



Q&A Times Journal

November 1, 2012

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



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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 month's column, you will have to go back and read the columns of the

past two months (September '12 and October '12). After reading them you will understand the statement, "Say it ain't so Joe." You can do this by going

to www.theqandatimes.com, and click on recent issues.

In March of 1980, while I was at



President Reagan



Roger Mudd

KFDI Radio, I put together a group of sponsors that brought former California Governor Ronald Reagan, and Republican Presidential candidate

at the time, to Wichita for a "Salute To National Agriculture Day," at the Cotillion Ballroom. It was a huge event that had one of those "gotchya" moments that appeared on national media throughout the rest of the campaign. Roger Mudd of CBS News asked Reagan about his stance on "parity." Reagan didn't understand "parity" like he should have and he stuttered and stammered, thereby embarrassing himself. Although I

was also embarrassed for him and for the sponsors that presented the event, I chose to remember another comment

See Joe...Page 25

GIFTS, BOUTIQUE & CONSIGNMENT

Unique gift ideas for under \$20!

By Linda Fox



Q: I love gift giving and the Christmas season, but thinking of gifts completely stresses me out. Rather than

going with the normal boring gifts I normally end up buying, I want to do something fun and unique, and seek ideas to keep me from resorting to kitchenware and neckties? My family and coworkers will be deeply indebted to you for your help!

A: While there is nothing wrong with neckties and kitchenware (some of us really love kitchenware!) it can be a lot of fun to do the unexpected. However, as you mentioned, it is not always easy coming up with ideas for fun and unique gifts.

Now, the first thing I would do is shop differently. If you go to the same places, you end up buying the same things because they will have very similar offerings every year. After all, they are catering to a specific clientele whose needs they are trying to meet.

See Gifts...Page 9

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HEALTH

Lisp in children

By Gentry White



Q: Is there such a thing as an early lisp in children, and when is it time to worry, or is there a time too young to worry?

A: There are four classifications of "lisps" that Speech-Language

Pathologists (SLP) use to categorize a patient's speech pattern for a distorted /s/phoneme production; the lateral lisp, the palatal lisp, the interdental lisp and the dentalised lisp. These classifications are merely a way for SLP's to determine where the speech distortion is being produced within the oral cavity.

The lateral lisp is made when the tongue position makes contact with the hard palate (bony surface behind the upper front teeth) and the air-flow is pushed to the sides of the tongue. It could sound like a distorted /L/ sound.

See Lisp...Page 24

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FROM THE PUBLISHER

Vote, Vote, Vote.

By Jerod Norris



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

I said it last month and I will say it again. 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 award you one final opportunity to connect with the candidate of your choice, helping you the voter decide. 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 began last month and are concluded within this issue. For those that answered all five of their questions last month, they will discuss additional important voter topics this month. Please join us once again in the political section where we ask the questions, they provide the answers, and you the voter get your last opportunity to decide. When the time comes please get out there and vote, it is more important than ever!

Also found within this issue are timely topics, new contributors and those Q&A columns you have grown fond of (or dislike for that matter).

Lastly, I'd like to wish everyone a very Happy Thanksgiving! Thanks as always for reading, and a very special thanks to all of our contributors. Please let them know you recognized them within our pages!

Jerod Norris
Publisher



Justin Cawyer

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

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



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The SE Kansas Q&A Times Journal

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LAWN & LANDSCAPE

Smart Landscaping

By Justin Cawyer



Q: Having just bought a home, I am psyched about doing some home improvements and landscaping. Do you have any landscape suggestions to add long-term value to my property?

A: You may be very interested in knowing that one of the best investments you can make in landscaping is planting trees. Not only are trees very aesthetically pleasing, come in a wide range of options, and are affordable, they can help save you money.

A well-designed landscape that includes trees will add value and help you reduce expenses. In summer, trees create shade and block the sun's rays from heating up the home. Along with shade, evapotranspiration (the process by which trees and plants release



water vapor) can reduce surrounding air temperatures by 9 degrees F. Well-positioned trees can help reduce air conditioning cost by as much as 50%.

In fall and winter, trees are an effective windbreak. Not only does it reduce the wear and tear on the home, windbreaks help you reduce fuel consumption by 25%.

An interesting study by the National Renewable Laboratory notes that an 8 ft. deciduous tree costs about the

same as an awning for one window, yet has far greater advantages to the home and bank account. They state that planting three trees can save you \$250 in energy costs annually, reduce the consumption of water, use of pesticides, and fuel needed for maintenance.

With all of those trees, you might be wondering about leaf removal. When you think about it, leaf removal is a worthwhile chore when you consider the advantages provided by the trees.

Also, once collected, you can always consider using the leaves in mulch or compost.

Justin Cawyer has been in the lawn and landscaping industry for over 22 years. The services he offers include everything from mowing, landscaping & fertilizing to commercial lawn maintenance and weed control. For more information or to reach Justin please call 620-249-5700.

FARM INDUSTRY

Winterizing your farm equipment?

By Mike Davied



Q: What are some steps in winterizing my farm equipment? Last year I admittedly didn't do the proper maintenance procedures and

some things, well, they were a little hard to get going again in the spring! Thanks in advance.

A: Well it's that time of year again! What time is that? Well...time to winterize your equipment of course, and here are a list of your chores.

1. Change all the fluids, & filters & top off all gear boxes with the proper fluid.

2. Inspect belts, hoses, tires, brakes, and all other moving parts, especially lights, & wipers, for safety. Check windshield wiper fluid if necessary.

3. Make any repairs as needed so that this machine is ready when you next need it.

4. Check anti-freeze for freeze point, & corrosion protection.

5. Top off fuel tank & add any additive correct for your type of fuel to prevent stagnation, or jelling, and to prevent moisture build-up.

6. Get your grease gun out & use it

to lubricate all grease fittings.

7. Drain all air tanks if you have them.

8. If this machine or truck might be used before warm weather, be sure to treat fuel & air systems with the proper winter additives so you don't get stranded during bad weather.

9. Be sure to run the engine long enough to warm it up & distribute all these additives, new oil, etc. as part of your checklist, before you're done.

10. Make sure that all access points are closed to prevent entry of rodents, & the damage they will cause.

Now if you've done all these things, you'll be ready to go in the spring, have a safe & fun winter!



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.

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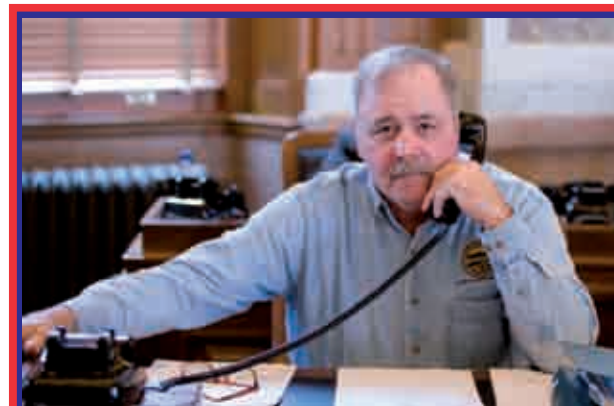
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The silliest part of the campaign season has arrived...and the most deceitful. If you hear or read something you have a question about, please do not hesitate to call or email me.

My phone # is 620-308-5518 My email is lynnggrant@cox.net

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SENIOR LIVING

How can I help solve social strains?

By Kevin Knaup



Q: I am responsible for helping to care for a long-time family friend that has no living relatives. Recently he had to be transitioned to an assisted living home but things are not going well at all. He is having trouble getting along with one particular resident who seems to resent his presence. I am not sure how the conflict started, only that it seems to be over nothing more than things as simple as where they sit in the community room and things of that nature. Any help would be appreciated.

A: The early days of any housing arrangement can be difficult—especially a communal one. Having some issues in the adjustment period is normal especially when you think about the situation as a whole where you have many personalities in one place, all at various stages of adjustment and life changes.

When people are adjusting from living alone to living with a group, there are bound to be some conflicts, ranging from small misunderstandings to full-fledged flare-ups, along the way. Generally, they are the same kinds of issues that would arise for a group of any age that would live communally, such as space, recognition, attention,



and dominance.

I would suggest hearing him out to find out the real root of the problem, and then I would spend some time brainstorming with him to find some solutions. Talk to the staff and gain

their help and perspective. Once staff is aware of the problem, they can help guide the situation and help your friend navigate the tricky waters.

Another thing I would do is help him get involved. While he may not get along with every resident, he will get along with many, if not most. Help him connect to the clubs, social circles, and activities that interest him most.

In most cases, it just takes time to figure out the needs of others and time to develop a social group. Once that happens, it is easy to avoid problem areas.

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.

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LIVING SPACE

What is the latest furniture trend?

By Hillary Houston



Q: I just read an article on "refurb fab" or furniture that gets a second life as something new and exciting. It is very popular right now. I love the idea, but am not crafty that way. How can I get that look without too much effort?

A: With people paying closer attention to their finances and to the environment, an exciting new trend has emerged-- "refurb fab" or refurbished fabulous. This trend takes older pieces and reworks them into something new, and sometimes completely different than the original.

The process can be as simple as painting a chair with unexpected colors and designs, or using old wood to make a dining table. The pieces can be ones you already own, yard sale items, or even free at the curb finds. All you need is a vision and some elbow grease.

With the rise of sites like Pinterest where people are sharing their work,

the trend has gone beyond the home refurber to a full on retail trend, with items that "mock" having been refurbished! Of course those mock items lack the history and defeat the green value, but do help you get to that look.

For those who do not have the time to invest in that wonderfully creative trend, there are stores that specialize in doing the refurbishing and customers can browse the selections like a delicious trunk show. It is important to keep in mind though, that these are still one of a kind items, so if you see something you love you need to get it then. Some places can even personalize items, which makes a great Christmas gift.

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.

HEALTH & WELLNESS

Helping a football injury

By Stewart N. Johnson



Q: My son injured his shoulder a couple of weeks ago playing football. It's mainly just sore, no tear and no surgery required. What can help minimize his pain while he recovers?

A: Injured shoulder or sore shoulder, they should be treated with ice when the shoulder is warm/hot and swollen. If it's sore and cool to touch, apply heat in and around the area. A topical balm in and around the rotator box can be used. To speed up healing, it's good to soak in a tub of ice water daily till the pain goes away. Submerge and rest & relax and of course, massage can help.

When the shoulder is left unattended, this can cause scar tissue, which then massage can benefit you too. Massage benefits you before, during and after a workout, especially if it's something new that your body is trying. Injuries are an example of not preparing your muscles and the strength of the ligaments.



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

INSURANCE

Deer collision statistics and how to avoid them

By Lori Johnson



Q: It seems the amount of deer moving and crossing roads is at its peak this time of year. How many deer collisions happen on average and do you have any tips on avoiding them?

A: The most dangerous animal in North America isn't the bear or the shark, but may well be the deer, and the deadliest time of year is fall. On average, more collisions between cars and deer occur in October, November, and December. These are the months when deer are both migrating and mating, making them more active and more likely to end up in the path of an oncoming car. Additionally, deer populations are getting larger, while at the same time, their habitats are being displaced by urban sprawl.

According to the National Highway Traffic Safety Administration, there are about 1 million car accidents with deer each year that kill 200 Americans, cause more than 10,000 personal injuries, and result in \$1 billion in vehicle damage. By comparison, sharks have killed 10 people in the



USA in the past 10 years, according to the International Shark Attack File.

The number of deer/car collisions has actually decreased the past three years, likely because of the economy and people driving fewer miles. However, over the five-year period, 1,017 people died in vehicle-animal collisions, according to the Insurance Institute for Highway Safety.

To put the numbers into perspective, during the time it takes you to read this paragraph, a collision between a deer and vehicle will likely have taken place. (They are most likely during the last three months of the year and in the early evening.)

Avoid Deer Collisions while Driving:

If you are driving through a high-risk state, there are steps you can take to minimize your risk:

*Be aware of posted deer crossing signs. These are placed in active deer crossing areas.

*Remember that deer are most active between 6pm and 9pm.

*Use high beam headlamps as much as possible at night to illuminate the areas from which deer will enter roadways.

*Be aware that deer generally travel in herds, if you see one, there is strong possibility others are nearby.

*Do not rely on car-mounted deer whistles.

*If a deer collision seems inevitable, trying to swerve out of the way could make you lose control of your vehicle or move into the path of an oncoming car.

By evaluating the overall number of reported collisions in each state and weighing them by the total number of licensed drivers, a few states clearly

led the list of deer-vehicle collisions. For the fourth year in a row, West Virginia tops the list of states where a driver is most likely to collide with a deer. The odds: 1 in 42. In Kansas, the odds: 1 in 172, Missouri 1:133 and Oklahoma 1:245. The state in which deer-vehicle collisions are least likely is Hawaii, the odds of deer strike being 1 in 13,011. So before heading out for a weekend trip on that beautiful, crisp autumn day, be aware of the deer!

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

SENIOR LIVING

How can I deal with anger?

By Shanna Taylor



Q: I am having trouble dealing with my 80 year old father. Lately he is getting angry and agitated and these episodes spring up suddenly and have little to do with the actual situation. He yells and will even hit people. This is quite unlike his character. What can I do? I am really desperate for help.

A: Dealing with life changes can be very difficult, especially issues of aging. I understand how frustrated, and frightened you must be sometimes, and just how disheartening it is to see your father struggle.

My first suggestion is to get support from medical professionals. Talk to his physician and let them know of the problem. It could be that there are medical reasons to the problem, and medical solutions. Simple things like low blood sugar or interactions with medications could be the root of the



problem. It could be a sign of issues that need to be treated. It may be a sign of cognitive changes and his physician may have other recommendations to help you manage his anger.

I would also spend some time sorting out possible causes of agitation. It could be that he is frustrated with tasks that were once easy such as dressing, or managing finances. While he may be reluctant to admit he needs help, or to accept it even if he does, taking some responsibility off his shoulders may help.

Next, I would get additional support. It is my guess that your father cannot control his actions, for whatever reason, as much as he would like. Where you cannot control, you can

learn to manage with the right kind of help. I would consider options such as assisted living, adult day care, or in-home health aids. Having a respite from providing care will make it much easier to deal with emotional outbursts.

Finally, get the family involved. The family may come up with additional solutions.

Best of luck.

Shanna Parrish-Taylor is the Administrator at Gran Villas 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.

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HOME

How do I decorate a long table?

By Kimberly Clark



Q: We are hosting the family holiday dinners this year. I want to have everyone at one long table. Do you have any suggestions on affordable, stylish,

and attractive ways to decorate the table? I would like something that adds elegance, like floral arrangements, but something to keep in mind is that I'd have to have multiple of them.

A: Fortunately, it does not have to cost a bundle to make a table beautiful, even when you need to dress one long table, or many of them. However, having a particularly long table arrangement, as you mention, does present certain issues of continuity that you will want to consider.

Floral arrangements are always a festive choice that adds beauty and elegance to any table. When you have several tables, having one centerpiece per table makes sense; but what do you do when you have one long one?

Here are some things you will want to avoid:

- Too many arrangements that crowd the table
- Arrangements that obstruct view
- Table arrangements that create a feeling of separate spaces

In order to keep the continuity and add to the feeling of a family table rather than just separate tables pushed together; consider using smaller floral arrangements that look very similar to each other. Try using a monochromatic theme and then tying each arrangement visually to the next with complementary items such as curled ribbons, spray painted pinecones, jars with lights in them, candles, or greenery. Make sure the eyes are drawn along a path from one end to the other, suggesting a visual story that includes everyone at the table. Again, avoid large items that will obscure the view.

One fun option is to alternate floral arrangements and candy filled

[See Decorate...Page 11](#)

PLUMBING

What precautions should I take to keep things in working order during the holidays?

By Braden Peak



Q: We are planning to have some family gatherings during the holiday season. What precautions should we take for our drain system with extra people in the house?

A: Most people never think about this question until it is too late so I am glad you brought it up. First of all, obviously your system is going to get much more use than normal depending on the amount of people you host. Although you didn't specify whether you are connected to city sewer or have an onsite system, I will cover precautionary tips for both systems. In previous articles we have answered questions about both systems so I will skip to the most important tips to hopefully avoid an embarrassing plumbing disaster.

Regardless of which system you have, the best tip I can advise is to make sure your toilet(s) flush properly.

They are going to get abused, especially if children are present. Kids tend to use more toilet paper than adults on most occasions so it is very important to have a toilet that is operating at its best. Speaking of toilet paper, for this occasion it is best to put away the soft quilted paper if you use it and buy a stock of thin ply paper that is septic safe. It will break apart and dissolve much quicker. This should be helpful should someone use too much. Also, hide the wet wipes. I generally don't recommend flushing these on any occasion, but certainly not during a family gathering. Even though the box may say they are flushable, I can speak from experience and say they cause a lot of problems.

If you are connected to city sewer and have an older system, make sure the main lateral is clear of any tree roots especially if you've had problems in the past. Your line may have issues and the extra use could cause a back-up. Also, if you have neglected your septic system it might be best to have it inspected and/or pumped well before your guests arrive.

Last but certainly not least, make sure your kitchen sink is draining properly before your guests arrive and when it comes time to do the dishes, be sure to limit the use of the garbage disposal if you have one. If the disposal is used as a catch all for scrap food then your chances of a clogged drain are much greater. Even if you don't have a disposal, make sure all plates have been wiped off before rinsing or placing them in the dishwasher.

I hope these tips will help you to have a smooth and enjoyable holiday gathering. The holidays are just around the corner so it's best to be proactive with your drain system now to avoid the dreaded holiday disaster that seems to occur with households each year. 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.

CARS, TRUCKS, VANS & SUV'S

What accessories should I think about for a family vehicle?

By Nate Evans



Q: There are tons of accessories and options out there right now and it is easy to get caught up and want them all. What

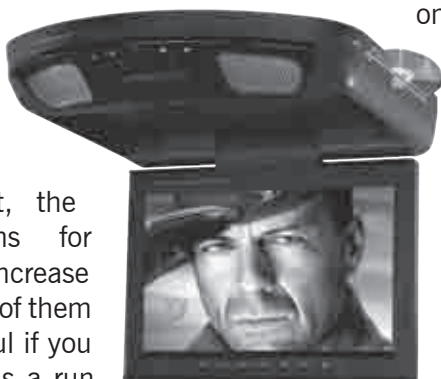
if you have hard to see toddlers.

Automatic running boards can be both a safety option and luxury. These running boards deploy when you need them, then tuck away under the vehicle while it is in operation. They are, of course, very useful in getting little

accessories do you think are most helpful to look for in a family vehicle?

A: You are right, the number of options for vehicles seems to increase every year, and many of them are particularly helpful if you have a family. Here is a run down of a few, whether they are "Safety" accessories, or simply luxury options.

Safety accessories or options that parents are finding very useful are reverse cameras and alarm systems that sound if the car has a potential of hitting something. These are great in parking lots and driveways, especially



ones in and out of the vehicle, as well as providing a stable "step" for drivers and passengers entering and exiting the vehicle.

For those that still frown on the mini-van, the mini-van is quickly being looked at as more than just a "parent" vehicle. With all the new technology and different options, I've had some that hated the thought of test driving a mini-van say they'd prefer it to the SUV they bought, if they'd only have given the mini-van a chance. Automatic sliding doors have been a great option for

parents toting kids. With the press of a button the sliding doors will open and shut, making loading and unloading children a breeze.

Another option that makes the "must have" list is the DVD player. Particularly if you are a family that does a lot of commute time or traveling. DVD players can be a real sanity saver, just ask those parents that have the DVD player as a luxury option. Children (and adults for that matter) love being able to watch their favorite movie while commuting.

For parents juggling work and family, or ones that just love to stay connected, the easy to read Uconnect feature option on Chrysler vehicles is a favorite navigation and technology hub.

Nate Evans is a 4th generation owner and operator of Evans Motors located in Pittsburg and Girard. Evans Motors has been in business and serving the area since 1935. For more information call 1-888-414-3890 or visit www.evansmotors.net.

CARPET & FLOORING

Should you put carpet over carpet?

By Doug Brennan



Q: We have wall-to-wall carpeting and I am considering putting carpet runners in the high traffic areas. When I mentioned this to a friend, she said that she had poor results in keeping them in place, color changes and more when she did this. Any suggestions?

A: While many people do install rugs on top of wall-to-wall installations, doing so will result in various degrees of success. Most people consider this option to protect their carpeting from excessive wear but not knowing some of the factors concerning wear patterns, fiber, dyes, and residue can actually lead to more harm than good.

Here are some things to consider:

When choosing your runners, consider the backing. Remember that the backing will be against your carpeting and one that is rough may cause more wear as it moves with traffic. It may even act a bit like sand paper between your feet and the carpeting beneath it. Give careful consideration to what you use to grip

the carpet as well, thinking about such things as whether it will leave considerable residue.

Another concern is that the backing will trap a lot of dirt and debris, which is now also between your feet and the rung beneath it.

The color of the runner is another factor. When using runners, remember that some transfer of color from the runner to the carpeting is always possible.

Runners over carpet can also cause a problem with uneven color and wear rate, especially in places of direct sunlight.

The type of fiber is another consideration. Different carpet fibers will have different areas of strength and weakness, and how they interact. For example, a wool rug over nylon may create a problem with color transfer, and nylon over wool may create a problem of holding in too much moisture.

The best thing to do is see your floor specialist with the name and product number of your carpeting. An expert can give you some suggestions that will keep your carpet in great shape.

RELIGION

What is a "family integrated church"?

By Pastor Bill Emmerling



Q: I see in your advertisement that you are a 'Family Integrated Church.' What exactly does that mean?

A: In short, a 'family-integrated church' is one who worships, learns and serves together as a family. This is really an old concept. However, segregation by age is a relatively new concept introduced by the modern education system. In Deuteronomy 6:7, God gives instruction to teach your children throughout the day, with the expectation that parents and children are together. Further, nowhere in scripture are there examples given of children being separated from parents. While we don't consider



family segregation a salvation issue, we believe that God's best occurs in relationship together. God designed the family, it was His idea.

There are many benefits of 'family-integration.' First and foremost, instead of being pulled in separate directions, the family shares in the experience. Children see their parents worshipping. Families share in the experience of serving together as they visit the sick or those less fortunate.

Parents know what their children are being taught, as they were present when it was done. Further, parents can reinforce the message throughout the week, or more importantly, the church reinforces what Dad is teaching at home.

When we hold Sunday school, we sit as families, encouraging fathers to lead, and allow new fathers the opportunity to learn from other fathers around them how to lead and teach their family.

Is this a legalistic matter? No. There are times when it is necessary to separate to discuss business or relational issues. However, segregation is not the rule, but rather the exception to how we relate to one another and our God. After all, we are part of His family, 'the household of faith' (Ephesians 2:19; Galatians 6:10; 1 Timothy 3:15).

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

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

is then able to purchase more home loans from lenders.

Once the loan has been funded and sold to Fannie Mae, the servicing (payment collection/statements) may be retained by your financial institution, or transferred to another servicer. However, the actual home loan is no longer owned by the originating financial institution. The financial institution earns income from loan origination and servicing fees. By selling home loans, the financial institutions can keep making home loans and avoid the interest rate risk of holding long term home loans.

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.

FINANCIAL

How do banks resell home loans?

By Mark Kolarik



Q: Can you tell me how banks resell home loans and why they do it?

A: The home loan market is huge and one single bank or credit union is unable to fund all the mortgage loan requests. Federal regulations and the asset size of the financial institution limit the amount of home loans that can be held by any one institution. These regulations are designed to help keep financial institutions healthy, protecting them from large and rapid changes in interest rates. The following scenario would show how changing interest rates could affect the financial strength of an institution.

Scenario:

A bank lends all of its available deposits in 30 year home loans, at an interest rate of 2%. The bank pays the depositors .25% on money deposited in the bank. In this scenario, the bank has a margin of 1.75% to

create income to operate the bank. If the economy changes and deposit interest rates increase to 2%, the bank now needs to pay depositors 2% to maintain deposit balance levels. Since the bank has locked in all their available funds for 30 years earning only 2%, in a rising rate scenario they will be unable to generate income to operate the bank. In this situation, eventually the bank will fail.

To avoid the above scenario, banks/credit unions will originate and fund home loans, then resell the loans to have money available to fund more home loans. Most home loans are sold to Fannie Mae. This agency was formed by Congress to keep money flowing to home loan lenders. A financial institution selling home loans must follow the underwriting standards established by Fannie Mae or Fannie Mae will not purchase the loan. Fannie Mae then groups these home loans into large securities and provides investors an opportunity to invest in the security. When investors purchase the securities, Fannie Mae

Safety and maintenance during the winter months

By Zach Parish



Q: What are some safety and maintenance procedures commonly used in and around the

grain business, as we approach the winter months?

A: Safety has become a very important issue in the grain business, especially in the last few years. One should take extra precautions during the winter months. It is essential to exercise extreme caution when working around possibly icy areas. It is important to examine the area you will be working in and make sure there is no possibility of injury due to ice. Falling ice is a good example of a hazard around grain bins. I urge anyone who must work around bins with icy roofs to do what they can to make sure falling ice can not hit them. This is extremely dangerous and can cause serious injury or death. I would also suggest using ice melt to keep walkways clear of ice and also wearing shoes that have good traction to help prevent falls.

As far as maintenance, check all vehicles prior to winter to make sure antifreeze levels are acceptable, and that equipment is protected to at least -20°F. Plug in diesel equipment at the end of each day to prevent the engine from freezing up. Block heaters and fuel additive to prevent diesel fuel from “gelling” is essential in keeping diesel powered equipment working correctly during the winter months. I would suggest implementing a regular maintenance schedule to ensure that all your equipment is properly maintained and ready for the cold weather as we are approaching the winter season.

On the other hand, colder weather can also work to your advantage if you have grain in your own storage. Winter is an excellent time to run your bin fans to cool grain down, which will help prevent hot spots and keep grain “in condition.” This works the best when you “pull the center out” of each bin as Brice described in a previous issue of the Q & A. Another significant advantage of keeping your grain cold is bug control. Bugs can not survive in extremely cold grain. The cold

climate will help minimize the further infestation of bugs and possibly kill some bugs that are already in the bin. By using the cold weather to your advantage, you will save money by possibly eliminating fumigation costs and also preserving the condition of your grain. At the end of the day, the grain in your bin is essentially money, and it is crucial that you take the necessary actions to take care of your money.

Zach Parish is a grain merchandiser at KAMO Grain, Inc., located at 3708 North Free King Hwy in Pittsburg, KS. Zach graduated from the University of Arkansas with a bachelor's degree in Agricultural Business, specializing in grain marketing and merchandising. KAMO Grain started as a small, family owned, country elevator in 1990, and 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 Zach call 620-232-5800.

This year, try new shops that specialize in boutique style gifts. These shops offer handmade items such as clothing, jewelry, pottery, handbags, leatherworks, scarves, and much more. Not only would the gifts be different from what you normally buy, they would be different from any other they could find anywhere else! The best thing about boutique shopping is that you can find something for just about everyone on your list in one place without any risk of someone else giving them the same thing.

Need some inspiration? Scope out their Pinterest boards to see what kinds of things they love. Most people “pin” boutique style clothing and décor to their boards because they are so different, visually appealing, and look non-commercial. Foods are also popular, so you can find out if they love sweets or have an interest in specialty foods. Chances are good you can find something in their area of interest very, very easily...and they will forever wonder how you even knew!

Good luck, and happy shopping!

Linda Fox is the Co-Owner of Longans Blossoms located on North Broadway in Pittsburg. Longans Blossoms has a variety of Boutique style clothing, unique gifts, new & vintage home decor and much more. For more information Like them at facebook.com/blossomssaddlesandsequinslongansgardencenter

FOOD & DRINK

What are some end of season barbecue ideas?

By Brian Bulot



Q: I love grilling and want to go out with a bang before it is time to cover the grill for the season. Can you give me some ideas that are a little out of

the ordinary but still things the whole family would like?

A: Even though summer is over, it is no reason to pack away the grill—at least not yet. We have plenty of grill worth weather and recipes yet to go.

I am a huge fan of grilling for many reasons and one of those reasons is that it makes even healthy foods seem like forbidden treats. Another reason is that it is an easy way to take low cost ingredients and make something truly special. These two recipes combine the best of these qualities for a meal that you can feel great serving to the family.

Sweet and Savory Chicken (Serves 4)

Ingredients
 2 teaspoons light brown sugar
 2 teaspoons dry mustard
 1 teaspoon onion powder
 1/2 teaspoon kosher salt
 1/4 teaspoon white pepper or freshly ground black pepper
 1 pound boneless, skinless chicken breast

Combine brown sugar, dry mustard, onion powder, salt, and pepper in a small bowl.

Coat both sides of chicken with the rub up to 30 minutes before grilling or broiling.

Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler.

Oil the grill rack. Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165 degrees F, 4-8 minutes per side.

Spicy Turkey Burger and Pickled

Onions (Serves 4)

1 cup red-wine vinegar
 2 tablespoons packed brown sugar
 1/2 teaspoon salt
 1/4 teaspoon ground allspice
 1 small red onion, halved and very thinly sliced
 1 pound 93%-lean ground turkey
 2 tablespoons chopped fresh cilantro
 1 1/2 teaspoons ground cumin
 1/2 teaspoon ground chipotle pepper
 1/2 teaspoon salt
 1/8 teaspoon ground allspice
 1 teaspoon canola oil
 4 whole-wheat buns, split
 8 teaspoons reduced-fat mayonnaise, divided

To prepare pickled onions: Whisk vinegar, brown sugar, salt and allspice in a medium glass bowl. Microwave on High until the mixture boils, 2 to 3 minutes. (Alternatively, bring the mixture to a boil in a small saucepan on the stove.) Add onions and toss to

coat.

To prepare burgers: Preheat grill to high. Place turkey in a medium bowl and gently mix in cilantro, cumin, ground chipotle, salt and allspice until distributed throughout the meat. Form the mixture into 4 patties. Brush with oil.

Grill the burgers until cooked through and no longer pink in the center, 3 to 4 minutes per side. Toast buns on the grill, if desired.

Drain the onions, discarding the marinade. Spread 2 teaspoons mayonnaise on each bun; top with a burger and pickled onions.



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.

COMMUNITY

What can I do about bullying?

By Stephanie Webb



Q: My child, who is developmentally delayed, has received quite a bit of bullying. It crushes him. What can I do to build him up?

A: This is a fantastic question. We are all pained by bullying, but as a parent of a developmentally challenged child it is our biggest fear. Studies have shown that an introduction to your child and their disability in advance of attending a new grade can be beneficial to your child, the fellow classmates, and to the teacher. This provides answers to unanswered questions for students in the class. It also invites you and your child the opportunity to guide the fellow students to the comforts and discomforts of your child. It has been proven that this technique helps with bullying. As for building your child up after bullying, provide him with the understanding he needs to vent. Children need to be heard, and sometimes we react before fully listening to them. Our reactions as parents make the issue a lot worse

than it may be. After he has had the opportunity to explain in detail his issues, ask him what he would like to do to resolve this bullying. Giving your child the opportunity to make choices builds his self esteem and many times allows him to come up with a positive opportunity to resolve the problem with his fellow classmate. Even our children with developmental disabilities need to be a part of making choices concerning their welfare. This gives them confidence and pride in themselves. Best wishes to you and your child. I do suggest an Introduction and Q & A with classmates. Studies show this introduction to their disability provides a deeper understanding for their classmates, and enhances stronger life long relationships for your child

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.

HEALTH & WELLNESS

Diet fads that are bad for your health Part 2

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: Last month we began a series on Fad Diets and quick fixes for weight loss. Let's continue looking at that this month.

DETOX AND CLEANSE DIETS

1. Master Cleanse
2. Fruit Flush
3. Other colon cleansing products

These diets consist of multiple liquids and concoctions you need to drink that will make you poop and pee all day to clean you out. Sure you will feel cleansed but then usually the next day your body goes into starvation mode and you actually won't and don't take off the weight and sometimes gain. They taste awful and are neither fun nor good for long term healthy results. They also do nothing to

replenish essential probiotics you need and lose during that flushing process.

WEIGHT LOSS GADGETS

1. Dermathol Patch
2. Belly Burner
3. Vibro belt
4. Tongue Patch Diet
5. Tapeworm Diet

Can you imagine having a doctor sew a mesh screen to your tongue so that every time you eat you will hurt so badly you won't eat? What about ingesting tape worms? Are people just absolutely crazy and into torture? Someone will actually go out and spend thousands of dollars on these procedures rather than money on good food and perhaps 80 dollars worth of high quality supplements that support nutrition.

These teach you NOTHING and once again you will gain your weight back because you never ever learned how to eat properly. Can you tell it's a pet peeve? Seriously though, I love people and want them to be healthy and these types of ideas and gadgets make me ill.

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

EDUCATION

Testing and college-career readiness

By Dr. Glenn Fortmayer



Q: What is happening with state testing of K-12 students and how does it help prepare my kid for college or a career?

A: For the last decade Kansas has operated under testing regulations as required by the "No Child Left Behind Law" (NCLB) that measured student success by a single test in reading and math annually. Kansas has been granted a provisional waiver in regards to state testing. While students will take the tests this year and next, the scores will not be used to judge student, school, or district success. No cut off scores will be provided for comparisons to be made. School staffs will use the test information on an individual basis to help drive instruction and assist students towards improved learning.

Kansas will be researching and attempting to design a new

assessment program that will measure the growth of each individual student each year beginning in 2015. The main difference will be that the new assessments will take in multiple forms of measuring student growth, not just a once a year reading and math test. The new assessment program will also be aligned with the new Common Core Standards. These standards don't prescribe WHAT Kansas schools teach, but they dramatically change HOW Kansas students are taught and measured. It is clear that it may be difficult at first for teachers and students to make the change. The tests will ask students to analyze information, manipulate that information, and be able to apply it or even transfer it to a new setting before applying it. Students will have to defend their answers, explain how they got an answer and why it is correct versus picking a letter on a multiple choice question.

While we don't know which tests or what growth measures will be used

some examples could be: Character measures like number of discipline referrals, what activities students are involved in, community service hours, special ACT tests for elementary through high school, WorkKeys certification, regular course grades, etc. What is known is that in order for students to be successful in any college, 1-4+ years, career training, and when employed; "hard- easy to test" academic skills must be mastered, but also "soft- hard to test" skills and traits such as communications, teamwork, technology operation, integrity, leadership, and a strong work ethic are needed.

Jobs in Kansas and across the nation are changing. HS Diplomas only cover about 40% of the jobs today, down 30% since 1973 and that percentage is shrinking. The Southeast school district recognized that in order to have the best chance of employment and better pay its students needed a curriculum that would develop these essential hard and soft skills and traits. That is why they formed a partnership with PITSCO and now offer a Science, Technology, Engineering, and Math (STEM) project based curriculum

K-12. USD 247 staff lead students through the Common Core standards so they will be academically prepared and also develop the soft skills needed to be successful at any college, be it a one year trade program or an undergraduate or graduate degree program; and most importantly in their careers.

Interested students and parents 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.

SPORTS MEDICINE

Explaining growth plate injury

By Dr. John Yost Jr.



Q: What is a growth plate injury?

A: First things first... to understand a growth plate injury, let me first give

you a better understanding of what a growth plate is:

Growth plates are the regions of the bone where growth occurs. They are located at the ends of the bones near the joints. The growth plate itself can be broken down into four separate layers or zones.

- **Zone 1** is the resting zone and is made up of inactive cartilage cells.

- **Zone 2** is the proliferative zone and is made up of actively growing cartilage cells.

- **Zone 3** is the mature cartilage zone and is made up of enlarged mature cartilage cells that produce the cartilage matrix.

- **Zone 4** is the zone of calcifying cartilage and is a thin layer where the cartilage cells have died and are surrounded by a calcified matrix. This is the weakest area of the growth plate and is where new bone is added.

Growth plate injuries/fractures are classified by the severity of the damage to the growth plate and effect on future growth.

- **Type I fracture** is a separation of the growth plate without involvement of bone. This occurs through the zone of calcification away from growing cartilage cells and usually heals without affecting future growth.

- **Type II fracture** involves separation of the growth plate in the zone of calcification...a variable distance, out through the adjoining bone. This is the most common type of growth plate fracture and is away from growing cartilage cells. It usually heals without affecting future growth.

- **Type III fracture** is through all layers of the growth plate and extends into the joint. This is an uncommon injury, but requires restoration of a normal joint surface. An operation is usually necessary.

- **Type IV fracture** occurs when the break extends from the joint surface through all layers of the growth plate and a portion of the bone on the other side. An operation is usually necessary to restore the joint surface and alignment of the growth plate.

- **Type V fracture** is the result of a crushing force through the growth plate. This is uncommon and usually involves the region around the knee or ankle. Initial x-rays may appear normal yet as the cartilage cells die from the crush injury, growth ceases. This injury has a poor prognosis but fortunately is uncommon.

The type of injury and age of child help to determine prognosis with a growth plate injury. The older the child (less growth left to occur) and the lower the fracture type, the better the prognosis.

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

Decorate...From Page 7

apothecary jars on the table. When it is time to be seated, it is always fun to see who is a kid at heart!

Really, the creative options are endless. One way to get the ideas flowing is talk to your florist and find out about your options. Once you see the choices, it will spark even more ideas that are creative.



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"!

CARPET, TILE & FLOOR COVERING

Are there sustainable options in carpet?

By Roland Dalrymple



Q: What trends are you seeing in carpet right now?

A: Currently, consumers want softer and more sustainable carpets, and manufacturers

are responding with some great options.

Manufacturers are producing technologically advanced carpets, fibers, and backing systems in the commercial, residential, and the so-called "resi-mercial" crossover markets.

No matter whether a residential or commercial application, consumers can expect to see some dynamic, durable, and soft offerings on the market today. You can expect a wide range of choices in color pallet in solution-dyed polyester.

One of the most popular trends is that of "resi-mercial" carpet. These combine the commercial appearance and durability with colors traditionally

reserved for the residential sector. These choices are popular in the office setting, as well as in homes or rooms that get more traffic, such as family rooms.

Carpet manufacturers are paying close attention to consumer desire, and with sustainability high on the list, are making great strides in green developments. Durability is always a goal in making products last longer, but their sustainability efforts go well beyond that. Today, you can expect to see carpets using recycled or bio-based products used in its creation. Even the backing and carpet padding offerings come in more sustainable options using post-consumer materials.

With all of these sustainable choices, you may be wondering if you have to choose a green option over a durable option. Today, green technologies make it so that you can have the best of both worlds.


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.

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FOOD & BEVERAGE

What can I do for holiday desserts?

By Lori Horton



Q: Do you have any unique ideas for holiday desserts that won't require extra hours of preparation on a busy day!

A: I think the first thing to remember during the holidays is that less is more. Individual sized desserts are perfect after a big meal and in a big gathering are portable. I like to think of those traditional warm flavors like carrot cake, spice cake, applesauce cake and of course, pumpkin. We all have our favorite recipes along those lines, but instead of baking a plain sheet cake in the pan with some icing smeared on top, try baking that yummy flavor into cupcakes. You will just need to adjust your baking time to compensate for the smaller portions. Usually start at 13-15 minutes and check your cupcakes from there with a toothpick to see if they are ready. Even family favorites like brownies and cheesecake are a little more special in cupcake sized containers. Most of these tasty autumn flavors are boosted by a cream cheese

icing which is a little richer and also better in small doses on days when indulgence is the theme! Lastly, small treats like cupcakes are fun to display and make a lovely addition to the dessert table. I'll add a simple cream cheese icing recipe for you here, but remember to keep it refrigerated until you are ready to serve, it tends to stay a little soft in a warm room full of family.

Cream Cheese Icing

1 package (8 oz) cream cheese, softened
1/4 cup butter or margarine, softened
2 to 3 teaspoons milk
1 teaspoon vanilla
4 cups powdered sugar

Beat all ingredients together except powdered sugar until thoroughly creamed. Slowly add powdered sugar until completely incorporated. Store in refrigerator.



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

HOME DECORATING

What are the decor trends of 2013?

By Shellie Blevens



Q: What are your projections of home décor trends in 2013?

A: Understanding home decorating trends in 2013 requires knowledge of the world we live in. Wall Street

of the United States will have just started a new four year term. All this means stronger consumer confidence combined with a new sense of reserve.

When the economy became stressed, homeowners hit the pause button on furniture purchases and home renovations. They stood back, watched their savings and retirement

accounts take a roller coaster ride, and generally stopped investing in home decor.

Now that sentiment is turning an important and well-decorated corner.

Today the emphasis is changing from 'Where can I save the most money' to 'What's the perfect piece that totally reflects

me.' It is a great shift that offers a wide latitude for design.

Low cost and highly stylized decor features in a home are prized in 2013 leading to a greater appreciation of features such as exposed wooden beams, stone flooring, marble tops and textured walls. Creature comforts that make a home unique may also see expanded inclusion of artwork, statues and antique tables.

Next year you can expect to see a greater use of stripes, florals, and animal prints for those pops of color and interest. For colors, you should expect to see navy blue used as a neutral, the way you would see black used in design. Mellow yellow is another color that will be a popular neutral. Last year was all about orange, and this year it is power red—but used in moderation.

In home décor style, 2013 brings a new look at the femme fatale look of the 1940's and a surge of popularity in metropolitan design, echoing the clean lines of boutique hotels.



is predicting growth, analysts are seeing strong signs of recovery in the job markets and the president

Diet...From Page 10

WEIGHT LOSS PILLS AND DRINKS

1. Dexatrim
2. Trim Spa x 32
3. Hydroxycut
4. Acai berry
5. HCG

The first three of these contain stimulants. These can cause rapid heart rate, elevation in blood pressure, anxiety, moodiness and insomnia. How healthy is that? Once again they may keep you from eating but again that is unhealthy as well and results in weight loss that isn't permanent. In fact, some of these products that you can get on T.V. or over the counter or even in nutrition stores contain pharmaceutical grade levels of stimulants. Last year, one of these products resulted in 23 folks sustaining liver damage and one death.

Is it worth it?

Acai berry does have some helpful antioxidant properties, but is certainly not an end all for proper nutrition or healthy weight loss. The HCG diet is particularly popular and can be harmful in many cases. We are going to dedicate January's article strictly to this controversial plan.

The fact is when it comes to weight loss there are no quick fixes. If something tells you a pound a day will be lost or 10 lbs in the first week...yes it may take the weight off but not for good and not for life.

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 kevncat2005@gmail.com.

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.

GIRARD AREA

Girard Area Events

Benefit slated for BJ Harris Family

A benefit concert will be held Saturday, Nov. 3rd at McCarthy's Pub in Pittsburg, KS, to support the BJ Harris Family. BJ and his wife Leslie recently welcomed baby Delylah who was born with a heart defect that requires surgery in the coming months. CLEAN SLATE and COUSIN EDDIE will be performing. Free will donation at the door with all door money collected going to BJ and Leslie. There will also be a silent auction held with many great items and McCarthy's will give a portion of drink sales to the benefit.

2012 Chamber Dinner Announced.

The annual Girard Area Chamber Business and Recognition Dinner will be held Thursday, Nov. 29th at Triple S Steakhouse. Awards will be presented for Business of the Year and Volunteer of the Year. Tickets are \$18 each and the event is open to the public. Please contact the Chamber at 620.724.4715 for more information.

Upcoming events:
 December 6th – Girard Christmas Parade
 December 8th – breakfast with Santa



MARK YOUR CALENDARS

Holiday Shopping Expo

Want to get an early start on your holiday shopping? Well here's your chance! The 2nd Annual Holiday Shopping Expo will be held on Saturday, November 17th, 2012 from 10:00 a.m. to 2:00 p.m. at the Lamplighter Inn & Suites in Pittsburg, KS.

Our one-day shopping event will bring a variety of merchants and holiday shoppers together under one roof. More than 30 vendors including direct sales companies, individuals

with handmade items, and a few local businesses will be available to offer you their products and services. You'll be sure to find something for everyone on your list and maybe even pick up a little something for yourself! Admission is FREE and there will be Door Prize Drawings so bring your friends.

For more information on our event please visit our website at www.holidayshoppingexpo.webs.com or find us on Facebook: Pittsburg, KS

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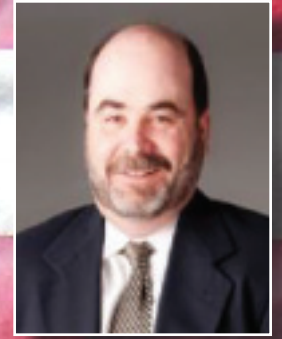
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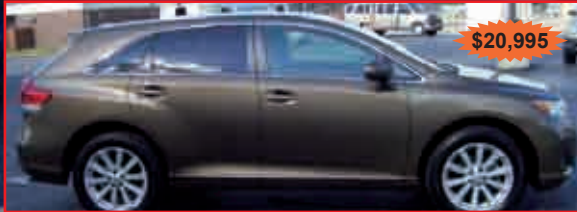
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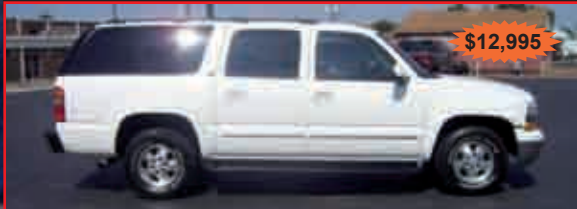
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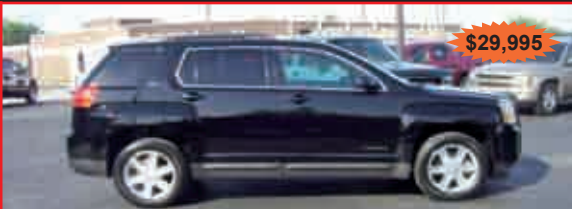
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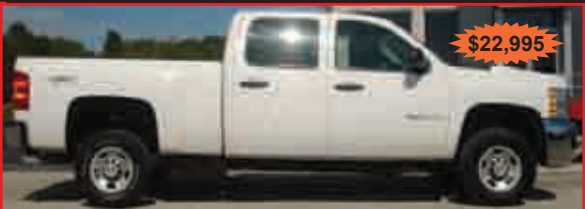
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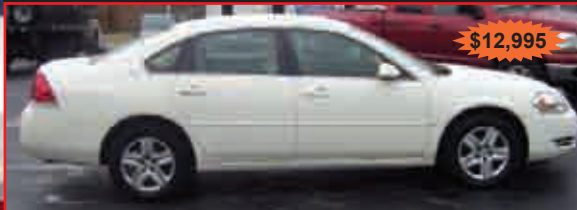
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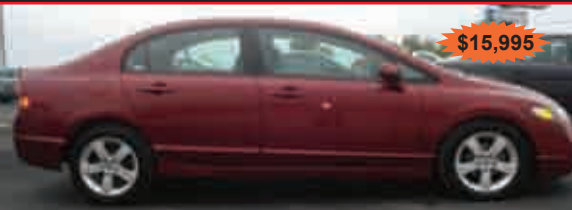
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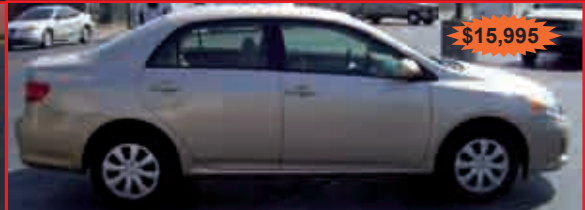
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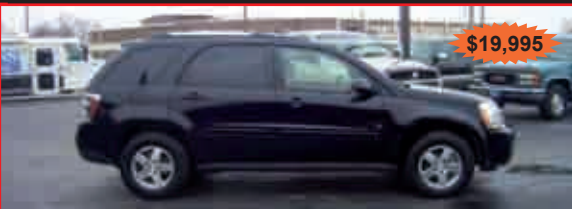
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SPORTS

History of football in SE Kansas, Part 2

By Mark Schremmer



There's a reason former Crawford County Convention and Visitors' Bureau director Craig Hull referred to this county in the corner of the state as The Football Capital of Kansas.

Simply, it's because it has produced winning football teams.

In the second installment of a series looking back on the history of football in southeast Kansas, I will give an overview of the great team accomplishments at the college and high school levels over the years.

The Pittsburg State Gorillas are one of the premier football programs in all of NCAA Division II. Pitt State is the defending national champion, winning

records in Division II history, going 198-47-2 and leading the Gorillas to one national title (1991) and three other title game appearances (1992, 1995 and 2004). Current TCU coach Gary Patterson and current Minnesota coach Jerry Kill have been assistants at Pitt State.

Pittsburg High School also has a storied tradition. The Purple Dragons football team has advanced to the Kansas High School Activities Association playoffs 28 times, winning state titles in 1983, 1988 and 1990. The Dragons also won a state title in 1954, before the playoff system started.

Pittsburg has produced several great players over the years, including the Meier brothers. Kerry Meier, a star receiver at KU, is on the Atlanta Falcons roster, while Shad Meier played several seasons in the NFL as a tight end for the Tennessee Titans and New Orleans Saints. Adam Meier played as a defensive back for Pittsburg State and the late Dylan Meier was a quarterback at Kansas State.

Crespino, who directed Colgan to state championships in 1974 and 1975 and is in the KSHSAA Hall of Fame.

Frontenac, with 631 wins in its program history, is second to only Lawrence for all-time victories in the state. The Raiders have advanced to several state title games and won the 2-1A state championship in 1994.

Girard had several strong teams under the late Craig Crespino and now is building some more tradition

under former Frontenac coach Leon Miller. Southeast and Northeast are both experiencing their best seasons in recent history under coaches Clint Rider and Phil Hobbs, respectively.

Mark Schremmer is a contributor to SEK Q&A and works full time at The Joplin Globe. He has covered sports in Kansas since 2000.



its second D-II title in 2011 and fourth national title overall. The Gorillas' other D-II title came in 1991, while they captured NAIA championships in 1957 and 1961.

Pitt State has won 11 MIAA titles and has produced two Harlon Hill winners – Ronnie West and Ronald Moore -- and 120 NCAA All-Americans. Over the past 20 years or so, numerous Gorillas have made it to the NFL, including West, Moore, punter Brian Moorman, long snapper Kendall Gammon and defensive back Darryl Wren. Three current Gorillas – linebacker Nate Dreiling, wide receiver John Brown and defensive end Gus Toca – were named preseason All-Americans by D2football.com.

The Gorilla program also has quite the coaching tree. Current Texas State coach Dennis Franchione, who also has coached at Alabama, Texas A&M and TCU, helped build the program into a powerhouse in the late 1980s. Chuck Broyles took over in 1990 and went on to have one of the best

Other top PHS products include former Colorado State quarterback Kevin Verdugo, as well as Brian Hutchins, Brian Pinamonti and Matt Pinamonti, who all had solid careers at Pitt State.

The St. Mary's-Colgan Panthers hold the state's top winning percentage at nearly 81 percent with 556 victories in the program's history. While Colgan's program has been good for decades, it took the success to another level in the early 2000s. During that stretch, the Panthers own the state's second longest winning streak with 66 consecutive victories. Colgan won four consecutive Class 2-1A state titles from 2000 to 2003 before falling to Smith Center in the 2004 state title game.

Colgan's Chuck Smith is one of only six coaches in Kansas history to earn 300 wins. In addition to the titles in 2000, 2001, 2002 and 2003, Smith also coached Colgan to a state title in 1984. Before Smith, the Panthers were coached by Frank

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TECH TALK

Choosing a new mobile device

By Bill Emmerling



Q: With all the new mobile devices on the market, how do I decide which one is the best for me?

A: Choosing a mobile device today can be a challenging decision, with the numerous brands, operating systems, and features. Before you begin, you should determine your needs, expectations and budget.

Do you require specific software?

Will you be primarily producing documents and content?

Or will you primarily be accessing content produced by others?

Is it important to connect to keyboards, monitors, etc. using standard computer connections?

Will it be important to integrate this device with an existing office environment?

With many 'flavors' of laptops, tablets and smart-phones available and rapidly changing options, this can be a difficult decision. Often this decision comes to personal preference.

Because Windows has 80+% of the PC market, I have chosen to use the



Windows-based Fujitsu Stylistic Slate Tablet PC. This allows me to work and be compatible with the majority of the people and businesses with whom I work. Further, my tablet comes with USB, VGA (monitor) ports, network jack, SD slot, as well as media jacks. With a large battery, I can get up to 7 hours of productive operating time (longer if I swap batteries). Fujitsu tablets are built to military test specifications. In the office, I dock my tablet at my desk with a keyboard, trackball, and a second monitor and use it as a high production workstation. In all, I have been highly satisfied with this product.

I have seen other Windows-based products, as well as Android and Apple products work with success as well. Each brand offers unique features and limitations, so take time in the choosing and enjoy your purchase

AUTO BODY

What is waterborne paint?

By Richard Smith



Q: What is waterborne paint?

A: Last month we discussed how waterborne paint for vehicles will soon become the "norm" in as a base paint in the auto industry. It is also our way of "Going green" in the auto body business. This month we dive into a more detailed description of waterborne paints.

While solvent based paints are still legal to spray in most parts of the country, there are certain states and counties that mandate waterborne

paint only, and the trend is increasing. As environmental regulations become stricter, many shops are looking at waterborne paint systems to help their body shops go green.

So what is waterborne paint, and how does it work? Waterborne paint is exactly what the name implies. Solvent-based paints use solvent to suspend the paint pigments and deliver them to the surface to be covered, while waterborne paints use water.

Waterborne paint reduces the emission of volatile organic compounds (VOCs), improving air quality and reducing the health risk to all involved. For compliance in the restricted areas, the limit is a VOC of 3.5 ppm for basecoats and 2.1 for primers and clears.

Waterborne paint has become the standard, as 70 percent of all OEM vehicles are now painted with this material. It has been the standard in Europe for quite some time, so while the latest waterborne paints are new technology, the concept is neither

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

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ANIMAL CARE

How can I prevent my pets from gaining to much weight?

By Laura Morland



Q: What can I do to prevent obesity in my pets?

A: Obesity is becoming an epidemic in our companion animals. Studies have found that the overall prevalence of overweight and obese dogs is between 24% and 30% and prevalence of obese cats between 25% and 35%. This is attributed to 3% the pet's predisposition and 97% the owner's fault by excessive feeding, too many treat rewards and a decrease in physical activity.

As few as two lbs above a cat's ideal weight and five lbs in a dog can put them at risk for developing some serious medical conditions. These may include Type 2 diabetes, heart and respiratory disease, osteoarthritis, high blood pressure, and many forms of cancer. Further, overweight and

obese pets tend to live shorter lives, and interact less with their families. So what can we do about this emerging epidemic?

The first place to start is obviously nutrition and that can be difficult because of the many factors such as expense, availability, quality and just how spoiled our companions have become. Counting calories is very important for maintaining an ideal weight. The average 10 lb animal only needs approximately 200 calories in a day. That includes treats!! Unfortunately excessive treats interfere with appetite and dietary balance and often lead to obesity.



Treats are such an important part of the human-animal bond but if they are causing obesity you need to substitute

lower calorie foods such as string beans, baby carrots, celery, melon, apples and other fruits and vegetables. Be sure and not give the dangerous items like onions, grapes, raisins and any food containing the artificial sweetener xylitol.

Physical activity is just as important as nutrition and increasing it will benefit both the human and animal companions. Walking for weight loss means walking briskly for the first leg of your walk and then you can "smell the roses" on your way home. In other words no lolly-gagging until you both have had a bit of good exercise. Dogs will eventually respond to brisk walking. However

cats are a different critter. You will have to be creative to encourage exercise. One simple tip is playing "Find the Food"--which means moving the food bowl so the cat has to move around. You can use feather toys, flashlights, paper bags or balls, anything that your cat finds interesting to chase. Try to engage your cat for ten minutes twice a day. Experiment and understand that what is exciting today may be boring tomorrow.

Dr. Laura Morland graduated from Kansas State University in 1971 with a doctorate in veterinary medicine. Dr. Morland is very involved in her community. She has four children and two grandchildren. In her spare time she enjoys raising Yorkies, Cairns and Maltese, and being a grandma. Dr. Morland may be reached at 620-724-8054 or visit www.girardanimalhospital.com.

POLITICAL OFFICE

Five questions for local candidates - part 2

This series with local candidates began last month and as we stated, 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.

Know your local candidate

Bob Grant - Part 2

(to see part one of this article please refer to the October '12 issue)



Last month we introduced you to 2nd District State Representative incumbent Bob Grant. Bob wants 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.

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

Grant: In visiting with constituents in both the old and new 2nd District, three main issues usually come up: funding cuts to public education, property tax and jobs.

People are concerned that public school cuts have gone too far. They want their children and grandchildren to have the opportunity for a good public education. I have repeatedly voted to restore funding to our local schools and public schools statewide. I know how important good education is to kids' futures and that of the state of Kansas.

The tax plan that was proposed by the governor and pushed through by the conservative Republican legislature will end up driving up the hated property taxes. We need to take a more common sense approach to the tax plan and explain that smaller government, lower taxes and less regulation aren't, always, a good thing for Kansas. The idea of having to cut budgets means less money for K-12 and higher education, cuts to senior programs and to services for our most vulnerable citizens. Over the years I have and will continue to support efforts to reduce local property taxes and for a more fair and equal tax plan.

More jobs for Southeast Kansans is an extremely important issue. I have worked hard to get changes made to the gaming laws to allow Camptown to re-open and also for a casino to be built and opened in this area. I was asked why I worked so hard on the gaming issue, my answer was because the people of Crawford and Cherokee counties voted 69% in favor of gaming, that's why.

Some proposals that would increase good paying jobs are the requirement that companies receiving state contracts and tax incentives must hire Kansas workers first as well as support for the highway projects.

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

Grant: I graduated from Southeast High School and earned an AA from Labette Community College. My 25 year work experience at the Ammunition Plant at Parsons was as an equipment operator as well as a foreman estimator. Working as a union member and then as management allows me some insight into working with different sides, recognizing the need for compromise and negotiation.

The Idle-A-While Tavern and Grill was the family business for 16 years. It was a successful venture due to a lot of hard work and enjoyable because of the interaction with all kinds of people and the support we received from and returned to the community.

My commitment throughout my job as State Representative has been to the people of Southeast Kansas. I am pro-life and have the voting record to prove it. My long time involvement with the Cherokee Gun Club has solidified my support of the 2nd amendment. My background is diverse so I can relate

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Know your local candidate

Jeffrey Locke - Part 2

(to see part one of this article please refer to the October '12 issue)



Q&A Times: *You are against the PPAHCA aka Obama-Care. How can it be dealt with here in Kansas and what else can be done to*

address the soaring cost of health insurance and health care in general?

Locke: I am dismayed by the lack of respect for state's rights and individual liberty presented by the unconstitutional ObamaCare mandate to buy insurance. I still see this as a coercive depiction of the use of taxation to engineer and direct society. And any coercion by way of tax policy or any other method to the point of using the force of a firearm is unacceptable in our model of liberty and pursuit of happiness by the individual. Simply put ObamaCare is a job-killer and will lead to the death of the free-market system of healthcare choice and doctors rights to serve their patients with the BEST practices that are available.

And what can we do to address the cost of healthcare in Kansas? First restore liberty by proposing a Healthcare Freedom Amendment to block Obamacare to be voted on by the People. Secondly, remove the prohibition of buying health insurance across state lines. Thirdly, allow small businesses, churches, and civic groups to join together so that price bidding for insurance can be lowered. The bigger the group the lower the rate that can be negotiated.

My opponent voted twice to block the use of a Healthcare Freedom Amendment and in effect told us one and all that we need to shut up and take our medicine from the Federal Government. We need reform for

healthcare but having the federal government take it over from the top down is, pardon the pun, OVERKILL!

And it bears repeating that just because you have insurance does not mean you will be able to find a doctor or any secure source of healthcare.

The People will have their right to vote to block the mandate and protect their religious and conscience objections of Obama-Care if they hire me to work for them.

Jeff Locke can be reached at 620-238-1378 if you wish to converse more on this pivotal topic and of course if you have ideas that can further address the problems we ALL share in the Great Statehouse 2nd District of Southeastern Kansas!

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

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Know your local candidate

Angela Trimble - Part 2

(to see part one of this article please refer to the October '12 issue)



safety and the crimes, especially those involving methamphetamines.

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

Trimble: I have a well-rounded 17-year career of law practice in Southeast Kansas, both criminal and civil. As a current part-time Assistant County Attorney in Labette County, and former full-time Assistant County Attorney in Crawford County, I have prosecuted various types of cases. I have represented those accused of crimes, including the manufacture of methamphetamine, and I have seen first-hand the destruction and chaos that meth causes in people's lives. I have also prosecuted a large number of cases where, unfortunately, the use of drugs and/or alcohol has caused devastation of personal and family life.

I have personally tried cases where defendants were charged with aggravated burglary, rape and homicide. One of the notable trials as an Assistant County Attorney in Crawford County was a rape trial that resulted with conviction and long-term incarceration of the defendant. I also was the prosecutor in an aggravated burglary trial of a young college woman who was terrorized and brutally beaten. That trial resulted with the defendant convicted, to serve a 40-year+ incarceration. There have been other cases which resulted in a plea bargain that included mandatory prison time, while I have been serving, and I am also getting results.

I have specialized training in SANE/SART (rape cases), Finding Words (child abuse cases), National Center for Missing and Exploited Children (child sexual abuse and missing children), Arson, and Domestic Violence. I have served on boards of directors for agencies that address family issues. These include CEVC (Child Exchange

and Visitation Center), CAC (Children's Advocacy Center) and Mother-to-Mother (a support organization for families and children).

My career in civil practice adds to my skills as a prosecutor. Valuable experience has been gained as I have learned to work with all types of people. Techniques to handle and prosecute cases have been learned that I would not have if I had not spent time as a civil trial attorney

On a personal level, I have a strong work ethic and feel a responsibility to be professional, hard-working, and do the best I can to represent the community. And, as a mother, I have a thorough understanding of the concern for the safety of our children.

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

Trimble: I believe it is vital for Crawford County to have the best representation available within our court system through a County Attorney who attends all scheduled court appearances.

To have a dedicated professional who will show up to work every day, determined to provide justice for victims of crime and an environment that criminals want to avoid. To have a county attorney who has a track record of producing meaningful trial results. Someone who can work with and show respect for the dedicated efforts of our law enforcement agencies.

I also believe it is important to help some people who want to take responsibility for their non-violent, low-level mistakes to turn around their life without destroying their future and give hope to their family. Diversions play an important role in the legal system, but can be exploited if the program is not adequately monitored and participants held accountable.

When I become the Crawford County Attorney, my diversion policy will dramatically differ from what is currently practiced. The program will not be offered for higher-level crimes. I will return full-time professionalism to the Crawford County Attorney's Office.

For more information please visit www.facebook.com/trimbleforcountyattorney

Know your local candidate

Michael Gayoso Jr. - Part 2

(to see part one of this article please refer to the October '12 issue)



Q&A Times: *Why do you want to be the Crawford County Attorney?*

Gayoso: My entire legal career has been centered around

criminal law. I left my private practice to run for County Attorney. It was a choice I made because I truly wanted to make a positive change in this community.

I did not come to this position because my legal career was disappointing, boring or because I needed a job. I ran for Crawford County Attorney because I wanted the ability to impact and change for the better the dynamic of the community where my wife and I are raising our 3 children.

This transition was natural for me because of my experience in the area of criminal law. I have been involved

with the criminal justice system for 13 years and I am the most qualified and prepared to meet the challenges of this position. I welcome the truthful examination of my qualifications and the record of my office.

Q&A Times: *What do you think we should know to be an informed voter on November 6th?*

In my first term as your County Attorney, my office has been under budget the last 3 years, and earned the distinction of sending more criminals to prison than any other prior administration in their first term in office. As County Attorney my office has achieved a 96% felony conviction rate, while my opponent's administration had a 50% felony conviction rate when she was a prosecutor. My administration has protected children and families by sending 29 child predators, 6

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Know your local candidate

Julie Menghini - Part 2

(to see part one of this article please refer to the October '12 issue)



Q & A Times: *Julie, can you please bring to light your stance and record on education? Thanks in advance.*

Menghini: Governor Brownback and Kansas House Conservative Republicans have spent a lot of time over the last few weeks decrying assertions from the Kansas Democratic Party regarding the far right Republican record on public education.

There are numerous technicalities in the numbers that Governor Brownback presented that make his claims misleading, but I believe that the people of Kansas know the truth. Across the state, our class sizes are getting larger, our property taxes are getting higher, and our fees are getting more expensive.

No matter how you bend and twist the school funding formula, my record and the records of democrats and

moderate republicans across the state are clear. We are long time supporters of education and the funding necessary to provide a suitable education.

After not one, but TWO, separate, non-partisan studies on funding and our education system, it became evident that the legislature was not providing adequate funding for a suitable education. Conservative Republicans did not like this, so they ignored the studies. With no other recourse, a school funding lawsuit followed. The Kansas Supreme Court eventually ruled that the Kansas Legislature needed to increase funding, based upon the two studies commissioned by the same Kansas Legislature.

In 2005, my first year serving the people of SEK as their state representative, we were able to design a 3 year plan to put the necessary funding into education. It took a special session, but we were able to get the first year passed. Then, we

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Grant...From Page 22

to and communicate with a variety of people

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

Grant: Constituent service is a large part of the job, one that is most satisfying to me. It allows me to help my constituents on a one to one basis. Through the years, I have made valuable contacts in state agencies and locally. I have been able to use these contacts on many occasions to help people in difficult situations in and out of the 2nd district. I may not always be able to do or provide what they ask for but I will always make sure they get a response. The experience I have had over the past several years has been invaluable to me in this area.

For more information or questions call Bob at 620-308-5518 or email lynngrant@cox.net.

Gayoso...From Page 23

murderers and 26 manufacturers of methamphetamine to prison. One of those 29 child predators was a former defendant in a case handled by my opponent. Rather than adequately prosecuting him, she put him back on the street giving him a misdemeanor where he eventually molested two other children. My office sent him to prison for his crime! Additionally, I have argued before our State's highest Court and handled more than 24 criminal appeals.

In stark contrast, my opponent has never handled a single criminal appeal as an attorney, nor has she argued before the Kansas Supreme Court. Equally telling is the fact that under the Kansas Board of Indigent Defense guidelines, my opponent is not considered experienced enough to defend a case of murder, rape, aggravated robbery along with many other high level felony cases due to her lack of jury trial experience. If my opponent is not qualified to defend criminals then she is certainly not qualified to prosecute them! I am qualified to handle every felony crime in the State of Kansas.

The truth about my opponent is that the closest she has been to a criminal jury box in the last 7 years was when she filmed her commercials for this campaign. I have been in the courtroom obtaining over 600 felony convictions

Menghini...From Page 23

managed to pass the second year of funding. Unfortunately, the recession hit, and the entire state budget had to be revisited—multiple times.

Over the past two years, Kansas revenues have grown steadily, and education cuts could and should have begun to be restored. They were not, even though a group of Democrats and moderate Republicans presented plans to do just that. The conservative led legislature would not restore the cuts. And to ensure that the cuts would not be restored, they passed huge tax cuts for big corporations, depleting the revenues for years to come.

Governor Brownback said recently that the state will increase public education funding "as the economy grows." But the state cannot increase education funding when Governor Brownback's tax cuts for the wealthy will push us into the hole by \$2.5 billion in the next 5 years. This is not a partisan scare tactic – it's arithmetic. If we aren't restoring funding "until the economy grows", Governor Brownback is essentially telling Kansans that there won't be any money for schools until he finds a way to pay for his tax plan.

Governor Brownback also implied last week that Governors Sebelius and Parkinson are responsible for the majority of the cuts that public schools have endured over the last few years. However, there is a stark difference

in the last 3 ½ years. My opponent touted her civil law experience for the last 6 years during our debate. However, she failed to explain her lack of high level felony criminal jury trials to make her qualified for the position of County Attorney. I ask for your vote and continued support on November 6th.

For more information please visit www.Re-ElectGayoso.com



between making budget cuts out of necessity during the worst economic crisis since the Great Depression and cutting education in order to sock money away for a massive income tax cut.

No matter how Governor Brownback wants to shift blame, he had a choice to make at the beginning of 2012. Democrats and Moderate Republicans presented two different plans to fully restore public education funding over the next few years. Governor Brownback rejected them both. Instead, he chose to implement a tax plan whereby the workers pay taxes and the bosses don't. He could have proven that education is a top priority for his administration - something he has said multiple times - but he chose to give tax breaks to the wealthy and big corporations.

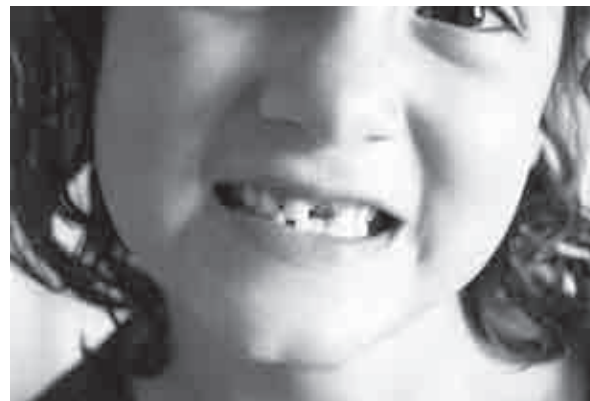
The rebuttals in the last few weeks before the 2012 election are clearly an attempt to confuse the issue of public education before a critical election. It seems that they are just now realizing that it will take more than misleading "Obamacare" ads to win some of these legislative races.

But no matter how Governor Brownback attempts to spin this issue, his record - and the record of any who support his agenda - speaks for itself. The choice Governor Brownback made when he signed that tax bill into law will define his entire legacy - and it will not be a legacy that is kind to public schools.

For more information please call 620-232-6519, email Jmenghini@cox.net or visit www.juliemenghini.com

Lisp...From Page 1

This is a true articulatory pattern error and the child should be seen by a Speech-Language Pathologist to



determine if treatment is necessary.

A palatal lisp occurs when the middle of the tongue makes contact with the soft palate (soft surface on the roof of

the mouth). The goal of producing the /s/ sound may sound closer to an /h/ and "slushy" when the patient attempts to produce this phoneme. Again this is an articulatory pattern error and the child should be seen by a Speech-Language Pathologist to determine if treatment is necessary.

An interdental lisp occurs when the tongue tip protrudes between the front teeth and the airflow is pushed forward and may come out sounding like a /th/. This lisp is typical in a child's speech acquisition but should be resolved in their speech before 4 ½ years. If it has not resolved by that point, an evaluation could determine if the child is stimulable (able to tolerate cues for correction) for treatment.

A dentalised lisp is produced when the tongue tip touches the front teeth. This misproduction may sound "muffled" and "unclear" to their listeners. This type of lisp may sound like the patient is over correcting their speech to be more articulate, thus distorting the /s/ production. This pattern error is correctable and the patient should be seen by a Speech-Language Pathologist.

Lisps may occur as single-sound errors or may be a part of a collection of a pattern of errors. If you are concerned about your child having distorted speech with the /s/ or other sounds, please contact a Speech-Pathologist to see if he/she is age-appropriate for correction to reduce a habitual pattern error. It is easier to correct the speech disorder if it is caught early and the child is "ready" to accept intervention.

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

What can I do in winter gardening?

By John Harrison



Q: I recently developed a love of gardening. As my fall garden is beginning to die out, I am wondering what I can do in the winter to keep busy

and to keep my yard looking nice. Any ideas?

A: Just because winter is here does not mean you have to pack up the gardening tools or ideas. Actually, there is plenty to do in gardening all year, and what you do in the winter months can be the most important and exciting part of the process.

First, the winter months are perfect for getting the yard in order. Consider using the time to clean up leaves and take care of any other issues such as invasive weeds. You could add borders or groundcover in appropriate places while you are not busy just tending to plants.

Next, consider using the time to develop and start implementing a

garden design plan. The winter months can be a great time to add elements of interest such as stepping stones or decorative features such as fountains. Having them in place before spring will make it easy for any other elements to grow around them.

When your garden is in full swing and yard in full bloom, it is difficult to see it in your mind as it looks in winter. This makes it hard to create a concept that looks great all year. Take pictures now and plan your garden design for next spring by looking at what you feel is missing and where. Rather than thinking flowers, think structure and texture. Find out how different trees and shrubs look in the colder months and then picture them in those places that seem lacking. When it warms up, talk to a professional about when would be good time to plant those new elements.

Another option to consider is green house gardening. You could test out your skills, and incubate your own plants for spring planting. Indoor gardening is another worthwhile task. While it may have its limitations, it does feed your gardening creativity.

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

Paint...From Page 21

new nor experimental. In many cases, however, solvent-based paints can be altered to achieve compliance through the addition of other chemicals such as KV1, which is added to solvent-based paints to lower the VOC.



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.

But converting to waterborne isn't as simple as switching out paint cans. Spraybooths, spray guns and gun cleaning equipment often must be updated. Paint prep and application steps must be adjusted, along with cycle time expectations. Converting to waterborne takes the patience and commitment of shop owners, managers, and painters. We believe it is worth all the effort

Joe...From Page 1

he made that same day. He said, "If the American people are properly informed, they will most always make the right decision." In my article this month, I will try and provide as much proper information as possible, and ask for your help doing something we all need to do.

It is shocking and stunning to me when I consider the amount of time, energy and effort that has been spent on worthless rhetoric from both the Obama and Romney campaigns. Nothing of what is being proposed will work *to the extent it needs to work* insofar as solving our nation's biggest domestic problems...balancing our budget; stopping deficit spending; paying down the debt; creating jobs; getting the economy moving again through the creation of a pro-business climate; stopping the waste, fraud and abuse; keeping us strong as a country with a strong defense; and putting firm footing under the entitlement programs of Medicare, Social Security and Medicaid. I know, by now you have to be sick and tired of hearing about all of this stuff, but hopefully this article will be a breath of fresh air...because I am not just going to talk about these things...I am going to give you some solutions for these problems that can be implemented within 60 days. Then I will tell you what each of us needs to do. Please stay with me.

I am not sure who it was that was the first to say in this presidential election, "If we ever needed leadership, we need it now," but truer words have not been spoken in a long time. We must have a team in place that understands solving these problems is its most important affair. This team must adhere to the modus operandi of, "Plan the work...work the plan." But with all of what Washington has been for so many years, and with what these

two campaigns have been saying, it doesn't look to me like this is going to happen. Let me tell you why...

May God bless him, but President Obama doesn't have a clue as to how to go about solving these problems. He hasn't had any kind of a plan since he was first elected in 2008. His idea of a business plan is a set of drawings for an office. Since the first order of business is to "Plan the work," and he has no plan...nothing is going to get done in these problem areas. And, as I stated in the October issue, his eyes are on a *much bigger prize*...one we can't get into now. The Benghazi embassy situation, leaving 4 Americans dead, including our Ambassador, Christopher Stevens, with all of the lies, distortions, deflections and cover ups...is reprehensible...and so representative of the arrogance and manner in which he has run his administration, in so many areas and on so many fronts...domestically and globally. He and his team have not earned the right to be re-elected...end of story. Is Governor Romney and his team any better? Fiscally? Yes. And there is something to be said about "pulling a quarterback who is flailing" and putting one in the game who is "chomping on the bit" on the sideline. Other than that, I can't promise a lot. I just know he would be better than what we have for the shape we're in. Sadly, Governor Romney, his team and their plan won't fix what needs to be fixed either. After months of listening to his handlers about not being specific, he is now getting more so about what he says he will do, but there's no "beef" in what he advocates. His getting more specific amounts to saying, "We will have some vegetables for dinner," instead of saying, "We will have dinner." I understand specificity gives fuel to the opposition for its attacks,

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but you have to present it in a way that cannot be attacked or refuted like, "Surely you will agree that the sun comes up in the East, don't you?" It can be done. Governor Romney is now saying his plan will be to reduce all tax levels by 20%, while closing most of the deduction loop holes. This isn't the brightest plan ever advanced. Does he say it will bring in more revenue? No. Does he say it will cause more jobs? No. Does he say it will take care of our entitlement programs? No. Does he say it will solve our housing crisis? No. He throws out a blanket, political statement like this thinking it will be a "seed that falls on fertile ground," and all it is...is more "worthless rhetoric." His 5 point plan of committing to energy independence, deficit reduction, education, improving foreign trade and championing small business by cutting taxes and regulations is equally unspecific. It's the same thing we have gotten from President Obama since he began running in 2007.

Governor Romney, there are a lot of us ready for any kind of change over what it has been...but tell us what you are going to do in these problem areas... and present us with the numbers proving why your solutions will work. I have stated frequently in this column that there is no business in the world bigger than the US Government. Calvin Coolidge said it best in 1925, "The business of America is business." We need someone in charge immediately who understands business more than we need anything; but Governor Romney, what business did you ever run successfully, that when you were asked, "What are you going to do to increase sales?" did you reply, "We are going to reduce our prices"? Is this all you've got? How is this going to solve the problems? There isn't a board of directors on the planet that would accept such a statement from the company's CEO without documentation as to what it will do for increasing revenue.

In the 2008 election, we had a guy who couldn't recite a simple, four-line poem written in iambic pentameter without stuttering. So we elected a guy who baffled and dazzled us with his "big hat no cattle" promises, of which if 1 in 25 have been kept, I will buy you a hot dog. This time, we have a guy to run against him, managed by a bunch of handlers in Massachusetts, who have to be as stiff-necked as any I have ever seen, who have been told by thousands what to do, but who are seemingly going to ride this deal down

into failure. Maybe...maybe not...but it looks that way to me. I am writing this article before the final debates are finished, and you will be reading it after they're all finished...so maybe something big will happen...like the parting of the "Red Sea," before the election...but even if it does...the American public deserved better than to have to wait for it until election eve. So...unless this big deal occurs...I don't think it makes much difference who wins, insofar as solving these problems, because neither side has the solutions that will solve them, and a divided government (where one party does not control the House, Senate and White House) is in store for us again. The only things we have to be concerned about are the executive orders that will be made (President Obama has made almost as many in 4 years as President Bush made in 8 years), and the appointments of anywhere from 2 to 4 Supreme Court Justices over the next four years. These two things will change our country more than anything has ever changed it before, but without some immediate, fiscal-management tools put into place, we may not last long enough as a country to be affected by them. How sad is this?

For now, I will submit, it is more important than anything for each of us to know what needs to be done, and to voice these aggressively to our elected leaders when they commence wasting time again on the things that will not work. We cannot afford to have things *locked in neutral* for four more years, with partisan politics... bickering...and demonizing one side against the other. If they are, we will not be here in 2016 as we are today. Surely, somehow we will avoid going over the "fiscal cliff" that will take place after the elections, and before the end of the year...even if we just "kick the can down the road" for a few months. After all, procrastination is something our elected officials do better than anything else. But when all of the nonsense begins again, with all of the worthless rhetoric...we must mount a cry together, **"Say it ain't so Joe. We've had enough. We are out of time. We need to do something and do it now. If there is one thing you have all proved, it is that none of you are the 'sharpest knife in the drawer.' Listen to us...the people! It is time to be a public servant...instead of a party servant."**

As I said earlier, nothing of what we have heard from either side will work. The Romney/Ryan ticket advocates cutting current spending by \$250

Billion per year; cutting tax rates by 20%; and closing loopholes and deductions. These will leave us \$32 Trillion in debt by 2022, and this assumes interest rates stay as they are, which is impossible with all of the money the Fed has printed and is continuing to print. The Obama/Biden ticket advocates keeping spending as it is (going in the red more than \$1.2 Trillion per year with current spending, and even more when figuring in Obamacare); increasing income taxes on those individuals making \$200,000 per year and couples making \$250,000 per year from 35% to 39.6%; and taking capital gains taxes up from 15% to 20%...or higher; plus a myriad of other tax increases to individuals and businesses. This will leave us \$43 Trillion in debt by 2022, again assuming interest rates stay the same. Can you imagine what either scenario would be if inflation of 10% hits us...or hyperinflation of 20% or more? The "fat lady" will have sung.

Below are the things that will work. They must be implemented immediately. They can be implemented within 60 days...and no, I am not crazy. Do you remember how quickly America united following the bombing of Pearl Harbor as we entered World War II? We haven't seen this kind of patriotism and unified effort since. While nothing can equal the tragedy of such a terrible loss of life; we need that same spirit in each of our bellies for this fiscal tragedy now. We are Americans. We still have the ability to do this. It is as much a part of our souls as our love for our grandparents, parents and children, and our love for the great country in which we live. Our very way of life is at risk...and that of our loved ones. We need it now... and with the right strategies, solutions and rallying cry...we can do it. Here are the things we need to *vociferously* profess and support:

We must have more revenue. Increasing taxes on the wealthiest will not do it. The only way to get it is with an immediate, general tax reform.

Our present tax system is broken. Even if the most wealthy Americans would have their taxes increased by 25%...and NO ONE is advocating this...it would not bring in enough revenue to cover what we are spending. We would continue to run Trillion dollar deficits, thereby running up the national debt even further. We have to change the basis of our tax system. We do that by abolishing every federal tax we have in place...personal income tax, corporate income tax, capital gains tax, Medicare and Social

Security taxes for both the individual and the company, estate tax, gift tax and excise tax. We replace these taxes with a FairTax of 23% on every new, personally-consumed product and service in the United States, with no exemptions of any kind. This FairTax would be collected at the point of sale by the seller of the product or service. One fourth of one percent would be retained by the seller, then the seller would immediately send the balance on to the state. The state would retain one fourth of one percent and immediately send the balance on to the Federal Government. There would be no FairTax on business-to-business transactions of products or services. There would be no FairTax on used products.

Each head of household (individual/family), regardless of income, would receive a monthly pre-bate payment to pay the FairTax equal to poverty-level expenditures to enable the necessities of life (food, medicine, clothing, etc.) This monthly, pre-bate payment is based upon family size only. It is not based upon income. There is no "means" testing for this pre-bate payment. Every American citizen qualifies for it.

Imagine, each of us paying no more Federal Taxes for anything. Imagine your take home check being gross wages, or nearly gross wages, if there was no Federal Withholding, no Social Security, no Medicare, and no Federal Tax deductions of any kind. Imagine businesses putting all of their capital into the purchase of new equipment, locations and employees, instead of peeling off a huge chunk for all of the Federal Taxes. How fast would our economy (gross domestic product-GDP) grow? How many jobs would be created? You know how some of us pay estimated quarterly Federal Taxes? We would not do this any longer. How many tens of millions of dollars have been spent on the debates and politics over the past 3½ years, of all of these different federal taxes, that would be moot if this FairTax was enacted? Extension of the Bush Tax cuts...moot; estate tax...moot; Social Security reform...moot; Medicare reform...moot; increasing taxes on the rich...moot; increasing taxes on business...moot; Capital Gains tax...moot; and so much more...all moot. Take away all of these and ask yourself, "What would we have gotten accomplished if our elected representatives had not spent all of the time and money on these things that they did?"

Would the FairTax generate the
See Joe...Page 27

revenue we need?

Yes. To begin with, it would bring in \$800 Billion more than what we're bringing in today. In 2012 total revenue from all sources will be \$2.2 Trillion. Our GDP is approximately \$16 Trillion. 81% of our GDP is personal consumption, which equates to \$13 Trillion, on which the FairTax would be assessed. 22.85% of this (which is the percentage after the seller of the product/service and the state take their one fourth of one percent) comes to \$3 Trillion. That works out to be \$800 Billion more than what we take in now! But revenue would significantly increase thereafter! Why? Because there would be no payroll taxes (Medicare and Social Security) for business, no corporate income tax, no Federal excise taxes and no other Federal taxes. Business in America would boom. Businesses from around the world would stand in line to do business here. We wouldn't have to worry about our balance of trade. Exports would far exceed imports. We wouldn't have enough people for the jobs it would create. Instead of our GDP growing at the anaemic levels it has of an annual rate of less than 2%, try plugging in a FairTax of 22.85% on 81% of our GDP with a 3% growth rate, 4% growth rate, or even a 5% or more growth rate. A 5% increase in GDP of \$16 Trillion would bring in more than \$3.2 Trillion in revenue immediately. A sustained 5% growth rate in GDP would bring in more than \$5 Trillion...annually. This would be real revenue...and the HOTTEST and most VIBRANT economy we have ever seen in the history of this country.

Why would we want to help business?

For not only the reasons that are listed above, but as business thrives, more and more people would make more and more money...owners and employees alike. The more money they would make, the more they would spend. The more they would spend, the more FairTax revenue. People who make the most in business, like owners and upper management, would pay a 23% FairTax on every new product/service they buy, with no exemptions. There would be no more "biggies" that escape paying taxes. This is the progressive tax we have all looked for. People who make more spend more and would pay more in FairTax. People who make less spend less and would pay less in FairTax.

But since most people, including the very poor, do not pay any

income taxes now, how would they be able to afford an additional 23% consumption tax?

First, to those employed, no one would have any more Federal Tax deductions on their pay check. They would receive gross pay instead of net pay after these deductions. If the current, take-home, household income of a family of four is \$50,000, this alone would put nearly \$10,000 back into their hands (enough to pay the FairTax on more than \$43,000 worth of new products and services purchased during the year), which is almost all of what they would have to spend in the first place. Second, there are the monthly pre-bate payments based solely on household size. The Federal Poverty Level Spending for a family of four in a household, for the essentials, is approximately \$22,000. 23% of this is \$5,060. To those who are on a lower amount of take-home, household income...say for instance the \$22,000, their monthly pre-bate payment will pay the 23% FairTax on all of the new products and services they purchase in a year. With the monthly pre-bate payment and no other Federal taxes like Medicare and Social Security, this would be "expenditure neutral" for all lower income households. And remember, no one pays the FairTax on used products they purchase, so it could even be an increase in disposable income for lower income households. This monthly pre-bate payment program would cost the country approximately \$460 Billion per year. I will tell you how it would be paid for in just a bit.

What would we do about cutting spending?

After observing Washington for the past dozen years or more, I am now convinced, a balanced budget amendment will not work. We must go further. You see, a balanced budget amendment will never get us out of the problems we're in, as it would limit spending to what we take in, and at best...Washington would spend all we take in. With all of the revenue this FairTax would bring in, we cannot spend it all. We must have a surplus to pay down the debt and regain the confidence of our foreign creditors as well as those Americans who hold US Debt. We would therefore have a "Spending Cap Amendment," of 17% of the GDP. As this FairTax would begin to blossom, we would be able to spend more, because 17% of a bigger number is a bigger number to spend, but we would hold to the 17% cap of GDP. This one move would restore our global credit rating over night; put

lobbyists to work doing something to affect our GDP instead of what they are doing; wipe out the deficit; build a surplus to shore up our entitlement programs; and pay down the national debt in an accelerated fashion from this point forward.

With no more federal taxes, what will happen to all of the tax attorneys, CPAs and IRS agents that will no longer be needed for what they were doing, or primarily doing?

Some of them are going to have to find something else to do, or something else to do in addition to what they do. This is taken care of too. Every existing tax attorney, CPA, Income Tax Preparer and IRS agent, who opts-in during a limited and defined registration period, would be given full access to all of the information on every dime that is being spent and planned to be spent by the Federal Government. Each of these could apply their unique talents and skills to stopping waste, fraud and abuse. It has been estimated by those on the right, left and in the middle, including our President, that 20% of what we spend goes to waste, fraud and abuse. This is in excess of \$700 Billion per year. If there are 100,000 tax attorneys, 50,000 CPA and Income Tax Preparers, and 100,000 IRS agents that opt in (and that would include all of them there are opting in); and we would give them each 25% of what they are able to save for the waste, fraud and abuse we no longer have to pay, each would easily earn more than \$500,000 per year. This should provide each of them with a pretty good living while directly contributing to our country's bottom line with the 75% we don't pay out to them as savings (reclaimed). Can't you just see those people and entities that these folks go after for this waste, fraud and abuse? Once the abusers see them coming...they would hold up their handkerchiefs in surrender and say, "I'm sorry. I will give it all back." They might be able to reclaim all of the \$700 Billion. These folks would only be added to the unemployed if they do not have the skills and talents we and they thought they did, or if they do not want to work. This reclamation, plus the immediate increase in revenue from the FairTax of \$800 Billion, plus all of the savings of what experts say it costs to collect, manage and enforce our current tax system of \$462 Billion per year, would pay the \$460 Billion for the monthly pre-bate payment to every household in America described earlier, plus our entire national defense budget, and all of the interest on our national debt. Keep in mind this is

at the *onset...before* we experience the dynamic growth in our GDP and the *increased* revenue that will occur because of it.

By the way, isn't it a shame that we spend \$462 Billion a year to manage, collect and enforce our taxes on our current system, and have absolutely nothing to show for it to ourselves and the rest of the world? Do you know that the 22nd largest economy in the world is Sweden, and their entire GDP is \$457 Billion! We waste more on managing, collecting and enforcing our taxes than Sweden produces.

What other problems would or could be solved with these in place, and what other stances would we take domestically and globally?

Illegal Immigration - No one in their right mind, with a thimble full of compassion, would send 14 million illegal immigrants back to the country from which they came. Yes, it wasn't right that they came here in violation of the way they were supposed to come here; but who committed the bigger sin? If a child isn't supposed to push a chair over to the cookie jar, climb up and get a cookie, and one time Mom dusts the child's britches when she sees the child do this, and the next time, when on the phone, she shakes her finger at the child...mouthing "No"...the child is confused. How is the child supposed to react? The messaging was inconsistent. Both the government and the companies that employed the illegal immigrants were wrong for not enforcing the laws on the books and failing to comply with them. What were the illegal immigrants supposed to do? The messaging was inconsistent. The child is confused. The illegal immigrants are confused. They are already here. We would get them an ID card and let them stay and work. Their ID number would put them in the back of the line with all of those waiting to become citizens, but they would continue to stay here and work until their number came up. There would be plenty of work to go around. This country is going to be great again. They would know that if they violate the law, they would be sent back to where they came from and never be allowed back. This would work for most of those contemplating such a violation. The rest are all good people to begin with. We would enforce the border so no more would come in without doing it the way our laws on the books state they have to do it, but we would take care of those already here. In regards to social benefits for them, we would let this new tax reform work and we

See Joe...Page 28

would be able to afford it. We wouldn't have to worry about it. After all, if there are 14 million illegal immigrants here now, that's only a 4% increase in our population. What would we do with a 4% increase if it came from within our borders over a 10 year period, which is what has occurred with the illegal immigrants over the last 10 years? Would we tell them there is no room or benefits for them? Would we load them up and ship them to the Outback Area of Australia or some other country that would take them? Most all of these people who came here illegally are good people. God made them just like He made you and me. We need them. They did what anyone would do in their situation. They looked for something better than what they had. No one stopped them. They have put roots down here. They have families now. We would put them to work and let them provide for their families, while being placed on a pathway to citizenship.

National Defense - We would adopt and adapt a national defense policy that would work in synch with our credo, God and our resources:

1. We believe in peace through strength. Don't mess with us and any of our allies...including Israel. If you mess with them you mess with us.

2. Respect our citizens that reside in your country, and those of other countries. Consider us like the reformed "bully" on the playground. While we could whip any one of the "kids," we have chosen for now not to do so. But if someone messes with one of them, we will do whatever it takes so it will never happen again.

3. We're not into nation building. This is where our involvement in the business of those we assist...ends. We would make things so you could rebuild your own nation.

Foreign Aid - We would recognize what countries can do and cannot do in their own countries. We wouldn't ask them to do something they cannot do. But we would expect them to do everything they can do. We would be there to assist, but don't jack with us. Take care of business and we would be there for you. We would only provide aid to countries who always have the best interests of the USA in mind. Play both sides of the table and you can "color us gone"...immediately. We would take the aid we were giving you and use it to pay down our national debt...and we would send you a big "thank you" along with our "good-

bye."

Energy - We stand for energy independence. Far too many decisions of our blood and treasure have been made over the past 50 years based upon getting our energy from somewhere other than our own resources. If we have shoddy practices in place while going after this energy, kick those companies to the curb and get on with being energy independent for those that know how to do it right. We wouldn't let someone "without manners sit at our table at 4 H Camp." We wouldn't let someone work in the energy business who is messy and has no "manners" either. Abundant and affordable energy will always be a centerpiece of our economy. Get out of the way and let it happen...domestically.

Help The Poor and Disenfranchised and They Would Help Too - We would see a brand new and vibrant economy. There would be plenty of aid for all of those who could not help themselves; but if they are not sick, between the ages of 18 and 65, and could work, even if they are disabled, in order to continue receiving the aid...they would do what they could do or they would not receive the aid. And don't tell me the disabled cannot work. They are some of the best employees...and among the most loyal. I have worked with them and more than a dozen Wichita companies for whom they work for many years. They want to help too. Everyone who isn't sick can do something that the Federal Government is now paying to have done. These include things like relieving a home care aide that is being paid by Medicare or Medicaid; sewing a uniform; stuffing envelopes at home; picking up litter on a highway; assisting in any type of infrastructure work for which they are qualified; sorting mail for the post office; cleaning buildings; washing vehicles; doing laundry; anything the Federal Government pays for now. They pay approximately \$37.50 per hour for this type of work. How do I know? Because the average rate paid by the private sector for these things is \$15 per hour, and the Federal Government, because of all its waste, fraud and abuse, averages paying 250% more for things than what you and I pay. That works out to \$37.50 per hour. Now watch these numbers work. There are 320 Million Americans. 23% are under 18. 13% are over 65. That leaves 205 Million Americans. Of these, approximately 35% receive government assistance from "means-tested" programs like food stamps, housing assistance and

Medicaid, and another 14% are on Social Security Disability (SSDI). That equates to 100 Million Americans. Let's say 5% of these are sick at any given time and cannot work. That leaves 95 Million Americans. If each of these gave only 2 hours per week in these kinds of services, reducing the Federal Government's expenses, it would save \$370 Billion per year. If each gave 4 hours per week, this one move could save us \$740 Billion per year, which would wipe out more than 60% of our deficit! Imagine the strength and camaraderie of our country with everyone who can...giving something to help out...in time, talent or treasure.

Let The Free Market Work - Entrepreneurism and the free market have made happen what we all enjoy in America today. Yes, greed has crept into much of it and this is unacceptable in anyone's book, but the original statement is true. Products and services that survive the test of consumers, that continue to cater to the needs of consumers, that are priced affordably and competitively...will flourish. Those that are not will be tossed aside. That's the way it's been since our country began. This is how it always must be. Health insurance is a big part of this. Obamacare has little to do with health insurance. Rather, it is a massive, 2,300 page, redistribution of wealth program packed full of more regulations than anyone has been able to count. It will cost hundreds of billions of dollars. It will not save anything. The bureaucracy required to run it will make every other program in the country seem like a local chapter of FFA. Obamacare must be repealed...and this time...done properly...without the shoddy way it was put into effect the first time. We would have a solution for health insurance in place that works for every other product and service in every other segment of our society. Disregard state boundaries. Let buyers of health insurance shop for the best plan there is for them in the country, their families and their situations. Eliminate pre-existing conditions, and the dollar and time limits of benefits. If you are an insurance company and in the insurance business, you take them all...both those with "hiccups" in their health and the healthy ones. The principle of insurance works best for all when the risk pool is large. Companies that control their costs and take care of their insureds will prosper. Those who don't will fall by the wayside. Individual and corporate greed is bad...

but no worse than it is for the Federal Government to get in the middle of everything we do. Entrepreneurism and the free enterprise system are good. If you can't agree with this...there is no room for you here. It doesn't matter what you occupy...you will not be changing America into a third world country. Get out. Go occupy a cave in Africa, Indonesia, Finland or Norway, or wherever, and roast the porcupine you caught two days ago over a wood fire for dinner. There's a better world out there for all of us than the one you are trying to espouse. We're going to make it happen...with or without you.

100% Full Support for the Constitution - The Constitution is the way it is and the way it would be...until it is changed. That means each and every sentence...and each and every amendment...is the way it is. It will be respected by all. Laws are made by the Legislative Branch. These laws are interpreted and applied by the Judicial Branch, and executed and enforced by the Executive Branch. If the laws on the books are not going to be enforced, unilaterally for all, they would be abolished or changed...but until this would be done...this is the way it is...end of story.

None of us know what will happen on November 6th, whether President Obama will be re-elected, Governor Romney will be elected, or which party will control the House and the Senate. There are 8 possibilities. But no matter how it ends up...one thing is certain...we cannot have a "do nothing" government again for 4 more years like we have had the last 4 years, or one that spends its time on "worthless rhetoric" and things that will not work. Stand up. Let them know what has to be done. This is America. These people work for us. These are the right things to do.

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

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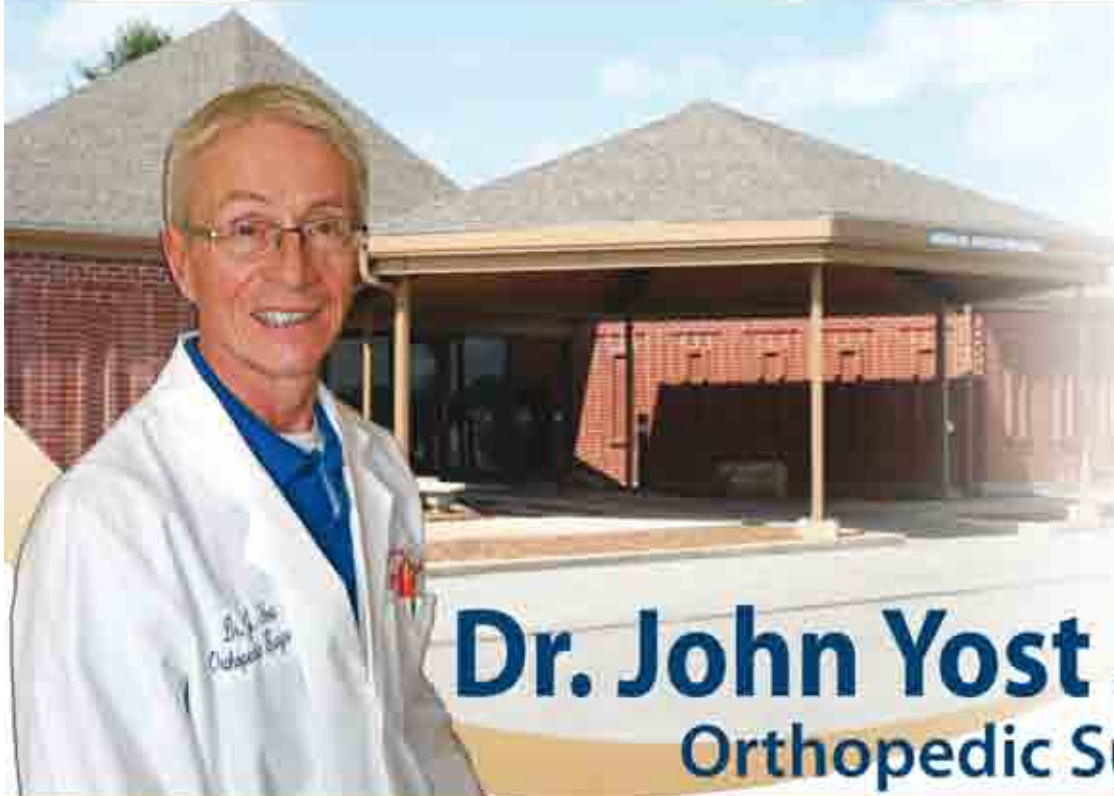


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AUTOMOTIVE

How have computers changed auto repair?

By Jeff Lovell



Q: Knowing that technology simplifies and complicates things at the same time, I was wondering how much computers have changed something like auto

do a certain amount of self-diagnosis when there is a problem. Another advantage is that these technologies can allow technicians to fine tune things like timing and fuel in real time for greater power and efficiency.

Naturally, these technologies require a separate level of knowledge, beyond the specialized knowledge of mechanics. It also takes specialized programs and major equipment. If you have a newer car, you will certainly want to find a specialist skilled and equipped in these new technologies to better assure proper repair.

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.

engine repair. Any thoughts?

A: So true. Technology has simplified and complicated many things and has touched every industry. It certainly has changed auto engine repair. Today, auto repair specialists must be skilled in both mechanics and sophisticated computer programs & analyzers that are now part of their toolbox.

You probably have noticed that solid-state computers have taken over the automotive diagnostic nerve center; running and monitoring everything from engine RPM's to brake systems. We need to update our computers yearly to keep up with the newer cars and new sensors. Computers give us an idea of what area to look for the problem but our mechanics will need to research to find out what's wrong.

There are many advantages to the reliance on technology. One advantage is that with the technology, the car can

ASSISTED LIVING

What is the happiness effect?

By Michelle Gaborie



Q: I just heard someone mention that the "happiness effect" has a lot to do with

in common was that they laughed easily. A happy disposition seems to be one of the cornerstones upon which a long life is built.

healthy aging. Can you tell me what this is and how it works?

A: Laughter, Joy and Happiness. You know that you certainly feel better when you are happy, laughing and full of joy. So, it only makes sense that happiness should exert a positive

effect on health and longevity. And science has confirmed what we intuitively know to be true. Older individuals who report that they are happy are one-third more likely to live out the next five years than their less-happy counterparts. This so-called "happiness effect" was even found to be true among older people suffering from chronic diseases. Moreover, research involving centenarians' shows that one of the qualities they most had



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.

HEALTH & WELLNESS

Explaining palliative care

By Chandra Reed, RN



Q: What is Palliative Care and how does it benefit patients?

A: Palliative Care is a multi-discipline

is comfortable, they are able to remain active and independent, which has a direct positive effect on a person's quality of life. Through Palliative Care we are able to help patients during every stage of an illness, while they are being treated medically.

Q: How does Palliative Care help families who have loved ones suffering from a serious illness?

A: Because of the number of disciplines involved in our program, we often have clinical answers and the emotional assistance a patient and family needs. Serious illnesses can mean difficult medical decisions for a family, and we are there to provide the help and support that is needed. Palliative Care also works to find services that are key to a patient and a family after leaving the hospital.

Q: How important is it to inquire about a Palliative Care program?

A: Palliative Care has been shown to provide the best possible care for serious illness. By relieving pain and addressing symptoms, patients and their families are ultimately happier. It's also important to be informed about the transition between the hospital and other health care settings, and Palliative Care works with patients and families to make that transition easier.

Chandra Reed, RN, has been a cardiac nurse, and also has two years experience in hospice care before coming to Via Christi in 2010. Chandra assists in the development of the Palliative Care program, and is supported by a team that includes Palliative Care physicians, clinical pharmacists, social services, pastoral care, clinical staff and administration. You can contact Via Christi Hospital Palliative Care at 235.7872.

approach that helps a person through the pain, discomfort and stress of a serious illness. While Palliative Care for a patient includes physicians, pharmacists and nurses, it also involves pastoral and social services. Through these areas we help patients with their pain and symptoms to allow them to enjoy a good quality of life for as long as possible.

Q: How does Palliative Care help a patient through a serious illness?

A: One key is to keep patients comfortable by treating symptoms that may include nausea, fatigue, pain, depression and anxiety. Once a person

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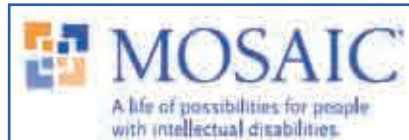
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*Debate/Forensics*FFA* FBLA*FCCLA*FCA* Math league*Scholar Bowl* NHS* KAYS* Student Council*

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



The Mount Carmel Foundation Presents the

Remember Me Tree and *Hero Tree*

Christmas trees will be on display throughout the holidays at Pittsburg's Meadowbrook Mall with decorations hung in memory and honor of loved ones.

Remember Me Tree Contributions:

Bows \$5 Hearts \$25

Doves \$10 Angels \$50

American Flag Heart or Star \$15

(In Honor of Our Military)

The donation must be received by **December 5** in order for the name to be included at the tree lighting ceremony on December 10 at 6 p.m.

Enclosed is \$ _____ for _____ to be placed on the Remember Me Tree
(# / Type of Ornament) Hero Tree

It is to be placed on the tree in memory/ in honor of _____

My Name: _____

My Address: _____

Daytime Phone: _____

E-mail Address: _____

Please make checks payable to the Mount Carmel Foundation.
Return to the Mount Carmel Foundation, PO Box 1173, Pittsburg, KS 66762
Thank you!