

The Q&A Times Journal

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FROM THE PUBLISHER

What's new now? - A bad, little boy - series

By Charlie Traffas

(for the first four articles in this series, refer to Dec. '12 thru Mar. '13 at www.theqandatimes.com)



Q: What's new now?

A: Do you remember the bad, little boy most all of us had in our "world" when we

grew up? Almost every neighborhood and little town had one. Believe it or

not, we even had one in my small home town of Sharon, KS. (pop. 280 when I was growing up in the 50s). We lived on the farm, but every once in awhile my brother and I got to come to town and play with the other kids. We had a very bad, little boy who lived in town. I won't mention his name, but he was a terror. He went around pulling cats' tails, dumping over trash barrels, unrolling rolls of toilet paper, writing on the store windows with a bar of soap, and lots of other things. Many of us were ornery, but he wasn't just ornery...he was...well he was just

a very bad, little boy. After hearing so much about all that he did from the townsfolk, Mom told me I couldn't be around him any longer. I remember a few days before she issued me that edict, I had overheard him greeting an elderly lady as we were all coming out of Church. He said, "Good morning Mrs. _____. I hope you are having a lovely day." I thought to myself, "Something is up. I have never heard him greet anyone like this." A day or two later, he and several of us boys were sitting on the banks of a stream, under a bridge, south of town, doing what

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REAL ESTATE

What documents are needed to get a mortgage loan on my home?

By Gary Donovan



Q: Can you provide a list of the documents and information I will need to give to my lender to get a mortgage loan on a home?

A: Here is a list of Items Generally

Needed to Process a Mortgage Loan. Although not all of them may apply to you, lenders will generally require the following information:

1. Copies of 2 consecutive months of your most recent pay stubs.
2. Copies of your last 2 years of W2s

See Documents..Page 9

NOSTALGIA

Do you remember?

By Faye Graves



Q: As always, we like to hear about your past memories of Aprils in Wichita. Can you share some?

A: And as always, I am delighted to be asked. After all of the snow in late February and early March, it is now April. This is the month that is noted in all kinds of literature and music. As the song says "tho April showers may come your way." I can remember living on North Lewellen when I was just a teenager. My friends and I would watch the Little River come out of its banks. First you would see little streams coming along the gutter areas. Then they would get deeper and finally go over the yards and rise until you could observe the whole neighborhood with water up to the side of the houses. To me as a youngster, it was interesting but scary to lay in my bed at night and hear the basement filling with water. A group of my friends had a small row boat and they would go around the neighborhood and find out what groceries were needed, go get them

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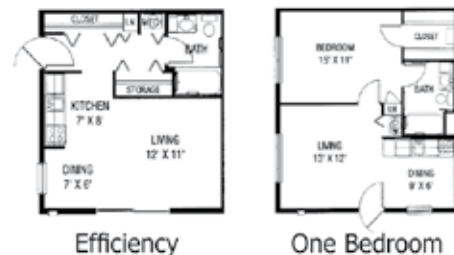
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Tasty oven roasted vegetables

By Bonnie Aeschliman



Q: At the beginning of the year, I made the resolution to eat better. For me, that means cutting back on processed foods and eating more fruits and vegetables. Fruit is a no-brainer; I like fruit and it is easy to add some berries to my cereal or munch on an apple or other fruit for a snack. But vegetables are another matter. Have you got a good recipe for vegetables that is not loaded down with butter and cream and still tastes good?



A: Congratulations on your healthy-eating goal. One of my favorite ways of serving vegetables is to roast them. I cut them in uniform-sized pieces so they will cook evenly, toss them with a little olive oil, and season them with herbs, salt and pepper.

Then I place them in a single layer on a shallow, rimmed baking sheet. It is important that that you spread them in a single layer so they will actually roast and not steam. Roasting will

create some browning and add a rich flavor to the vegetables. Pop them in a hot oven let the magic begin. Roasting creates a slight browning around the edges of the vegetables and adds a rich flavor and is a very easy way to prepare vegetables.

Almost any vegetable can be roasted. Here is a great recipe for roasted mixed vegetables available in your neighborhood market. If you do not

like a particular vegetable, simply leave it out. Or, replace it with one you do like. This recipe is very versatile and a great way to add all kinds of vegetables to your diet.

Oven Roasted Vegetables

©Cooking with Bonnie: Farm to France, 2011

- 1 pound baby carrots
- 1 large onion, peeled and cut into ten wedges
- 3 medium green zucchini, sliced 1/3 inch thick on diagonal
- 2 yellow summer squash, sliced 1/3 inch thick on diagonal
- 2 red bell peppers, cored and seeded, and cut into strips

- 2 tablespoons chopped fresh basil (or 1 1/2 teaspoons dried leaf basil)
- 2 teaspoons minced garlic
- 3 to 4 tablespoons olive oil
- 1/4 cup grated Parmesan cheese
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

1. Preheat oven to 425°F. Place vegetables in a large bowl and toss with herbs, olive oil, Parmesan cheese, 1 teaspoon kosher salt and 1/2 teaspoon fresh ground black pepper.

2. Spread vegetables in a single layer on a large rimmed baking sheet. Bake until vegetable edges are golden brown, stirring occasionally, about 30 minutes. Taste and add additional salt and pepper if desired. Serve warm.

Makes 8 side-dish servings

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

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Under aged drinking

By Jody Patterson



Q: My 14 year old nephew was caught for the second time drinking with friends in the home and my sister and her husband just think he is going through a stage. What should parents know about under aged drinking?

A: Whether it's a stage of adolescence or not, underage drinking and associated problems have profound negative consequences for the under-aged drinkers, their families, their communities and society as a whole. Underage drinking contributes to a wide range of costly health and social problems, including motor vehicle crashes, (the greatest single mortality risk for underage drinkers); suicide; interpersonal violence, unintentional injuries such as burns, falls, and drowning; brain impairment; alcohol dependence; risky sexual activity; academic problems; and alcohol and drug poisoning. Alcohol is a factor in the deaths of approximately 4,700 youths in the U.S. per year, shortening their lives by an average of 60 years.

Binge drinking (the consumption of a large amount of alcohol over a relatively short period of time) is the most common underage consumption pattern. High blood alcohol concentrations and impairment levels associated with binge drinking place binge drinkers and those around them at substantially elevated risk for negative consequences.

Early initiation to alcohol use increases the risk of a variety of developmental problems during adolescence and problems later in life. Although the peak years of initiation to alcohol are 7th to 11th grade, 10 percent of 9 to 10 year olds have already started drinking and more than one fifth of underage drinkers begin before they are 13 years old.

Private residences are the most common setting for youth alcohol consumption. Most underage drinkers reported drinking in either someone else's home or their own. Research finds that underage drinking parties, where large groups of underage people gather at private residences are high risk settings for binge drinking and associated alcohol problems. Very young drinkers are most likely to obtain

alcohol at home from parents, siblings, or alcohol kept in the home. The next most popular drinking locations for youth are more likely at a restaurant, bar, or club; at the park or in a car.

Generational transmission (The term frequently used to describe behaviors involving older and younger



people even if they are unrelated to one another) has been widely hypothesized as one factor shaping the alcohol consumption patterns of young people. For example children of parents who binge are twice as likely to binge themselves and to meet alcohol-dependence criteria. Whether through genetics, social learning, or cultural values and community norms, researchers have repeatedly found a correlation between youth drinking and the drinking practices of parents.

The greatest single mortality risk for underage drinkers is motor vehicle crashes. Mile for mile, teenagers are involved in three times as many fatal crashes as all other drivers. Homicide and suicide follow motor vehicle crashes as the second and third leading causes of death among teenagers. Although it is unclear how many of the deaths are alcohol related, one study estimated that for all ages combined nearly one third of homicides and almost one quarter of suicides were alcohol attributable. Individuals younger than 21 commit 45 percent of rapes, 44 percent of robberies and 37 percent of other assaults, for the population as a whole an estimated 50 percent of violent crime is related to alcohol use by the perpetrator.

According to the Surgeon General, (US Department of Health and Human Services 2007) underage drinking plays a significant role in risky sexual behavior, including unwanted, unintended, and unprotected sexual activity, and sex with multiple partners. Such behavior increases the risk of

unplanned pregnancy and sexually transmitted diseases.

Studies show it is parents who have the most influence over their teen's decision to drink alcohol. Parents who set clear ground rules, have clear expectations, and enforce clear consequences, have the most success preventing underage drinking. Parents can further reinforce these expectations by setting a good example with how they manage their own alcohol consumption. Our youth are too important and the stakes are too high not to change the course of underage drinking.

U.S. Department of Health and Human Service

Jody Patterson, LCP is the director of COMCARE's Children's Services. Jody has been involved with children's mental health programs and services for 20 years. She is dedicated to helping children live healthy and productive lives in the community. To contact COMCARE's Children's Services, please call 316-660-9605. We can help you help your child today.



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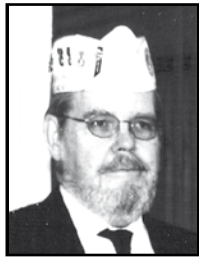


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Civil War battle summaries by state - series

By Frank Bergquist

(For the previous articles in this series, refer to Jan '12 - Mar '13 issues)



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

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

A: Sure. I found several sites from which to put this information together. One of the best is <http://www.nps.gov/hps/abpp/battles/bystate.htm>. This series has proven to be more timely than ever, with the release of the new movie, "Lincoln." I am thankful to be able to present it to you. Last issue, we talked about the battles in Arkansas, of Helena, Hill's Plantation and Jenkins' Ferry. This month we will continue with the battles of Marks' Mills, Old River Lake and Pea Ridge.

Marks' Mills

Other Names: None

Location: Cleveland County

Campaign: Camden Expedition (1864)

Date(s): April 25, 1864

Principal Commanders: Lt. Col. Francis Drake [US]; Brig. Gen. James B. Fagan [CS]

Forces Engaged: Infantry brigade [US]; two divisions [CS]

Estimated Casualties: 1,793 total (US 1,500; CS 293)

Description: A Union force escorted 240 wagons from Camden to Pine Bluff to pick up supplies and transport them back to Maj. Gen. Fred Steele's army. At first the Union escort rebuffed Rebel attempts to halt them. Then the Confederates moved in on the Union rear and front, causing a rout. The Rebels captured most of the men and all of the supply wagons. Thus, Steele gave up all thoughts of uniting with Maj. Gen. Nathaniel Banks on the Red River and realized that he had to save his army.

Result(s): Confederate victory

Old River Lake

Other Names: Ditch Bayou, Lake Chicot, Lake Village, Furlough, Fish



Bayou, Grand Lake

Location: Chicot County

Campaign: Expedition to Lake Village (1864)

Date(s): June 6, 1864

Principal Commanders: Brig. Gen. Joseph A. Mower [US]; Col. Colton Greene [CS]

Forces Engaged: Two brigades of XVI Army Corps [US]; Marmaduke's Division [CS]

Estimated Casualties: 280 total (US 180; CS 100)

Description: Maj. Gen. A.J. Smith ordered Brig. Gen. Joseph A. Mower to demonstrate against Lake Village. Mower camped near Sunnyside Landing on the evening of June 5 and took up his line of march again the next morning. The skirmishing Confederates fell back to Red Leaf where Col. Colton Greene and his men were encamped. As the Federals advanced, Greene's men, assisted by artillery, fought a delaying action at Ditch Bayou and then withdrew to Parker's landing on Bayou Mason. The Union troops advanced to Lake Village, camped there overnight, and the next day rejoined the flotilla on the Mississippi River at Columbia. The Rebels delayed the Union advance but, eventually, allowed them to continue to their objective: Lake Village.

Result(s): Union victory

Pea Ridge

Other Names: Elkhorn Tavern

Location: Benton County

Campaign: Pea Ridge Campaign (1862)

Date(s): March 6-8, 1862

Principal Commanders: Maj. Gen. Samuel R. Curtis [US]; Maj. Gen. Earl Van Dorn [CS]

Forces Engaged: Army of the Southwest [US]; Army of the West [CS]

Estimated Casualties: US 1,349; CS 2000-2500

Description: On the night of March 6, Maj. Gen. Earl Van Dorn set out to outflank the Union position near

Pea Ridge, dividing his army into two columns. Learning of Van Dorn's approach, the Federals marched north to meet his advance on March 7. This movement—compounded by the killing of two generals, Brig. Gen. Ben McCulloch and Brig. Gen. James McQueen McIntosh, and the capture of their ranking colonel—halted the Rebel attack. Van Dorn led a second column to meet the Federals in the Elkhorn Tavern and Tanyard area. By nightfall, the Confederates controlled Elkhorn Tavern and Telegraph Road. The next day, Maj. Gen. Samuel R. Curtis, having regrouped and consolidated his army, counterattacked near the tavern and, by successfully employing his artillery, slowly forced the Rebels back. Running short of ammunition, Van Dorn abandoned the battlefield. The Union controlled Missouri for the next two years.

Result(s): Union victory

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

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God's existence

Q: What is the evidence for God's existence, apart from the Bible?

By Amy Baumgartner



A: God has not left his name etched upon the universe; however, there are several evidences that point to God outside of the Bible.

First, there is the evidence of God based on design. When we investigate anything that has a purpose from a mousetrap to a skillet, we can conclude that it had a designer. For instance, someone designed a mousetrap to eliminate the problem of rodents in a space or a skillet to cook food. The universe and humans reveal an incredible amount of design. The complexity of the design points to a Designer. The universe is incredibly complex. Scientists have determined that the size of our universe is perfect for life to happen. I would encourage those who can grasp intricacies of scientific details to look further into excess quarks, the size of universe, the right laws of physics, and other such concepts that reveal evidence of an amazing Designer behind the world and life as we know it.

Similar to design, everything we can encounter or think of has been caused by something else. Every effect has a cause. The immensity of the universe is no different. Many scientists will point to the Big Bang Theory as explaining the effect of the universe's existence; however, the Big Bang still requires a cause.

More evidence for God's existence focuses on human beings themselves. We are complex creatures with personality. It seems improbable that such complexity would have emerged from nothing with no cause behind it. It is more probable that human personality was created or designed by a Being with a similar or greater level of complexity. In addition, throughout most cultures, there are some common "morals" that are common. For instance, in most cultures it is not culturally acceptable to murder (although in all cultures individuals deviate from the culture as a whole on these morals). Due to the fact that most humans are "wired" with certain morals points to a Moral Lawgiver as the Designer.

Others will point to history as evidence of God's existence. The

Jewish race is the prime example. Throughout ages, the Jewish people are known as "God's people." Despite many campaigns to eradicate the Jews, they have survived as a people group while other people groups have not survived. This historical perspective reveals a Being protecting the Jews.

None of these perspectives on their own (or even collectively) can "prove" God's existence; however, taken together, they provide a beginning point to accept that there is likely a Higher Being (God) that was and is behind the creation of the universe and human beings within the universe.

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

By Pastor Bill Emmerling



A: Looking for God apart from the Bible is a dubious proposition at best. Evidence, or facts as we like to refer to them, must be interpreted. And

how one interprets evidence depends upon our worldview, the philosophical foundation from which we make decisions.

" . . . For what can be known about God is plain to them, because God has shown it to them. For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse. . . ." (Rom 1:19-20 ESV)

Even 2000 years ago, the apostle

Paul stated that the evidence could be clearly seen.

How so?

In our modern world, we have insulated ourselves from as much of the created world as possible. We fail to see the structure and order around us not realizing that the order we impose ourselves is evidence of God's handiwork. However, today with the advancements in science, we have additional evidence to examine. In fact, the evidence is so numerous it is difficult to know where to begin and end. Some limited examples include:

* Mathematics – the simple fact that we can have rational rules and logic, consistent in describing the world around us, is a profound evidence that is often overlooked. Our universe would not exist without the rational, mathematical structure it has, nor would we be able to accurately describe it.

* Biology & life – When my first child was born, I was utterly amazed at the wonder that a child could enter the world so small yet so complete. The notion that a child could be produced as a result of random selection became blatantly absurd to me. Other subjects for discussion might include: the wonder of the information stored in DNA, complexity of the eye, instincts of animals, symbiotic relationships, etc. . . .

* Ecology and Geology—Looking at the systems in place for watering the earth is amazing. One can actually see the water cycle in action in places like Salt Lake City where water can be seen rising from the lake, entering clouds, snowing on the mountains nearby, only to thaw and run-off in the spring.

* Astronomy and Sub-Atomic Physics—I have been in awe of God's power and design for years in this field.

* The nuclear forces in the atom are so precise that if constants differed by a fraction of a percent matter would not exist.

* The placement of the earth's orbit around a particular kind of star in a particular place in the galaxy, with its particular rotation and tilt are all necessary for life to exist on our planet. Further, a moon of sufficient, but not too large size to provide necessary

tidal action.

* Gas giants placed such as to block many incoming threats from the outer solar system.

* Food for Thought. Light exists simultaneously as both electromagnetic wave and particle, yet we cannot observe it as both at the same time.

These are just a sampling of the evidences of God's handiwork, if you are willing to interpret them as such. It is not so much in any one example, but the weight of all the examples that is so compelling. Yet, our struggle is in understanding that how we interpret is a matter of faith, faith in God's word or faith in the fallen-faulty thinking of man. Man's theories change. God and His Word does not.

We need to remember the words surrounding the quote above:

"For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who by their unrighteousness suppress the truth. . . . For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened. Claiming to be wise, they became fools, . . ."

(Rom 1:18-22 ESV)

Ultimately, where we spend eternity will be depend upon who we place our hope in. Trust in Jesus as your lord and Savior, today.



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

By Father Cleary



A: You can find in the Bible any idea you wish, including the statement: "There is no God!" But in the context that statement reads: "The fool says in his heart: there is no God." The Bible contains the Word of God, God's messages and the expression of his Will for mankind and individual human beings. This very world, indeed the whole universe, is filled with evidence for the existence of a god, and that apart from the Bible or any written testimony or revelation. But since many people deny the existence of God, it is necessary to point out some of the proofs, evidence that we take for granted. The desire for God is written in the human heart, because man is created by God and for God; and God never ceases to draw each human being to himself. Rightly does the psalm in the Bible call the person, who would deny the existence of God, a fool. The person who denies God is like a blind person, who denies the existence of the sun or of color because he cannot see them. But his denial does not make the sun any less hot or color less vivid.

In the physical world: the order and beauty of the universe evidence a Creator. As the poet Joyce Kilmer wrote about a hundred years ago: "Only God can make a tree." What human person can design and create a living tree from scratch? The movement of the planets around the sun, the almost infinite number of galaxies in the universe, the regular succession of seasons and days, and process of generation in plants and animals and humans: all these cannot happen by mere accident or chance. The development and perfection of the human organism, especially our brain, as well as the order and progress in human learning and society: cannot be the result of some blind irrational force, like a big-bang. The original big-bang itself had to come from somewhere, from someone. If there were no God, this whole universe would quickly collapse in chaos. We can view the products of irrationality in wars and vandalism and after a tornado. Those phenomenon cannot produce a detailed masterpiece like a symphony of Beethoven, or a beautiful building like our nation's capitol in Washington, or Leonardo DaVinci's Mona Lisa, or the works of Shakespeare, or the contents in the Library of Congress.

Only a rational being can produce something so lovely as these and other works of human genius. And from where did humans receive such genius? Ultimately, from another and a supreme Genius, which we call God.

A lot of work and effort and energy and talent goes into producing this newspaper. No irrational animal or dog or fish or bird or plant can put together this journal. Only human beings, endowed with the ability to think and write and collaborate and operate delicate machines, can accomplish such a marvel as this very journal you are reading. The persons, who made this paper, did not make themselves. Neither did the trees, from whence came this paper, make themselves. It all goes back to the First Cause of all things, which we call God.

Perhaps the best definition of God is that given by the ancient philosopher Aristotle: The unmoved Mover. God is He Who sets in motion everything that exists. God is without beginning or end. God is perfect in Himself, absolutely different from any of his creatures. Being infinite Goodness, He created other things and human beings: in order to share himself and his goodness with others in varying degrees. God has no need of anything or anyone. He loves everything that he has made. He allows imperfections in his creatures: to encourage them to strive for perfection, to come to Him, Who is the summit of Perfection.

Since this is God's world by title of creation, and we humans are his creation, placed in this world for a short time, it behooves us to cooperate with our Creator in his plan for us. He requires of us: faith in Him, the Supreme Being, and using well our natural talents for the improvement of this world.

Father Richard James Cleary was born and reared in Wichita. After graduation from Cathedral High School in 1947, he attended the seminary operated by the Benedictine monks of Conception Abbey in Northwestern Missouri. There he came to appreciate the life of the monks and, having obtained the permission of Bishop Mark Carroll of Wichita, he became a monk of that monastery. After being ordained a priest in 1955, his superiors sent him to get his master's degree at the University of Ottawa, Canada, then to study in Athens, Greece, and then in Rome, Italy, where he obtained his doctor's degree in Theology. Finally, he spent a year of study at

By Pastor Dave Henion



A: What an exciting privilege to talk about the evidence for the existence of God! There is so much to talk about in such a short amount of space. The scriptures tell us that God shows evidence of Himself in "General Revelation" {Romans 1:19-20} and "Specific Revelation." {Hebrews 1:1-2} There will also be some who will say even after an article like this, like Doubting Thomas "that unless I see Him, I can't believe in Him." Even though they believe in air, love, life, and intelligence that they cannot see they believe because there are evidences all around them. Well the same is true of God. There are evidences of the invisible God that can be clearly seen, says Romans 1:20 if one wants to clearly see.

First, is the law of cause and effect that we use in our lives every day. We know logically that behind every event there is a cause. The greatest of all events is the existence of the universe and what was the corresponding cause for its existence? Could it just happen or was there something Greater that caused it?

Secondly, then we consider the complexity of the design of the earth and the universe. Its size and the gravity that keeps all the necessary elements we need to survive about 50 miles above the earth with no other planet like it. We rotate at 67,000 mph around the sun, angle and axis fit together so we don't burn up or freeze to death and stay between -30 to 120 degrees. The distance of the moon and the tides keep the oceans from

stagnating, and yet restrain the tides from spilling across the continents is more evidences of intelligent design.

Then thirdly, consider the orderliness and the uniformity for which the universe was put together. Johannes Kepler, German mathematician and astronomer of the 17th century thought about becoming a theologian but learned that in doing his work in astronomy he glorified God by seeing how God is and how He made the uniformity of the universe. Johannes realized that he was thinking God's thoughts after God in his discoveries of the universe. Kepler is best known for his laws of planetary motion. With all his great scientific work he uttered the words of David in Psalm 19, "The heavens declare the glory of God."

A fascinating evidence of our age is the discovery of the DNA Code that programs and informs the cells in our bodies with very detailed instruction. In fact it is with 3 billion lettered programs to every cell. You cannot find this type of programing or instruction without someone intentionally doing it. These are all "General Revelation" which David also saw centuries ago when he spoke about the amazing intricateness of a baby and a human being as phenomenal (Psalm 139) even when he had no idea of DNA!

But we also need to consider Jesus Christ's existence as evidence to the existence of God. Consider the space of time for which His coming to earth was prophesied for over 1500 years. Over 333 specific prophesies gave place, activities and actions of Him and the people around Him. They predicted His birth, life and death. That was so impacting; it changed our world and has left evidence of His impact all around us. Why do Christians worship God on Sunday and not on Friday night like the Jews who worshipped in the synagogue or the Temple for centuries? It is in celebration of His resurrection on the first day of the week which is Sunday. Why do we in our calendar mark time by B.C. and A.D.? Because of the impact He has with His coming to earth. B.C. means "Before Christ" and A.D. means "Anno Domini" means "the year of our Lord." He was not only a real historical character, but a man who claimed to be God and would conquer death through resurrection. History validates this taking place, as evidenced by the cowardly followers fearful and hiding after He was crucified. But after they saw Him resurrected, they were willing

[See Henion...Page 8](#)

I need help remodeling my kitchen

By Jason Huang



Q: We're remodeling our kitchen. Do you have any tips for planning?

A: Sometimes remodeling a kitchen, particularly when you're wanting more space, may seem like an impossible task... but it is not. You will find it's like most things you're getting ready to do... plan your work then work your plan. Here are some thoughts on getting started: First - get these items. You will need them: • file folder - multi pocket type (for organizing ideas, magazine cut-outs, • photos, etc. that you might like to incorporate into your new kitchen) • graph paper - for sketching your kitchen layout ideas (you don't need to be an experienced draftsman) • measuring tape (25' recommended but most any kind will do) • notebook (the kind with several subject sections is the best) Then think about answers to the following questions in 13 very important areas. Write down the questions and your answers. Keep

it in your file for later reference. You and your kitchen designer will need to address some or all of these while designing your new kitchen. 1. What is my primary objective? Such as - Do I want a new look, more storage, more counter space, upgrade for resale, etc.? 2. What do I like about my present kitchen? This is very important. You may want to keep certain features in your new kitchen. Don't give up what works. 3. What features of my present kitchen do I most want to change? Such as... I don't like my current cabinet style, countertops, appliances, floor, lighting, etc. 4. What is my budget for this project? You need to "qualify" yourself and when you can reasonably expect to complete a kitchen remodel. Kitchen remodeling is one of the best investments you can make in your home! It is possible to get nearly 100 % return on your kitchen remodeling investment. 5. Can I or do I want to do part of the work? 6. What are the most important functions of my kitchen? It may simply be such things as cooking, family dining, etc. But it

may also include homework, budget planning, entertaining, watching TV. 7. When do I want to have my remodeling project completed? You need to allow a minimum of 2 to 4 months and probably more realistic, 4 to 6 months. Most custom cabinets take up to two months to arrive after ordering. This does not mean your home will be "torn up" all this time, but it allows plenty of time for planning, order processing, shipping, demolition, installation, moving back into your kitchen and re-organization. 8. What kinds of things will I need to make room for in my new design? You might include a toaster, food processor, blender, coffee maker, everyday dishes, china, bulk groceries, cookbooks, trays, etc. 9. What other special accommodations might I want in the new kitchen... things such as a desk/computer/printer space, eating bar, washer/dryer, baking center, hobby or craft area, etc.? 10. Will I need to upgrade existing electrical or plumbing? The answer here may depend on whether you change the layout of your sink, cooktop or oven. But it also may depend on the requirements of the local building codes for remodeling. 11. Who will be the primary user? Is this person left or right handed, very tall or short, does this person have any special needs? 12. Who else will be using the kitchen? For example, will this become a "two cook" kitchen. 13. Do I want double or single ovens? Two Dishwashers? Two Sinks? Will children be using the kitchen and what are their ages? Answering these questions are an important first step in remodeling your kitchen. Don't overlook them. The more detailed you can be with your answers, the easier it will be to develop a design that will make you happy and will serve your family for many years to come

Jason Huang began his career in the home remodeling industry fabricating and installing natural stone countertops after being inspired by the beauty and elegance of granite and marble. His main goal at Wichita Granite and Cabinetry is the satisfaction of the customer, excellent service, and sharing knowledge associated with natural stone. A member of the Better Business Bureau, The Wichita Area Builders Association and the National Association of Home Builders. Wichita Granite and cabinetry is family owned and operated. You can call Jason at (316) 945-8880.

Henion..From Page 7

to not only speak out for Him all over the world; they were willing to die for Him!

All these abundant proofs, evidences and arguments are wonderful, but they will not build faith in a person. Because faith is not built by reasoned arguments but on what God has revealed about Himself. Faith is produced by God. It is His gift through His Word and His Spirit. Our confidence in faith comes from God's very Word and a commitment to entrusting ourselves to the Lord. He is our sure confidence. But what a host of evidence and proofs He has left us, confirming our faith and looking past our obstacles to faith. With great joy and thrilling experiences along the journey with you in the presence of God every day, Pastor Dave!



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

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Oak office furniture

By Don Swank



Q: We are considering several types of furnishings for our new offices, including Oak. How would I go about selecting the best Oak office furniture?

A: Oak office furniture is a popular choice, known for its quality and weight. This beautiful wood is heavy and majestic, lending an air of formality and gravity to any office setting. Choosing the best oak office furniture is a matter of taste and budget, as the mighty wood can be crafted to suit a variety of design styles.

In order to choose the best oak office furniture, first consider the style of design desired. Oak lends itself to certain aesthetics, such as early American, mission, arts and crafts, and French renaissance design. Choosing a style that will suit the needs and atmosphere of the office can be a big step toward narrowing down choices for oak office furniture.

It is important to consider the difference between solid oak furniture and oak veneers. A veneer is a coating of oak material placed over a body of another kind of material. Oak veneer is usually considerably less expensive than solid oak, and may be available in a wider range of colors and finishes. Solid oak furniture is made entirely of oak, is typically very heavy and quite durable. Both veneer and solid oak can be treated with clear or colored glaze to protect the finish and alter the tone of the wood.

Don Swank is General Manager of Spring Valley Woodworks, Inc. in Canton, KS. Spring Valley custom builds commercial furnishings for businesses throughout an area of the Midwest of approximately 500 to 700 miles radius of Canton, with the care and precision of its more than 30 year Mennonite tradition. These commercial furnishings include but are not limited to Desks, Credenzas, U-Units, L-Units, U-Groups, Hutches, Files and Workstations, made in a variety of woods including Walnut, Oak, Cherry, Birch, Ash, Mahogany, Poplar, Teak and more. You can visit Spring Valley Woodworks at www.springvalleywood.com. You can contact Don by email don@springvalleywood.com, or call him at Spring Valley Woodworks, 620-345-8330.

Documents..From Page 1

and/or 1099s.

3. Copies of your most recent 2 years' tax returns (2011 and 2012). Please include all pages. If self employed you will need all business returns including all schedules for the business. Also, your state taxes return if you have received or are expecting a refund.

4. If you receive Social Security, Disability or Pension earnings, please provide a current Award Letter along with 2 years of 1099s.

5. Copies of all pages of your most recent 2 consecutive months' bank statements (savings, checking, Money market, CD's, & IRA's). Usually lenders cannot accept computer printouts that do not contain: Account number, your name and the Bank name.

a. If you have any over-drafts on the bank statements, lenders will need a written explanation for them. These may cause delay or denial of your loan. Each statement needs to reflect a 30 day statement time line with no gaps in dates.

b. Copies of all paper checks that are deposited into your bank account, or if cash provide a copy of the deposit slip. Lenders will require explanations of source of funds for any deposits other than your direct deposit payroll earnings. Any deposit other than direct deposit payroll will have to be verified and acceptable. PLEASE NOTE: You will not be able to complete your loan request until all funds are verified by either direct deposit information or photo copy of checks or cash deposit slips.

c. If there are any transfers into your bank accounts from another account, either yours or another person's you will need a copy of that statement as well.

d. Your lender will probably require that any joint account holder that is not also applying for the loan will need to state in writing that he/she give you 100% access to the funds in your joint bank account. A hand written letter signed by this person should be acceptable. Include the bank account number in the contents of the letter.

e. Make sure your name, company name of statement and account numbers are on all documents. If the document is 1 of 5 pages please include ALL pages (even blank backsides if needed). Sometimes when you go online it does not list the entire information name, account

numbers, etc.

f. DO NOT deposit any gift funds into your bank account prior to meeting your loan originator. Paper trail and gift fund documentation will need to be verified to meet loan guidelines.

6. Copy of most current retirement, 401(k) and investment account statements reflecting at least a 30 day



line item history. Include the terms & conditions on how you can withdraw funds from these accounts.

7. Legible copy of valid Driver's License.

8. Insurance agent's name and phone number for loan on current home.

9. Voided check for the appraisal fee or credit card information for the monies to be debited. Please be aware that additional fees for re-inspection appraisals may be charged.

10. A copy of the bank statement showing clearing for the earnest money as well as the appraisal money will be required prior to closing.

11. Do NOT open any new credit accounts or add to the balances of your current accounts. This can reduce the amount of your loan approval.

12. Remember that if you change current employment, or are on a leave of absence, it can delay or cancel the loan. Verification of employment will be re-verified on the day of closing.

13. If divorced, you will need a complete copy of your divorce decree, child support order/agreement and separation agreement along with verification of support payment (Child support & Alimony).

14. Has your ex-spouse missed alimony or child support payments in the last 12 months under the divorce decree? If so you will need to supply details.

15. If you ever filed for bankruptcy you will need a copy of all bankruptcy papers and discharge of debtor pages for Chapter 7 and/or 13.

16. If you own more than one home you will need the mortgage statement on all properties, homeowner's

insurance information, county tax information, and any current rental agreements.

17. Please obtain a Home Owners insurance quote and the amount of real estate taxes at your earliest convenience if purchasing a specific home. The lender will need the name of the insurance agent and their phone numbers.

18. If applying for VA loan, please provide your DD-214.

19. If you own rental properties, please provide all current insurance agent names and phone number.

20. If you own rental properties, please provide copies of current leases as they must be rented to use the income of past tax returns.

21. If you have recently sold or purchased property within the year that is not reported on your most current tax return that you have provided, please provide the HUD settlement statement.

22. If you are self employed, please explain decreasing income from one year to another, if applicable.

23. Please explain any job (employment) gaps over 30 days of your 2 year history, if applicable

24. If applying for a USDA Rural development loan, please provide household income of all people living in home- even if they are not on the note or mortgage. All income will be used to calculate that the statutory limit per county has not been exceeded.

Your diligent effort in collecting the above required information will make the loan approval process go faster and smoother.

Gary Donovan has over 35 years of banking experience, including over 23 years in commercial and mortgage lending. He has been licensed in the fields of securities, commodities, insurance and has held a real estate license since 1984. He managed land for the KU Endowment, KSU Endowment, Friends University and other institutions. He has earned B.S. degrees from both KSU and WSU. BNC National Bank is one of the top 5 residential mortgage lenders in the Wichita market. For a comprehensive residential mortgage officer and fast turn times, contact Mr. Donovan at (316)854-3634, or by cell phone at (316)640-4213. His web site is www.garysmortgage.com and his email is gdonovan@bncnationalbank.com.

MENTAL HEALTH

Handling stress

By Lisa Vermillion



Q: There just seems to be so much stress in the world today. I think there will always be stress, but can you give me some advice on handling

it better?

A: Stress. Our world seems stressed beyond its limit at the moment. Recounting all the negative news isn't necessary because it's on the front cover of every newspaper and the headlines on every TV news report. Beyond that, normal stresses such as deadlines, activities, and relationships continue weighing in. The question isn't, "How can I make stress go away", the question is "How can I handle the stresses I face."

Handling stress involves developing a short term strategy, and asking two important questions: "What can I learn from this?" and "How can I use this situation to prepare for next time?"

First, develop short term strategies that will short circuit stress. Many people find, going for a brisk walk brings down their stress level. Taking a "me moment", doing something you enjoy, reduces stress levels (preferably something besides eating). My favorite tool is simply a piece of paper and pen. Get into a quiet spot, perhaps even play soft music. Simply begin writing down your thoughts. Anything goes. You can throw it in the trash later if you don't want anyone to see it. Write with your non-dominant hand allowing your subconscious to bring



out deep thoughts. Pay no attention to neatness, spelling, or grammar; just write until you're done. There is something cathartic about getting

your thoughts out of your head and onto a piece of paper. The insights you'll gain and the peace you'll feel are priceless.

Second, ask yourself what can I learn from this less than perfect outcome? Viewing everything as an opportunity is your choice. Lost your job? Is a cranky boss driving you nuts? Are your children giving you fits? Perhaps this is your opportunity to pursue a career better suited to your passions, learn new people skills, learn new parenting techniques, or meet new people in a support group who have been in similar situations. Asking yourself, "What's the opportunity here?" allows you control of your life rather than letting life control you.

Finally, ask yourself "What can I use from this learning opportunity that will prepare me for the next time the same

situation comes up. Life is cyclic. It's likely that whatever you're handling now, you'll handle again in the future. Taking a hard look at what caused the stressful situation, recognizing the tell tale signs that signal you're under stress, and brainstorming ways to thwart stress before it begins allow advance preparation so that stress can't catch you off guard. Look for the learning opportunity rather than remaining stuck in stress by pouring positive reinforcing materials into your mind consistently so you're mentally prepared when stress shows up

Although stress may show up every day, you choose how you handle it. Picking a short term strategy, viewing stress as a learning opportunity, and using your new found knowledge in your future plans will bring you success even in stressful times.

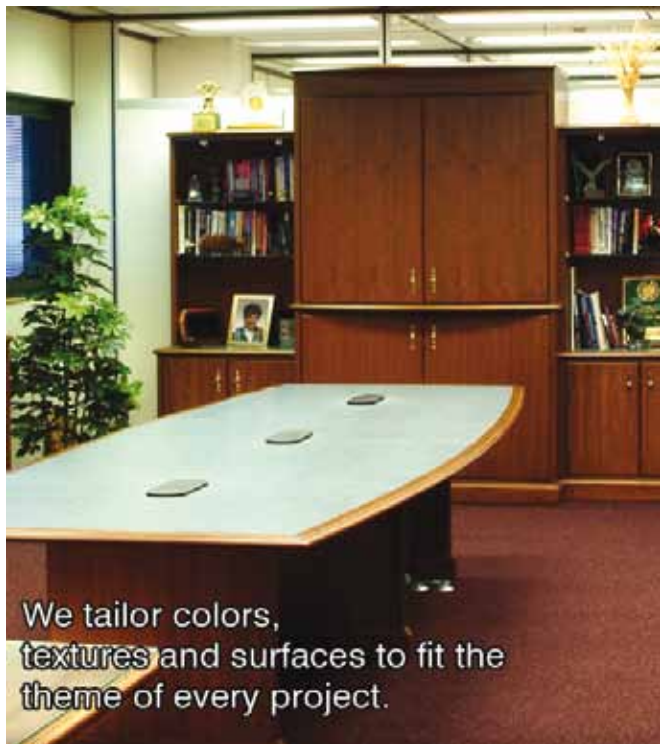
Lisa Vermillion is President and co-owner of Get Fit Be Fit and Thin and Healthy Weight Management. Lisa opened Get Fit in 2000 in Valley Center, after receiving certifications through the American Council on Exercise as a Weight and Lifestyle Management Consultant and Certified Personal Trainer. In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

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Setting up your eBusiness - series

By Amal Xavier

(for previous articles in this series, refer to October '11 - Mar. '13 issues at www.theqandatimes.com)



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

A: Thank you for your comments. Yes, I will begin a series of summaries on all of the topics I have discussed and written about over the past few months. I have used many sources in providing this information to you, perhaps the biggest of which is www.ecommerceoptimization.com.

This month we will cover the benefits of eCommerce and eBusiness.

The processes involved with conducting business on the Internet and opening an eCommerce shop to sell from have several benefits to both merchants and the customers who buy from them. The biggest benefits of conducting business Online include a cheaper upfront cost to the merchant, it's easier to set up and open the store, and it's faster to get an Online business up, running and making sales.

Helps Create New Relationship Opportunities:

Expanding or opening an eBusiness can create a world of opportunity and

helps to establish new relationships with potential customers, potential business associates and new product manufacturers. Just by being in an easy to find location that is accessible to users all over the world, you will be available for others to find and approach you about new opportunities. Customers who don't know you exist will know about you, product suppliers will request you add their items and other businesses will approach you about partnership opportunities. Many of these opportunities would not present themselves without an Online presence or site for them to discover you on their own.

Open for Business 24x7:

An eCommerce site basically gives you the ability to have unlimited store hours, giving your customers 24 hours a day, 7 days a week access to shop and buy items from you. Some merchants choose to limit their hours to 5 days a week, but orders can still be made over the weekend and customers can still make contact 24/7 via email, phone or fax. In addition, the costs associated with having your store open 24/7 are much less than maintaining a physical storefront or phone operator with 24/7 operation capability. You can literally take orders and let customers shop while you sleep, take vacations or from remote locations.

Increases Brand or Product Awareness:

Having an Online business means that you can literally reach out to

millions of consumers looking for what you sell anywhere in the world. By reaching out to new markets and displaying your site prominently in front of them, you will be able to help increase your company/domain brand name and also increase awareness about your product line. By giving users 24/7 access in an easy to find location, you will help to create more word of mouth buzz for your eBusiness, in turn helping to promote your brand name and products. Users who haven't heard of you will discover you exist and help spread the word about you.

Next month, we will talk about customer loyalty, increasing overall sales and the company's profile, and how eCommerce and eBusiness can actually help decrease costs.

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



Did you know?

Mental health problems affect **one in every five young people** at any given time, and an estimated two-thirds of all young people with mental health problems are not receiving the help they need.

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Exciting events at The Orpheum!

By Jennifer Wright



Q: What's going on at the Orpheum Theatre this month?

A: There are 3 exciting events scheduled for this month that is sure to please every member of your family.

Smash Mouth - Sunday, April 7th - 8:00pm: an American rock band from San Jose, California. The band is composed of Steve Harwell (lead vocals, piano), Paul De Lisle



(bass), Michael Klooster (keyboards, programming), Randy Cooke (drums) and Mike Krompass (guitar). Collectively the band Smash Mouth has sold more than 10 million albums worldwide. Along with their number one hits – “Walkin’ on the Sun” and “All Star” – they have consistently smashed radio with other recognizable hits like “Then the Morning Comes”, “Can’t Get Enough Of You Baby”, and a cover of The Monkees classic “I’m a Believer”, which was prominently featured on the Shrek soundtrack.

A quick listen to their music and you realize the multi-platinum Smash Mouth is a 60s influenced garage band with a keen pop sensibility that maintains a timeless quality, a style they have created and that is all their own.

Having long since established itself as the ultimate true-to-life California party-band the vibe surrounding Smash Mouth is indeed – at its core – about having fun.

Brit Floyd: P-u-l-s-e 2013 – Wednesday, May 1 – 7:30 PM
Celebrating the music of David

Gilmour, Roger Waters, Rick Wright, Nick Mason & Syd Barrett!

Having performed to over a half a



million fans around the world since its first show in Liverpool, England in January 2011, The World’s Greatest Pink Floyd Show, Brit Floyd, returns to the USA to present P-U-L-S-E 2013, The Pink Floyd Ultimate Light & Sound Experience, a stunning new three hour show featuring note-for-note performances of five full album sides, including ‘Wish You Were Here’, ‘Animals’, ‘The Wall’, ‘The Division Bell’, and, in celebration of the 40th anniversary, Pink Floyd’s classic defining album, ‘The Dark Side of The Moon’.

Inspired by the record breaking 1994 ‘Division Bell’ Tour and including the trademark Pink Floyd arch and circle light show, and brand new Floydian animation and projection, P-U-L-S-E 2013 will be Brit Floyd’s biggest show yet.

Solo projects aside, this is as close to Pink Floyd as you will now ever get!

The Sting - Thursday, April 18 - 7:00pm: Part of the 2013 Classic Film Series, The Sting is a 1973 American caper film set in September 1936 that involves a complicated plot by two professional grifters (Paul Newman and Robert Redford) to con a mob boss (Robert Shaw).[3] The film was directed by George Roy Hill, who previously directed Newman and Redford in the western Butch Cassidy and the Sundance Kid. Created by screenwriter David S. Ward, the story was inspired by real-life con games perpetrated by the brothers Fred and Charley Gondorff and documented by David Maurer in his book The Big Con: The Story of the Confidence Man.

The title phrase refers to the moment when a con artist finishes the “play” and takes the mark’s money. If a con is

successful, the mark does not realize he has been “taken” (cheated), at least not until the con men are long gone. The film is divided into distinct sections with old-fashioned title cards with lettering and illustrations rendered in a style reminiscent of the Saturday Evening Post. The film is noted for its use of ragtime, particularly the melody, “The Entertainer”, by Scott Joplin, which was adapted for the movie by Marvin Hamlisch (and



became a top-ten chart single for Hamlisch, when released as a single from the film’s soundtrack). The film’s success encouraged a surge of popular and critical acclaim for Joplin’s work.



Jennifer Wright is president of the historic Orpheum Theatre in Wichita, which celebrated its 90th Anniversary in 2012. Wright began as a volunteer and was quickly hired as the marketing director until she was named President in 2011. Wright is responsible for the overall operations of the theatre, including the theatre's restoration efforts, capital campaign and future plans of organizational growth and enhanced programming. She can be reached at 316-263-0884 or via email at jennifer@wichitaorpheum.com

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GOLF

Ask the pro - series

By Don Farquhar



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

A: Thus far in this series, with help from several sources, we have talked about the things that one must do to first get in the position to begin the swing. All of the previous articles are featured at www.theqandatimes.com under recent issues. They have been the grip, the alignment and the stance. The swing is broken down into two parts. The backswing...and the downswing. We have already discussed the backswing...and part of the downswing relative to keeping the head back and making no effort to move the golf club, and how it all should feel; the downswing...and the checkpoints. We have talked about the biggest problem of amateur golfers...the slice, and the other way the ball can bend badly...the hook. We have talked about what are called "fat" or "thin" shots, the in-to-out swing and recently about the most seductive and destructive medium in the game...that of the natural urge to act in the obvious way to achieve the desired result. The destructive side of this lies in the fact that in golf (as in many other things), the obvious way is not always the right way. We have talked about pulling the ball, pushing the ball, scooping and the dreaded s----k shot. We have talked about getting in and out of golf trouble, and other things like skied shots, swaying, spraying, toe shots, looking up, losing distance, not improving and too many three putts. This month, we will answer some individual questions we have received throughout the course of this series.

Q: What should the wrists look like at the top of the golf swing if they are cocked properly? Is this an unconscious maneuver or should one think about "cocking the wrists?"

A: That is an excellent question and one that many people ask. Everyone is slightly different in their swings so this position will vary from player to player.

At the top of the swing the left wrist should be flat and firm. The position of the wrist should be parallel to the left

arm and the face of the club should also be along this same line. The face of the club should be pointing at approx. 45 degrees toward the ground. This position is called square to the target line. Any other position and the club face will either be open or closed to the line.

In order to achieve this position with the wrists it is not necessary to cock or manipulate the wrists. If the trunk is turning and the arms swing up during the backswing, then the wrists will be in the right position at the top. The correct position of the wrists looks the same as if you were to hold your left arm in front of you and make a fist, stick a club in the fist and there you have the proper position.

If cocking the wrists is a conscious decision, then chances are that the club, hands and left arm will not be in the proper position at the top of the swing. A player could hit a good shot from a poor position, but will likely be inconsistent in his ball striking.

Working in front of a full length mirror is an excellent way to achieve the right position, and the right feeling. Stand with the mirror to your right and "looking" down the target line. Swing back to the top of your swing and hold it, turn your head to the right and look in the mirror. You should be able to see your left wrist flat, and your clubface parallel to the left arm. Repeat this movement several times until you see the proper results.



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

Remember..From Page 1

and deliver them.

That was the way we helped, but as teenagers also how we made our spending money. After a few days or even weeks the water would subside and then everyone had to pump and clean out their property. I called the

been the time for many thunderstorms to form; however this year, with the tremendous drought that we are experiencing, it is hard to imagine a time with so much water.

I guess that as one meteorologist said last week, "Some of the grass is turning green and it is time to get your



Wichita Historical division office and they helped me know that this had been going on for some time.

Actually their records show that every year heavy rains had occurred and an area would become flooded. According to "Wichita, the Magic City," "In the wake of the 1904 flood, a civil engineer, Frank Payne, proposed the idea of creating a diversion channel utilizing a natural feature called the Big Slough northwest of the city. In times of high water the Arkansas overflow could be directed to this ditch and the city saved from sandbagging and property damage."

The idea was the forming thought of what we now call the Big Ditch, and has saved our city millions in clean up and difficult times. Thanks to Jami at the Historical association for that information.

In the days before the Big Ditch, the Little Arkansas River left its banks in April of 1944, flooding 2,000 homes in Wichita. In 1959, Wichita's flood control project was completed west of Wichita. Notes from the Wichita Eagle, February, 1954, says, "The \$19,000,000 Big Ditch flood control project work started in May, 1950 but was interrupted by the Korean War and was now about half completed."

Many more names were a part of forming this giant water collection and diversion system.

April here in Wichita has always

lawn mowers tuned."

I for one, along with you, hope we continue to have moisture come our way this year and stop the tremendous drought that has overtaken so much farmland and caused a great deal of thought to go into how we use our water. April has always been a rainy time. We hope it continues.



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

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ARTS & CRAFTS

It's not your grandmother's quilt anymore

By Janeen Miller



Q: My grandmother made a quilt for me when I was small. I would like to do the same for my grandchildren. I've done some sewing but have no idea where to start. What kind of quilt should I make?

A: Visit a local quilt shop – we are fortunate to have a number in the area that offer classes. Find something you like or think your grandchild will



like and tell one of the store personnel what you would like to do and what your experience level is. They will be glad to offer assistance.

When your grandmother made a quilt she may have found the pattern in a newspaper, carefully cut out the pattern, transferred the pattern to a heavier piece of paper or cardboard, then carefully lay the pattern on her fabric and cut around the pattern with a pair of scissors. The quilt top may have been pieced (sewn together) on a treadle sewing machine and the final quilting was accomplished by stretching the top/batting/back on a quilting frame and quilting by hand. It was a common activity for visitors to sit at the quilting frame and join in with the hand quilting while catching up on the latest news/gossip of the day. Tying the quilt sandwich together with yarn at intervals was/is an alternate way of finishing the quilt.

How times have changed. The introduction of the rotary cutter in the mid 1970s has allowed quilters to more rapidly cut the pieces to be quilted – even multiple layers of fabric at a time for the more experienced. A Myriad of rulers allow the quilter to make fast accurate cuts for the

assembly of quilt blocks that were far too complex for grandma's quilt.

Hundreds of different quilt patterns are available in quilt stores or online (fabric companies will offer free patterns using some of their fabric lines). There are even computer programs that will assist you in developing your very own quilt pattern.

The fabrics have also evolved. Quality cotton fabrics shrink or bleed color very little, if any, due to the processing they receive before being placed on the quilt store's shelves.

The colors are also more vibrant and varied

One recent innovation in fabric presentation is the 'precut'. A typical precut, dubbed 'Jelly Roll' by one supplier, consists of forty 2 1/2" strips cut across the width of the fabric (44") from a given collection. The strips are then rolled into a 2 1/2" wide roll and packaged giving the appearance of a jelly roll. Since the fabrics all come from a given collection, color compatibility is assured and the accuracy of the cutting makes for ease of assembly of the quilt. Other precuts come in 10" and 5" squares.

Availability of precuts has fostered many new patterns that make use of these pieces.

The last several years have seen the emergence of the "Modern Quilt". Traditional quilts have used a combination of rectangles and triangles to form quilt blocks – applied geometry (scary isn't it). The Modern Quilt may or may not be geometric but the blocks tend to be much more simple and therefore easier and faster to assemble. The focus tends to be on the colors and less on the intricacy of the block. An example is shown herein.

The opposite end of the spectrum is the embroidered quilt. Today's sewing/embroidery machines are capable of embroidering very complex patterns on relatively large blocks. Technically, these could also be considered a modern quilt although a 'technology quilt' might be a better fit. One of these quilts can be completed in weeks where grandma couldn't have completed one in a lifetime.

The final quilting of the quilt sandwich has also changed dramatically. You won't find many of the hand quilting frames today – we are a country in a hurry and hand quilting is a slow process. You will find talented long arm quilters with machines designed

for the finishing process. Plan on it costing 1 1/2 to 4 cents a square inch depending on the type of quilting you request. Do get a cost estimate before giving the OK to proceed.

The quilter is a unique artist – and every quilt is unique because each quilt contains a bit of individuality from the creator. We are blessed in this area with some great artists. Some do it for the challenge, some for their favorite charity, some for the love of creating something to give to their loved ones – but all seem to enjoy the fellowship.

Janeen Miller retired from Beech Aircraft in 2001. After a very brief retirement, she decided to turn one of her hobbies into a business. The Small Business Development Center at WSU gave guidance and encouragement in the development of a business plan; a perceptive bank executive listened to her presentation, reviewed the business plan and gave a 'thumbs up' to a start-up loan. Sunflower Quilts opened on September 9, 2002 with 500 bolts of fabric in a then too large space of 2500 square feet at 405 Osage Road



in Derby Kansas. Today, the shop is in the same location, occupies just over 4000 square feet and has 5000 bolts of fabric. Husqvarna Viking sewing and embroidery machines were added in 2007. Owner's classes and on-site service is offered for these machines. Customers are greeted by a friendly and knowledgeable staff and two Bichons, Louie and Mandy (they also appear in the TV commercials). The shop is filled with eye catching models, cabinets containing a rainbow of fabric bolts, walls of sewing notions, machine accessories and patterns. A large well-lit classroom displays class projects, finished quilts and embroidery projects. The atmosphere is relaxed – husband Jim likes to say "We offer fabric therapy – no appointment necessary." Sunflower Quilts 405 Osage Rd Derby, KS 67037 (316)788-5120 www.SunflowerQuilts.com

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New...From Page 1

boys of that age do on a lazy summer afternoon. I said to him, "I heard you greet Mrs. _____ last Sunday as we were coming out of Church. You were sure nice to her." He said, "I'm setting her up. The next time she isn't



looking, I'm going to kick that stupid cane she uses out from under her. She'll never know what happened." Not one of us expected to hear him say anything like that, but he did. One thing was certain, no one ever accused this bad, little boy of being lazy. He worked harder than anyone to tear things up and to spread everything he could in a negative fashion. As he got older, he got worse...much worse. From stealing, lying, smoking, drinking and vandalism...to using all kinds of vulgar and profane language, beating up younger kids, and being cruel to animals...he did just about everything bad one could think of. Many in town wondered what he would do next... and if he would ever change. Most of them thought, "As hard as he worked to tear things up, what if he put forth that much effort in a positive fashion, what could he accomplish?"

What happened to him? I will tell you.

We had a drug store in Sharon. Among other things, it had an old time soda fountain and a big counter case with almost every kind of candy in it. All the kids would assemble there at some time throughout each day. One summer afternoon, this bad, little boy was there and mouthed off to the owner of the drug store. He called him a bad name, in front of a whole bunch of people and kids (well, a whole bunch in Sharon was a dozen or so). I was there. The owner was as nice of a man as I had ever known. All the kids loved him and his family. But on this day, the owner had had enough of this bad, little boy...all that he had done... and his reputation. He called him out, loudly and sharply in front of everyone. The bad, little boy mouthed back and the owner came back all the stronger. This continued for two more rounds,

with the last comment from the owner being louder and more assertive, "_____, you need to know, all of us in this town will treat you the way you treat us. We will all give you the chance to prove you're worthy of being treated kindly, but no one in this town is taking any more of what you've been doing." Word spread of what happened throughout the town like a grass fire on a hot afternoon, with a 40 mile per hour Kansas wind behind it. A few days later, there was a similar occurrence down the street with the manager of a filling station. He called out this bad, little boy...again in front of a whole bunch of people. That did it. He was done. There was never a problem from him again. Being called out and humbled in front of his peers and the townsfolk worked wonders.

This bad, little boy is who I think of when I think of President Obama. Everything he does propagates the negative. He distorts the truth. He divides. He deceives. He lies. He has even been caught telling a lie, then lied again saying he never told the first lie, when it was all recorded and shown to him. He espouses hate, racism and disrespect. He is abrasive and arrogant. He refuses to listen to opposing viewpoints. When he is challenged, he gets defensive. You can see his upper lip curl and the hate manifests itself in his eyes. A good example was when he was listening to Dr. Ben Carson speak at the National Prayer Breakfast. Have you ever seen more hate and anger in anyone than what he showed? Like a bad little boy, he throws a fit, yells and screams. He has infected most all of those around him. They do the same thing. Every once in awhile, you will see something happen that you think he might be changing for the better, like for the first time in months when he met with the Republican senators on the debt limit...on the same night that Rand Paul did his filibuster. Mainstream media's headlines the next morning were, "Obama reaches out again to the GOP." What a joke! No matter what you see, just like the bad, little boy in my hometown, greeting

Mrs. _____ after Church, it all turns out to be a setup...politically. He cannot be trusted. I know this is a terrible thing to have to say about our President, but it will be among the truer statements you will hear over the coming months. No matter what he does...no matter how it looks...he is setting up the other side. The welfare of the United States is not a priority for him. Nor is its debt or deficit. You heard that again on March 13th, with George Stephanopoulos when he said, "...And, so, we don't have an immediate crisis in terms of debt. In fact, for the next ten years, it's gonna' be in a sustainable place." Can you believe this guy? What planet has he been living on? When the Feds stop printing money, interest rates will go to the moon. It will take all the revenue we receive to pay the interest on this "sustainable" debt, Mr. President. There will be nothing left. The welfare



of the socialism he espouses and "fundamentally changing America" into an European-style, welfare state is everything to him... and he has little time left in which to accomplish it.

My articles the last two months contained a statement by President Reagan, "When Americans are fully informed and have all of the facts before them, they will almost always make the right decision." For purposes of this article, please allow me to try and inform as many of you, no matter your political persuasion, exactly what this "Sequester" really is. I continue to be blown away by so few people being able to articulate this fiasco.

The "Sequester" is nothing more than the following example. Joe, who is making \$65,000 a year, was told he was in line to get a 20% annual raise, which would take him to \$78,000 per year. He thought, "Wow...this is great. I was paying all of my bills with what I was making, but now I will be doing a lot better." But when Joe finally got the raise, it wasn't the 20% increase of \$13,000 per year he was told. Instead, it was only \$10, 894, which came to 2.7% less of the total amount he would have been making if

he had received the full 20% increase. So what does Joe do? Instead of being thankful for what he did get, he throws a fit. He yells...screams...and threatens. He calls the newspaper and cancels his subscription. He huddles his family together and tells them there will be no vacations...no more birthday parties...no more going out to eat every Sunday after Church...and that they're going to have take the pets to the animal shelter and have them put down because they cost too much to feed. He tells the neighbors he is going to have to sell his house and move to someplace less expensive. He goes on and on. The neighbors aren't stupid. They know what happened. They know he is now making more than he was, by a lot, and he is raising all this fuss over nothing. It is sickening to them to have to listen to him. For crying out loud, they think, he has more money than what he had last year, and he was paying all of his bills then with what he was making. What is all of this nonsense? Who is he trying to con?

I have to tell you, I had never been as sad and embarrassed for our county as I was when I watched President Nixon resign on August 8th, 1974, and be flown off in a helicopter, after he lied and participated in the Watergate cover-up to the extent that he did. I so clearly remember that day, and saying to myself, "Our country will never be the same. How can any one man think he is so special, so important, so all-knowing, to do what he has done and bring down the office of the President of our great country like he has done?" Not since that time in 1974 have I experienced those same feelings...that is until I watched President Obama in the last 15 days of February before the Sequester, and since. If he didn't look like, and act like, a pathetic, bad, little boy, trying to get his way, espousing hate, anger, venom, lies, distortions and deflections...I will eat your hat. It has been sickening. He is acting just like a little brat, along with all of his cabinet members. "If I can't get what I want, I will throw a tantrum and cause more pain than you can imagine until you let me have my way." Forget about the fact that he is supposed to be our leader, put on his "big boy britches," and do what it takes to protect us and work in our best interest. It's all a game to him.

He purports to be all-knowing, and it is always his way or the highway, yet he has no experience in doing anything. All of his experiments that he throws on us have never worked in

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real life. The only thing he or we have to show from them are failure...in every case. They are just theories from people who wanted to “fundamentally change America” or the world. And what do we have after more than 4 years of his “all-knowing” presidency? We have the same unemployment percentage as we did when he took over, which is actually far less than what it actually is, because so many Americans have stopped looking for work, thus are not counted in this percentage. Yes Martha...we actually have more than 11% of all the people that could work, not working. In fact, we have less people working in this country today than we had working 31 years ago. We have 50 Million people on food stamps now and his government is working to bring more on as rapidly as they can. Half of all Americans pay no income taxes. Half of all households in America, receive some form of monthly check...and that is not counting anyone who receives Medicare or Social Security. We are nearly \$17 Trillion in debt today, compared to the \$10 Trillion we had when he took over. This debt as a percentage of Gross Domestic Product was 38% when he took over. Today it is nearly 100%. Consumer confidence was at 99.5...today it is at 69.6. The stock market is about at the same level today as it was when he took over, but only because his policies have the Fed pumping it up by printing \$100 Billion per month. The attitude among investors is, “We know it’s going to end badly, but in the meantime we can make some money.” The translation of this is, “Just make sure to sell ahead of everyone else.” The world does not respect us and it does not believe us. Our allies cannot trust us. Whose fault is all of this? It is always the Republicans as a whole, the Republican majority in the House, or former President Bush. Think about it...when has President Obama ever blamed anyone other than one or more of these? He has never owned up to anything that has happened negatively as the result of his policies or his ideologies...just like a bad, little boy. He is first in line to take the credit...but he never takes the blame or says he is sorry...for anything. Now he has his act in high gear. Cancelling White House tours because of the Sequester...are you kidding me? Don’t cancel the funding of robotic squirrels, or the study on how cocaine affects Japanese quail, or the training of Chinese prostitutes to drink responsibly. Pick things that

are high profile. Inflict all the pain you can. Select things you know “your press” will pick up and run with. Can you believe the smallness and audacity of this President? Here is his strategy...cancel the tours so those grade school students who planned to visit during Spring Break will go home and tell their folks how much they dislike the Republicans because they made this happen, so their folks will vote the Republicans out in 2014. It’s akin to his same strategy on Benghazi. Proclaim Bin Laden is dead and Al Qaeda is on the run. Then, when our ambassador begs for help, stick your head in the sand, right next to your incompetent, “What difference does it make,” Secretary of State, who has the vision and insight of Mr. Magoo, because it would derail your narrative. Cover it up with all of the “d” words we have used heretofore, plus two more, “duck” and “dive.” Don’t mind the dead and their loved ones. Refer to the whole incident as a “bump in the road.” Then five months later go on You Tube and say, “This Benghazi thing will be over soon. They have just about run out of questions to ask.” Of all that went down and is still going down on Benghazi, it should have been his “Waterloo.” If it doesn’t prove to be, we are all in for a ride we will all wish soon we had never taken. President Obama has less than 18 months to get the country to hate the Republicans and the Republican controlled House so bad, that they will toss them out, and have the Democrats take over the House, along with keeping the Senate Democratic majority, in 2014, so he can get his final legislative agenda in and passed before he leaves office in 2016. He will do all he can to get immigration reform, cap and trade, gun control, green energy, and every other socialistic policy or program he has up his sleeve, enacted. Forget the country...forget the economy...forget our children and the generations to come. It’s all a game to him. What a pathetic person we have in the great office to lead us...at the very time we need a leader in the worst way!

He has worked so hard to tear everything apart. Like the bad, little boy in my hometown, no one will ever accuse him of being lazy. He has been one of the hardest working Presidents in the history of our country. He runs from one end of the country to the other. He mixes in all kinds of social events. He stops and gives a stump speech here and stops and gives a stump speech there, all aimed at dividing the country, pitting one group against another, acting as though he

is God’s gift to mankind, and with all of his abrasiveness and arrogance... nothing ever bothering him about the lies, deceits, deflections, distortions and hypocrisy that come from his mouth. Can you imagine what he could do if he tried to make everything work? What if, instead of going around the country blaming everyone else for what is happening, and ginning up one side to hate and disrespect the other, he used his gift of eloquence to soothe the fears of Americans by saying, “We are going to work this thing out. Stay with us. It has been broken far too long. America can be great again. It will take all of us to get this country back on the right track.” And what if instead of him tearing down the opposition, he spent his time telling Americans, “The overwhelming contributor to the fiscal problems we face as a nation is entitlements. They account for 60% of what we spend. We have made promises into the future totaling nearly \$100 Trillion. There is no way these promises can be met. Unless we tackle them today, the way we have come together and tackled every problem we as Americans have faced for more than 235 years, they will only become unsolvable in the future. But if we work together, we can work things out. Stay with me and Congress. Help us. Support me and our leaders. We will whip this thing. It will take shared sacrifice...but we can do it. America has always, ‘done it,’ and we can do it again.” Look at what he could do for entitlement reform...for our deficit...for our debt...for unification of our country...for rebuilding and reinstating America throughout the world to what we were following WWII, and the aftermath of the Cold War.

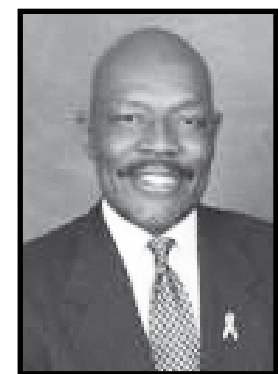
What other legacy could any legitimate president want, other than one or more or all of these? But these are not the legacies he wants...or even cares about.

I didn’t write the two following articles, but they seemed so appropriate to include here...at this time. And just in case you thought I was overly direct in my writings, it will look like my articles have been a “bowl of cream puffs” compared to these. I put these here for exclamation points to my article...and are they ever!

The first was written by Mychal Massie - former chairman of the National Leadership Network of Black Conservatives-Project 21 - a conservative black think tank located in Washington, D.C. He was recognized as the 2008 Conservative Man of the Year by the Conservative Party of Suffolk County, N.Y. He is a nationally

recognized political activist, pundit and columnist. He has appeared on Fox News Channel, CNN, MSNBC, C-SPAN, NBC, Comcast Cable and talk-radio programming nationwide. A former self-employed business owner of more than 30 years, Massie’s website is mychal-massie.com.

The second was written by Matt Patterson, a columnist and commentator whose work has appeared in some of the nation’s top newspapers and political sites, including the Washington Post, New York Post, Washington Examiner, American Thinker, and FOXNews.com. His work has been cited on air by Sean Hannity, quoted in Forbes, POLITICO and The Week magazine, and featured on the Drudge Report, Real Clear Politics, and RushLimbaugh.com, among many others.



By Mychal Massie

“The truth is I do not like the Obamas, what they represent, their ideology, and I certainly do not like his policies and legislation. I’ve made no secret of my contempt for the Obamas. As I responded to the person who asked me the aforementioned question, I don’t like them because they are committed to the fundamental change of my/our country into what can only be regarded as a Communist state.

“I don’t hate them per definition, but I condemn them because they are the worst kind of racialsists, they are elitist Leninists with contempt for traditional America. They display disrespect for the sanctity of the office he holds, and for those who are willing to admit same, Michelle Obama’s raw contempt for white America is transpicuous. I don’t like them because they comport themselves as emperor and empress.

“I expect, no I demand respect, for the Office of President and a love of our country and her citizenry from the leader entrusted with the governance of same. President and Mrs. Reagan displayed an unparalleled love for the country and her people.

“The Reagans made Americans feel good about themselves and about

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what we could accomplish. Obama's arrogance by appointing 32 leftist czars and constantly bypassing congress is impeachable. Eric Holder is probably the MOST incompetent and arrogant DOJ head to ever hold the job. Could you envision President Reagan instructing his Justice Department to act like jack-booted thugs?

"Presidents are politicians and all politicians are known and pretty much expected to manipulate the truth, if not outright lie, but even using that low standard, the Obamas have taken lies, dishonesty, deceit, mendacity, subterfuge and obfuscation to new depths. They are verbally abusive to the citizenry, and they display an animus for civility.

"I do not like them, because they both display bigotry overtly, as in the case of Harvard Professor Louis Gates, when he accused the Cambridge Police of acting stupidly, and her code speak pursuant to not being able to be proud of America. I view that statement and that mindset as an insult to those who died to provide a country where a Kenyan, his illegal alien relatives, and his alleged progeny, could come and not only live freely, but rise to the highest, most powerful, position in the world.

"Michelle Obama is free to hate and disparage whites because Americans of every description paid with their blood to ensure her right to do same. I have a saying, that 'the only reason a person hides things, is because they have something to hide.' No president in history has spent millions of dollars to keep his records and his past sealed.

"And what the two of them have shared has been proved to be lies. He lied about when and how they met, he lied about his mother's death and problems with insurance, Michelle lied to a crowd pursuant to nearly \$500,000 in bank stocks they inherited from his family. He has lied about his father's military service, about the civil rights movement, ad nausea. He lied to the world about the Supreme Court in a State of the Union address. He berated and publicly insulted a sitting Congressman. He has surrounded himself with the most rabidly, radical, socialist academicians today.

"He opposed rulings that protected women and children that even Planned Parenthood did not seek to support. He is openly hostile to business and aggressively hostile to Israel. His wife treats being the First Lady as her personal American Express Black Card (arguably the most prestigious

credit card in the world). I condemn them because, as people are suffering, losing their homes, their jobs, their retirements, he and his family are arrogantly showing off their life of entitlement - as he goes about creating and fomenting class warfare.

"I don't like them, and I neither apologize nor retreat from my public condemnation of them and of his policies. We should condemn them for the disrespect they show our people, for his willful and unconstitutional actions pursuant to obeying the Constitutional parameters he is bound by, and his willful disregard for Congressional authority.

"Dislike for them has nothing to do with the color of their skin; it has everything to do with their behavior, attitudes, and policies. And I have open scorn for their constantly playing the race card.

"I could go on, but let me conclude with this. I condemn in the strongest possible terms the media for refusing to investigate them, as they did President Bush and President Clinton, and for refusing to label them for what they truly are. There is no scenario known to man, whereby a white president and his wife could ignore laws, flaunt their position, and lord over the people, as these two are permitted out of fear for their color.

"As I wrote in a syndicated column titled, 'Nero In The White House' - Never in my life, inside or outside of politics, have I witnessed such dishonesty in a political leader. He is the most mendacious political figure I have ever witnessed. Even by the low standards of his presidential predecessors, his narcissistic, contumacious arrogance is unequalled. Using Obama as the bar, Nero would have to be elevated to sainthood.

"Many in America wanted to be proud when the first person of color was elected president, but instead, they have been witness to a congenital liar, a woman who has been ashamed of America her entire life, failed policies, intimidation, and a commonality hitherto not witnessed in political leaders. He and his wife view their life at our expense as an entitlement - while America's people go homeless, hungry and unemployed."



By Matt Patterson

"Years from now, historians may regard the 2008 election of Barack Obama as an inscrutable and disturbing phenomenon, the result of a baffling breed of mass hysteria akin perhaps to the witch craze of the Middle Ages. How, they will wonder, did a man so devoid of professional accomplishment beguile so many into thinking he could manage the world's largest economy, direct the world's most powerful military, execute the world's most consequential job?

"Imagine a future historian examining Obama's pre-presidential life: ushered into and through the Ivy League, despite unremarkable grades and test scores along the way; a cushy non-job as a 'community organizer,' a brief career as a state legislator devoid of legislative achievement (and in fact nearly devoid of his attention, so often did he vote 'present'); and finally an unaccomplished single term in the United States Senate, the entirety of which was devoted to his presidential ambitions.

He left no academic legacy in academia, authored no signature legislation as a legislator. And then there is the matter of his troubling associations: the white-hating, America-loathing preacher who for decades served as Obama's 'spiritual mentor'; a real-life, actual terrorist who served as Obama's colleague and political sponsor. It is easy to imagine a future historian looking at it all and asking: How on Earth was such a man elected president?

"Not content to wait for history, the incomparable Norman Podhoretz addressed the question recently in the Wall Street Journal: To be sure, no white candidate who had close associations with an outspoken hater of America like Jeremiah Wright and an unrepentant terrorist like Bill Ayers, would have lasted a single day. But because Mr. Obama was black, and therefore entitled in the eyes of liberal Dom to have hung out with protesters

against various American injustices, even if they were a bit extreme, he was given a pass. Let that sink in: Obama was given a pass - held to a lower standard - because of the color of his skin.

"Podhoretz continues: And in any case, what did such ancient history matter when he was also so articulate and elegant and (as he himself had said) 'non-threatening,' all of which gave him a fighting chance to become the first black president and thereby to lay the curse of racism to rest?

"Podhoretz puts his finger, I think, on the animating pulse of the Obama phenomenon - affirmative action. Not in the legal sense, of course. But certainly in the motivating sentiment behind all affirmative action laws and regulations, which are designed primarily to make white people, and especially white liberals, feel good about themselves.

Unfortunately, minorities often suffer so that whites can pat themselves on the back. Liberals routinely admit minorities to schools for which they are not qualified, yet take no responsibility for the inevitable poor performance and high drop-out rates which follow. Liberals don't care if these minority students fail; liberals aren't around to witness the emotional devastation and deflated self-esteem resulting from the racist policy that is affirmative action. Yes, racist. Holding someone to a separate standard merely because of the color of his skin - that's affirmative action in a nutshell, and if that isn't racism, then nothing is.

"And that is what America did to Obama. True, Obama himself was never troubled by his lack of achievements, but why would he be? As many have noted, Obama was told he was good enough for Columbia despite undistinguished grades at Occidental; he was told he was good enough for the US Senate despite a mediocre record in Illinois; he was told he was good enough to be president despite no record at all in the Senate. All his life, every step of the way, Obama was told he was good enough for the next step, in spite of ample evidence to the contrary.

"What could this breed if not the sort of empty narcissism on display every time Obama speaks? In 2008, many who agreed that he lacked executive qualifications nonetheless raved about Obama's oratory skills, intellect, and cool character. Those people - conservatives included - ought now to be deeply embarrassed.

"The man thinks and speaks in the

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hoariest of clichés, and that's when he has his teleprompters in front of him; when the prompter is absent he can barely think or speak at all. Not one original idea has ever issued from his mouth - it's all warmed-over Marxism

the task. It is embarrassing to see a president so willing to advertise his own powerlessness, so comfortable with his own incompetence. "But really, what were we to expect? The man has never been responsible for anything, so how do we expect him to act responsibly?"

"In short: our president is a small-minded man, with neither the temperament nor the intellect to handle his job. When you understand that, and only when you understand that, will the current erosion of liberty and prosperity

if we will all wake up now. We must stop this bad, little boy and others like him from doing any more damage. We can do this by calling him and them out...immediately...and every time they do the things they are doing. We can never let something they do or say grow "roots." Remember when Congressman Joe Wilson of South Carolina yelled out, "You lie," during President Obama's 2010 State of the Union speech? We didn't have any idea then how much "right on" he was, to stop this bad, little boy from doing the things he was doing. We must always respect the office of the President, and the office of our elected officials, but that doesn't mean the people holding these offices get a free pass for anything they want to do, or say, or for the political games they want to play. For the fourth time in three months, I will reprint Reagan's quote, "When Americans are fully informed and have all of the facts before them, they will almost always make the right decision." The press is supposed to do this. They are supposed to play a most valuable role in our society. It is up to them to present the facts fairly...for everyone. They are not

doing this. They have not done this for a long time. They have abrogated their responsibilities in a major way. If they won't do what has to be done... we must. There is no one left to do it... but us. Remember another quote from President Reagan, "To sit back hoping that someday, someday, someone will make things right...is to go on feeding the crocodile, hoping he will eat you last...but eat you he will."

I have been asked, "With all of this, what do you want to have happen?" Next month, God willing...I will tell you.

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.



of the kind that has failed over and over again for 100 years.

"And what about his character? Obama is constantly blaming anything and everything else for his troubles. Bush did it; it was bad luck; I inherited this mess. Remember, he wanted the job, campaigned for

make sense."

Is our "goose" cooked? Is there still time to save what heretofore has been the greatest country the world has ever known? I am sure someone in Rome asked this same question in the early 5th century, before it fell in 476 AD. I will give you my answer. There is...

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Dangers of breaking glass in a tornado

By Bob Crager



Q: With tornado season rearing its head again, and most homes not being “tornado proof”, how can I protect myself from flying glass in my home or office during a tornado?

A: If you’ve been watching the news lately, you’ve seen, as I have, that there are tornados developing in places where a tornado was a rare, if ever, occurrence in the past. Tornado Alley has begun to “spread out”. Having a shelter, or a safe room, built into your house can help you protect yourself and your family from injury or death caused by the dangerous forces of extreme winds. It can also relieve some of the anxiety created by the threat of an oncoming tornado season. Your question seems to be, should you consider building a shelter in your house to protect yourself and your family during a tornado or hurricane? The answer depends on your answers to several other important questions. Such as, do you live in what is considered a high risk area of the country for these storms, keeping the aforementioned topic in mind? How soon can you get to a safe shelter when you hear the sirens sound? And what level of safety do you want to provide for yourself and your family? Now is the best time to address those questions...not right after the sirens have sounded...agree?

During any windstorm, such as a tornado, hurricane, cyclone, or even straight-line winds of high velocity, everyone is at risk from flying everything! Glass included! If that storm is powerful enough to blow houses away, it’s a pretty good bet that your windows, no matter how good they are, are going to break and blow out too. Flying glass and all the other debris in a windstorm can be, and many times is, very deadly. Standing on a street downtown in a high windstorm is not a good idea at all. Those high winds can break the windows out of high rise office buildings and shower the sidewalks below with a deadly rain of glass shards. Get inside immediately in that situation, before the glass starts

falling. Generally, if you’re paying attention to the weather at all, you’ll have some idea that there’s “tornado trouble” brewing for some time before it actually is upon us. Take that warning seriously every time!

You’ve all heard that if you don’t have a basement in your home, you should go to the middle of your home and get into a closet or a bathtub. I understand the logic of saying that...and getting more walls between you and the outdoors, but I still believe that you’re at very high risk of death or serious injury if you follow that instruction.



I would only do that as a very last resort! High winds, whether twisting or moving across in a straight line can totally destroy, in many circumstances, most residential structures, and they’re especially deadly to inhabitants of mobile homes. That evidence is pretty clear, at least to me. Absent a basement, there are in-ground storm shelters available that can be installed in the floor of your garage, allowing you to get into them without going outside the house. Absent a garage, those same shelters can be installed right outside your back door allowing only a few steps from your door to the door on the shelter. That’s better, in my opinion, than staying inside the house in a bathtub or closet, hoping for the best. Very iffy.

During a storm, if the winds get high enough to break or blow out your windows, the hope is that with today’s radar and weather technology, you’ve had sufficient warning to move yourself and your family to a safe shelter to

wait it out. Most tornadoes move laterally across the terrain at around 20+ miles per hour and some of these monster storms even achieve a lateral speed of over 40 mph. Outrunning an erratic, fast moving tornado in a vehicle is risky at best. Many have tried, and many have failed to get away. One of the problems with that strategy is that nothing will prevent other funnels from dropping down right on top of you as you’re trying to drive away from the storms.

Right now, while the weather is not threatening, it’s a good time to

or more concrete basement walls right around you, as in a corner. If this space is a small space with walls surrounding you, and is equipped with a steel door with multiple deadbolt locks to hold it closed, your chances of avoiding death or injury are much improved. Go ahead and put an axe and/or battery powered saw, some fresh water in plastic jugs, some non perishable foods, a cell phone, a battery powered radio or television, a simple school bell you can use to get attention, and anything else you can think of to allow you to be in a survival mode for the next several minutes or even hours until someone can get to you for rescue operations. If you decide to “put this preparatory planning stuff off”, rather than getting it done now, how will you feel at that moment, when the skies turn black as midnight, and that storm siren begins to wail? Now that’s a change in pressure, and I don’t mean of the barometric kind!

There are some new, wind resistant type materials that are being sold for windows and doors in homes and businesses that can resist many of the day to day things that happen, and even some strong wind events, but if the wind is strong enough to cause debris such as cars and trucks, concrete or wood landscaping materials to go flying around you, it’s a good bet you’re going to need to think first of just living through it. Getting those windows replaced after the storm has passed you by will be a thought for another day...The good news is that the vast majority of homes have never seen a tornado or a hurricane, and hopefully, yours never will either...Your great full service local glass dealer can take care of any type of glass needs you may have at your house. And we’ll have more interesting stuff for you next month...

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

prepare in advance for what you and your family are going to do if that tornado siren sounds. If you’re at home or in your office or workplace when it happens, what’s the first thing you’re going to do? How much time do you have before it actually hits your home, office, or workplace? Where are the children and pets? Where is your spouse? In the absence of having thought out the answers to these and other questions, and then preparing a plan with each member of your family, you could end up with a terrible result from a windstorm. Flying glass and other debris can become a reality for you in just seconds. This is especially true if your home is located anywhere near “tornado alley”. As we alluded to earlier, tornados have been popping up in places not normally known for this particular type of windstorm.

Ideally, if you have a basement, start now and prepare a room down there where there are no windows, and try to have this space where there are 2

CARPETING, TILE & FLOOR COVERING

Pricing carpet by the square foot, twist & pad

By Josh Jabara



Q: Why did the carpet industry ever go away from pricing carpet by the square yard? Can you help me understand the meaning of "twist" as it relates to carpeting? How important is the pad?

A: It has become the industry standard to price carpets by the square foot, since most people relate to square feet better than square yards. Also, as hard surface products become more mainstream it makes it easier to compare the price of carpet to tile, wood or laminate. Either way it is the total price of the job installed that is important as well as the quality of the installer. What does "twist" mean in regards to carpet? The best way to describe twist is for you to think of the spring in a ball point pen - the tighter you compress the spring, the more bounce there will be when it springs back. Twist is like the spring, generally, the tighter the twist; the more likely it is to "bounce back". Higher twist levels allow your carpet to maintain its original appearance longer. How important is the pad under my carpet? The cushion under your carpet is one of its most



important components. It is the base that helps the carpet retain its texture and appearance. A cushion is sold by its thickness and density. Low quality pad (i.e., a pad that is too soft) can adversely affect the performance of the carpet. Also, a pad that is too thick may interfere with the anchoring of the

carpet. It is important to use a firm, dense cushion to extend the life of your carpet. Another factor to consider is that many new cushions have antimicrobial properties that provide a little insurance regarding spills. Can I use my existing pad? Normally not. Most of the time the manufacturer will not warrant the carpet if you use your old pad. When you consider all the traffic your floor gets and all the dirt and spills that get through your carpet

into your cushion it is a good time to replace that cushion.



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

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INTERNET

More Facebook questions answered

By Jennifer Holman

(for the first articles in this series, refer to the Jan '13 thru Mar '13 issues at www.theqandatimes.com)



Q: My friends are putting up funny and inspirational pictures, how can I put pictures like these on my page?

A: When you see a picture, a post or a link on someone's page that you would like to share on your page, you will at the bottom left of the picture select Share, When you click Share, you choose how and with whom you want to share. Pick one of the following options from the dropdown menu:

On your own timeline: Choosing this option creates a post on your timeline. Control who can see your post by choosing an audience from the lock icon dropdown, and write an optional update in the open field.

On a friend's timeline: This option lets you post the content to a friend's timeline. Type your friend's name, and then an optional message in the open field.

In a group: This option lets you post the content to a group you're a

member of. Type the group's name, and then an optional message in the open field.

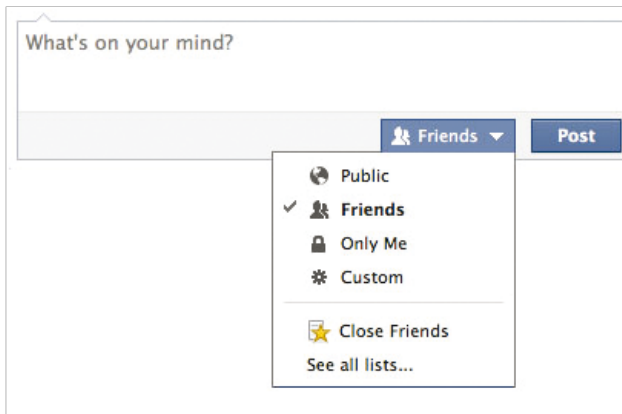
In a private message: Use this option to share privately with an individual or small group of friends. Enter your friends' names, and then an optional message in the open field.

Last but not least on the bottom left is your audience selector tool, you'll find an audience selector tool most places you share status updates, photos and other stuff. Just click the tool and select who you want to share something with.

The tool remembers the audience you shared with the last time you posted something, and uses the same audience when you share again unless you change it. For example, if you choose Friends for a post, your next

post will also be Friends unless you change the audience when you post. This one tool appears in multiple places, such as your privacy shortcuts and privacy settings. When you make a change to the audience selector tool in one place, the change updates the tool everywhere it appears.

The audience selector also appears



alongside things you've already shared, so it's clear who can see each post. If you want to change the audience of a post after you've shared it, just click

the audience selector and select a new audience.

Remember, when you post to another person's timeline, that person controls what audience can view the post. Additionally, anyone who gets tagged in a post may see it, along with their friends.

Jennifer Holman is the Social Media Director for Chart Marketing, Inc. (CMI) a full-service advertising agency, marketing firm and publishing company. CMI operates and markets a varied assortment of business products and services, including publishing of The Q&A Times and several B2B and B2C publications throughout the country. She also volunteers with Girl Scouts and Hope in the Valley Equine Rescue and Sanctuary. You may contact Jennifer by phone at (316) 721-9200, by e-mail at jenniferh@chartmarketing.com, or you may visit at www.facebook.com/TheQATimesJournal.

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