products with the area's largest selection of baking and cake decorating supplies. Open Monday - Saturday, Celebrations can be reached at 620-231-5700 or at www.celebrationsbylori.com

SENIOR LIVING

How can I help my mom let go of stuff?

By Kevin Knaup



Q: Since my dad died, my mom has been holding on to more and more stuff. Not only will she not let go of anything dad touched she is now saving everything including things she never saved before. The stuff is starting to overwhelm her home. I would like to help her get organized (and prevent injury) but she refuses to let anything go. Frankly, I do not understand and just want to help getting things on track.

A: Clutter is a problem for many people. Sometimes it becomes a problem because someone is unable to manage the circumstances physically. In other cases, the problem is connected to some emotion, such as sorrow or fear. The first step in

helping your mom is to understand the reasons behind her actions.

There could be any number of reasons your mom is holding on to things, however, the foundation of any addictive behavior is fear. Your mom likely and understandably misses your dad and keeping the things connected to him helps her hold on to him in some way.

Rather than making cleaning her house the mission, help her connect to the things in life that offer support, strength, security, and friendship outside of stuff first. Help make sure she is involved in her church or other social groups, or to connect to some if she does not already have them. Take time to include her in your life in a significant way so she knows that she is still needed and has important connections.

[See Mom...Page 12](#)

FARM INDUSTRY

What do I do for an overheating combine?

By Mike Davied



Q: My combine is overheating, please help. What needs to be done and how can I prevent this in the future?

A: The first thing to always do is shut off the engine (use extreme caution to avoid burns as most coolant can reach 210 degrees F. and can spray out and scald you!!!).

- 1.) After the engine is cool, check coolant level. Every day a pressure cooling system can lose some coolant, and needs to be full to cool equipment properly.
- 2.) Check fan belt tension, if the drive belts are not tensioned properly the fan will not run at the correct speed.
- 3.) Check external radiator for blockage, and wash out as needed. Blocked air passages prevent proper

cooling.

4.) Check water pump function, if the coolant can't circulate the engine will overheat.

5.) Check for a sticking or broken thermostat, the thermostat regulates the temperature of the engine.

6.) Check for improper coolant flow on the inside of radiator and through the radiator cores. A plugged core will also cause the engine to overheat. These tests will require help, possibly the aid of a mechanic.

7.) Check out ALL fan blades, ducting, louvers, shrouds, etc. All these items are required to keep air flowing in the right places for proper cooling. If everything checks out to appear to be in working order, check out the gauge for proper function, and replace as needed.

8.) Eighth & MOST important ALWAYS be safe as coolant can burn, fan belts & other moving parts can severely injure you & others. Safety starts & ends with each of us.

If after all of these tests are performed and you still have a problem, call a mechanic. I hope I was able to be of help.

Mike Davied is the owner & operator of Mikes Repair & Fabrication LLC located in Frontenac, KS. He has been repairing equipment for 40-years and has run his own business for 20-years. For more information or to contact Mike please call 620-235-0061.

HEALTH & WELLNESS

Back pain in athletes

By Stewart N. Johnson



Q: My son is in his 3rd year of high school football. We all know that it is a grueling sport. What can we do to limit the chance of back pain, or his back locking up on him?

A: Massage, on the surface, opens up the muscles and allows them to lengthen, thus ensuring better flexibility.

A good weekly visit to a massage therapist is essential to any footballer's life. The more flexible you are, the more energy you will have and the better focused you will be.

BACK PAIN

Back pain can occur in anyone at any time, for multiple reasons. Posture, environment and life in general can be the cause.

Back pain can be relieved through the following steps;

Deep core muscles are the culprits for this issue. Begin with the SI joint (sacroiliac) located in the pelvis. Manipulations will try to open this up so the back can freely move in a rotated position thus giving you rotation and flexibility.

Up the back manipulation is given to the erector spinae muscle to loosen up the lower back to the upper portion. Then we a cold compress is used to speed healing to that region. Ice always works well in all applications.

Next are the shoulders. The scapulas hang off the vertebrae via the rhomboids. Manipulating both minor and major, the rhomboids are instrumental in controlling and determining how much pain you have and how to get rid of it. Usually, the area is uncovered as the source of the issue. For the back, it is either the upper or lower quadrant.

Upon determining this, then the appropriate means of removing it from the body is decided; it is similar to receiving a migraine treatment. The back pain in general is deep, to the core, specific to the deep muscles.

Lastly we turn to the legs; this will finish opening up the "lock up" and allowing things to flow.

Athletes commonly suffer from injuries and problems with their joints whether it is elbows, wrists, hips or knees. Stretching and pulling to relieve tension and heal common injuries is the main focus of the massage therapist. For anyone participating in physical activity, sports massage therapy is a great help to that person. Talk with a

professional to find out which plan will work for you and your schedule.

Stewart N. Johnson is the owner and the Intuitive Healer. He has over 20-years of experience and has given over 10,000 massages and healing sessions. Once a Los Angeles California native, he recently left Denver to come to Pittsburg to help his wife's parents. The Intuitive Healer can be found at 613 N. Broadway #F in the Colonnade building. Park in the parking lot in back off of Pine Street, enter building, 1st unit on your left. Walk-ins accepted. For more information call 620-687-3801 or visit intuitivehealingpittsburg.com.

Intuitive Healing is proud to introduce Breanna Gibson (Stewart's assistant) from Joplin and Laura Ann Samford (Stewart's apprentice) from the Pittsburg area. Both ladies were clients of Stewarts and got inspired to become apprentices so that they may also help people feel better through massage. Their massage's cost \$40/hr for front & back. Please call for appointment times. Intuitive Healing is located at 613 N Broadway, suite #F, Pittsburg KS.



FINANCIAL

How to protect yourself from crafty identity thieves

By Mark Kolarik



Q: I have heard about Identity theft, can you tell me how I can protect my identity?

A: Cyber criminals are getting craftier.

Dependent as we are on our computers and mobile devices, it's no surprise that more fraudsters are out there, developing scams, aimed at getting more people to give them more of their money. Here are some of the most important trends you should be aware of to keep fraudsters from separating you from your money.

ID theft has doubled in the past year for children. Children are being targeted as much as 35 times more frequently than adults, and the younger the child the more vulnerable. That's because this gives the fraudsters more time to go undetected while they use the child's identity. **Treat your child's personal information as carefully as your own - educate them early to do likewise. Order a free credit report for your child once a year.**

A weak PIN increases your risk of ID theft. Debit card fraud, where Personal

Identification Numbers (PIN) are often required, accounts for 35% of payment card fraud. A surprising number of these PINs are easily discovered, such as in wallets. Easily guessed PINs are also prime targets. The biggest offenders? Birthdays and repeating or sequential numbers. **Difficult PINs are harder to guess, making your identity that much safer; use a combination of letters and numbers.**

Mobil phones and social media are the new identity theft frontiers. Fraudsters are expected to introduce as many as 1,000 different phone/social media scams this year. In fact, your social media identity may be more valuable to cyber criminals than your credit cards, because it offers them the opportunity to manipulate your friends. **Keep smart phone operating systems up-to-date; use passwords to gain access to your phone; install apps that will enable remote deletion of phone data if it is stolen or lost.**

Tax return fraud using stolen identities is costing \$24 billion. Identity thieves are filing fake tax returns using stolen social security numbers and claiming refunds worth billions. Tax payers victims only learn of the fraud when their return is rejected by the IRS

because someone already received the money using their identity. **File your return early. Don't answer any emails allegedly from the IRS – they will never contact you via email.**

Where you can go for help and information.

Internet Crime Complaint Center: www.ic3gov

Consumer Fraud (Department of Justice Homepage): www.usdoj.gov

Federal Trade Commission Consumer Response Center: www.ftc.gov

Consumer Guides and Protection: www.usa.gov

Financial Fraud Enforcement Task Force: www.stopfraud.gov

On Guard Online: www.onguardonline.gov

You are the most important link in ID theft prevention. Upgrade your electronic security; make sure computers and phones are locked and password protected when not in use; do not share personal information unless you know the other party; monitor your accounts regularly.



Mark Kolarik is the President of the Kansas Teachers Community Credit Union, located in Pittsburg, KS, since 10/2002 and is a board member of the Kansas Corporate Credit Union located in Wichita, KS. He has been employed in the financial service industry for the last 31-years, having worked in several credit unions for 21-years and 10-years in the banking industry. He holds a Bachelor of Business Administration degree from the University of Wisconsin-LaCrosse and is a Certificated Credit Union Executive.

MONEY MANAGEMENT

A (credit) history lesson for college students

By Lori Johnson



Q: My high school grad is off to college. With this being his first time (on his own) managing money, credit cards, and basically life in general, what can I

tell him to make sure he understands the importance of maintaining his money and his credit?

A: Autumn is in the air and college campuses are abuzz with the pursuit of higher education. For many students, college is their first experience with managing personal finances, and the allure of credit cards – spend now, pay later – can be hard to resist.

A study by Sallie Mae found that 82

percent of college students with credit cards carry a balance from month to month, incurring finance charges and putting their credit history at risk. Once a person's credit history becomes adversely affected by poor financial choices, it could result in more than just a high interest rate.

Job applicant – Nowadays employers routinely check a person's credit history as part of the hiring process. Some employers use credit checks as a simple character reference tool. A good credit report may indicate trustworthiness and dependability.

For rent – Landlords often rent to people with the best credit histories, and for good reason. Having a favorable credit history may also help lower the security deposit required or the need



for a co-signer on a lease.

Loan approval – Getting approved for a car loan or mortgage is easier with good credit standing, and often leads to a more competitive interest rate.

Car and home insurance – History has shown a connection between credit history and insurance risk. A possible reason is that people who are financially responsible tend to be responsible in other areas of their lives, which may lead to fewer accidents. For that reason, a good credit history usually means lower insurance premiums.

Making smart financial choices while earning a degree could help future

graduates save money now and in the future.

Lori Johnson is an insurance agent for Farm Bureau Financial Services, located at 219 S. Ozark, Girard, KS 66743. She can provide strategies for all stages of life: Vehicle, Homeowners, Farm, Business, Life Insurance, Annuities, Mutual Funds, Disability, Long-Term Care, Retirement and Education Funding. She is your resource for innovative insurance and investment products and services. To schedule an appointment, please call (620)724-4213 or email lori.johnson@fbfs.com.

Does a rating system assure I get the right carpet?

By Doug Brennan



Q: There are so many carpets, how do I know I am getting the right one for our home? Does a rating system ensure that I get the right carpet?

A: A rating system can help guide you to some of the best choices in carpet for your home, but chances are that there are still other things you should factor into your decision.

A rating system developed by a manufacturer is their own evaluation of products based on their set of standards and "testing" methods. These rating systems cannot always be compared across manufacturers.

First, you need to understand that there was a time not long ago when you could look at a certain style and color of carpet, take down the lot number, and then find the same lot in another store and compare prices. There were several well-known names and consumers could easily compare the

carpet product using mill recognition as a baseline. Today however, there are fewer mills and many of those companies have merged.

Shaw Ind, Inc. developed the most used carpet rating system, called PAR, which stands for Performance, Appearance, and Retention. This system designates a number from one-to-five, rating carpet durability based on a typical "family-of-four" scenario. The higher the number, the more durable the carpet. But will a carpet with a rating of 4 be durable enough for your home? How would you know unless you understand the rating process.

If you are getting ready to buy new carpet, here is what I suggest you do:

- Use the rating system to guide you to a few choices
- Consider the level of foot traffic in your home
- Factor in how much you are willing to pay, remembering the cost of padding and installation
- Consider how long you plan on

keeping the carpet

The answers will be different for everyone. It may be that your carpet would get little wear so you can opt for one less durable, or that you like to change it every few years so you want a mid priced carpet. Perhaps you look at it as a long-term investment and want to buy the very best. As you can see, the choices outside of the rating are just as important as the carpet durability. The rating system, combined with rating your own needs and desires is the best way to get a carpet that is a perfect match for you.

Doug Brennan has been in the carpet/flooring industry for 20-years. He has been the corporate store manager for Derailed Commodity for the last 6 years. For more information please call 620-395-2141 or visit www.derailedcommodity.com.

athletes differ?

Dr. Yost: Yes. The highest incidents of injuries in athletics are at college age followed by high school age.

Q&A Times: Do the injuries affect teens and adults in the same way?

Dr. Yost: There are different types of injuries with younger vs. older people – younger people are more prone to have a dislocated shoulder, torn ACL in knee, or a sprained ankle. As we get older we're more at risk for rotator cuff injuries of the shoulder, torn meniscus in the knee and ruptured Achilles tendon in ankle.

Q&A Times: What are the most common types of injuries in HS football/sports and do these injuries pose a threat to future health?

Dr. Yost: The most common injuries include ankle sprains, ligament injuries to the knee, shoulder dislocation, concussion, and hand injuries. In the present day and in age with proper treatment these injuries should not pose a threat to future health.

Q&A Times: How should they be treated?

Dr. Yost: Most minor injuries respond to rest, ice, compression, elevation. More significant injuries require surgical intervention.

Dr. Yost went to college, Graduate School and Medical School at the University of Nebraska and received an MD. He is Board Certified by the American Board of Orthopedic Surgeons. He not only treats athletes, but is an athlete as well. His interests are cycling, swimming, and running and participates in Triathlons. He also recently became a member of the (Kansas AOSSM which stands for American Orthopedic Society for Sports Medicine!)



FOOD & DRINK

What are some great dip recipes

By Brian Bulot



Q: Do you have any great cheese dip recipes that you'd be willing to share? With football season finally here, we often have tailgating parties and want

something new and exciting to spice up the eats. I am looking for something appealing to your average guy. Thanks for your help.

A: Since you are looking for something that the guys will love, we will steer clear of reduced calorie dips and just go whole hog on this one. I am going to throw two of my favorites out there, familiar to those who attend any of my own gatherings. I will use any excuse to make these, and you will too.

Meaty Cheese Dip (Spicy)

Ingredients

- 16 ounces of Jimmy Dean® sausage
- 1 pound ground beef
- 12 ounces of Velveeta® Cheese

- 9 ounces Monterey Jack cheese
- 8 ounces tomato paste
- 2 tablespoons hot pepper flakes

Grill sausage, remove grease. Cook ground beef in a skillet, drain grease well, season with salt and pepper to taste. Reserving ground beef aside, in electric cheese dip pan or similar, warm all remaining ingredients. Once warm, top or stir in the ground beef. Serve with your favorite chips. At our gatherings, Doritos® seems to be the chip of choice.

Big Tex

Ingredients

- 1 lb Velveeta Mexican® Cheese
- 12 ounces cream cheese
- 3 fresh tomatoes, chopped
- 1 bunch green onion, tops only, chopped
- 3-6 jalapenos, seeded and chopped (add to taste. Diced green chili is another superb option.)
- 2-3 fresh garlic cloves, minced

- 1/2 bunch cilantro, chopped
- Black Pepper to taste

Melt cheeses and then stir in all other ingredients. Serve warm.

If you want leftovers, you may want to double the batch. The dish is always empty when we are done!



Brian Bulot is manager of G&W Foods in Girard and has been in the Grocery Retail business for over 27-years. For more information please call 620-724-4411.

AGRICULTURE

Mediating heat stress to enhance cattle performance

By Jess Daniels



Q: What are these essential oil products and how do they increase cattle performance?

ability of the animal to dissipate heat leads to increases in feed intake and performance.

Here are a couple of similar products used in the field:

A: Any number of feed ingredients have

been reported to mediate heat stress, which in turn enhances performance in cattle: Aspergillus Oryzea products, yeast culture, feeding fat, ionophores, niacin, kelp. These ration additions tend to improve rumen fermentation or increase energy density, or increase vasodilatation- which will increase rate of cooling by getting more blood to the skin/surface

There is a product that has shown to increase feed intakes of heat-stressed feedlot cattle, using a proprietary blend of essential oils- natural ingredients containing cinnamon, garlic, and hot peppers. It is marketed as an all "natural flavor". To protect the "all natural" statement- it is prudent not to promote that the material is a vasodilator. It has been shown to increase the dissipation of body heat by increasing peripheral circulation. Blood flow is also increased- with increased blood flow to the udder- we have seen increased milk production in dairy cows. Under heat stress, there has been a reduction in still births in sows by increasing blood flow to the uterus. The increased

Cinnagar - made by Akey/Promvimi (recently purchased by Cargill), positioned principally for dairy cows- has been reported to improve rumen function, milk production, and DMI.

Escencia - a Citura product (Citura was recently purchased by Cargill) contains cinnamon and garlic.

I.C.E. (Internal Cooling Elements) - made by Promvimi (also recently purchased by Cargill). It contains an osmolite- which is kelp based- it is positioned/used similar to the Tasco kelp product: reduces body temperature, improved hair shed, increased first service conception, increased ADG in calves on grass, and increase body score condition of cows on grass

Xtract - a Pansoma product, ADM is said to have sole distribution rights. It contains cinnamon, cloves and hot peppers.

Many of these different forms are being added to feed and more commonly mineral blends as a means of getting the essential oils to the animals.

Jess Daniels is Manager of AG Choice of Hepler. For more information please call 620-368-4347.

TRAVEL

What are the best meeting venues?

By Lawana Esch



Q: I am planning an event that I had intended to hold in my home until the list of expected guests reached 100. Now I have to consider alternate plans,

frustration. Here is why:

Hotel venues have flexible meeting spaces that can grow if your event grows, eliminating the need to find another venue at the last moment.

Hotels are already equipped for meetings and usually have audio/visual and internet environments. This eliminates the need to buy extra equipment or try to manage without the necessary tools that make any event run smoothly.

Renting a hotel venue also helps you avoid additional planning details such as reserving and transporting chair and table rentals, linens, and other supplies. This can also be a substantial

such as having the event outside. Can you offer some suggestions that will keep costs down and planning simple?

A: One of the best options would be to hold the event in a hotel venue. Many people dismiss this option before even investigating thinking it would be way out of their budget. Not only is renting a hotel venue affordable, it can end up saving you time, money, and

HEALTH

When do you begin speech therapy after brain injury?

By Gentry White



Q: When is it time to consider speech pathology?

A: Speech Pathology is utilized when you,

the caregiver, feel that there is a gap in your child's communication. You might not understand your child's communication attempts, other's may not understand the child's attempts and look to you for clarification or you may feel that when your child communicates he/she is frustrated with not being understood.

During a well-child check-up the physician may ask for number of words to count effective communication but a therapist looks for content in that child's communication. For example a 2-year-old should be using pronouns (I, me), using questions (why?, where?) and clarifying misunderstood information when

he/she is not understood by others. A Speech-Language Pathologist will also look for receptive language milestones to ensure that the child's vocabulary and language skills are age-appropriate. If there is concern, don't wait to bring it up at a well-child check-up because 6 months is a long time to wait in your child's development.

Gentry White is the owner and lead therapist for Southeast Kansas Speech Pathology Services in Pittsburg Kansas. She received her Bachelor of Science in Education from the University of Nebraska at Kearney in 1998 and her Master of Arts in Audiology and Speech Sciences degree from Michigan State University in 2001. She has been practicing Speech-Language Pathology in southeast Kansas since moving to Pittsburg in 2001. Gentry resides in the Pittsburg area with her husband and children. She can be contacted through her website www.sekspeech.com or her office phone at 620-232-2990.

savings.

Large groups come with needs that are difficult to meet in most other situations. For example, moving an event outdoors may be an option if there is enough space. However, that option may present other problems such as not having suitable restroom facilities. Hotel venues are already equipped to handle large groups.

Catering services provide another advantage. Even if a hotel does not have a kitchen, they have relationships

a huge advantage in saving time and avoiding problems. Unless you plan events on a regular basis, chances are good that something will crop up that you did not expect. Event coordinators can help assure that the event runs as smoothly as possible, and save you time in planning.

If attendees are traveling, the hotel is a ready option for them to stay while they are in town.

Finally, the clean up is all theirs so you can get back to life.



My advice: Call around and find out what local hotels have to offer. Ask if they have money saving features or discounts. Once you compare the bottom line, I think you will find that a hotel venue is the most cost effective option.

with area restaurants that have a record of accomplishment of providing quality service.

Even if the event is small, a having access to hotel event coordinator is

Lawana Esch is the manager at Holiday Inn Express in Miami, OK and Pittsburg KS. For more information please call 918-542-7424 or 877-863-4780.

Homework? What homework? I don't have any homework

By Dr. Glenn Fortmayer



Q: Why does the amount of homework vary so much, even to the point whether it exists or not?

A: Homework has been a source of debate and research for many years. It is absolutely true that in some classrooms or schools homework does not even exist. In others, it is given in small amounts and may be limited to the amount that can be given. Still, in other classes and schools, the amount of homework can amount to hours every night. There are good and bad reasons for the differing amount.

Some inappropriate uses of homework include it being for disciplinary reasons, to make a class appear more rigorous to parents, to replace instruction, and to intentionally create a grade separation between those who can complete the work and those that can't due to schedule conflicts, less ability, and less home support. These are unethical reasons to assign homework.

There are valid reasons to assign homework. It provides an opportunity to practice what was taught to increase retention. Students that do homework have shown to be more capable of being successful in post K-12 education and jobs where homework is required more extensively. Homework

can provide an opportunity to allow more time for assignment completion and practice than may be available during the school day.

Even good uses of homework have pitfalls that must be carefully accounted for in order for homework to maintain its usefulness. Many students do not complete homework independently. The work is often completed in varying degrees, if not totally, by friends, siblings, or parents. These other people may mean well trying to help, but invalidate the homework by doing any part of it. Homework can be unfair to students in several ways. If materials are involved, students lacking parental support at home or in a family with limited finances may have difficulty getting the materials. Families where parents can't be home due to work or other demands often place older siblings in the role of caregiver to younger siblings reducing the older students' time for homework. Away parents are not home to assist, tutor, or hold students accountable to complete homework or ensure pro-homework environment exists. Athletes can also have time constraints making homework difficult or impossible. Many students are in a position where they must work. Their shifts can be long and make it impossible for them to complete homework. Finally, many times even when homework

is completed, students can practice incorrect techniques and become frustrated at having wasted their time or make it more difficult for them to learn because they have to unlearn wrong procedures or information.

The question of homework is indeed difficult. At USD 247 Southeast teachers are required to consider the pitfalls above and assign homework judiciously. Homework grades represent a minimal part of a grade because of the lack of accountability of the student to complete it alone. Administration works with teachers to balance the frequency, length, purpose, and type of homework to the curriculum and student needs. Interested students, parents, and patrons should contact their local districts for more information.

Dr. Glenn Fortmayer is Superintendent of USD 247 Southeast. He has been a superintendent for four years and administrator for 15 of 23 years in education. He is working with Southeast on initiatives including: expanding student learning opportunities, technology integration, and increasing instruction that authentically engages students every class period of every day with an emphasis on project based learning. For more information call 620-457-8350.

Once your mom sees that you care about her and that life still holds a wealth of fulfillment, the focus is off of the stuff and on to finding other ways to soothe the loss. Chances are pretty good that you will be able to help her by taking one small step at a time. I would suggest starting small, like just cleaning up the mail, or helping her organize collectables, before actually throwing anything away.

Growing older is actually a time of accelerated change, and not all of it the kind to which people look forward. Every year sees the loss of friends and family, an increase in health problems, and monumental decisions about managing life. It is not easy. It is reasonable to expect that we develop coping mechanisms.

It is also equally hard to truly understand what elderly adults are going through. If you ever need help getting perspective on where your mom is at in life, feel free to drop by for coffee and a chat. We are here to help.

Kevin Knaup received his Kansas Adult Care Home Administrator's license in 1983 and is the Administrator of Sunset Manor, Inc. in Frontenac, KS. He has been employed at Sunset Manor for 31 years. He is a member of Kansas Health Care Association and Kansas Adult Care Executives. He has served on various local and state committees for education and training in the Adult Care home field.

AGRICULTURE

Beware of nitrate toxicity in drought-stressed corn. What are the dangers?

By Brice Elnicki



Q: What are the dangers of Nitrate Toxicity in Drought-Stressed Corn.

A: There are really no dangers to the grain itself, as far as I'm aware. The main danger is to the corn stalk, which in years like this with a severe drought, where there is a lot of corn chopped for silage due to lack of grain production, nitrate toxicity is a real concern. The nitrate level of silage is important because it can kill the cattle fairly easily. This happens due to a lack of water available to the plant, this lack hampers the efficiency of the plant to

turn the nitrate into protein or amino acids. How this affects the cattle is the nitrate is absorbed into the blood system, then the nitrogen rich blood is unable to carry a required amount of oxygen, which basically asphyxiates the animal.

The best way to avoid this is prior to harvest have the plant tested to determine the nitrogen level, and a secondary precaution is to not harvest the bottom twelve inches of the plant. Once the silage is in a pile, bunker or silo, after a period of time a process called the ensile occurs and microbes will metabolize and break down a large portion of the nitrate, as much as 50%, and maybe more depending

on how long the silage is left to cure, the longer the better, to an extent.

Since the majority of silage harvesting will be complete by the end of August, this information may be too little too late, for producers that already have a silage pile. But this isn't to say their silage is worthless or guaranteed to kill any cattle, if the level of nitrate is too high, producers can typically blend in grass hay with the silage at feeding time, to lower the amounts of nitrate available to the animal. Most local producers can blend prairie hay, brome, or fescue to decrease the likelihood of nitrate toxicity from silage. I'm by no means an expert in

silage, and would encourage anyone that has questions or concerns to contact Kansas State University and/or their local extension agent.

Brice Elnicki is vice president of KAMO GRAIN INC at 3708 North Free King Hwy in Pittsburg, KS. A graduate of the University of Arkansas, specializing in grain merchandising, he also serves on the KGFA legislative committee. Kamo Grain started as a small, family owned, country elevator in 1990, has now grown to serve producers and elevators all over the four state area with their grain marketing needs. For more information or to reach Brice call 620-232-5800.

GIRARD AREA

The 2012 Girard Homecoming is set for Saturday, Sept. 29th

The event kicks off at 7am with the Geramie Kirby Memorial 5K/1Mile Fun Run. (for more info, visit www.gwkmemorial.com). Pancake feed sponsored by the Lions Club at GHS

Cafeteria. The GRAND PARADE begins at 10am. PLEASE NOTE, the Parade route has changed due to the construction on Highway 47. This year, the parade will

begin at Ozark and 47 and continue South down Ozark to Prairie. Please line up to watch the parade on Ozark from Prarie to hwy 47.

Other scheduled events include the BOB BRADSHAW COLLISION Car Show featuring the Rollin' Nostalgia Car Club, an Antique Tractor Show, DOG SHOW sponsored by GIRARD ANIMAL HOSPITAL, Cupcake Wars sponsored by WESTHOFF IMPLEMENT, Kids games & all day bouncers, vendors, school fundraisers, a HOT SHOT Bball tourney at the Sports Complex, a PUNT, PASS & KICK contest and much, MUCH MORE!

in several years, a HOMECOMING RAFFLE DRAWING will take place on the courthouse lawn at 6pm. Bring your lawn chairs and your tickets and get ready to win great prizes donated by Girard Area Businesses! The GHS Senior Class is selling raffle tickets for \$1 each.

Don't miss the Street Dance! Music begins at 8pm and features Girard's own COUSIN EDDIE band. Beer garden brought to you by the GHS Class of 1979.



Girard Area Chamber of Commerce Presents

ON THE EVENING LINKS

Thursday, September 20th
Crawford Hills Golf Course
Girard, KS

4:30 pm - Registration Opens
5:30 pm - Shotgun Start

Cost: \$50 per 2-man team

To Register, Please Call 620.724.8858

Hole in One - \$10,000 Prize
Closest to the Pin - \$1,000 Prize
Longest Drive & Longest Putt Contests
More Contests to be announced!

For more information on sponsorships, please call 620.724.4715

For the first time

Girard Business Directory

Craw-Kan
 "Your Community Technology Partner"

- High Speed Internet
- Computer Repair
- Home/Business Security
- Telephone Service
- Cellular Service
- HD TV

200 N. Ozark St.
 Girard, KS 66743
 Office: 620-724-8235
 Fax: 620-724-4099

MATHIS DRUG STORE, INC
 Glen Mathis RPH • Karen Mathis RPH

• DRIVE THRU • FAST FRIENDLY SERVICE • 2 PHARMACISTS • ALWAYS ON CALL

724-4313 OR 724-8400
 400 W. ST. JOHN, GIRARD KS

MCCLELLAND SANITATION

Serving Crawford County Since 1964

INDUSTRIAL - COMMERCIAL - RESIDENTIAL
ROLL OFFS - CONTAINERS - POLYCARTS

PO Box 274 • Girard, KS 66743 • 620.724.8486 • Fax 620.724.6477

Heartland RURAL ELECTRIC COOPERATIVE, INC.

www.heartland-rec.com
620-724-8251

BRENEMAN AUTO PARTS, INC.
 Southwest Corner of □ • 101 East Prairie • Girard, KS 66743 • 620-724-6161

Serving the Girard Area Since 1933

Grant Carson
 620-724-6161
 Manager

THE First NATIONAL BANK

P.O. Box 6
 Girard, KS 66743
 (620) 724-6111
www.fnbgirard.com
 Online Banking and Bill Pay!

Crawford County's Oldest Bank Est. 1839 Proudly Serving Girard for 130 Years

FDIC

COMMUNITY NATIONAL BANK & TRUST
 Member FDIC

Phone: 620.724.4446
 Fax: 620.724.6606

Earn better than CD-like rates on your ePower Checking Account!

Community National Bank & Trust
ePower Checking

Visit us as ePowerChecking.com
 Proudly serving the Girard Community for 15 years

606 W. St. John, Girard, KS • www.mybankcnb.com

Girard Animal Hospital

Drs. Bill and Laura Morland
 Dr. Kristal Endicott-Holder
 Dr. Don Sotta

Girard Animal Hospital
 207 E. Southern Blvd.
 Girard KS 66743
 Phone (620) 724-8054
www.girardanimalhospital.com

★ Meals, Deals & Retail Steals!



All Offers 20-50% OFF

★ NEPTUNE

Radiator & Auto Repair

“Bumper to Bumper Auto Service”

902 W. 4th St.

231-5890

Find Us FAST In
Names
and
Numbers
***** Five Star Phone Booth!

Over 40-years combined experience

\$15 OFF

Any Services Offered



By Appointment Only • Expires: 09/31/2012
Must Present Coupon

celebrations

All occasion cakes, cookies & more!

602 NORTH BROADWAY
PITTSBURG, KS
620.231.5700
OPEN MONDAY - SATURDAY
NO APPOINTMENT NECESSARY!
WWW.CELEBRATIONSBYLORI.COM
CELEBRATIONSBYL@YAHOO.COM

One dozen custom decorated cookies FREE with a minimum 2 dozen order, subject to order availability expires 12/31/12



The Home Place & The Kitchen Place

30% off!

One in-stock item
Not valid with any other promotion

Expires: September 31st, 2012
One coupon per visit

Not valid with any other promotion - All sale prices are off instock prices

616 N. Broadway Pittsburg, KS 66762 • 620.231.5440

Limited Time Opportunity!!!

The SE Kansas Q&A Times Journal is offering special, discounted rates from Dustin's Auto Detailing. This includes:

- Small Vehicles - \$70 (Regular rate \$85!)
- Medium Vehicles - \$85 (Regular rate \$100!)
- Full Size Vehicles - \$100 (Regular rate \$120!)

Call Today!

This is for the month of September 2012 only!



4010 Parkview Drive
Pittsburg, KS

620-230-0440



The SE Kansas Q&A Times Journal

Piece of Cake Nutrition

512 N. Broadway, Pittsburg, KS • 620.687.3924



\$10 OFF A PURCHASE OF \$50 or more!
(Includes weight loss challenge!)

WE DELIVER!!!!

- FULL Line of Nutrition Products
- Weight Loss Challenge & 1-on-1 Coaching!
- Healthy Shakes, Smoothies, Supplements, Natural Weight Loss Products & More!
- P90X Exercise Classes Daily!



Everything from Weight Loss to the 24 Hour Athlete!

G&W FOODS

Girard, Kansas • 7am-9pm Monday-Saturday • 8am-8pm Sunday

Dinner for 4 Family Feast!

WHOLE Smoked Rotisserie Chicken
2 lbs Potato Salad or Coleslaw
12 Dinner Rolls
\$10.00!

Wednesdays

WHOLE ROTISSERIE CHICKEN
\$3.99!



- ✓ Experience
- ✓ Integrity
- ✓ Leadership
- ✓ Effectiveness

JULIE MENGHINI

STATE REPRESENTATIVE

Paid for by Menghini for State Representative, Bill Aquino Treasurer

YOU CAN GET THE BEST DEAL IN THE AREA!



- Knowledgeable and friendly staff
- Type www.kstcu.org for more information
- Checking accounts with no monthly fees
- Certificates of deposits with high interest rates
- Unbeatable vehicle and mortgage loan rates

Locations in Pittsburg, Independence, Coffeyville and Fort Scott



416 N. Broadway, Pittsburg, KS 620.231.5719
 119 S. 8th St., Independence, KS 620.331.6934
 802 W. 8th St., Coffeyville, KS 620.251.2202
 24 S. National, Fort Scott, KS 620.223.1475

Life-changing, skill-building, satisfying, rewarding –

Transforming!

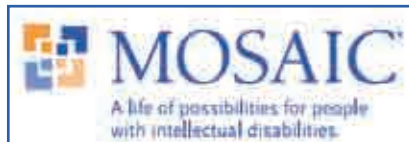
Join Mosaic as a Host Home provider and you can help someone else achieve more in life while you earn a good income and enjoy the independence of working from home.

Host Homes match a person who has a disability with someone who provides the assistance needed for daily living in a family-like or roommate-like setting. The provider works as an independent contractor, receiving full support from Mosaic to ensure a successful and satisfying experience.

Mosaic is a national, faith-based ministry with a nearly 100-year history of serving people with intellectual disabilities.

The benefits of being a Mosaic Host Home provider include:

- | | | |
|-----------------------------------|-------------------|-----------------------|
| ■ Thoughtful, Compatible Matching | ■ 24/7 Support | ■ A Deeper Purpose |
| ■ Nursing and Medical Supports | ■ Respite Days | ■ Relationships |
| ■ Training and Education | ■ Teamwork | ■ Competitive Rates |
| ■ Strength, Stability, Experience | ■ Clear Contracts | ■ Liability Insurance |
| ■ Mosaic Network Benefits | ■ Convenience | |



**Contact Stephanie Webb
620.231.5590**

"If you have the heart for it and can do it, do it. This is so rewarding."

– Diana Tinnell,
Mosaic Host Home provider



Carrington Place is ready 24/7.

1909 E. 4th St. | Pittsburg, KS 66762
620-235-1212



Carrington Place
senior living by Americare

Staying on top of home care scheduling is challenging enough, but if needs change you may find yourself on call virtually around the clock. Carrington Place can help.

We're experienced, staffed and equipped to assist older adults whose needs may be increasing at an unpredictable rate. Start with these questions:

Meal preparation. Is meal preparation becoming more difficult? Has there been significant weight loss or weight gain? Is food going uneaten?

Medication. Are medications taken on time and in the right quantity? Are doses missed? Are side effects present?

Personal hygiene. Are there lapses? Does bathing and dressing sometimes pose problems? Does the need for assistance change from day to day?

Social interaction. Are there signs of withdrawal? Are friendships and pleasurable activities nonexistent? Is mealtime now equated with loneliness?

Carrington Place can help change this for the better.

To learn more about Carrington Place, as well as your options for assisted living, call 620-235-1212 today to schedule a time for coffee and conversation. At Carrington Place, *care is all we do* - so we know just how to help.



2012 Crawford County Football Preview

"Brought to you by"



At American, we measure beauty by the yard.

Having a beautiful lawn has never been easier. Our complete programs are customized to your specific needs.

Plus, your satisfaction is guaranteed.

- | | |
|-------------------------------------|------------------------------------|
| Landscape Design | Dirt Work, Finish Grade & Drainage |
| Landscape Installation & Renovation | Leaf & Snow Removal |
| Landscape Maintenance | Complete Lawn Care |
| Lawn Sodding, Seeding & Aeration | Tree & Shrub Spraying |
| Fertilizing, Weed & Insect Control | Fully Licensed & Insured |

620-249-5700
www.yardsbyamerican.com

Complete Property Maintenance Contracts Available



American
Lawn & Landscape Inc.

Images
PHOTOGRAPHY BY STACEY

CALL US TODAY TO RECEIVE
16 FREE WALLETS
WITH
YOUR NEWLY BOOKED SESSION

123 NORTH BROADWAY PITTSBURG, KANSAS 66762 620-231-1123

www.americanconcreteco.net

American Concrete
Company, Inc.

*Serving Pittsburg and Crawford County
Since 1971 and 3 Generations.*

504 North Smelter • Pittsburg, Kansas 66762 • 620.231.1520

2012 CRAWFORD COUNTY FOOTBALL PREVIEW

By **Mark Schremmer**



Southeast Lancers



In his first year as a head coach, Southeast's Clint Rider had a chance to gain experience and learn from his mistakes.

Likewise, Rider returns a slew of players who earned valuable experience last season.

The Lancers welcome 14 seniors, and all 11 starters on each side of the ball are back.

"The experience factor carrying over from last year will be a huge benefit," Southeast head coach Clint Rider said. "Having a better understanding of our new schemes implemented last season will allow us to progress to a more competitive level throughout the summer and into the season. A talented class of incoming freshmen will also allow for more competition during practices."

Not that there isn't plenty of work to be done. Southeast finished just 1-8 a year ago and was picked to finish seventh in the 2012 ESPN 99.1

Crawford-Neosho-Cherokee League Coaches Poll. Plus, the Lancers will have a difficult schedule, opening on the road against CNC League newcomer Columbus on Aug. 30.

Senior Josh Thompson is slated to direct Rider's pistol offense at quarterback. Thompson will have a lot of familiar targets at his disposal with Daniel Peak, Ryan Rakestraw and Avi Sharma at wide receiver and Jason Reed at tight end. Peak earned All-State honorable mention last season. Senior Quinton Tyree returns at running back, while Justin Galloway, Bryce Blockburger, Bryan Horgan, Dakota Westervelt and Cameron Clark are poised to man the offensive line. Galloway, Riley Ulery, Colton Charlton and Brian Thompson return to the defensive line, while Rakestraw,

Reed and Horgan lead the corps of linebackers. Peak, Sharma, Tyree and Caleb Biancarelli are expected to lead the secondary.

2012 regular season prediction: 3-6

Southeast Lancers 2012 Schedule

- Aug. 30 at Columbus
- Sept. 7 FRONTENAC
- Sept. 14 at Baxter Springs
- Sept. 21 GIRARD
- Sept. 28 at Oswego
- Oct. 5 at Erie
- Oct. 12 RIVERTON
- Oct. 19 at Galena
- Oct. 25 COLGAN



2012 Crawford County Football Preview



Northeast Vikings



It has been a difficult road for the Northeast Vikings in recent years.

The Vikings football team enters the 2012 season on an 18-game losing streak and Phil Hobbs owns a 1-35 record in four years as Northeast's head coach.

However, Hobbs and the Vikings believe they can start to turn the team in the right direction. Northeast moves down to Class 2-1A this season. The Vikings were predicted to finish third in the three-team Three Rivers League, according to the ESPN 99.1 league coaches poll.

"We want to take each game one at a time, work hard be competitive every night," Northeast head coach Phil Hobbs said. "We want to be mentally and physically tougher than our opponents. We want to improve our execution offensively and finish

plays defensively."

There were big holes in the defense last season as the Vikings allowed 46.7 points per game.

However, the offense began to show signs of life under the direction of J.T. Richardson at quarterback. Richardson returns several weapons as well with fullback Antonio Slingluff, running back Killian Willard, wide receivers Nick Younge and Sam Brooks and linemen Dakota Gesslein, Joey McDowell and Mike Beasley.

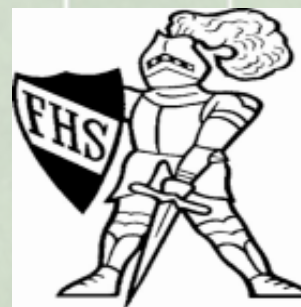
Those same players are expected to play big roles on defense.

2012 regular season prediction: 1-8

Northeast Vikings 2012 Schedule

- Aug. 31 at Humboldt
- Sept. 7 FREDONIA
- Sept. 14 at Eureka
- Sept. 21 at Galena
- Sept. 28 JAYHAWK-LINN
- Oct. 5 LEON-BLUESTEM
- Oct. 12 at Olpe
- Oct. 19 LYNDON
- Oct. 26 at Oswego

Frontenac Raiders



As difficult as it may be, Frontenac Raiders head coach Mark Smith knows he can't look ahead to his

Week 4 battle on Sept. 21st against the St. Mary's-Colgan Panthers.

You see, Mark Smith was an All-State quarterback for Colgan in the early 2000s, helping the Panthers to a 54-0 record and four consecutive state championships during his high school career. Not only that, but Colgan is coached by Mark's father, Chuck Smith.

Still, Mark knows he can't afford to look ahead. The Raiders have a difficult schedule and move up to Class 4A this season.

"I'm looking forward to playing against Colgan and my Dad in Week 4," the first-year head coach said. "The atmosphere will be exceptional that night, and we are very fortunate

to have that game televised across the state of Kansas. I am most excited for the kids to show how hard they have worked and how good of a team they can be. We have three very important games before that, so our main focus right now is preparing to face Riverton on Aug. 31."

The goal for Mark Smith is to return the Raiders to their glory days and rekindle the rival with Colgan. Once one of the state's best rivalries, the series is now lopsided as the Raiders haven't beat Colgan since 1997. To put that in perspective, Mark Smith was a sixth-grader at St. Mary's Elementary School at the time.

Mark Smith appears to have the firepower to return as a power. The Raiders finished 5-5 a year ago and were picked to finish fifth in the CNC League. Frontenac has eight starters returning on offense and seven on defense, including All-State running back Bryce Burdette and All-State lineman Kylor McCartney.

Quarterback Devon Keith, running back Ross Edge, wide receiver Tanner Craig, tight ends Taylor Johnson, Brett Macary and Nick Zafuta, and linemen Cody Lindbloom, John Murray and Garrett Tackett are among Frontenac's key returners.

"We have about 60 players, and that's a blessing," Mark Smith said during the ESPN 99.1 CNC coaches luncheon. "That creates a lot of competition. We'll have a lot of senior leadership. We have 18 seniors out. Not all of them played last year, but any time you have that many seniors, it's a good thing."

2012 regular season prediction: 5-4

Frontenac Raiders 2012 Schedule

- Aug. 31 at Riverton
- Sept. 7 at Southeast
- Sept. 14 GALENA
- Sept. 21 at St. Mary's-Colgan
- Sept. 28 ERIE
- Oct. 5 BAXTER SPRINGS
- Oct. 12 PARSONS
- Oct. 19 at Independence
- Oct. 25 GIRARD

Girard Trojans



The Girard Trojans return eight starters on each side of the ball from a team that

missed the playoffs by the narrowest of margins a year ago.

Girard was edged out of the Class 4A playoffs because of a one-point loss to the Independence Bulldogs. However, Girard head coach Leon Miller said his players seem committed to improving on last year's 5-4 record.

"We had a steady summer," Miller said at the ESPN 99.1 CNC League coaches luncheon. "We didn't have a lot of lows and highs. Our kids are committed. They're starting to understand commitment. They like the weight room."

The Trojans enter with some expectations as they were picked by the coaches to finish second in the

CNC.

Girard returns running backs Anthony Scholes (6-0, 180, Sr.) and Nick George (5-10, 175, Sr.), as well as offensive linemen Jalen Merrell (6-0, 215, Sr.), Logan Franklin (6-0, 180, Sr.), Kevin Rowe (6-0, 175, Jr.) and Devin Vail (5-10, 210, Jr.). Scholes earned All-State honorable mention last season. Braden Johnson (5-9, 155) is expected to start at quarterback.

Defensively, the Trojans return Nick George, Nate George (5-10, 175) and Tyler Gray (6-1, 170, Sr.) as linebackers, and Merrell, Franklin, Rowe and Vail to the defensive line.

Girard opens the season Aug. 31 at home against Caney Valley. The Trojans will get to play four of their first five games at home.

"If you go out to the stadium, it's the same old stadium but we've got a new coat of paint on everything and the goal posts are a nice gold," Miller said. "Everything is looking real good.

The kids are seeing this and saying, 'this looks good. We want to show up and make sure we play good, too.'"

2012 regular season prediction: 5-4

Girard Trojans 2012 Schedule

- Aug. 31 CANEY VALLEY
- Sept. 7 RIVERTON
- Sept. 14 COLUMBUS
- Sept. 21 at Southeast
- Sept. 28 ST. MARY'S-COLGAN
- Oct. 5 at Galena
- Oct. 12 INDEPENDENCE
- Oct. 19 at Parsons
- Oct. 25 at Frontenac





2012 Crawford County Football Preview

"Brought to you by"



St. Mary's Colgan Panthers



St. Mary's-Colgan head football coach Chuck Smith was a little surprised to see his Panthers squad picked first in the 2012 ESPN 99.1 Crawford-Neosho-Cherokee League Coaches Poll.

Sure, the Panthers have had one of the state's most successful programs in the past 15 years by advancing to the Class 2-1A state championship nine times and winning four of them. However, Smith returns a squad with little starting experience, and the Panthers will be moving up to Class 3A for the first time in the school's history.

"We have one starter back on offense, and he was hurt all summer," Smith said during the CNC coaches luncheon. "We have zero back on defense. I'm kind of surprised we're picked so high."

Colgan graduated 20 seniors from last year's 11-1 team that advanced to the state semifinals. Among those 20 graduated seniors are All-State

running backs and linebackers Zach and Christian Smith and All-State kicker Austin Barone. The Smith brothers signed on to continue their football careers at Princeton.

The Panthers return only one full-time starter in offensive tackle Tyler Commons (6-2, 195, Sr.) and three part-time starters in slotback Nate Grimaldi, fullback V.J. Piccini and offensive guard David Misasi.

"Our defense will have to play really well," Smith said. "I was looking back at some of the scores from one of the old Colgan state championship teams in the 1970s, and there were a lot of 7-6 and 13-12 games. We're going to have to win a lot of games like that."

2012 regular season prediction: 8-1

Colgan Panthers 2012 Schedule

- Aug. 31 at Erie
- Sept. 7 at Baxter Springs
- Sept. 13 ANDERSON COUNTY
- Sept. 21 FRONTENAC
- Sept. 28 at Girard
- Oct. 5 COLUMBUS
- Oct. 12 at Galena
- Oct. 19 RIVERTON
- Oct. 25 at Southeast

VIETTI
On 4th Since 1948
AUTO BODY & ALIGNMENT INC.

Free Estimates • Paintless Dent Repair
All Insurance Welcome!
We will file your Insurance Claim for you
-All Work Guaranteed-

315 East 4th Street • Pittsburg, KS

MasterCard VISA "Go with names you trust" Name's Numbers

Pittsburg State Gorillas



The Pittsburg State Gorillas know there will be large target on their back.

That goes with the territory when you are the defending NCAA Division

II national champions and the preseason favorite to win the MIAA. However, Pitt State head coach Tim Beck knows that last season and preseason predictions won't help the Gorillas reach their goals in 2012.

"We really don't put any stock into it all," Beck said. "It's an honor to be picked No. 1, but the bottom line is we saw what happened last year – the team that was picked fifth ended up winning it all. It's not a big deal. It's something for people to talk about, but it has absolutely no impact on the season."

More importantly, the Gorillas return six players on each side of the ball who started at least five games during last year's 13-1 championship season.

Pitt State's defense was led by one of the best linebackers in the country in Nate Dreiling (6-4, 229). The Hutchinson High School product

Pittsburg Purple Dragons



The reigning Southeast Kansas League champion Pittsburg Purple Dragons have a good opportunity to repeat that honor in

2012. The Dragons were predicted to win the league again in the 2012 ESPN 99.1 SEK Coaches Poll. Coming off a 6-3 season in 2011, Pittsburg returns five starters on each side of the ball.

"The goals for this year are the same as last year," Pittsburg head coach Tom Nickelson said. "To improve every day at practice and to give nothing but our absolute best effort on every repetition, every drill and every play. If we are able to do that, everything else

will take care of itself."

However, the Dragons will have some adjustments to make. Spencer Bernhardt, who started last season at wide receiver, is projected as the team's quarterback.

Senior Anthony McNeely returns at fullback, while seniors Skylar McGuire (6-2, 225), Dakota Taylor (6-3, 255) and Chris Huyett (6-2, 215) provide size and experience on the offensive line.

On defense, Pittsburg returns a strong corps of linebackers with seniors McNeely, Nick Vacca and Zack Woods, and sophomore Alex Barnes. Bernhardt returns at defensive back.

While the Dragons hope to repeat as SEK champs, they also hope to get back to the Class 5A playoffs. Despite having good teams, Pittsburg has been blocked in recent years as it played in

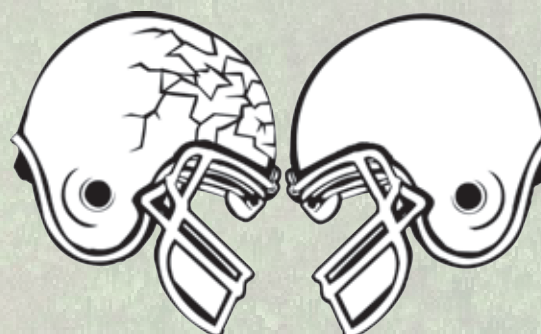
one of the most competitive districts in the state.

Things should get a little easier for the Dragons in 2012, however. Gardner-Edgerton moved to 6A, and St. Thomas Aquinas is in a new district. Pittsburg's district for the next two seasons will include Blue Valley-Stilwell, Blue Valley West and Blue Valley Southwest.

2012 regular season prediction: 7-2

Pittsburg Purple Dragons 2012 schedule

- Aug. 31 LABETTE COUNTY
- Sept. 7 at Independence
- Sept. 14 FORT SCOTT
- Sept. 21 at Chanute
- Sept. 28 PARSONS
- Oct. 5 at Coffeyville
- Oct. 12 BLUE VALLEY WEST
- Oct. 19 at Blue Valley
- Oct. 26 at Blue Valley Southwest



enters his junior season as a two-time All-American. He recorded 139 tackles, three sacks and seven interceptions as a sophomore. Senior defensive end Gus Toca (6-3, 250) also earned All-America recognition with 57 tackles, 19 tackles for loss and 11 sacks last season.

The Pitt State secondary will be led by safeties Chas Smith and Jason Peete and cornerback Aries Herrion. Smith (5-9, 186) earned All-MIAA honors last year with 30 tackles and four interceptions in only six games. Peete (6-3, 190) had 55 tackles and three interceptions, while Herrion (5-10, 172) recorded 44 tackles and six pass breakups.

Offensively, Pitt State will have a big void after the graduation of quarterback Zac Dickey. However, Beck said he believes Anthony Abenoja is up to the challenge of taking over under center.

"Anthony has waited his turn and now is ready to lead our football team," Beck said. "Anthony had a

tremendous spring. He works hard, spends a great deal of time in film study. We feel good about how he will handle our offense."

Abenoja's job will be made easier by having one of the most exciting receiver in Division II at his disposal in John Brown (5-11, 171). Brown caught 61 balls for 1,216 yards and 12 TDs last season. He also had three rushing touchdowns and three on punt and kick returns.

Regular season record prediction: 9-1

Pittsburg State Gorillas 2012 Schedule

- Aug. 30 at Northeastern State
- Sept. 8 CENTRAL OKLAHOMA
- Sept. 15 at Southwest Baptist
- Sept. 22 LINCOLN
- Oct. 6 CENTRAL MISSOURI
- Oct. 13 vs. NW Missouri (at Kansas City, Mo.)
- Oct. 20 MISSOURI WESTERN
- Oct. 27 at Truman
- Nov. 3 LINDENWOOD
- Nov. 10 at Missouri Southern



★ 620-368-4347 ★



XI Cattle Mineral with Essential oils
BUY 10 GET 1 FREE!!!

Century Poly Bale Feeder
Only \$205



110 West 3rd Hepler, KS 66746 | 620-368-4347

Jewelry

Vintage Furniture

Custom Screen Printing

Tutus

Retro Home Furnishings

Apparel



*Extremely
Outrageous
Creations*

2702 N. Joplin
Pittsburg, KS
620-231-0977
Hours:
W-F 9:00 AM - 5:00 PM
Sat. 10:00 AM - 2:00 PM

New Horizons Inc., dba New Hope Services EOC provides creative employment opportunities for adults with intellectual disabilities.

Girard Animal Hospital



Drs. Bill and Laura Morland
Dr. Kristal Endicott-Holder
Dr. Don Sotta

*Large & Small
 Veterinary Services*

207 E. Southern Blvd.
 Girard, KS 66743

serving the 4-state area for over 30 years
www.girardanimalhospital.com

620-724-8054

Are You Reading This?

Call the Q&A Times and we will help communicate your business message to 9,600 people in Crawford County. Communication is the key... and people are reading... 620.249.7462

Gran Villas of Pittsburg

Formerly known as Vintage Place



Same management & staff, new owner and look!

1004 E Centennial - Pittsburg, KS
 620-231-4554

Affordable Monthly Rates
 Call today for a personal tour and more information



The areas best grain market. Always buying grain picked up in the field, picked up out of farm bins, farmer delivered to the end user, or delivered to KAMO.

KAMO has access to all traditional local truck markets as well as nation wide rail access allows KAMO to move grain quickly and to reach the best markets in North America.

Multiple dump pits and fast elevator legs allow for fast unloading and minimal lines.

KAMO offers several different avenues of pricing grain which allows the producer to maximize returns and fine tune their marketing strategy to fit your farms specific needs.

3700 N. Free King Highway, Pittsburg, KS

www.kamograin.com • 620.232.5800

DO YOU NEED WORK ON:

THIS



THIS



OR THIS?



Mike's Repair and Fabrication, LLC

200 S. WILLOW LANE, FRONTENAC, KS

CALL: 620-235-0061

"IF WE CAN'T FIX IT, IT AIN'T BROKE!"

Industrial • Commercial • Residential • Farm Equipment • Construction Equipment • We SELL and WORK with anything METAL!

HEALTH & FITNESS

Why be active?

By Cathy Lloyd



Q: What are some tips to maintaining energy and staying active?

A: Regular physical activity has many benefits. It is a potent stress buster, it can help keep weight off and it lowers your risk of developing major chronic diseases. Additional benefits include increased energy, stronger bones and muscles, improved sleep, improved body shape, a boost to mental wellbeing and a change in your outlook on life.

1 **Renew your commitment** to a healthy lifestyle. Think about increasing the types of activities that work for your lifestyle and that can easily be built into your day. Make it a point to read up on fitness news and information, such as this article about exercise. Put your fitness plan into action today!

2 **Aerobic exercise is important** for the cardiovascular system. It's defined by repetitive motion such as running, swimming or cycling. It can also tone muscles. Incorporating a little of both aerobic and resistance training is best

for your daily routine.



3 **Set small, specific goals** you can stick to (like losing 5 percent of body weight or exercising three times a week, etc.) Drink green tea (which helps promote weight loss). Snack on fresh fruits and vegetables during your day.

4 **Resistance exercise** is important for healthy muscles and bones. It also builds strength. It's defined by activities with short bursts of energy,

such as weight lifting, playing sports and even pushing a lawn mower. Ideally, you need both resistance exercise and aerobic exercise to keep your body operating at its peak.

5 **Simple ways work for getting fit** – you don't need to join a gym. IT HELPS YES! But if you become more active in your everyday life – such as parking your car further and walking more, taking the stairs instead of the elevator, or even walking to a co-worker's desk instead of emailing them – you'll get fit faster.

6 **Your metabolism doesn't slow with age.** You do, however, lose 5-7 lbs of muscle every decade which corresponds with a 20% reduction in your metabolic rate every decade. So as we get older we lose lean muscle mass. The more lean muscle tissue you have, the higher your metabolism – and the faster you'll lose weight. To maintain your lean muscle mass strength training is necessary and proper protein intake. Keep your exercise and activity levels up each year, and you'll simultaneously maintain your muscle tone, keep your metabolism up and maximize healthy

weight loss.

7 **At least 30 minutes of moderate-intensity activity**, at least five times each week, will keep you physically active. You can split each half hour into three 10-minute sessions. If 30 minutes are out of reach right now, start with what you can do and gradually build up.

8 **Keep hydrated** by consuming at least two liters of water each day. It is even more important to drink water before, during and after exercise. Even low-intensity exercise requires you to be well-hydrated.

9 **Rest between workouts** and allow your body time to recover.

Cathy Lloyd is a RN/RT who has worked in the field of nutrition and healthcare for 29-years. Cathy is the owner / operator of Piece Of Cake Nutrition along with her husband Kevin Lloyd located at 512 N. Broadway, Pittsburg KS, 66762. Piece Of Cake Nutrition specializes in helping people meet their overall health goals. They hold monthly weight loss challenges, daily exercise classes, and provide healthy treats, smoothies, shakes, and supplements. Everyone who walks through the door gets a free health evaluation. For more information or to schedule an appointment call 620-687-3924 or e-mail kevnecat2005@gmail.com.

PITTSBURG AREA CHAMBER OF COMMERCE

Paint the town red

By Devin Gorman



Paint It, Black was a number one hit for The Rolling Stones in 1966, but in the Pittsburg area we like to Paint It, Red. In fact, every year we like to Paint the

Town Red in celebration of Pittsburg State University's first home football game. The excitement of seeing the Pittsburg area covered with crimson and gold, split face logos and gorilla statues has made Paint the Town Red one of the most widely anticipated community events in southeast Kansas. Now in its seventh year, Paint the Town Red has garnered national attention from the NCAA and was identified as a model event for other communities looking to engage their Division II universities.

Throughout the days leading up to Paint the Town Red, area businesses transform into symbols of gorilla pride with painted windows and decorated lawns. The business decorating contest

generates fierce competition amongst area businesses, and for the first time ever, a Community Favorite Award will be chosen by area residents. The chamber is also excited to announce that residents can join in the competition this year by decorating their homes in an attempt to win the first ever Residential Decorating Award. Residential contest decorating forms (available online) must be submitted in order to have a house judged.

A full lineup of events will take place Wednesday, September 5 through game day on Saturday, September 8. Residential and campus decoration judging will take place on Thursday, along with a community pep rally at Gorilla Village at 6 p.m.

Friday's events will include the business contest judging, PSU Athlete Autograph Session and Official Paint the Town Red Balloon Launch for all third grade students in Crawford County. Voting for the Community Favorite Award (business

decorating contest) will be available at PittsburgAreaChamber.com beginning at 9 a.m. on Thursday and will close at noon on Friday.

Friday evening, everyone is invited to downtown Pittsburg for a Meet & Greet the Gorillas event. Numerous PSU student athletes will be signing autographs at downtown stores, and the PSU National Championship DVD: Champions – The Road to Florence will be playing throughout the evening in the parking lot of M&I, a part of BMO Financial Group.

Saturday is game day, and the PSU Students in Free Enterprise will start the day off with a 5K run. The highly anticipated home opener kicks off at 6 p.m. with PSU playing host to Central Oklahoma. Winners from each division of the business decorating contest will be announced at the game and presented with the Paint the Town Red travelling trophies.

The Pittsburg Area Chamber of Commerce encourages everyone to participate in the festivities.

For a full schedule of events, and contest entry forms, visit www.pittsburgareachamber.com or call 231-1000.



Devin Gorman is Marketing and Communications Director for the Pittsburg Area Chamber of Commerce. The Pittsburg Area Chamber is the leading advocate for the business community and is supported by a membership of over 500 businesses, organizations and individuals committed to the growth and economic livelihood of the Pittsburg area. For additional information, call 620-231-1000 or visit www.pittsburgareachamber.com.

HOME FURNISHINGS

What is faux bois?

By Shellie Blevens



Q: What is faux bois? How is it implemented in home décor?

A: Faux bois is French for "false wood" and is the latest revived decorating trend. Faux-bois lets you bring the lovely rustic and earthy qualities of wood grain in to your home in new and fascinating ways.

Faux-bois is anything that was made to appear wood grained or having appeared pulled directly from nature. Typically, these items are made from cast stone, cast iron, cement, or painted to have a wood grain appearance.

Today, this decorating trend is experiencing a new life in everything from trendy table settings to dramatic statement pieces, with plenty of room for do-it-yourself projects.

How you implement faux-bois depends on how much of a statement you want to make. If you are a little more conservative, you could start small with a faux-bois planter filled with moss and ferns or even add a few faux-bois desk accessories to bring the peaceful feeling of the woodland to your space. Cool accessories like false wood chip coasters or trivets can add a touch of outdoor elegance to any table.

If you really love the richly textured rustic look, consider working larger and more attention grabbing pieces into your design. The choices are nearly endless as new pieces are cropping up everywhere from your local home décor boutique to online venues. With very little investigation for example, you can find elegant dining room tables, visually interesting coffee and side tables, bedroom sets and more.

Faux-bois also offers a wide range of opportunity for do-it-yourself projects. If investing in more items is not your aim, you could consider giving pieces you already own a wood grain make over. Drawer and cupboard fronts are perfect for this application. You will need to invest in a curved graining tool and some glaze or paint. Check out some instructions online for examples of what you need, and how to execute it. It might also be wise, to practice on a piece of cardboard or something you don't really care about before tackling the project of your desire. But with a little effort, you can create a faux wood look that will fool the best.

Shellie Blevens is the owner of The Home Place in Pittsburg KS. The Home Place has been in business since 1983 and Shellie Blevens has owned it since 1996. She may be reached at 620-231-5440.

COMMUNITY

When is it time to consider residential living?

By Stephanie Webb



Q: My daughter is 21 years old with developmental disabilities. Right now we are facing the difficult decision of whether residential living

is an option for her. Can you give us some guidelines that may help make the decision clear to us?

A: Great question. Unfortunately, there is not just one answer. The difficult decision to make a change to your daughter's living environment depends on many factors. Some of these factors include her health, her disability, her behaviors and

accessibility of funds. Other factors to consider are those of your household. It is important to understand the strengths and weaknesses of your "whole" household. If you find your family overwhelmed and distressed due to the continuous care of and health needs of your daughter, it may be time.

There are advantages to your daughter living in a home with other individuals with similar needs. One of the advantages is the social aspect. Most agencies that provide supports for individuals with intellectual or developmental disabilities are very active. They provide day service activities including contract work, assist them in their job search, provide them with activities in the community, volunteer opportunities

CARPET, TILE & FLOOR COVERING

Hardwood flooring over concrete slab

By Roland Dalrymple



Q: Can I install hardwood flooring over a concrete slab?

A: Successful installation of wood flooring over concrete depends on a few things.

First, consider whether the slab is above or below grade. While possible, installation of wood flooring below grade, or below ground level as in a basement, is not recommended for most products.

Next, you need to consider whether or not the concrete is cured. If it is new concrete, be sure to wait about 8 weeks before the installation of the flooring.

Even in older slabs, moisture can be a problem. Before you install flooring, have a professional run a test to determine the moisture content and whether or not it is suitable for the flooring. If you have to run a dehumidifier year round, you likely have too much moisture in the area for hardwood flooring.

Another thing you should check is the flatness of the slab. Flatness is essential when installing tongue and groove plank installation. It is recommended that the slab be flat within 3/16" in a 10 foot radius or 1/8" within a 6 foot radius. One trick is to take a 6 to 10 straight edge and lay it on the slab

at various places around the room and look for daylight underneath the straight edge. Any dips should be very noticeable. The dips must be filled in with a non-shrinking, mortar-type floor leveling compound before installation and allowed enough time to dry.

Engineered & Longstrip (glueless) Hardwood Floors can be installed over most concrete slabs under the right conditions.



Roland Dalrymple has owned Quality Floor in Pittsburg/Frontenac for 15-years. He received his degree in Building Construction Tech at Pittsburg State and has been in the construction related field all his life. For more information or to reach Roland please call 620-231-2690.

dependent upon the individual's wants and needs. The agency you choose can assist your daughter in achieving a full life. Of course, she will still need your support and visits. You are and always will be her family. No agency can replace that. However, they can provide a full life

of possibilities to enhance, engage and better your daughter's life.

Stephanie Webb is the Community Relations Manager at Mosaic in Southeast Kansas. For more information please call 620-231-5590 or visit them online at mosaicinsoutheastkansas.org

We make insurance simple with **ONE deductible.**

When you experience damage to your home, vehicles and other possessions, you pay **ONE deductible** – no matter how many items are damaged in a single occurrence. For certainty after the storm, you can rely on us.

FARM BUREAU FINANCIAL SERVICES
Insurance • Investments
www.fbfs.com

Securities & services offered through EquTrust Marketing Services, LLC*, 5400 University Ave., West Des Moines, IA 50266, 877/860-2904, Member SIPC. Farm Bureau Property & Casualty Insurance Company**, Western Agricultural Insurance Company**, Farm Bureau Life Insurance Company**/West Des Moines, IA. *Affiliates ** Company providers of Farm Bureau Financial Services © 2010 FBL Financial Group, Inc. MCO15 (5-10)

Agent:
 Judd Schossow
219 S. Ozark
Girard, KS
66743
620-724-4213
Judd.Schossow@fbfs.com

Agent:
 Lori Johnson
219 S. Ozark
Girard, KS
66743
620-724-4213
Lori.Johnson@fbfs.com

Auto | Home | Life | Business
College | Retirement



"Shoeless" Joe Jackson



"Chick" Gandil

Comiskey had developed a reputation for underpaying his players for years. You see, under the MLB reserve clause back then, players either had to take the salary they were offered, or they couldn't play Major League Baseball, as they were property of the original team, and no other team was allowed to sign them. The most notable of all of the players was the White Sox outfielder, "Shoeless" Joe Jackson. In fairness, he was always mentioned as a participant, though the level of his involvement is disputed even unto present day. The story goes that after the trial, as "Shoeless" Joe Jackson was walking out of the courthouse following his guilty plea and conviction, a young boy, glove and ball in hand, sitting on the steps, looked at him and almost begging...said, **"Say it ain't so Joe."**

What I will present over the next few issues will be an ongoing analogy to this scandal using my opinions, of which this column has always had plenty. In that respect, it's good to be the owner. These articles may get a little more "direct" than previous articles... but intentionally so. As I stated...there is just so much a guy can take. With all that has happened over the past nearly four years, and particularly over the past few weeks, I see a different America emerging than the one our Founding Fathers designed; the one our parents and grandparents worked so hard to build and preserve; the one for whom our veterans fought and died; and the one we hoped to pass along to our children and their children. I don't think there are nearly enough people paying attention to what is going on... and those who are paying attention are not doing nearly enough to let others know. I will plead guilty to the latter... and do my best to remedy what I can by this series of articles. I might also mention that while I have friends and associates that won't go to any movie for several reasons; and others who won't go if there is anything other than a "G" rating; there is a movie playing

presently that depicts much of what is going on. The movie is titled, "The Campaign." While the language is offensive and some of the story lines are lewd and improper, it tells the story of what is happening in politics today. If you can pardon me for all I have warned you about and get past it, it would be good for you to see it.

The hate...divisiveness... corruption...greed...waste...lies... fraud...abuse...and moral decay... have finally all come together over the past few weeks to put this country in downward spiral where it looks like there is no way out. Those who we have elected, from the President to the most junior member of Congress, are out trying to get re-elected. They don't have time to do the work of the people, or have they for a long time. By Labor Day, the President will have campaigned 49 out of the last 52 weeks. Nothing of any consequence is getting done. The outright lies, distortions and stupid remarks are a part of nearly every statement or speech from all sides. At press time, we had a "real smart" Republican candidate for Senate from Missouri, Todd Akin, say, "A woman's body is capable of preventing pregnancy in cases of 'legitimate rape.'" What was this all about? Who do these people think they are? They act like they are the "sharpest knife" in the drawer, no matter what they say or do...and we are all idiots. It was good when the GOP immediately called for him to get out of the race. The test for who he really is happened when he refused.

All we are getting is boatloads of politics with no substance. If it was ever time to tell it like it is...the time is now...without any reservations. Folks, our country is broke. Under our current tax system, we couldn't balance the budget if we shut down the government and just kept our promises of paying what we call our mandatory expenses, such as the interest on our debt, and the entitlements of Social Security, Medicaid and Medicare.

These payments total \$2.5 Trillion for 2012, and the total goes up an average of \$128 Billion per year thereafter. Our total revenue from all sources in 2012 is \$2.5 Trillion. This means in "promises" alone, we spend all of the income we receive. But we will spend \$3.8 Trillion this year. We borrow every dime of the additional \$1.3 Trillion that is spent for all of the rest of the Government expense, including but not limited to things like the President, his staff, his wife's staff, all of the trips, the czars, the cabinet positions, departments and staffs for all, the House of Representative, the Senate, all of their support people, the infrastructure, defense, EPA, FBI, CIA, homeland security, drug and alcohol enforcement, education, transportation, health care, energy, agriculture, labor and all of the rest. Again, if we totally stopped all of this expense, which means shutting down the Government, we still could not balance the budget, as someone will have to be paid to write the checks to our "promises." Next year, we would create \$128 Billion more deficit with the increases in our "promises"...*even with the Government shut down*...and add to our debt even more! How sick is this?

Yet all we are getting is empty rhetoric from all sides. This rhetoric is full of innuendo, lies, distortions, insults, scorn and deflections. We can debate when it all started, but as far as I am concerned, the "bottom of the barrel" negativism we see today began with the stated "Kill Romney" modus operandi by the Obama campaign more than a year ago. And has it ever worked! Each time they yell, "Smoke," Governor Romney and his campaign jump up and scream, "Fire," all the while nothing is getting done; there is no debate on the issues; and we continue to head over the fiscal cliff, not just "Granny," but all of us. Have you noticed how almost no one answers the questions that are being asked any longer? It's like they don't hear them. They immediately change the conversation to another topic and go off on their own spin of whatever it is they want to talk about. When a solution to a problem is advanced, it is not met with honest debate. It is viciously attacked. It is always viciously attacked. Mind you those doing the attacking have no solution to the problem raised. They have no plan. They just know to attack anything from the other side. If it stays this "dirty knife fight" for the balance of the campaign, the Democrats win... hands down. They do it much better.

Romney and Ryan have no idea what they're up against. Chicago wrote the book.

You know what? While I am at this point, I have to tell you...I have no idea why Governor Romney, who is worth more than \$250 Million, is even running for President. If you would have an honest debate with me void of hate and accusations you can't prove, you would say you don't understand either. He certainly doesn't need the salary of the office. He also doesn't need any more to "fill his sack." Why would he put up with all of the % ^/! he has to put up with...if he didn't sincerely want to do something about the direction of our country? Think before you answer this. Please...don't give me the standard answer from the left that he wants more power; or he wants to hurt America; or he wants to further the agenda of big business; or he wants to step on the downtrodden. That won't wash...and you know it. He sees what anyone with vision sees...we're heading over the fiscal cliff. Although he is no "Cross of Gold Speech" giver like Williams Jennings Bryan, I think he is trying to do whatever he can to prevent it. I don't think he sees a new world order... or a fundamental transformation of America...or a way for the rich to get richer and take it out on the poor. When those opposed say extending the tax cuts to rich are at the expense of the poor and middle class, I am blown away by the ignorance. The poor and the middle class aren't paying any Federal Income Tax now, and if they are it is a miniscule amount. It is a ridiculous comeback. I have seldom seen a household making \$45,000 per year or less provide any jobs to anyone, other than maybe something like baby sitting or lawn mowing. Have you? Stop the class warfare thing! Enough is enough. And, of all the running mates Governor Romney could have tagged, he tagged the one (Paul Ryan) who could do the most to right the ship of getting a dialogue of substance...but I don't think it will happen. Why? One, the hate and divisiveness are too much; and two, even if the dialogue could be changed to fix the things needing fixed, since the budget cannot be balanced, it would all be a moot point with our current tax system in place and how we run the government. Ryan may be the present day "Paul Revere" and be able to warn us of what is coming, but he and Romney are suggesting we use a "sling shot" to fix it. That "sling shot" is to keep the same tax system in place

See Joe...Page 24

Why encourage the elderly to get on the internet?

By Shanna Taylor



Q: My aunt is afraid of using the internet but curious about how it works and what kind of information you can find. Can you tell her the reasons why the internet could be of real value to her life?

A: It sounds like you have a bit of an in-house debate! Many seniors have concerns about using the internet, primarily concerned about the security of their information and identity theft. With security features in place and those issues resolved, there are some great reasons why seniors should be on the internet.

First, it is a great place to find healthcare facts and information. Seniors can take a more active role in their own health by researching treatment options, checking for drug side effects and interactions, setting up medication reminders, communicating with their doctor and more.

Next, it is a great way to stay in touch with friends and family. Not only is it fun to connect with loved ones, it also provides them an additional way to reach out when they have a moment throughout the day. A son or granddaughter may not have the time or ability to stop and call during the regular weekday hours, but would love to send a quick instant message to let you know that they are thinking of you while at work.

It also helps keep the mind active. Whether you are following the news, researching, or playing games, it all keeps the mind active.

Another advantage is that it fills idle time. As we age, it is easy to let lots of idle time slip in which gives room for discouragement or even depression. On the internet, a person can pursue their interests whether it is history, baking, or anything else. You can connect to communities; find beautiful pictures, read about travel and so much more.

Finally, it provides an opportunity to share knowledge. You don't go through life without gaining knowledge, so why not share it? A blog is a great platform for sharing your experience, expertise, and knowledge. It can even turn a small profit!

It takes surprisingly little training on computers to get proficient and even a little effort results in a huge sense of accomplishment. That in my opinion is reason enough to get connected.

Shanna Taylor is the Director of Nursing at Vintage Place Assisted Living. She is a RN with 9 years long term care experience, experience in critical care as well as hospice setting. Shanna is currently working on her master's degree towards obtaining her ANRP. For more information on Shanna or Vintage Place please call 620-231-4554.

and move around the piles. It won't work. If you need two cups of flour to make a cake and you only have one, you can move around the piles of the other ingredients all you want and the cake isn't going to be a cake. You've either got to go get the other cup of flour, or reduce all of the other ingredients to make a smaller cake with the flour you have, and settle for the fact that it is going to feed less people. God allowed the "sling shot" to work for David against Goliath, but it is highly doubtful He will do the same this time, considering all of what is happening in our country mentioned previously. That of course is not to take away the power of the right kind of prayer, which is always the best tool we have. Other than this...or in combination with this... there is only one way out of the terrible mess we are in. It is a strategy composed of three parts. One – an immediate and total overhaul of our tax system; two – strong, fiscal management in the areas of spending and stopping waste, fraud and abuse put into place; and three – pro-growth policies established so our Gross Domestic Product (GDP) can grow at a sustained level of 4%. Other than God intervening with another "sling shot," this is our answer, and unlike all of the "big hat - no cattle chin-boogey" we are getting from all sides...I will guarantee it will work (more explanation to come).

Add to all of this, in the most comprehensive piece of legislation ever passed in our history (Obamacare), there are "icebergs" of regulations and changes coming, meaning all we have seen thus far are the "parts" that are sticking out of the "water." There are some real "monsters" below the surface, that will do all President Obama ever promised...that of fundamentally transforming the United States of America. You've heard it for the past several decades, but it has never been more true. I believe that what will happen on November 6th will be

[See Joe...Page 25](#)

HEALTH

Wound care

By Jeanie Erwin

Recently, we had the opportunity to visit with Jene Ecker and Tammy Parker, registered nurses from the Wound Care Clinic at Via Christi Hospital Pittsburg. We thank them for their time in providing our readers with valuable information from their expertise!

Q: How is Wound Care different from other types of hospital care, and what kind of patients does a clinic usually see?

Jene: Wound Care specializes in the care, cleaning, healing, and prevention of chronic or non-healing wounds. Many of a clinic's patients have diabetes, or another special condition that prevents the body from properly repairing its damage. Common visitors are assisted living, or home health patients who suffer from these chronic wounds. Wound Care Clinics also see patients with larger, aggravated wounds that would normally take a very long time to heal.

Q: Who runs the Wound Care Clinic at Via Christi Hospital Pittsburg?

Tammy: The Clinic is run by registered nurses, Jene Ecker and myself, Tammy



Tammy Parker & Jene Ecker

Parker. Each of us have more than five years of experience and training in the field of Wound Care and are extremely well prepared to help our patients. We are specially certified to heal the unique injuries that come to the Wound Care Clinic, and to use the advanced equipment designed for these injuries.

Q: What kind of tools and techniques are available from the Wound Care Clinic at Via Christi Hospital Pittsburg, and how does prevention fit into the overall process of wound management?

Jene: The Clinic has all types of specialized tools to solve any problem that comes across. From high-tech "Wound Vacs" which clean, clear, and seal larger wounds, to specialized ointments designed to heal skin and prevent infection, the Clinic has many options available for each unique patient. The Wound Care Clinic is devoted to not only treating the

wounds, but also preventing them in the hopes that their patients will lead more comfortable and healthy lives. The main method of prevention at the Wound Care Clinic is education. We strive to educate patients in the care, cleaning, and future identification of their non-healing wounds.

Q: What is Ostomy Care, and how does it factor into Wound Care?

Tammy: Ostomy Care is a set of techniques designed to deal with pressure wounds that are commonly known as "bedsores." The Wound Care Clinic has several methods of healing and preventing bedsores on patients. Special wraps, padding, and cleaning tools can be used to relieve the pain these wounds cause and ensure the protection of these areas. Many patients are referred to this program in order to ensure a more comfortable lifestyle while undergoing more advanced or regular care.

Q: How does a patient get in contact with the Wound Care Clinic?

Jene: The Clinic is based on patient referral; any licensed physician can refer patients to the Wound Care Clinic upon request and consultation. The Clinic does both inpatient and outpatient care, and normally sees patients weekly every two to three days. The Wound Care Clinic nurses

are dedicated to their field and are eager to help any patient that needs the unique skills they have. *To speak directly to the Wound Care Clinic please call Monday through Friday, 8 am to 4 pm at 620.232.0349.*

What should I expect in the auto paint process?

By Richard Smith



Q: I am considering getting my car painted in the near future. What should I expect in the process?

A: First, you should expect that the surface of the car be prepared. This involves removing any surface rust and repairing any dents. The dent removal process might vary from shop to shop. If you have any large dents, and can't get to the back side, use a dent removal tool that welds stud to pull dent out instead of drilling holes to pull dent out. You have to know what type of metal or material you are working with to determine how it will be repaired or replaced.

Next, your car will be primer. Applying primer is necessary so that the paint will have an even

appearance. Primer is a very important stage of the process. You will want a quality 2K or Polyester primer because your paint can only look as good as the base under it. Next there are several options - single, two, or three stage painting.

If you are opting for a single stage paint job, then after the surface is prepared the car is painted in one step with the paint containing all of the necessary chemicals mixed in. This is a simpler and less expensive process, but also less durable.

A two stage paint job uses a base coat over the primer then covered with a clear coat. This option is much more durable and if cared for properly will last years before needing another paint job.

In three-stage painting, your car would be painted first with a base coat, then a mid coat color, then the

clear coat.

Your choice may depend on the type or age of the car. Talk to an automotive specialist about your options and they can help you determine which option is best for you.

Richard Smith has been in the Auto Body Industry for 26 years. He is ASE Certified Master Collision Tech, an I-Car Platinum Tech, and an I-Car Instructor. He and His wife own and operate Sharp's Auto Body & Collision Inc. located at 202 North Elm St. in Pittsburg, Kansas. He is a father of 5 children, Ex Military E-6 Staff SGT. and is active in his home Church. The one thing he enjoys doing is educating the public about the safety and proper repair of automobiles, no matter if it is a vehicle that has been in a collision, a small dent, or a complete restoration. The shop is always equipped with a skilled professional to handle your auto needs.

the most significant event that has ever happened in our country insofar as its future. No matter how it turns out, it is doubtful this "voice" will be here much longer. Whether it is stomped out; gets an offer it can't refuse; or succumbs/surrenders to what is coming..its future is more finite than ever...so if you don't agree with what I have to say...relax... it will all work itself out. If it doesn't, it may not matter anyway. Israel set a deadline of September 25th as a date for us to declare to Iran that we mean business insofar as them continuing their nuclear program. Will Israel attack in October? I am reminded of the famous Israeli saying, "Those who know don't talk and those who talk don't know." If they do, we may not get to see if the Mayans were right on 12/21/12. It is hard to believe after 236 years...this country could have been mis-managed as bad as it has by those we have elected to manage it.

Here are the "players" for my analogy. **The Black Sox Scandal** itself is all that is going on between the two presidential campaigns, the two candidates, the rest of the Washington politicians and the political factions in our country. **"Shoeless" Joe Jackson** is America, and what is happening to it, its opportunities, its values, its name, its prestige and credibility, at home and around the world. **The boy** is all of us, our children and their children, and all of our hopes and dreams of what America has always been and what we thought it would always be. There is a new country coming other than the one we have loved and cherished. Here are some of the reasons why, even though these have already been aired...they will raise their ugly heads again before this campaign is through:

While none of us were alive during the first 100 years of America's existence, most of us studied her history. We read about the Founding Fathers and what they went through in establishing her as a sovereign and independent nation, originally composed of 13 colonies, changing them to states in 1776, adding more and more up until 1959 with the additions of Alaska and Hawaii, completing our present day number of 50. We studied why she was established, and the principles on which she was established. Not one of our Founding Fathers, as well

See Joe...Page 27

TECH TALK

Digital security cameras

By Bill Emmerling



Q: I use an older camera system to watch over my local business. While it seemed great when it was new, it is not giving me the

quality image I want today. I've been told that digital cameras are a better choice but are very expensive. Do I have any other choices?

A: It sounds as though you are security conscience and have needs for quality images. Not long ago digital security cameras (CCTV) were much more expensive than traditional analog cameras. However, prices have come down significantly and digital cameras are very competitive. Additionally, in many situations digital cameras have a significant advantage.

Digital technology now allows us to user fewer cameras to cover more area in greater detail. Consider the picture to the right. The upper left image is an actual digital camera image. The other three images are all taken from the same digital image.

A conventional analog camera with the same camera angle could not



produce the details of the other three pictures. Further it would take THREE analog cameras to produce the same images. With proper system design and camera placement, more can be accomplished with fewer cameras using digital equipment.

Therefore, it is very possible that installing a digital camera system may provide more detail, covering more area, for nearly the same cost as a traditional analog system.

Bill Emmerling operates 'the Rescue Tech' out of the Homer Cole Community Center at 3003 N. Joplin, Pittsburg. A 'CompTIA A+' and 'Network+' certified technician, Bill has serviced computers since the 1980s in a variety of environments including homes, schools, offices and retail operations for over 20 years. Bill may be reached at info@the-Rescue-Tech.com or by phone at 620-308-6448.

PLUMBING

Stinky man cave

By Braden Peak



Q: Our basement is my man cave for watching sports and entertaining guests. Lately we've noticed a sewer odor and we aren't sure where it is coming from. It is an older home and basement with original plumbing. What can we do to find and fix the problem?

A: Let's dig into this annoying situation and see if we can come up with a solution to this problem. The first place to look is your floor drain if you have one. These have a trap in the bottom to hold water. This design keeps the sewer gas and odors from filtering through the floor drain. If the water evaporates from the trap, the odor can filter into the basement via the sewer line. A simple fix is to pour water into the floor drain and do this periodically. You should see water at all times in the bottom of the floor drain. A majority of older floor drains also contain a clean out plug in the side of the floor drain housing. If this

plug is missing, it is a direct and open line to your sewer and can allow sewer odors to escape. The plug could have been taken out at one time or another if the trap had a problem. By taking out the plug, it will sometimes allow the water to drain out if the floor drain will not allow incoming water to drain through the trap. Keep in mind, all drains should contain a trap if connected to sanitary sewer service and this practice is not recommended for a long term solution.

Other areas to explore are any drains that may not be used such as a lavatory sink or shower. If one or more have not been used in a long period of time, the traps on these can also go dry and allow sewer odors to escape. Again, the best practice is to keep the traps hydrated on a regular basis. It is a good idea to do this throughout the house at any level of the structure. If these steps have been exhausted yet the smell still persists, then it could be more than a DIY project. The problem could be a result of a faulty seal under the toilet, a sanitary service line with

a partial clog, or a faulty or inadequate vent. If the house is on a septic tank, the tank may need pumped. Of course, sometimes the culprit is in the last place you look and can be something totally off the wall. I hope these tips make your man cave experience a little more pleasant.

That's it for this month. Good luck to all of our local football teams. It's a special time of year for players and fans alike. I know I'm excited to watch our Gorillas defend their title this year. Have fun and stay safe!

Braden Peak is the manager of Roto-Rooter Sewer, Drain, Septic and Grease Trap Service in Pittsburg, KS. A Girard native and a graduate of Pittsburg State University, he is a licensed sewer contractor and has been with the company since 2002. He can be reached at 620-231-5630 or by emailing kpp_rotorooter@yahoo.com. You can also become a fan of Roto-Rooter of Pittsburg on Facebook.

cut-and-dried with bonds. While some people may indeed purchase bonds in hope of selling them for a profit before they mature, many other investors own bonds for other reasons.

First, as mentioned above, owning bonds can be a good way to help diversify your portfolio. Second, and probably more importantly, people invest in bonds for the income they provide in the form of interest payments. And here's the good thing about those interest payments: They'll always continue at the same level as long as you own your bond, except in the rare case of a default. (Although defaults are not common, they can occur, so you do need to take a bond's "credit risk" into account before investing.) Thus, if you plan to hold your bonds until they mature, you don't have to worry about a possible drop in their value. But if you need to sell your bonds before they mature, the price you receive will depend on current interest rates.

You can't control or predict interest rates, but you can help soften their impact on bond prices by building a "ladder" of bonds with varying maturities. Then, if market interest rates rise, you can sell your maturing short-term bonds and purchase new ones at the higher rates. And if market rates fall, you'll still have your longer-term bonds working for you at higher rates. (Usually, but not always, longer-term bonds pay higher rates to compensate investors for incurring inflation risk over time.) Keep in mind, though, that the investments within your bond ladder should be consistent with your investment objectives, financial circumstances and risk tolerance.

Whether you own your bonds until maturity or build a bond ladder, you can do something to protect yourself from price movements. And that type of control can prove valuable to you as you chart your course through the investment world.

Seth Holder has been a financial advisor with Edward Jones Investments for 6-years. Before joining Edward Jones, Seth worked in the finance department at General Electric. For more information on the services Seth provides or to schedule an appointment, please call his office at (620) 231-0071 or you can visit his office at 101 S. Broadway in Pittsburg, KS.

HOME & GARDEN

How do you make a cottage garden?

By John Harrison



Q: I have always wanted a cottage garden. I love how beautiful and effortless it looks. However, in years of trying I have found it is not effortless at all. I am wondering if our climate is even appropriate for one. Can you give me any tips on getting that serene and removed look?

A: Indeed, part of the beauty of a cottage garden is that it looks as if it burst forth from the environment naturally. Though it does take some planning and effort, the result is worth every moment spent.

No matter the climate or personal gardening style, you can borrow elements to create the perfect cottage garden, but first you need a plan. Without one, it is easy to get lost in the process and end up with something you did not intend or do not find enjoyable. Talk to a landscape expert or consult some garden books on cottage design to help identify the vision you have for your garden.

When you begin, remember that cottage gardens rely on layers to create the artful and romantic effect. Begin by creating the backdrop or canvas by adding the structural elements of your trees and shrubs. Think of your entire plan when you consider their placement.

Cottage gardens rely on perennials, which hold their place in the garden year round and provide additional structure, texture, and visual interest. Think of their color throughout each season as well as their height and shape.

Next, fill in the gaps with annuals. Pick plants for effect and think about the texture, height, each adds as well as the color. Remember to mix it up and add drama with colorful spires.

Add climbers or billowers such as wisteria, phlox, breath of heaven, or lilac to add the softness and to give areas that are enclosed intimate feeling.

Fill in the base of your design, add lacy accents with small, wispy flowers.

Finally, soften up the edges of walkways with mossy borders.

You are probably thinking that sounds like a lot of work, and you would be right. Your work, and about 18 months of patience will pay off with an incredible cottage garden.

John Harrison is the Owner/Operator of In the Garden in Pittsburg. For more information or to reach John please call 620-231-4545.

Bonds...From Page 1

value. Conversely, if newly issued bonds pay 5% interest, the value of your existing bond would drop because it's unlikely that someone would pay full price for a bond that provides less income than newer bonds.

When you own stocks, or stock-based investments, you want their price to rise because you probably plan on selling those stocks someday — and you'd like to sell them for more than you paid for them. But it's not so

as each and every person who signed the most important documents in her history, had any problem using words like "...endowed by their Creator with certain unalienable Rights..." and "...one nation under God..." According to a poll taken on July 26th, 2012, 54% of Americans would vote for an Atheist for President.

"Say it ain't so Joe."

Each of our Founding Fathers understood, agreed and allowed in the Constitution for there to be differences of opinion, but none of the three branches of the government were to be more important than the other. All were to respect the others and the duties of each. They would all work together, through a system of checks and balances, to govern our country administratively, legislatively and judicially. Nowhere was it written or implied...or even contemplated... that the primary function of an elected official was to spend the majority of his/her time once elected...seeking re-election...but that's what we have today.

"Say it ain't so Joe."

Each agreed that a central government was necessary for our free society, but it was never to be bigger than society itself. It was always supposed to play a support role...and was never to take the lead.

"Say it ain't so Joe."

Our government was to be a government of the people, by the people and for the people. It was recognized that the government would produce nothing. The government cannot create a single job, product or service that contributes one dime to our gross domestic product. It never was intended to be anything but a third party, funded by tax dollars from society, with powers granted to it by society, to insure things got done for society. To do this, people were to be appointed and elected to serve in positions. Government was never to be the "dog" and society be the "tail." What we have today is akin to a board of directors (society) hiring a CEO (government elected officials) for the company they direct, and the CEO running the company the way he wants to run it, as opposed to the way the board of directors hired him to run it. He got the job by promising in his "interview" to do it the way they wanted, but once hired, he immediately set out to do it his way

and no one on the board is doing anything about it.

"Say it ain't so Joe."

Food stamps were something that came about in the early 60s so people would not starve. Getting food stamps was something that was always looked upon as the last resort to being able to feed one's family. In the early to mid-70s, 1 out of every 50 Americans was on food stamps. Today, 1 out of 7 are on food stamps! What's more...there is a multi-million dollar advertising campaign running now, of prime time ads and commercials targeting more and more people, telling them how great food stamps are and how to go about getting them. 108 Million Americans are on welfare as of August 1st, 2012...and this number does not take into account those who are on Medicare and Social Security. This is 30% of our entire population!

"Say it ain't so Joe."

Unemployment benefits used to be given for 26 weeks. People would hide the fact that they were receiving unemployment benefits. It wasn't something to be proud of. Now they are given for as long as 99 weeks...with even some cases extended beyond this. It used to be that you had to check in weekly and list the businesses to whom you applied and document that you were actively looking for work. These are no longer requirements. Long term unemployment benefits have produced "chronic" long term unemployment. I have had three positions open in my company for more than two years. I have spent several thousand dollars advertising these positions. I used to get 10 times more applicants when unemployment was 4% (back in 2004 under Bush) than I get now when unemployment is 8.3%. With more people unemployed you would think I would get plenty, right? These positions all pay a minimum of 25% to 75% more than unemployment benefits, yet I get few applicants. Why is this do you suppose? If I am successful in getting someone hired, quite often they work for a few days and leave. I am sure some might say it is me, my company, the jobs, or the jobs' requirements that are too tough, but part of what we do as a company is consult other businesses in their marketing and operations. I hear the same thing from these companies continually. They post openings but get no applicants. If they do happen to

hire someone, many work a few days and then do not come back.

"Say it ain't so Joe."

Today, when unemployment benefits run out, many people are applying for...and being approved for...Social Security Disability (SSDI) benefits. In 2007 there were approximately 8 million people receiving SSDI benefits. Today, there are nearly 37 million... and more are being approved each day! There are at least three, separate, national, marketing campaigns running presently that are advertising that they can assist people in getting SSDI benefits. Here we've had 30 years of OSHA (Occupational Safety and Health Administration), and now, all of the sudden, we have had more than a 450% increase in the last 5 years of people becoming disabled, and no one thinks this is odd?

"Say it ain't so Joe."

On the day that changed everything (June 28, 2012), Supreme Court Justice John Roberts remodeled the Affordable Health Care Act and pronounced it constitutional...not as it was written and submitted under the commerce clause...but under the authority of Congress to tax. Now it doesn't matter whether I am for or against this "Obamacare," or whether I am for or against any other piece of legislation that follows the same path...or whether YOU are for or against any of this. What we had was one man, who by his own words is "supposed to call balls and strikes and not get into taking sides in the ball game," who knew his decision could not be appealed or challenged, rewrite the law to make it constitutional. How could he have done such a thing? What will ever stop the very same thing from happening in the future on any piece of legislation?

"Say it ain't so Joe."

Distortions serve as deflections and end up being deceptions. Here is a good example. Most recently President Obama was in Ohio and said, "My administration has been responsible for the largest percentage increase in manufacturing jobs in Ohio since the 90s." Upon analysis, we find in 2007 there were 500,000 people employed in Ohio, which was up 90,000 from a year earlier. That is a 21.9% increase. Since then, unemployment has taken it down to 300,000 employed. This means that at the bottom, 200,000 people had lost their jobs. In the

past 18 months, 75,000 jobs have been added. That's a 25% increase. Now 25% is a larger increase than 21.9%, but look at the distortion. One situation has 500,000 employed, and the other has 375,000 employed with 125,000 unemployed. Depending upon which side you move and when you move it, you can make numbers can work for anything you want to say. Don't get me wrong. I am for even one job being added, and I don't care who is responsible for adding it, but why not just tell the truth without distorting it, and misrepresenting things? But that's what most politicians do isn't it, whether they be Republican or Democrat. Every statement one of them makes has to be checked out for accuracy. Few ever tell the truth anymore...and if they do...you had better be listening closely because something other than the truth is coming next. Hearing two truths back to back is rare.

"Say it ain't so Joe."

I will be back with more, "Say it ain't so Joes," next month.



Charlie Traffas has been involved in marketing, media, publishing and insurance for more than 40 years. In addition to being a fully-licensed life, health, property and casualty agent, he is also President and Owner of Chart Marketing, Inc. (CMI). CMI operates and markets several different products and services that help B2B and B2C businesses throughout the country create customers...profitably. You may contact Charlie by phone at (316) 721-9200, by e-mail at ctraffas@chartmarketing.com, or you may visit at www.chartmarketing.com.

Sharp's

Collision & Restoration

Serving Pittsburg Since 1952!

Sharp's is Celebrating 60 years!

Customer Appreciation Day

Saturday, September 22nd

11am - 2pm

Food, drink, tours, door prizes!

Come Celebrate With Us!

Find Us *FAST* In

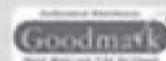
**Names
and
Numbers**
★★★★★ *Five Star Phone Books!*®



VISA



SHERWIN
WILLIAMS.



Names
Numbers

202 N. Elm Pittsburg, KS • 620.231.0666



Southeast Lancers Lead the Way!
This fall USD 247 and PITSCO begin an Education Partnership
Bringing to our students a

District Wide PITSCO K-12 STEM (SCIENCE, TECHNOLOGY, ENGINEERING, MATH) Curriculum with Mission labs, Modules, and Suites that offer hands-on experiments and projects* Robotics* LEGO Education*
PITSCO Computer and Project Based Signature Math* PITSCO Computer and Project Based Algebra Academy

USD 247 also offers

All Buildings Standard of Excellence College Dual Credit Courses with cost equalization*

1-1 IPADs 9-12* Interactive Distance learning Courses and Experiences* Interactive Virtual Field Trips*

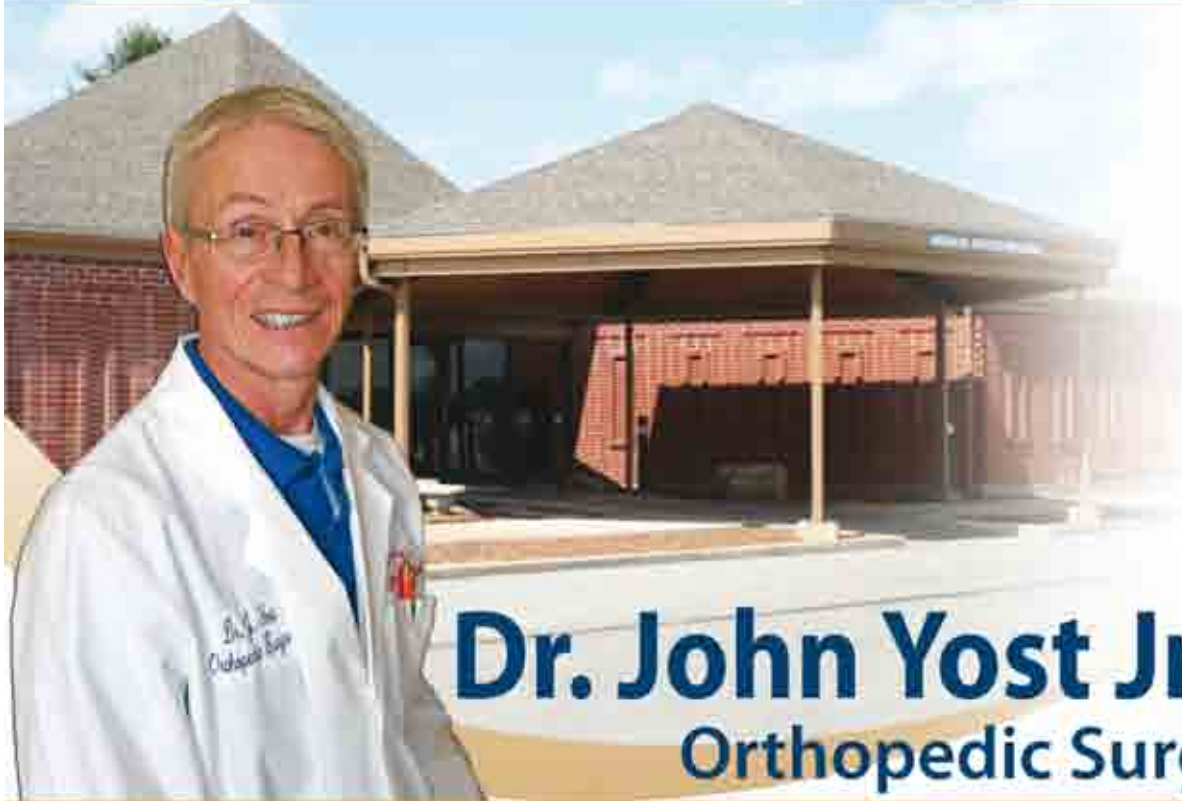
7-12 Virtual Education Program Virtual Courses for Advancement, Enrichment, Recovery, and extra-scheduled classes*

MTSS academic support K-12 Lancer Pride Excellence Program* Band 7-12*Choir 7-12* Art 7-12* HS Credit Spanish 8-12* 18 more electives 7-12*

US Air Force Auxiliary Civil Air Patrol 6-12 with Search & Rescue, Robotics, Cyber Security, Rocketry, and Aviation

*Debate/Forensics*FFA* FBLA*FCCLA*FCA* Math league*Scholar Bowl* NHS* KAYS* Student Council*

Swimming Football* Volleyball* Cross Country* Basketball* Track* Baseball* Softball* Cheer *



 **GIRARD**
Medical Center
Orthopedics

307 N Hospital Drive • Girard, KS

Sports Injuries • Spine Disorders
Joint Replacement • Fractures • Pediatrics

Dr. John Yost Jr.
Orthopedic Surgeon

For Appointment Call:
620.724.8809



**Making life easier...
at LakePoint**



Assisted Living

*Priced from only
\$1,990 per Month!*

- Assistance with Medication Management
- Assistance with Bathing & Dressing
- 24-hour Certified Care Staff
- Three Nutritious Meals Served Every Day
- Coordinated Transportation
- Exercise and Scheduled Outings
- Activity Programs
- Assistance with other Healthcare Referrals & Resources
- On-site Beauty and Barber Services
- Laundry
- Housekeeping
- Basic Utilities, Cable TV and More



Skilled Care

- 24-hour Skilled Nursing
- Active Rehab Program with In-House Staff
- Medicare/Medicaid/VA
- Beauty/Barber shop
- Weekend and Emergency Admittances
- Audiologist and Podiatrist Services
- Short-term Stays Available



*LakePoint...most unique
campuses of senior living and care*



Senior Living Hotline: 448-0280

The Wichita Area's Foremost Provider of All Levels of Senior Living!

LakePoint Wichita
1315 N. West St.
Independent Living
Assisted Living
Skilled Care
Wichita, KS
316-943-1294

LakePoint Crestview
600 N. 127th St. East
Assisted Living
Wichita, KS
316-733-8100

LakePoint Rose Hill
601 N. Rose Hill Rd.
Assisted Living
Skilled Care
Rose Hill, KS
316-776-2194

LakePoint Augusta
901 LakePoint Drive
Assisted Living
Skilled Care
Augusta, KS
316-775-6333

LakePoint El Dorado
1420 Sheldon
Assisted Living
Skilled Care
El Dorado, KS
316-320-1136

Sunset Manor Nursing Center

Family Owned & Operated Since 1967

43 Years Serving The Community "People Caring For People"

620-231-7340

24 Hour Nursing Supervision



KevinK@sunsetmanor.com

**Medicare - Medicaid
Private Insurance Accepted**

**206 S Dittman
Frontenac KS**

- Skilled Nursing Care (Medicare)
- Physical, Speech & Occupational Therapy
- Special Diets • Daycare • Private & Semi Private Rooms

KEEP A LITTLE MORE OF WHAT YOU'VE EARNED.

Topeka municipal bonds are 100% free of federal and sometimes state income tax for Kansas residents.

Municipal Bond

3.28%*

Yield to Call
Callable on: 08/15/2017 @ 100
Next Call: 08/15/2017 @ 100
Final Maturity: 08/15/2033

*Yield effective 04/30/2012, subject to availability. Yield and market value may fluctuate if sold prior to maturity, and the amount you receive from the sale of these securities may be more than, less than or equal to the amount originally invested. Bond investments are subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease and the investor can lose principal value. Any bond called prior to maturity may result in reinvestment risk for the bond owner. May be subject to alternative minimum tax (AMT). Municipal bonds may have original issue discount.

To invest in tax-free bonds, call or visit your local financial advisor today.



Seth R Holder
Financial Advisor

101 S Broadway
Pittsburg, KS 66762
620-231-0071

www.edwardjones.com Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

Southeast Kansas
Speech Pathology
Services



1800 E. 4th St. Suite B, Pittsburg, KS 66762

620.232.2990 • www.sekspeech.com



**Go to the Casinos
and stay with us!**

509 Henley, Ave., Miami, Oklahoma • 918-542-7424

In The Garden



- Statuary
- Lawn & Landscape
- Fresh Cut Flowers
- Garden Seeds
- Berry & Fruit Trees
- Seeds, Potato and Onion Sets

John Harrison Owner

620.231.4545 • 719 S. Broadway • Pittsburg, KS 66762



231-5630

Labor
of
Love

A Labor of Love and the beginning of a new life at the Via Christi Women's Center. In our comfortable, spacious room we received excellent care, and I knew we were in the best hands. The journey through life begins at the Via Christi Women's Center.



 Via Christi
HEALTH

1 Mt Carmel Way
Pittsburg, KS 66762
620.231.6100
www.viachristi.org/pittsburg