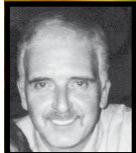




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## WHAT'S NEW NOW?

### What's new now? - series

By Charlie Traffas

(for the first five articles in this series refer to Dec. '12 thru Apr.'13 at [www.theqandatimes.com](http://www.theqandatimes.com))



**Q:** I am a regular reader of your articles. I mostly support what you write, but I have some questions. You include lots

of facts in your articles that not all of us have access to, but what is it that you are trying to accomplish? What do

you want to have happen? What do you want President Obama and other elected officials to do? What do you want us to do?

**A:** These are very good questions.... and most timely, following my article last month. If you haven't read it, you may want to do so before reading this one. You can do this by going to [www.theqandatimes.com](http://www.theqandatimes.com), clicking on *Recent Issues*, and then clicking the April 1, 2013 issue. At press time for this issue, we were running 8 to 1 positive to negative. We had

the biggest "one-month" percentage increase in subscriptions ever, for both Wichita and SE KS. These are always nice, but they are refundable pro rata if we stop publishing, which is always a possibility with each passing month, for several reasons. I try and read all of the comments. As you might imagine, it is always gratifying to read the positive ones...but every once in awhile, we get a negative one, like the one below that was posted to our Face Book page in SE Kansas.

*"Who's this Piece of Garbage*

See New..Page 19

## CLEANING & RESTORATION

### Carpet & air duct allergens

By Chris Mazzacco



**Q:** Does professionally cleaning your carpet and air ducts reduce allergens?

**A:** The short answer is yes, it does. Here are a few quick numbers to help you see what we are dealing with. The American Lung Association reports most people spend 60% to 90% of their time indoors. According

to the United States E.P.A. levels of hazardous pollutants in indoor air have been found to be up to 70 times greater than in outdoor air. Over 50 million Americans suffer from allergies or asthma. With so many people spending the majority of their time in environments where there is a high level of trapped and recirculated pollutants, we see a steep rise in allergy sufferers today. These allergens

See Carpet...Page 22

## LIFESTYLE

### New technology in spray tanning

By Jana Beykirch



**Q:** What is the VersaSpa spray tan and will I turn orange? I'm looking for a quick, healthy glow before I go

on a trip. What do you suggest?

**A:** VersaSpa is no ordinary sunless tanning booth! Step inside and within four short minutes you will transform "pale" skin to a healthy bronze glow complete with a blow drying function (so you are not leaving sticky & wet) and a hydration moisturizing step (optional) to seal in your new color. With Versa Spa because there is no longer the "orange" look associated in any way with the spray tan. The solution pulls from a walnut extract, leaving a rich bronze glow (bye-bye to the orange color in old technology!) Preparation for your session is easy.

Exfoliate before your session to remove dead, dry skin cells. This allows the bronzing spray to absorb into fresh, clean skin. Your tan will not only be more even, but will

See Technology...Page 15

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## PHONE SYSTEMS

### Business phone systems and lightning

By Scott Blythe



**Q:** What can I do to protect my business phone system from lightning during the upcoming spring storm season?

**A:** To be clear, I am not an electrician. However, I have had 35 years of experience installing and working with power in the Telephone industry. Here are some measures you can take now to help avoid damage to your equipment.

Let's start outside your home or business, at your service provider's Network Interface Device (N.I.D.), or protector. A quick visual inspection will tell you all you need to know here. This box will have surge protectors inside. If the box is properly grounded, it will provide some protection. Look for the ground wire leaving the N.I.D. It may be inside a plastic conduit, usually down to a ground rod, or it can be run exposed to your power meter. If it is not visible, or not attached at



either end, call and have them check it.

Now let's go inside to the spot your Phone System is located. This should be a climate controlled area, free of excess moisture and dust. Your equipment should not be attached directly to structural steel, or any conductive material. Ideally, your equipment should be mounted on a piece of 3/4" plywood, with spacers behind so the board is not in direct contact with the wall. Do not wrap the spare power cord into a tight circle, or leave it folded back and forth like the

manufacturer ships it. The power cord should not be fastened to the mounting board at all. Let it hang loose and as straight as possible. The outlet used for your communications equipment should be a home run. Nothing else should be on this circuit. Check the outlet, make sure it is grounded. Do not use a three prong

adapter, or an extension cord. In the case of the next two items, you get what your pay for, so be picky.

U.L. (Underwriters Laboratory means quality electrical component.) - You need a quality surge protector plugged into the outlet. This should act as a fuse, and in the event of lightning, it will blow first to avoid damage to your equipment. Then plug your UPS (Uninterrupted Power Source battery backup for power failure) into the surge protector. The UPS will do two jobs for you. First, it will allow your phones

to keep working through a complete power outage,(size matters) and second, it will filter the power provided to your equipment, so you avoid some of the issues with power spikes and brown outs. Now plug your phone system into the UPS, making sure to use the side that says "protected". Lastly, make sure your phone system has a chassis ground that meets the manufacturer's specifications for wire size and distance. When in doubt, have a qualified professional check it for you. Enjoy spring, it will be hot before you know it.

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

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**FROM THE PUBLISHER**



*By Jerod Norris*



Hi and welcome to the May 2013 edition of the SE Kansas Q&A Times Journal.

First things first, our thoughts and prayers are with those directly affected by the Boston bombing. It affects us all as a Nation, but I certainly couldn't imagine going through what they all went through. Being at the Boston Marathon, an event with so much joy, hard work and charity, just to have it end with such a cowardly act of terror. I will not give, nor do I think we need to give it as much publicity that media outlets have. Let's report the facts, reduce the fat (all the rumors, backtracking, guessing, etc) and just report. (I saw one news channel basically showing viewers how to make a pressure cooker bomb. My hand

instantly smacked my forehead.) That being said, prayers to all involved and to those that protect our country.

May is here and as we head into another Summer season, the Q&A Times would like introductions to businesses or business owners actively seeking to promote themselves in the following industries: Construction, Heating & Air, Lumber Yard, Pool & Spa, Roofing, Golf Course, BBQ or catering Restaurants, and any other spring/summer related professions. I would enjoy visiting with them and learning about their industry. We may have something special for them.

My contact information is 620-249-7462 or jnorris@chartmarketing.com.

It's going to be a great season! Thank you for reading.

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

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## INVESTMENTS

### Is your portfolio truly diversified?

By Dawn Taylor



**Q:** The investments I own seem to fluctuate a lot to the point I do not want to look at my statements.

Is there anything or product I can own that will help with these swings?

**A:** Life is full of ups and downs — and the financial markets are no different. As an investor, you're no doubt happy to see the "ups" — but the "downs" can seem like a real downer. Isn't there any way to help smooth out the volatility in your investment portfolio?

First of all, to cope with volatility, it's helpful to know what causes it — and there can be many causes. Computers that make trades in milliseconds, based on mathematical models, are sometimes blamed for intraday volatility, but large price swings can also occur following the release of

government economic reports, such as those dealing with unemployment and housing starts. Global events, such as the European economic malaise, can also send the financial markets into a tizzy.

By being aware of the impact of these events, you can see that the workings of the markets — especially their volatility — may not be as mysterious as you thought. Still, while knowing the causes of volatility can help you prepare for market swings, it won't blunt their impact on your portfolio. To do that, you need to create a diversified mix of investments because your portfolio can be more susceptible to negative price movements if you only own one type of asset.

To illustrate: If you owned mostly bonds, and interest rates rose sharply, the value of your bonds would likely drop, and your portfolio could take a big hit. But if you owned stocks, bonds, government securities, certificates of deposit (CDs) and other investment vehicles, the rise in interest rates

would probably affect your portfolio less significantly.

Unfortunately, many investors think that if they own a few stocks and a bond, they're diversified. But you can actually extend your diversification through many levels — and you should. For the equity portion of your portfolio, try to own stocks representing many market sectors and industries. Also, consider international stocks. And rather than just owning U.S. Treasury bonds, consider corporate bonds and municipal bonds, and diversify your fixed-income holdings further by purchasing short-term, intermediate-term and long-term bonds. Work with your financial advisor to determine the mix of asset classes and investments that are appropriate for your financial goals and objectives.

How you ultimately diversify your portfolio depends on your risk tolerance, time horizon and long-term goals — there's no one "correct" asset mix for everyone. And over time, your diversification needs may change. To cite one example, as you enter your retirement years, you may need to increase your percentage of income-producing investments while possibly reducing the amount of

growth investments you own. These growth-oriented investments tend to be more volatile, and you may want less volatility during your retirement. However, even during retirement, you will need to own a certain percentage of growth investments to provide you with the growth potential you'll need to stay ahead of inflation.

Keep in mind that diversification can't guarantee a profit or protect against loss. Nonetheless, building a diversified portfolio may help take some of the volatility out of investing — so look for diversification opportunities whenever possible.



*Dawn Taylor has been with Edward Jones for close to 7 years starting as a Branch Office Administrator and then transitioned into the Financial Advisor role. Dawn and her husband have recently relocated to Pittsburg from the Branson area and they both look forward to meeting people and building a business in the Pittsburg area.*

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## BUSINESS

# How can my business benefit from hiring someone with intellectual disabilities?

By Helen Cherry



**Q:** I want to create a diverse workplace. Can you tell me the advantages of hiring someone with intellectual disabilities?

**A:** Many people shy away from hiring anyone with intellectual disabilities. This is very unfortunate indeed—especially for the business owner! Hiring people from all backgrounds and abilities has tremendous value for every business and the community.

First, hiring someone with a disability shows a commitment to the community which resonates with your customers. They care because you care, and become repeat customers.

Second, your company benefits from the individual's unique abilities and adds in ways that you might not



even realized is needed. For example, the employee might excel in working with people, can present information well, or can make customers feel welcomed when other employees find it difficult or intimidating.

Another great reason for hiring someone with a disability is tapping

into a ready and underutilized workforce. Research shows that employers report overwhelming advantages that translate into productivity and profitability.

These studies find employers report employees:

1. Average or above average in safety on the job 97%
2. Hardworking 93%
3. Positive attitude 93%
4. Reliable 90%
5. Good employee 86%
6. Long-term employee 79%
7. Lower turnover-5 times more likely to stay on the job

8. Good team work 79%
9. Willing to work part time 76%
10. Good work ethic 76%

When you stack up those statistics against the general population, you see that there is no question that there are enormous advantages. Given the right training and right support, hiring someone with intellectual disabilities ends up being right for everyone involved. In my experience at EOC, I can honestly say the experience has been overwhelmingly positive and enriching for me personally. Statistics can only show so much. What they do not show is that the amount of personal growth and satisfaction gained from a willingness to include all segments of the population.

Helen Cherry is the Director of Extremely Outrageous Creations located in Pittsburg.

## AGRICULTURE

# Will the grain market turn around this summer?

By Zach Parish



**Q:** I have been holding grain in my bin since fall harvest in anticipation of getting a

premium during the summer months. The last USDA market reports have substantially lowered the market and made me think about emptying my bins to avoid losing more. Should I cut my losses and sell out or will the market turn around in the summer?

**A:** A common question that I have gotten several times since the USDA report that was released on March 30th is "when will these markets bounce back?" It is always a hard pill to swallow when markets fall that rapidly and you still have grain that hasn't been sold yet. But, that is the nature of the beast. There is always risk involved with holding grain. Then again, is this the right question to be asking? Should we be more concerned with what the market is doing as a whole, or what our individual situation is?

The answer is we should pay attention to both. It is important to pay attention to what's happening with the markets worldwide, because it will likely affect local markets. There are numerous items that should be taken into consideration—weather, planting conditions, planted acres, ending stocks, acres harvested, value of the dollar, international relations, crop reports, etc.

But the part producers sometimes do forget about is knowing where they stand on their own position. What is your break even cost? What is your personal profit goal? What are current profit levels? How do current profit levels fit into your long term goals? These are very relevant questions that often get overlooked. The key to being successful over the long term is to know where you stand

and take advantage of profitable price levels when they become available. It's not a sprint, it's about long term



profitability.

Yes, it is very disappointing when corn prices drop from \$7.50 to \$6.50 per bushel in a matter of a couple of days. There is no way to beat the market. However, this is where you need to know your personal position. If your breakeven point is \$4.50, you still have \$2.00 per bushel of profit available to you. It's on the table and can be taken.

$20,000 \text{ bu} \times \$2.00 = \$40,000$   
PROFIT

Sometimes it's easier when the numbers are in front of you. Each individual has a unique situation, so it's vital that you know exactly where you stand. Profit levels we are currently seeing will not likely be around forever. I strongly encourage all producers to take a deep look at where they stand, and see how current profit levels fit into their long term plans. If you would like help planning or have any questions, I would be more than happy to talk it over with you.

**Zach Parish** is a grain merchandiser at KAMO Grain, Inc., located at 3708 North Free King Hwy in Pittsburg, KS. Zach graduated from the University of Arkansas with a bachelor's degree in Agricultural Business, specializing in grain marketing and merchandising. KAMO Grain started as a small, family owned, country elevator in 1990, and has now grown to serve producers and elevators all over the four state area with their grain marketing needs. For more information or to reach Zach call 620-232-5800.

## EVENTS

### Get fit TRYathlon & get fit 5k/10k

By Joanna Rhodes



**Q:** How does this event benefit Health & Wellness?

**A:** Big Brothers Big Sisters of Crawford County is a mentoring agency

that pairs an adult with a child. We currently have 35 kids on the waiting list. Most kids come from low income single family homes. The Get Fit TRYathlon & Get Fit 5K/10k benefits BBBS. Health & Wellness is a mindset and a way of living. Some people think it is about being physically fit and looking your best. Others believe it is all about your mental wellbeing. There are very few kids' activities in our area that are not geared towards them being on a team. Realistically, not all kids are able to play a sport or be on a team. Therefore they are missing out on a critical time of getting some physical activity for their health. According to the US Dept. of Health and Human Services, Americans should get a minimum of 30 minutes of physical activity a day and 60 min for kids to maintain their health. 20%

of us actually get that. This time of year is great for being outside running, riding bikes and soon swimming. Kids enjoy being outside and doing these things. The Get Fit TRYathlon started in 2010 as a way to get kids back outside and to TRY something new by combining the things they are already doing. It is about having fun and showing them that getting some physical activity doesn't have to be difficult. It is proven that when kids are physically active they are happier and more productive. We have added the 15 and over 5K/10K to encourage the community to join the kids in increasing their physical activity. This event stands out from any other event due to all events being chip timed and the community feeling you get just being present. Please join us on June 2nd. Like our Facebook page Get Fit TRYathlon & Get Fit 5K/10k or call 620-704-1396 for more information. Online registration is available [http://www.sportkc.org/sportkc.aspx?pgID=866&event\\_id=856](http://www.sportkc.org/sportkc.aspx?pgID=866&event_id=856)

**Joanna Rhodes, RN & Live Well Coordinator**

## ASSISTED LIVING

### What opportunities exist for those 65 & older?

By Michelle Gaborie LPN/Administrator



**Q:** I am nearing 65 and am wondering what kinds of employment opportunities might exist for

There is also likely to be significant growth in care-giving opportunities. Additionally, older adults may want to consider career changes that involve working with older adults as personal trainers and nutritionists. There is a new world of opportunity after age 65.

me, especially with the job market already under pressure. What are your thoughts on this?

**A:** Each day, 10,000 people turn age 65. At that rate, 18% of the population will be 65 or older by 2030. This aging of the population translates to a host of new jobs for those catering to the needs of seniors. Not only will younger workers benefit, but older individuals will also be able to work in "encore careers" serving other seniors. For instance, older workers may find ways to contribute as chronic illness coaches and patient advocates.



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

## LAWN & GARDEN

### Tips for planting trees

By John Harrison



**Q:** I have not been successful when it comes to planting trees. I'm going to give it one more shot this year; do you have any tips for tree planting?

**A:** Every year, I hear from people that they have not been successful when planting trees. Trees are living things and sometimes no matter what is done you are going to lose a few. Here are a couple of steps to try this spring. Bigger is not always better when it comes to planting trees. If you have good soil you will have better luck, as the tree will always grow better in good soil. If you have poor soil, meaning soil that is heavy clay or rocky, planting a smaller tree will be more beneficial. Poor soil can be amended, but generally, I would recommend planting a small tree in the size of a 5,7, or 15 gallon container. In good soil, you can plant larger field grown trees that are referred to as

B&B (balled and burlapped). These trees can be large. In good soil, we can plant trees up to 20 feet.

Bugs have been a real problem in the past couple of years, due to the hot dry summers. Borers are a type of bug that lay eggs on certain types of trees and the larva feed on the cambium layer of the tree, which is under the bark. If left untreated, they can severely weaken or even kill the tree. Generally, you cannot see any damage until it's too late, as the bugs live under the bark. Companies make a spray you use to keep them off trees. It has to be sprayed once a month and after each time it rains during the growing season. There is a new pesticide out that you sprinkle on the ground and you only have to apply it once a year. One way to tell if your tree had borers is that the bark will start to flake off close to the ground and you will see grooves where the larva feed. Borers tend to not attack established trees unless they are weak due to stress. Stress can be caused by

recently being planted or abnormally hot and dry weather like we have had the past couple summers.

If you are not sure how to water a tree properly you can buy a product called a water gator. It is a bag that sets on top of the root ball of the tree. You fill it with water and it slowly waters the tree. This is the best way

to water a tree as the water gets to the roots and does not just run off onto the ground.

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

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## EDUCATION

# Robotics in education-why the push?

By Dr. Glenn Fortmayer



**Q:** Why is robotics an important field for K-12 schools to teach students?

**A:** Technology in schools is a challenge.

Almost before a tool is taught, it's replaced by an advanced technology. Some adults are called "technophobes" (people that fear and resist technology) by others called "techies" (people that promote and use technology extensively). Schools were a battleground between the two. Even teachers chose sides and taught accordingly. Today, the techies have won. Our technology based world has forced schools to prepare students for work and life. Computers replaced worksheets, laptops replaced desktop computers, IPADs are transforming the portable computer era. Robots are the coming technology now.

Robots are actually in schools now. USD 247 Southeast has robots in classrooms K-12 including a pair of advanced programmable android robots named "NOA," pronounced "now." Robotics is necessary because

it is both an engaging medium for teaching Science, Technology, Engineering, and Math (STEM) skills and concepts; plus it's a huge vocational field that's starved for workers. Our nation is demanding students to be college or career ready upon graduation. Employers and government officials are pushing for STEM skilled graduates for every career, whether for a college graduate, a professional certified trade position with one or two years school/training, or a position right out of high school. STEM skilled workers make between 12% at advanced degree level and 30% more for non-college workers than non-stem skilled workers.

Currently, the U.S. only supplies 20% of the robotics programmers needed (second highest paying field for college graduates on average). There is also a huge shortage of workers to do the construction and maintenance of robots. Robots are no longer just the mechanical welder or stacker on the factory assembly line. They run the cameras in TV studios and function as intelligent medical

wheel chairs and hospital beds. They are independently operating vehicles that do not need remote control. There are giant load bearing working robots and miniature microscopic robots that repair the human body from within. In the next few years robots will emerge as support and combat soldiers and aircraft in the military; right off the pages of science fiction books.

Schools are teaching students through robotics to have the skills to work with future technology. Robotics lessons teach necessary concepts in math and sciences. They teach students how to communicate and interact with each other while completing projects. Robotics lessons prepare students for the career skills they need to work in the higher paying positions they will seek after graduation. USD 247 Southeast students work on basic robotics and STEM programs beginning with LEGO robots in Kindergarten, progress through PITSCO robots and STEM Mission labs through Junior High, and then STEM classes, STEM Vocational Programs, and the NOA Android

Robot programming classes 7-12 as part of an ever expanding STEM focused curriculum. Schools are beginning to see the need to transform the old erector set robotics taught in enrichment classes or in clubs into the foundations of a much richer and more complex curriculum that is essential to student learning in the 21st Century.

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

*Dr. Glenn Fortmayer is Superintendent of USD 247 Southeast. He has been a superintendent for five years and administrator for 16 of 24 years in education. He is working with Southeast on initiatives including: expanding student, learning opportunities K-12 STEM, and increasing instruction that authentically engages students every class period of every day with an emphasis on project based learning. For more information call 620-457-8350.*

## AUTO BODY REPAIR

# What is the most effective way to remove dents affordably?

By Richard Smith



**Q:** I just bought a used car as my work vehicle and want to get it looking as nice as possible without spending a fortune. It has a few dings, but I think with a

little effort it could look a lot better. What methods are most effective and most affordable?

**A:** While not an option for every dent or ding, I would suggest you consider PDR, or paintless dent removal before any other techniques to get your car in top shape.

Paintless dent removal is a process that allows the removal of dents, dings, and other body blemishes without the need for paint or body fillers typically used by traditional methods. This process enables the restoration of your vehicle to its original condition at a fraction of conventional body shop repair work or replacement. However, whether it is an option depends on the kind of damage your car has

sustained, its location, and whether or not the paint is already damaged or flaking.

One of the biggest advantages of PDR is that the method allows you to get your car's shape as near as possible to the dent never happening in the first place. The method does not require grinding, bondo, fillers, or primers because your original factory paint is not disturbed. Additionally, you do not encounter problems with filler or paint shrinkage months after the repair as you might with conventional repairs. Affordability is another huge benefit of paintless dent repair. Since the process requires less work, and supplies, the savings is passed on to you. Saving in time is another advantage as most dents take about an hour in PDR, so you do not lose time or productivity waiting for your car repair.

While not all dents are removable with PDR, a good many fit into this category, so starting there could save you a bundle.

*Richard Smith has been in the Auto Body Industry for 26 years. He is ASE Certified Master Collision Tech, an I-Car Platinum Tech, and an I-Car Instructor. He and His wife own and operate Sharp's Auto Body & Collision Inc. located at 202 North Elm St. in Pittsburg, Kansas. He is a father of 5 children, Ex Military E-6 Staff SGT. and is active in his home Church.*

*The one thing he enjoys doing is educating the public about the safety and proper repair of automobiles, no matter if it is a vehicle that has been in a collision, a small dent, or a complete restoration. The shop is always equipped with a skilled professional to handle your auto needs.*

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**Sins: big & little**

**Q: Which sins are big and which sins are little? Which sins are serious and grave, mortal and deadly (for the soul), and which sins are not so grave or venial? For example, if one person believes that pre-marital sex is not a sin or a small sin, and another person believes it to be a grievous sin: which person is right? If a person really believes something is not a sin or a minor sin, will he/she be held accountable for the sin as if it is a grievous or serious sin?**

**By Pastor Bill Emmerling**



**A:** The true issue at hand is: What does God say about sin? And how does He respond to sin?

We also need to make some assumptions, which we must make by reasonable faith based on the evidence we find:

- \* That God exists, by definition is all powerful, all knowing, all present,
- \* That He is not silent, that He has spoken to us that we may understand His will,
- \* And that all of us are answerable to Him as we are His creation.

What does God say about sin?

Simply put, 'Sin' is rebellion against God and His will. It is disbelieving God, and His word, and attempting to take His authority over our lives and/or the lives of others. This is what happened in the Garden through Adam and Eve (see Genesis 3). As a result, we are all sinners by nature, through Adam. It is our nature by birth to rebel against God; by birth, but not by creation.

(Please see Romans 3:23-25 and Romans 5:12-21 for starters)

What is God's response to sin?

1. As God, He must punish offenses, disobediences, and wickedness in order to be Just.

Any 'sin' against an Infinite and Just God deserves infinite punishment. Consider how the punishment of a crime increases based upon the authority and honor of the offended. If you slap your brother, you would be punished differently than if you slapped a police officer, and more severely yet if you slapped the President. Offenses against God, by nature, deserve infinite punishment.

'Big' or 'Little' each and every sin separates us from God and deserves to be punished accordingly. The 'Bigness' of a sin generally speaks to the severity of the 'immediate' consequences of an

individual's sin. Consider the following passages in regards to the issue of differences in sins: 1Samuel 15:23; 1 Corinthians 6:9-10; Galatians 5:19-21; Revelation 21:8, 22:15 just as some examples.

What is God's response to sin?

2. In His just wrath on ungodliness, he also extends mercy, forgiveness and grace.

In this there seems to be a tension: Wrath is necessary for Justice; yet Mercy is necessary for Forgiveness. In His love for the men and women He has created, He provides a way to be both Just and Merciful.

Someone must die to pay the infinite punishment justice requires. That someone must be infinite by nature to absorb the full penalty of sin. This someone must be God. This person must also by nature be man (to fully identify with the offender), though perfectly sinless. Into this space steps Jesus the Christ (the Anointed One). Jesus accepted our punishment, the penalty, for all men, at all times, for all time. Further, God raised him from the dead to demonstrate Jesus was the acceptable sacrifice and to provide us with a living hope, showing us that we too will live like him in the fullness of time. See Galatians 4:4-7

In accepting Jesus as our Lord and Savior, our substitute, we receive Mercy (i.e. not receiving justly deserved punishment) from God. More than that we receive Grace (blessings we do not deserve) beginning with eternal life and peace with God.

"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him. Whoever believes in him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only

See Emmerling...Page 27

**By Father Cleary**



**A:** All sin is understood to be an offense against God. Sin involves a rejection of God, even opposition to God, even as sin continues to weigh

heavily on human life. Only in the light of the Bible and the Church's Tradition can we recognize sin clearly. Without God's revelation we are tempted to explain sin as merely a developmental flaw, a psychological weakness, a mistake, or the necessary consequence of an inadequate social structure, etc. Only in the knowledge of God's plan for mankind can we grasp that sin is an abuse of the free-will that God gives to every human person:so he/she is capable to loving God and loving one another.

Sin is an offense against reason, truth and right conscience. Sin is any thought or word or action, which turns our heart away from God. God loves each one of us, and He created us to love Him in return. There are many kinds of sins. The Bible provides several lists of them. In his Epistle to the Galatians (5:19-21) St. Paul lists "fornication, impurity, licentiousness, idolatry, sorcery, enmity, strife, jealousy, anger, selfishness, dissension, factions, envy, drunkenness, carousing, and the like. I warn you . . . that those who do such things will not inherit the kingdom of God." The root of sin is in the heart of man, in his free will, according to the teaching of Jesus: "For out of the heart come evil thoughts, murder, adultery, fornication, theft, false witness, slander.

These are what defile a person" (Mt 15:19-20).

The distinction between mortal (serious, grave) sin and venial (lesser) sin is taught by St. John in his first epistle (5:16-17): "There is such a thing as deadly sin. . . . True, all wrongdoing is sin, but not all sin is deadly." This is corroborated by

human experience. Mortal (serious, grave) sin is sin whose object is grave matter, and which is committed with full knowledge and deliberate consent. Serious or Grave Matter is spelled out by the Ten Commandments, corresponding to the answer of Jesus to the rich young man: "Do not kill, do not commit adultery, do not steal, do not bear false witness, do not defraud, honor your father and mother" (Mk 10:19). The gravity (seriousness) of sins is more or less great: e.g. murder is graver than theft. One must also take account who is wronged: to steal from a poor person is more serious than theft from a rich person.

In order that a sin be serious (mortal, grave) it is necessary that the sinner have full knowledge of what she/he is doing, and that they are doing it with their complete consent. To pretend ignorance or habit does not diminish, but rather increases the willful character of a sin. God is not deceived by pretense. The gravity of a sin can be diminished by unintentional ignorance, and sometimes by external pressures, or pathological disorders. Sin committed through malice, by deliberate choice of evil, is most serious (grave, mortal). When a sinner dies unrepentant for a serious (mortal, grave) sin, she/he is excluded from God's kingdom.

However, although we can judge that an act is in itself a serious sin, we must entrust judgment of persons to the justice and mercy of God.

A person commits a venial (little) sin when, in a non-serious matter, he/she does not observe the moral law, or when she/he violates the moral law in a grave matter, but is lacking full knowledge or complete consent. Venial sin weakens the will and impedes the individual soul's progress towards God. It deserves temporary punishment. Who sins in small matters is not deprived of friendship with God, and consequently can obtain eternal happiness. "While in this life, a person cannot help but have at least some light sins" (St. Augustine). But even these should be repented every day. Small sins, which a person takes-for-granted, can lead easily to repetition, and then to hardening the conscience: so that gradually it becomes easier to commit greater sins. Eventually, the repetition of small sins can lead to mortal (serious, grave) sins, which separate a person from union with God.

Now I return to the example mentioned in the original question: ". . . if one person believes that pre-

See Cleary...Page 27



## By Pastor Dave Henion



**A:** Our first question really asks about the grading or qualitative nature of sin. In the scriptures all and any sin, no matter what the grade or quality, brings separation from God {Isaiah 59:2}. Sin is missing the mark, God's mark. All sin is against God and His holy will. {Psalm 51:4} It's a breaking or transgressing of God's law. (1John 3:4) The problem is "all have sinned and fall short of the glory of God" {Romans 3:23} and "the wages of sin is death." {Romans 6:23} Notice there are no grades of sin but all sin brings eternal separation from God. So we see three things. First, God is the one who sets the standard. Second, sin is anything that is a rebellion or misses God's standard and way. Third, that there is no difference when it comes to sin, whether quality or kind of sin, it all separates us from God eternally. Now when it comes to the eternal perspective, sin is sin. "All sin" as Calvin said, "is Mortal," because it brings eternal death to mankind. In reality it doesn't matter what one person or group or preacher or even church thinks. What matters is what God says about it! Who is right? God!

Now the scriptures do make some distinctions of sin when it speaks about certain sins being more grievous {Genesis 18:20}, or an abomination {Leviticus 20:13}, detestable {Jeremiah 16:17} and some seem to have a higher level of offensiveness to God. {Leviticus 20:10-21} In the New Testament, Paul speaks to the new Corinthians Christians who were very much accustomed to living with sexually promiscuous life styles; he makes a higher distinction to emphasize a point that sexual sin is a direct sin against Christ and the Holy Spirit. {1 Cor. 6:15-20} Now the Catholic Church had made further distinctions of sin with Mortal and Venial Sins, however the Protestant side of Christianity would not go as far. Protestants still held to the distinctions between ordinary and heinous sins because the scriptures made those distinctions, especially in the Old Testament. A lot of the clear distinctions are for the penalties of different criminal acts, some punishable by death, other corporal penalties and even the levying of fines. Our system of justice has similar distinctions like first and second degree murder, voluntary and involuntary manslaughter. {Numbers 35:15-34}

The second question is more individually oriented on how a person's individual beliefs affect their responsibility for a sin or not. Where is the doubt? If the Bible says it is a sin, then, guess what? It is a sin! Whether the person wants to believe it or not, if God says it is, then it is. If a person is naïve and doesn't know it is, does it change the matter? Men used to drink out of beautiful ornate lead mugs, believing it was ok. But they still died of lead poisoning. Their belief was false. The Bible is filled with people who made that same mistake. Eve {Genesis 3:1-24}, Korah {Numbers 16}, Achan {Joshua 7}, Saul {1 Samuel 15}, Uzzah {2 Samuel 6:6-7} and the Sons of Sceva {Acts 19:13-16}. They didn't believe Him, but still paid the price.

In my experience, most of the time, the problem is not lack of knowledge but the will. The definition of sin can be seen as I was taught in junior high youth group. It is the center letter "I" in the word sin. It is the theology of Frank Sinatra, "I did it my way," not God's way. I have friends that don't agree with God that certain things they do are sin, but they are sins. They even deny, argue and even laugh at the idea of sin by treating it as a mythical idea. Sadly, it is their sinful fallen natures that are driving them. {Romans 7:14} They are slaves to sin. {Romans 6:20} Mankind still denies it because Satan has blinded man's eyes to it and the only relief man can have is by admitting sin is a problem and seeing the need for Jesus to save them. {1 Corinthians 4:4}

In fact in our generation the world renowned psychiatrist Karl Menninger of Topeka, Ks in 1976 was prophetic in writing his secular book, "Whatever Became of Sin?" As a psychiatrist, he recognized that our society removed the word "sin" from its morals, but in reality just gave it a different name and called it normal. Western society had renamed it as sickness, deviance or crime and it had far sweeping effects all across our society. Even the stars of our generation, 30 years later, like Edwards, Clinton, Woods and the like have been excused of their sin and are now called "victims" of sexual addiction. Society's collective responsibility has been lost due to the shift in the concept of sin and has left us paying and will continue to pay dearly in America.

What is needed for society to do is leave its denial and admit that we are all sinners and we sin. {Romans 3:23} Second, we need a savior Jesus Christ to pay the debt to God

we owe for our sin and wash away our sin. {6:23; 8:1-2} To have Him make us anew with a desire to follow Him {2 Corinthians 5:17} That we choose every day to die to our sinful natures with its desires and passions {Romans 7:14-25} and begin living in His freedom and righteousness. {Galatians 2:20} May that be our task before we implode on ourselves! Living with you in the victory Christ has given us, 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.*

## By Amy Baumgartner



**A:** Human beings were created in the "image of God" yet often humans behave in a way that is contrary to God's design of us. The human life is marked by attitudes and actions that are a distortion of the image of God in which we were created. The Bible names this disconnect between who we were created to be and how we truly are as sin. It causes us as humans to treat God, others and

ourselves in ways that are not loving and just. Sin causes a breakdown in relationship; it causes alienation from God by breaking the relationship of love and trust God seeks to have with humans. The Bible likens sin to being a prisoner in a prison camp who needs liberation. The Bible portrays the human race as enslaved to and imprisoned by the power of sin.

Sin is, in the words of Reformer John Calvin, "inherited corruption." He wrote in Institutes of the Christian Religion that "all of us, who have descended from impure seed, are born infected with the contagion of sin" (II.1.5). Sin affects our nature and our actions. For instance, sin can self-delude us into believing that some sins are not as bad as others while in fact, all sin in reality causes a separation between humans and God. And sin affects our relationships with each other, the earth, and even within ourselves. So, to answer your first question simply, all sins are sins, there are no big or little sins. They all cause alienation and result in consequences. The varying consequences may lead some to believe that some sins are "little." For example, one may ask, is my speeding on the highway really as bad as murdering someone? The consequences resulting in the damage to the family of the slain person are more substantial; however, all violations of God's ways and design will result in separation from the Holy God. And one day, all humans will stand before God the Judge to give an account of our actions and attitudes—the good ones that reflect us being created in the image of God and the bad ones that cause separation (sins).

While this may sound like bad news, there is hope. Sin is a corruption of the human race that can only be restored by the radical action of God. And God's radical action was in the giving of the one who will "save God's people from their sins" (Matthew 1:21): Jesus Christ.

*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.*

## SENIOR LIVING

### When should I plan for assisted living?

By Shanna Taylor



**Q:** Right now, my siblings and I are working to keep our father in assisted living. We all have moderately sized families and a moderate income.

Seeing this in action has made me think about my own future needs. How soon should I consider options and make plans for them?

**A:** Thinking about aging is difficult. It is hard to imagine ourselves as needing help or having lost any of our physical abilities. This is a big reason



why most people put off planning for any type of care. Not planning, however, can put us and our loved ones in a real bind.

About 70 percent of people 65 and older will require some type of long-term or assisted living care at some point in their lifetime. Given the statistics, it is better to assume you will need care and plan ahead for your future as soon as possible.

The first advantage of planning is a financial one. Planning ahead gives you time to set aside money in an interest earning account as well as factor in any other financial resources such as Social Security, pension, stocks, bonds, retirement accounts, and other property.

Another advantage is it gives you an opportunity to get insurance in place at a lower rate and time to know your coverage thoroughly. Most people are very surprised to find out that Medicare does not cover most of long-term care costs. If your resources are limited, avoiding planning may prevent you from finding additional resources for which you may qualify or from the ability to leverage all of your property.

Planning also allows you to make your own decisions and have those things in place long before there is

ever a need. You will want to consider things such as living wills, or the written instructions for the care you want in the event you are not able to make those decisions yourself, and medical power of attorney, a document that names a particular person as your health care decision maker. Having these in place also helps remove the burden from your family.

Lastly, planning ahead gives you time to make choices that will help delay the need for care by making healthy decisions now. Choose to get regular health care, stay active, maintain a safe environment, eat well, and avoid unhealthy practices such as the use of tobacco and other substances.

Talking about care can be uncomfortable, but it may open up a world of possibility you never knew existed. My advice: Start planning now so that you can fully enjoy life.

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

## HEALTH

### How do I bring up a delicate concern?

By Jennifer Schooley



**Q:** I'm 16 years old, I just found out I'm pregnant. How do I tell my parents?

**A:** There are times when your parents may not seem to be the easiest people in the world to talk to. It can be even worse if the subject of the conversation is something that you know will be upsetting. The important thing to remember is that as a pregnant teen, your mom or dad may be the people who are in the best position to help you handle this unexpected situation.

The best thing to do is choose a time when you will have complete privacy with your parents, as well as their full attention. Tell them that you have to talk to them about a serious matter and ask them if they will not interrupt you until you have finished. From the very first word, be completely honest with your parents.

Start the conversation with the maturity that you'll need from now on. You're in a tough situation and facing it in a grown up way will make the road a little less rocky. Avoid arguing if you can. Remember that you'll have to expect some anger from your parents, but at this point in your life, they're likely the best friends you could have.

All parents want their children to be successful and happy, and having a child at a young age can make achieving your dreams more difficult – but, not impossible.

After the first shock waves have faded, talk with your parents about how you plan to handle this situation. Remember to give your parents some time to absorb all of this. It's important to respect each other's need for time and space. A family crisis has the ability to drive family members apart or draw them together. It's not easy – but it's possible. We're here to help!



*Jennifer Schooley is the Co-Director of Vie Medical Clinic located at 613 N. Broadway, Suite C in Pittsburg. For more information or to reach Jennifer please call 620-235-0608*

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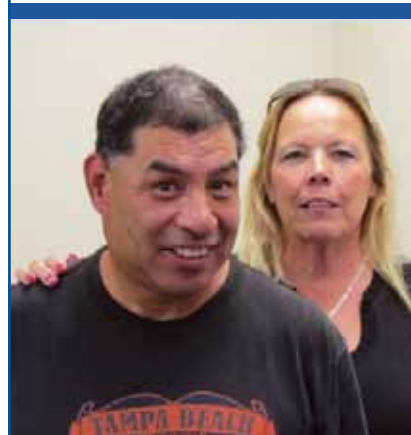
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## SPORTS

### Wichita State

This article brought to you by Vietti Auto Body & Alignment

By Mark Schremmer



The Wichita State Shockers' success in this year's NCAA Tournament surprised a lot of people.

Not me.

OK, I'm not saying I predicted the Shockers to reach the Final Four, but mid-major schools like WSU are proving their worth in basketball year after year.

Whether it's Butler, VCU, Gonzaga or Wichita State, mid-major schools are quite capable in today's world of college basketball.

The Missouri Valley Conference, in particular, has shown it belongs.

And while this was the first time for a Missouri Valley school to reach the Final Four since Larry Bird led the Indiana State Sycamores in 1979, six MVC schools have reached the Sweet 16 since 2000.

This past year, the Missouri Valley received two bids, while the Big 12 advanced six teams to the NCAA Tournament. Even though the Big 12 had three times the opportunities



the Missouri Valley did, the two conferences ended up with the same amount of teams in the Sweet 16.

The Kansas Jayhawks were the Big 12's last representative and were eliminated in the Sweet 16 by Michigan. Wichita State, meanwhile, represented the MVC for two more rounds before falling to eventual champion Louisville in the Final Four.

Since 2010, the Missouri Valley has brought six teams to the NCAA Tournament and advanced two to the Sweet 16. During that same time, the Big 12 has brought 24 teams to the tourney and advanced six to the round of 16.

The Missouri Valley owns a 15-19 record in the NCAA Tournament over the past decade. The 2004 season

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is the only time in the past 10 years that the MVC had two teams in the tournament and didn't win at least one game.

Of course, Kansas and other major schools are still getting the top high school prospects. But while it is becoming more and more common for those top players to leave school for the NBA after one year, schools like Wichita State and Butler have the opportunity to mold a group of players for four years.

The senior with above average talent is quite capable of beating the freshman with extreme talent. Experience does count for something.

There is no doubt the gap between major conferences like the Big 12 and mid-major conferences like the Missouri Valley has lessened.

Overall, the big conferences are stronger, but the days of a middle of the pack team from a major conference easily beating a top school from a small conference are over.

Wichita State was the final Kansas team standing. And we should no longer be "shocked" by that.

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

## FINANCIAL

### How can I protect my credit cards from fraud?

By Mark Kolarik



**Q:** How can I protect my credit cards from fraud?

**A:** Plastic card fraud statistics are up, and much of the fraud comes from criminal activities

we can't control. But safe guarding your cards from the risk of exposure, starts with keeping constant control of your cards, card numbers, and any other personal information about your financial information. The following are some good habits to practice:

\* Sign your cards with permanent ink as soon as you receive them.

\* If your card has a PIN (personal identification number), memorize it. Skip easily recognizable PINs such as the last four digits of your Social Security Number or phone number.

\* Do not respond to emails or telephone calls requesting personal information.

\* Do not write your PIN on your card

or anywhere else.

\* Do not lend your card to anyone or leave it unattended and unsecured.

\* Carry only cards you're going to use. Leave all other cards in a safe place at home.

\* Watch the merchant perform your card authorization.

\* Make sure purchases are recorded properly before signing the receipt.

\* Review your card transaction carefully as soon as you receive the statement.

\* If you have online access to your statement, review it daily.

\* Do not throw receipts or statements in the trash.

\* Before traveling, notify your card issuer of the location and time frame to account for changes in your card use.

\* Make sure online shopping sites show a closed padlock in the bottom

browser window frame, outside the vendor Web site window.

\* When using an ATM, shield the



screen and keypad with your body to prevent others from seeing your PIN.

\* Inspect the ATM to identify any tampering of the machine. Crooks

can install devices to capture your information.

When it comes to card safety, if you don't practice good habits, you will pay. The good news is practicing good habits goes a long way to keeping you and your cards safe. We all need to be responsible and aware of actions that will minimize risk and keep our cards safe.

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

## GIRARD AREA

### Girard Area News

Producers Cooperative Association serves the Girard community in a number of different facets – 5 to be exact.

Incorporated in 1948 by a group of local farmers, PCA was organized to provide more buying power and better marketing opportunities for farmers. Since its organization, the company has grown into a large local resource for area producers. The 5 current departments of the organization include the agronomy center, fuel, feed, grain and farm store. Monte Hicks serves as general manager for the organization.

The agronomy center, managed by Kurt Harris, is located north of Girard and provides crop inputs and services to the producers in the area. Products offered include fertilizer, chemical applications, consulting services and precision ag.

The PCA fuel center is managed by Bill Dobrauc and offers propane and refined fuels in both retail and wholesale outlets.

Coop's feed department is managed by Greg Reynolds. This department provides feed service for animals from baby game birds to 2500 lb bulls. "We offer the flexibility to manufacture what our individual customers need,"

said manager Hicks. While the feed tonnage has increased over previous years, Coop is also looking to expand this department by manufacturing a new liquid feed product for in house sales and wholesale distribution.

In March of 2010, Producers Coop opened a farm store in the former full service fuel station on St. John. Managed by Brian Herlocker, the Coop Farm Store offers a wide variety of merchandise including clothing, footwear and more. During the spring and summer, the Girard Farmers Market is located just outside the farm store.

The final department of Producers Coop is the Grain Department, managed by Ned Johnson. Known as "the elevator" the grain department is in charge of receiving, shipping and merchandising grain for area farmers.

PCA employs 34 full time employees. Hicks emphasised that PCA is committed to the Girard community. "We really try to spend money locally as much as possible," he said. "We are one of the very few Coops in Kansas that can say we bank locally and purchase our insurance locally. That really puts a lot of extra money into our local economy."

FY2012

From audit

#### Community Compensation

Salaries	\$1,411,205.00	
Uniforms	\$ 16,176.00	
Education	\$ 6,988.76	
Interest	\$ 163,822.00	
Insurance	\$ 146,958.00	
Real Estate & Property tax	\$ 111,897.00	
Advertising	\$ 29,096.00	
Annual Meeting	\$ 6,216.00	
Contributions	\$ 3,050.00	
4H Livestock and Fair	\$ 9,065.00	
Telephone	\$ 35,744.00	
Utilities	\$ 83,130.00	
Office Supplies	\$ 9,405.00	
Repairs	\$ 121,359.00	
Contract services	\$ 10,811.00	
Supplies	\$ 10,495.00	
<b>Total compensation</b>	<b>\$2,175,417.76</b>	all spent locally

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## STEEL FABRICATION

### Fixing unusable stairs

By Mike Davied



**Q:** I read, with much delight your article on stairs and I was wondering if you can help me with a problem I'm having. I own a shop with a lube pit and the stairs are basically unusable because they are unsafe, can you help me?

I'm going to be quite generic, & I'll answer specific questions personally, thank you.

- 1) Build stairs from something VERY strong, I prefer steel.
- 2) When I think STAIRS my first thought is NON slip, so expanded metal is always a great choice in any industrial setting, for treads.
- 3) Using steel for stairs & painting them helps to ensure a very long life, ensuring safety.
- 4) Find out how your workman's comp feels about your property.
- 5) Check out your local building codes for ingress & egress, as in access to different parts of your facility.



Old stairs



Newly built stairs

**A:** I hope my readers don't tar & feather me for another stair column, so here goes. I HAVE built several sets of stairs for an application as you refer, so I can help you out.

In order to finish this in some order

6) Building codes will tell your stair pitch, rise to run,,,I prefer a 6-12 stair as it is much easier to use than steeper stairs in high traffic areas.

7) Build your stairs for ease of use & maintenance, as anything that is easily taken care of will be!!!

8) By maintenance I mean cleaning & repair, what's easier to clean than a painted steel stair? This can be done with a simple pressure washer rinse & run.

Have a great month everybody, till the next round of questions.



Newly built stairs  
installed

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

## Technology...From Page 1

last longer as well. I suggest using a light exfoliating and moisturizing body scrub in your morning shower or the night before.

Skip the lotion. You want to be oil-free for your spray tanning session.

Tan at the right time. You need to avoid water for at least 4-8 hours after you tan. If you can't avoid splashing, splashing (or sweating) for that time, it's probably not the best time to tan. I hope this helps and remember to get your BRONZE ON!



*Jana R. Beykirch is the Owner / Operator of Body Bronzing, LLC. which opened in Frontenac KS January 2013. Jana is an Arizona State University graduate, resides in Pittsburg, KS, and is a busy mother of four children. For more information or to reach Body Bronzing please call 620.230.9836*

## INSURANCE

### Insurance review?

By Jessica Stice



**Q:** How often should I review my insurance coverage?

**A:** Take a moment and think about last year. What changed in your life? I suggest meeting with your

agent for a personal insurance review at least every year or two because our lives and needs change. It's important to adjust your coverage to meet those changes. Whether it is for your home, life, auto or any other policy, talk to your agent about the changes you've had. They can also see if you qualify for any new discounts. Check the list below and see if any of these examples describe you.

You may need an insurance review if you are:

Getting married or divorced-Whether you're getting married, remarried, or divorced, chances are you'll need to adjust your policies. Divorces typically result in property changing hands and

individuals moving off and on things like auto policies. Review all of this with your agent and make sure the right people are on the policies. Getting married is not only a good time to purchase life insurance; it is also a great time to readjust any current policies by increasing the amount or simply changing your beneficiary. You may also want to add them as a listed driver to any current auto insurance policies.

Building or buying a new house-You will need a new policy for your new home, and you may also want to increase your life insurance coverage. This can help pay your mortgage payments in case something happens to any of the owners of the home.

Having or adopting a child-It's a



g o o d idea to increase your life insurance coverage any time a child comes

into your life. If something happens to you, you're providing income to help provide for their future needs.

Opening a small business -If you open a small business in your house or in an owned or leased building, you may need to add a business insurance policy to your insurance portfolio.

Remodeling your home-If you have recently remodeled, discuss increasing your homeowners policy to make sure your work and investment is covered.

Accumulating new possessions-If you have received or purchased new items such as jewelry or art, you may want to modify your homeowners or add a personal articles policy also

known as an inland marine policy.

Moving into an apartment or condo- Renters insurance is a great idea if you live in an apartment or condo. While the landlord may have insurance, it will not cover your belongings.

Retiring-Selling your home and moving to a condo? Check into condo coverage. Planning to tour in a new RV? Ask about RV insurance. Your life insurance needs may have changed, so let us help you check those options as well.

*Southeast Kansas native and PSU graduate, Jessica Stice, is the owner/agent of the Shelter Insurance office located at 410 N Broadway in Pittsburg. She has been a licensed Property, Casualty, Life and Health Insurance agent for over 6 years in the Southeast Kansas area. For more information, Jessica can be reached at (620) 231-4580. You can also visit [www.shelterinsurance.com/jstice](http://www.shelterinsurance.com/jstice).*

## PLUMBING

### What information will video inspections of drain lines provide?

By Braden Peak



**Q:** In some of your articles you have mentioned doing video inspections on drain lines. What information does a video inspection provide and is it

really needed?

**A:** That's a great question and I will try to answer it as non-biased as I can. I'm very fond of performing video inspections. Hands down it is one of the single most important tools we have. For lack of a better explanation, performing video inspections is the plumbing version of a colonoscopy. Video inspections reveal problems in a more efficient manner and it takes the guess work out of the equation. Some professionals choose not to take advantage of video inspection technology and I will agree it isn't always needed. However, we don't have x-ray vision and we can't see underground so when the situation arises it is best to use the technology

that is available.

As I've covered before, a home inspection prior to purchasing a new house only covers a brief check of the drains. Unless the sewer line is video inspected, the inspector can only determine superficial problems or symptoms of a plumbing system. Until the home is occupied and water is being used accordingly the problems may be hiding out of sight. Sanitary service laterals can be expensive to repair or replace and finding out there is a problem before you purchase the house is always best. It doesn't have to be a deal breaker, but rather it is simply an insurance policy.

During the video inspection, the service lateral can also be located and traced via a sonde that is mounted inside the camera head and the use of a hand held locator. This feature is important in a number of ways. First of all, if a repair is needed the area of excavation needs to be mapped out and the depth needed to expose the pipe should be determined. That saves time and time saves money. If



you are planning to build a structure, pool, or install landscaping it is best to have your sewer service lateral marked to avoid any intersections. The call before you dig companies do not locate sanitary sewer service laterals. Seeing the problem is only half of the equation. Finding the problem is the other half.

Video inspections are not limited to just sewer service laterals. Water lines, storm lines, certain kinds of duct work, etc. can all be video inspected as long as they are large enough in diameter for the camera to travel through the line. Countless animal rescues have been made as well as lost valuables recovered using video inspection equipment. The cameras come in all shapes and sizes ranging from the size of your pinky finger to large scale crawler cameras for giant storm drains.

A picture is always better than an educated guess. Would you rather take someone's word or would you rather see it for yourself? In my experience, the video inspection process has saved thousands of dollars in time and resources over the years in determining how to attack or repair a problem area. There are too many scenarios to list here on how these systems have benefited professionals and the end user. As always, thanks for reading and if you have any questions regarding this article or any drain questions in general, please feel free to contact me. Thanks for reading.

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



**HOME DECORATING**

**What should I do with candles when I am not using them?**

By Shellie Blevens



**Q:** I love decorating with candles. Every time I go out I seem to find a reason to get a new one with some exciting scent, color or design. Now my home is overrun with them and I want to rotate them in and out of use. Do you have any ideas on keeping them nice?

**A:** Like you, I love candles. Candles are wonderful to use as accent pieces and make the home beautiful and inviting. There are so many unique shapes colors and scents in candles now. Many new styles are just too pretty to pass up, like candles with ribbon or wood wicks and pillars with textures and layered colors.

Since you enjoy them, you will want to keep them in great condition for as long as possible. Here are my best tips for candle care, use and storage:

- To keep a candle glossy and new, rub the surface gently with a

nylon stocking.

- Lightly dust candles while on display to avoid dirt build-up.

- If the candle has hard to remove dirt or other residue on the surface, wash it gently with luke warm water and a mild liquid dish detergent.

- Avoid placing candles in direct sunlight or places where heat can damage or cause them to become warped.

- When storing candles, wrap them individually in tissue or wax paper and place them in a ziploc type bag with other candles of the same or similar scents and colors. Then place them in a plastic storage box.

- Store candles in a cool dark place to avoid melting and discoloration.

- Store tapered candles on their side flat to prevent warping.

- When burning a jar candle, to make sure the whole jar of wax burns, the wax must melt across the entire top surface of the candle, upon the first time lighting it.

- It is important to purchase

quality candles because low quality candles can put soot or black smoke in your home and may even have lead in the wicks. If your candles are purchased from a retailer you trust, you won't have any issues.

If you follow these tips, your candles should have a long life and be suitable for use whenever the mood strikes you.

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

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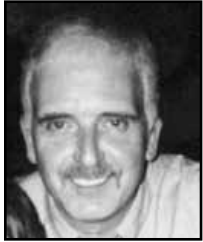


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## GARDENING

### Is pallet gardening worthwhile?

By Dan Longan



**Q:** I am interested in trying to pallet garden. I have seen it in pictures and really love the rustic look and the idea of upcycling the pallet. Before I invest though, I want to know if it really works and is it worthwhile. Do you have any tips?

**A:** Whether you are short on space or just like the look or concept, pallet gardening is worth every effort. It is great for the environment, inexpensive, fun, and astonishingly beautiful.

in nearly any space and are mobile, so you can easily provide protection from adverse weather.

As for tips, I do have a few. First, start with a good pallet. Make sure the boards are secure, or nail them in. It helps to sandpaper the wood too, as your hands will be in and around the boards frequently.

You will want to use good quality landscape fabric for the backing, well secured with plenty of staples. Some people add a layer of newspaper to the bottom before adding soil, but that is up to you. If you were organic gardening, I would do without the newspaper and avoid the inks and dyes used in newsprint. Use planting soil and you will avoid the problem of weeds.

When planting, lay the pallet flat. If possible, keep it flat through several waterings so the soil has time to settle

and compress before you lift it up. It will be fine after a day or two, but waiting a week is best in making sure the plants have time to take root and preventing soil loss.

One last thing—I find it is always best to plant the plants tightly together. It looks great and helps in keeping everything in place.

Enjoy your pallet garden!



You did not mention whether you intended to plant a vegetable garden or use your pallets for plants and flowers, but you can do either. Or, if you love to cook, fresh herbs are also another great option.

I am enthusiastic about pallet gardening because it is much easier to grow organically, control pests; they fit



**Dan Longan** is the co-owner/operator of Longans Garden Center located on North Broadway in Pittsburg. Longans Garden Center has a wide variety of Christmas Trees, Christmas arrangements and decor. For more information email [dlongan@sbcglobal.com](mailto:dlongan@sbcglobal.com) or [shopblossoms@gmail.com](mailto:shopblossoms@gmail.com). or call 620-704-6008.

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## New...From Page 1

Charlie Traffas? This scum doesn't deserve any forum to express his racist bigoted views. But I realize there is a Constitutional right to freedom of speech. That is why I can say unequivocally that old Charlie is a bottom feeding scumbag racist. I hope all the 280 citizens of Sharon are not as worthless as old Charlie. I realize that his parents aren't responsible for giving birth to an abomination, like old Charlie. But old Charlie presents a strong, strong case for abortions, even late term ones. If only his parents could look into the future and see what a piece of garbage he would turn out to be, they may have terminated that idiot, right then and there. I would be surprised if old Charlie had any formal education whatsoever. But on the outside chance that he did receive some sort of education, he should seek a refund, since any education he received was totally wasted. I truly hope your publication doesn't support such racists. But if you do I hope and pray this rag goes out of circulation." BH – Pittsburg, KS.

We also had a lady in Wichita who called every advertiser we have in our publication, telling them that I was a "very scary" person, along with several other things, because of my views and opinions. She told the advertisers they should cancel their advertising with us. None of them did, for which we are most appreciative. I am sorry for any wrongs I may have caused anyone to commit, and I forgive all of them for anything they said or did.

Thank you for your questions. I will do my best to answer them. In doing so, this month's article may be a little "heavier" than normal, but maybe "heavier" is what we need now more than at any time in our past. I have stated several times that I believe the world is tired of those who complain but don't do anything to solve the problems they complain about. I have tried not to be guilty of this. While the solutions I propose might not appear in each article, it is not because I don't have one...or several...but rather it is because it usually takes two or more articles (issues) for me to get all of my complaints stated (smile). Eventually I have always provided a solution or solutions. I will here as well.

I have had people call or write and tell me the reasons why I write what I write is because I just like to vent; or that I hate those I criticize; or that I am trying to get even with someone. None of these are the case, or are any of my reasons because of the debt...deficit...

sequester...party preference...budget debates...spending cuts...gun or immigration discussions...2014 mid-term elections...2016 general election...the resolution to the Syrian, Egyptian, Iranian or North Korean conflicts...my or your retirement...or the world that we will seemingly leave our children and their children. My singular reason for writing what I write is because of a much bigger picture...bigger than most people ever stop to think about. The bigger picture is where it has been for me for some time...and I will submit...where it will be for you...at "the end of the day"...even though you may not realize it now.

Before I tell you what it is, I would like to ask that you not scoff at me or what I have to say...right now. It's not that I can't take it. It's just that if you spend your time scoffing now, you will not be able to digest what I have to say. You will have your chance at the end of this article to do all of the scoffing you want to do. If at that time you want to dismiss most or all of what I have to say, you can do so. I will have invested my time to write it all in as a digestible way as I know how to do, and you will have invested your time in reading it...nothing more. At the end...we both walk away. If you will give me this chance to make my case, I can promise...your decision to do so will have the potential of paying you the biggest dividends you will have ever received in the past, or will ever receive in the future. And yes, before you bring it up...there are many people who would be much better than myself...the sinner that I am and have been...to address this issue...but few are doing it. And if they are to some degree...they're not doing it "loudly" enough...or frequently enough...to make a mark.

**The basis of this bigger picture is the moral decay of America. The bigger picture is its eternal ramifications for each of us.**

America's morals are decaying faster than the decay can be thwarted...much less replenished, nourished and healed. Further I am convinced, there is no action performed by any group of people in our society that contributes more to this moral decay than the lies, distortions and deflections of our elected officials. You might feel the same if you will think about it for a moment. There is no other group that garners as much press, and purports to be on track and in sync with the morals and ethics of America than this group. This is why their improprieties are so damaging...they are done, said

and performed as though what they're doing is ethical, moral and proper. From these lies, distortions and deflections, come all sorts of hidden agendas. We have no idea what they all encompass. From these hidden agendas come the failure by these elected officials to do the jobs they were elected to do...and have sworn to do. Laws end up being enforced inequitably, or not enforced at all. The press, who is to perform a most critical role in any society of clearly stating things as they are, without taking sides, becomes opinion-based instead of journalism-based, even though it is all still under the guise of being "journalistically pure," and each plays to its own agendas. Given the choice of trying to better one's self and family through hard work and achievements in all of this chaos, more and more people choose to become dependent upon the government. A "why bother" apathy sets in throughout the majority of the populace, even by those who are not seemingly...immediately affected...like many of you. Deficits and debt grow. Children grow up in an environment of hate, hopelessness and distrust. Families break apart. Crime is rampant. Waste, fraud and abuse permeate our government and its programs, on both the national and the state levels. Society becomes one with a looters' mentality...everyone trying to get all they can, as quickly as they can, while there is still something to get. Every opportunity by more and more people in all walks of life to remove God, or any reference to God, from our daily lives, is exploited. Soon, there is nothing left, but Satan's paradise. It is sad...but true. This is what we now have in America...more than at any time in our past. Towards the end...all of the world's great civilizations had these problems. Not one of them survived. Few lasted more than 200 years.

Have you ever thought about how many things you do...and have done in your life...*just in case*? If you will take the time to ponder this, you will find that many of the affairs in your life have caused you to do things...*just in case*. *Just in case* you don't have enough money to last for as long as it needs to last, you don't spend it all. *Just in case* you need more food to get you through until you can get to the grocery store, you don't eat it all. *Just in case* you need someone to help you, you don't alienate them by being rude or severely critical of something they did. *Just in case* you need money for things you will need later in life, you open a savings account. *Just in*

case your home burns down or blows away, you buy insurance. But none of these things amount to anything when compared to the *most important affair* you have in this life...that of gaining eternal salvation in your *next* life. It is okay if this shocks you. It will be proven to you, and everyone who was ever born on this earth. While I will provide more explanation below, I submit that each of us can live our lives as if this is *the way it is*, and die to find out *it isn't*; or we live our lives as if this is *not the way it is*, and die to find out *it is*." I choose the first for many reasons...but also...just in case. Which do you choose, for the *most important affair* you have in this life?

This...is the reason why I write what I write.

Whether you are religious, spiritual but not religious, have no preference, Protestant, Catholic, Jew, Agnostic, Atheist, Muslim, Hindu, Buddhist, Animist, Pagan, or any faith...your *most important affair* in *this* life is to gain eternal salvation in your *next* life. You will do this by using your free will to follow the laws of God, in order to live forever with Him, the angels and saints, and the Blessed Virgin Mary. If you ever wondered...this is what your life on this earth is all about. This is why you are here. As I previously stated, you don't have to believe me...but in order for me to continue...I need you to grant me the premise of what I say to be your *most important affair*...for now. You can take it all back later when you dismiss most or all of what I have to say. With that premise being granted, think of the rest of your life as being a "race" that you will need to run. Some peoples' entire "race" does not last too long. Brenda, my wife, finished her race on March 3, 2012, at the age of 57, after a 2 ½ year battle with cancer. Our son Dusty's "race" was over at the age of 25, when he was killed instantly in the midst of a Toys For Tots' Parade on November 4, 2001. My sister Rosemary's "race" was over at the age of 2, after a battle with pneumonia. My nephew Clint's "race" was over at the age of 14, when he lost his battle with cystic fibrosis. Dad's "race" was over at the age of 75. Mom's "race" was over at the age of 87. My Father-In-Law's race was over at the age of 92. Some people's "race" is over as an unborn infant, and others' "race" can last more than 100 years. But in the final analysis, no matter the length of one's "race"...it is but a *snap of the fingers* when compared to eternity.

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Eternity...how long is eternity? In a trillion earth years, eternity will have just begun. Let me say this again... and this time...ponder it even more. In a trillion earth years, eternity will have just begun. Science says our universe is 14 billion years old. A trillion years is more than 70 times longer than this...and *this* is not even a *second* when compared to eternity. Eternity never ends. Again...eternity never ends. Now, regardless of the length of your "race," I can promise it will be uphill. Some peoples' "race" will be more uphill than others', but everyone's race will definitely be uphill. You see, God promised us this from the sin of Adam and Eve (original sin), in Genesis 3:19, "By the sweat of your face you will eat bread, till you return to the ground, because from it you were taken; for you are dust, and to dust you shall return."

There is another thing we each received from the sin of Adam and Eve. It is concupiscence. Concupiscence is an inordinate desire for pleasure. Notice the phrasing: an inordinate desire for pleasure. The desire for pleasure is a good and holy thing. In fact, St. Augustine notes that there can be no good unless it is delighted in. But original sin has wrangled pleasure, turning it into an end in itself. Instead of serving the good of others, the yearning for pleasure often turns us in on ourselves. Most of the what we want more of is classified as materialism (i.e. money, power, property, position, etc.). Unfortunately, materialism and its never-ending pursuit of the same, rules the world and affects so many of the decisions that we and others make. Everyone seeks materialism. The billionaire wants more. The millionaire wants more. The blue-collar worker wants an extra thousand dollars for a vacation. The poorest widow on the smallest Social Security income wants a roast instead of lunchmeat. The homeless man wants a new piece of cardboard with which to fashion a roof to keep out the rain. We all want more.

I heard a sermon several years ago on this subject given by Joe Wright, former Pastor of the Central Christian Church in Wichita, Kansas. It was titled "Greed." He defined greed as an inordinate desire for more, and more and more. "Greed," he said, "is not being rich or having money, but rather, it is the love of money. "Greed" makes a promise it can never deliver. "Greed" is the number one challenge for everyone today. Of the 38 parables

in the New Testament, 16 of them talk about how to handle money. There are 500 verses on prayer, a few less than 500 on faith, but more than 2,000 verses on money. God was trying to tell us something, don't you think?" Being a slave to materialism fills one's life with stress. Think about it: When most people have money and/or things, their lives are filled with how to get more. The thought of being without them is too painful and stressful to consider. How can one fully enjoy something when he or she is consumed with not having it? If you have concupiscence in check for yourself, you still have to deal with the concupiscence of others, which is more rampant today than ever.

If I may, let me summarize what we have covered thus far. Regardless of your spirituality, or your lack thereof, your *most important affair in this life* is to gain eternal salvation in your *next* life. You will do this by using your free will to follow the laws of God. The period between now and when you die is your "race." Your "race" is but a *snap of the fingers* when compared to eternity. Eternity is forever. There is no time in eternity. The clock makes only one sound... "forever...forever... forever." Your "race" is guaranteed to be uphill...perhaps more so than others. It will be difficult enough for each of us to run our own uphill "race," without anyone placing "boulders" and "obstructions" in the way. Compounding the difficulty of our "race" will be concupiscence, an inordinate desire for pleasure. This will be by your own volition for yourself, and/or the concupiscence of others that you will have to deal with.

You don't have too much further to go. In only a few more paragraphs you can dismiss all that I am stating. I would only ask that before you do...imagine your last seconds in this life. You have reached the end of your "race." While you still have a breath left in your body, you can gain your eternal salvation (I welcome the opportunity to tell anyone how this is possible if you will allow me). Although it certainly does not make sense to wait this long, and God promises no one the opportunity, it is possible. But now...those seconds are gone. You have breathed your last. You have no time to do, undo or redo anything. Your soul has left your body. My Catholic faith tells me your soul will immediately find itself in front of our Lord Jesus Christ (the Particular Judgment), Who loves you more than you could ever realize. He wants you to be with Him forever in Heaven. Heaven is the greatest place

you could ever be. Hell is the worst place you could ever be. Both will be for eternity. Your soul yearns to be with Him. Although our Lord is all-merciful, He is also all-just. He will pass an all-just and eternal sentence of Heaven or Hell on you for the state of your soul following your moment of death. It will be carried out immediately. This sentence will never change. There is no appeal. There is no continuance. It will be for your soul only until the end of time (the General Judgment). At that time...the end of time...your soul will join your body for all eternity.

So...just in case...what I say is the way *it is*...why would you ever want to retain the risk...of your *most important affair in this life*?

When people lie, distort the truth, or play to a hidden agenda, or play to an agenda not in sync with our *most important affair*, it is a "boulder" or "obstruction" placed in the middle of our "race." Our "race" is quick...some quicker than others. We only have a short time to run our "race." The last thing we need to do is have to negotiate "boulders" and "obstructions" that someone has thrown into our paths. This has to be our message to every elected official, regardless of their position, or their political persuasion... whether left, right or middle. ***Tell it like it is...always...the first time. Tell the truth. Answer the question. Don't spin it. Answer the question. We have had enough of these "hidden agendas"... and all of the rest. Just tell it like it is. Quit lying. Quit distorting. Quit deflecting.*** When any of our elected officials say or do something that plays to an agenda not shared with us; or they espouse policies that hurt our country at home or abroad; or they fail to act prudently to do the job they have sworn to do...they are putting "boulders" and "obstructions" in the middle of our "race." Each of us directly or indirectly has to deal with these. These improprieties cause us to commit all types of sins, but more than any...the 7 capital sins of sloth, pride, anger, greed, gluttony, lust and envy. This is why I write what I do, and why I will do all I can...with the little amount of "snap" I have left...to call out and stop these lies, deceits, distortions, deflections, "dives" and "ducks." There are no actions, by any other group in America, that are making the contributions towards the moral decay of our county...and the state of each of our souls...than this group of people. I love these United States of America. I mean it. Some might say that I "stupidly" love this country and all it stands for...

meaning that I love it in ways that some people would consider stupid for my exaggerated expressions. I love it that we are a democracy. I love the way our government is supposed to work, with its three branches. I love and respect all offices and positions, and in particular...the office of the President. All of us should want him to lead us...not divide us. We all know that together we can stand against anyone or anything...divided we will fail. Divided we will continue to fall into this moral decay. Divided...many of us will lose our souls. I love all of my freedoms. I love it that I can make a decision to jump in my car and go get an ice cream cone from a neighborhood business at 10 o'clock at night, or drive to Yellowstone National Park, the Smoky Mountains, or to Niagara Falls on a moment's notice. I like it that I can call in sick for work if I don't feel well, and that if I want, I can buy some stock online, or watch sports on TV, or record something and watch it later. I love it that I can do most anything I want to do, as long as I don't hurt others in any way. I love it that I can vote for a person for a position who I feel will do the best job of not putting "boulders" or "obstructions" in the middle of anyone's "race." I love the equity we have in our country, our laws, our traditions, our Constitution, and our way of doing things. The longer we exist and grow together... the more equity we have. Yes, I love all of my freedoms...and I love and thank each and every one of those who have gone before me for these freedoms.

**No one has the right to fundamentally change America...no one...without the majority of us knowing what the fundamental change is going to be, wanting it and voting for it.** There are millions of people who have lived and died and laughed and cried and suffered and celebrated throughout the last 260 years to make this the great country we have. This is what makes America. If someone wants something different than what we have, let them lay it out in front of all of us. Have them lay it all out...not just the parts they want us to see and hear. Tell us the entire truth...the first time...not later when they've been caught on something. Let the press do its job of examining what has been laid out. Let there be debate. Then let's vote...and let our democracy rule. If it is voted for in a true and honest election, we will do it. If not, let's put it back on the shelf...for now...or forever. Cut out the bickering and complaining and the false charges of racism and hate after

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it goes down.

As you will note, I have included all elected officials in my charges, which includes President Obama. I cannot find any President in our history who has used (abused) the "bully pulpit" to the extent he has. This puts him at the forefront of all the elected officials I am charging. Yes, others...throughout history... have lied, misled, distorted, deflected, dived and ducked...but nothing has ever been as bad as it is today. If we're going to stop it...it's got to start with him. If he had said in 2007 and 2008 when he was running for the office, "I want to change this country. Here is what I want to do and how I will go about doing it. I want to get as many of you as possible receiving continual, monthly aid from the government. You will only have to work if you want to work. If you choose not to work, the government will provide you money, food, health care and housing. By the year 2013, I will do my best to have 50 Million Americans receiving food stamps, and more in the coming years. I will do all I can to loosen the disability rules so that as many of you who want to get on disability, at the end of your unemployment pay, can have an income for life. Few of you will ever be able to climb out of this dependent style of living, but you will know you will always be taken care of. I will only "mouth" my support of stopping consumer and governmental waste, fraud and abuse. By allowing this to continue, I will insure we can keep the status quo in this area for a long time to come. I will let all those wanting to come into our country have these same things. By the time I'm through, I will have 60% of our entire population dependent upon the government. When given the chance to vote for someone who is going to take away what someone is getting free, and one who is going to continue giving it to you...the choice will be obvious. Just to be sure I don't have any weak links in my plan, I will also do all I can to bolster and support the unions, who have shown the ability for decades to put pressure in the right spots when it comes to elections. Next, I will so burden business with rules and regulations, that only the toughest will survive. I will do it under the guise of universal health care for all, in combination with my Executive Orders. After all, who could possibly stand against universal health care? There will be so many pages in this law and the rules and regulations

that accompany it, that people will be finding out about for years what it contains. These rules and regulations will separate the 'wheat from the chaff' in business. The ones who can't compete will go under. Those who are marginal will receive help from the government to exist, and they will be in our 'camp' too. I will so burden the rest with rules, regulations and taxes, that the government will basically own them...or they might as well own them. The government, who always knows best, will own most everything, and will dole it out as it sees fit. All of this should insure that my party rules for the many years to come. It won't take long before there are only two classes...the ruling class, and everyone else. This is the way the world was supposed to be organized all along. Vote for me and I will make it all happen."

You might laugh...or wince...but had he said this...had he told us the truth...had he told us what he really intended to do...do you think he would have been elected? I don't think so. At the time he was elected to his first term (2008), more than 60% of Americans were still paying income taxes. This more than 60% would have never supported people doing nothing...when they themselves had to work, and save, and make prudent decisions. They wouldn't have voted for these "fundamental changes" if they had know what they were.

Or, are you one who takes the position that he never intended for any of what happened to happen? Do you think this has all happened by accident? Tht it wasn't a plan? Really? I don't think so.

But all of this is not what then, Senator Obama said, is it? He said, "I am tired of watching the rich get richer and the poor get poorer in this country. I am tired of people filling up the emergency rooms for their health care. I am for the middle class. I am for you. I want you, the middle class of America, to rise and be better off, than you are now (appealing to the middle class has been the primary strategy for every politician, because that is where you find the majority of the populace... the "votes"). I want a new America (he definitely has a different one now than the one he inherited). I will end torture (now he uses drones to kill and there is no intelligence gathered). I will close Guantanamo Bay (it isn't closed yet). I will let the Bush-Era Tax Cuts for the wealthy expire within the first year of my presidency (they didn't expire until four years later, 12/31/2012). I will create a \$10

Billion Foreclosure Prevention Fund to stop foreclosures on all homes (in its final analysis, it helped less than 500,000 homeowners of the nearly 5 Million homes that been foreclosed since 2008). I will have immigration reform accomplished in the first year of my term (it wasn't even brought up until his Executive Order of June of 2012, perfectly timed to help him win re-election). I will restrict former lobbyists from working in my administration (it was never done... and due to waivers he granted, and "recusals," he has had as many if not more former lobbyists and czars working in his administration than has any other administration before him). I will sign a Universal Health Care Bill (he did, but not for the purpose of health care, rather for the unparalleled rules and regulations it contains that allows government intrusion into more of the lives of its citizens and businesses than any other single piece of legislation in the history of our country). If you want to keep your health insurance, you can keep it...period (we know now, this will not be the case). If you want to keep your doctor, you can keep your doctor... period (we know now this will not be the case). Obamacare...and I like the name...because I do care...will lower the health insurance premiums of every family in America by \$2,500 (we know now they will actually go up by an estimated 60% to 130%). I will cut the deficit in half by the end of my first term (in his first year, it increased by 33%, and has increased by that much or more each year since, and for the new budget as well...October 2013 through September of 2014). If you will grant me this \$787 Billion stimulus, I will have unemployment capped at 7% my first year and it will decrease 1% each year thereafter (it actually became \$829 Billion in stimulus, and unemployment went to 9.7% his first year, then 10.1% his second year, and it is only down now to where it was when he began because of the millions who have left the work force...it is actually at 11.7% presently). My administration will be the most transparent of any administration in history (it has been anything but transparent...there have been cover-ups and failures to respond to more than a dozen inquiries and subpoenas, such as putting Health Care negotiations on C Span, the Egyptian Terrorist in the White House, Fast and Furious, Benghazi, and so many others).

Everything he said sounded good. It was what many wanted to hear,

wasn't it? It always is. What could he (or anyone) have said? First, he could have told us exactly what he envisioned for our country, each time he spoke. Instead of making claims that such and such was going to happen, or that he promised this or he promised that, he could have said, "I think this will happen," or, "I think, based upon our calculations, this will happen," or, "This should happen," or, "I want to do this so I can do this," or...as I said...he could have always told us the truth about everything. There have been so many lies, false promises, distortions, deflections, dives and ducks from our elected officials, about every issue confronting us, we have zero confidence in anything any of them have to say...being the truth and the way that *it really is*.

On April 15th, we had the terrible tragedy of the bombing at the Boston Marathon where 4 were killed and 180 were injured. For something like this, to come home to us again, was horrible for each of us and our country. Following the incident, President Obama said, "We will find out who did this. We will find out why they did this. Any responsible individuals, any responsible groups, will feel the full weight of justice." All of the stops were pulled. With all of the local law enforcement agencies from Massachusetts, the FBI, and a half dozen more Federal agencies, it was on its way to being avenged within days. This made us all feel good. But as more days went by, I wondered, "Why haven't we reacted in the same fashion to all of our tragedies? Why, three and one-half years following the 13 who were killed and 30 injured at Ft. Hood in Texas, is the incident still categorized as 'work place violence'? Why is Brian Terry's death, the border agent killed in Operation Fast and Furious, still unavenged? Why is no one seemingly doing anything about it?" Following the attack in Benghazi, where 4 were killed, including our Ambassador, Chris Stevens, and dozens wounded, President Obama said, "The United States condemns in the strongest terms this outrageous and shocking attack. We're working with the government of Libya to secure our diplomats. I've also directed my administration to increase our security at diplomatic posts around the world. And make no mistake, we will work with the Libyan government to bring to justice the killers who attacked our people." More than 7 months later, nothing...seemingly...is being done. Why? Why would he or we ever spend

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## ANIMAL CARE

### Should I worry about ticks this year?

By Laura Morland



**Q:** Do I need to worry about ticks this year?

**A:** For a number of reasons, tick populations

in many areas will likely explode this year and parasitologists say that it is not just more ticks, it is more ticks in more places. The reasons that ticks and the diseases they carry spread is warmer winters, increase in white tailed deer, migratory birds that carry ticks to new areas and the rural areas becoming suburbs which bring together people, wildlife and ticks. Without the cold hard winters that use to be prevalent there just isn't the winter kill and several ticks species that were abundant in the South have moved North. Wildlife is one of the biggest contributors to the increasing tick populations. Ticks hitch a ride

to new areas on migratory birds, rodents, coyotes and the white-tailed deer. When ticks are dropped off in an area, they are moved within that area by smaller wildlife. In addition, more and more people are encroaching on wildlife as they move from urban areas into rural and suburban areas, putting themselves and their pets in harm's (the tick's) way.



Ticks are the major cause of vector-borne diseases in the United States, they have been implicated in the transmission of nearly a dozen human and animal infectious diseases, including anaplasmosis, babesiosis, ehrlichiosis and Lyme disease. One tick species is a vector in transmitting Cytauxzoonosis, a deadly cat infection, and Rocky Mountain

spotted fever, which can be deadly for both people and dogs.

So should you be worried about ticks? Yes and although owners take the risk seriously enough for themselves their pets are just as important. There are many products available both from your veterinarian and in retail stores. There are several new products that have come on the market, just be sure your pets both dogs and outdoor cats are protected.

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

## FOOD & BEVERAGE

### How do you make Lela's famous burgers?

By Brian Bulot



**Q:** My wife watches a show called Kitchen Nightmares. While I was suffering through (sort of) watching it with her

one night, I found myself interested in the hamburger recipe. Unfortunately, I tuned in (paid attention) a little too late and did not catch how to make it. Can you help me out?

**A:** You are in luck! Since I just love food, I do not mind watching all of those shows and happen to know exactly which recipe you mean. It sounded great to me, too.

This burger is great for anyone that likes to change things up a bit occasionally. It is not your typical burger and has a sort meatloaf on a bun feel, which I love. I hope you enjoy it as well.

#### Ingredients

- 1 lb Ground Beef
- Salt (to taste)
- Pepper (to taste)

- 1 1/2 teaspoon Dijon Mustard
- Worcestershire Sauce (several splashes)
- 2 Egg yolks
- 3 Tablespoons Ketchup
- Red Onion Chopped Fine (To taste, enough to be distributed throughout the mixture)

Mix all the ingredients together in a large bowl. Prepare your grill or pan



by allowing it to reach medium heat. Once hot, place the burger on the grill and resist the urge to press them with the spatula or move them around too

much. Doing either of these things will cause the burger to dry out or crumble.

After 3 minutes, flip them and allow for another 3 minutes of cooking. Make sure the meat reaches 160 degrees (as per USDA recommendations). Now, remove them from the grill, place them on a bun of your choice, and top those bad boys with fresh tomatoes and lettuce and you have one of the best hamburgers on the planet.

As an added bonus, if you swipe this paper before she sees it, you can impress her with your interest in one of her favorite shows!

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

## Carpet...from Page 1

must be removed.

Dust, dirt, pollen, animal dander, and other airborne contaminants are pulled into your air duct system every time the furnace or air conditioner runs. These contaminants build up inside the ductwork over time and will eventually make your duct system an ideal breeding ground for mold spores, bacteria, fungus, mildew, and other potentially harmful microbes.

Each time the HVAC system is turned on, these contaminants are spewed out and circulated throughout your home or business and affect the health and comfort of those inside. Many of those contaminants will find their way down to the carpet, where they may become trapped with the rest of the contaminants already existing in the carpet brought in by you, your family or employees and pets.

You can cut the levels of contaminants yourself with simple maintenance. Changing the filter in your HVAC system regularly with a quality filter will do a more effective job of trapping allergens as they enter the air flow system. Regularly vacuuming the carpets with a HEPA vacuum will remove many allergens found there as well. These methods however are only so effective.

Your HVAC duct work system is extensive and only a professional can 'snake' through the entire system and dislodge the hazardous debris that has collected inside your air ducts and remove them with the use of a powerful HEPA-Aire vacuum system.

Shaw Industries, the world's largest carpet manufacturer, exclusively recommends hot water extraction, or 'steam cleaning' as the way to properly clean your carpet or rugs. Hot water extraction requires a minimum water temperature of 140 degrees to effectively kill dust mites and other harmful microorganisms. Small rental carpet cleaners found around town lack the proper water temperature or extraction power and filtration to effectively remove allergens.

*Chris Mazzocco is the Director of Sales & Marketing at Steam Way Restorations, Inc. Steam Way has serviced SEK since 1982 offering both residential and commercial carpet & upholstery cleaning as well as air duct cleaning. As an IICRC certified firm Steam Way provides 24-hour emergency service for water damage mitigation, fire & smoke cleaning, and mold remediation. You can contact Chris at 620-330-2819 or [chris@steamway.net](mailto:chris@steamway.net)*

## CAKES & SWEETS

# The great confection debate: fondant vs. butter cream Part 2

By Heather Horton



**Q:** What is the difference between fondant and butter cream?

**A:** Last month we discussed the differences



between fondant and buttercream. This month we'll get more in-depth on the uses of each. Both Fondant and Buttercream have their purpose in the cake decorating world. Many people prefer buttercream over fondant because fondant has a chewy texture. This is true, however some decorating styles must use fondant to get the desired look. Many modern and more fashionable cakes use fondant because it has an incredibly smooth finish if used correctly and can also mimic textures, fabrics and fashions. Buttercream has its limits when it comes to decoration. If you wanted to mimic burlap, for example, on a western themed cake you would have a hard time doing this using Buttercream. However, by using fondant the task is much easier. This issue goes both ways. If your goal is

to have a rich, elaborately decorated cake with lots of piping and string work this is much easier done using buttercream or royal icing instead of having to roll out lots and lots of tiny fondant strings, you can use a piping bag and just pipe on the decorations by hand.

Everyone has their own opinion about fondant and buttercream. Each bakery is different. So, don't judge one the same as the other before you sample theirs. Not all icings are the same across the board. If they make their own fondant you can almost guarantee it is going to taste better than store bought kind. You'll never know unless you ask! Try both for yourself and see which you prefer.

No matter which icing you prefer and why, keep in mind that both take time to decorate with. Give your baker enough notice to make your cake and always plan ahead!

*Heather L Horton is the owner of Sweet Designs Cakery in Pittsburg, KS. With many years experience in the kitchen combined with a bachelors degree in Fine Art and a Masters Degree in Communication, Heather and her team are more than qualified to create the best Classic and Contemporary confections out there on the market! Voted Best Bakery in the 4States Area, Sweet Designs Cakery is heading full steam into their fifth year of business and continues to have fresh and exciting ideas in their field. Whether you want to walk in and just grab a treat on the go, or order a custom cake for any of your special occasions Heather and her staff can help you out. Open Tuesday - Saturday, Sweet Designs Cakery can be reached at 620-231-2253 or at [www.SweetDesignsCakery.com](http://www.SweetDesignsCakery.com) and on Face Book!*

"boulders" and "obstructions that are placed in the middle of our "race." Our "race" is but a *snap of the fingers*, and this "race" will be...for all of us...our *most important affair*. Who...whether elected official or anyone...is so selfish and greedy to think he/she has the right to ever mess with another's "race," unless it is in a positive way?

You have now reached the point where you can dismiss most or all of what I have written. Since this may be the last time you get to see or read what I have presented...I would only ask one last time...before you do... imagine those last seconds in *this* life. Now...those seconds are gone. You have no time to do, undo or redo anything. Your soul has left your body. Your judgment will be the culmination of the *most important affair* of your entire life, which is now over. Our Lord Jesus Christ is getting ready to pass His all-just and eternal sentence on you... but He hasn't yet. Is the last thing you want to tell Him...that you wholly supported others' rights to place these "boulders" and "obstructions" in the middle of peoples' "races"?

I don't think so.

We demand the truth...from everyone...in every situation...the first time...and always. We...and America...deserve *nothing* less... and can no longer afford to tolerate *anything* less.

## VIA CHRISTI CELEBRATES

### National hospital week

Via Christi Hospital Pittsburg is more than a place where people go to heal, it is a part of our community that fosters health and represents hope. From providing treatment and comfort to the sick, to welcoming new life into the world at the new Via Christi Women's Center that recently celebrated its first anniversary, our hospital and hospitals across the entire nation are central to a healthy and optimistic community. This week we celebrate National Hospital Week with the theme "A Guiding Light for Changing Times."

National Hospital Week, first and foremost, is a celebration of each and every person that works at Via Christi Hospital. Our ministry has several events planned this week to celebrate "Making Miracles Happen," including the annual Auxiliary Employee Appreciation.

"National Hospital Week, first and foremost, is a celebration of people," Via Christi Hospital Director of Public

Relations Michael Hayslip said. "We're extremely proud of each member of our staff and we recognize the important role they play in extending a sense of trust to our patients and our communities. For the past 110 years, our ministry has served the health care needs of southeast Kansas. And while we celebrate our past, we're also looking forward to what the future brings. Construction of the Via Christi Surgery Center is well underway, and it will bring state-of-the art technology our patients and physicians deserve. One of those will be in the form of minimally invasive surgery robotics, as we are pleased to announce the Surgery Center will be home to a da Vinci Surgical System. Via Christi Hospital also is attracting physicians, with the addition of cardiothoracic surgeon Paula Guinnip, MD, and the addition of four more physicians coming this summer and fall.

### New...From Page 21

more focus and effort on one tragedy involving Americans and terrorism than another? Who makes *that* decision? Why are not *all* Americans important and worthy of the oath he took to protect them? Are there some other agendas we do not know about? No American should ever have to wonder or worry about the answer to this question.

**Please, Mr. President, and all of you elected officials...do what you say you will do. We are in dire straits as a nation. We can no longer handle lies, false promises, distortions and deflections. Just tell it like it is...the first time...and always. Tell the truth. Answer the question. Don't spin it. Answer the question. We have had enough of these "hidden agendas" ...and all of the rest. Just tell it like it is. Quit lying. Quit distorting. Quit deflecting. From now on we will make our decisions based upon facts and what someone really wants to do. Enough is enough! You work for us. We demand the truth...in all matters...all of the time.**

Infractions against these are



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

## HOME FLOORING

### What are the options in bathroom tile?

By Roland Dalrymple



**Q:** I am going to have my 1960's bathroom remodeled. Although I am not sure of what design direction I am headed, I know that

I want to consider every option in tile, not just common ones. Do you have thoughts on bathroom tile?

**A:** The market offers an astounding number of options in tiles and floor coverings for bathrooms. Naturally, porcelain, ceramic, and vinyl come to mind first as they are most practical in the high moisture environment. However, there are plenty of additional options that will work well with extra care.

Vinyl tiles are probably one of the most common choices. They are affordable, can take the conditions, come in a wide variety, and are easily replaced. Another advantage of vinyl tile is that it is softer and provides an element of added safety. While common, you can satisfy your creative spark by choosing tiles that have an

interesting pattern or color.

Ceramic and porcelain tiles also come to mind as a great option for the bathroom. These tiles are popular for their beauty and easy maintenance.



They are a bit more expensive than vinyl but you can find them in just about any color, style or pattern imaginable. If you love natural materials, you can even find lookalike tiles in mock stone and wood.

Linoleum is another very popular option. Today, one of the most popular options is the wood plank look that clicks in place. It is beautiful and durable, but it does come at a price at around \$4 a square foot.

Depending on where you want the tiles, glass might be another good choice. When textured, they resist slipping and of course, they are easy to clean. They come in various colors and you can achieve some amazing effects. You can even find art glass tiles to work in to your design!

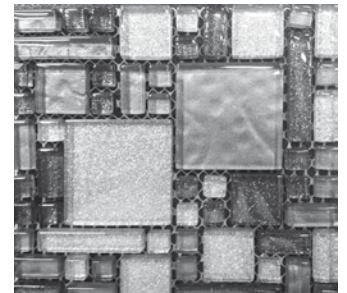
One option you may have discounted is cork. While standing water can create some problems, cork is

actually pretty durable. With the right care, it can work in a bathroom.

Wood, while typically not used in bathrooms, is also a possibility. This option works best in a lower traffic bathroom that will not see as much moisture.

Lastly, stone is another great option, especially if you love the spa appeal.

Send pictures of your project. We'd love to see.



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

## AUTOMOTIVE

### What should I do to get my car AC ready for summer?

By Jeff Lovell



**Q:** We are planning a few road trips this summer and I want the car's AC to be ready. Last year, we went off without preparations and

ended up hot and sorry. What are the best things I can do now to start making the AC system ready?

**A:** Don't feel too bad. While most people think of winterizing their car, getting it ready for summer seems to slip the minds of most people—that is, until they start having problems.

With summer just around the corner, car maintenance is certainly a concern for many people here in the United States. After all, the summer months can be brutal on the car too. Moreover, with more people taking road trips as a cost effective vacation option, making sure your ride is comfortable should be a top priority.

Your vehicle's AC system is complex. It involves numerous components including the control system, vacuum

lines, fans, and refrigerant systems. They AC should blow from 34 - 54 degrees depending on the system. Check and make sure antifreeze is in good condition. A car that is running a little hot the AC will not run properly. All of these need to be in working order for the system to be running properly.

To make sure your vehicle's AC system is running properly, follow these steps:

1. Road test the vehicle to test controls. Try the AC on each level.
2. Check hoses for leaks.
3. Check condenser and cabin filter for any obstructions.
4. Check condenser fan and air conditioning compressor.
5. Get a thorough inspection.

Even if your system seems to be running properly, getting a pre-summer inspection can help prevent costly

repairs later. If you suspect problems, having a skilled technician take a look and make the repairs can provide an added layer of confidence that all is well when you are ready to make that road trip.

*Jeff Lovell is the owner of Neptune Radiator and Auto Repair. He started*

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

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**CONCRETE**

**Cracks in concrete basement walls**

By Justin Crain



**Q:** What types of cracks may occur?

**A:** Cracks are common in basement walls and happen for a number of reasons.

First, you might have shrinkage cracks. Newly placed concrete has the largest volume it will ever have at the time of placement. Excessive drying or a significant drop in temperature increases the tendency for it to shrink. Also, if the footing and the walls are placed at different times, you will get

different shrinkage rates that might lead to additional cracking.

Another type of crack is the settlement crack. These cracks are caused by non-uniform support of footings or expansive soils.

Another concern is structural cracks. Structural cracks in basements occur during backfilling, especially when heavy equipment gets too close to the walls.

Finally, some of the common basement cracks are caused by a lack of joints or improper joint practices.

There are many ways to control or minimize cracking in basement walls as recommended by the National Association of Homebuilders. Control joints are joints in the concrete that help prevent or minimize any cracking in the walls. These practices include such things as:

- Providing uniform soil support.
- Concrete being placed at a moderate slump.
- Following proper procedures.
- Placing control joints every

20-30 feet.

- Careful backfill done when the first floor is in place.

- Following proper curing practices.

Thanks for the question and I hope I have helped.

*Justin Crain is VP/Treasurer of American Concrete Co., Inc., which is owned by his parents, Dennis and Jane Crain. American Concrete is celebrating its 41st anniversary, and Justin is the third generation to be involved with the family company. American Concrete was awarded the 2011 Pittsburg Area Chamber of Commerce Small Business of the year award. Justin is currently the President of the Kansas Ready Mix Concrete Association, and is currently on the board of directors for the Mount Carmel Foundation, as well as the Pittsburg Public Library Foundation. Please visit our website, [www.americanconcreteco.net](http://www.americanconcreteco.net), or call 620.231.1520.*



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# What can I do to get my lawn in shape?

By Justin Cawyer



**Q:** I just bought my first home. The property was left empty a year and now the grass is brown and overrun by weeds. I want to start over. Do I plant on top of the current grass, rip it out first or what? What are your best tips for keeping it nice once I go through all of the effort? I know it is complicated, and could fill a book but any tips you could provide would be appreciated. Thanks!

**A:** First, you need to know the condition of your soil. Believe it or not, the soil type and condition can vary considerably in a region. You can contact the local Cooperative Extension Office who will know the soil in your area and have great information specific to your soil condition. A knowledgeable gardener or landscaper will know this information as well. Next, be sure you have an adequate watering system in good working

order. No matter what you do, you will not be able to maintain a healthy lawn if you do not have a proper system. Turn it on and see where the water hits, overlaps, pools, or misses. All of these issues will eventually play in to the success of your lawn. Adjust the system if you can, or ask a professional for help.

Whether or not you can plant over the top of existing grass depends on the type of grass. I would recommend having a professional look at it and advise you of what to do next. Whether you take it out or not, you will need to address the weeds. Different types of weeds need different solutions. Since the yard sat for a time, you may also want to consider addressing the weeds that are only now germinating and that will emerge later.

Once you have the weeds under control you can then work on growing that great lawn. A lawn care professional can suggest the best type of grass for your soil, usage, and desired watering schedule.

To keep it green and lush, have your lawn fertilized once in spring, summer and fall. Use a winterizer in winter.

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

to be a serious sin is wrong in their opinion. But, if they go ahead and do it anyway, they will be held accountable: not by reason of the small matter, but because of their rejection of God in sinning against their conscience.

Every human person is endowed with conscience as part of reason, whereby she/he can recognize the moral quality of a concrete act that he/she is going to perform, or has already completed. In everything she/he says and does, a person is obliged to follow faithfully what he/she knows to be just and right. To act against one's conscience is sinful. Through ignoring the good intentions of one's conscience, it is possible to deaden one's sensitivity to sin, and think of the evil, to which a person is inclined, as being perfectly natural. A sinner, who has "killed" his conscience, is unlikely to repent before he dies, and therefor will suffer the consequences throughout eternity.

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

## Emmerling...From Page 8

Son of God.

(John 3:16-18 ESV)

Questioning whether one sin is big and another is little allows us to compare ourselves to others, rather than the Perfect One who died for us. Further, we miss the point that any and all sin separates us from God. Jesus paid for ALL our sins: past, present and future. Our focus now should be to live a godly life FOR HIM, rather than focusing on how little or much we can or have sinned.

*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*

## Cleary...From Page 8

marital sex is not a sin or a small sin, and another person believes it to be a grievous sin: which person is right? If a person really believes something is not a sin or a minor sin, will he/she be held accountable for the sin as if it is a grievous or serious sin?"

Pre-marital sex is the serious sin of fornication. Whoever believes it is not a sin is wrong because it is against God's Law, as I cited from St. Paul above in the second paragraph. Whoever believes some small matter

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