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FROM THE PUBLISHER

"Say it ain't so Joe" - series

(For the first part of this series, go to the September '12 issue)

By Charlie Traffas



Q: What's new?

A: In order to get the most out of this column, you will need to have read last month's column. Only then

will you understand the statement used throughout, "Say it ain't so Joe." You can do this by going to www.theqandatimes.com, clicking recent

issues, pulling up the September '12 issue and reading my article beginning on Page 1. Before I get to some solutions next month...I have a few more "Say it ain't so Joes" for this month, along with some comments on events that are happening throughout the world. Even though some of them may seem like old news, you will hear and read about them all again between now and the election. When you do, you will have the facts. And just in case you are going to maintain that this article contains one or more untruths...be sure when you call or email, you can also tell me what it is or what they are and why. You won't

get a lot back from me if you don't.

The only things that should happen between now and the election are ramifications of current policies and the debates. We will see how much they affect it all. Thus far, all we have from both sides is mostly "worthless rhetoric." I will make my case as to "why" as I continue. While it will always be the will of God for whatever happens to our country, our lives and the entire world, He wants us to ask for things to be His will, and pray for His will to be done, that He make us an instrument of His will, and that He give us the grace to accept His will.

See Joe...Page 18

NOSTALGIA

Do you remember?

By Faye Graves



Q: We are into what my wife and I consider to be our favorite time of the year. I have heard many say it is theirs as well.

You do so well in

causing all of us to have memories of earlier years, do you have some Fall memories you would like to share?

A: Gosh, I know what you mean when you say the favorite time of the year. It is so beautiful, especially about 7 days after the first frost. They say that the Catskills and other places are beautiful in the Fall, but it has to be equally beautiful here. For me, the month of October was the beginning of the Fall season. It was the time of year that the city took on its beautiful colors from the varied and plentiful trees from the leaves turning colors to red, orange and yellow. Decorations were on display in the store windows and homes. The new cars with the next year's date were previewed and sold by local car dealers. The Wichita Riverside Park Zoo moved their seasonal animals to the basement for the winter months. It always was quite

See Remember...Page 23

Questions?

Do you have a question you would like to see answered in The Q & A Times Journal, or would just like to drop us a line? Send your questions and comments to us by e-mail to: editor@theqandatimes.com or by regular mail to: The Q & A Times Journal, 116 N. Westfield, Wichita, KS 67212. We will get you an answer from one of our contributing writers. Also, don't forget to check out our publication on our site at: www.theqandatimes.com

MENTAL HEALTH

Dealing with life's transitions

By Lisa Vermillion



Q: I am dealing with a couple major transitions in my life, and I just feel overwhelmed. What can I do to get back on track?

A: Do what you need to do. Feel what you need to feel. Move like you need to move or go

where you need to go.

Transitions in life can be tough. We go through many transitions in our lives and all of them require change. WE change homes perhaps states, we change spouses, through death or divorce, we change kids when the move our, we change jobs, friends, financial status, etc.

See Transitions..Page 5

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CARPETING, TILE & FLOOR COVERING

Considerations for basement flooring

By Josh Jabara



Q: What are some of the things I should consider when it comes to basement flooring?

A: First, let's address the biggest concern—moisture. Moisture is a concern in nearly any basement because it is below grade and the lowest surface in the home. Because of this, there are a few things you need to think about before considering the flooring types. If your basement is particularly susceptible to flooding, leaking, or seepage you will want to seal it before the installation of any flooring. This can be a costly process, but is necessary in preserving any of your future work and preventing mold problems. Humidity and condensation is another big problem. When moist air meets the cool temperatures of the basement it tends to cause condensation that allows the growth of mold and mildew. Your heating and cooling system is probably equipped with a dehumidifier that helps keep



your relative humidity levels between 30-60%, which the EPA recommends for a healthy indoor environment. If your HVAC system is not equipped to handle the additional load of the basement, consider a portable unit for that area. Next, look at the surface of the cement flooring. Make sure it is

level and fix any cracks or flaws. You can also use backer board to create a smooth surface. Now you can consider what type of floor covering you would like for your newly finished space. Just like in the rest of the home, consider how you will use the space and the level of traffic it will see. Low-pile

carpets are always a popular choice as they are easy to clean and resist traffic wear. Other possibilities include all of the typical flooring options of laminates, tile, engineered wood and even concrete staining and engraving.



Josh Jabara is the sales manager of hard surface flooring at Jabara's Carpet Outlet. After attending WSU, the family business became a large part of Josh's adult life. His father Tom, mother Susan, and his uncle George assisted in that endeavor to a large degree. Perhaps one of Josh's greatest strengths is his hands on approach. Josh can be reached by calling (316) 267-2512 or you may visit their website at www.jabaras.com.

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The **Q&A** Times Journal

Homemade chocolate cake recipe

By Bonnie Aeschliman



Q: My cake baking involves grabbing a cake mix and a can of frosting from the supermarket. However, I would like to make a cake

from scratch that would not be too difficult. I remember a chocolate cake my grandmother made that was moist and after one bite, you knew it was homemade. Would you have a really good chocolate cake that is not too complicated?

A: I have the perfect recipe for you--Texas Sheet Cake. It is moist with a deep chocolate flavor that melts in the mouth. I have made this cake dozens of times over the years--it is



a standby recipe that always brings big smiles and requests for the recipe. This cake can be mixed and baked in thirty minutes, less time than it would take to go to the store to purchase the mix.

Totally made from scratch, you will find this is better than anything you will find in a box. What's more, it is just as easy to make. I hope you will try it.

Lone Star Sheet Cake With Chocolate Pecan Frosting
Makes about 15 servings

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- 2 cups all-purpose flour
- 2 cups sugar
- 1/2 teaspoon salt
- 1 cup butter
- 1/3 cup cocoa
- 1 teaspoon baking soda
- 1/2 cup buttermilk
- 2 eggs, slightly beaten
- 1 teaspoon vanilla
- 1 teaspoon cinnamon

Chocolate Pecan Frosting
1/2 cup butter
1/4 cup unsweetened cocoa
1/3 cup milk
1 pound (3-1/2 cups) powdered sugar
1 teaspoon vanilla
3/4 cup coarsely chopped pecans
Preheat oven to 350 degrees. Grease and flour a jelly roll pan (10x15x1) or spray with a non-stick baking spray. (You can use a 9x13 pan but baking time will be 5 to 10 minutes longer.)

Combine flour, sugar and salt in a bowl. Set aside.

Combine butter, water and cocoa in a small saucepan. Bring to a boil and pour over the flour and sugar mixture, stirring to mix. Stir baking soda into

buttermilk; then add buttermilk to flour and sugar mixture. Stir in eggs, vanilla and cinnamon. Stir until ingredients are well combined.

Pour into prepared pan and bake for 20

minutes or until cake tests done. Let cake rest for 10 minutes while making the frosting.

To make frosting:

Combine butter, cocoa and milk in a small saucepan over medium heat. Bring to a simmer, stirring frequently.

Place powdered sugar in a mixing bowl. Pour hot cocoa mixture over powdered sugar. Beat well with electric mixer until mixture is creamy. Stir in vanilla.

Pour frosting over warm cake. Sprinkle pecans over top.

Tip: If you do not have buttermilk, you may substitute 1/2 cup milk with the addition of 1 teaspoon vinegar or lemon juice stirred into the milk. Works every time.

Bonnie Aeschliman is a certified culinary professional who owns *Cooking At Bonnie's Place in Wichita*. For more information, call 316-425-5224 or visit cookingatbonnies.com. To submit a question to Bonnie, e-mail her at bonnie@cookingatbonnies.com



Life is full of decisions and transitions. Some, like changing the car you drive, or which laptop computer you use, don't require much from us in how we go about transitioning from one thing to the other. Others, like changing jobs or adjusting to life after the loss of a spouse, require us to adapt on a grander scale. When life changing transitions take place, manage them by doing what you need to do, feeling what you need to feel, and going where you need to go.

First, do what you need to do. When major changes happen, it can be tempting to sit down and do nothing. You may feel overwhelmed by all the things you need to do to adapt to your transition. For example, recently I went through a major business renovation. There was packing to be done, selling, and moving. It would be an understatement to say I felt overwhelmed. It would have been easy to simply choose not to do anything; however, knowing that strategy wouldn't work, I made a list, picked the things I knew I had to do, and delegated the rest. I chose to focus on the one thing I could do at that moment.

Second, feel what you need to feel. Avoiding feeling pain or anger only prolongs healing time. Avoidance behaviors include, excessive drinking, eating, smoking, shopping, working, or really anything that distracts you from handling your true feelings. It's unpleasant to sit on your kitchen floor, crying and just let out the sadness you feel deep in your gut. It may feel impossible to take a day off work to just sit in your emotion and talk your feelings out with a trusted friend, or journal them. When you take time to take care of yourself in this way, healing occurs so much faster than if you ignore your feelings and gloss

over them. Ignoring negative feelings doesn't make them go away; it only prolongs the pain. Feel what you need to feel when you need to feel it.

Third, move on. Once you've given yourself opportunity to feel your emotions, it's time to set your plan for the next course and then get moving. Perhaps you don't know what to do; make an options list and pick something. Taking any step forward will start the wheels rolling toward happiness. Unpack a box, meet a new neighbor, make a phone call, anything. No matter how small, it is a step.

Transitions in life can be tricky. By doing what you need to do, feeling what you need to feel and then moving where you need to move, you will adjust more quickly and come out on the other side healthier and happier in far less time.

Lisa Vermillion is President and co-owner of *Get Fit Be Fit and Thin and Healthy Weight Management*. Lisa opened *Get Fit* in 2000 in Valley Center, after receiving certifications through the American Council on Exercise as a Weight and Lifestyle Management Consultant and Certified Personal Trainer. In January of 2005, she grand opened *Thin and Healthy Weight Management* in the same location. Lisa not only provides weight loss programs for individuals but she also implements business wellness programs for small businesses and large corporations. Additionally, Lisa is a Certified Life Coach providing guidance for individuals in the areas of career, relationship and personal development. She is available for speaking engagements in the areas of Physical Fitness, Weight Management or any Life Coaching area (goal setting, positive attitude, sales, etc). If you would like help getting started achieving your goals right away, losing weight, improving your financial picture or strengthening your relationships please call Lisa. She would welcome the opportunity to help you get started. Lisa can be reached for questions or speaking engagements by phone (316) 755-1115 - or e-mail at mvmillion@yahoo.com.

Is heaven a lonely place with disembodied souls?

Q: Many believe that at the end of time the body will be resurrected and rejoin the soul for all eternity. If this is so, and the soul has no physical presence by itself, won't heaven be a pretty lonely place until the end of the world happens? I mean the only ones there right now with a soul and body are God, and some believe the Blessed Virgin Mary, Enoch and Elijah.



By Father Cleary



A: This question is confused; but then so are many people, particularly when dealing with life after death, about which we have only sparse information

from Jesus, who was in a position to know the facts, and from the disciples He taught. Evidently, the questioner believes the Apostles' Creed, which concludes: "I believe in . . . the resurrection of the body and life everlasting. Amen." It is true that, at the end of time, our bodies will be resurrected and rejoin their proper souls for all eternity. And it is true that the soul, being spiritual but real, has no physical presence by itself. But, by God's arrangement, the individual souls of those who have lived on earth are able to communicate by their intellect and will, and interact with their companions in heaven or purgatory or hell. There is no communication between the souls in heaven and those in hell. (Refer to Jesus' parable about the rich man and the poor man in St. Luke's Gospel, chapter 16: 19-31.) In Luke, chapter 19: 27-38 Jesus addresses a similar question raised by the Sadducees. The dead are like the angels of God: those who are children of God (verse 36) are rejoicing with the angels and the saints, all their friends old and new, and enjoying the beatific vision of God. As regard the dead whose souls are in hell: they are experiencing intense physical pain, utter loneliness and despair. Separated from God forever, they are like the devils, fallen angels, consumed with self-pity, hatred of others, and wallowing in the consequences of their sins which dragged them down to eternal punishment.

completion of their person, which will happen at the resurrection. According to St. Thomas Aquinas, each person will rise in the fullness of their youth, which is a consolation for infants who die prematurely as well as for the aged. But their happiness or suffering is not in suspense until that final consummation. Pope John XXII in 1320 defined as a doctrine of faith that,



immediately after death, the individual soul enters into heaven or hell. That doctrine allows for the temporary situation of Purgatory. The Catechism of the Catholic Church (Paragraphs 1030-1031) says that: "All who die in God's grace and friendship, but still are imperfectly purified of sins they committed, are indeed assured of their eternal salvation; but after death they undergo purification, so as to achieve the holiness necessary to enter the joy of heaven. The Church gives the name of Purgatory to this final purification of the saved, which is entirely different from the punishment of the damned." Pope St. Gregory the Great (509-604) wrote: "As for certain lesser faults, we must believe that, before the Final Judgment, there is a purifying fire. He Who is Truth says that whoever utters blasphemy against the Holy Spirit will be pardoned neither in this world nor in the world to come (cf Matthew 12:31). From this sentence we understand that certain offenses can be forgiven in this world, but certain other sins only in the world to come." Those who die with some attachment to sin on their soul pass into Purgatory (a temporary condition wherein the soul of a person, who is saved, undergoes purification

of any remnants of sin and undue attachments to things of this world). Purgatory is not available for hardened sinners and those who die in grave sin without repenting. The questioner is in error to say that God has a body. God is pure spirit. However, God's Son Jesus assumed a human body with a human soul, in which He resides in heaven. The Father and the Holy Spirit do not have bodies. As a special favor to the Virgin Mother of Jesus, God granted that her holy body not corrupt: so that holy Mary was assumed body and soul into heaven. Perhaps Enoch and Elijah also were granted resurrection in anticipation; but probably they had to return to earth and died, as do all other human beings in consequence of original sin.

Father Richard James Cleary was born and reared in Wichita. After graduation from Cathedral High School in 1947, he attended the seminary operated by the Benedictine monks of Conception Abbey in Northwestern Missouri. There he came to appreciate the life of the monks and, having obtained the permission of Bishop Mark Carroll of Wichita, he became a monk of that monastery. After being ordained a priest in 1955, his superiors sent him to get his master's degree at the University of Ottawa, Canada, then to study in Athens, Greece, and then in Rome, Italy, where he obtained his doctor's degree in Theology. Finally, he spent a year of study at Harvard University. Later, Fr. Cleary was assigned to teach for many years in Rome. In 1998, he returned to Wichita, where he served in parish ministry at St. Mary's Cathedral and at Blessed Sacrament parishes. In 2001, his abbot (superior) transferred him to Arkansas, where he served as chaplain of the Benedictine Sisters of Holy Angels Convent in Jonesboro, and helped in the parishes of northeast Arkansas. In March 2010, he was re-assigned to his monastery, Conception Abbey, Conception, in Missouri 64433. He can be contacted there at, 660-944-2877, or by email: rjcleary@juno.com.

the death of someone we love and each of us is mortal and will face our own deaths. As a pastor, I often get the question (although sometimes not verbally asked) "where is my loved one right now?" This question of what happens to the body and the soul/spirit after death is difficult because there are more Biblical passages on the ultimate outcome than on the immediate situation of our souls/spirits and bodies after physical death.

The Bible speaks of three different types of death. There is physical death in which the body is separated from the spirit/soul (see Matthew 10:28, Luke 12:4-5, Ecclesiastes 12:7); it

By Amy Baumgartner



A: The question of what happens when individuals die can be very perplexing, particularly because all of us have experienced

the death of someone we love and each of us is mortal and will face our own deaths. As a pastor, I often get the question (although sometimes not verbally asked) "where is my loved one right now?" This question of what happens to the body and the soul/spirit after death is difficult because there are more Biblical passages on the ultimate outcome than on the immediate situation of our souls/spirits and bodies after physical death.

The Bible speaks of three different types of death. There is physical death in which the body is separated from the spirit/soul (see Matthew 10:28, Luke 12:4-5, Ecclesiastes 12:7); it



is the result of sin. These is spiritual death in which a person is cut off from God (see Ephesians 2:12), and there is eternal death, a final state of separation (also referred to as "second death" in Revelation). Your inquiry asks about the time between physical death and the final resurrection, when the eternal death is determined. Interestingly, there are very few Biblical passages that discuss the "intermediate state" of people. Many theologians believe the lack of information was because the early church did not consider that a vital topic because it was believed Jesus Christ would return quickly. Yet from the few passages, it seems that for the righteous, their souls will be received into paradise or a blessed place with God upon physical

[See Heaven...Page 7](#)

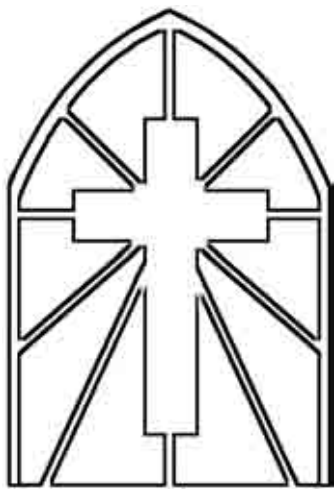


Heaven..From Page 6

death (see Luke 16:19-31; 23:43; 2 Corinthians 5:1-10; Philippians 1:19-26). Those who are not righteous may be in a sleep-like state until the final resurrection and judgment.

While you surmise that heaven might be a lonely place from now until the end of the world, I would encourage you to take a wider view. In light of eternity, the time from now until the end of the world might actually be a very short time. And in the meantime, the spirit/soul of the righteous is with God, and the righteous individuals will receive their spiritual, resurrected bodies at a future time.

Death can be frightening because of the unknowns; however, death does not need to be a fearful predicament if we put our trust and faith in God. Because as Paul writes in Romans, we know that nothing—neither death nor life—will be able to separate us from the love of God that is in Christ Jesus our Lord (Romans 8:38).



The Reverend Amy Baumgartner is the Associate Pastor of First Presbyterian Church, 525 N. Broadway, Wichita, KS. Amy was ordained at First Presbyterian Church of Wichita, Kansas in June 2008. She earned a Masters of Divinity from Denver Seminary. Before attending seminary, Amy graduated from Ball State University with a degree in Landscape Architecture and worked several years for an architectural firm in Indianapolis, Indiana. You may contact Rev. Baumgartner by email AssociatePastor@firstpresbywichita.org, or by phone at (316) 263-0248.

By Pastor Dave Henion



A: I don't believe it is a lonely existence for those taken physically for several reasons. It is true as the scriptures tell us that those who died before Christ returns will be rejoined with their bodies first and then those who are still alive will join them at the second coming. {1 Thessalonians 4:16} If we follow that truth then those who are dead, have no physical bodies but are existing in the presence of the Lord according to Philippians 1:23. Now at this point I must point out that there are some things we can't fathom because of our finite minds and we are dealing with the infinite eternal realm of God. {1 Corinthians 2:9}

We know that God is "Spirit" as Jesus shares with us in John 4:24. Jesus gives us the definition of that in one of His resurrection appearances where He says, "touch Me and see, for a spirit does not have flesh and bones as you see that I have." {Luke 24:39}

Now there are illusions to God having body parts like "eyes" {1 Peter 3:12} or an "arm" {Exodus 15:16}but these are what theologians call "Anthropomorphisms" which are human figures of speech. They represent God as having human characteristics that are symbolic to help us understand how God acts and works among us. When it says God speaks, it doesn't mean that He has vocal cords. Almighty God isn't prevented from having audible conversation with man without vocal cords. When the Bible speaks about Him walking, it is a figure of speech of Him moving about. Seeing, he doesn't have eyes but that He perceives. This is not hard to understand when we consider in creation where the bat sees with its hearing. As Almighty God, He can do it and is not limited even though He really doesn't have a physical body as Jesus said by calling Him "Spirit."

God by His very nature is "Spirit," an incorporeal being, not limited by a certain size or shape. Just the vastness of creation would otherwise overtake Him if He was just human size.

How could He maintain and control the universe? He's omni-present or everywhere. If He were human size how could He do that? How could He maintain the control and direct the universe that is 12 billion light years across? It would be overwhelming to Him if He were shrunk to human size? But in fact, Solomon understood this before he built the physical temple, "But who is able to build a house for Him, for the heavens and the highest heavens cannot contain Him? So who am I, that I should build a house for Him, except to burn incense before Him?" {2 Chronicles 2:6} Paul conveyed this same thought in his preaching to the Pagans in Athens in Acts 17:24-25.

Now with God being Spirit, it does not keep Him from relationship with those saints who have been taken in bodily form. It didn't keep Him from relationships with the angels{Isaiah 14:12ff}or humans on earth, {Exodus 3:4-5} Is it so with those who die in the Lord, who are in the presence of Christ Jesus, are they not communing with these and others saints who have died with or without a body? Has not their sweet fellowship begun even though they are spirit? How often we limit God's goodness and creativity. Think about it, but how did the disciples recognize Moses and Elijah who lived centuries before the disciples at the transfiguration? The scriptures tell us we will recognize more people in the next life than we do now. {1 Corinthians 13:12}. That to be departed from this life before the final resurrection is "far better." {2 Corinthians 5:6-8}

The scriptures testify to the existence being in a far greater level beyond what we can imagine. How could that be if there is no interaction with others? But that's the joy it is! It is a greater experience where our connection between us and each other is God. {Revelation 21:3} How could it not be joy filled and extremely delightful? The sinful patterns of selfishness, insecurity, un-forgiveness and the like that hamper our relationships are all gone. We all then wait for the final consummation of perfection when all of earth and heaven will be

made new. {21:1} That our bodies will be redeemed from decay to glorified bodies.{1 Corinthians 15:51-53} With the final consummation will come with it another level of experience because everything will be new. {Revelation 21:3} Even love and marriage will be on a whole new different plain. {Matthew 22:23-33} What wonderful things believers have to look forward to after death either before or after the final consummation of the age! Pastor Dave PS - "Now we see things imperfectly as in a cloudy mirror, but then we will see everything with perfect clarity. All that I know now is partial and incomplete, but then I will know everything completely, just as God now knows me completely." {1 Corinthians 13:12}

Pastor Dave Henion was raised in the NY Metropolitan area where multicultural diversity was a steady diet. His love for Judaism stemmed from friendships he built at the high school he attended where 75% of the students were Jewish. He received a BA in sociology and psychology attended Central College in Pella, Iowa. He played offensive guard for their NCAA Div III National Championship football team in 1974. In speaking for the Fellowship of Christian Athletes, he sensed his call to full time ministry. Meeting his future wife Sandy at Central, they went on to Michigan to finish her college while Dave started Western Seminary in Holland. Dave married Sandy in 77 and completed his Masters of Divinity degree in 78. Pastor Dave's first church was in Fort Lee, New Jersey, home of the George Washington Bridge. Their three children were born there and he also served as a Police and Fire Chaplain for the city. In February 1991, they came to Wichita to start Harvest Community Church. In 2006, he received his Doctor of Ministry degree from Covenant Theological (Presbyterian) Seminary in St Louis. During that year he gained a daughter-in-law with now 2 grandsons of 3 and 1 years old. Besides Pastoring at HCC for the past 20 years, he has been Director of the SCSD & WPD Police Chaplains for 14.

GOLF

Ask the pro - series

By Don Farquhar



Q: I am looking for a logical and sequential process to initiate and complete my golf swing. Presently, I have a dozen thoughts running through my mind when I am getting ready to take a swing. I need a way to organize them, any ideas?

A: Thus far in this series, with help from several sources, we have talked about the things that one must do to first get in the position to begin the swing. All of the previous articles are featured at www.theqandatimes.com.

They have been the grip, the alignment and the stance. The swing is broken down into two parts. The backswing... and the downswing. We have already discussed the backswing...and part of the downswing relative to keeping the head back and making no effort to move the golf club, and how it all should feel; the downswing...and the checkpoints. We have talked about the biggest problem of amateur golfer...the slice, and the other way the ball can bend badly...the hook. Last month we talked about hitting what are called "fat" or "thin" shots. Last month we talked about the most seductive and destructive medium in the game...that of the natural urge to act in the obvious way to achieve the desired result. The destructive side of this lies in the fact that in golf (as in many other things), the obvious way is not always the right way. I would like to thank all of you who commented on this article. Last month we also began to talk about the in-to-out swing. This month we will continue talking about related topics.

Looking up...this comes about because you are anxious to see where your shot is going, so you begin to look up during the downswing and before the clubface makes contact

with the ball. This moves the body, which misaligns the swing path and produces terrible shots...or even a complete whiff. Many feel that this is the number one mistake that golfers make. To minimize this problem, rotate your hips properly through impact, keeping your arms fully extended through impact and concentrate on a low follow-through. Wait until you see the ball "disappear" before taking your eyes away from it.

To waggle or not to waggle...the essence of rhythmic swinging is to be smooth, for only the smooth swing can be rhythmic. But if you get undue club head agitation into your preparatory



movement (which is what the waggle is) you will get all the feel in your hands, arms, and shoulders and not in your legs, hips, and back, which is where you should feel that you swing from. Quite often, in many amateur golfers' waggles, the club head is pulling the body, so the tail is wagging the dog. It should be the other way round. You need to be subdued and waiting for the action of the body to set up club head movement. That is

why the preparatory movement of the good golfer is smooth and tiny and controlled. The hands should not waggle the club. You see, the hands are not direct agents in producing the power of a golf shot; they are a connection between the lower part of the body (where the power comes from) and the club head, and they must remain nothing more than a connection. If you use your hands, consciously or not, you break the connection.

You might ask, "Must a good swing be 'connected?'" Indeed it must. The great player is great because his swing is connected and therefore reliable. He makes an indifferent shot only when he does lose connection. The reason why he uses only a three-quarter swing is because that is as far back as he can go without the risk of breaking the connection. What breaks the connection? Here is a gross example. If I intentionally "open" my hands at the top of the swing, I lose connection and have to put in compensatory movements on the way down, to try to correct the results of

the error which they cannot fully do. The result is unreliable and at its best unsatisfactory.

More next month...

Don Farquhar is Head Golf Professional at Rolling Hills CC, a position he has held since 1988. Don has earned several distinctive awards: 1991 South Central Section Golf Professional of the Year, 1994 South Central Section Merchandiser of the Year, 2003 & 2004 South Central Teacher of the Year and 7 Time Kansas Chapter PGA Teacher of the Year. Don has competed in 5 National Club Professional Championships and qualified for the USGA Public Links Championship. Don is also a member of the T-list Custom Fitting Staff. Don may be contacted Rolling Hills Country Club Pro Shop, (316) 722-1181, 223 Westlink Drive, Wichita, KS 67209, or by e-mail at dafarquhar@pga.com.



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Men and depression

By Jason Scheck



Q: I have been married to my husband for 10 wonderful years. For the last year I have noticed a change in him.

He's been moody and irritable, always exhausted, and he gets no joy out of anything he does anymore. He once mentioned that he felt suicidal but regretted telling me and refuses to talk about it. I can't force him to go to the doctor but it is sad seeing him so depressed. What can I do to help him?

A: Depression is a serious but treatable medical condition — a brain disease — that can affect anyone.

Whether you're a company executive, a construction worker, a waiter, a police officer, or a student; whether you are rich or poor; surrounded by loved ones or alone; you are not immune to depression.

If left untreated, depression can lead to personal, family, and financial difficulties. With an appropriate diagnosis and treatment however, most people recover, the darkness

disappears, there's hope for the future, and energy and interest in life will return.

Some common symptoms of depression are:

- Persistent sadness, anxiety, or "empty" mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, being "slowed down"
- Difficulty concentrating, remembering, making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide; suicide attempts
- Restlessness, irritability
- Persistent physical symptoms

There are many reasons why men don't or won't get treated for depression. Most important among them is that men are less willing to

admit they're depressed and need help. There is still stigma attached to having any psychiatric illness, but men are taught to just grin and bear it, get on with life, and provide for their families. Men are less likely to seek treatment, in part because there is a tendency for men to tough it out.

The problem with not seeking treatment is that depression tends to get worse, and affects all areas of a man's life. Many men will self-medicate with alcohol or drugs. And, men — especially older men — have higher rates of suicide than women do.

Men should be encouraged to seek medical attention for their depression. Depression can be a life threatening situation that needs to be properly diagnosed, addressed, and monitored. Depression is an illness and men should not feel it results from weakness. It doesn't reflect their character any more than a broken leg does.

If these signs and symptoms describe you or a man that you care about, talk to your healthcare provider or contact a mental health

professional. All information remains strictly confidential, so please consider getting help and start feeling better soon.



Jason Scheck, LCSW, is a clinical social worker and the Director of Crisis Services for COMCARE of Sedgwick County. He has been working in the mental health field for 10 years. COMCARE of Sedgwick County is a licensed Community Mental Health Center and Certified Drug Treatment program for all Sedgwick County residents. We can help you get the help you need. 316-660-7540

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INTIMATE APPAREL

Measuring for a perfect fitting bra

By Aleta Williams



Q: All my life I've struggled with fitting a bra. Could you please give me tips on how to measure for that perfect fitting bra?

A: Bras, as we know them today, have only existed since the 1800s. In the past, women primarily wore different kinds of upper-

body undergarments, or none at all. Today, bras have become widespread throughout Western society. As a supportive garment, it is important that your bra be as close to perfect as possible in terms of its size and the way it fits you. Anything else will leave you with compromised support, indentation marks on your skin or other problems.

A personal fitting by a certified

fitter is very important, and she is capable of measuring you and choosing the best bra for your body type. The bra must lift and support from beneath each individual breast. This is important for all bust sizes, including a heavy bust. The bra fits much better if you have suspension to help eliminate strap strain. The bra should be snug enough around and fit low enough in the back to allow the suspension to provide less pressure on your shoulders, neck and back.

When the bra is properly fitted, your clothes will take on a whole new look. By placing the bust in the proper position it will help to give you a more visible waistline. It also improves a woman's posture and helps eliminate shoulder discomfort and back pain. In most cases, you will look younger and thinner in a properly fitted bra.

Always remember it is best to have professional help with the measurements. It's more of an art than one might think. Find someone that has been in the industry for some time and knows how to properly fit a bra



Aleta Williams owns Aleta's Bras and Lingerie, located at 5601 E. Central (SE Corner of Central & Edgemoor) in East Wichita, offers over 44 years of experience fitting bras and giving the very best customer service. Aleta's carries several lines of fashionable swimwear including Gottex, Miracle Suit, and Carol Woir. Aleta also works with ladies who have had breast surgeries, mastectomies, and lumpectomies. You can contact Aleta by phone at (316) 682-0132.



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GLASS

A large welcome to Fall

By Bob Crager



Q: We have a large two story home with a ton of windows, most of which have the original glass from the turn of the last century when the home was built. We know there are new windows available that are a lot more energy efficient, but if we go to those, will we lose the character of the originals?

A: Not having seen your home, I can only generalize in a response to your question. The short answer is, one can generally maintain the "look" of your home when going to the newer energy efficient windows. The job should be done with maintaining your original "look", while giving you a huge improvement in heat and cold transfer through your windows.

There are a lot of homes in the Wichita area that were built back in the late 1800's and early 1900's that have had the windows replaced, and now enjoy the energy saving benefits of that project, and with most of them, you would be hard pressed to say that they lost anything in appearance. You didn't say whether or not you have installed storm windows over the original windows of the home, and if you have, the appearance from the street will not offer much change, if any at all, from what it is right now when the storm windows are reinstalled after removing and replacing your original windows. Self storing storm windows are designed to cover your windows completely on the outside, and include a built in screen that allows for raising the storm window panel so you can move air through it without letting insects, falling leaves, etc., inside your home. These kinds of storm

windows stay in place year round, and help keep the cold out in the freezing winters we sometimes have here as well. Another advantage of installing these storm window units is that your window sills are protected by and large from the elements, preventing them from rotting out from "dry rot" or being assaulted by rain, sleet, and snow. Your local full service glass dealer will be able to inspect your windows and advise you as to what would give you the most advantage with your window replacement project.

Once again this year, we had a summer here in Kansas that included a lot of very hot days and nights without much rainfall at all. The drought was worse than any dry spell since the middle of the great depression in the 1930's. There were a lot of folks who installed outside awnings, louvers, etc. this summer on the sides of their homes facing the blistering sun, which can reduce the heat that enters your home through your windows by up to 80%, a really worthwhile thing to do. Many people even made up some temporary window reflectors by covering cardboard pieces with aluminum foil to reflect heat back outside on those windows facing the east, south, and west. That works kind of like the reflectors you put in your car's windshield in the summertime. It's temporary, won't eliminate heat transfer to the inside of your home completely, but for those for whom budget is critical, does help out with slowing some of the heat.

Also, if you opened and closed your windows a lot over the last year or so, you should know that your window seals will probably have accumulated some dirt and debris, which could prevent a tight seal from forming.

That might not seem important to you, but over the course of the winter coming up, you could lose plenty of heat that will escape through those gaps. Before it gets that cold, take the time to walk around your house and clean and inspect each window. If the weather stripping has deteriorated or worn, right now would be a good time to replace that.

The end of summer heralds in the fall season, which for a lot of folks is their favorite time of year. The oppressive heat ends, and pretty quickly the falling leaves of October will be signaling that winter weather is not far away. We're very lucky that we get to enjoy all four of the distinctive weather seasons here in our state and city. As the seasons change, our activities and home needs change too. What a great time to do some seasonal maintenance around the house to keep your home running smoothly. While you work in that last trip or two to the cabin, lake house, or the country house, remember to set aside some time for those little repair projects at your house. If you ignore them, or forget about them, you might end up with a few regrets when the chill of this winter sets in. Winter time follows the fall just as surely as the morning sun follows the night.

Even ahead of "more insulation in the attic", your windows, if they're in good shape, can do more to help you not lose your budget to the elements than just about any other part of



your home's physical structure. Don't fail to spend the time to give them a good checkout right now while the weather is temperate, and the time to correct problems is now. Call your local full service glass dealer for an inspection of your windows now, before you begin to think things like "why didn't I do that back in October when the weather was so nice"! October is a great time to take care of this...and I hope this information helps you! More next month...

Bob Crager of Lewis Street Glass is a 35 year veteran in the glass business. Lewis Street Glass is a leading Wichita Glass company, serving the entire Wichita/Sedgwick County area since 1919. They do anything and everything having to do with glass, both residential and commercial. They also do auto glass. They are located at 743 South Market, facing Kellogg on the South, and you can reach them by phone at (316) 263-8259. You can e-mail Bob Crager at bcrager@lewisstreetglass.com.



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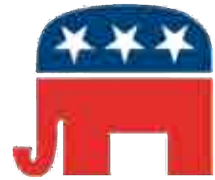


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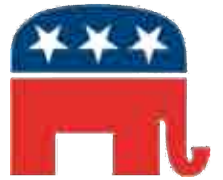
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Civil War battle summaries by state - series

(For the previous articles in this series, refer to Jan '12 - Sep'12 issues)

By Frank Bergquist



Q: I have enjoyed reading the many different article series you have written on the Civil War. Most of these are from a broad look

at the country and how the country was affected. Would it be possible to list what happened in each of the states' battles?

A: Sure. I found several sites from which to put this information together. One of the best is <http://www.nps.gov/hps/abpp/battles/bystate.htm>. Last issue, we featured some more of the battles in Missouri, including the battles of the two in Newtonia, Roan's Tan Yard and the two in Springfield. This month we will look at the battles of Westport and Wilson's Creek in Missouri, and Cabin Creek in Oklahoma.

Westport

Other Names: None

Location: Jackson County

Campaign: Price's Missouri Expedition (1864)

Date(s): October 23, 1864

Principal Commanders: Maj. Gen. Samuel R. Curtis [US]; Maj. Gen. Sterling Price [CS]

Forces Engaged: Army of the Border [US]; Army of Missouri [CS]

Estimated Casualties: 3,000 total (US 1,500; CS 1,500)

Description: Maj. Gen. Sterling Price's Missouri Expedition had changed course from St. Louis and Jefferson City to Kansas City and Fort Leavenworth. As his army neared Kansas City, Maj. Gen. Samuel R. Curtis's Army of the Border blocked its way west, while Maj. Gen. Alfred Pleasonton's provisional cavalry division was closing on their rear. Price decided that he needed to deal with the two Union forces and decided to attack them one at a time. With Pleasonton still behind him, Price chose to strike Curtis at Westport first. Curtis had established strong defensive lines and during a four-hour battle, the Confederates hurled themselves at the Union forces but to no avail. The Rebels could not break the Union lines and retreated south. Westport was the decisive battle of Price's Missouri Expedition, and from this point on, the Rebels were in retreat.

Result(s): Union victory

Wilson's Creek

Other Names: Oak Hills

Location: Greene County and Christian County

Campaign: Operations to Control Missouri (1861)

Date(s): August 10, 1861

Principal Commanders: Brig. Gen. Nathaniel Lyon and Maj. Gen. Samuel D. Sturgis [US]; Maj. Gen. Sterling Price, Missouri State Guard, and Brig. Gen. Ben McCulloch [CS]

Forces Engaged: Army of the West [US]; Missouri State Guard and McCulloch's Brigade [CS]

Estimated Casualties: 2,330 total (US 1,235; CS 1,095)

Description: Brig. Gen. Nathaniel Lyon's Army of the West was camped at Springfield, Missouri, with Confederate troops under the commands of Brig. Gen. Ben McCulloch approaching. On August 9, both sides formulated plans to attack the other. About 5:00 am on the 10th, Lyon, in two columns commanded by himself and Col. Franz Sigel, attacked the Confederates on Wilson's Creek about 12 miles southwest of Springfield. Rebel cavalry received the first blow and fell back away from Bloody Hill. Confederate forces soon rushed up and stabilized their positions. The Confederates attacked the Union forces three times that day but failed to break through the Union line. Lyon was killed during the battle and Maj. Samuel D. Sturgis replaced him. Meanwhile, the Confederates had routed Sigel's column, south of Skegg's Branch. Following the third Confederate attack, which ended at 11:00 am, the Confederates withdrew. Sturgis realized, however, that his men were exhausted and his ammunition was low, so he ordered a retreat to Springfield. The Confederates were too disorganized and ill-equipped to pursue. This Confederate victory buoyed southern sympathizers in Missouri and served as a springboard for a bold thrust north that carried Price and his Missouri State Guard as far as Lexington. In late October, a rump convention, convened by Governor Claiborne Fox Jackson, met in Neosho and passed an ordinance of secession. Wilson's Creek, the most significant 1861 battle in Missouri, gave the Confederates control of southwestern Missouri.

Result(s): Confederate victory

Cabin Creek

Other Names: None

Location: Mayes County

Campaign: Operations to Control Indian Territory (1863)

Date(s): July 1-2, 1863

Principal Commanders: Col. James M. Williams [US]; Col. Stand Watie [CS]

Forces Engaged: Detachments from nine units [US]; two regiments and detachments from two other units (approx. 1,600-1,800) [CS]

Estimated Casualties: 88 total (US 23; CS 65)

Description: Col. James M. Williams of the First Kansas Colored Infantry led a Union supply train from Fort Scott, Kansas, to Fort Gibson, Oklahoma (then Indian Territory). As he approached the crossing of Cabin Creek, he learned that Confederate Col. Stand Watie, with about 1,600 to 1,800 men intended to assault him there. Watie was waiting for about 1,500 reinforcements under the command of Brig. Gen. William L. Cabell to join him before attacking the supply train. Cabell, however, was detained due to high water on Grand River. Cabin Creek also had high water, preventing a crossing at first, but when it had receded enough, Williams drove the Confederates off with artillery fire and two cavalry charges. The wagon train continued to Fort Gibson and delivered the supplies, making it possible for the Union forces to maintain their presence in Indian territory and take the offensive that resulted in a victory at Honey Springs and the fall of Fort Smith, Arkansas.

Result(s): Union victory

Frank Bergquist graduated from Eddyville, IA, high school in 1958. After graduation, he entered the Army, serving 20 years in Missouri, Maryland, New Mexico, Germany, Iowa, Turkey, Kansas, S.E. Asia, and finally retiring in 1978 in Louisiana. Before retiring, Frank was assigned as an ROTC instructor at WSU and Kemper Military School until 1974. In 1978 he served as the Non-Commissioned officer in charge of operations at Fort Polk, LA. He has served as the Veterans Counselor (DVOP) with the Kansas Job Service Center National Service Office, with the Disabled American Veterans at the VA Regional Office in Wichita; Veterans Employment and Training Coordinator with the US Dept. of Labor at Ft. Riley, KS; Service Coordinator with Cerebral Palsy Research Foundation; Dept Adjutant-Treasurer and the Dept. Executive Director Dept. of Kansas Disabled American Veterans; and past President of the Wichita Civil War Round Table. Currently he is doing graduate work as an instructor in Genealogy and Military History at Wichita State and Kansas State Universities, and is the CEO for the Disabled American Veterans Thrift Stores in Wichita, KS. Bergquist has an AA from Kemper Military School and College from Boonville, MO. and a BGS from Wichita State University. He can be reached by telephone at 316-262-6501. He is located at 926 N. Mosley Wichita 67214.



Setting up your eBusiness - series

(for previous articles in this series, refer to October '11 - September '12 issues)

By Amal Xavier



Q: It seems like more and more businesses are not only having an online presence, but they are also having built some most intricate eCommerce mechanisms to take care of their business. I want to do the same with my company, but I have some questions. What are the first things to consider before setting up an eBusiness? What about the legal ramifications? Do I need to consult with an attorney before opening up my eBusiness? Are there any other things I need to be aware of?

A: Last month, with assistance from www.ecommerceptimization.com and other sources, we talked about eCommerce Marketing. This month we will continue by talking about site optimization.

Customers love fast sites. As realms of business go, eCommerce is one of the fastest – and is populated by some very impatient people. You can have the greatest product in the world, but it won't matter one bit if your pages load so slowly that interested parties leave, searching for faster waters. And as the speed of the internet continues to increase, the patience of online shoppers will continue to decrease, leaving the savvy eCommerce owner no choice but to make sure his sleek, well designed website loads fast.

Thankfully, this isn't as hard as one might think. Thanks to the proliferation of programs that let you build your own website without knowing code, many eBusiness owners are building websites that may look nice, but load slowly. All it takes is a businessperson with the willingness to spend some time familiarizing themselves with the basics of website performance to optimize their site and make it load faster than those competitors relying on computers to put their sites code together. And so, since you are one of those willing business owners, let's talk about three of the most important things to remember when making your website faster:

Keeping It Simple

It is an unassailable fact that websites take time to load, especially the first time someone visits it, before it has been cached in their system. And since some security-concerned consumers won't even

cache their websites, it makes sense for an eBusiness owner to be sure their website loads fast, while still getting all the necessary information into their front end. While there are many ways to optimize your website, one of the simplest ways any owner can make their site load faster is to make sure that your page is simple, but effective.

I know you've spent a lot of time designing that alluring front end – after all, we already discussed the importance of "user experience" but a good business owner should remember that it's easy to clutter up the storefront windows with too much stuff. If consumers have to wait to window shop, it won't matter how nice the experience is. If you find your website is loading too slowly, consider cutting some big images, or just combining several image requests into one big image. Or, even better, remember to keep it simple when you design the user experience itself.

Keeping Up With Technology

"Once you've been coding for a while, you begin to take something for granted." This is a quote by Jeffrey Way, one of the top web developers in the world. Sadly, even those of us who don't mind mucking about in coding can find ourselves falling prey to a much more difficult problem than keeping it simple. We can slip into patterns and habits that mean we lose track of how the world is moving around us, and therefore fall behind. This complacency can be costly in the world of technology, and even if you're a small business owner who has hired someone to do your coding for you, it makes sense for you to know the technology, just to make sure your website is as fast as it could be. After all, there's no guarantee that this business will be as important to your webmaster as it is to you, so you should make sure that you have a practical knowledge of things like HTML and CSS scripts (or even useful add ons), even if it isn't a working knowledge, so that when you ask your webmaster why the page is loading slowly, your eyes won't glaze over under an assault of "technobabble." Knowledge is power, and while learning code may be too much to pile upon your other responsibilities, you should know when there are better ways to make nice windows for your storefront, since better windows give a better view of your product, which is

what you want, right?

Keeping Up Appearances

And speaking of windows, there's an important fact to remember about the internet – one that can't be stressed enough. Appearances matter, and a page that looks like it's loading faster can sometimes be every bit as effective as one that actually does load quickly. Clean windows are as good as really advanced windows when properly presented, and a consumer that feels like the site has improved will feel catered to. It shows them that you really care, which is good for business/consumer relations. So remember, if you really can't part with your new, hard won UX design, a little reorganization of the HTML can make it appear to load faster without cutting anything. And be careful using automated webpage designers, as they rarely use efficient code.

All in all, it's important to remember that, as a small business owner, your website is your responsibility. Having one that loads fast reflects well on you. Whether you code it yourself, hire a webmaster, or use an off the shelf program, you should know enough about emerging trends to keep up

with the technology. Knowledge is power and will keep you from falling behind, getting fooled, or just having a slow website (no matter how well designed). So make sure to keep the windows clean, sweep the floors, and we'll be back next month

Amal Xavier, A techno-marketing professional who thrives on Software Project Management, Business Process Automation, Software Solution Design, Development and Deployment. He is the Director of CMI Infotech, and is headquartered in Cochin, Kerala, India. CMI Infotech is a company whose primary focus is the building of customized software applications and solutions for businesses throughout the world. CMI Infotech has employees and contracted personnel with more than 65-years combined experience in virtually all software applications, including but not limited to PHP/MySQL, Open Source technologies, Adobe AIR, Adobe Flex, ActionScript 3.0, Flash Media server, JavaScript, Joomla, WordPress, Ajax, XHTML/CSS and jQuery. You may contact Amal by sending an email to amal@cmiinfotech.com.

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HOME REMODELING AND IMPROVEMENT

Why are granite countertops so popular?

By Jason Huang



Q: We're thinking of changing out our kitchen countertops and was wondering why granite has become so popular as opposed to other

options?

A: Great question, in a word granite is extremely durable. Granite is a naturally occurring stone and is one of the toughest rocks on the planet. One of the reasons why granite is so commonly chosen for kitchen countertops is because it is so durable. Of course, if you think about it, you realize that granite had better be durable. As one of the more expensive options for countertops, granite would be ineffectual if it couldn't last a long time or was easily damaged. Ultimately, granite makes an excellent countertop.

Why Granite is Good for Kitchens

Granite is composed of a combination of Feldspar and Quartz, which work together to make granite extremely scratch resistant. In fact, granite is so durable that in order to put a neat looking edge on a slab requires specialized training and a diamond cutting tool. Considering that's what it takes to put an edge on your countertop, there is nothing that your steak knife or even your butcher's knife can do to put a dent in it. Really, there is no reason in the world to spend so much on a custom granite countertop and then intentionally cause damage to it, so there's not a lot of cause for worry on that front.

On the negative side, this means that once you do somehow manage to put a scratch in your countertop it is potentially there forever. There is no way to fill in scratches on granite. So, you either have to live with the scratch, or you would have to get an entirely new countertop. Unless, of course, your granite countertop is comprised of tiles of granite rather than a slab. In that case, if you ever managed to put a scratch in a piece of granite, you could simply replace that piece and your countertop would be as good as new.

What Can Damage Granite?

Granite, like many minerals, can sustain damage from like materials. That means that you would not be well advised to slide a granite cutting board across your granite countertop.

Doing so would definitely result in a big, ugly scratch across your beautiful granite slab. Again, if you have elected to go with a tiled granite countertop rather than a slab, the damage will be more easily dealt with. If you discover that one or more of the tiles have been scratched, you could remove those tiles and reset new ones in the empty spaces.

You should absolutely note that there is no way to remove a scratch from granite. Unlike wooden butcher block counters, where you can remove the wooden slab and sand it down to achieve like-new results, granite is the way it is forever. Once there is a scratch, you cannot sand down the granite to remove it. The good news here is that nothing short of another mineral is going to scratch your countertop. You can use it for a cutting board; you can work with steel pots and pans on it, and never have a worry. As long as you keep your granite cutting boards and pots from sliding against the countertop, your granite should remain in mint condition for years to come.

When you look at various materials you could potentially use for your kitchen or bathroom countertops, you should absolutely consider granite as a viable option. Granite is one of the toughest and most durable materials for countertops on the market. Granite countertops are scratch resistant and no matter how much cutting you do on it looks as beautiful in its tenth year with you as it did in its first.

Jason Huang began his career in the home remodeling industry fabricating and installing natural stone countertops after being inspired by the beauty and elegance of granite and marble. His main goal at Wichita Granite and Cabinetry is the satisfaction of the customer, excellent service, and sharing knowledge associated with natural stone. A member of the Better Business Bureau, The Wichita Area Builders Association, and the National Association of Home Builders. Wichita granite and cabinetry is family owned and operated

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What is ergonomics?

By Valerie Ethridge



Q: We are a Wichita business. We are considering adding 6 people to our workforce. In doing so, we would like to re-arrange furniture that we already have and buy some new to accommodate these new people. The problem comes with matching everything. So that we could communicate in an effective manner with someone who can help us, last month you provided us with a brief “primer” on vernacular for this industry, but can you also talk to us about ergonomics? What is it? How is it defined? How is it determined?

A: With some assistance from a few sources and my own personal experience, let me try and answer your questions. Ergonomics has become a buzz word over the past couple of decades, based on the increasing use of computers in the workplace. In a nutshell, it can be defined as the study of how people interact with their working environment. More specifically, an ergonomist (pronounced like economist) designs or modifies the work to fit the worker, not the other way around. The goal is to eliminate discomfort and risk of injury due to work. In other words, the employee is the first priority in analyzing a workstation or work environment. Officially, from the International Ergonomics Association Executive Council, “Ergonomics (or human factors) is the scientific discipline concerned with the understanding of the interactions among human and other elements of a system, and the profession that applies theory, principles, data and methods to design

in order to optimize human well-being and overall system performance.” Ergonomics applies to everything from office seating, to factory floor layouts, to even the handle over your spatula! For the intents of this article we will focus on the office worker who uses a computer.

In the workplace, here are some key points to consider when making a workstation fit the user: I will address each below.

- 1) Users should sit centered on their task or their computer monitor
- 2) Adjustable seating should be provided that allows the user to change seating positions for different



tasks.

- 3) Torso to thigh angle should be 90 degrees or greater
- 4) The monitor should be approximately an arm’s length away from the front of the body.
- 5) The monitor should be at the same height allowing the user to work with the head in an upright, neutral posture
- 6) Keep elbow angle between 70 and 120 degrees.
- 7) Keep wrists straight while working on a keyboard
- 8) Provide task lighting at worksurface level.

In regards to items 1 -3: The office

task chair is the most important investment a company can make for their employee. There are hundreds of options for chairs, from \$100 chairs from your local office supply chain store, to highly ergonomic chairs that can cost upwards of \$600. A chair is one item where you really do get what you pay for. I recommend that my clients spend as much as their budget will allow on a good ergonomic chair with a lifetime warranty. The better the chair, the longer all the moving parts and pieces will last and you won’t find yourself needing to get a new chair every year or so! In an office chair, you want to look for these features:

Pneumatic height adjustment (meaning the chair will go up and down), tilt tension (which means you can adjust the tension that allows you to lean back in the chair), back lock (you can lock the tilt in place), and a sliding seat pan. A sliding seat pan allows the

chair seat to adjust to fit shorter and longer legs. It is important to have a space the size of your fist between the seat edge and the back of your knee. This will allow for better circulation in your legs. Another option to look for on a high quality task chair is lumbar support that can be adjusted by the user while they are in the chair. This can help prevent lower back pain, especially for people who sit 8 hours a day.

Once you have your good chair, the next items to address are items 4 & 5. After your chair is adjusted and you are comfortably seated at your desk, look at where your monitor is. Is it close to your face or too far away? Stick your arm out straight, and your monitor should be at your fingertips. It should also be at eye level without having to look up or down. You can achieve this with finding something to prop your monitor up on or purchasing a Monitor arm. Monitor arms clamp to the back of your desk and you can adjust your monitor up and down and in and out. You can also swing your monitor around to show someone else what you are working on, without having to move. We have received some great feedback from our clients who have their monitor (or monitors) up on an arm and off of their desk.

They have commented on how they have less back issues and eye strain. Some of them even use their monitor arms to stand during the day and can bring the monitor to standing height.

Speaking of standing... one of the newest trends in office furniture is the height adjustable table. Many people now like to have a table that adjusts between sitting and standing so that they are not in the same position all day long. This is really good for your back and legs to change your positions throughout the day.

Ok, now you are in a great chair and your monitor is set at eye level. What is next? Next is making sure your arms are 90 degrees to your keyboard. For most people this would not be their desktop, but slightly below. A good keyboard tray can solve this issue. The keyboard tray is installed under a worksurface and can be adjusted to fit the height of the user. It can also tilt in the negative to allow users with wrist issues to keep the circulation going. Keyboard trays can vary, and I highly recommend trying one before purchasing one. They are not for everyone!

Lastly, let’s look at your task lighting. What do you have for light? A good task light can illuminate your work and help relieve eye strain. There are new LED task lights out now that do not cast shadows that can help illuminate your surface.

Once you do all these items you should have a workspace that is much more user friendly! But even the best workstation and chair in the world cannot do everything. It is up to you to take breaks throughout the day and stretch and give your eyes a break. The more movement you can include in the workday, the more your body will thank you!

Valerie Ethridge is a designer and project manager at encompas, a preferred Haworth furniture dealer serving the Wichita and Kansas City areas. encompas is unique among furniture dealers in that each Principal and every project manager is a degreed interior designer. The goal set by encompas is to find the right solution for each client with personal customer service, the most design forward products on the market, and knowledge of today’s office workplace. You can reach Valerie at valerie@encompaskc.com or at 316-448-0427.

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This may offend some of you, and that's okay. Your issues with it will only be temporary, as it will be proven to everyone to be more true than the sun coming up in the East tomorrow morning...that is if God wills it to come up.

First let's take a more simplified look at what is going on. President Obama and the Democrats are asking for 4 more years. Former President Clinton maintains that because he participated with a bipartisan Congress in balancing the budget and creating a surplus 15 years ago, President Obama can do it too. While this may appear to some of you, on first blush, akin to "pushing a noodle up a hill," let me just say...as inept, incompetent and inexperienced as President Obama seems to be at times, he is much more astute than most give him credit. The biggest reason why things are not fixed is because his focus is on a much "bigger prize"...and because of this, he has gotten himself involved in what should be a very close election. This is not to say his ideology could ever fix things, but even if it could, he has not done the job that was required of him. Not having a Jobs Council meeting since January when we have 23 Million people unemployed or underemployed; only attending 44% of his daily security briefings for the country; his disregard for the Simpson-Bowles recommendations for our economy when it is hurting like it is; the way he handled the debt ceiling negotiations increase a year ago that led us to the "taxmageddon" we are facing between now and the end of this year; the downgrade in our credit; and the other ways he has gone about doing the things he has done...is not indicative of someone who is attentive, diligent and worthy of the position. If someone is going to be a "maverick" in the way he or she does a job...it had better work, whether he is "among the most sophisticated consumers of intelligence on the planet" or not. It has not worked. No president in history has approached his job the way President Obama has approached his. I doubt that anyone...left, right or independent...will refute this.

At press time, in addition to all of our domestic woes, we had the murders of our ambassador, Chris Stevens, and three other Americans in Libya; the storming of our embassies in Egypt, Yemen, Iraq, Tunisia, and riots, uprisings, murders and injuries in more than two dozen other hot spots

throughout the world; the "red line" request to President Obama by Israeli Prime Minister Netanyahu for Iran to stop their nuclear program, that he has ignored; the failure by President Obama to meet with Netanyahu about the same in spite of more than 140 bipartisan requests from lawmakers that he do so; the terrible human tragedies that are still occurring in Syria; and so much else. It is hard to believe that all of these happening at the same time are a coincidence. The White House says all of these are the result of an anti-Islam movie. Really? It's not a movie. It's a 14 minute trailer...and it's been on YouTube since July. I would think if it was all about a message, as soon as that message was out there, the riots and uprisings would have begun, wouldn't you? Why did they wait three months? What is going to happen when the Bin Laden movie comes out in a couple of months? And all of these uprisings and attacks have nothing to do with what are proving to be the administration's naive and toothless policies, right? From now on will we have to fade the action of any group in the world who wants to take issue with something someone says or writes? What kind of a world will this be? And where is the mainstream media in all of this? Following these events, their news was full of ridicule for Governor Romney and little about what was happening and why?

President Obama has taken his "eye off the ball" big time...the "ball" that was more important to him than anything. This "bigger prize" he seeks is an article series in itself, but I won't go into it now. You just need to know that getting re-elected to a second term is paramount for him.

Now it doesn't matter that he and the Democrats asked for the job 4 years ago, saying they could fix the problems of the country...and things are the same or worse...because the "mess was much bigger than they thought," which I will also address in this article. They are asking for 4 more years because they feel their way is the way it needs to be. They believe that big government is the answer to fix the nation's problems. They believe in equal outcome based upon the principles of socialism...whatever it takes for society to exist and prosper should come as taxes from successful businesses and from those people who have been successful in business. They outwardly state, "Government is the only thing that we all belong to."

The "haves" take care of the "have nots," regardless whether a person works, works hard, or doesn't work at all. They believe this process must be managed by a big government...because only a big government...with lots of people in lots of positions...will know what is best for everyone. They believe that a nation cures its problems from the bottom and the middle up, when this big government steps in and takes from the top, giving it to the bottom and the middle, along with money it pumps into the economy. This is known as Keynesian economics. It doesn't work. It never has. Europe is reeling from it now.

Although Romney and the Republicans' talking points say they want a smaller government, I wonder sometimes. What they have "sown" is large too...but not to the degree of the Democrats. They want a government that for a large part, gets out of the way, so the free enterprise system (business) can be successful without manipulation. They believe in equal opportunity based upon the principles of capitalism...whatever it takes for society to exist and prosper should come as taxes from everyone,

with more coming from successful businesses and from those people who have been successful in business, but with rules and regulations in place that are pro-growth, so business thrives...the economy grows...and even more revenues are collected to take care of everyone who needs taking care of...without a huge government bureaucracy to manage the process. This approach has worked well in our country for 236 years. They believe that government belongs to the citizens...not the other way around.

Both sides think they are right...which is the way it should be, and as far as I am concerned, neither side is a "bad guy" until that side demonizes a person from the other side for having a view counter to theirs. But as bold as this might sound, the win in November is not about who gets to be President. It's much more about the added "bonus" that goes to the winning side. This added "bonus" is the right to appoint anywhere from 2 to 4 Supreme Court Justices over the next four years. If President Obama wins, this could easily trigger the biggest "fundamental transformation our country" has ever

[See Joe...Page 19](#)

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seen, with changes, modifications and/or repeals of several Amendments to our Constitution, including but not limited to the First, Second, Fourth, Tenth, Eleventh, Twenty-Second, and Twenty-Third, plus a preponderance of executive orders that could change things more quickly than legislation could ever do. The right to make these appointments and invoke these executive orders will prove to be much bigger than anything else that is at stake in this election. Here is why it is not, what everyone has been saying, "All about jobs and the economy."

Earlier I used the phrase, "worthless rhetoric." I will put some "pants" on this. Neither side is proposing solutions that will fix our country's problems... but most would never know. From all the show and talk, one would believe that one side or both have the answers to solve the problems we face...and do we ever have some whoppers. We have more than \$16 Trillion in national debt. We will overspend again this year (of the \$2.2 Trillion we take in) by \$1.3 Trillion. It is projected to be much more in the years to come, which all adds to our existing \$16 Trillion debt. Our entitlement

programs (Medicaid, Medicare and Social Security) will be insolvent in a handful of years. We have 23 Million people out of work, with more than 47 Million people on food stamps. Estimates as high as 6 Million people have left the work force in the past 3 1/2 years because they couldn't find a job. Regardless of the actual number, we now have the lowest number of people that are employed since 1981. This is an amazing statistic. Here with all of the births we've had, all of the immigration...legal and illegal...all of the technology, all of the inventions, all of everything...our economy is so bad with so many people out of work, that we have no more employed than we did more than 30 years ago! It is estimated that 20% of what we spend goes to waste, fraud and abuse. A bipartisan report just published at press time said there is \$700 Billion in waste, fraud and abuse in health care alone. How sick is this? That is our entire defense budget... before the cuts that will take place in the upcoming "taxmageddon!" Foreclosures are at an all time high. A record number of college loans are in default. Most people have been

groomed by politicians to hate those people with an opposite or counter view to theirs on any issue. Nothing is getting done in Washington, DC, and if it is a split government again after this election (either party failing to control the House, Senate and the White House), nothing will get done over the next 4 years. The world does not think, respect or believe we will be there if they need us...as they have thought for the past 70 plus years. It has also been that long since our nation's defense has been as weak and diluted as it is today...and will be tomorrow. The biggest reason why the US is still the most relevant "player on the planet" is because the US Dollar is the world's reserve currency. But the printing presses are reducing this relevance each day. We cannot continue to print Trillions of dollars (actually we add zeroes to the magic balance sheet) without it coming back to haunt us in a big way in the future. The Federal Reserve just announced the third round of quantitative easing (QE3). In addition to the \$2.3 Trillion pumped in since President Obama took office, and the \$45 Billion per month we are continuing to pump in through the end of the year called Operation Twist, beginning immediately and with no designated end date, they will buy an additional \$40 Billion per month of mortgage backed securities. If there was ever an admission by this administration that its policies are not working...this is it. Am I the only one who thinks that there is so much going wrong on so many fronts...that it all has to be planned and not just a coincidence? If not, how could anyone who has had anything to do with this mess, ever ask to keep the job they have in the part they play? Think about this for a moment before you answer.

Just as the old saying goes, "It's later than it's ever been," so too is the statement, "The problems we face today are bigger now than they have ever been in the history of our country." Last month I explained why our budget cannot be balanced under our current tax code. This isn't hate folks, and it isn't spin. It is for real. The budget cannot be balanced...EVER... under our current tax code. Even "Paul Revere Ryan", the supposed budget guru, cannot provide a date that the budget can be balanced under the Republican's plan, except, "...somewhere down the line in the 2040s...". He stutters worse than Mel Tillis ever did when he is asked.

President Obama, fresh off getting "bitten" on most every promise and commitment he has made since he began to run for President in 2007, doesn't even state that the budget can be balanced or when. Take this to the bank...this country will not be as it is today...if the budget cannot be balanced quickly...and that means within the next four years. No matter who is elected...if our tax code stays the same...we will have continual deficit spending, which means a continual piling on to our national debt of \$16 Trillion. The Democrats want to spend more and increase taxes on the wealthy, but they are not advocating a big enough tax increase to do any good, as revoking the Bush tax cuts on those making more than \$200,000 (\$250,000 households) will only bring in an additional \$70 Billion per year, making this year's deficit \$1.23 Trillion, not counting their additional spending. The Republicans are wanting to cut spending and keep all of the Bush tax cuts in force, but they have only figured out how to cut spending by \$120 Billion, so with none of the \$70 Billion coming in from the increased taxes on the wealthy, this year's deficit under their plan would be \$1.18 Trillion. The difference between both plans on the budget is \$50 Billion per year. Now while that would be a nice "pile" for several thousand of us, it is "peanuts" when compared to our problems. Yet this is all we have heard for months, "Increase taxes on the wealthy," "Pay your fair share," and "Don't increase taxes on anyone." It's all a whole bunch to do about nothing, and look at all of the valuable time that is being wasted. It is all "worthless rhetoric," surrounded by lies, distortions, deflections and detractions by both sides.

"Say it ain't so Joe."

Here is one of the top distortions, deflections and deceits that has been thrown upon the American people ever since President Obama was sworn in...and no one...most of all Governor Romney, Paul Ryan and any of the Republicans are telling it like it is. What is wrong with them? Why would anyone use generalizations and innuendo to refute something when they could use the facts? President Obama and the Democrats are continually talking about the "mess" that they inherited from the Bush

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administration. Really? In spite of all you have heard...let me present the facts...and before you classify me as being hateful, you should know that these have never been denied by anyone in the Obama administration or by the Democrats. They are facts.

The day the Democrats took over was not January 22nd, 2009 when President Obama was sworn into office. It was January 3rd 2007, two years earlier. On this day, the Democrats took over the House of Representatives and the Senate, at the very start of the 110th Congress. This was the first time the Democrats controlled both the House and the Senate since the end of the 103rd Congress in 1995. On this day, the DOW Jones closed at 12,621.77. The Gross Domestic Product (GDP) growth rate for the previous quarter was 3.5%. The Unemployment rate was at 4.6%. The National Debt was at \$10.7 Trillion. Who wouldn't trade these numbers for today's? Yet what do we hear from the Obama campaign? We are better off today. Really? Do I need to repeat the problems we have that I listed earlier? We didn't have any of them 4 years ago to the extent that we have them today. On the day the Democrats took over, Barney Frank took over the House Financial Services Committee and Chris Dodd took over the Senate Banking Committee. The economic meltdown that happened 15 months later was in what part of the economy? You guessed it...the banking and financial services sectors! \$5.6 Trillion of toxic loans were dumped on the economy from the Fannie Mae and Freddie Mac fiascoes, whose policies were advanced by President Clinton during his second term. President Bush asked Congress 17 times to stop Fannie & Freddie... starting in 2001...because it was financially risky for the US economy. And in all of this...who took the third highest pay-off from Fannie Mae and Freddie Mac? It was then presidential candidate Barack Obama. And who fought against reform of Fannie and Freddie in early 2009? It was newly elected President Obama and the Democrat Congress, especially Barney. The budget process and expenditures originate in Congress, not the White House. Policies originate in the White House, then Congress acts up on these policies. The party that controlled Congress from January 3rd of 2007

through January 23rd of 2011 was the Democrats. In November 2010, the Republicans won the majority of the House, but the Democrats still controlled the Senate and the White House. The Democrats have controlled the budget process for all budgets from 2008 through 2011, even though the country has not had a budget in more than 3 ½ years because our beloved Harry Reid won't bring one up for a vote in the Senate. The Democrats have made the statement about the "mess they inherited" so many times without any rebuttal from the other side, it has been accepted as being the way it is.

"Say it ain't so Joe."

In those first two budget years (2007 and 2008) that they took over, the Democrats had to contend with George Bush, which caused them to compromise on spending, when Bush somewhat belatedly got tough on spending increases, which I have vociferously faulted him for in this column. But in 2009, Speaker Nancy Pelosi and Senate Majority Leader Harry Reid bypassed President Bush entirely, passing continuing resolutions to keep government running until Barack Obama could take office. At that time, they passed a massive omnibus spending bill to complete the 2009 budgets. And where was Barack Obama during this time? He was a member of that very Congress that passed all of these massive spending bills, and he signed the omnibus bill as President to complete 2009. If the Democrats inherited any deficit, it was the 2007 deficit, the last of the Republican budgets. That deficit was the lowest in five years, and the fourth straight decline in deficit spending. After that, Democrats in Congress took control of spending, and that includes Barack Obama, who voted for the budgets. If President Obama inherited anything, he inherited it from himself. In a nutshell, what he is saying is, "I inherited a deficit that I voted for... and then I voted to expand that deficit four-fold since January 22nd, 2009." Not only is Washington broken, and most all its politicians, but the Romney campaign people who are in charge of messaging to get out to the public have proven them selves to be anything but the "sharpest knives in the drawer." Who would allow an improper message to continue with no counter message...when a factual

counter message exists? Their failure to provide the same "waters" and "fertilizes" continued spreading of the same old rhetoric. Now that rhetoric has "roots" and it is harder than ever to pull them.

"Say it ain't so Joe."

Remember the Obama Super PAC (Priorities USA) ad that showed a person (Joe Soptic) who was blaming Romney for the death of his wife, who had died from cancer? The Washington Post puts out a rating on all campaign ads and assigns a "Pinocchio" rating of 1 to 4 for each ad insofar as distortions and lies. This ad achieved the highest rating of 4 "Pinocchios." You need the full details on this. Since no one has ever presented all of the facts in one place, I will present them now.

Romney was CEO of Bain Capital, a venture capital company he and two other partners founded in 1984. What do you suppose the CEO's job is for a private or public company? If it's not maximizing the return on investment, or ROI, the position does not need to be filled, as there is nothing else more important for a CEO to do. Bain Capital turned its focus in the early 90s to leveraged buyouts and growth capital companies. This means that they looked for companies who were bankrupt, or almost bankrupt, that they could buy for a good price, invest capital, manpower, operations and marketing (retooling), and turn the company around and sell it for a profit, or continue to operate it profitably. Read this again. Bain Capital looked for companies that were bankrupt... or almost bankrupt...that they could turn around. Without Bain Capital these companies would not "make it," or certainly would not "make it" to the extent that they could or did. In some cases they knew immediately and had to shut down the company. In other cases, they had to go in and "re-tool." The "re-tooling" process includes a look at and changes to sales, operations, projections, labor, assets, short and long term liabilities, and a whole lot more. If they could change and modify things, increase the investment and make it produce, they did. If not, they shut it down and put the resources and assets they had planned to use for that company to work in other situations. Guess what? Every business owner throughout the history of man has done the very same thing. The owner of the business

makes a determination of whether or not he/she can change or modify things in such a way for the limited amount of resources they have invested to produce an acceptable return. If things can be changed or modified, it is done and he/she tries that for awhile. If it can't be changed, the business is shut down and whatever resources are left, are used in another venture. That's capitalism and entrepreneurship. There is nothing to apologize for. If a business can make it by relocating, or having other companies provide products and services to them (outsourcing) at a lower price than they do them selves, they do it. Every business outsources. Every aircraft plant outsources. Every manufacturer outsources. Radio and TV stations outsource. Retailers outsource. Using temps in a company is outsourcing. Using a home health aide from a home health provider is outsourcing. My company outsources web development to other companies, one of which is overseas. Who is so shallow that they don't understand this and wants to make it an issue? I have the answer...those very same people who have never built anything, created a job, or hired anyone to do anything in their life. If they had, they would understand this.

Since Bain's beginning, they have invested in all size of companies. Some of the bigger ones you might recognize are AMC Entertainment, Aspen Education Group, Brookstone, Burger King, Burlington Coat Factory, Clear Channel Communications, Domino's Pizza, DoubleClick, Dunkin' Donuts, D&M Holdings, Guitar Center, Hospital Corporation of America (HCA), Sealy, Experian, The Sports Authority, Staples, Toys "R" Us, Warner Music Group, The Weather Channel and more. The US Government, the largest "business" in the world, would be most fortunate to have Bain Capital apply the same processes to it as it did the companies in which they invested. It is unbelievable to me when I hear Washington politicians criticize Bain for the prudent and fiscal methods of operation they employ and their track record, when they are in charge of the terrible mess that our Government is in. To go on...

Bain acquired GST Steel in Kansas City, MO in 1993. Bain also had a steel plant in Georgetown, SC. The company was not doing well at the time of the

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purchase, and per the CEO of the company at the time, would have gone bankrupt had not Bain invested the \$125 Million it invested in trying to turn it around. Bain merged two other steel companies it had bought earlier into this company to form the new GST Steel. Romney left Bain Capital six years later in 1999 to run the 2002 Olympics. GST Steel was shut down by Bain Capital in 2002 after fading three years of cheap steel being imported from China into this country. It and 31 other steel companies in the US closed between late 2001 and early 2002. Joe Soptic was employed by GST Steel. When it was closing, he was given an opportunity for a buyout of his job, but he refused it. He went to work as a janitor for a school. He got insurance for himself but did not cover his wife, because his wife had a job with her own health insurance. In 2003 she had a minor accident and left her job. Did you get this? She left her job in 2003, a job that provided her with health insurance. She could have taken COBRA, or an individual policy, but did not do so. Further, Joe Soptic did not make the decision to include her on his health insurance that he had from his job. In 2006...three years later...she went to her doctor complaining of pneumonia-like symptoms. She was diagnosed with cancer and died 22 days later. Once diagnosed, she lasted 22 days. She could have had the greatest of all "Cadillac" health policies and it would not have saved her life. These are the facts...void of spin.

I know all of the stuff in this ad is terrible...despicable...and full of lies and distortions, but I want to go back to Joe Soptic who told the story. I lost my wife, Brenda, to cancer in early March of this year. She was my entire world and the love of my life. Surely Joe's wife meant the same to him. Now, I don't know whether the % ^ !s that used him and his situation paid him, or just took advantage of him... but one thing is certain...Joe will have to sit there for the rest of his life and think about his wife, his and others' memories of her, and the dishonor that has befallen her as the result of all of this. May God bless you Joe. My loss continues to hurt me each day like "ripping flesh," but I thank God I don't have this pain compounded by thinking I let people like these...use me and my situation...and ended up hurting all of my and others' memories

of Brenda.

"Say it ain't so Joe."

In addition to all of this stuff, there is so much happening behind the scenes that we "out-of-touch-dummies" are not privy to. Here's just one example, and I'm sure there is just as good of an example from the other side. Do you remember the "Occupy" movement when it took over a park in New York City last Fall? The park is called Zuccotti Park. I wondered at the time how someone could take over a city park, cause all of the trouble that was being caused, and the city not do something about it. I recently read why. It isn't a city-owned park. It is a park owned by a Canadian company called Brookfield Properties. All of this recently surfaced in an article examining loan guarantees that have been made by the Obama administration. It turns out that Brookfield Asset Management, a subsidiary of Brookfield Properties, got a \$160 Million loan guarantee within 10 days of when the "Occupy" movement took over Zuccotti Park. Now that may seem like a large number but not really, as Brookfield has more than \$70 Billion in assets. What did it need with a \$160 Million loan guarantee? I don't know. They didn't say. But here's more. Do you know who was just hired as an attorney for the firm? It is Vice-President Joe Biden's son. Maybe that's just a coincidence. And it's probably also a coincidence that Mayor Bloomberg's live-in girl friend is on the Board of Directors. And as a final coincidence, instead of the last billions of the Obama Stimulus going back in to pay down the national debt, three weeks ago it was all given to Brookfield Properties.

The "Occupy" movement was back in Zuccotti Park and Wall Street on Monday, September 17th.

On what I hope is a completely unrelated note, of all the swing states in this election, three of them may be the much more important than the rest. The company that owns the equipment that will be tabulating the votes in these three states in November is owned by George Soros. I wonder what a global, multi-billionaire mogul like Soros wants with a company that tabulates votes? Have you ever heard of the statement, "It's not the people who vote that counts; it's the people who count the votes?" Do you know who said it? It was Josef Stalin.

"Say it ain't so Joe."

Next month I will be back with

much more, just in time for your consideration prior to casting your vote.

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 www.chartmarketing.com.

Remember...From Page 1

a press day when the alligators were picked up and moved. This usually was a front page news event in the local newspapers. The alligator pit always looked very empty when you went to the zoo in the winter months. Of course, there were the houses of mystery connected with the Fall festivals of All Hallows Eve. Many places were made into scary walks. We visited the stores for costumes, but many times creative parents created their own make-up and costumes for the children to go out trick-or-treating. My wife said her friends would carry a bar of white soap and if no one answered the door, they simply made a white X on the door screen for the trick (now don't go doing that today... it's just something that was done years ago). I remember that my children would go around the neighborhood and come home to dump their candy on the floor to see all of the goodies they had collected.

We had a youth group at our church. My wife and I would plan an unknown destination and take the youth blindfolded in cars to a friend's suburban field where the headless horseman would ride across the field and throw a pumpkin at them. Or, we took them to the basement of an old building downtown where we had decorated the room and other church members were made up in costume.

I still remember during my childhood years living in Chanute, Kansas and attending the Main Street or the Peoples Theaters and being afraid to walk home by myself after seeing

a Frankenstein, Mummy or Dracula movie.



October is also the month of my birthday. When I was younger, I had finally convinced my father that I wanted a Cushman motor scooter. I got my wish and my dad and mother warned me to drive it very carefully or I would have a wreck. The first day I rode it, at the corner of Douglas and Main, a lady turned her car into me. I fell...with the scooter...with her car on top of that...and me under the scooter. Fortunately the only injury to me was the damage to my motor scooter which was minor and my shirt was torn off when I fell. I had some exciting times going to school with my buddies on that little bike. I was also proud to know that my birthday was on the same day as television personality, Johnny Carson, who later became one of my favorite entertainers. I actually had the opportunity to meet him at a news conference held at the airport when I was news director at KFDI Radio. He was a great guy.

Enjoy all of the beauties of this beautiful Fall season...and don't eat too much of your kids' candy (smile).

Faye Graves, a native Wichitan, who attended school at Friends, Wichita State and concluding at Midwestern Theological Seminary. He has been active in media for many years with Channel 12, KIRL, KFDI, KOOO AM & FM (Omaha), KFRM & KICT 95, as an owner, manager, producer, director and announcer. He has served as President of the Haysville Board of Education. He has also served on several national boards of the Southern Baptist Convention. Faye has served as Executive Pastor and Director of Administration and Education at Immanuel Baptist Church of Wichita. You may contact Faye by e-mail fayegraves@sbcglobal.net or by phone at (316) 524-3906.

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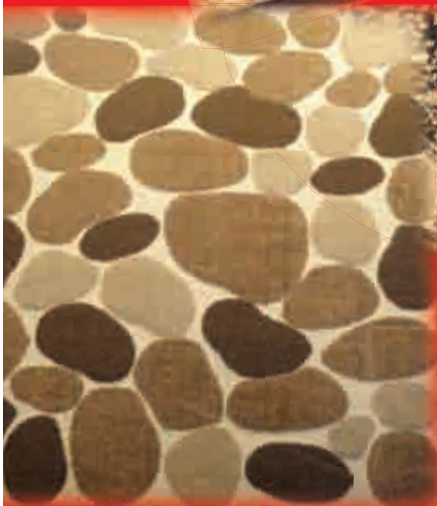
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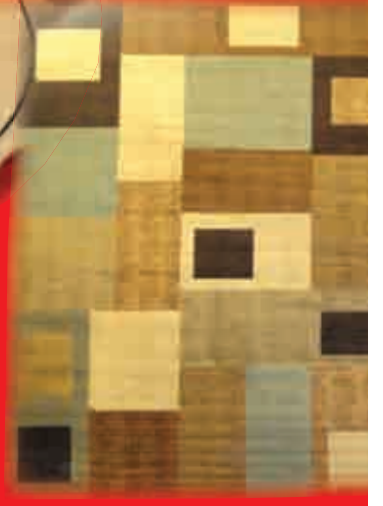
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