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FROM THE PUBLISHER

Charlie Traffas does not have a "FROM THE PUBLISHER" article this month.

POOL & PATIO

Keeping pool safe for kids

By Rita Rowlen



Q: Is there a way to keep my pool safe from harmful bacteria so my children can have fun in the backyard pool without fear of disease, rashes or infection?

A: What is great about a backyard pool is that you're in the driver's seat when it comes to purification that results in clean, clear, safe water, making it the safest place for your children to have fun in a pool!

Working Together

We have found the best solution to having crystal clear water and keeping it safe is to combine systems. There still hasn't been an all-in-one pool sanitation solution invented. Our recommendation is to combine two systems, such as the following:

Ultraviolet – The Rise of UV Sanitation

Ultra Violet Light or commonly referred to as UV-C systems are designed to kill the types of bacteria that shut down hotel and community pools. This bacteria is commonly known as cryptosporidium which is classified as a serious recreational water illness (RWI). The state of Utah requires that all public pools frequented by children include an ultra violet light sanitization system as an

See Pool..Page 16

MENTAL HEALTH

Teen suicide is preventable

By Jason Scheck



Q: My daughter recently lost a classmate to suicide. Even though she wasn't a best friend to this person, they did share two classes together. My daughter talks about not recognizing that the student was in trouble. What should

classmates and parents be looking for as possible threats of teen suicide?

A: Suicides among young people continue to be a serious problem. Each year in the United States, thousands of teenagers die by suicide. Suicide is the third leading cause of death for 15 to 24 year olds, and the sixth leading

See Teen..Page 16

NOSTALGIA

Do you remember?

By Faye Graves



Q: Do you remember the price of gasoline and motor oil in the 40's?

A: Yes I do. In fact, I can remember (pretty

well) the different prices of gasoline all the way from then to present day. And every year since then, beginning with Memorial Day, many families begin their vacation traveling. June is a favorite vacation month as the weather is usually good, the students are out of school and the parents are ready to take a vacation from their workplace.

Is it a shock or what when you pull into a filling station and see regular unleaded fuel listed at \$3.65 per gallon? I remember back in 1947 when I went in and filled my '37 Ford for \$0.15 a gallon at the Killion service station. The attendant checked the oil and washed the windshield for free.

These were my high school years and the station had a filtering barrel in the rear of the garage where they would pour used oil and filter it. At the time, you could buy it for a

See Remember...Page 17

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Kitchen crisis!

By Jason Huang



Q: I have family coming to visit in less than a month. I would like to update my kitchen and I don't have time to do anything major. Do you have any ideas?

A: Here are some quick and easy ideas to freshen up your kitchen.

Open Up Shelving

Remove upper cabinet doors to give a narrow kitchen a sense of openness. Then set off the revealed shelves with a decorative treatment.

Here's how: Remove cabinet doors and fill in holes with wood filler. Sand until smooth, and paint or stain as desired

Add Bold Color

Even the most lackluster space can be energized with a vibrant color. Paint the walls or cabinets a lively color. Re-cover chairs or stools with bright, patterned fabric. Hang new curtains in a can't-miss-it shade.

Soften the Cabinets with Fabric

Fabric helps soften a kitchen's lines, adding a cozy touch that harder surfaces can't offer. Fabric panels behind glass-front upper cabinets add personality and hide content clutter. Cloth skirts attached to a countertop are a fast, easy way to conceal unattractive lower cabinets.



To achieve this, simply remove lower cabinet doors, gather fabric on a tension rod, and mount the rod to the cabinet frame.

Replace Faucets

The sink area is among the most hardworking of kitchen spaces, and faucets, especially, get a workout from

transform a flawed kitchen space into a place that reflects your style and your sense of beauty. It can highlight your kitchen's best qualities or turn problem eating areas into sleek, sophisticated spaces.

Add Vintage Appeal

Dress up your kitchen with colorful finds. Vintage pottery, kitchenware, and knickknacks create instant charm.

Update Cabinet Hardware

Think of hardware as kitchen jewelry. Add new metal or glass knobs to highlight kitchen cabinets. If you're using metal hardware, choose one metal (gold, brass, silver, stainless steel, nickel, chrome, etc.) for the scheme and, as much as possible, stick to it when adding hardware.

Be sure to count the number of doorknobs, handles, or drawer pulls before heading out to store. You don't want to be caught empty-handed when you get to the last door or drawer.

And here's an easy solution if the new hardware doesn't fit the old holes: Buy some backplates to cover the gaps, then drill new holes.

I hope these ideas are helpful and remember to have fun with your project.

daily use. Because of its constant use, an updated faucet would provide an immediately noticeable kitchen improvement.

Paint Select Cabinets

A new coat of paint is a cost-effective way to make your kitchen spaces feel more expansive and imbue them with freshness and cleanliness. A little prep work makes the results long-lasting, so prepare your walls and cabinetry before painting.

If you don't want to paint the entire room, consider painting just a section of cabinets. For instance, painting three or four cabinets on a short run will create the illusion of a built-in hutch. Or create variation by painting the lower and upper cabinets contrasting colors.

Install Wainscoting

Add architectural interest to your walls with molding or wainscoting. For wainscoting, add an extra-deep baseboard or beef up the existing baseboard so it's at least 3/4-inch thick at the top. Then nail 1x3s vertically around the room, spaced 8 inches on center and butting the baseboard. Top the vertical 1x3s with a new piece of molding. Paint or stain the new molding to finish.

Replace Window Treatments

The right window treatment can



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

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CARPETING, TILE & FLOOR COVERING

Carpet in high-traffic areas

By Josh Jabara



Q: What does one need to know about carpet for high traffic areas?

A: When purchasing carpet for high traffic

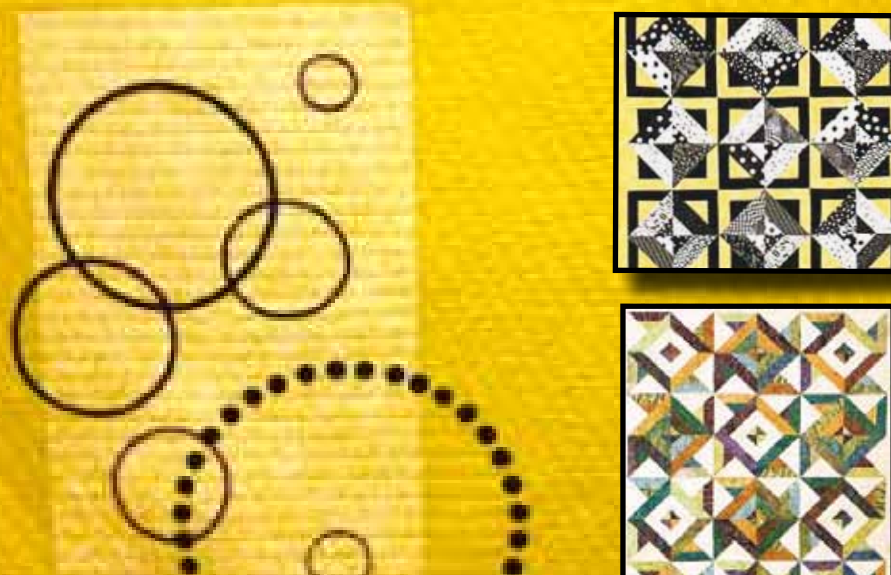
carpet manufacturer's requirements for type, thickness, and density. Carpet cushion is made primarily from polyurethane foam, fiber or rubber. The type and thickness of cushion needed varies according to the type of carpet. Cut pile, cut and loop, or high-level loop carpet requires a resilient, firm cushion with a maximum thickness of 7/16 inch with a minimum FHA density. Berber, and other low-pile carpet, requires a thin, dense cushion with a maximum thickness of 3/8 inch.

areas in your home, such as the family room, hallways and stairways, it is important to select durable carpet. Here are some quick tips for purchasing high performance carpet and cushion that meet the demands of a busy environment. Some terms you should be conscious of and things to look for during your shopping: density - refers to the amount of pile yarn in the carpet and the closeness of the tufts. The denser, the better. Choose a dense, firm construction. Twist describes the winding of the yarn around itself. Choose a tighter twist for enhanced durability. Choose a shorter pile height. For Berber/Loop - choose a shorter, tighter yarn loop.

When it comes to the cushion or pad, select the appropriate carpet cushion, or pad, according to the

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

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ARTS & CRAFTS

Polyester thread in a quilt?

By Janeen Miller



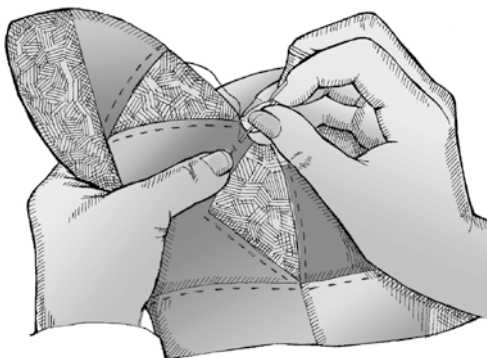
Q: Is it OK to use polyester thread in a quilt?

A: Short answer – YES if you are talking about traditional quilts with cotton

fabric.

But I've always heard that polyester thread will cut the fabric.

Many of the stories we hear are mostly myths from earlier generations. If the fabric tears as a result of heavy use, it will usually tear along a seam where the stress is the highest. Piecing is the high stress point on a quilt (due to 'ironing' rather than pressing and/or 'adjusting' the fit to get the points or seams to match). When Grandma made a quilt, cotton was often the only choice and typical quilting was along the seams or 'stitch in the ditch'. Today's machine quilting should not add stress to the quilt.



Super Safe Rule for Quilting – Piece with cotton, quilt with any thread.

What about shrinkage?

Quality fabrics and threads do not shrink like those in Grandma's time. Most are pretreated for shrinkage (especially batiks which go through numerous hot rinse cycles during the dyeing process). Most cotton threads of today are mercerized. This is a heat and chemical process that creates a smoother surface that increases the luster of the thread and makes it easier to dye. Quality cotton thread is spun from long staple cotton which is stronger, softer and leaves less lint in your sewing machine. It may shrink slightly in the wash so treat it just like your cotton fabric.

Polyester thread is the most popular thread for general sewing. It is a very strong and economical thread that doesn't fade or shrink in the wash and does have some give or stretch. The luster, or sheen will fall between that of cotton and rayon.

Rayon Thread is the most popular thread used in embroidery machines. It is a high sheen thread that makes a smooth consistent stitch. It shows well when used to embellish a quilt.

Silk Thread is very strong and elastic with a high sheen and is ideal for hand applique'. Projects created with silk must be gently washed in the washing machine with mild soap – without bleaching agents.

Final thought: For that baby quilt, quilt that is going off to college, or a

quilt that is destined for usage rather than being tucked away in an air tight closet, any quality non-glazed cotton or polyester thread is acceptable. The polyester will eventually last longer than cotton. But in 80 to 100 years of use we should expect some deterioration. Quilts are made to be enjoyed and shared. I still remember my favorite well-worn and much loved quilt that didn't last nearly 80 years – but that one came from Grandma's time.

Janeen Miller retired from Beech Aircraft in 2001. After a very brief retirement, she decided to turn one of her hobbies into a business. The Small Business Development Center at WSU gave guidance and encouragement in the development of a business plan; a perceptive bank executive listened to her presentation, reviewed the business plan and gave a 'thumbs up' to a start-up loan. Sunflower Quilts opened on September 9, 2002 with 500 bolts of fabric in a then too large space of 2500 square feet at 405 Osage Road in Derby Kansas. Today, the shop is in the same location, occupies just over 4000 square feet and has 5000 bolts of fabric. Husqvarna Viking sewing and embroidery machines were added in 2007. Owner's classes and on-site service is offered for these machines. Customers are greeted by a friendly and knowledgeable staff and two Bichons, Louie and Mandy (they also appear in the TV commercials). The shop is filled with eye catching models, cabinets containing a rainbow of fabric bolts, walls of sewing notions, machine accessories and patterns. A large well-lit classroom displays class projects, finished quilts and embroidery projects. The atmosphere is relaxed – husband Jim likes to say "We offer fabric therapy – no appointment necessary." Sunflower Quilts 405 Osage Rd Derby, KS 67037 (316)788-5120 www.SunflowerQuilts.com

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How to read the Bible

Q: In most faiths people are urged to read the Bible. The Bible is a very big book. How does one go about reading the Bible? Where does one start? Other than understanding what happened in the past, is the Old Testament relevant any longer?

By Father Cleary



A: Jews and Christians consider the (so-called) Old Testament to be the written Word of God. This means that God Himself, through his Holy Spirit, inspired the human authors of the various books of the Bible (e.g., Moses, David, Solomon, the prophets, etc.). The Christians likewise consider the Old Testament, along with the New Testament, as having been inspired by God with the ideas, which the human authors (e.g. Matthew, Mark, Luke, John, Paul, Peter, Jude, etc.) wrote down in their respective books. Accordingly, for Jews and Christians, God is considered the principal author of the whole Bible in all its parts. The human author, in his turn, expressed in writing the ideas God put into his mind, but wrote them according to his own understanding and culture and background and manner-of-expression; so that he too is author of the work(s) he wrote.

In Islam, the Bible is held to reflect the true unfolding revelation from God, but revelation by human hands. The Koran clearly recognizes the Old Testament prophets as divinely inspired and their words as the very words of God. The Muslims in general believe that the Bible contains original revelation from God, but is supposedly corrupted to one degree or another. Therefore they believe that neither the Bible nor the Koran is the inspired and preserved word of God. Nestorian Christians (early heretics) did provide some source material for the Koran. Gradually however Moslem scholars alleged that succeeding generations changed various words from their original context. There is no evidence of any such changes in the thousands of ancient manuscripts available for all to study. They respect the Bible, as sources for many teachings and stories related by their Prophet Mohamed and preserved in the Koran.

The Bible is not only a large book; rather, it is a library of books: of a variety of types of literature, such as one finds in a large library. Some books of the

Bible are history, while others treat of philosophy (the first eleven chapters of Genesis and all the books of Wisdom). Here by "philosophy" I mean: the authors endeavor to respond to basic questions of humanity, e.g. is there just one God or many gods, how did the world originate, why did God create us, who were the first humans and our ancestors, what is cause of evil in this world created by God, what about the ancient tradition of a universal flood, what is the destiny of man and woman? God inspired Moses to write about these topics in a manner easy for unlearned people to remember. Of course, he consulted the collective memories of the Hebrew people. Thus he composed the first chapters of the book of Genesis. Other books are collections of sermons preached by zealous prophets and apostles. Some books are political propaganda (e.g. Chronicles, which was written to glorify the reign of King David). Still others are collections of official records (e.g. Exodus, Numbers, Deuteronomy), genealogies, laws, pastoral letters of busy bishops (the epistles of St. Paul and of James and John and Jude) and apocalyptic writings, the ancient form of "Star Wars" with terrifying cosmic struggles (e.g. Ezekiel, Daniel, Revelation). The four gospels were intended originally as catechisms to instruct Christian converts about the life and teachings of Jesus, rather than as strict history or biography, although indeed they contain also some of the history and biography of Jesus. The Song of Songs is a script written for theater performance of courtly love. Nevertheless each of these books is inspired by God's Holy Spirit and is the Word of God. The Psalms contains prayers and songs and reflections for liturgical usage.

Being a library of many books, it is not wise to read the Bible straight through, as if it were a single book. Rather, it ought to be read selectively, at least until the reader is thoroughly familiar with the whole Bible. I suggest the reader begin by reading the gospel of Mark, then go back and

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

By Pastor Dave Henion



A: The reason the Christian church urges the reading of the Bible is because it is believed to be the very word of God. In 2 Timothy 3:16 it is "God Breathed" or "inspired" by God; not like a song writer is inspired to write a musical from his emotions. Rather, Scripture is not from the will of man nor is its interpretation, but all of it is from God. {1 Peter 1:20-21} The writers of the scriptures were given God's message through the Holy Spirit who taught them and superintended their writings, using the writers' personalities and styles, but the very words of God. The Bible evidences its uniqueness because it was written by 40 different authors, over a period of 1500 years with chilling historical accuracy. It is truly amazing because it is the only book of its kind in the whole world.

But it is more to us than just a cool book. It is the supreme and ultimate authority for faith and life! It is not a book of man's thoughts about God. It is the very words of God for us to humbly live under. It is called the "Canon" or "the rule" or "measuring stick" for all of our lives. It is God's final word and no matter what men think of it, or what opinion polls say about it, or how many disagree with it; {Isaiah 55:9-11} in the end what matters is only what God thinks about it, because that's forever! {Matthew 24:34-35}

It is very real and practical. Real, because it covers people, like you and me, especially in the Old Testament, who dealt with the same problems we have, tempting and challenging us; everything from adultery to worry. And it gives us insights in how to overcome by faith in God. {Romans 10:17} It tells us what God wants from our lives {Exodus 20:1-17} and how we are to live them. {Proverbs 3:5-6} It is a light to our path {Psalm 119:105} and gives us the plan to build strength in the Lord {Ephesians 6:10-18} The Word does surgery on our souls {Hebrews 4:12} and is a

great tool we can use every day for knowing God's will; a spiritual check-up, correction and training for the job He has for us. "God uses it to prepare and equip his people to do every good work." {2 Timothy 3:17 NLT} Beyond that, the Bible gives us the Gospel (or good news), that God gave His only Son for us out of His love, to die and forgive our sin, to save us from eternal death with His eternal transaction and to empower us to live abundant lives on earth while living in us, assured of heaven. {John 3:36}

Now, how does this happen? First, begin by getting a Bible you can understand when you read it. For first time readers I suggest the New Living Translation (easy to understand translation) or even The Living Bible (which is a paraphrase from an English Bible, written by a dad who wanted his kids to understand the message of the Bible). Second, pray and ask God to send His Holy Spirit so you can understand and apply what you read to your life. We want more than information. We want God's transformation to take place in our lives. Third, begin with a simple passage like Matthew chapter 5, verses 13 through 16, the Sermon on the Mount. Read it several times and then ask first; what is Jesus teaching His disciples or the people around Him? What does God want them to know? Then, ask yourself this set of questions to understand what God is saying to you. 1. Is there a promise to claim? 2. A command to obey. 3. A sin to confess? 4. A sin for me to avoid? 5. An example to follow? 6. Is there a new thought about God, Christ, the Holy Spirit or the devil? Next, ask how do I apply this to my life. Make a specific and achievable goal. Make it personal. Write your thoughts and goals down. Pray for God's help in doing what He told you to do in his word. Share it with a Christian friend who can ask you about it later for accountability. Every day do this and watch God change you by His word, through the Holy Spirit. Make this time with God an everyday part of your schedule, like a meal that

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By Amy Baumgartner



A: The Bible is a very big book and very different than most other books we encounter because it is comprised of different “books” or sections written by different authors in different styles and was compiled over a long period of time. While most of us pick up a book and begin reading at page one and work our way to the end, this is not always advisable for the Bible because early on the reader will encounter seemingly boring lists of names (genealogies) and a compilation of laws that seem to have little relevance for most of us who do live in a post-agrarian society.

I would encourage you to begin reading the type of literature that resonates best with you. For instance, if poetry is your thing, start with the Psalms. If you enjoy stories, choose either the gospels (Matthew, Mark, Luke or John in the New Testament) or the books of Samuel or Kings (in the Old Testament). If you like more straight-forward writings with ready application, the Epistles (letters) of the New Testament or Proverbs would be a good starting spot. I personally have found that different genres have resonated and spoken to me differently at different points of my life.

As you read, I would encourage you to stick with your reading. Realize that the Bible was written a long time ago and mentions places and employs illustrations that may be difficult to understand (for instance, what does it mean to “heap burning coals” on someone’s head?). Some background books on the Bible can help you understand more fully some puzzling things found in the Bible.

Another difficult part of reading the Bible is that some of the stories seem very implausible. Can God really make the sun stand still in the sky? Could Jesus really walk on water? When you encounter unbelievable parts, instead of being distracted by how it seems implausible therefore rendering the Bible a fictional book, ask yourself why God would have the text presented in this way. Ask God to reveal what God is saying through the passage.

You also asked about the Old Testament’s relevance. The term “old” implies that it is outdated or obsolete; however, the Old Testament books (also referred to as the Hebrew Scriptures) are hugely important to understanding Jesus’ life, ministry and death because Jesus was a Jew who

grew up reading and following the mandates of the Hebrew Scriptures. The basis of the Old Testament also helps understand concepts found in the New Testament. For instance, the Book of Hebrews in the New Testament is difficult to understand unless you have a background in the sacrificial system that God established in the Hebrew Scriptures. While the Hebrew Scriptures form the backbone to the New Testament, many people find the New Testament easier to read because it is written in a style more comprehensible for our Western minds. May you be blessed in your reading of the Bible.

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

By Pastor Bill Emmerling



A: Let me applaud you for wanting to better understand God’s revealed Word, the Bible (which by the way means “the Book”). Initially, the Bible can seem very daunting; yet if one takes the time to understand how it is assembled, reading the Bible can be very rewarding, exciting, and more importantly, reveal God’s will for our lives and enable us to know him better.

Let me start with the last question first, “...is the Old Testament relevant any longer?”

My short response is Yes...

“So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he guaranteed it with an oath, so that by two unchangeable things, in which it is impossible for God to lie, we who have fled for refuge

might have strong encouragement to hold fast to the hope set before us.” (Heb 6:17-18 ESV)

[see also Malachi 3:6, Hebrews 7:21 and James 1:17; emphasis added]

It is important to remember that God doesn’t change; it is in his steadfast character that we find hope regardless

Day	Book (Chapter:verse)	Psalm
Week 1, Sunday	Genesis 1-3 Genesis 4-7 (added) Genesis 8-11 (added)	Psalm 90
Monday	Genesis 12-17	Psalm 105
Tuesday	Exodus 1-3, 12	Psalm 106
Wednesday	Exodus 14, 19-20	Psalm 19
Thursday	Joshua 23-24; Judges 1-2	Psalm 44
Friday	1 Samuel 8,16 2 Samuel 7, 11 Psalm 105	Psalm 73
Saturday	Isaiah 7, 9, 11, 35, 52-53, 65	
Week 2, Sunday	Jeremiah 30-33 Ezekiel 36-37; Zechariah 9; Malachi 3-4	Psalm 51
Monday	Matthew 1:1 Mark 1:1-15; John 1:1-18; 5:39-49 Luke 24	Psalm 16
Tuesday	Mark 14:1-16:8	Psalm 88
Wednesday	Acts 1-2; 13:13-49	Psalm 2
Thursday	Romans 1:1-6, 16-17; Romans 3:9-31; 5:12-21; Romans 8:18-23 1 Corinthians 15:1-23	Psalm 14
Friday	Hebrews 1:1-4; 10:19-12:2	Psalm 110
Saturday	1 Corinthians 13 (added) Revelation 1 Revelation 20-22	Psalm 144

The New Testament has the Gospels (1st hand biographies and teachings of Jesus), Acts (of the Holy Spirit in his disciples), Letters (with teaching and encouragement) and Revelation (Jesus’ revelation for what is to come).

For an overview of the Bible, let me suggest the following reading plan shown in the chart below, which can be done in 2-3 weeks (based loosely on a plan @ <http://tinyurl.com/3eqaf2d> by Dane Ortlund):

After this, I would recommend reading entire books of the Bible, as each book or psalm was intended to be read/heard in its entirety. A good starting point would be perhaps the gospel of John, and Paul’s letter to the Romans. There are as many reading plans as there are people. The important thing is that you read God’s word and get to know the Lord of the

of our circumstances, knowing He ALWAYS keeps his promises. What we are allowed to see may change, we may see difference aspects or qualities of God at different times; yet God doesn’t change. So if we want a complete understanding of God and how he interacts with mankind, we need to understand all of his word. Further, to understand the New Testament, we must understand the Old Testament, as the New Testament is the fulfillment of Old Testament promises.

In reading the Bible, always remember it is a real message, from the very real and living God. He wrote specific things to specific people in specific places for specific purposes. Please understand, the Bible is not written as a novel or a textbook. It is really a collection of books/writings from God to His people, and His people responding to Him (i.e. the Psalms).

The Old Testament contains three general sections being History, Wisdom/Writings, and the Prophets (speaking God’s Heart to His People).

Universe, our Savior.



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

GOLF

Hitting out of the tall stuff

By Don Farquhar



Q: Thank goodness we don't have as much of it around here as they do in other places, but from time to time, the rough can get really heavy.

When one finds their self in this gnarly and wiry stuff, how do you get out of it?

A: As anyone who's played golf knows, it's inevitable that at some point during a round you're going to find yourself in the rough. And while the rough certainly presents challenges that don't exist when playing from the fairway; playing from the rough doesn't have to ruin your round. Below are a few points regarding playing from the rough that will help you keep your round on track.

The first key to playing effectively from the rough is accurately assessing the lie of your ball: how deep or buried is your ball? The club you hit and what type of shot you play are dictated by this because the rough creates resistance as the club enters the grass, causing the club to slow down or decelerate before impact. The heavier the rough, the more rapidly the club slows down. Obviously, the club head slowing down results in a loss of distance. So, judging how much grass is going to interfere with the club head before impact is critical.

If your ball is sitting where some portion of the ball is above the tallest blades of grass (See Image 1), the loss of club head speed will be minimal and therefore so will be the loss of distance. In this circumstance, take one more club than you'd normally hit from that yardage and let it rip. High lofted fairway woods and hybrids can be especially effective in this circumstance.

For a lie where the top of the ball is even with the top of the grass (See Image 2), you're also going to take an extra club than you normally would for the given distance, but now you also need to alter your technique slightly. In this situation you want to make



Image 1

your swing plane steeper or more upright so you approach the ball with a more vertical angle. This technique minimizes the amount of resistance from the rough.

Doing so requires a few minor adjustments to your set-up. First, at address open both your stance and the club face slightly. Next, play the ball in the middle of your stance. And finally, increase the grip pressure in both hands. This will help keep the club face from closing rapidly as the club enters the grass (the long grass in the rough often wraps around the hosel of the club before impact causing the club face to close and the ball to come out low and left).

With your set-up adjusted, begin your swing by focusing on taking the club away more with your arms than by turning your shoulders, as is normally desired. Initiating your backswing with your arms together and an open set-up will promote a more upright



Image 2

swing plane, resulting in the desired more vertical angle of attack. When executed correctly, it should feel like you're hitting a cut shot.

The worst case scenario in the rough is when the entire ball is deep under the top of the grass. In this case, your



best option the majority of the time is going to be to take a high lofted club and put the ball back in the fairway.

As you may have witnessed in the 2008 U.S. Open at Torrey Pines, this is the option even the best players in the world chose most often. One thing you will notice when the pros play back to the fairway from the rough is that if it's at all possible, they lay up in the fairway to a favorite yardage. For some that yardage maybe 90 yards, for others it may be 75 yards. This is a great lesson for amateurs also. When you're at the driving range, determine how far your sand wedge or lob wedge goes with a normal swing and then try laying up out of heavy rough to that distance. It won't take long for you to realize laying up to a specific yardage from heavy rough and relying on your wedge game is far more practical than lashing at the ball with a long iron or fairway wood.

So remember, playing from the rough is part of the game and it doesn't have to destroy your score. If you learn to assess your lie correctly, alter your set-up and swing plane as needed and choose the correct club you'll prevent the rough from wreaking havoc on your score card.

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



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Too busy to eat right? Nonsense!

By Lisa Vermillion



Q: I have so many things going on this summer. How can I possibly eat healthy with our vacations, cook-outs with friends, and running to our kids' sporting events? We are just too busy to eat right and exercise. What can I do?

A: Summer can be a busy time for many people. There can be many demands on our time from many sources. In order to take care of yourself properly, you must manage your time effectively. Let me give you some tips. Effective time management is really simple planning. You might say "I don't have time to plan". Actually, you don't have time not to plan. A daily purposeful plan saves you time, energy, and headache. Assuming you know your schedule a week ahead, you can plan your meals and exercise accordingly. For example, you know you'll be headed to the ball park directly after work.

Pack a cooler with sandwich fixings, fresh veggies, and fruit. Bonus: you don't have to wait till 10:00 at night to eat or rely on whatever they may have at the ballpark to eat. Perhaps you can schedule three 10 min walks during the day, get up earlier to exercise, or take a walk around the ball park between innings. On vacation, plan to take your healthy snacks with you or plan to take a cooler with you if you'll be on the road. Bonus: you save money skipping some eating out. You can plan stops to get out of the vehicle and stretch or, plan to get up earlier and take a walk before you start your day's activities. Bonus: you get to explore a new neighborhood or town. When you're at the neighborhood cookout, plan to take your own entrée if they'll be serving things that don't fit into your healthy lifestyle. You can plan to take a healthier choice for a side or dessert to share as well. Choose beverages that are lower in calories and be aware of the amount you are consuming. The goal is to find ways you can take care



of yourself this summer. Instead of thinking of all the reasons you can't keep on track, look for solutions and plan your time effectively; you can continue to accomplish your goals even when life gets busy.

Lisa Vermillion is President and co-owner of Get Fit Be Fit and Thin and Healthy Weight Management. Lisa opened Get Fit in 2000 in Valley Center, after receiving certifications through the American Council on Exercise as a Weight and Lifestyle Management Consultant and Certified Personal Trainer. In January of 2005,

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

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Civil War battle summaries by state - series

By Frank Bergquist

(For the previous articles in this series, refer to Jan '12 - May '13 issues at www.theqandatimes.com)



Q: I have enjoyed reading the many different article series you have written on the Civil War. Most of these are from a broad look at the country and how the country was affected. Would it be possible to list what happened in each of the states' battles?

A: Sure. I found several sites from which to put this information together. One of the best is <http://www.nps.gov/hps/abpp/battles/bystate.htm>. This series has proven to be more timely than ever, with the release of the new movie, "Lincoln." I am thankful to be able to present it to you. Last issue, we talked about the battles in Arkansas, of Pine Bluff and Poison Spring. This month we will continue with the battles of Prairie D'Ane, Prairie Grove and Saint Charles.

Prairie D'Ane

Other Names: Gum Grove, Moscow
Location: Nevada County

Campaign: Camden Expedition (1864)

Date(s): April 9-13, 1864

Principal Commanders: Maj. Gen. Fred Steele [US]; Maj. Gen. Sterling Price [CS]

Forces Engaged: Department of Arkansas [US]; District of Arkansas [CS]

Estimated Casualties: Unknown

Description: On April 10, Maj. Gen. Fred Steele's Union forces, combined with Brig. Gen. John M. Thayer's division, marched south from the Cornelius Farm. They soon encountered a Confederate line of battle at Prairie D'Ane and attacked, driving it back about a mile before being checked. Skirmishing continued throughout the afternoon of April 11, forcing Steele to divert line of march forces away from Shreveport toward Camden. Maj. Gen. Sterling Price's Confederates returned to Prairie D'Ane on April 13, falling upon Steele's rearguard under Thayer. After a four-hour battle, Price disengaged, and Steele's column continued to Camden, occupying the city.

Result(s): Union victory

Prairie Grove

Other Names: Fayetteville
Location: Washington County

Campaign: Prairie Grove Campaign (1862)

Date(s): December 7, 1862

Principal Commanders: Brig. Gen. Francis J. Herron and Brig. Gen. James G. Blunt [US]; Maj. Gen. Thomas C. Hindman [CS]

Forces Engaged: Army of the Frontier [US]; I Corps, Trans-Mississippi Army [CS]

Estimated Casualties: 2,568 total (US 1,251; CS 1,317)

Description: Maj. Gen. Thomas C. Hindman sought to destroy Brig. Gen. Francis Herron's and Brig. Gen. James Blunt's divisions before they joined forces. Hindman placed his large force between the two Union divisions, turning on Herron first and routing his cavalry. As Hindman pursued the cavalry, he met Herron's infantry which pushed him back. The Rebels then established their line of battle on a wooded high ridge northeast of Prairie Grove Church. Herron brought his artillery across the Illinois River and initiated an artillery duel. The Union troops assaulted twice and were repulsed. The Confederates counterattacked, were halted by Union canister, and then moved forward again. Just when it looked as if the Rebel attack would roll up Herron's troops, Blunt's men assailed the Confederate left flank. As night came, neither side had won, but Hindman retreated to Van Buren. Hindman's retreat established Federal control of northwest Arkansas.

Result(s): Union strategic victory

Saint Charles

Other Names: None

Location: Arkansas County

Campaign: Operations on White River (1862)

Date(s): June 17, 1862

Principal Commanders: Col. Graham N. Fitch and Cdr. Augustus H. Kilty [US]; Capt. Joseph Fry, C.S.N. [CS]

Forces Engaged: 46th Indiana and Union Gunboat [US]; fifty men and C.S. boats [CS]

Estimated Casualties: 290 total (US 135; CS 155)

Description: On the morning of June 17, USS Mound City, St. Louis, Lexington, Conestoga, and transports proceeded up White River towards Saint Charles attempting to resupply Maj. Gen. Samuel R. Curtis's army near Jacksonport. A few miles below Saint Charles, the 46th Indiana Infantry under the command of Col. Graham N. Fitch disembarked, formed a skirmish line, and proceeded upriver towards the Rebel batteries on Saint Charles bluffs, under the command of

Capt. Joseph Fry, C.S.N. At the same time, the Union gunboats went upriver to engage the Rebel batteries; Mound City was hit and her steam drum exploded scalding most of the crew to death. More than 125 sailors from the Mound City were killed, but the other ship was towed to safety. Col. Fitch halted the gunboat activities to prevent further loss and then undertook an attack on the Confederate batteries with his infantry. He turned the Rebel flank which ended the firing from the batteries and left Saint Charles open to Federal occupation.

Result(s): Union victory

Frank Bergquist graduated from Eddyville, IA, high school in 1958. After graduation, he entered the Army, serving 20 years in Missouri, Maryland, New Mexico, Germany, Iowa, Turkey, Kansas, S.E. Asia, and finally retiring in 1978 in Louisiana. Before retiring, Frank was assigned as an ROTC instructor at WSU and Kemper Military School until 1974. In 1978 he served

as the Non-Commissioned officer in charge of operations at Fort Polk, LA. He has served as the Veterans Counselor (DVOP) with the Kansas Job Service Center National Service Office, with the Disabled American Veterans at the VA Regional Office in Wichita; Veterans Employment and Training Coordinator with the US Dept. of Labor at Ft. Riley, KS; Service Coordinator with Cerebral Palsy Research Foundation; Dept Adjutant-Treasurer and the Dept. Executive Director Dept. of Kansas Disabled American Veterans; and past President of the Wichita Civil War Round Table. Currently he is doing graduate work as an instructor in Genealogy and Military History at Wichita State and Kansas State Universities, and is the CEO for the Disabled American Veterans Thrift Stores in Wichita, KS. Bergquist has an AA from Kemper Military School and College from Boonville, MO. and a BGS from Wichita State University. He can be reached by telephone at 316-262-6501. He is located at 926 N. Mosley Wichita 67214.

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read the first two books of the Old Testament (Genesis and Exodus), then read some of the psalms (for prayer as well as reflections on the history just read). Then read a couple of St. Paul's epistles and follow them with the Book of Proverbs (an ancient form of Dear Abby's practical advice). Then read the gospel of Luke and follow that immediately with Acts of the Apostles (the history of the primitive Christian community), which St. Luke wrote as companion books. Then go back and read one of the prophets, and the beautiful Wisdom of Solomon. Then read the gospel of St. John, understand that Wisdom is the Word of God, which became incarnate in the person of Jesus of Nazareth. Other books of both the Old and New Testaments can then be read, according to the reader's taste and time, with clearer understanding of what one is reading. The final book of the Bible (Revelation) ought to be read in conjunction with its Old Testament precedents (Ezekiel and Daniel), and then the two Books of Maccabees.

The Old Testament remains very relevant, containing God's instructions

and laws for his people, as well as for the history and culture, which contributed to the developments of Christianity and Islam, as well as of Western Civilization. Of course, the Old Testament is the foundation book of Judaism. But it

also influenced greatly the framers of the American Constitution, as well as the legal codes of other countries. More than any other book, the Bible has helped shape the history of the world, and continues to witness to the presence and power of God in this his world. It continues to influence our culture and every worthy human endeavor.

Sometimes certain texts of the Bible have been exploited by false teachers, crooked politicians and ambitious religious leaders: for their own purposes. But such abuse does not put God's approval on their movements, even though they might quote God's



words in attempting to support their agenda. The apostles, Peter and Paul warned about such false teachers, and told us to avoid them. One reason Jesus established his Church was to provide an authentic interpreter for understanding and living: the Word of God in the Bible.

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.

you need for nourishment. Make it at a specific time and a specific place where there are no distractions. I find this in my car, in the park, with my phone off. Plan what you are going to read, like a work out. Know what you are going to do before you get to the gym. (If you want a plan, email me and I can send you the breakdown of the Sermon on the Mount and also other important verses to study.) Also, keep a little pad handy with a pen because when you slow down enough for this quiet time with God, your mind may get flooded with all the things you need to do or didn't do. Write them down so they don't distract your mind, and you can be free to pick them up at a later time.

This pattern of quiet time was what Jesus did during His earthly ministry {Mark 6:46; Luke 9:28}. God's spiritual giants have come to know their quiet time is their source of His strength. {Psalm 1:2-3}. Come to His table to enjoy His sumptuous meal with the bread of life who satisfies {Isaiah 55:1-3}, Pastor Dave.

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

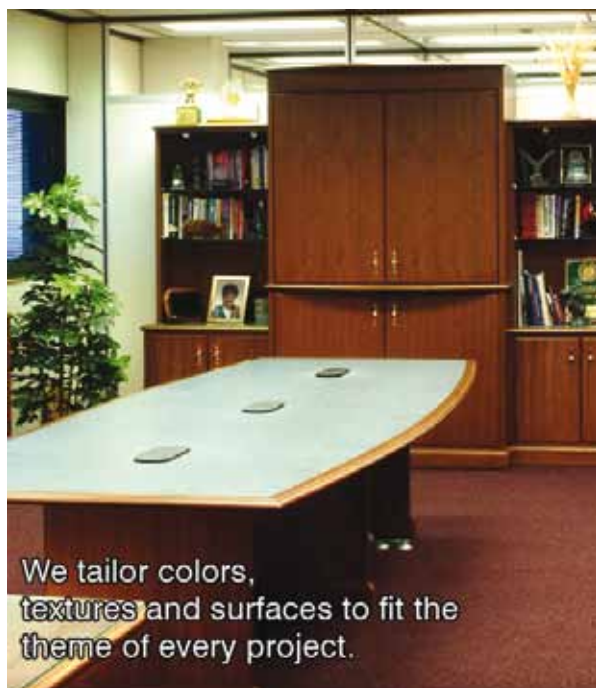
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COOKING AND RECIPES

Vegetable salad for a cookout?

By **Bonnie Aeschliman**



Q: In the summertime, it seems our family lives outdoors. On the weekends we are either at the lake or the backyard—but usually grilling food. It's pretty easy to throw burgers or steaks on the grill and maybe add a few ears of fresh corn when it is in season. While that is really good, we need some ideas for vegetables. Do you have a vegetable salad that can be made ahead of time and will travel well to the lake or to a backyard

barbecue without getting all wilted?
A: One of my favorite salads for a cookout is a broccoli salad—it is crunchy, slightly salty with sunflower kernels and slightly sweet with golden raisins. It is quick and easy to make, but it is also healthy and holds up well. You can make it several hours in advance; just remember to keep it

chilled. Any left overs are good the next day.

Broccoli Salad with Bacon and Raisins

- Serves 8
 5 cups fresh broccoli florets
 1 small red onion, chopped
 ¾ cup golden raisins
 6 to 8 slices bacon, fried and crumbled
 ½ cup sunflower kernels
 ½ cup shredded carrots

Dressing:
 1 cup mayonnaise
 3 tablespoons sugar
 2 tablespoons white wine vinegar

Cut broccoli florets into bite-sized pieces. Combine broccoli, onion, raisins, bacon,

sunflower kernels and carrots in a large bowl.

In a smaller bowl, mix mayonnaise, sugar and white wine vinegar. Pour over the vegetables and toss to coat.

Cover and chill before serving.



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



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Exciting events at The Orpheum!

By Jennifer Wright



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

A: There are several exciting events scheduled for this month that are

sure to please every member of your family regardless of your interest and age.

Harry Potter and the Sorcerer's Stone - Monday, June 3rd - 6:00pm: Harry Potter and the Sorcerer's Stone is the first film in the Harry Potter series based on the novels by J.K.



Rowling. It is the tale of Harry Potter, an ordinary 11-year-old boy serving as a sort of slave for his aunt and uncle who learns that he is actually a wizard and has been invited to attend the Hogwarts School for Witchcraft and Wizardry. Harry is snatched away from his mundane existence by Hagrid, the grounds keeper for Hogwarts, and quickly thrown into a world completely foreign to both him and the viewer. Famous for an incident that happened at his birth, Harry makes friends easily at his new school. He soon finds, however, that the wizarding world is far more dangerous for him than he would have imagined, and he quickly learns that not all wizards are ones to be trusted.

The Tenors - Saturday, June 8th - 8:00pm: Since their inception only five years ago, The Tenors have been thrilling audiences around the world with their powerful voices and memorable melodies. Their blend of classical music and contemporary pop has garnered them international success. Their music is rich and soulful with powerful anthems and beautiful melodies.

For their live performance The Tenors will draw selections from their new album, *Lead With Your Heart*, as well



as some of their past hits. *Lead With Your Heart*, their second studio album, stretches the boundaries of classical crossover by combining classic songs, modern tunes and Spanish and French world music. From cover features such as Bob Dylan's "Forever Young" and Elton John's "Sorry Seems To Be The Hardest Word" to the inspirational anthem "Amazing Grace", and one of the most recognizable and heroic Tenor arias, "Nessun Dorma", the diverse track list features a mix of pop favorites and classical staples along with new compositions written and co-written by The Tenors.

Over the past two years, The Tenors have performed worldwide and shared the stage with legendary artists such as Andrea Bocelli, Celine Dion (on the Oprah show) Sting, and Paul McCartney, to name a few. More recently, The Tenors were featured performers on two primetime international broadcasts: The Emmy Awards live from Los Angeles and The Queen's Diamond Jubilee celebrations from Windsor Castle in the UK, where The Tenors performed for Her Majesty.

2013 Celebrity & Chef Cookoff: A Benefit for the Orpheum Theatre - Tuesday, June 11th - 6:00pm: Along with an exciting, fast-paced cooking competition, enjoy food and drinks from your favorite local restaurants, bid on auction items (live & silent), and mingle with your fellow foodies and Orpheum supporters!

Wichita Marriott Hotel – Grand Ballroom

9100 E. Corporate Hills Dr
2013 Celebrities

Jody Adams – WSU, Women's Basketball Coach

Mark Bennett – City of Wichita, District Attorney

Linda Brantner – Delta Dental of KS, President & CEO

Wayne Chambers – High Touch, CEO

Jeff Korsmo – Via Christi Health, President & CEO

Mark Larson – KWCH, Meteorologist

Michael O'Donnell – State of Kansas, Senator

Roger Scholfield – Scholfield Honda, President

2013 Chefs

Kevin Dirks – Newport Grill

Ben George – Beechcraft Activity Center

Jake Lippincott – Petroleum Club

Martin Martinez – Candle Club

Peter Moretti – Marriott

Marshall Roth – Ambassador Hotel

Nathan Toubia – Bocconcini

The 80th Anniversary Screening of King Kong (1933) - Thursday, June 13th - 7:00pm: Carl Denham

needs to finish his movie and has the perfect location; Skull Island. But he still needs to find a leading lady. This 'soon-to-be-unfortunate' soul is Ann Darrow. No one knows what they will encounter on this island and why it is so mysterious, but once they reach it, they will soon find out. Living on this hidden island is a giant gorilla and this beast now has Ann in its grasp. Carl and Ann's new love, Jack Driscoll must travel through the jungle looking for Kong and Ann, while avoiding all sorts of creatures and beasts.

Bill Cosby - Friday, June 21st - 8:00pm: One of America's most beloved comedians of all time, Bill Cosby has captivated generations of fans with his comedy routines, iconic albums and best selling books such as *Fatherhood*. His comedy transcends age, gender and cultural barriers.

Cosby broke television's racial barrier with *I Spy*, becoming the first African American to costar on a television series while winning three consecutive Emmys. He created and produced the Emmy-winning cartoon *Fat Albert* and the *Cosby Kids*, which began airing in the 1970s and was made into a film in 2004. The show, based on Cosby's childhood in Philadelphia, was designed to educate and entertain.

The former Navy serviceman's illustrious list of accomplishments includes roles on the children's educational show *Electric Company* and creating and producing the Emmy award winning *Little Bill*, which is based on his bestselling book series.

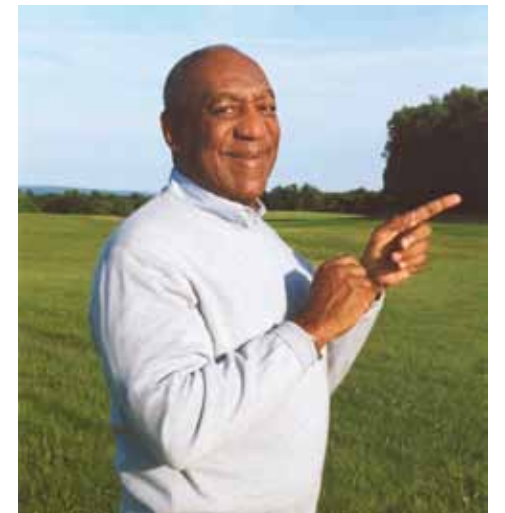
Perhaps Cosby's greatest contribution to American entertainment and culture is *The Cosby Show*, about a close-knit, upper class black family. Cosby said his intent was to portray an American family. *Time* magazine called the show "an encouraging sign of maturity

in matters of race." *The Cosby Show* dominated the Number One spot for years, earning nearly unanimous critical praise. *Life* magazine described the program as "a gentle, whimsical, warmhearted" show whose "delicious ordinariness of its pleasures and tribulations has given millions a fresh, laughter-splashed perspective on their own domestic lives."

Bill Cosby's current best seller, *I Didn't Ask to Be Born, But I'm Glad I Was*. Cosby talks about the Bible, being a grandfather and his first love in his humorous and insightful manner.

Cosby has received the Kennedy Center Honors, the Presidential Medal of Freedom (America's highest civilian honor), the Mark Twain Prize for American Humor and the Marian Anderson Award.

Cosby's been busy raising a family, too. He married the former Camille



Hanks on January 25, 1964, while she was still a student at the University of Maryland. They raised four daughters (Erika, Erinn, Ensa and Evin) and one son (Ennis) and now have three grandchildren. The family resides in New England.

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

Setting up your eBusiness - series

By Amal Xavier

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



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

A: Last month we discussed some more of the benefits of eCommerce and eBusiness from one of our sources, <http://www.streamcompanies.com>. We will continue with more this month.

Potential to Improve:

Having an eCommerce business that is easy to discover is only part of the formula within eCommerce design. In addition, your customers will need a store that is accessible, and easy to navigate.

Product Photography:

Use only the very best photographs for your products, if it looks good on the site it will draw interest and the quality will shine through to your customers. Product photography can be very expensive but investing in your products image is key. Most web design firms offer a very competitive photography product service package and can give you a quote once you know what your requirements are.

Potential to Increase Company Profits:

As mentioned above, opening an Online extension of your store or moving your business solely Online are great ways to boost sales and potentially profits. Remember, just because SALES increase it does not necessarily mean that company PROFITS will increase also. Online businesses do have a greater chance of increasing sales and profits by opening up an eCommerce store to sell the items they offer. Sales and profits are the lifeblood of any company, so it makes sense to increase them where-

ever possible and whenever possible throughout the existence of your company. More sales, more profits, bigger budgets, etc.

eCommerce Marketing:

eCommerce marketing began when the first shopping cart enabled sites started popping up all over the Net. As competition in major markets such as consumer electronics, gifts, clothing or apparel and outdoor goods started to grow so did the need for eCommerce marketing. Since the dot com boom, eCommerce marketing has evolved into a whole new mix of strategies and techniques designed to increase exposure from a multitude of channels to the eCommerce seller.

Marketing Strategies & Techniques:

eCommerce marketing today is typically made up of several creative or unique mixes of traditional and new-age marketing strategies that can include techniques related to direct mail, email marketing, search engine optimization, CPC or sponsored listings, building related links, establishing brand recognition and social media marketing.

Tax Breaks for Conducting Business Online:

Many eCommerce merchants qualify for such tax deductions and may find that they can save more in taxes than if they sold using traditional retail or a physical storefront. Home-based eBusiness can deduct many of the same things traditional businesses can. Traditional businesses can write-off utility, rent or mortgage bills as costs of doing business and Online merchants can also write-off certain portions of utilities. Vehicles are another common deduction along with office equipment and other time spent on setting up or running the business.

Cheaper than Print Advertising:

Traditional advertising is still a quality form of marketing, however it is not always cost effective, especially for small businesses. Print advertising can get expensive as there may be a need to update regularly, which requires new work be planned and generated. It is much quicker and more cost effective to update and maintain eCommerce marketing campaigns, especially as technology continues to improve. By conducting business Online and using the proven form of eCommerce marketing, merchants

have the potential to generate far more in ROI with less spend than they could ever hope to expect from costly print advertising campaigns.

Interactive Ads or Marketing Campaigns:

Using advertising that engages potential customers is key in today's fast paced, little time consumer shopping space. One benefit to eCommerce marketing is the merchant's ability to develop and improve a number of interactive advertising or marketing campaigns designed to reach out and engage shoppers.

Flexible Ad or Marketing Campaigns:

Many traditional marketing strategies are limited in what they can offer and what kind of flexibility each initiative has. Merchants can develop more creative marketing ideas and launch them using the power and assistance of the Web (for both delivery and functionality). eCommerce marketing initiatives can be automated and are much more flexible than many of the

traditional marketing or advertising methods.

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

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Pool...From Page 1

added layer of protection. Currently, it is one of the only systems that kills up to 99.9% of this type of bacteria; however, ultra violet light systems do not have a residual so chlorine is required. We suggest you combine this system with chlorine or bromine. Chlorine quantities will be reduced substantially as the UV-C system kills bacteria so the work load is less for the free and available chlorine in the pool. The combination of a UV-C system and a chlorine salt generator works great as team. Fortunately, we now have smaller lower cost units making adding UV systems affordable. Prices start at \$ 599 plus installation.

Ozone – Approved Model by CDC

Like UV, ozone uses waves of electromagnetic energy to inactivate and/or kill microorganisms in the water. Some



pool owners will have both systems installed and then very little chlorine is required to maintain a residual. Ozone makes your pool cleaner because it is a better oxidizer than chlorine. The Centers for Disease Control's Model Aquatics Health Code has recommended ozone disinfection as one of the approved methods to be used together with chlorine in commercial pool disinfection. Ozone kills dangerous microorganisms that can get into shared water almost on contact, far quicker than chlorine. Ozone destroys a wider range of contaminants than chlorine, including those typical things like lotions, cosmetics and urine that chlorine doesn't touch. Dissolved ozone has no by-products except ordinary oxygen. Ozone is easy to add, effective and leaves nothing to clean up. Ozone is injected when your pump runs. Ozone permits a big reduction in chlorine savings on chemical bills and at the same time it is easier on the environment. Prices start at \$397 plus installation

Dual Mineral and chlorine system – Simple and easy to use

This system utilizes controlled release of mineral technology and low-level chlorination. This system maintains clean, clear, silky soft water. The minerals last up to 6 months and the prepackaged chlorine Pac lasts 3-5 weeks depending on the size of the pool and the bather load.

Salt pools – Eliminates carrying chlorine containers

A salt pool is a pool that has a chlorine generator installed. A salt generator produces chlorine in the pool. Pool salt is added directly to the pool. The salt generator will convert the salt to chlorine to sanitize your pool. You will feel the difference of softer, smoother water with very little of the skin irritation associated with concentrated chlorine. The generator cell needs to be replaced and or cleaned frequently. This can cost up to 70% of the original salt generator price. If you have heard that a salt pool needs no other chemicals, this statement is not correct. The mineral

content of your pool water will need to be balanced along with keeping the pH and Alkalinity range at proper levels. This unit works great

in combination with UV-C or Ozone. Units are now smaller, more affordable and an over the wall unit makes it really easy to install. Prices start at \$399.

Most importantly, have your pool professional perform a computerized water analysis at the start of the season, each month and prior to closing your pool for winter. The use of stabilizer and Optimizer has tremendous advantages in any pool system. My best advice is to select a system that is easy for you to administer. Then schedule your maintenance on a digital calendar with reminders and stay with the schedule for trouble free, clean and clear pool water maintenance.

***Rita Rowlen** attended WSU, Michael Gerber E-Myth Program, Associated Pool and Spa Professional (APSP) Certified Technical training, and numerous industry educational events over a 40-year span. She was an APSP Region V Board member for 17 years, National Vice-President APSP Board Member, Mid-America Pool and Spa Show Chairman, and a speaker at numerous trade show and vendor events. Her company Ultra Modern Pool and Spa has won numerous awards including the prestigious "Aqua Hall of Fame" and top 100 Pool and Spa Dealers. Rita and her 6 siblings grew up in the swimming pool and hot tub business. She and her husband, Lance have 4 children and 8 grandchildren. Hobbies are swimming, boating and reading.*

Teen...From Page 1

cause of death for 5 to 14 year olds.

According to experts, causes of suicidal distress can be caused by psychological, environmental and social factors. Mental illness is the

- Withdrawing from family and friends
- Sleep changes and changes in eating habits
- Hygiene changes and other



leading risk factor for suicide. According to a 2004 report distributed by the National Institute of Mental Health, research shows that risk factors for suicide include depression and other mental disorders, and substance use disorders. More than 90 percent of people who die by suicide have these risk factors. Suicide risk factors vary with age, gender, ethnic group, family dynamics and stressful life events. The risk for teen suicide frequently occurs in combination with external circumstances that seem to overwhelm at-risk teens that are unable to cope with the challenges of adolescence. Examples of stressors are disciplinary problems, interpersonal losses, break ups with girlfriends or boyfriends, family violence, sexual orientation confusion, physical and sexual abuse, and being the victim of bullying.

Adolescents who complete suicide often talk about it or give warning signs prior to the act. It is important to take the warning signs of teen suicide seriously and to seek help immediately if you think that a teenager might be suicidal. Intervention efforts for at-risk youth can put them in contact with mental health services that can save their lives.

Here are some of the warning signs to look for:

- Disinterest in favorite extracurricular activities
- Substance abuse, including alcohol and drugs (illegal and legal)
- Behavioral problems

matters of personal appearance

- Emotional distress expressed by physical complaints (aches, fatigue, migraines)
- Hard time concentrating and paying attention
- Loss of interest in schoolwork or declining grades in school
- Risk taking behaviors
- Complains more frequently of boredom
- Does not respond as before to praise

If you are concerned about an adolescent who might be exhibiting the risk factors and warning signs, the Sedgwick County Suicide Prevention Hotline and Mental Health Emergency Services provides telephone and walk-in services 24 hours per day, 7 days a week by medical and mental health professionals. Call 316-660-7500. Emphasis is placed on serving individuals experiencing a mental health crisis, particularly those at risk for suicide.

***Jason Scheck**, LSCSW, is a clinical social worker and the director of the Suicide Prevention Hotline and Mental Health Emergency Services for COMCARE of Sedgwick County. Jason has been working in the mental health field for 12 years. COMCARE of Sedgwick County is a licensed Community Mental Health Center and Certified Drug Treatment program for all Sedgwick County residents regardless of age.*

Glass front doors for commercial building?

By Bob Crager



Q: What kind of commercial glass doors should I consider using for my new business building?

A: Let's talk for a little bit about the things that are going to be important to you and your business going forward. Things such as the physical aesthetic appearance...which is the look of the business that the customer gets as a first impression of who and what you and your business are trying to project to them. Is security an issue for you? It certainly is for most businesses. Do you need light or heavy security, during what hours of the day? Are you a 24-7 business, or do you have "open" hours, and then remain closed during the rest of the day or night? Do you have "walk-in" trade, or are you an office/warehouse facility? All of these questions, and some others, should enter into your plan for the entrance of your new facility! Even if you have little or no "foot traffic" trade, you probably have 'drive-by' trade. Even people driving past your facility will develop some idea about who you are from what they see at your entrance to the business.

Will you have an outside "lobby" arrangement, or will the customer walk directly into the interior of your retail or office rooms? If a lobby is in the plans, you'll want to use some very high grade commercial glass & metal doors that are well designed and built to hold up in the face of all of the changing weather conditions and higher than normal winds experienced here in Kansas. Intense heat, and brutal cold will eventually take a toll of some kind on the most well built exterior doors and windows. If your new building is located in Kansas with considerations for the extremes of Kansas weather, the lobby will be, more than likely, heated and cooled to some degree, which will help to stabilize the temperatures of the metals and the glass, extending the useful life and durability of these fixtures.

When your customers drive or walk up to the front of your building, is their first impression of your company important to you? There are many different designs, different combinations of materials that will assist in that first impression...tinted glass, Low-E coated glass, many different colors and shades of tint

can give your customer a great feel for walking inside your front doors. Sometimes an "airlock" arrangement which controls the inflow and outflow of air is incorporated into the design. The direction the front doors face should be considered when deciding the answers to a lot of the pertinent questions about commercial doors for your new business building.

There are commercial glass doors, commercial steel doors, impact commercial doors, roll-up commercial



doors...an amazing list of choices for your consideration, all based upon your specific needs! The choice for your own business should be important to you if, for no other reason, you'll be looking at your choices for quite a long period of time, and you don't want to feel bad every time you see it because you tried to cut a corner when you installed whatever you installed. In Commercial windows and doors, it's pretty important not to try to save money by cutting corners in these areas, unless there are no other choices for you.

Some recommendations that might help you with your decisions are:

Choose the strongest, most secure commercial doors for the exterior doors. The material make-up of a commercial door will impact the level of security it can provide, as well as the maintenance and upkeep it will require. Commercial steel doors offer the most security, but many business owners find wood doors and commercial glass doors more aesthetically pleasing, depending on the particular individual application. From security and ease of access to aesthetics and first impressions, interior and exterior commercial

doors play an important role in the success of most business operations. Remember, commercial doors not only provide the public's first impression of your business, but they also serve such purposes as managing traffic flow, securing work environments, and climate control. Automatic sliding commercial doors provide ease of access for the needs of some businesses. Consider the benefits of automatic sliding commercial doors in environments where customers have

to push shopping carts, or carry items inside and out. Automatic doors also cater well to handicapped patrons. Revolving or automatic sliding doors can help keep your lobby climate controlled and can also help with the control of foot traffic by limiting the number of people entering the building at once. Commonly used in the restaurant industry, impact commercial doors can swing both ways to allow traffic to flow in and out easily. These swinging doors also make a good choice as commercial entry doors for loading docks.

There are about as many different choices for commercial glass doors as there are designs of new buildings. If you have a chance to do it from scratch, do it right the first time. If you're retrofitting the entrance area of an existing building, you can pick and choose from a wide array of materials, glass and metal, wood, and many more. A short sit-down meeting with your local glass dealer who specializes in commercial doors and windows might just be a good first step, and could take the brain damage out of the process for you. Some information was researched from the worldwide web... More next month...

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

Remember...From Page 1

nickel a quart. I guess those days are gone forever. We do miss the "service" stations where you could also get a tire fixed along with the oil checked and windshield washed.

If I remember correctly, in 1969, I could fill up at any Vickers' station in town, pay 45 cents per gallon, get a set of 6 eight ounce tumblers, and 4 tickets to the NBC Tournament on Vickers' night. Those days were special.

June was the month years ago that we checked our motors for plenty of coolant in the radiator which was always in front of the engine. Our cooling device was an evaporative cooler attached to the window. We are thankful today for the air conditioners in our cars.

In 1982, I was in Athens, Greece and I could not believe that gas there was selling for \$3.00 a gallon. We thought how fortunate we were to not have to pay that much for gas back here at home. Today it's over \$10.00 per gallon in Greece.

Now we must purchase economy cars that get at least 30 plus miles per gallon. Many cars have high powered engines that use premium gas. The goal is to get to one point from the other at a rate your budget will afford. We can always think back to the days of World War II when you could only buy the amount of gas that your ration stamps would permit. I imagine none of us would want to go back there.

Happy traveling.

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

RELATIONSHIPS

Letting go is the key to regain inner peace

By Jacqui Brandwynne



Q: There are some things that have happened in the past that I just cannot get over. I am trying to move on as they happened many years ago, but I know they are affecting my decisions in a negative matter.

A: Jane, a friend of mine admitted with tears in her eyes that having to move from a large home to a far smaller apartment caused her near panic. Her husband, a decisive task master, insisted to get rid of all those useless belongings that they had stored for years in their garage and attic; hundreds of boxes with letters, mementos, clothes, sports equipment, dishes and knick knacks from her Mom, his Mom and various aunts.

George was a young successful lawyer. One day, seemingly out of the blue, he quit his job to follow his passion; a musical career. He convinced his wife to go back to work fulltime and leave their 3-year old at a

local daycare. Meanwhile he enrolled in expensive lessons. Soon money worries started. He ignored them and spent hours daily with his famous tutor and practicing. Years slipped by. His life's ambition to join a famous orchestra became all consuming. Though he was rejected repeatedly and cautioned that he lacked the ability and artistry to qualify him for such a position, he ignored everyone and was immune to his wife's plea for help. Out of money and hope, his wife and their child found refuge at her parents' home.

Marie-Lou, an attractive lady in her mid fifties, was consumed daily thinking about the break-up of a love relationship that plunged her into a deep depression. Ten years later she was still faulting herself for his leaving, convinced it was caused by her constant suspicion, accusations, even spying on him, due to her inability to trust. Unable to let go of the past, she never connected with a new partner.

One of the hardest lessons in life is letting go. Letting go really means

coming to terms with many complex emotions that are connected to people, experiences, often triggered by evidence such as memos and objects of our lives, reminding us of both happy and hurtful events that we store in our hearts. Letting go is difficult because it challenges us to let go of unrealistic expectations, memories that we are fearful to release and patterns that may be self destructive.

We all have emotional connections to our past, some clear and joyful, others are mysterious, not to be touched. However, when past memories and fears inhibit us to lead a positive, happy life, as seems to be the case with Jane, George and Marie-Lou, questioning one's self denial is the way forward. Why do we feel compelled to hold on to things and thoughts that stop us from changing and fill us with dread? Why can't we let go of either physical or emotional baggage?

The life we lived can never be wiped out, but we can question ourselves and right our feelings about the past. We can let go of hurtful, negative sentiments

or unrealistic expectations. We can toss heaps of physical and emotional remnants that weigh us down. When we do, a sense of lightness, even happiness may fill us and a new zest for life ahead. When the shackles of our past lives are gone what remains are the precious memories we want to keep in our hearts.

Jacqueline Brandwynne started her Very Private Q&A advice column to help people make their relationships happier and more intimate. The column focuses on dating, relationships, and intimate health. Jacqui also developed doctor recommended Daily Feminine Body Care products for women. Mail a question to Jacqui: 649 Stone Canyon Rd, Los Angeles, CA 90077 or email: contact.veryprivate@gmail.com. For intimacy advice visit www.veryprivate.com.

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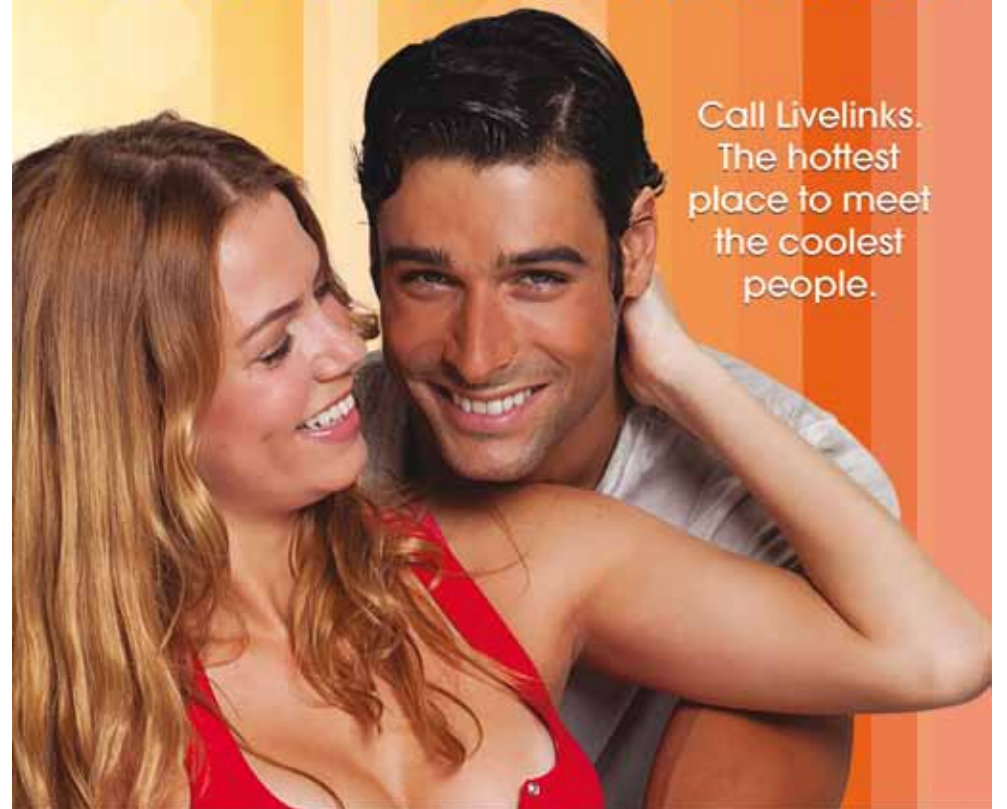
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INTERNET

What is Twitter & Tweeting?

By Jennifer Holman



Q: My grandkids were talking about "tweeting" and I'm embarrassed to say I thought they were talking about birds. Your past articles on Facebook have really helped me with Facebook. I was wondering if you could help me get a better understanding of "tweeting"?

A: Don't feel embarrassed, for some reason when I hear "tweeting" I automatically think "I Tawt I taw a Puddy Tat!!" Twitter and or tweeting is an online social networking service



and microblogging service that allows its users to send and read text-based messages of up to 140 characters, known as "tweets". The short format of the tweet is a defining characteristic of the service, allowing informal collaboration and quick information sharing that provides relief from rising email and IM fatigue.

Tweets are publicly visible by default, but senders can restrict message delivery to just their followers. Users can tweet via the Twitter website, compatible external applications (such as for smartphones), or by Short Message Service (SMS) available in certain countries. While the service is free, accessing it through SMS may incur phone service provider fees.

Users may subscribe to other users' tweets – this is known as following and subscribers are known as followers or tweeps. Users have the capability to block those who have followed them.

As a social network, Twitter revolves around the principle of followers. When you choose to follow another Twitter user, that user's tweets appear in reverse chronological order on your main Twitter page. If you follow 20 people, you'll see a mix of tweets scrolling down the page: breakfast-cereal updates, interesting new links, music recommendations.

Twitter has been used for a variety of purposes in many industries and scenarios. For example, it has been used to organize protests, sometimes referred to as "Twitter Revolutions". Another, more practical use for Twitter exists as an effective emergency communication system for breaking news. Twitter has also been adopted as a communication and learning tool in educational settings, mostly in colleges and universities.



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

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