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WHAT'S NEW NOW? - SERIES

By *Charlie Traffas*

(for the first article in this series,
refer to December 1st issue, 2012 at www.theqandatimes.com)



Q: What's new now?

A: For the past several years I have shared with you my opinions and those of others on a

myriad of domestic topics...including but not limited to the declining strength of the US Dollar as the world's reserve

currency, the presidential campaign, the economy and critically-needed tax reform. They all share a common denominator...the fiscal soundness of our country. Although it may sound terribly materialistic, I will promise you...the fiscal soundness of our country must be in place before we can ever lead the world diplomatically, politically or militarily. I just don't see many countries paying attention to what countries like Nigeria, Finland, Greece, Italy, Venezuela, Argentina and others, that are in as deep as

trouble as they are, have to say about anything. Maybe you do.

Last month I shared with you a piece written by Jim Garrison, president of State of the World Forum and Wisdom University, on the Huffington Post (certainly not a "right" leaning entity), on March 21st, 2012. Garrison is the author of *America as Empire* and a dozen or more other books on world affairs. This article deals with one of those Executive Orders issued by President Obama that few Americans are aware of. It was issued by him in

See New..Page 18

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AUTOMOTIVE

Will new cars have "black boxes"?

By *Richard Smith*



Q: Is it true that new vehicles will have the same black box recorders as are used in planes? It is interesting but seems a little excessive to me.

A: It is true that the National Highway Traffic Safety Administration ruled that all new light-duty cars

and trucks will require Event Data Recorders. The White House Office of Management Budget concluded its review of the ruling, which is the final step in finalization. However, it is unclear when it will finally take effect.

The Event Data Recorders, not to be confused with voice recorders, record the event data, such as car speed, braking, and other data to help

See Cars...Page 20

EDUCATION School bus efficiency

By *Dr. Glenn Fortmayer*



Q: Why do school districts run empty buses and pick up in town next to a school?

A: Today's finance conditions require superintendents to focus on busing efficiency. Dollars saved are compared to the effect on students. Parents desire for children to be safe. They want children to be able to get to school when they can't take them themselves. They don't want children on a bus for extremely long times or walking distances in adverse weather or along dangerous roads. Parental desires match superintendents.

Many taxpayers want efficiency. Every seat filled, only busing students not within walking distance, and using efficient vehicles. Superintendents attempt to schedule buses accordingly so savings can be used for other student needs.

Buses leave a motor pool or driver's home if closer to the start point, whichever saves fuel, time, and

See School...Page 20



Justin Cawyer

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FROM THE PUBLISHER

January 2013

By Jerod Norris



Welcome to the January 2013 Edition of the SE Kansas Q&A Times Journal.

Myself and everyone here would like to wish you and yours a very safe, happy, and prosperous New Year!

"Thank you" is a term that is often loosely tossed around and used daily...but I want to give a very special THANK

YOU to all who continue to read, contribute, and advertise in this publication. You made 2012 very memorable and we're looking forward to 2013!

Want to try something new for your business marketing efforts in 2013? Contact me personally, I'd love to visit. 620-249-7462 or jnorris@chartmarketing.com.

Be safe out there!

Jerod Norris
Publisher

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SPORTS

Did the Royals make the right choice by trading for Shields?

By Mark Schremmer



Off and on for five years until this past October, I wrote a column on the Kansas City Royals for The Topeka Capital-Journal.

During that time, I was often bombarded by Royals fans who were frustrated by what they viewed as a lack of effort by management and ownership to win games.

Constantly, I fielded complaints from fans who were tired of being told the Royals would be good in a few years when the next crop of prospects arrived.

Following a team that hasn't made the postseason since 1985 and hasn't had a winning record since 2003, Kansas City fans have grown impatient.

Plenty of the criticism has been justified. Owner David Glass gave former general manager Allard Baird little chance of being successful. The resources at the major league level were few. The resources for the minor leagues were next to nothing.

By the time Glass hired Dayton Moore in 2006, the Royals had little of value on the major league roster and even less in terms of prospects.

It has been a long, grueling process Royals fans have had to endure since that time.

"Just wait, things will change once Alex Gordon and Billy Butler get here." The losing continued.

"Just wait, the Royals will win once Mike Moustakas and Eric Hosmer reach the big leagues." The losses kept piling up.

As should be expected, many Royals fans were tired of waiting.

For better or worse on Dec. 9, the days of waiting for prospects ended. The Royals traded minor league player of the year Wil Myers, top pitching prospect Jake Odorizzi, former top pitching prospect Mike Montgomery and third base prospect Patrick Leonard to the Tampa Bay Rays for starting pitchers James Shields and Wade Davis.

There has been much debate since this trade was made.

However, there is one thing that shouldn't be debated. For all of those fans who have criticized the organization for not doing enough to build a winner, at the very least

they should respect the Royals for making that commitment. The Royals will never be the Yankees. They will never be able to have a payroll that competes with the top 5 or 10 percent of the teams in the league. But this season, the Royals are dedicating all the resources (a payroll of about \$80 million) that should be reasonably expected.

The Royals aren't telling fans to wait for Myers, Odorizzi and Montgomery. Instead, they have made the message clear that they are trying to win now.

No matter how they feel about the trade, that message deserves a certain level of respect. However, that doesn't mean you can't respect what the Royals are trying to do and still be critical of the trade. It doesn't have to be black and white. There are plenty of reasons to like the trade, and there are plenty of reasons to be concerned.

Here are five reasons to like the trade:

- The Royals are dedicated to winning. That commitment not only sends a message to the fans, but it also sends a pretty powerful message to current Royals players, such as Butler, Gordon, Hosmer and Moustakas. It is telling the likes of Butler and Gordon that they made the right decision in signing extensions in Kansas City. It is telling Hosmer and Moustakas that it is something they should consider. And there is no doubt the Royals are a better team today than they were at the end of 2012.

- On paper, the Royals starting pitching rotation improved immensely. A year ago, Bruce Chen was Kansas City's opening-day starter. As of mid-December, it appeared Chen could either be the No. 5 starter or not making the rotation. There is no doubt that on paper a rotation of Shields, Jeremy Guthrie, Ervin Santana, Davis and either Chen, Luke Hochevar, Will Smith or Luis Mendoza would be a marked improvement from 2012.

- Shields will be the best opening-day starter the Royals have sent to the mound since Zack Greinke. Psychologically, that means a great deal.

- Right or wrong, it never seemed Royals management viewed Myers as highly as they did Hosmer or Moustakas when they were in the minors.

- If the Royals felt Odorizzi or Montgomery could be star pitchers

in the majors over the next couple of years, they would have never traded them.

Here are five reasons to be concerned about the trade:

- James Shields' numbers could be misleading since his best games came at a pitcher-friendly stadium in Tampa Bay.

- Guthrie, Santana and Davis are upgrades on paper, but they all have major question marks. Guthrie and Santana were each terrible in the first half of 2012, and Davis was a relief pitcher for the Rays last season.

- On paper, the Royals still aren't as good as the AL Central defending champion Detroit Tigers. The Royals' first three starters of Shields, Guthrie and Santana are still no match for Justin Verlander, Max Scherzer and Doug Fister. Plus, the Royals don't have a hitter that is anywhere close to the level of Miguel Cabrera or Prince Fielder.

- While Shields is a significant upgrade for the Royals, the reality is

that he was the second or third best pitcher on a team that didn't make the playoffs last year. Kansas City is counting on him to be the ace.

- Myers could be a bona fide star. If the Royals don't win with Shields and Davis in the next two years and Myers emerges as a consistent All-Star, then the embarrassment from this trade will linger for years.

The next two years will have more impact on the future direction of the organization than any others in recent history. If it works, the Royals could quickly become a model for small market teams, and free agents could begin to look at Kansas City as a destination. If it fails, Moore and manager Ned Yost will be gone, and the rebuilding efforts will begin yet another chapter.

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.

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Sticking to that New Years Resolution!

By Cathy Lloyd



Q: I always make a New Years Resolution and then seem to always quit 2 months later, can you help?

A: The New Year!! Time for the ever so popular 'NEW YEARS RESOLUTIONS'. I love the New Year because of that very reason. I want to see everyone get healthy and feel better and I want to see them succeed. I get excited when I go to the gym and it's packed two days after the first of January. But when March hits, it's back to the same routine for so many. Why is that? Most people will tell me they felt so much better and saw the doctor less. Then why stop? What can make our New Years Resolutions become a way of life instead of a two month attempt? Your chances of sticking to a New Year's resolution is better than you think. Making a resolution to lose weight makes you 10 times more likely to succeed than those who don't make resolutions.

Most people want to be healthier but are afraid of change or failure. Allow yourself to be better or you'll just stay where you are. You will make mistakes. Be strong enough to get back up and start again. Most of the time you cannot do this alone and that's okay. It's okay to need help and motivation. You'll need someone to say, "Good job!" or that you're sabotaging yourself. Someone to be honest with you, yet helpful.

Here are some tips on ways to make sure you don't give up on your resolution:

1. GOALS:-Making only one or two specific resolutions improves your chances of sticking to your goals. Tell family and friends about your goals and enlist their support. Write down your resolutions, breaking them down into smaller goals. Celebrate your achievements.

2. Don't quit – We are so impatient. We want results instantly. It didn't take you two weeks to gain the weight. It won't take you two weeks to lose it. You have to be patient and persist. You are stronger than you

think, so push through that little voice that is telling you that you did enough. Add 5 more minutes to the 'enough'.

3. Get help –Find a group of people that are doing the same thing as you are. People need that to succeed and it's okay. Sometimes that is all it takes to help someone to keep trying. Weight loss can be a very emotional thing. Support is necessary.

4. Get healthy in your eating habits- 66% of Americans have no basic knowledge of how to eat healthy. Again, if you have questions regarding this, seek help. The answer isn't to stop eating. That will mess you up more. Ask and learn. Include specific language in your resolution to help you focus on eating a balanced diet and increasing physical activity.

5. Don't be perfect –Perfectionism equals falling, tumbling, and ending up in a different zip code. It's okay to eat something not so good for you every now and again. However, you need to eat healthy, good foods most of the time. Then it's okay to have ice cream or pizza once or twice a month. Don't let perfectionism kill your resolution.

6. Reward yourself but not just with food- This is difficult because many grow up in situations where food has been used as reward or comfort. You don't want to go to ice cream because you just lost 15 lbs. It enforces habits that got you overweight in the first place. Buy yourself some new clothes that cements the fact you have done well and reminds you of your success. Food helps us live and feeds our bodies to do so. We shouldn't live to eat. We need to eat to live.

More than 172,000 premature deaths each year are related to obesity, the majority resulting from cardiovascular disease. Sticking to your weight-loss resolutions will have positive effects on your health. A modest loss of 5% of your body weight lowers your chances of stroke and developing coronary heart disease, and improves your cholesterol and blood pressure levels. What better reason to set and stick to that New Year's resolution this year?!

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

LAWN & LANDSCAPE

If you do anything this winter, remove the leaves!

By Justin Cawyer



Q: I have some friends that invest a lot of time on their lawn and come spring, it looks fabulous. They credit the work they put into the yard to

prepare and protect it for winter. What kind of efforts would you suggest?

A: As we briefly touched on last month, if you do only one thing to prepare your yard for winter, rake the leaves. Leaves can smother the grass, turning it to a dirt patch over the winter months. If the winter is unusually warm or overly wet, the leaves can rot and breed bacteria that can damage the lawn and other plants in the area.

We have many deciduous trees here in Southeast Kansas. When the weather changes (as it already has), deciduous trees go through a unique process that can be very beautiful and also very frustrating to say the least. Unlike coniferous trees (which keep

their needles or leaves throughout the cold winter months) deciduous trees actually shed their leaves and enter a dormant state. In other words, the tree stops producing chlorophyll which gives leaves their green coloring. In most cases the leaves then turn



brilliant shades of red, orange or yellow. Eventually they fall from the tree, leaving the branches bare and your yard blanketed in dead, crunchy

leaves.

Because the leaves of a tree are its only source of energy and nutrients, most trees produce hundreds, and in many cases thousands of leaves. Raking all these leaves can take many days of hard labor. Homes with large trees surrounding it may be covered in a blanket of tens of thousands of dead leaves. These leaves all must be removed from lawns before the winter weather sets in. If you are using a traditional rake, you will be knee deep in leaves for hours. Raking leaves into piles is further complicated by the gusts of wind that are associated with our Southeast Kansas weather. Gusts of wind often demolish your recently raked pile and hours of work.

Your lawn can become saturated with moisture in the winter months, considering these leaves aren't removed. This excess moisture can cause rot or fungus growth in your lawn which can completely destroy your crop of grass. Hiring a professional

to remove the leaves on your lawn will require no time or effort on your part, and it can help you to maintain a healthy lawn throughout the winter and into the spring. When in doubt, talk to a professional.

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.

HOME DECORATING

How can I use an odd space effectively?

By Shellie Blevens



Q: I need a home office space, but nearly every inch of our small home is taken up with kids and other uses. I am considering

making my space in one of two spaces, on opposite walls. One space is under the stairs, which at its widest would fit a desk, but not have room for all of my equipment and books. The other is a small alcove, which would fit my desk and supplies but is much more visible from the front door and would make it look cluttered. Do you have any ideas for making this workable?

A: Since the spaces are across from one another, I would use both! You could use graduated sized shelving on wheels that you can pull out to expose your books and supplies and roll in to hide them under the shelf. The sides of the shelving would hide all the clutter and could provide visual interest.

On the opposite wall, I would slip my desk in the small alcove, keeping out only what I absolutely need to use daily. To keep the space feeling like

home and purposeful, I would use an upholstered chair at my desk, an eye catching lamp on the desk, and hang a statement piece on the wall above the desk. You can even use a beautiful ottoman for extra storage for your office essentials! If space permits, a pretty folding room divider could be placed outside this area to block the view of the desk from the front door.

If you need more storage for small essentials, consider adding high corner shelving on both sides of the alcove, alternating something decorative with something functional every few shelves or so. Decorative baskets or containers work great for hiding small items on open shelving.

With a little effort, you can have a beautiful fully functioning office that you can tuck away as needed.

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.

FARM INDUSTRY

How do I get old machinery to start?

By Mike Davied



Q: I've recently become the owner of some property with several pieces of "less than new" machinery, most of

it won't start, where

do I begin?
A: First, do some detective work. Find out if the equipment has been idle due to the previous owners inability to care for it.

Second, find out anything you can about the previous owner's habits concerning equipment, for instance was it maintained properly when in use?

Third: look this equipment over, checking for appearance of moving parts (tires, tracks, bearings, etc.), oil and other fluid appearance, does it look good, or bad, are there leaks or fluid on the ground?

Fourth: check over condition of batteries for charge, etc.

All these items hinge on your personal mechanical ability. DO NOT do anything you are not trained in doing as there are physical hazards present to all machinery, both operating and repairing. If in doubt call in some help, most of us are just a phone call away. Thank's for an opportunity to help.



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

HEALTH & WELLNESS

Losing sense of smell

By Michelle Gaborie



Q: My Mom tells me she is not able to smell things like she used to. Is

this common and are there treatments?

A: While nearly all of us experience the aggravation and loss of enjoyment that occurs when we lose our sense of smell (and consequently taste) when we have a common head cold, age-related diminished sense of smell is another matter. About one quarter of Americans over the age of 55 and nearly two-thirds of those over the age of 80 have difficulty with smell. The sense of smell naturally declines over time, but there may also be temporary and treatable cases. For instance,

medications such as amphetamines, estrogen, phenothiazines, prolonged



use of nasal decongestants, and some zinc-based products may reduce

smelling ability. Nasal obstructions may also be blamed. Diagnosis is

necessary because smelling ability ensures safety as well as life enjoyment.

P.S. We rely on our sense of smell to guard against eating spoiled foods and increasing awareness of dangerous smoke (and fire).



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.

TECH TALK

Updating a business phone system

By Bill Emmerling



Q: I'm frustrated with my current phone system, what kind of things should I be looking for in a system for my business?

A: Each small business has unique needs in regards to their phone system. How you communicate with your clientele is one of the most important aspects of having a successful business. You should examine your needs in regard to the phone system itself, voice messaging requirements, and ask if you would benefit from industry specific software.

The Phone System

It is important to consider several factors of your environment and make sure the system you purchase will accomplish your goals. For example:

- * Number of physical phone locations?
- * Number of phone lines used?
- * Will you need wireless phones?
- * Do you require Caller ID on your phones?
- * Will you need to connect calls to your office directly to personnel in

the field via cell phone?

* Do you need to integrate a branch office into the same phone system?

* Do you need the ability to access your calls via computer?

* Is a conference call phone needed?

* Do you have limited access doors that would benefit from a door-phone?

Does your system need to accommodate background music or paging?

Voice Messaging

Voice messaging can be very

simple, like an answering machine, or multifaceted with a mail box for each user. You will need to know



- * Number of users?
- * How much recording time is needed?
- * How many calls need to be

recorded at concurrently?

Voice messaging services have become very sophisticated and can include: surveys, taking orders, emailing voice messages and more.

Industry Specific Software

Some industries benefit from phone systems with specialized software. Such industries include: hotel/motel, call centers, and others. Industry specific software can enhance your services to your client and make your staff more efficient.

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

PLUMBING

How do I control tree roots in sewer lines?

By Braden Peak

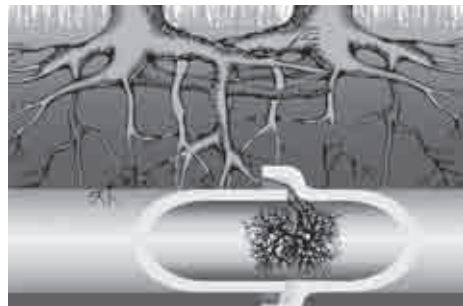


Q: We have to have our sewer lateral cleaned out every so often and it is always a tree root blockage. Is there anything I can add to our sewer line to kill the tree roots?

A: That is a very good question and probably the most asked question in our business. First, let me explain how the tree roots get into the line and that will help you to better understand how to control them. The only way a single strand of a tree root can enter a sewer line is if there is an opening in the line. In other words, the line is not completely sealed to the soil around it. This opening can be minuscule yet still allow a large tree root mass to grow inside. Once inside the pipe, the tree has hit the jackpot with your waste as it is a fertilizer. The root mass will continue to grow inside the pipe

and eventually can take up enough area in the pipe to cause a blockage. Sewer pipes such as those constructed of clay tile are prone to this problem because each joint of pipe can potentially become an entrance for tree root intrusion.

In most cases the root mass enters into the pipe through the top portion and sides of the joint or opening in the sewer line and then drape downward into the line. The water flow in sewer



lines obviously follows the bottom of the pipe. In essence think of the tree root mass as a curtain. The lower the curtain the more chance you have for

a blockage to occur. Root masses also take the shape and look of a horse tail. They drape into the sewer and blossom out as they travel downward with the flow of the pipe. Once the tail gets big enough a blockage can occur.

Controlling roots can be difficult, especially if the majority of the pipe has root intrusion. In some cases it is best to replace the line. On the other hand if most of the pipe is good but suffers from a root blockage on occasion there are some additives that can be introduced to the system to help control them. A foaming additive made specifically for sewer lines is the best treatment that can be purchased because the roots generally grow in from the top and sides of the pipe. The foam helps to cover the entire pipe and video evidence supports its effectiveness. Rock salt flushed down a toilet or poured into a cleanout is a way to help control roots; however, keep in mind that the root mass must first be in the flow line. Otherwise the

chances of the mass being attacked are very small. The same holds true for store bought sewer line root kill products. The active ingredient in these products is normally copper sulfate. Regardless of what method you use it is best to not run any water for several hours so as to not flush out the treatment. Also, keep in mind that these types of treatments may not cure the root intrusion problem. If you have any questions, it is best to consult a professional to help keep your line clear of tree roots. 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.

HEALTH & WELLNESS

What is intuitive healing?

By Stewart N. Johnson



Q: What's the confusion on what Intuitive Healing is?

A: To be more specific, a Holistic Health Practitioner, covers a wide range of modalities that include massage

therapist, acupressure, Craino-sacral, neuromuscular, trigger point, reflexology, breathing exercises, energy, chakras, meridians, sports stretching, and polarity therapy with another person.

A Holistic Health Practitioner uses the entire body to heal itself, through a procedure done in a specific way. It can unlock your chakras or realign your energy meridians. All of this is designed to boost your immune system and level off your energy levels. The overall care needs to include the physical, mental, emotional and spiritual. Then there's the connection to the mind-body & spirit and how they are affected.

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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.

AROUND THE COMMUNITY

What are the most earth and community friendly gift ideas?

By Hillary Houston



Q: I want to shift my buying habits and support buying American, buying locally, and choosing green options whenever

possible. I think this is a very important philosophy that we have gotten away from, to our detriment. Can you give me some ideas of where to start locally for gifts and goods that match these qualifications?

A: Good for you! Supporting the community is so important, and I love to see the shift to a more community centric society. I am sure there are many ways we can support local businesses, first by shopping locally.

While it is hard to find completely American made products, it is still possible to buy and



support your three points. It might take a little more research at first, but once you know where to find what you need, it is easy to develop a new pattern of consumerism.

First, I would try to confine my shopping to one geographic area as much as possible. I realize we are a bit spread out, but it can be done. Then I would consider finding vendors selling local goods. This supports both the local economy and the environment.

Another thing I would strongly recommend is buying reclaimed and remade items. This supports local artisans as well as a green philosophy.

For example, the consumers at EOC take salvaged furniture, fix it, paint and restore it, giving it a beautiful second life. The items are then sold, providing the workers with

training and an income which they then enjoy spending on other local businesses. The goods make wonderful gifts and provide years of use.

Changing our buying habits is not easy, but when you see the positive effect it has on our community it makes any effort more than worthwhile. Thank you for thinking of community.

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.

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RELIGION

The fall of the angels

By Pastor Bill Emmerling



Q: What do we know about the fall of the angels prior to the beginning of man?

Where in the Bible does it tell us about this?

A: While the scriptures provide much information about Satan and angels, the information we are given about their creation and fall is rather limited. It appears that God has limited that information knowing our tendency to be fixated on such things, even to the point of worshipping created beings rather than the Creator Himself. (Romans 1:18-23)

What we do know about the fall of angels is found primarily in the following passages. Let us examine these briefly.

"And he [Jesus] said to them, 'I saw Satan fall like lightning from heaven.'" (Luke 10:18 ESV)

Here we have a very brief, definitive

statement by Jesus. However, we need to look at the context surrounding it. Yes, Satan fell from God's grace and his place in the created order; however this isn't the real point Jesus is trying to make with the disciples. Seventy-two disciples just returned and shared the excitement of having demons obey them, and this was PART of his response. He continues and drives home the real point: "Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven." (Luke 10:20 ESV, emphasis added). He is deliberately pointing to what is truly important, their relationship with God the Father, not their authority over demons.

1 Timothy 3:6 tells us the devil was condemned for the sin of pride. Jude 6 tells us of rebellion and punishment. Revelation 12 speaks about angels who have left their position, been swept out of heaven, following the dragon, Satan. However few details about the how and why are given.

Some indirect indication is given in the message to human kings of Babylon and Tyre in Isaiah 14:12-15; Ezekiel 28:11-19 respectively.

Ultimately, we need to turn our attention back to God and His Majesty. Angels and demons are created beings. Being created they are finite and continue to be subject to him, even should they rebel. They are not to be feared or worshiped, but as demons are our enemy. We need the knowledge God provides in his word about him: to understand the origin of evil, to see that evil (even angelic evil) is punished by God, to know that Satan is the enemy.

As believers in Jesus Christ, he has no authority over us. In fact we need to take to heart the message in 1 Peter 5:8-10 (ESV) to be firm in the faith and resist the devil knowing "...And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you."

If we truly understand God's majesty, His Holiness, His Mercy and Grace for sinners who need salvation, we will have little desire to pursue an interest in Satan.

In all things seek Jesus. Be blessed. Be a blessing.

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

FOOD & BEVERAGE

How can you get outdoor grilling taste while grilling indoors?

By Brian Bulot



Q: I love to grill and would grill outdoors all year long, if it were possible. Knowing this, for Christmas my wife bought me

a high-end indoor countertop grill. Do you have any suggestions on the best ways to come close to achieving that distinctive outdoor flavor?

A: Well, in the world of barbeque, you have hit on a very divisive topic! There are those who feel you can get that wonderfully delicious grill flavor on an indoor grill, and those who are adamant that you cannot. I guess I fall somewhere in the middle. I think that each offers its own unique benefits that cannot be replicated completely. I celebrate the differences and just go on grilling!

Since you are looking to add outdoor flavor, let's talk about some simple techniques for achieving the best results.

First, you will want to start with a grill that has deep grooves or one where the fat and juices drain away



well. One of the pitfalls of most indoor grills is that the liquid stays too close to the meat and ends up steaming the cut rather than grilling it. Just like on

the outdoor grill, you will want to get the grill hot before you place the meat on it.

Next, you will want to use a few tricks to get the smoked flavor. There are a number of ways you can do this. One way is to use smoked bacon. You

can use the grill to cook the bacon and smear the meat with bacon fat before you put it on the grill. Either way it will pick up the smoked flavor.

Another option in getting the smoky flavor is using a smoking gun. Before you grill the meat, place the meat in a lidded pot. Direct smoke into the pot and close the lid. Let the meat sit covered for awhile, and voila!

Spices and flavorings also work well in helping get a smoky flavor. You can try a smoked paprika, smoked sea salt, or even liquid smoke.

Whatever you try, keep in mind that since the tools are different, you will not get the exact same results. However, you can get delicious results, and that is really what matters most. So, enjoy that indoor grill and let me know your results!

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

How can I set appropriate goals?

By Stephanie Webb



Q: I have a teen with some developmental delays and we struggle accomplishing things from daily hygiene to school.

I want to use the new year as a turning point for us. Can you tell me some techniques for setting reachable goals, motivating, and knowing when we have set goals too high or low?

A: Let me begin by saying that each child is different and will respond differently to different methods. I do have some suggestions for you though. Each goal should be individualized based on the child's needs as well as their comprehension level. It is imperative that the child be involved in selecting the goals. This will give them a sense of ownership. The goals can be broken down into attainable steps. For example if the child needs to work on getting ready in the morning, the goal can be broken

down into several parts. The first goal may be for the child to get dressed on their own. After they have mastered that step, you can add another goal such as getting dressed then brushing their teeth. This will ultimately lead to the desired outcome of being able to get ready in the morning. Once a goal is met, you can move to a new goal. If the child begins having difficulties with previous goals they've mastered, you may need to add them again. It is important to remember that each child is on their own timeline and some tasks may take longer to accomplish. If the task seems to be too difficult, try to break it down into individualized steps, provide encouragement.

A schedule of tasks could also be helpful so the child can check off the tasks when completed, and gain a sense of accomplishment. The morning checklist could consist of eating breakfast, brushing their teeth, combing their hair, getting dressed, putting on their shoes and getting their backpack. This will not only give the



child a reminder of what they need to do in the morning but can be fun for them to mark off.

A rewards chart could also motivate a child to continue working towards goals. When first started, the child could receive their reward if 70% of the time they complete tasks without difficulties. The percentage can continue to be raised until 100% completion is required for the reward. This could be used for various tasks throughout the day, including school performance.

Since you mentioned your teen has struggles in school, it would be beneficial to meet with their teacher(s) and possibly the school Individualized Education Plan (IEP) team to discuss their concerns regarding your child's difficulties. This would not only give

you a better idea of the problems your child is having at school, but would allow you to work as a team to provide consistency. Many schools have individualized plans for each child. If they have a plan they feel is working at school, it could be adjusted and used at home as well. Teachers will often be willing to send home a daily progress report. This report can assist you with the rewards chart by determining if the child has met their daily goal for school. It is important to continue ongoing communication with the school so the child is reassured that the school and you are working as a team to support them in succeeding.

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

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What are the symptoms of a stroke?

By Shanna Taylor



Q: I am giving care to my grandmother for the next three months, just until we can make arrangements to get her into an assisted living facility. I love her and want to help, but have an overwhelming fear that she will have a stroke while under my care as her doctor said one was eminent if she did not stop smoking. Can you tell me the early signs of a stroke?

A: I commend you not only on caring for your grandmother but for caring about her health and wellbeing. Unfortunately, as we age we are not likely to want to give up our old habits easily, which makes giving care very difficult for our loved ones at times.

Stroke is the number one cause of disability among adults and the number three cause of death in the US, striking over 500,000 people every year. One of the biggest problems with stroke is that the symptoms are

so easy to miss or ignore. Catching those symptoms is critical in getting early and effective treatment.

Here are a few simple things you can do to help spot a stroke in the earliest

stages.

- Look at the face. One of the earliest signs might be drooping around the eyes or mouth. Have your grandma stick out her tongue and see

if it goes to one side or the other.

- Arms: Check for weakness and see if she can raise them slowly and evenly.

- Look for speech impairment such as slurring of words or the inability to repeat simple phrases.

If you see any one of these signs, call for help.

It is better to be safe and err on the side of caution. When symptoms are spotted within three hours of onset, emergency personnel have many more options in treatment.

Finally, I want to add that I suspect that many things, including the smoking issue, will improve when your family gets her in place at assisted living. The support of many can do a lot to help guide good health choices. Best wishes.

Shanna Parrish-Taylor is the Operator/Director 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 Gran Villas please call 620-231-4554.



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GIRARD AREA

Girard Area News

The Girard Area Chamber recently held the 2012 Community and Business Recognition Dinner. Over 70 people attended the dinner held at Triple S Steakhouse. Mike Matson from the Kansas Leadership Center presented the Keynote Address. Awards were presented included; 2012 Business of the Year – Triple S Steakhouse; 2012 Volunteers of the

Year – Doug and Marita Lopeman (A Meal in His Name Ministries); 2012 Community Spirit Award – presented in memory of Joanne Davenport to her family.



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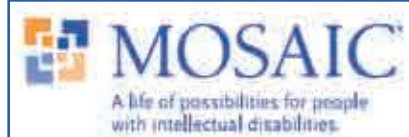
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Experimenting with fondant designs

By Lori Horton



Q: I have been a home baker for a while and am wanting to start experimenting with some fondant designs. Do you have any suggestions on whether I should make my own or buy ready to use?

A: Entry into the world of fondant can be a little scary, but don't let it intimidate you! Fondant can be a really fun addition to your decorating skills if you do it right. My first suggestion as always is take a class if you can. Seeing someone demonstrate those techniques in three dimensions, right in front of you is so different than trying to glean that information from pictures in a book. If that option is not available to you, then I would say start small. Don't tell your niece that you would like to try making her 5 tiered wedding cake with hand made flowers and pieces as your first project. Check out some books or instructional

articles on the subject at wilton.com, they have a lot of information on their site. Next, try out a small cake for an unimportant event or maybe just a treat to take to church or work. Allow yourself lots of time and don't stress if the first couple of tries don't come out exactly how you wanted. Most important is practice, practice, practice!

When it comes down to the make it vs. buy it debate, definitely buy it the first few times you are learning the general technique. Not only will this save you some time, but you will get a good feel for exactly what texture the fondant is supposed to have before you set out on trying to recreate that! After you feel comfortable with handling and using fondant, then try making a batch and see what you think, there are a lot of different recipes and types, so try a couple before you decide. The recipe I'll include here is for a marshmallow based fondant which is very inexpensive to make and fine for practice. However, it is a bit softer than



point if desired. Place solid vegetable shortening in easily accessed bowl so you can reach into it with fingers as you are working. Grease hands and counter GENEROUSLY; turn marshmallow mixture onto counter. Start kneading like you would dough. Continue kneading, adding additional confectioners' sugar and re-greasing hands and counter so the fondant doesn't stick. If the marshmallow fondant is tearing easily, it is too dry; add water (about 1/2 tablespoon at a time) kneading until fondant forms a firm, smooth elastic ball that will stretch without tearing, about 8 minutes.

It's best to allow Marshmallow Fondant to sit, double-wrapped, overnight. Prepare the fondant for storing by coating with a thin layer of solid vegetable shortening, wrap in plastic wrap and then place in resealable bag. Squeeze out as much air as possible. Marshmallow Fondant will keep well in refrigerator for several weeks.

traditional fondant and can be a little sticky to work with on bigger cakes. After a little practice, I absolutely suggest switching to a traditional style fondant made with glucose and glycerin for elasticity.

- 1 package (16 ounces) white mini marshmallows (use a good quality brand)
- 2-5 tablespoons water
- 2 pounds (about 8 cups) sifted confectioners' sugar
- 1/2 cup solid vegetable shortening

Place marshmallows and 2 tablespoons of water in a microwave-safe bowl. Microwave 30 seconds on high; stir until mixed well. Continue microwaving 30 seconds more; stir again. Continue until melted (about 2 1/2 minutes).

Place 3/4 of the confectioners' sugar on top of the melted marshmallow mixture. Fold sugar into marshmallow mixture. Flavoring can be added at this

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

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What should I expect from speech pathology

By Alisha Young & Jordan Easterwood



Q: If my child is referred to a speech-language pathologist (speech therapist), what would an evaluation entail?

A: There are several different reasons a child or adult may benefit from speech therapy. When a child or adult is experiencing difficulty understanding or using language, correctly producing speech sounds, feeding or swallowing difficulties, voice problems, or demonstrating stuttering characteristics a speech-language pathologist (speech therapist) may be consulted. A speech therapist will perform an evaluation to diagnose the problem and design treatment procedures in an effort to improve functional ability.

Your first step is to acquire orders from your physician for a speech therapy evaluation. Then, select an ASHA-certified speech-language pathologist for early identification and treatment. After the appointment has been set up the therapy office staff will typically mail out information forms for you to complete prior to the evaluation.

The next step is the evaluation. At the start of the evaluation the speech therapist will typically take a few minutes to establish rapport with your child to help him or her to feel comfortable during the evaluation. A case history will be obtained in order to determine various developmental milestones the child has reached thus far. From that it will be determined what kind of evaluation will take place, whether speech, language or feeding difficulties.

Informal play routines designed to encourage interaction with the examiner and elicit language from the child are an important part of the evaluation. A language sample may also be obtained during these interactions. An oral motor examination is also performed during most evaluations to determine if oral structures and function are within normal limits.

For a speech evaluation, the child's development of sounds will be determined and whether or not they

are age appropriate.

A language evaluation might include the assessment of a child's ability to understand and express language.

Expressive Language is verbal and written expression which may be with the use of words, sentences and writing to convey meaning and message to others. Depending on the child's age the following may be assessed within your child's expressive language:

- * Label objects in the environment
- * Describe actions and events
- * Put words together, use grammar correctly (e.g. "I had a drink" not "me drank")
- * Ability to retell a story
- * Answer questions appropriately
- * Write a short story.

Receptive Language is the comprehension of language and the ability to process language – listening and understanding what is being said. Comprehension of language begins at infancy, a sign of comprehension of speech is a simple smile from your baby. It is never too early to assess the development of your child. Here are a few concepts that may be assessed:

- * Understands spatial concepts (above, beside, between)
- * Understands size and quantity
- * Understands use of objects
- * Identifies familiar objects
- * Understands verbal in context
- * Follows commands
- * Understands pronouns

Feeding and/or swallowing difficulties may occur as early as birth. Adults may also have swallowing difficulties that can lead to serious complications. Various reasons for a feeding assessment with a child may include:

- * reflux with vomiting
- * behavior/aversive reactions to food
- * poor intake of food
- * respiratory symptoms and cough
- * sensory/texture issues
- * oral-motor coordination and difficulties
- * swallowing difficulties
- * choking
- * possible aspiration

How can I tell if a car is a rebuilder?

By Jeff Lovell



Q: With technology and everything else improving so much it seems very easy to fake just about anything these days. Right now, as I am in the market for a good used car, I am wondering if there are any sure ways to spot a rebuilder?

A: Many people these days are buying late-model cars as they provide a great balance of reliability, performance, and value. Since the cars have already taken that initial hit in depreciation, you save a significant amount of money—that is, assuming that all things are what they seem.

Buying used is, most often, a great option. You do however need to be on the look-out for those cars being represented as having a stellar history, when they actually have a sketchy past. Before you buy, look for these signs that a car has taken a hit:

- * Areas of paint overspray
- * Chipping or mismatched paint
- * CAPA(Certified Automotive Parts Association) stickers that indicate collision repair
- * Misaligned fenders
- * Uneven tread wear patterns

- * Mold stains on carpet or upholstery indicating water damage
- * Silt in cracks of trunk indicating flood damage
- * Fresh undercoating on wheel wells, chassis, or engine suggest structural repairs cover-up
- * Inconsistent welds around trunk, hood, or door which are likely to be non-factory welds
- * Frayed safety belts or belts that have melted together indicate a frontal impact above 15mph
- * Dashboard airbag light that does not light up indicates an airbag was either replaced improperly or not at all



- * Electronic problems
- * Crimped, crunched or bent pipes and fuel lines
- * Doors that do not close properly or stick
- * damaged nuts and metal on top of strut tower indicating the frame might have been realigned

While it is easy to fake things so well that on the surface they look legitimate, a deeper look will always tell the tale. If you have questions, always enlist the help of an automotive professional.

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.

Alisha Young is an ASHA certified speech-language pathologist at Via Christi Hospital in Pittsburg. She majored in Communication and Sciences and Disorders at the University of Kansas and then received her masters degree in Speech-Language Pathology from Rockhurst University. She has been a speech-language pathologist for three years in the Pittsburg area. **Jordan Easterwood** is a recent addition to the speech therapy department at Via Christi Hospital in Pittsburg where she works as a certified speech-language pathologist. She graduated from Oklahoma State University where she majored in Communication Sciences and Disorders and obtained both degrees there. Jordan's focus is in pediatrics and swallowing disorders. If you have any questions or concerns please do not hesitate to email at alisha.burkhart@viachristi.org or jordan.easterwood@okstate.edu or you can call Via Christi Therapy Center at 620-232-0178.

New...From Page 1

mid-March of this year (2012). It is called the National Defense Resource Preparedness. I knew about this article and its contents long before the election on November 6th, but it would have been a moot point to bring it up before President Obama was re-elected, as all Executive Orders can be rescinded by a new President. You can read this again by going to www.theqandatimes.com and clicking on Recent Issues, then clicking on December 1, 2012. I ended my article last month by saying...

"There is so much going on that we know so little about. I feel all Executive Orders should be scary, for each is issued by one person, with no approval by Congress, and with no oversight...but I've never known any to be more scary than this one. What is Martial Law? What does it entail? With us being as close as we are to so many things that could make this order become a reality, it might be good to know. That will be my topic for next month."

Before I begin...I received several emails and calls from readers both supporting and attacking my article last month. Some of the ones attacking the article stated that my information was false, that there was in fact no such Executive Order issued by President Obama, and that I was needlessly scaring people. While I have answered each of these charges and accusations directly, let me state for everyone...all Executive Orders are issued by the President. There should be no source more credible than the White House site itself. The Executive Order that I referred to in last month's issue is there...on the official White House site...in its entirety, signed by President Obama. You will find it by going to <http://www.whitehouse.gov/the-press-office/2012/03/16/executive-order-national-defense->

resources-preparedness. As I stated to each of them, I will also state here...I try and check everything that I include in my articles from at least two sources. Such was the case with this Executive Order. I am sure it is hard to believe that such an order exists, but it does, exactly as I have presented.

I am exhausted from all of the hate and divisiveness that has occurred over the past several months. I might be the "least intelligent" one in the room, but I am surprised that now... weeks after the election...this is worse than ever. Is this really what politicians think Americans want...or what we will stand for? For how much longer? It literally makes me sick to my stomach when I have to listen to even one "jab" or "slam" from one side against the other...but now it's an everyday occurrence, if not multiple times each day. I am providing the information below to you...not out of hate...not out of vitriol...not out of any desire to get a "pound of flesh" of any kind...but rather, for the sole purpose of informing you. Maybe you have a place to get this kind of information... maybe you do not. I have had hundreds of readers write, call, email or tell me in person they do not and they appreciate receiving it here in this publication. If this article serves no other purpose than to make you aware of things, it will be successful. Then, were I to be you, I would go check things for yourself, with sources you trust as much or more than mine.

Below are the worst things that can happen under Martial Law. I have taken this information from several places. If you look to the Internet, you will have no problem finding what I found using Google search, as most all articles on Martial Law refer to the same passages. Some of these passages are attributed to and based upon some of the writings by Giordano Bruno, a 16th century Italian philosopher. Others are based upon what authors

and pundits like Paul Krugman of the New York Times and others like him have written and researched. Each event below *does not have to happen*. Each does not have to happen to the degree described. But each event *can* happen.

The U.S. Federal Government under both the Bush and Obama administration has made it perfectly clear that in the event of almost any major disaster scenario, including economic and environmental, they see the institution of Martial Law as not only viable, but inexorable. That's not my word. That is their word. Inexorable means "not able to be moved by persuasion," or "relentless." From legislative actions like the Patriot Act and the Enemy Belligerents Act to continuity of government programs such as Rex 84 (formerly classified) and Presidential Directive PDD 51 (currently classified, even from Congress), all the precedents have been put into place to allow the Executive Branch to implement military oversight of civilian affairs, dissolution of Constitutional liberties, even the end of Miranda Rights and the right to a speedy impartial trial as protected under the Sixth Amendment. In some cases, government legislation allows for the rendition and torture of American citizens as combatants, all for the greater good, of course.

Some in this country dismiss such bills and directives as abstract novelties that don't constitute any real threat to our freedoms or to our daily life. You may too. People have a tendency to assume that the atmosphere in which we live today will remain the same tomorrow and always. Many of us never consider that dramatic, even violent change in American domestic policy, is possible on a moment's notice. The same can happen on the global front. More than a year ago, I wrote articles over several issues about the possible fall of the US Dollar and it losing its status as the world's reserve currency and what could happen if it did. An event such as this, or a "currency war" (where many countries, simultaneously faced with mounting debt and terrible economies, devalue their currency to prop up their exports, to make them more attractive on the global market); or an improperly-thought-out policy, issued by the administration, dealing with the terrible tragedy in Connecticut; could trigger the full or partial effects of this Executive Order...overnight. The continuity legislation now in place shows that our government, under the direction of corporate globalists,

is not only prepared to implement a military lockdown of this country, they fully anticipate that such an event will occur in the future.

This month I will talk about how Martial Law will most probably be presented to the citizens of the U.S., how it would likely evolve and progress, and what the ultimate end result will be. We will then talk about the two biggest problems we face in this country...and what if anything... can be done to solve them.

Bruno's philosophies state, "In the days to come, it will be good to know, tyranny does not always burst through your front door wearing body armor and brandishing an assault rifle. Sometimes, it waltzes through your living room and sweeps you off your feet. Sometimes it wears a glad mask that promises warmth and safety. Sometimes, tyranny invites you out to the 'party' and makes you feel like you belong. Never leave your 'drink' unattended around tyranny. Regardless of how apathetic the public may seem at any given moment, the majority of them at their core hate false authority backed by thuggish jackboot mentality when directly faced with it, and will not capitulate to despotism easily. That is just the way we are. Revolution is in our blood (though now slightly diluted), and it is an undeniable aspect of our national psyche."

Widespread and immediate military control of U.S. streets would be met with a fury the world has never seen. If Martial Law were ever to be achieved by the Federal Government, it would have to be presented to Americans gradually, as absolutely reasonable and necessary to their personal well being not to mention that of their families. Globalists would have to twist the reality of Martial Law into a tapestry of fuzzy logic and two dimensional rationalizations, making the action appear almost mathematically evident. They would also need a crisis on a scale nearly beyond belief. The U.S. is on the verge of many such crises. The economic health of this country is blatantly unstable, and even some mainstream analysts who called us all "fear mongers" as late as a few months ago are now reluctantly admitting that some form of collapse is probable. The financial life of America hangs by the thinnest of threads, and any moderate disaster at this stage will most definitely send it spiraling out of control.

Am I trying to scare you or anyone else? No. Not at all. What incentive would I have? You might say, "To sell

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

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papers." You would be wrong. I give them away. Actually, hot topics cost me more money than do "less than hot" ones, because of all the extra papers I print that I give away to those who call for extra copies. You say, "To hurt President Obama." You would be wrong again. He is now my President and he will be for the next four years. Some say by the time we get to the end of his second term, he will have found a way to run for a third term. I don't know about this. I hope this is not true because that is not the way it is supposed to be unless our Constitution is changed, but this is not what this article is about. I will say however... without any hate whatsoever...that many times I feel his actions are akin to a lab experiment. I can say this... okay? The last I checked, we still have the freedom of speech. You see, few of us would ever object to anything as

long as the results are contained in a lab, for as long as they are confined they can be discussed, modified and/or changed before the "real deal" is released to the public and can cause any damage. Among the biggest problems we have today is that his "lab" is the real world. With no testing, or with results of testing that have

not been successful in the past, he puts his same actions and theories out into the real world. This is most unfortunate, especially when it is accompanied by an arrogance unlike any other President we have had in the history of our country. He has already issued the Executive Order of National Defense Resource Preparedness. It is in force until it is rescinded by another President. Isn't that something? It is the way it is going to be until another President rescinds it. There was no action by Congress. There is no oversight. It is the law...for now. However, I am not going to let my right arm get upset at my left arm and injure it. Take it to the bank...anything that hurts President Obama hurts our country. We all need him to lead now more than ever. I love our country. We all love our country. But just as you would need to be told about the possibility of the dam breaking when you live below it in the valley...and the possible ramifications if it does... you need to know about this Executive

Order and what Martial Law can bring. Remember, not each of these *has* to happen, or happen to the *degree* described. But each *can* happen... and *it is up to only one person, or a handful of people, to solely determine the cause to trigger this order.*

1. Detention without charges. Expect precautionary arrests, pre-crime prosecution, warrantless no-knock home invasions and mass relocations. Should anybody believe mass relocations is a stretch, recall the forced removal of Japanese Americans from the western coastal states to inland camps. Recall Civil Defense in World War II and the Cold War was about more than blackouts and bomb shelters, it was authorized to relocate populations of whole regions should the order be given. Also expect Bills of Attainder, i.e., laws which designate criminal demographics rather than criminal activities, meaning criminalization of those parts of the



citizenry they identify with dissent or opposition.

2. Confiscation of property. This includes wealth in any form: bank accounts, stock portfolios, bonds, retirement funds including 401ks, croplands, the family car, real estate... especially if adjacent to federal facilities or major bridges or power transmission nodes or international borders, or maybe if it even has a nice view some Diversity Director really likes, etc. Expect industries or entire sectors of the economy to be nationalized, railroads and power plants for example. Expect private or commercial stocks of rare earths, precious metals, fuels and such to be seized as "strategic materials." Recall confiscation of privately held (i.e., "hoarded") gold in the 1930s using the Trading With The Enemy Act of 1917.

3. Restricted travel. Expect a standard universal identification system, curfews, travel permits amounting to internal passports, no-

travel lists, security checkpoints and a priority system for users of each mode of travel. Expect "refugees" and "domestic terrorists" being transported to "resettlement centers" to have a high priority. Parts of the interstate highway may be intermittently or permanently closed to civilians. Automobiles built before GPS devices and other self-reporting black boxes may command a premium. Expect indirect travel restrictions. Recall new automobile tires weren't merely rationed in the US during World War II, they were unavailable, although freely sold to anybody in Canada and Mexico, and "anybody" included border state residents and black marketeers.

4. Restricted communications. Expect disinformation, anti-rumor campaigns, on-site advisors for editors and news broadcasters, and protective custody for dissident commentators. Internet access will be throttled back and conditional as will be alternative forms of communications, amateur short wave radio for instance. Some opposition sites will be covertly run by the regime as "honey pot" sting operations. Wikileaks is a likely template. During World War II it was illegal to photograph rail and seaport facilities or the like. Expect photography in formerly public areas to be presumed evidence of domestic terrorism, especially of official interactions with civilians, as will be possession or circulating such photos or videos.

5. Weapons confiscation. Expect revocation of licenses and permits, an expanded list of proscribed weapons, muzzle loaders, bows, knives, even sporting slingshots. Expect the usual confiscation tactics: amnesty collection drives, tracing ownership through registrations and vendor records of accessories purchases, incentives to inform authorities of weapons possession or ammunition trading and the like. Many "doomers" with buried weapons will be unpleasantly surprised at how public their stash really is. Zero tolerance in the schools foretells the spirit of Martial Law toward weapons. Zero tolerance originated in occupied Europe where, say, merely handling the rusted remains of a gun found among the rubble meant on-the-spot execution.

6. Centralized allocation of commodities and goods. Expect rationing of all goods, including food, clothing, fuel, water, and electricity. Expect the rationing system to be complex, ever-changing, incentivized and corrupt. Favored persons, activities and businesses will be

generously supplied "in the interest of the greater good." Anti-hoarding laws, already in place, will ensure a general improvidence and dependency. They allow citizens to stock provisions for about the same time period as the DHS recommends for emergencies, seven to ten days. Coincidence?

7. Citizen surveillance. Expect the "See something, Say something" campaign to become a fully developed citizen surveillance system along the lines of Cuba's Rapid Action Brigades with "guidance" on reportable instances using "public service" announcements. The IRS's "whistle blower" program may be a template for structured rewards. Participation in the black market (formerly, free market) is likely to be high on the list, including barter or transactions involving precious metals, even for otherwise legal goods or services. Expect abuse of the citizen surveillance system for personal advantage, extortion or revenge.

8. Price, wage and currency controls. Expect prices and wages to be capped and money transfers to be restricted and closely monitored. Currency is all but untraceable, look for replacement by small denomination scrip and auditable instruments similar to SNAP EBT cards for all else. The \$100 bill is the largest circulating denomination precisely because it is inconveniently small for large purchases. Expect ruinous currency controls, a form of confiscation to keep wealth from accompanying its owner, used by totalitarian states to prevent escape or to impoverish dissenters when expelled.

Next month, God willing, I will be back and share with you some more things relevant to this that you need to know about...regardless of your political persuasions.

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

FINANCIAL

How can I keep my checkbook in check ?

By Mark Kolarik



Q: During the holiday season I have trouble balancing my checking account. Can you give me some help to get my checkbook back on

track?

A: Ever bounce a check? If you're like most Americans you probably answered yes. In fact, Americans bounce more than 125 million bad checks each year. With so many online transactions, recurring automated bill payments, growing use of debit cards, and so many trips to the ATM, keeping track of the balance in your checkbook can become a guessing game, one that becomes expensive if you're not careful.

An overdraft means you don't have money to cover a check or other transactions against your checking account, but your financial institution pays it anyway. A bounced or NSF (nonsufficient funds) fee occurs when your financial institution returns your check to whomever you wrote the check to without paying it. And when that happens, the store can charge you a returned check fee.

A bounced check every now and then could be a fluke. But if it's more than an occasional event, improve your record keeping by being diligent in recording written checks, debit card and ATM transactions, and other fees. But if there's still a bit of bouncing going on, consider using these three tools.

1. Transfer from other accounts – This kind of protection kicks in when you prearrange to have funds from one account transfer to your checking account when you don't have enough in your checking account to cover a transaction. The best thing about this service is it helps avoid NSF fees.

2. Line of credit – A line of credit generally covers amounts higher than those associated with the occasional bounced check. If you overdraw your checking account, the financial institution transfers a matching amount from the line of credit into your checking account. While this service generally means avoiding bounced check fees, keep in mind that interest rates on a line of credit can run as high as credit card rates.

3. Courtesy pay – In a courtesy program, your financial institution

will pay your over drafted checks, up to a maximum amount. Generally, you must bring the balance in your checking account balance back into the black within 30 days or the account could be closed. Courtesy pay fees generally will be a lot less than the fees you would accumulate without it. The fees might be about the same as the financial institution's charge for nonsufficient funds, but less than the total NSF fee plus the penalties that merchants impose for receiving a bad check.

These tools can help you stay on track, but the best way to stay on top of your finances and prevent being overdrawn in the first place is to be aware of what you're spending every day. Focus on recording every transaction in a timely manner.

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.

School...From Page 1

wear. Buses are empty or nearly, whenever they start and after they unload. Students are not distributed evenly so a small number of students ride most of the route and the remainder load later. It doesn't save to pay for the route to be divided and operate two vehicles, two drivers. Buses carrying pre-k students might look empty, but just below the windows are little treasures!

Sometimes, more than one bus has to cover an area. This is usually simply because there are too many students for one bus. It can occur if students are spread out in far distances or on roads that don't allow buses to move quickly. USD 247 Southeast drivers

transport students over 326 square miles. We have to use multiple buses in areas, which results in some being partially full in order to keep students from riding an excessive time, not getting on tremendously early in the morning, or getting home too late. We aim for forty-five minutes to one hour as a maximum route time. Like most districts, financial restraints keep us from operating more buses to shorten that time.

In town, several buses pass down the same streets as they near the school. The buses are near the end of their routes and they are nearly full. As one bus fills to capacity, another is forced to stop to pick up remaining students. We pick up students within five blocks of the school if they are very young, or have to cross dangerous streets, railways, or highways. We use zone bus stops in town versus stopping door to door to save time and money.

School districts have to have a bus that can carry every possible student on a route. Students may not ride for reasons such as illness, friends driving them, and staying for clubs or athletics. Should many not ride; the bus could almost be empty. If the next day they all ride, the bus will be packed.

Interested students, parents, and patrons should contact their local districts for more information.

Cars...From Page 1

engineers understand how vehicles perform in real world events and



driving conditions.

While it may seem excessive, most people do not realize it is actually already a common practice. EDRs have been around for 20 years and around 90 percent of automakers already include the EDR in their models. Some of those automakers ahead of the requirement include General Motors, Ford, Toyota, and Mazda.

It is important to note that automakers do not access the information gathered by EDRs without consumer permission, although privacy concerns are certainly understandable. It is my guess that we will see many new rulings on how the government may access the information as well as new privacy laws regarding the issue.



Dr. Glenn Fortmayer is Superintendent of USD 247 Southeast. He has been a superintendent for five years and administrator for 16 of 24 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.

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.

Risks associated with forward contracting grain

By Zach Parish



Q: What are some risks associated with forward contracting grain and some ways to protect yourself from those risks?

A: This is a great question for a follow up to December's article. Last month, we discussed the best time to market grain. My simplistic answer was "as soon as you can sell at a profit." As long as you are making money, you can't go out of business. But you should always keep in mind there are certain risks involved in selling grain that you don't physically have.

First you have the risk of non-production. Many weather related catastrophes such as drought, hail, and heavy rains can cause problems for producers. If the weather is too severe and crops don't produce, farmers may be forced to cancel their forward contracts or buy in the grain from other farmers.

Another risk in forward contracting

is the possibility of market rallies. It is possible that grain prices can be higher at delivery time than they are when you forward contract. If you have the physical grain at delivery time, you only have the risk of the price difference between your contract price and the current price. But remember, you should only forward contract a certain percentage of your expected crop. The rest of your crop is now worth that much more. Hopefully, your contracted grain will be the cheapest you sell. If you forward contracted at profitable levels and delivered the rest of the grain at the higher price, you are a very profitable operation.

On the other hand, if you do not produce the grain and prices rally, you could have a liability against your contract. You would be responsible to buy out of the bushels that you can't deliver. If the current cash price is higher than your contracted price, you would be responsible to pay the difference between the cash prices plus a cancellation fee if applicable.

Those are a few risks that you

need to consider before forward contracting. But there are also ways to help protect against those risks. You could buy options. A call option, which gives you the right to buy futures at a specified level, protects you from market rallies.

As the market goes up, your option will be worth more. That way if the market does rally after you contract grain, you will be able to capture that rally in the market. If you also fail to produce the grain at delivery, the money you gain from the option would come in handy if you have to buy out of contracts.

Crop insurance is also an important part of protecting your operation. The last couple of years, at least in our area, crop insurance has been essential. It might be best for some producers to wait until their insurance is in force before they forward contract. That way, if there is a non-production, your insurance can cover some of the cost of canceling the contract. There are



many pros and cons to forward contracting. But, if producers weigh the options and take actions to protect themselves, it can certainly pay off.

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.

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HOME FLOORING

What floor options make a room look larger?

By Roland Dalrymple



Q: I just bought a small home and plan on updating everything, top to bottom. One of the things I would like to do is make it look larger in any way possible. Can you tell me if there are any flooring options that might give the home a larger feel and appearance?

A: What a wonderful opportunity for you! While you update your home, here are a few things you should consider.

First, as a rule, you need to know that larger tiles and planks make a room look larger. While you are out in public spaces, take time to notice what they use in small commercial spaces. You will see for example, how large tiles can help make even a tiny powder room feel spacious.

Next, you will want to avoid busy flooring patterns. The more a pattern breaks-up the visual flow, the smaller the room feels.

Another option might be having the flooring installed diagonally. This is especially true in wood flooring options. Installing planks on the diagonal makes the room feel as if it continues on beyond the borders.

Finally, consider the color choices in the flooring, and how they play with your paint color. Most often, a lighter color flooring makes the room appear larger.

Before you commit to any flooring, I would look at some interior design magazines and pay careful attention to the flooring. Also, take time to discuss your options with a flooring expert. Flooring professionals have an extensive knowledge of techniques and products and will have many suggestions in making your home feel as spacious as possible. Quality Floor would like to wish everyone a Happy and Prosperous New Year!

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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BUSINESS

How often should I upgrade phone systems?

By Scott Blythe



Q: What can I do for the least amount of cost to get the most out of my phone system?

lucky, they may have been courteous enough to ask which phones you want to ring.

Every business phone system ships from the factory with a nice thick programming guide, and every phone

and drive off. You may drive that truck for years and not have any trouble at all. Or you can read the manual and find out what it can (and can't) do for you, and how you can best get your money's worth from your purchase.

on the internet. You paid for the entire phone system, including the manuals. Have someone at your business (your IT dept.) look at the manual. Be prepared to tell your installers how YOU want it programmed. Get some input from them while they're there, and make sure they test it before they leave. If you find you have a program feature that you don't like, it can be easily changed or removed. Your installers should expect to return once or twice before everything meets your satisfaction. It's your call.



Scott Blythe is the Owner/Operator of PHONEGUY Inc. of Pittsburg KS. Scott is a lifetime resident of SE Kansas, graduating from Frontenac High School, and attended PSU Vo Tech in Electronics. Scott has 34 years of experience in installing and maintaining hundreds of business telephone systems. For more information or to reach Scott please call 620-249-2759.

A:PROGRAMMING! All Business telephone systems have huge quantities of available programming options. Do you need them all? Almost certainly not. In my experience even the largest companies only use a small percentage of what's available to them. However the key is knowing what is available and using what YOU need. Unfortunately here is what normally happens when you have a telephone system installed. The equipment installers show up at your business with a bunch of boxes and some wire. For a day or 3 they will show up every morning, you'll hear noises from the equipment closet, you'll receive a bright shiny new phone set at your desk, and then they're gone. If you're

set comes with a user's guide. From this point on it's kind of like buying a new truck. Sure, you can get right in

Ask for all the literature that comes with your system before you have the system installed. Do a little research



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