

# The SE Kansas

Volume 3 Issue 2



Special Political Section



Pages 22-23

October 1, 2012

# Q&A Times Journal

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



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2012



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## WHAT'S NEW

### "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](http://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

See Joe..Page 25

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## SPORTS

### History of football in southeast Kansas.

Part 1 (brought to you by Vietti Auto Body & Alignment)

By Mark Schremmer



If you're like me, football will soon be occupying your weekends through the entire fall. In football-crazy southeast Kansas, we love the Friday

night lights of prep football, the Big 12 and MIAA on Saturdays, and, of

course, the NFL on Sundays.

Southeast Kansas has its fingerprints on each football night of the week. Over the next few months, The SE Kansas Q&A Times Journal will take a look at the great history of football in this corner of the state.

This month, we will look at some of the current NFL players with ties to

See Football...Page 16

## LAWN & GARDEN

### Thin or thatch lawn? Consider fall seeding

By Justin Cawyer



**Q:** Over the years, my lawn has thinned out and just does not look as lush and attractive. I fertilize it regularly and it is otherwise well maintained. Any

suggestions?

**A:** Late summer is the time to decide what, if any, seeding work your lawn will need this year. Careful advance planning and follow-up can make the difference between seeding success and failure.

#### Thin Lawns

Can you see the soil or thatch layer when you look down at the grass? Thinness allows weeds to get started in the lawn and also causes the lawn to dry out much faster. A thin lawn should be seeded.

#### Heavy Thatch

The thatch layer can become so heavy that the primary root system is growing more in the thatch than in the soil below. Shallow, thatch-rooted lawns are much more susceptible to

See Seeding...Page 11

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116 N. Westfield  
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## FINANCIAL

# Planning future finances

By Mark Kolarik



**Q:** I never seem to have enough money, how can I plan my future finances?

**A:** The following are 10 Ways to Improve Your Financial Health.

### 1. Grow Your Emergency Fund

If you don't have an emergency fund it's a good idea to start one, even if you can sock away a small amount every month. At a minimum, try to accumulate at least 6 months of monthly expense. Try to handle emergency from savings, rather than having to dip into retirement accounts or on high interest credit cards.

### 2. Pay Off Credit Cards

Interest paid on credit cards is too high. If you have a \$5,000 credit card balance and an 15% APR, and you make only the minimum payment each month, you'll be stuck paying off that debt for 24 years. And you will pay over \$7,000 in interest.

### 3. Put 10% of Your Income Toward Retirement

Target to save and invest at least 10% of your income, no matter how little or how much you make. The sooner you start the more wealth you'll be able to build. If you save and invest just \$5,000 a year when you

are 25 and earn a 6% rate of return, that will have grown to \$773,809 by the time you are 65.

### 4. Pay Off Your Mortgage Before Retirement

After you retire, your income will probably drop. If you eliminate the burden of a monthly mortgage payment, you will have more flexibility to handle any rising costs.

### 5. Track Your Expenses

Write down every cent you spend over the course of a week will give you a very clear picture of exactly where your money is going.

### 6. Envision Your Future

Develop a single exciting mental picture of where you want to be in five years. Each day as you pull out of your driveway on the way to work think about that image. When the same outcome is kept top of mind for a sustained period of time, your attitude shifts and over time real progress is made.

### 7. Improve Your Credit Score

A higher credit score will get you lower interest rates that can save you hundreds of thousands of dollars over your financial lifetime. The first



step to improving your score is to know what your credit looks like. Get a copy of your credit report at [www.annualcreditreport.com](http://www.annualcreditreport.com).

### 8. Live Below Your Means

Just because you can afford to buy something doesn't mean you should. Save for retirement and invest for the future.

### 9. Act Like You Can't Just Throw It Away

We are spending our hard-earned

dollars on highly packaged products that are easily disposed of. Our homes and landfills are cluttered with depreciated junk. The solution to saving more money is to stop wasting it on consumer items that quickly become garbage, and switching to quality items that endure.

### 10. Move Your Money Around

Take a couple of hours to figure out how to cut spending across your budget, make use of online apps and price-comparison sites to find cheaper alternatives on everything from gasoline to cell phone service. Then, move those savings into an emergency or retirement fund, put them toward credit card debt.

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

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**FROM THE PUBLISHER**

***It's almost time to vote!***

By Jerod Norris



Welcome to the October '12 issue of the SE Kansas Q&A Times Journal. Thank you for joining us.

In media, whether it be

Print, TV, Radio, Internet, or whatever it is, you can always tell when election season is nearing. We get hit up with campaign ads, promises, which person voted for what numerous times throughout the day. All of these ads are in an effort for a particular candidate to get within the good graces of YOU, the voter. In our efforts here at the Q&A Times I wanted to take somewhat of a different approach, that often other media outlets will not do (or will do, but on a much lesser basis). Ads are an effective tool and you will find them within this publication, but what about the actual person running for these political seats or particular job? What about proposing a solution to a problem or issue? Often in media the candidate will only have 15 or 30 seconds to get their message across, or a maximum of 50 words to answer in print. This

is why you get the common (I want to create jobs and lower taxes) answer. Doesn't everyone say that? I, myself would be more interested in learning how they are actually going to achieve the things they propose or say. Wouldn't you?

It is my hope that within this issue we can properly introduce you to local candidates, asking them each the same five questions. With these five questions the candidates are afforded to providing a clear answer and/or solution toward what their future efforts are if being re-elected, or would be if becoming elected (and they are not sugar coated). Some of the interviewed questions are all answered within this issue, others will answer a few in this issue and continue on with the rest of the questions in our November issue. Please join us in the political section where we ask the questions, they provide the answers, and you the voter can then decide.

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


Jerod Norris  
Publisher

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# GRACE PLACE

We've been praying that the Holy Spirit would go before us and prepare the hearts of the people of Pittsburg. If you have felt the tug of the Holy spirit on your heart to start attending a church, please consider joining us for worship Sunday.

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**CONTRIBUTOR CORRECTION FROM SEPTEMBER ISSUE: PAGE 24. Wound Care**

**Q:** What is ostomy care and how does it factor into wound care?

**A:** An ostomy is an opening that occurs after a surgical procedure to connect an internal organ to the surface of the body. Ostomies are named for the organ involved, such as a colostomy, that would connect the colon to the abdominal wall. Ostomy care from trained Wound Care nurses is very integral for a patient whether the ostomy be temporary or permanent. Wound Care nurses are specifically trained to deal with ostomy operations whether they be temporary or permanent procedures. Wound Care nurses not only help train patients how to take care of the site themselves to help prevent infection, but also treat wound sites that may become inflamed or infected and prevent infection from spreading and becoming worse.

 **CHART marketing inc.**

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

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*Paid for by Menghini for State Representative, Bill Aquino Treasurer*

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## COSTUMES & NOVELTIES

### What costumes are popular for adults this year?

By Kelly Tippie



**Q:** Every year our family looks forward to going all out for Halloween. Of course, the kids always have a ton of ideas for costumes and never lack in creativity. My creativity though is not what it could be. Any ideas for great costumes for adults?

**A:** Getting older does not mean we have to stop following trends, especially when the trend means fun Halloween costumes! And do not worry; once you get out and start browsing your options, you are sure to find plenty of costumes that spark your interest. This year, there is no end to the interesting options in just about every genre of costume you can imagine.

If you want to go with one of the hottest costume trends this year, consider going with superheroes. Who would not want to don the persona of the Caped Crusader or tap into their Spidey senses? Some of the popular choices also include Miss Kato, The

Avengers, Zorro, and Captain America, and of course the Dark Knight. Another popular costume is the silver Invisible Man suit, for those seriously going undercover.

If superheroes are not your thing, don't fret, there are still plenty of options. Consider going retro as some of your favorite television characters like Gilligan, the Skipper, Ginger, or MaryAnn from Gilligan's Island. The offerings in the television genre are huge, so you are sure to find one, retro or otherwise, that you absolutely love.

Also super hot this year and popular with the younger crowd, the sexy Leg Avenue line. This line offers plenty of options to spice up any party.

Geek is the new chic, especially in costumes. Another great option includes full on geek-o-rific with many fun and lovably nerdy costumes.

As you can see, this year it will not be difficult to find something that shows off your true inner nature. So get out there and enjoy!

*Kelly Tippie is the owner of Broadway Productions in Pittsburg. For more information or to reach her please call 620-231-5416.*

## HOME & GARDEN

### Tree planting time!

By John Harrison



**Q:** Is it ok to plant a tree in the fall?

**A:** Fall is the time to plant trees. There are many good shade trees to choose from.

Maples and Oaks make up the majority of shade trees in our area but several other species



work well also. Why is fall a good time? When you plant in the fall there is still time for the tree to root out and when spring arrives, whether it's March or April, the tree is already planted and has a jump on the summer. That does not mean you cannot plant a tree in spring, you just have to take more care

of it for it to survive the first summer. I like Maple trees because you typically get great fall color and they are faster growing. Fall color tends to be red on most varieties, but some will be orange and yellow. Sometimes if the weather is right you might get a tree to turn all three colors.

Oaks are another great shade tree. A little slower growing than the maples but they tend to be a stronger tree in most instances. You do not get the color of the maples but my favorite is Northern Red Oak as it has reliable red fall color and faster growing than most Oaks. Other shade trees that work well in our area are bald cypress, sycamore, willow, and river birch. Ornamental trees for our area would be dogwood, redbud, flowering pear, flowering peach, and crab apples. With the great temperature we have been having and some rain, get out there and plant that tree you have been wanting.

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

## PLUMBING

### A royal flush

By Braden Peak



**Q:** We are remodeling our bathroom and we are trying to decide whether to keep our existing toilet which needs a tune up or to just replace it with a new unit. All of our other fixtures are going to be replaced and new plumbing installed. What recommendations do you have?

**A:** That's a great question on a not so appealing topic, but believe it or not, what you decide now can literally save you hundreds if not thousands of dollars in efficiency over a long period of time. First off, I would need more information about your current toilet to properly answer your question, but I can give you general information that will make your decision easier.

If your toilet was produced prior to the 1990's, it most likely uses 3.5 gallons of water or more per flush. Since 1995 all toilets are federally

mandated to use a maximum of 1.6 gallons of water per flush. These are known as low consumption toilets. Unfortunately some manufacturers did not incorporate new designs and stayed with the technology of the higher consumption toilets. What this means is a poor flush by the end user. Keep in mind, not all toilets are created equal. If you plan to purchase a new toilet, do your research or simply call a few qualified professionals and ask their opinions. Modern, well-designed low consumption toilets actually out-perform most of their older water wasting counterparts. You get a better flush and save money on your water and sewer bill. Of course, those that have a poorly designed low consumption toilet might disagree with that statement.

If you have an older style toilet, I would definitely recommend replacing it. Although there are tricks out there to lower the water consumption of these toilets (lowering the amount of water these use per flush can reduce their performance) and replacement

parts are available, in the long run you will save a decent amount of money by installing a new, quality toilet.

If your toilet is a newer low consumption unit and you are happy with the performance, by all means give it a tune up and reinstall it. Since the bathroom is being revamped, now is the time to completely disassemble, replace all internal parts and gaskets, and give it a good cleaning. You can clean mineral buildup in the jets by using a calcium and lime remover chemical and a metal coat hanger or ice pick, etc. Flush out the bowl and tank with a garden hose and make sure the entire unit is free of debris and scale buildup. Now is also a good time to replace the tank to bowl gasket and bolts along with a new flush valve and fill valve. If the toilet handle rod is rusted or corroded, replace it as well. All of these items can be purchased at most hardware stores or through a plumbing professional for a reasonable price. Once the toilet is ready to install, inspect the floor for water damage and the mounting flange for cracks and

then install a new seal and mounting bolts. Once installed, enjoy your newly refurbished and efficient toilet!

If you do not feel comfortable in trying to do this type of work yourself, do not hesitate to call a professional. It is very important to properly install components and the toilet itself. That's it for this month. The holidays will be here before we know it and I will have some tips to avoid a plumbing disaster during your family gatherings. Thanks for reading.

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

## TECH TALK

# Access control systems for businesses

By Bill Emmerling



**Q:** I run a business with a busy storefront; however, we have frequent deliveries in the back, which takes me away from my customers. Is there a way I can keep my back door locked and still receive deliveries without taking me away from my customers?

**A:** An 'access control system' may be the answer to your dilemma. Controlling access to 'authorized-only' areas is becoming more important because of liability and theft issues. By placing an electronic locking mechanism on the door to be controlled and giving access



cards to the vendors you want to authorize, the number of interruptions to your business operations can be reduced; making you more efficient while giving the peace of mind that only authorized personnel are gaining entry to your establishment.

For instance, access control can allow you to instantly block access to ex-employees, or schedule access for a supplier only at expected delivery times, features that a lock and key system cannot provide. Properly set up, tool crib access

in a machine shop can be controlled such that employees may only have access if authorized and on the clock.

Depending on your needs and budget, access control is available on a variety of levels ranging from card readers

to finger print scanners. Advanced systems can provide detailed reports of who entered and exited and when they did so, as well as locking down your entire facility in an emergency.

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

## AUTO BODY

### Remember when?

By Richard Smith



**Q:** Have you considered going green in the Auto Body paint?

**A:** Where'd I go wrong? As a kid growing up, we had the choice of

building model cars by either gluing it together or snapping it together. Then painting them with spray paint or brush enamel, or some kids would even use water colors to paint their snap cars together. Me...I was always the glue together and enamel paint type. And growing up around older cars, I never would have thought of today's technology. Here we are now, snapping plastic bumpers together like snap together models, and using water based paint to paint real vehicles. It's kind of ironic if you think about it.

So...to answer your question, yes, a water born paint system is one more step in our "going green" process to help protect our environment in the auto body world. Twenty years ago if you would have told me I'd be snapping cars together and painting with water in the professional auto body business, I would have laughed at you. Yet here in today's world that is what is happening.

If you are driving a new car, it may

already have water born paint on it. A lot of manufacturers are using water born paint on new vehicles. With the water born paint, we have less hazardous waste, better color match with less product usage. Right now, water born paints are mainly used as the base coat. However, within the next few months a lot of different primers will hit the market that are also water born. Water born "clears" are available, but only to manufacturers at this time.

Next month we will elaborate more on water born paint, as well as its evolution.

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

## FARM INDUSTRY

### Should I send equipment to the manufacturer or to the repair shop?

By Mike Davied



**Q:** Is it better to send equipment to the manufacturer or take it to the local repair shop for tune-ups or repair?

**A:** Unless under warranty, repairs made in the field, or on site are almost always quicker, and cheaper than dealer shop repairs. Most dealers are required by FACTORY rules to charge set amounts, use only factory authorized new parts, and are bound by factory procedures. This is a good thing as quality is always the number one reason to go with the brand. However, on occasion, individual repair technicians are able to affect repairs on a more cost effective basis when allowed to do so. This is on account of parts being discontinued due to factory obsolescence (or other rules that dealer mechanics are bound to) including many rules that don't allow certain operations to be performed on an individual's property, especially on older machines.

On a one to one basis most independent repair technicians are allowed to repair multiple brands and types of equipment. Unlike dealer trained mechanics, many are able to

repair tractor "A" pulling machine "J" which will allow you to save money instead of calling multiple dealers. Some are even able to do scheduled maintenance & emergency repairs at a moment's notice, without the delay of a dealer's rigorous time constraints.

Some of the better non dealer shops offer factory trained techs and often factory or dealer warranties on their work & parts. This is without the dealer requirements on account of their ability to control their quality at a substantial savings to you the Customer.

Often times most repair shops are able to work around YOUR schedule and save you time in your busy seasons, and just like dealers we like to cultivate a following of loyal customers.

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

## Diet fads that are bad for your health

By Cathy Lloyd



**Q:** There are a lot of quick fixes when it comes to dieting. Yes I want to lose weight but I'd like to lose weight in a healthy way. Can you identify some of those "Fads" out there that are unhealthy?

**A:** What is a Diet Fad? The definition is very subjective. Some dieticians would have you believe that all Diet Fads are any diets that promise miraculous results and are generally unhealthy. This is not necessarily true. A Diet Fad is simply a weight loss plan or diet that becomes very popular very fast and may just as quickly fall out of favor. Just because it is a fad doesn't necessarily mean it's a failure or unhealthy. However, any diet that preaches that you will lose more than two pounds per week or that you eat one kind or a particular food can be unhealthy and dangerous.

The following are some of the diet fads you should absolutely watch out for. They may take the weight off

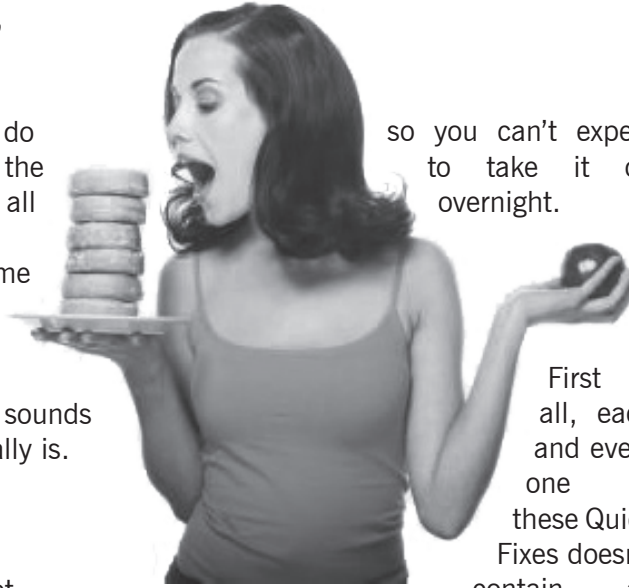
temporarily but they don't do it in a healthy way and the result is usually you gain all your weight back plus more. Some are so outlandish and dangerous you would never ever want to try them. If it sounds too good to be true it usually is.

**QUICK FIX DIETS:**

1. The Cabbage Soup Diet
2. The Grapefruit Diet
3. Cookie Diet/Twinkie Diet
4. The Soup Diet
5. The Apple Cidar Vinegar Diet
6. Baby food Diet
7. Bacon Diet

All of the diets preach eating one thing non stop for days till you lose the required weight. They also preach you will lose up to 10 lbs per week. THATS THE FIRST SIGN OF..."THIS DOESN'T WORK LONG TERM!!"

They leave out, "WARNING THIS COULD BE POTENTIALLY HARMFUL TO YOUR HEALTH!!!" Let's face it.. you didn't put on the weight overnight



so you can't expect to take it off overnight.

First of all, each and every one of these Quick Fixes doesn't contain all the nutrients you need on a daily basis. Sure you will lose weight, but you will also lose cognitive function, suffer dehydration as well as nutrient deficiency and muscle loss. Each of these can cause gall stones as well. Then the end result is when you eat again, you put on the weight even faster. These Fads teach neither how to eat properly nor effectively. They don't teach you how to eat real food and enjoy it. They are absolutely no good for the long term for healthy weight loss. You want to be HEALTHY!! This requires nutrients

from all groups of just the right type. Next month we will cover more types of fad diets. You'll want to stay tuned as you will be amazed at the gimmicks that are out there to get the money from those concerned about their weight!

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

## COMMUNITY

### Financial gifting for those who are disabled

By Stephanie Webb



**Q:** Why do non-profits ask for financial gifts? Aren't people who have disabilities supported by the government?

**A:** People who have disabilities often do receive some type of government support, but it is limited. Alone, that income would have them living far below the poverty line.

Many people with disabilities live in group homes of four or five people. Living with that many roommates helps make housing affordable. Some of the homes may be subsidized, such as HUD housing, which limits the amount someone can pay for rent. Even with subsidized housing, a person whose disability makes it difficult or impossible to find competitive employment, has little money remaining to pay for the expenses of daily life. After utilities, food, etc., it is not uncommon for people with disabilities to have between \$30-\$50

a month remaining to pay for personal needs such as clothing, personal care items, and maybe some entertainment now and then.

That's where the gifts to organizations can make a difference. Gifts often make the difference for someone to have new clothing when needed, or sometimes even food and daily care items. Gifts also help pay the difference for people who aren't able to live in subsidized housing but still have limited income.

Additionally, many people would not be aware that government funding and insurance often does not cover items such as wheelchairs, incontinence supplies, and adaptive equipment, the types of tools that make daily living easier for people with disabilities. Adaptive equipment might be something like a communications device for people with limited verbal abilities, or a transfer lift to help them move from a bed to a chair. There are also many helpful therapies that are not covered by government funding. Gifts help provide all of those items.

Gifts also help provide services that are not paid by any outside source. Depending upon their disability, a person receives specified numbers of service hours to have people support them with the activities of daily life. But the funding for those service hours doesn't include funding for transportation. Organizations have to maintain fleets of vehicles to get people to and from doctor appointments, church, community activities, family visits, etc. They also must find a way to make the reimbursement funds they receive for services cover staff

wages, overhead, transportation, staff benefits, and more.

*Mosaic is a nonprofit organization. In Kansas, Mosaic has begun a new sustainable fundraising initiative to help ensure that the needs of people with disabilities will be met, regardless of limited government funding. To learn more, contact Stephanie Webb, CRM at Mosaic, 620-231-5590.*

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## CARPET, TILE & FLOOR COVERING

### What are the style drivers in residential carpet?

By Roland Dalrymple



**Q:** What influences the colors and types of carpet available on the market? Just a couple of years ago it seemed like all that was available

were very subdued colors and now the offerings seem brighter.

**A:** Chances are good that neutrals will always have their place in the residential carpet market, but you are correct that there is an increase of more vibrant colors on the market.

Many things influence what is available on the market, most importantly, consumer preference. Dozens of things influence consumer preference. For example, currently more people are opting to stay in their home longer and feel more confident in choosing a carpet that fits their own preference rather than thinking about a sell-ability factor.

The influx of design awareness also plays a role in what is available on the market. Consumers have a broader

base of knowledge from which to leverage when envisioning their home. Seeing examples of the use of color also increases consumer confidence in veering away from basic beige.

Technological innovations also play a role in driving carpet color and style. Recent innovations make it possible for companies to produce softer carpets that are more vibrant affordably. In turn, the consumer responds to the wider product lines.

Today's consumers are interested in expressing their own design aesthetic in new ways, and that is probably the most influential style driver in the broader aspect of home and fashion design.

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

## VETERINARY CARE

### Should I vaccinate for west nile?

By Dr. William Morland



**Q:** Should I vaccinate my horse for the West Nile Virus?

**A:** Although most of the nation has been struggling with drought conditions this summer, the population of mosquitoes—the vector responsible for transmitting West Nile virus—has still found a way to make its presence known. As of Aug. 21, 77 cases of equine West Nile virus had been reported this year, according to the United States Geological Survey's disease maps, and the numbers are steadily climbing.

West Nile virus is currently endemic across the United States and readily transmissible from birds—the reservoir hosts for the virus—to humans, horses and other mammals by mosquitoes. Direct horse-to-horse transmission is unlikely. According to the U.S. Department of Agriculture Animal and Plant Health Inspection Service (USDA-APHIS), 10 percent to 39 percent of unvaccinated horses will develop clinical signs when infected with West Nile virus and 30 percent

to 40 percent will die. Most infected horses will exhibit neurological signs, which may include ataxia, circling, hind limb weakness, muscle fasciculation, change in mentation, somnolence, listlessness and anorexia.

Both USDA-APHIS and the American Association of Equine Practitioners (AAEP) also recommend annual vaccination as part of a standard wellness protocol for horses. Additionally, USDA-APHIS recommends that horse owners take appropriate measures to reduce mosquito exposure with the use of insect repellents and to eliminate mosquito breeding grounds—such as stagnant water sources, manure and weeds—when possible.

Fortunately good vaccines are available for your horses and unfortunately they haven't been able to develop vaccines for your families. Take extra precautions when exposure to mosquitoes is imminent.

*Dr. William Morland graduated from Kansas State University in 1970 with a doctorate in veterinary medicine. He and his wife, Dr. Laura Morland, founded the hospital in 1974. Dr. Morland is a large-animal practitioner. He also owns the Flying M Ranch. He enjoys working with his own cattle and back grounding calves. His pets other than his cattle include two Cairn terriers named Bandit and Dandy.*

## HOME DECORATING

### What should I consider for someone aging in place?

By Shellie Blevens



**Q:** My husband and I are committed to caring for our aging parents as much as possible. Recently, my husband who is a builder, built a small

but highly functional second home on the property with details that cater to aging in the home. Now I want to decorate it with the same thoughtfulness. Do you have any tips that could help? Thanks in advance.

**A:** Once accessibility issues have been addressed, the next thing to consider is the décor. When considering decorating, think about safety, comfort, and hospitality issues.

It sounds like you want the environment to be beautiful but functional. I would start by keeping safety in mind. Avoid things like loose rugs that can be a tripping hazard, or over crowding a space with furniture.

Another factor that should guide your

choices is anticipating future needs and space usage. Remember that as your parents age, it may be necessary to have room for medical supplies and equipment. Opt for useful pieces of furniture that you can move easily.

Make convenience part of the design by finding creative ways to store most used items within easy reach.

Lighting is important, especially when your sight might become impaired. This makes lighting not only a design element, but also safety consideration. Add extra lighting to hallways and be sure that each room can be illuminated from the point of entry.

Secure all of your pictures and other décor items so that they cannot fall or otherwise become a hazard.

Your parents also have years of memories that are probably stored pictures and other keepsakes. Be sure to create a space where they can display their treasure safely and make the space their own.

If you want to encourage your

parents to remain as active and social as possible, factor in hospitality in your design. Create a comfortable place for guests and a place to enjoy their favorite activities. This is also the most important consideration in making the space their own and in you being able to come over to their space just to enjoy their company.

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





## AGRICULTURE

### Farm auger safety

By Brice Elnicki



**Q:** Every year I seem to hear of someone in our local community that is injured in a farm auger accident. More often than not,

these injuries could have been avoided if the individual would have slowed down and considered the possible consequences. There are countless dangers associated with farming and ranching. In fact, too many to list. What are a few of the common risks?

**A:** Before I begin, I would like to state that the reason for this discussion of common dangers stems from my genuine concern for the great people who have carved out a life for themselves and their family in the agricultural business. In no way do I mean to bring negative or unwanted attention to agriculture. Grain augers can be the most dangerous and greatest risk on the farm. When a grain auger accident occurs; loss of limbs or death can happen. The most common hazard is getting caught in the auger screw itself. This can be easily prevented with proper guarding

over the auger. When cleaning out a bin, and the bin sweep or under bin auger is running, no one should be allowed in the bin. It is a policy that will only add about 30 minutes to the cleaning process. In exchange for the extra half-hour, the risk of an in-bin auger accident is virtually eliminated.

Another major risk on portable augers, as well as other farm implements, is the power take off (PTO) shaft. In a perfect world there is a plastic guard that encompasses the PTO shaft. The guard does not spin as the PTO shaft does. However as wear and tear occurs, this guard will either be removed or will begin to malfunction. This can be another big hazard. It is very easy for loose clothing to get caught by the shaft, and the person pulled into the shaft and hurt. These PTO guards can be bought at virtually any farm equipment store. The guards are not cost prohibitive and can easily save someone's life. As winter feeding begins and farm grain, PTO shafts and augers will be used continuously. It is up to the operator to remember and be aware of these common risks and hazards and ensure

all equipment, whether brand new or used is in good working order.

Overhead power lines are often an overlooked hazard when

operating and moving grain augers and conveyors. Before moving an auger, always be sure to lower the auger as much as possible. Pay very close attention to the overhead lines. Remember, you don't actually have to make contact with the lines for an arc to occur. A safety tip would be to have the lines marked and protected so that this hazard can be avoided.

For many of you, these tips are common sense. However, often when we are in a hurry, we tend to take short cuts. Accidents can and do happen even to those farmers who have been around this equipment for their entire lives. I urge you to discuss these common hazards with your family and hired help. Discussing safety issues and concerns is well



worth the extra time and can be the difference between life and death. We look forward to many years of safe farming practices for our current and future customers.

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

## HOME

### Where do I find affordable seasonal decor items?

By Kimberly Clark



**Q:** I want to decorate my space with a seasonal feel without having to paint or do other highly labor intensive jobs. My solution is to add seasonal decor

items. Do you have any suggestions on where I can find affordable statement pieces as well as item ideas that will help bring in that beautiful autumn feel?

**A:** Autumn is a beautiful, colorful time, so it is understandable that you would want to incorporate that into your home. I understand your desire to want to keep it simple and affordable, while still bringing in the special feel of the fall. Fortunately, it is possible to transform your space without it being a major expense or undertaking.

My first suggestion is to visit your local florist offering home decor items. Florists shops change their items

seasonally and are usually very on-trend when looking for the hottest seasonal colors. Another advantage is that since they do tend to follow the seasons so closely and need to clear out inventory rather quickly; their prices tend to be much more reasonable.

Next, look for items that are easily changed and add a seasonal feel without being holiday specific. When you do this, you can extend the time of usage or otherwise incorporate it into your space. Look for beautiful and uniquely scented candles, rustic



mirrors, and of course the lovely jeweled hues of the season. It can be something as simple as adding some vibrant sunflower colored pillows to the seating or setting off a space with mason jar organizers that call attention to the harvest season.

The choices are as limitless as your imagination, so dig in deep, find your inner decorator, and enjoy

*Kimberly Clark, is the Co-Owner of The Little Shop of Flowers and More! in Pittsburg (511 N. Broadway). The Little Shop offers a full selection of fresh flowers, green plants, and silk arrangements. Additionally, the Little Shop carries 3 lines of designer candles and unique home decor items. For more information or to reach Kimberly, please call 620-231-2400. For your convenience, the Little Shop offers a 24 hour call service for orders after business hours. Please "Like us on Facebook!"*

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## EDUCATION

### Cyber safety

By Dr. Glenn Fortmayer



**Q:** How do schools that use so much technology ensure kids do not get hurt by the internet?

**A:** Cyber safety has become a serious topic over recent years and it grows in importance each school year as technology use expands. Schools don't take cyber safety lightly. Ensuring a safe learning environment is a priority and cyber safety is a focus point. Schools work to keep kids safe when using technology through several approaches.

Most schools are required to utilize a firewall to prevent access to most inappropriate sites and materials that a student might attempt to connect to while at school. Schools also use these systems to monitor students to make sure they are using the tools for appropriate educational reasons. In addition to firewalls, many schools monitor what students are doing online. Schools often perform random checks in the classroom, remotely, and of hard drives to determine if students have been using the technology

appropriately.

The use of technology is a necessary skill in the 21st century. Using technology is more than just operating software and inputting data. Students must be able to use technology in a safe, ethical, and legal manner. Parents and patrons must realize that schools cannot keep students from every inappropriate site or encounter on the internet. Many schools have transformed from the futile effort of trying to block and control everything to methods developing student



knowledge and implementation of practicing appropriate use. Schools educate students on using technology tools properly. In this way, schools open students to the technology they need

to learn and those tools that improve learning as a whole, while at the same time developing an educated, ethical, and law abiding user of technology.

We teach students how to cross streets or drive carefully. We educate them on stranger danger and how to safeguard their belongings. Cyber Safety is primarily most effective when treated in the same manner. USD 247 Southeast has supplied students with a wealth of technology tools that include the latest computers and now IPADS for every high school student. We implement the standard safeguards and monitor students diligently, but we emphasize the most effective safety tool, the mind. Teaching students to think safety, particularly cyber safety, is what will keep them safe while using technology at school and away from campus.

Technology has dangers. Each innovation transforms our society in ways we generally view as positives while accepting risks. Some examples are the car, airplane, microwave, and cell phones. They all have great benefits. They can all cause safety issues too. Safe operation and continually thinking safety are the

essential factors in making them beneficial versus harmful. The technology tools that students use today makes learning tremendously engaging and more effective. They are also some of the tools or foundations of tools students will need in their careers. It is essential for students to work with these tools. In order to do so in the most opportune way, students can't be protected by being blocked and restricted into a cyber-cell, they must be educated and developed into intelligent and safe users of the tools.

Interested students should contact their local districts for more information.

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

## COOKIES, CAKES & SWEETS

### How can I display cupcakes?

By Lori Horton

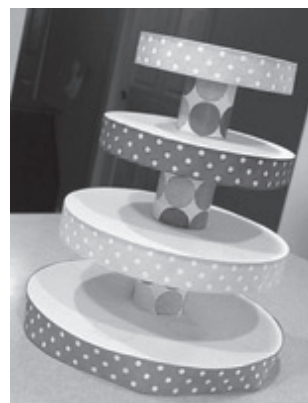


**Q:** We love serving home made cupcakes at parties and events, do you have any creative ideas for displaying them?

**A:** Cupcakes make everything so much easier when it comes to a party. No plates, no forks, the ultimate self serve item! But they do look a little bland just setting on a plate, so what do we do with them? Cupcake towers, of course! There are several commercially available stands if you use them enough to invest in a professional style or at cake shops you can even rent large stands for events like a wedding where you may be serving several hundred cupcakes. However, for the average home birthday party or shower, a cute or funky homemade stand may be just

what you need. I'm attaching a couple of pictures of some great stand ideas found on, you guessed it, Pinterest! The first one is a combination of cake boards covered in wrapping paper to match your party theme with ribbon glued to the edges to dress it up. Then painted soup cans are glued between the boards to give the perfect height for decorated cupcakes to stack beautifully between. The second pic has a little more of a vintage feel to it and does take a little more tool savvy to complete. Still, pretty easy and really cool! Start with a set of oven burner covers and paint them whatever color you like. Then with some steel wool, give them a little rub to look more distressed. Next take some pieces of table legs or even leftover banister railing and cut to 4 or 5 inch lengths, making sure those cuts are perfectly level on the bottom. Paint these pieces to match, distress and they are ready to assemble. Use

a heavy duty glue like Gorilla Glue to ensure your stand is nice and sturdy. I've even seen different sizes of dinner plates glued to candle sticks to match a stand. Have fun with it and make something that will go with any type of party or maybe matches your home decor to blend right in. Whatever direction you go, be ready to give out the directions to all your friends, because they are going to love it!



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

## How do I avoid problems at the airlines?

By Lawana Esch



**Q:** We are planning to do some traveling on and off over the next 6 months. Not having done any real travel before, can you give us some advice on avoiding problems at the airport?

**A:** We all have heard the horror stories of 6 hour delays on the tarmac or unexpected layovers and think that those are the exception in travel, or such things could never happen to us. While the horror stories you hear on the news really are the exception to the rule, travel does often involve some unexpected problems.

First, one of the best ways to avoid any issues at the airport is being prepared. Know the lay out of the airport, have your tickets ready, and know the carry on luggage policy. Also, know what you can or cannot take in your luggage to avoid added time in searches.

Next, read the airline's contract of carriage. This is the list of ticket rules found on the airline's website, which you as a traveler are obliged to follow.



It also contains valuable information on what the airline will or will not provide under certain circumstances. While it seems like a waste of time reading a litany of rules, not knowing these rules can wreck havoc on your travel plans.

One of the biggest mistakes passengers make is in assuming the airline's responsibility to them. For example, if weather causes an unexpected layover, many people believe that the airline is obliged to provide food or lodging, or provide full refunds. Neither of these things may be true for your airline of choice.

In fact, many passengers are surprised to find out that if there is a long delay on the tarmac that

extends the trip by hours and into mealtime, the airline may not be obliged to provide a meal on the flight. Others are astonished to know the reasons a person can be kicked off a flight, or policies regarding alternative transportation. It pays to read the fine print.

While most of the time you will experience very little hassle, it is important to know the airline's rules and regulations before you board should you encounter anything you find unreasonable or unfair. Many times dealing with the problem in the moment results in a better resolution than waiting until you return home.

Traveling can be stressful. However, the best way to get to your destination with the fewest number of delays and unexpected problems is by being prepared.

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

drought damage.

### Better turf variety

Do you want to develop a more disease, insect or drought tolerant lawn? There are grass varieties that bugs, disease and hot weather don't bother as much as others. These are a few of the conditions that call for seeding work. Others include repairing lawn drainage problems, and fixing worn rutted areas.

### Why fall is best

Most don't understand why late summer and fall are ideal to plant grass seed. Consider the following and



you'll see the sense it makes.

- Seed planted late in the season has two good growing periods (fall and spring) to "harden off" before going through the drought and heat stress often associated with summer weather.

- In the fall, most fast-growing weeds like crabgrass will not be sprouting and choking out the slower growing permanent grass being planted

- Soil temperatures are higher in late summer which means faster germination and establishment of most grasses.

- Late summer seeding need not disrupt the proper timing of weed control as spring seeding almost always does (new grass should not be treated for broadleaf weeds until after the 4th or 5th mowing).

*Justin Cawyer is the CEO of American Lawn & Landscape Inc., and has been in the landscape industry for 22 years. Starting out as a mowing service, their business has expanded to include everything from landscaping to fertilizing and weed control. For a complete list of services, you can see their ad in Names and Numbers, visit yardsbyamerican.com, or call 620-249-5700.*

## LIVING SPACE

### How can I decorate my dorm affordably?

By Hillary Houston



**Q:** I was wondering if you had any ideas for decorating a dorm room affordably. I really like things that are fun and unique and love color.

**A:** I understand that decorating a dorm room can be difficult. The small space and limited budget can dampen your inner interior designer spirit if you let it! The good thing is though; it does not have to quench your style or your design enthusiasm.

Fortunately, you have very affordable options to add color and excitement to your space. First, consider adding that outrageous accent piece to your decor. While you cannot go crazy with an entire room if you share the space, a bold and colorful accent piece can add so much and really make you feel at home. Consider some wild furniture, crazy bright colors and even some

with additional designs like zebra, lace, sports themes.

Since you must have functional pieces as well, why not consider some colorful and crazy fun bookshelves to house all of your study materials? Fun designs make going back to school bearable I think.

While making your own 'decor



statement' consider incorporating some school themed items to add even more fun, show your school pride, and bump up that enthusiasm.

When you choose a few statement pieces, you can save money on a complete room makeover and spend money in other worthy areas. Remember, while eating Top Ramen is a college rite of passage, it is still nice to afford some coffee or a real meal now and then.

Best wishes as you hit the books!

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

## FOOD & DRINK

### How do I make mouthwatering chicken wings?

By Brian Bulot



**Q:** We are having a party and want to serve chicken wings as an appetizer. The only problem is that we know not everyone likes the same kind. Is there



a way to make several kinds without investing a huge amount of effort?

**A:** Chicken wings are a fun appetizer or main course for family and friends. It's the all-American meal that everyone seems to love, but not everyone loves them prepared the same way. Some like hot chicken wings and others like more mild chicken wings. Some like chicken wings drenched with lots of sauce and others like them with no sauce at all. That's why it is always important to have options for your guests.

Many recipes do require lots of prep and require tons of clean-up, but there is a way to make mouthwatering chicken wings without all of the hassle. The best solution is to make a variety of rubs and sauces and prepare several different batches of the chosen recipe, enclosing 10-12 wings of the same

type in foil pouches and then cooking them on the grill (sealed in the pouch). To do this, put the prepared wings in the center of the foil, bring the short sides together and fold the edges twice over. Then fold the long side, again folding twice. Grill each pouch over high heat for 25 minutes turning once.

You can use whatever sauces and rubs you like most, cook them all at once and not have to clean the grill or worry about flavor contamination.

One of my personal top picks for this method is Jerk Chick Wings. To prepare them, use 2 tablespoon vegetable oil and 6 tablespoons jerk seasoning for 12 wings. Top with cilantro and serve with lime wedges.

Have a great party!

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

## CARPET & FLOORING

### What is a good option in carpets known for softness?

By Doug Brennon



**Q:** I do not get to spend much time relaxing at home so when I do, I want it to be enjoyable and comfortable. I plan to re-carpet my home in the next

several months and want something known for softness as well as durability



and stain resistance. What might you suggest?

**A:** Yes! You might be interested in an exciting new option in carpet, Stainmaster with Eversoft SDN fiber.

Stainmaster with Eversoft is brand new to the market, hitting retailers in June, and has received rave reviews.

This line of carpet uses revolutionary

technology to create a magnificent solution dyed carpet. Unlike many carpets made with solution dyed nylon, the Stainmaster collection is made from specially engineered, fine, dense, fiber that is softer to the touch than most carpets. The result is an incredibly luxurious feel without the fussiness.

The carpet is also very durable and retains the highly stain resistant nature for which the company has long been known. This is important if you, like most of us, care about the look and longevity of the carpet.

Another advantage is that it comes in a wide range of popular colors, from natural hues to more vibrant color options. Whether you want something subtle or something dramatic, this dynamic new line has much to offer.

*Doug Brennon has been in the carpet/flooring industry for 20-years. He has been the corporate store manager for Derailed Commodity for the last 6 years. For more information please call 620-395-2141 or visit [www.derailedcommodity.com](http://www.derailedcommodity.com).*

## ASSISTED LIVING

### How can I keep my mind sharp?

By Michelle Gaborie



**Q:** I was wondering if you had any suggestions on keeping your mind fit?

**A:** There is widespread agreement that leading an active life (physically, mentally and socially) keeps the mind sharp as we age. If you are concerned that your memory is slipping or that your problem-solving skills are not as sharp as they once were, bear in mind that engaging in activities such as learning a new foreign language, playing bridge or chess or doing Sudoku puzzles is better for you than watching TV. You may even want to enlist the help of grandchildren to introduce you to computer-level class or taking an adult course in a subject in which you have always been interested.



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

## SENIOR LIVING

### How can I manage helping two generations?

By Shanna Taylor



**Q:** I am in the position of being near retirement age (with limited resources), have adult children living at home, and a mother that also

requires assistance. I am stressed and fearful about the increasing costs, but love my family and want to help. Do you have any guidance you could give me?

**A:** The position you are in is common, and growing even more common as people navigate the tricky economy. It is so common, in fact, that the term "sandwich generation" was coined just to describe people in your situation.

As much as you love your family, it is important to keep the big picture in mind. As tempting as it may be to use all of the available

resources (such as savings) now, doing so can only make things more difficult later. Instead, be strategic in finding new resources that would apply to yourself and your loved ones and direct the resources you already have to places that offer the most long-term advantages.

First, get a clear picture of the situation. Factor in all of your personal current and future resources that are certain. It may be that you decide to work a little longer or utilize other talents to launch a business. Do the same for your loved ones.

Next, allocate funds wisely. As much as you want to help your children, remember that they have greater job opportunities and longer to pay off debt. Also, these are the resources you will someday need to help provide care for yourself. Do not be tempted

[See Generations...Page 13](#)

**GIRARD AREA**

**Girard Area Events**

Girard Homecoming kicks off Thursday, Sept. 29th with a Community Wide Pep Rally and Meet the Trojans night starting at 8pm at the Bus Barn west of Girard. Free BBQ will be served courtesy of Celebrate Girard! Events Committee. The public is invited to attend and the senior athletes will be signing autographs.

Friday night the Girard Trojans take on the Colgan Panthers at 7pm at Frank Jameson Field. Booster Club Tailgate party starts at 4pm.

Saturday, Sept. 29th is filled with a day full of fun homecoming activities! The day kicks off with a 5K/1Mile fun run at 7am to benefit the Geramie Kirby Memorial Scholarship and a Lions Club Pancake feed at 7:30am.

The Girard Homecoming Parade begins at 10:00 am and the theme is "Reflecting on our Hometown Businesses." Grand Marshalls will feature numerous long time businesses in the Girard area. PLEASE NOTE that the Parade Route will run along OZARK street from St. John to Prairie.

Highway 7 (summit) will NOT be closed this year during the event.

Other activities going on throughout the day include a Senior Class Cake Walk, Farm Tractor Show, Rollin Nostalgia Car Show sponsored by Bradshaw Collision Center, Kids Bouncers, HOT SHOT Basketball Tourney, CASI Chili Cookoff, Cupcake Wars, Washer Tournament, Pie Eating Contest, Dog Show Sponsored by Girard Animal Hospital, Free Bean Feed, Girard's Amazing Race sponsored by TJ Belcher Insurance, Punt Pass & Kick Competition, Alumni Baseball Game and more.

Evening events include the Senior Homecoming Drawing at 6pm. Grand Prize is an Ipad donated by Craw-Kan Telephone and a Kindle Fire donated by Girard American Family, Farm Bureau and State Farm Agents. Many other great prizes donated by local businesses. Tickets are available for a \$1 Donation. Come out for the drawing and stay for the Downtown Concert and Street Dance Sponsored

by Girard National Bank, featuring music by COUSIN EDDIE, starting at 8pm . Beer Garden will also be open starting at 4pm.

**MARK YOUR CALENDARS:**

Trunk or Treat – Girard, KS – Oct. 31st on the East side of the Girard Square

Change is difficult for everyone, especially as we age. For the Sandwich generation, helping parents make the hard financial decisions is especially difficult. For some it means selling the home that they had hoped to live in indefinitely. For others, it is liquidating heirlooms. It is not easy, but sometimes it is the difference in receiving necessary care.

One of the expenses that you should keep at the top of the priority list is covering yourself and your parents with insurance. Should any of you become sick and require long-term care, this would be the most important tool you have for keeping things on track.

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

Generations...From Page 12

to use savings to help pay off their debt. Instead, help connect them to resources that will help them make



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Football...From Page 1

southeast Kansas.

One of the NFL's best punters was an All-American in football and track and field at Pittsburg State University. Buffalo Bills' punter Brian Moorman is a two-time Pro Bowl player and a two-time All-Pro. He was selected as the punter of the decade for the 2000s and was named to the Buffalo Bills' 50th anniversary team.

Moorman was a four-time All-American punter at Pitt State and was named to the first team as a junior and senior. He also was a 10-time All-American in track and field, winning three consecutive Division II national

championships in the 400 meter hurdles from 1997-99.

The Sedgwick, Kan., native enters his 12th season in the NFL, all with the Buffalo Bills.

NFL rosters also include a couple of players who competed in the high school's Southeast Kansas League (SEK).

Pittsburg High School product Kerry Meier, who was an All-State quarterback for the Dragons and an All-conference wide receiver for the Kansas Jayhawks, enters the 2012 season on the Atlanta Falcons' injured reserve list.

Former Parsons' Vikings' star Shaun

Hill is Matthew Stafford's backup at quarterback for the Detroit Lions. Hill enters his 11th NFL season, previously playing for the Minnesota Vikings and the San Francisco 49ers.

With Stafford hurt most of the season in 2010, Hill started 10 games for the Lions and threw for 2,686 yards and 16 touchdowns. Hill's time was limited last year as Stafford remained healthy. However, the Lions know they have a more-than-capable reserve if Stafford gets hurt again.

Sometimes forgotten, southeast Kansas also is represented in the NFL by numerous players who attended Fort Scott and Coffeyville community colleges.

The Fort Scott Community College Greyhounds not only have players in the NFL, but they boast one of the league's best defensive players in the New York Giants' defensive end Jason Pierre-Paul. The former Greyhound recorded 16.5 sacks in 2011 and helped the Giants to a Super Bowl win.

The Giants' roster also includes former Greyhound Jacquian Williams at linebacker. Williams also earned a Super Bowl ring last year as he helped the Giants on special teams and started two games at middle linebacker in 2011.

FSCC product Lavonte David begins

his rookie season at linebacker with the Tampa Bay Buccaneers after being selected in the second round of the 2012 NFL Draft.

Former Fort Scott CC quarterback Dominique Davis made the Atlanta Falcons' roster out of training camp after signing a free agent deal in the offseason.

San Francisco 49ers' running back Brandon Jacobs, Kansas City Chiefs' offensive lineman Ryan Lilja, Houston Texans' defensive back Jonathan Joseph and Seattle Seahawks' offensive lineman James Carpenter all played for Coffeyville Community College.

Enjoy watching the NFL this season and best of luck to the players who represent southeast Kansas.

*Mark Schremmer is a Pittsburg native who graduated from Pittsburg State University. He is a sports contributor to SE Kansas Q&A Times Journal and has been a sportswriter in Kansas since 2000. He is currently the assistant news editor at The Topeka Capital-Journal and writes a weekly column on the Kansas City Royals. Follow him on Twitter @MSchremmer.*

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**HEALTH & WELLNESS**

**Breast cancer awareness 2012**

By Lisa Lovell



**Q:** With Breast Cancer Awareness month being in October, what do we have here locally that helps in treatment and/ or diagnosis?

**A:** According to the American Cancer Society, an estimated 226,870 new cases of invasive breast cancer are expected to occur among women in the U.S. during 2012. Excluding cancers of the skin, breast cancer is the most frequently diagnosed cancer in women. In addition to invasive breast cancer, 63,300 new cases of in situ breast cancer are expected to occur among women in 2012. Since 2004, in situ breast cancer incidence rates have been stable in white women and increasing in African American women by 2.0% per year. An estimated 39,920 breast cancer deaths (39,510 women, 410 men) are expected in 2012. Breast cancer ranks second as a cause of cancer death in women (after lung cancer). The decrease in breast cancer death rates represents progress in earlier detection, improved treatment, and possibly decreased incidence.

Besides being female, increasing age is the most important risk factor for breast cancer. Risk is also increased by a family history of one or more first-

degree relatives with breast cancer (though most women with breast cancer do not have a family history of the disease).

Mammography can often detect breast cancer at an early stage, when treatment is more effective and a cure is more likely. Numerous studies have shown that early detection with mammography saves lives and increases treatment options. Steady declines in breast cancer mortality



among women since 1990 have been attributed to a combination of early detection and improvements in treatment. Mammography is a very accurate screening tool, both for women at average and increased risk. Concerted efforts are being made to improve access to health care and to encourage all women 40 and older to receive regular mammograms. Via Christi Hospital in Pittsburg offers mammography services Monday through Friday, 7 a.m. – 3:30 p.m. daily with a physician's order.

Via Christi Hospital also offers mobile mammography services at various locations in Missouri and Kansas through the Wellness on Wheels Van. The hospital is also a partner with the Early Detection works program for the state of Kansas to help provide services for the underinsured population.

Via Christi Hospital Pittsburg staff technicians are mammography ARRT board certified and our mammography program is accredited by the American College of Radiology. Digital mammographic technology is available on site as well as aboard the Wellness on Wheels Van. Stereotactic

their life. Patient Navigation as well as other rehabilitation services are also available for the patient. The Via Christi Cancer Center can be reached at 620.235.7900 or toll free at 855.822.7900.

Having gone through this personally with my mother having had breast cancer and now my sister, I can truly say, everyone here has been so awesome through these tough times in our lives. The staff has provided so much support to carry us on this journey. Friends, faith and family will sustain.

*Lisa Lovell has worked at Via Christi Hospital for 32 years and helped establish the accreditation of the Cancer Center program in 1989. She is a Certified Tumor Registrar (CTR) and fills the position of Cancer Program Coordinator. Lisa is responsible for ensuring Program compliance for accreditation status by the American College of Surgeons Commission on Cancer as a Community Hospital Program. The accreditation entails assurance of accurate and complete data submission to various entities, ensures that comprehensive cancer services are available to all patients as well as rehabilitation and support services to patients and families, and provision of community support and education. Lisa also serves on the local board of "Angels Among Us" – a nonprofit organization created to provide help to local cancer patients since 2000.*

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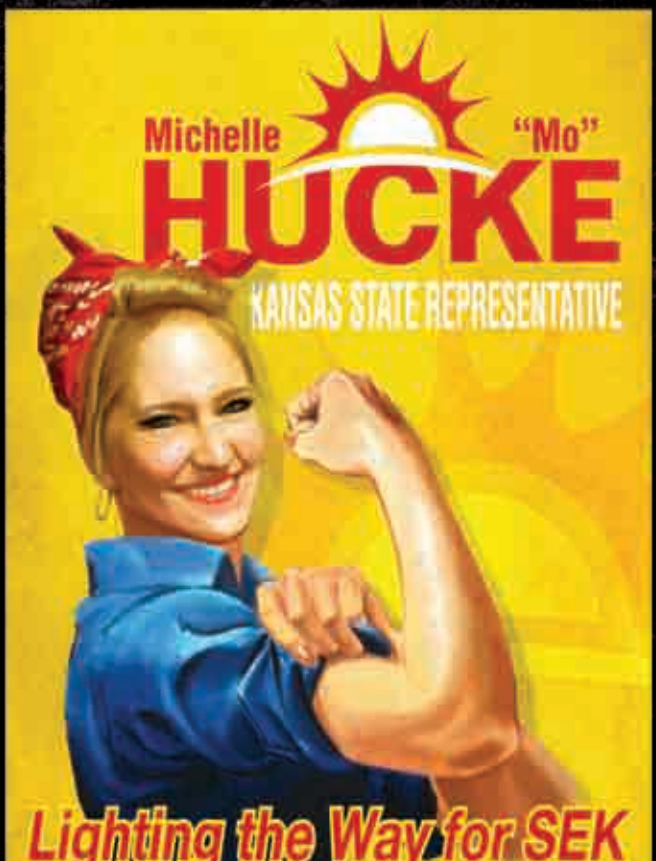
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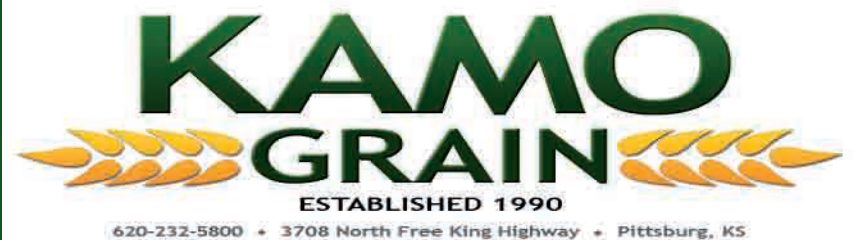


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## INVESTMENTS

### Teach your cd to roll over

By Judd Schossow



**Q:** Because certificates of deposit (CDs) are one of the safest types of investments available, countless consumers are attracted to them. However, when it comes to investments, does less risky typically mean less reward?

When your CD reaches its "maturity," or the end of its term, most banks will give you seven to 10 days to decide what to do with the funds. You can either withdraw the money as cash or roll over the funds into a different investment. However, if you don't give your bank any guidance, it will automatically reinvest the funds into a new CD.

**A:** If you have lofty financial goals, you may want to consider rolling over your CD into a more potentially higher-earning investment vehicle when the time comes.

Because CDs are such safe investments, the interest they pay tends to be pretty low (depending on the current economic and interest rate environment). This puts CDs at a relatively high risk of losing purchasing power due to inflation over the long-term. Therefore, if you're saving for the long haul, you might want to roll over mature CD funds into a different savings vehicle. However, if you're still seeking an investment that most consider safe, you may want to check out:

Fixed annuities: These are contracts offered by insurance companies that typically offer guaranteed interest rates for the first 1-10 years. Unlike CDs, where interest is taxed in the year of receipt, annuities offer tax deferral of gains. The insurance

company guarantees both earnings and principals.\*

Equity indexed annuities: This special class of annuities, which can also be purchased from an insurance company, yields returns on contributions based on specified equity-based index. Much like other types of annuities, the terms and conditions of payouts depends on the details included in each annuity contract. Because insurance companies typically offer a guaranteed minimum return with these annuities, there is limited risk of loss even if the stock index does poorly.\*

There are innumerable savings vehicles available, each with potential advantages and disadvantages. Therefore, when your CD is about a month away from reaching maturity,

you might want to meet with a financial advisor to discuss potential rollover options. A financial professional can help you evaluate your long-term goals, investment risk tolerance, and current interest rates to determine what type of investment is best for you.

\*Annuity withdrawals are generally taxed as ordinary income and may be subject to surrender charges, in addition to a 10% federal income tax penalty if made prior to age 59 1/2. The guarantees and payments of income are contingent on the claims paying ability of the issuing insurance carrier.

**Judd Schossow is an Agent with Farm Bureau Financial Services at 219 S Ozark, Girard, KS. Judd has been an agent with Farm Bureau for 5 years, he can provide you with strategies for all stages of life: Vehicle, Homeowners, Farm, Business, Life Insurance, Annuities, and Investments. To schedule an appointment please call 620-724-4213 or email Judd.Schossow@fbfs.com**

## SPORTS MEDICINE

### Returning to sports after a spinal injury

By Dr. John Yost Jr.



**Q:** Is it possible to return to sports after a spinal injury?

**A:** Not only is this possible, but it is encouraged and desired. Depending on the type and severity of injury, time for recovery and return to sports varies.

There are several different types of spinal injuries: The most common spinal injury is a sprain. A sprain is a tear of ligaments which are the tissue that connect bone to bone. A sprain can be mild, moderate or severe. Most people begin activity immediately following a mild sprain. Severe sprains are sometimes associated with a disk injury where the tissue can displace into the spinal canal and pinch a nerve. Though the majority of these injuries heal without surgery, recovery

can take longer.

Although less frequent, spine fractures may occur with the most common being a compression fracture. As we mature, our bones lose density and become more susceptible to fractures with even mild injuries. Compression fractures are stable but can take up to 6 months to completely heal. Again, early activity as tolerated is recommended.

When my patients have a spinal injury I always recommend a daily back exercise program that takes 5-7 minutes in the morning and 5-7 minutes in the evening. I suggest they supplement that with activities such as jogging, swimming, and cycling. Other sports tolerated include golf, bowling, low impact aerobics, a supervised weight lifting program and skiing (which can be hazardous for beginners). More risky activities that should be performed ONLY with



proper medical clearance include football, soccer, volleyball, ice hockey, and trampoline.

Remember that overall fitness is vital both before and after injuries and requires exercise, proper weight, good diet, control of stress, and other healthy life choices:

- Don't Smoke! Smokers are at risk for more severe and longer lasting back attacks. Why? Smoking reduces circulation in small vessels including those that nourish the spinal disks.

- Good nutrition is important! Most people need to reduce fat intake and increase vegetables, fruits, and whole grains.

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## POLITICAL OFFICE

### Five questions for local candidates

On November 6th our country will once again be allowed to exercise our freedom, and right to vote in the 2012 elections. As always, we are striving to differentiate ourselves from other media outlets, educating and informing readers and providing information that touches them personally, in their daily lives. All rhetoric aside, we want to dive deep into the issues that matter to you, the voter. In that effort, we've laid out five questions with the following candidates to gather a little insight into who they are, what they're running for, and what issues they can resolve that are important to you, the voter. We can do the same with any and all candidates.

### Know your local candidate

#### Michael Gayoso Jr.



**Q&A Times:** Who, exactly is Michael Gayoso Jr.? What political office are you running for and what drew you to this?

**Gayoso:** My family and I have lived in Crawford County for 12 years. My wife was born and raised in Southeast Kansas and graduated from PSU. Our 3 children attend school here, we go to church here, and we are deeply rooted in this wonderful community. I am completing my first term as your Crawford County Attorney. Prior to being elected, I was in private practice for nine years primarily focusing on criminal law. I felt the prior administration was not doing its best in prosecuting criminals and was compelled to run for office to make a difference. I volunteer at our church, work with the youth in the community and have educated parents on internet safety in order to take a proactive approach to protecting our children. I take seriously my efforts of reaching out to this community and imparting knowledge that can assist them.

**Q&A Times:** What do you feel are the key concerns of the constituency and where do you stand on those issues?

**Gayoso:** The overriding concern is safety. Public safety has always been priority number one in my administration. Everyone employed on my staff understands this and we strive to seek justice in every case. I appreciate the fact that families rely on us to make sure their children and loved ones live in a safe community; merchants rely on us to prosecute those who criminally pass worthless checks and to prosecute those that steal from them; schools rely on us for truancies and to educate children

about the dangers of social media, bullying, drugs and other pressing issues; family members and mental health professionals rely on us to initiate proceedings for those with mental illness or drug addiction in seeking the help they need, just to name a handful of issues we deal with every single day. Our office is responsible for more than just prosecuting criminals, we understand and witness firsthand that drugs, alcohol and criminal charges impacts everyone in the community. As a team, my staff and I work to ensure that we obtain criminal convictions and obtain needed services and placements for others to make Crawford County a better place.

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

**Gayoso:** EXPERIENCE AND RESULTS! For thirteen years I have focused my career on criminal law. I have successfully prosecuted jury trials. My actions speak louder than the words of my opponent. In less than 4 years in office, I have obtained over 600 felony convictions, sending criminals to prison for over 650 years. I have collected nearly ¾ of a million dollars in worthless checks for merchants, restitution for victims and fees. I have obtained six murder convictions including being the first prosecutor in Crawford County history to file a 1st degree murder case without a body and obtain a life in prison sentence. During my tenure as Crawford County Attorney, my office has experienced a 96% felony conviction rate. I have visited grade schools and high schools throughout the county to speak to students about being proactive in safety and to encourage them to make good choices. I have accomplished all of this while operating under budget. My opponent has done none of these. I work closely

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### Know your local candidate

#### Angela Trimble Part 1.



**Q&A Times:** Who exactly is Angela Trimble? What political office are you running for and what drew you to this?

**Trimble:** I grew up on a farm near Altamont, and graduated from Labette County High School. While at Kansas State University, I volunteered for CASA, the Court-Appointed Special Advocates program, which trains volunteers to assist as representatives for children who are in the court system due to abuse and/or neglect. It was this experience that led me to law school in order to represent those who had no voice in the judicial process.

I graduated from the University of Tulsa Law School, and within a year was working for the Southeast Kansas Legal Services in Pittsburg. Throughout my 17-year career as an attorney, I continued to work for people who do not have sufficient monetary means to hire an attorney, as a court-appointed defense attorney for indigent defendants, and as a Public Defender for the State of Kansas. I was given the opportunity to serve as an Assistant County Attorney in Crawford County, Kansas from 2003 through 2006. As I served the public in that capacity, I personally prosecuted criminals accused of child abuse, rape, and murder.

My desire to help people is what drives me to run for the office of Crawford County Attorney. It is the county attorney's office that has a direct influence on the lives of those who have been victimized, those whose well-being is often overlooked in the quest for "fairness."

**Q&A Times:** What do you feel are the key concerns of the constituency and where do you stand on those

issues?  
**Trimble:** The first is community safety. Second is the prevalence of methamphetamine, its effect on our communities, and the destructive results it has on families. Those are two key concerns facing Crawford County and all of Southeast Kansas.

As Crawford County Attorney, I will stand firm in the prosecution of all crimes, and especially those involving the manufacture and/or sale of methamphetamine.

Production of meth is a destructive element for the family unit. Desire for the drug can override parental responsibility to result in neglect or endangerment to children. Exposure to toxic chemicals endangers everyone involved, especially children, to long-term effects, as inhalation of chemicals used to make meth can be damaging to soft tissues and body organs. Use of meth often incites other violence. The intensely addictive quality of the drug may have the result of additional crimes committed against persons or property to feed the user's addiction.

The damage caused to the community by meth production and use is environmental as well as financial. Meth production creates environmental hazards, in addition to cleanup costs.

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

**Trimble:** It is my desire to represent those persons who have been victimized by crime. The job of the Crawford County Attorney is to represent the taxpayers, the citizens of Crawford County, against criminals. Due to my training and experience, I understand a victim's concerns with their situation and legal process. I understand that it is important to listen to the victim, address the victim's concerns and explain the process. Most importantly,

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## Know your local candidate

**Bob Grant**



**Q&A Times:** Who exactly is Bob Grant? What political office are you running for and what drew you to this?

Roper, retired in 1991, I won the appointment to his position of State Representative and have held that position since, with the exception of the 93-94 term when I unwillingly went on sabbatical.

Cherokee is my home town. My wife, Lynn, and I lived there for 42 years, moving to Frontenac last year. We have one daughter, Megan and her husband, Kevin Fry and 2 grandchildren, Ross & Katie.

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

**Grant:** This election offers a clear choice between candidates.

I have always been a moderate who has enjoyed the relationships I have established with members of both parties. I have a proven track record of working with both Democrats and Republicans in the Capitol to accomplish results benefitting the people of Kansas. In these challenging

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**Grant:** I am the present 2nd District State Representative who is looking to be rehired to represent those constituents in Topeka when the 2013 legislative session begins. I am running again because I want to ensure that our children and grandchildren have good public schools and that we have a responsible tax policy that does not overburden local property owners. Our state now, more than ever, needs leaders who will keep an open mind and remain willing to work together for good policy instead of good politics

I was drawn to serving the people through government in 1981 when I was elected Mayor of Cherokee serving for 16 years. When my friend, Sam

## Know your local candidate

**Jeffrey Locke**



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

the key concerns of the constituency and where do you stand on those issues?

**Locke:** The key concerns I have heard repeatedly have been private-sector jobs and economic growth for southeast Kansas, the blocking of Obamacare at the border to protect religious freedom and freedom of conscience as well as to stop that train-wreck of impending job loss as a result of the mandate/tax. The preservation of our God-given right to self-defense with a firearm and the protection of innocent life in the womb. Quality education is also very high on the list and I am uniquely qualified as being the sole candidate employed my whole professional career as a full-time instructor both in the public school and at the community-college level. I am pro-life, and pro-business and I am both a lifetime as well as an endowed member of the National Rifle Committee.

**Locke:** I am a native Kansan with four children and three grand children who has graduated from PSU with both a Bachelor's and a Masters Degree and has taught full-time for the last 25 years in southeast Kansas. My experiences have drawn me to run in an attempt to serve the citizens and people of the 2nd district in the capacity of statehouse representative. I have been a public servant ever since I graduated college in my varying roles as a teacher, a city councilman, and as currently appointed by the Governor to serve on the Kansas Volunteer Committee.

**Q&A Times:** What do you feel are

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## Know your local candidate

**Julie Menghini**



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

due to the massive tax shift created by eliminating income taxes for big corporations.

**Q&A Times:** What do you feel are the key concerns of the constituency and where do you stand on those issues?

**Menghini:** By nearly all measures, Crawford County is the poorest county in the state. We need to strengthen our safety nets, encourage folks to work with the Earned Income Tax Credit (first enacted by Ronald Reagan) instead of trying to eliminate or reduce it as the conservatives did last session, provide adequate funding for education at all levels-from PreK through PSU, protect and create jobs by funding T-Works, the new comprehensive transportation plan, and work for a balanced tax policy that does not place the largest percentage of the tax burden on the working class.

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

**Menghini:** Experience, proven leadership abilities, a record of bi-

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**Menghini:** I am a wife, mother of three, community and school volunteer, and the human resources director for Pittsburg Community Schools. I am running for the 3rd District Kansas State Representative seat. I am running because I served this area for 6 years in 2005-2010, and I think it is time for a strong, pragmatic, effective leader to bring experience and moderation back to Topeka. Our current legislature and governor are making reckless decisions that will negatively impact the people of SEK-from eliminating the food sales tax rebate, the renters portion of the homestead property rebate and the child care credit to almost guaranteeing that everyone's property taxes will continue to rise

## Know your local candidate

(For part 1 of this interview please refer to the September '12 issue)

**Michelle Hucke. Part 2**



Last month we introduced you to State Representative candidate Michelle Hucke the person, as well as her

system that we have that allowed you to thrive."

However, talk to any thriving small business owner and you'll quickly find that success was made despite the adversity and difficulty created by the American government — a government that, more often than not, fails to meet the needs of small business. Pennsylvania Representative Mike Kelly said it best when he proclaimed on the House floor: "You want to talk about the thousands and thousands of pages we put on the backs of job creators? You want to talk about creating jobs in America? When you want to be a nation that doesn't participate but wants to dominate the world market, then let them rise! Take the heavy boot off the throat of American's job creators and let them breathe!"

foundational values. In that effort, here is Part 2 of our interview with Michelle Hucke.

**Q&A Times:** What do you feel are the key concerns of the constituency and where do you stand on those issues?

**Hucke:** The economy and job growth. Recently, there has been a lot of hype around President Obama's comments made on a campaign stop in Roanoke, Virginia, specifically the line "If you've got a business — you didn't build that." Many claim that this comment has been out of context, but even upon full examination of the speech, one can see that Obama attributes the individual success of the people to "this unbelievable American

I do not believe that the government is responsible for, nor capable of, creating wealth. Rather, that wealth is created by the hard, devoted work

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### Gayoso...From Page 22

with law enforcement and victims to ensure that justice is being done and have proven myself in and out of the courtroom.

**Q&A Times:** *What other information is important to properly introduce you to our area?*

**Gayoso:** It is important for the people of Crawford County to realize that when it comes to the position of County Attorney, it doesn't matter whether you are Democrat or Republican. I do not pass laws. I enforce the laws, prosecute crimes, initiate care and treatments and child in need of care cases and educate the public about being proactive in their safety. I am committed to this position not only because I genuinely care about the very community I live in and my family is a part of, but because it is the right thing to do. I have assembled an excellent staff who deeply care about what we do, who love this community and share my vision for it. Thank you and VOTE GAYOSO for County Attorney.

For more information please visit [www.Re-ElectGayoso.com](http://www.Re-ElectGayoso.com)

### Trimble...From Page 22

I understand that it is important to professionally represent the citizens of Crawford County.

Next month we will discuss what experiences, both professional and personal, makes Angela Trimble best to address these issues.

For more information please visit [www.facebook/trimbleforcountyattorney](http://www.facebook/trimbleforcountyattorney)

### Grant...From Page 23

times, experience and the ability to work across party lines counts for a lot.

I am fiscally responsible in my legislative decisions as well as in my personal life. My decisions are based on what is best for the 2nd District.

My opponent is a Brownback ultra-conservative. Many Kansans are starting to realize that the state is being used as a guinea pig by the Brownback administration. I don't know about you but I don't like being used as a guinea pig. If the experiment fails, the state of Kansas fails. We, the working citizens of Kansas will have to deal with the fallout. The tax plan and its elimination of tax credits passed last session will not benefit the working people. We have had cuts to services to those who need them most, yet

### Locke...From Page 23

Association. With my endorsement by the Kansas Chamber of Commerce, the recognition of my understanding of the policies necessary for Economic Growth is also apparent.

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

**Locke:** I will work to stop ObamaCare by way of supporting a Healthcare Freedom Amendment to be voted on by the people of Kansas unlike my opponent. I will support private-sector job creation through concerted policies of both tax reform and regulatory reform. I will support quality schools and not simply throw money at the problem as my opponent advocates. In the case of all state government funding it is cost-benefit analysis and BEST-practice business concepts that should be utilized to guide money to its most efficient use for the tax-payer. And I will sit at the same table as the majority party advocating for southeast Kansas interests, unlike my opponent who sits in the minority, just as he has had to do for the last 19 or 20 years.

**Q&A Times:** *What experience, professional or personal, makes you best to address these issues?*

**Locke:** One example would be my successful professional experiences as the President and Lead Negotiator of our Local for more than a dozen years. This led to multiple ratified contracts and the development of a faculty salary-schedule, a faculty sick-leave pool and probably most striking was the five years of pushing for inclusion to the State Health Insurance Plan. After the decision was made it still took three MORE years to ramp-up

the more wealthy will receive new tax breaks. Robin Hood in reverse. The agenda to privatize many government services is not beneficial to the lives of most Kansans.

The choice is a moderate who can and will work with both sides of the aisle to solve the challenges faced by the state in these difficult times. Or a rubber stamp for the governor and those who would like to see privatization of public schools, senior services and a variety of government agencies.

Next month we will dive into key concerns of the constituency, where Bob stands on those as well as his personal and professional experiences that makes him best to address these issues.

For more information or questions call Bob at 620-308-5518 or email [lynnggrant@cox.net](mailto:lynnggrant@cox.net).

to become fully-seated on the Health Plan! I was entrusted by the faculty to represent them through the entire process and have continued to serve the faculty ever since.

**Q&A Times:** *What other information is important to properly introduce you to our area?*

**Locke:** I am a member of the Sacred Heart Catholic Church in Frontenac and I am currently the Full-time Instructor of Art at Fort Scott Community College. I have also been the Republican nominee for the 2nd district seat for 2008, 2010 and now once again in 2012. Persistence I believe is probably one of the strongest assets to put to work for the people and that aspect of my character is most readily apparent!

For more information visit [www.jeffreylockekansas.com](http://www.jeffreylockekansas.com), you can sign-up to get connected with him and also weigh-in on what concerns you most here in southeast Kansas. The best ideas come from the people who have to deal with the problems everyday. Jeff wants to hear these pearls of wisdom and get to know more about the tapestry of lives here in Kansas. Mail to: Jeffrey Locke 118 West Main Arma, KS 66712 [jeffreylocke2012@gmail.com](mailto:jeffreylocke2012@gmail.com) or call 620-238-1378 cell.

### Menghini...From Page 23

partisanship, knowledge of both the issues and the legislative system, and life experience-as a latch-key kid from a single parent household, as the sister of a sibling who developed juvenile diabetes at age 7 and has dealt with this chronic illness and the healthcare system for over 45 years, as the mother of three children who attended public schools, as the mother of 2 children in college now, as a 14 year former volunteer board member for Elm Acres Youth and Family Services, as a 14 year former PTO president at Westside Elementary School, as a life-long Kansan who lives and works with the people of SEK and wants to make sure we all have a chance to reach our full potential.

**Q&A Times:** *What experience, professional or personal, makes you best to address these issues?*

**Menghini:** I know what it is like to struggle from paycheck to paycheck. I grew up working a regular job from the time I was 14 to help make ends meet for our family. My father died of lung cancer when I was 8, and my mother did not have a college degree. My sister has lived almost her entire life with a chronic illness. I understand the financial, physical and

### Hucke...From Page 23

of individuals and private businesses. Government, as Rep. Kelly explained, provides nothing but red tape.

The economic development of this nation hinges on the innovation and ingenuity of individuals. We must continue to strive for new and better ideas for the ever-changing future, while holding fast to the principles on which America was founded.

We need a State Representative that understands the importance of entrepreneurial development. For example, Pittsburg has incredible assets in the Tyler Research Center and the Kansas Technology Center. I believe we should capitalize on the potential of business opportunity and job creation from these gems. I would like to work with local City and County officials to find businesses that could benefit from this research to potentially locate here. We need growth with a purpose.

Education. I respect the importance of public education; after all I am a product of public education. The future of Kansas lies within the education of our children. Additionally, my mother-in-law, sister-in-law, Grandfather and Grandmother are teachers. I understand the frustration of educators in classrooms trying to mold our future. I know that many teachers spend their own hard earned money to make sure their

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emotional stresses that accompany all these situations. No matter how challenging our lives become, I want to help people realize their dreams-be it to graduate from college, get a job that pays a living wage, raise a family or own a home one day. My personal and professional life experiences give me an honest, compassionate perspective and a strong desire to help people.

**Q&A Times:** *What other information is important to properly introduce you to our area?*

**Menghini:** I have the courage to do what is best for SEK and not be a puppet for the special interest groups. I am eager to develop bipartisan solutions whenever possible and practical, though I am not afraid to stand up to corporate greed and politicians who "serve" themselves first and our most vulnerable citizens and children last. I am eager to listen, to serve, and to help. I will be your voice of reason.

For more information please call 620-232-6519, email [Jmenghini@cox.net](mailto:Jmenghini@cox.net) or visit [www.juliemenghini.com](http://www.juliemenghini.com)



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. 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 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.

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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 deceptions 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 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 1/2 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,

See Joe...Page 28

## FINANCES

### Should I prepare for a fiscal cliff?

By Seth Holder



**Q:** Should we be preparing for a fiscal cliff or ignore such warnings?

**A:** As an investor, you can sometimes still feel you're at the mercy of forces beyond your control. This may be especially true today, when the Federal Reserve has warned of an approaching "fiscal cliff." What can you do in the face of such a dire prediction?

First of all, you need to understand what led to the Fed's remarks. Here's the story: Some \$1.2 trillion in spending cuts are scheduled to begin in 2013 while, simultaneously, the Bush-era tax cuts — including the reduction in capital gains and dividend taxes — are set to expire. This combination of spending cuts and higher taxes could take some \$600 billion out of the economy, leading to a possible recession — and maybe something much worse, at least in the eyes of the Fed.

Still, there's no need for panic. Despite its political infighting, Congress is likely to reduce the "cliff" to a smaller bump, though it probably



won't happen until after the election. But as an investor, you may need to be prepared for two significant events: market volatility, at least in the short term, and higher taxes, probably for the foreseeable future.

To combat market volatility, you need to own a broadly diversified portfolio that can handle "bumps," "cliffs" and other rugged investment terrain. This means you'll need a mix of stocks, bonds and other securities that are suitable for your needs. (Keep in mind, though, that while diversification can reduce the impact of market volatility, it cannot guarantee profits or protect

against losses.) You may also need to "rebalance" your portfolio to ensure that it's still aligned with your goals, risk tolerance and time horizon, despite the impact of volatility.

Now, let's turn to taxes. Even if taxes on income, capital

gains and dividends do rise, they will still, in all likelihood, be much lower than they've been at various points in the past. Nonetheless, you may want to consider a variety of steps, including the following:

- Take advantage of tax-deferred vehicles. Contribute as much as possible to your traditional IRA, your 401(k) or other employer-sponsored retirement plan, and any education savings accounts you may have, such as a 529 plan.
- Consider converting your traditional IRA to a Roth IRA. A

Roth IRA provides tax-free earnings, provided you don't start taking withdrawals until you're 59½ and you've had your account for at least five years. (Be aware, though, that this conversion is taxable and may not be appropriate if you don't have money readily available to pay the taxes.)

- Consider municipal bonds. If you're in one of the upper tax brackets, you may benefit from investing in "munis," which pay interest that's free of federal taxes, and possibly state and local taxes as well.

Not all these choices will be suitable for your situation, of course. Before taking action on these items, you may want to consult with your tax and financial advisors. But give these options some thought because they may prove helpful in keeping your financial goals from going "over a cliff."

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

## RELIGION

### Who gets to go to Heaven?

By Pastor Bill Emmerling



**Q:** There are several verses in the Bible that deal with how many people are saved. Matthew 7:13-14: Enter through the narrow gate. The gate that leads to

damnation is wide, the road is clear, and many choose to travel it. But how narrow is the gate that leads to life, how rough the road, and how few there are who find it! And Luke 13:24: Try to come in through the narrow door. Many, I tell you, will try to enter and be unable. Do these mean that more than half of all people are not saved?

**A:** To be direct, looking at these texts and the passages that surround them seems clear, "...how few there are who find it!"

However, behind many questions there is an unasked question, and I wonder if the true concern is about

fairness. Perhaps one is questioning God's (Jesus') judgment in this matter. We live with a man-centered view of the world. Because of this we are often troubled by the thought that God would judge the 'majority' unworthy.

Remember, God is the ultimate authority on holiness, purity, goodness, justice, love and all other virtues. Not only did he 'make' them, He is the ultimate expression of them. He alone is the standard, and we in our rebellion cannot measure up alone.

We need only to look to Genesis 3 and see that Adam and Eve's rebellion against God's will represented us (also see Romans 3), just as Jesus' sacrifice makes us righteous/innocent before God (John 1:29,36; John 19), and His Resurrection proves his sacrifice was acceptable to God and gives us hope (Romans 6:5; Hebrews 10, esp v10 and following).

While many of us know John 3:16, we seldom read the verses that follow,

and they are significant as well: "For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him. Whoever believes in him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only Son of God." Because we are sinful by nature, we are already condemned. God must be just. This is why Jesus took on our punishment, in order that God would remain just while offering mercy and forgiveness.

While Jesus died for all [the many] (though not all accept his Lordship), he deals with each of us, wanting each of us to deal honestly with him. In Luke 13 he was asked about Galileans who were killed while making sacrifice, and of 18 who died in the collapse of a tower. Twice, His response was "...but unless you repent, you will all likewise perish." (Luke 13:3, 5)

The ultimate question is "How will 'I'

respond to Jesus?"

Will 'I' repent of my sinful nature and embrace him as the loving Lord of my life and enjoy the eternal life he gives?

Or will 'I' reject him, and insist on living life MY way and reap the results of it?

This is a decision that we must make, even if we ignore the question.

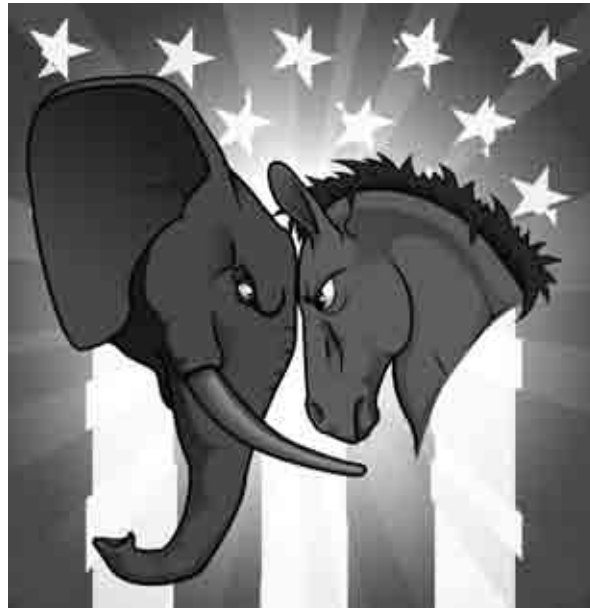
*Pastor Bill Emmerling, Jr. is the lead pastor at Grace Place Pittsburg, meeting at the Homer Cole Community Center in Pittsburg. Ordained at Grace Place of Lamar, MO, Bill has a heart to see Godly men together lead their families for the glory of Jesus the Messiah. He has been married to the bride of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

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 themselves, 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 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

**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](mailto:ctraffas@chartmarketing.com), or you may visit [www.chartmarketing.com](http://www.chartmarketing.com).



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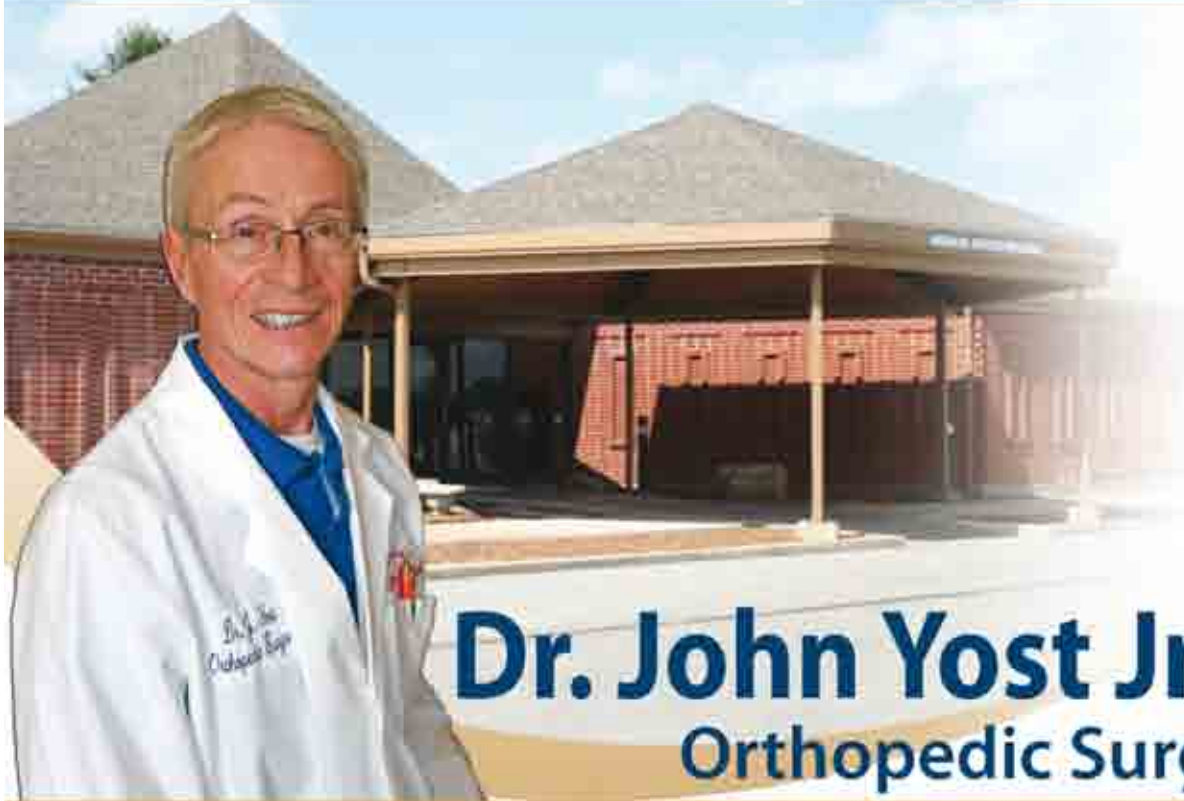
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## AUTOMOTIVE

### Is it time for service?

By Jeff Lovell



**Q:** I know it may be early to be thinking about this but I want to get a jump on any winter automotive issues before they get the jump on me. Just as

it was starting to warm up last year I noticed a problem with the heater. The temperature of the air only blows warm for a few seconds and then starts to blow cold. What could be the issue and what would you suggest?

**A:** The problem could be caused by a blocked heater core or a thermostat that is staying open, or the t-stat is opening prematurely.

When the heater core is clogged up, the coolant in it may be hot for a short time and then cool as the air blows through the heater core. Low coolant flow within the core can sometimes be deceiving because both heater hoses may feel hot to the touch. One way to

see if this is a possibility is to check the temperature of both hoses to see if they are both hot to the touch. If the core is completely stopped up, one hose will be cold. Remember that there may be enough flow to make the hoses feel hot to the touch, but not enough flow to maintain a high enough temperature when the heater is being operated. This may result in warm air blowing through the vents only for a few seconds, as you mentioned.

However, there are several things that can cause the problem and since the heater is critical in the winter months you will definitely want to be sure that everything is in proper working order. That's why it's important for a coolant flush every 20 to 30 thousand miles or every other year, whichever occurs first. This makes it a good reason to have it serviced by a professional. While there are many maintenance projects a car owner can tackle alone, a good many others should be left with

the professionals. Assuring that your heater is in working order is one of those things that having the assurance of having it serviced by a skilled technician is well worth the expense.

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

#### Hucke...From Page 24

students don't miss out on lessons and experiences. This must be addressed. We spend over 50% of the state budget on education and STILL our teachers and students are struggling. Where is the money going? I will fight to put your tax dollars where they BELONG.... the classroom. The dynamic between students and teachers is what makes the difference.

Highway 69 and Transportation. While walking in our district and visiting with the people in our area, two questions are commonly asked in reference to Highway 69. Where

her up. Ask for her assistance in doing something such as cleaning a table or finding the location of the bathroom. There is a tremendous power of connection in being needed, and even if she forgets the next day you have given her one of the best gifts in the world, and that is something you all can treasure. Best wishes to you and your family.

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

are the orange cones? Where are the jobs? Contrary to popular belief, transportation projects are not guaranteed to create any significant job opportunities for the Pittsburg area for at least a decade. Whereas the 10-year Kansas transportation program known as T-WORKS is likely to create jobs in other areas of Kansas, The Crawford County Corridor (U.S. 69 bypass from north Arma to South of Pittsburg) is NOT currently included in the T-WORKS program. When it comes to creating the vital jobs our people need now, we MUST look to other, more realistic opportunities. When it comes to the Highway 69 expansion, it is critical that we get the project officially listed and recognized in the Kansas Transportation program. Although transportation improvements across Kansas are a priority, transportation projects in SOUTHEAST Kansas are MY priority. Highway 69, when completed, will be vital in providing a major artery for the flow of commerce from major cities in Kansas to the Southeast Kansas area. It will bring prosperity to the Pittsburg community, as long as we remain competitive with our neighboring states. I will work with the existing infrastructure in place and build new relationships to make sure advancement of Highway 69 actually gets included in the Kansas Transportation program.

Tax Reform and Reducing the Tax Burden. Kansas has become uncompetitive because of the state's tax burden, driving businesses and families elsewhere to find economic opportunities. Reducing the tax burden will create an environment in which Kansas businesses can succeed, create jobs, and give families more take-home pay.

In order to create more jobs for Kansans, we need more businesses, but we won't obtain new business with our current tax score ranking and high property taxes. When businesses choose to locate in states with more business-friendly tax codes, Kansans are forced to start looking elsewhere for work, too. The 2010 U.S. Census confirms this, showing trends of population growth in low-tax states, while the population in high-tax states has declined.

These results are unacceptable for Kansas and I will pursue change by working to decrease the tax burden on both individuals and businesses in our state. I will fight for more competitive tax policy.

*For more information please visit [www.michellehucke.com](http://www.michellehucke.com) or contact her directly at (620) 778-2220.*

## SENIOR LIVING

### How can I make my visits meaningful?

By Kevin Knaup



**Q:** I take my mom to visit her mother in a care facility twice a week. Grandma has dementia and these visits take a huge toll on my mom who feels as if the

connection between her mother and herself is gone. Watching this process is heart wrenching. Please tell me how I can make this more meaningful.

**A:** Dealing with dementia is, as you said, heart wrenching. I do understand what you are feeling, and how difficult it is for your mom to struggle to connect with someone so very important to her. Let me begin by saying, you are not alone.

One of the most important things to express to your mom is that forming a meaningful connection with someone with dementia is a moment by moment process. Very often, as family members, we want our loved ones to connect to us and events that are important in our own lives as proof that they are still there and still love us. As much as we want them to remember those special times and be able to

express them, the brain process has changed and they may not be able to do that the way we hope.

For the person with dementia, memories can blur with the present or be changed completely all with no fault of their own. What they remember or how they remember it is no judgment on how they feel about you or your importance in their life. Understanding that is key if forming a relationship with that person in the present.

Next, use each visit as a wonderful opportunity to start fresh with no expectations. Instead of trying to pry memories loose, use what you know to bridge the gap. For example, if your grandmother loves to sew and is still able, bring supplies and sew a memory quilt using materials that are meaningful to you. Even if she does not remember them or the events connected to them, you will bond over an activity she enjoys and have something very special to remember the time.

Another way to find connection is to ask open questions such as "what is the funniest thing that you have ever seen?" or favorite foods, or how to make something. Be edifying and lift

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**Contact Stephanie Webb  
620.231.5590**

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

– Diana Tinnell,  
Mosaic Host Home provider



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Front (L to R): Hilah S. Perkins, APRN, AOCN; Boban N. Mathew, MD, FACP; Mickey C. Xun, MD  
Back (L to R): Jose M. Pacheco, MD; Duane E. Myers, MD; Shahid B. Awan, Ph.D.;  
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