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SENIOR LIVING

What are summer safety concerns?

By Shanna Taylor



Q: I moved into my grandmother's house 6 months ago to look after her after she fell and broke her hip and her health has declined. With the days heating up, I am wondering if there are special safety issues during summer.

A: Thank you for taking on the care of your grandmother. I know it is not easy, but it is rewarding. And thank you for such a great question!

The very young and seniors are especially susceptible to the hazards of summer, so you are wise to have concerns. While most people think about small children as being vulnerable, they often overlook the special needs of our older loved ones. Sometimes this is because we do not want to treat our loved ones as frail, or insult them in any way. Other times it

is because it is difficult to know how mobility, for example, plays a role in the changing seasons.

To help keep seniors safe this summer, here are a few important things to remember.

Food hazards can pose an additional threat during summer. Most people like to enjoy picnics, barbeques, and family gatherings in the summer. Food either left out or not stored properly can spoil quickly. Even before it is obviously spoiled, it might harbor bacteria that can cause seniors to

See Summer..Page 17

HOME FLOORING

Fiber flooring

By Roland Dalrymple



Q: We really want to redo our flooring, but the cost of materials, installation, and the potential cost involved in fixing any subflooring rather makes me want to shy away from the project. Affordability is a big issue, but I do not want it to look "cheap" either. What would be the simplest and most

affordable option?

A: Yes, I understand your concerns. New flooring can be a big project, and many people are wary of lifting a floor to find damage that will require extra time and money to repair. Other concerns might be having to be tied down to a certain color or design once it is chosen. Fortunately, technology has provided us with some amazing

See Flooring...Page 10

HEALTH & WELLNESS

How Chiropractic helps you fight influenza

By Jennifer Girth



Q: Are there things I can do to boost my immune system?

A: When functioning properly, the immune system can help prevent you from getting sick, or helps you recover quickly when you're ill. But a compromised immune system leaves you more susceptible to the flu and vulnerable to more serious complications, such as developing pneumonia.

Boosting your immunity is accomplished in many ways.

Vaccination

Most doctors recommend getting a flu shot each year. Unfortunately vaccines aren't 100% effective and only work against certain strains of the virus, not all flu strains, and they can have side effects.

Natural Herbal Supplements

Echinacea is one of the most popular herbal supplements shown to boost immunity and boost

See Chiropractic...Page 8

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HEALTH

How do I say no?

By Jennifer Schooley



Q: I want to wait until I'm married to have sex, but the say "yes" to sex message is everywhere. What's the best way to say "no"?

A: Good for you! Abstinence (waiting until marriage before having sex) may not seem to be the easiest path to take, but it's the one you will never regret.

Saying "No" to sexual involvement starts with you making important decisions about your life. No one can do it for you. When you decide to be abstinent, it has to be your choice.

So what does it take to be abstinent? Everyone is tempted to have sex before marriage. Anywhere guys and girls are together, the opportunity will come up. If you've decided to be abstinent, think things through before you get into a compromising situation. Be ready to defend yourself, or even take the offensive if you have to. In short,



learn when and how to say "No."

First, the basics: Controlling your situation is half the battle. Always know about the other person that you're attracted to. Don't choose a "player" if you're trying to say "No" to what players do best.

If you're a girl, dress like you expect to be treated with respect. Guys are stimulated by what they see. The way you dress sends a strong message, so be sure it's the one you want to send.

Set your limits in advance. If you don't know where you intend to stop, you probably won't. How do you know you've crossed the line if you haven't

drawn a line in the first place? Basically, touching and caressing anything below the neck is asking for more involvement.

The brain is powerful. So do yourself a favor and avoid those situations that keep it from being in control.

ALCOHOL - Drinking impairs your judgment. In fact, most date rape incidents involve alcohol. Unless you're 21 or older, it's against the law for you to consume alcohol.

DRUGS - Drugs seriously mess with your mind. Don't even think about messing with them. Not even once - "just to try it."

EXHAUSTION - When you're tired, it's hard to think straight. So don't put yourself in a situation where you have to make a tough choice late at night.

EMOTIONS - Be aware of what's

going through your head. If you just broke up with someone or something bad is going on in your life, watch that you don't try to ease the pain with something that's going to hurt you even more.

ISOLATION - You're a lot less likely to lose control if you're around others, especially adults. Take the pressure off by double dating, hanging out with groups of people and respecting your parents' restrictions. Know where you'll be, what you'll do and when you'll return.

Choosing to be abstinent means no risk now, no regret later. This is your life we're talking about. Say "No" your way. Just make sure you say it.

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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From the publisher:

By Jerod Norris



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

Please read this if you've ever picked up our paper: I want to thank each and every one of you out there whom have picked up this publication, read, advertised or contributed to it over the last 4 plus years. I think a lot of people have been very surprised by how much print media is very much still alive. Our advertisers are a testimonial to this (many of them can't believe how many people READ our publications, until they participate and experience it themselves).

When you put your heart into something, work hard to develop something, use your own fuel, tires and mileage on a beat up old Honda Accord to make something you believe in, it is extremely gratifying to see that so many people like and

enjoy what you've worked so hard to produce. Or heck, even those that don't like it for that matter. They have obviously still taken the time to read it, as they have every right to do, and we appreciate it.

As we celebrate yet another Independence Day, I wanted to let you know how much this journey has meant to me. How much our advertisers mean to me, our readers, writers, staff, my wife and kids for letting me do this, the owner Charlie...everything. Even through chasing all the ad artwork, articles, photos, topics, proofing and reproofing, it's certainly a special feeling to be doing something you love to do.

For that, I sincerely thank all of you.

Until next time...

Jerod Norris
Publisher

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INVESTMENTS

Will you be able to retire when you want?

By Dawn Taylor



Q: How in the world am I going to retire when I want to?

A: Despite the soaring stock market of the

past few years, some Americans are nervous about their ability to retire comfortably — or even retire at all.

Consider these somewhat sobering statistics:

* Almost half of American workers report being “not too confident” or “not at all confident” about being able to afford a comfortable retirement, according to the Employee Benefit Research Institute’s 2013 Retirement Confidence Survey.

The 28% who say they are “not at all” confident is the highest level recorded in the 23 years of this survey.

* Between 2010 and 2012, the percentage of people 45 to 60 who planned to delay retirement rose to 62% from 42%, according to the Conference Board, a nonprofit business membership and research

organization.

If you’re in either of these groups — that is, if you’re concerned about having enough resources to enjoy your retirement years or you’re afraid you’ll have to work longer than you anticipated — what can you do to possibly alleviate your worries?

Your first step is to get specific about your retirement goals. Have you set a target date for your retirement yet? If so, how many years until you reach this date? Once you know when you want to retire, you’ll need to come up with some sort of “price tag” for your retirement years.

By taking into account your hoped-for lifestyle and your projected longevity, you should be able to develop a reasonably good estimate of how much money you’ll need as a retiree. You may find it helpful to work with a financial professional — someone with the tools and experience to plug in all the variables needed to calculate your retirement expenses.

Next, review your retirement saving vehicles, such as your 401(k) and

IRA. Are you contributing as much as you can afford to these accounts? Are you increasing your contributions when your salary rises? Within these vehicles, are you choosing an investment mix that can offer the growth you’ll need to accumulate a sufficient level of retirement savings? Even after you’ve “maxed out” on your IRA and 401(k) or other employer sponsored retirement plan, you can find other tax-advantaged vehicles in which to invest for retirement. Again, your financial advisor can help you evaluate the ones that may be suitable for your needs.

Still, even after maximizing your investments, you may come up short of what you’ll need, given your desired retirement date. Consequently, you may need to consider working a couple of extra years. If you like your career, you may find that moving out your retirement date isn’t so bad — you’ll bring in more earned income and you may be able to delay taking Social Security, which would eventually result in bigger monthly checks. Plus,

you could postpone your withdrawals from your 401(k) and IRA, giving these accounts more time in which to potentially grow. (Keep in mind, though, that once you turn 70½, you’ll have to start taking money from your 401(k) and your traditional IRA.)

In any case, do what you can to retire when you want — but be flexible enough in your thinking so that you won’t be shocked or dismayed if you need to slightly extend your working years. By “covering your bases” in this way, you can be ready for whatever comes your way.

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.

FARM INDUSTRY

Are field and service mechanics a new or just growing trend? Part 2

By Mike Davied



Q: Last month you told a little about field mechanics, can you be more specific?

A: Over the course of time I’ve learned a little from a lot of people. Field service folks are as varied as their customers. There are tire truck people, and they fix tires. There are welders, and they weld, there are dealer technicians and they work on one specific brand of equipment--You know red, or green, or blue, maybe silver. There are also Independent Field Service Mechanics. These technicians, although different, fill a very serious need as most of them will work on “almost” anything, from silver to green, & red, or blue. Some weld, and a few fix tires, but MOST fix engines, hydraulics, transmissions, and implements.

When placing a call to a repair facility be prepared to tell the person on the other end of the line, in as much detail as you can, what the problem is,

the make and model of the machine, the nature of the problem, and any parts that they need to bring as best you can.

Please DON’T be offended by questions, as this is the only way to give a customer the level of service that you deserve.

As I said last month, repair technicians generally show up at a job site with tools of the trade in a truck or van, but sometimes a second trip is necessary for unexpected things, parts or equipment. Many times one trip is all we need to make small repairs on site, such as hydraulic hoses, bad bearings, or a host of other breakdowns. Remember repairs are often as close as a phone call away. Have a GREAT month.

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

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CLEANING & RESTORATION

Finding a great restoration company?

By Chris Mazzocco



Q: How can you identify a great restoration company?

A: This is not a question from readers but actually

a question we posed last month in our discussion of homeowner rights to work with contractors they feel comfortable with.

The general guidelines you would follow in finding a contractor of any trade applies to a restoration company as well. Most will advise you to use local, established, and trusted companies. Within the restoration industry there are sometimes issues after a major weather event where many restoration contractors will flock to an affected area. I'm not going to say all out of area contractors who follow storms are poor contractors. Many of these companies are skilled and experienced and can fill a short term need. But if for some reason there are issues down the road remember these folks are usually long gone, filling a short term need for someone else potentially in another region of the country. A company who has been entrenched in a community for a long period of time can usually be trusted to stand behind their work. A trustworthy company will also have endless references, and testimonials for your review.

Whether local or not, a big thing a homeowner should look for in a restoration company is their training and experience. The IICRC (Institute of Inspection Cleaning Restoration Certification) is the accepted governing body of the restoration industry.* A company who is an IICRC Certified Firm gives customers the peace of mind that the company has adopted the guidelines set forth in the IICRC, and will use methods that have been proven as the safest and most effective way of restoring property. With a single certification however some companies may call themselves a certified firm. Make sure they are certified in the particular skill you need. A company boasting they are a certified firm may be certified in carpet cleaning and offer water damage services as well without being certified in that skill.

The above makes a company good, but notice we said "great" contractor in the title? A person's home is not only their greatest financial asset but

also their most cherished possession. When we think of the endless hours we have spent in our home and how much we value the possessions inside, 'good' does not cut it. Whenever you need repairs to your castle, you should demand a great contractor do it.

What makes a company great are it's people! A great restoration company is educated and skilled in dealing with the emotions of a victim. A great restoration company should begin to put you at ease when they enter your home or business. They should be looking to take care of your needs and make you feel comfortable before they ever look at dollars and cents. As a homeowner in an emergency situation your stress level should decrease upon signing a work authorization with a company, not increase. They will also treat your property as if it were their own. And finally a great restoration company has your interest first. Restoration contractors work closely with insurance companies and their adjusters, but the homeowner's needs and rights should always be placed first.

*Since the acronym IICRC is a mouthful, the powers that be decided recently to use the name Clean Trust with the general public. It may be possible to see one or the other or even both logos associated with a company but all represent the same governing body.



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



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CARS, TRUCKS, VANS & AUTOMOTIVE

What does it mean when a vehicle has a salvage title?

By Jarod Stice



Q: A commonly asked question I get is, "What causes a salvage title? Doesn't that mean a car is junk?"



A: No, in fact it doesn't. In many states, cars that are Junk, or damaged beyond reasonable repair, are given a Junk title. They can never be put back on the road, no matter the repairs made. A salvage title, is a brand given by an insurance company, at their discretion, after a vehicle has had a "Total Loss." This is the price point at which it is in the better interest for the insurance company to replace the vehicle rather than to have it repaired. The payment on the claim, whether it be with a monetary check, or an actual replacement vehicle, is processed, the vehicle is then claimed as property of the insurance company, and sold at a salvage auction.

The point of "Total Loss" is calculated by an array of variables, some far above my head, and others very basic. They include price of parts, price of labor, availability of parts, cost of a rental car during repairs, towing and storage bills, value of car-combining mileage, previous damage, and any added values. You can see how quickly things can add up against a car getting repaired.

I would venture to say, you or someone you know may have had a little fender bender in the last few years. Maybe this was a deer hit straight to the grille of your truck. How many people do you know that were surprised to hear their vehicle was totaled out after a collision, even though it may have appeared to be minor damage? What if that old truck just had a new motor or transmission put into it? Or, maybe had the front end rebuilt and a coolant flush? None of those things count as added value to a vehicle because they are typically considered maintenance, and don't help in keeping your truck from being salvaged.

"Does a vehicle with a salvage title lose value?" Yes it does. Immediately after a car is given a salvage title, it does lose value on a dealer's lot, and in all aspects of its life except its ability to provide transportation for you. If a 2005 Chevrolet 1500 Silverado worth \$12,000 is wrecked, say we hit a

deer, and the repairs are estimated at \$4,000. If this vehicle is fixed by the insurance company and not given a salvage title, it loses no value. If it is however not immediately repaired, but given a salvage title, paid out as a total loss, sold at auction, repaired for only \$2,000 cost and placed back on the market, it is now arguably worth less than the same truck repaired 3 months before, perhaps by the same shop that would have done the repairs the first time.

"Is there value in buying a salvage vehicle" Most certainly! I love salvage titles, where else can you save sometime 20-30% off the sticker price of a vehicle and not get a total lemon? If I am paying that much less for a car, just to acknowledge that it was damaged and repaired, I'll happily take those savings up front. In the scenario above with our 2005 Chevrolet, if the repairs were made without giving the truck the salvage title, you would get the same truck with the same repairs and history, but maybe not be made aware that something had happened to the truck you are purchasing.

Please be aware, you will never get full retail out of your car after a salvage title, so you must buy it with that in mind. They are not always good cars to trade every 6 months, but they are great drivers to get you to and from, haul the kiddos around, even put the grandkids in for high school and try to make it last with them behind the wheel.

In closing, a salvage title is simply a "brand" or title that all insurance companies are required by law to place on a vehicle that has been claimed as a "total loss." I have seen many houses that have had storm damage, say needed a roof, new siding, and 3 windows. This damage may have far exceeded the actual value of the home itself. Often we repair these homes, place them on the market and try to capitalize off of the damage and the repairs. We don't simply claim these homes as salvage for aesthetic damage, so why would we do the same for a car

that can be repaired properly and put back to safe road conditions?

There are other things to know if you or someone you know ever has an insurance claim, and how to properly handle values of salvage titles, being able to owner retain your own vehicle if you don't want to lose it, and also how to establish the value of your vehicle properly. We will cover all of these in future articles.

Jarod Stice is a Pittsburg State University graduate, and a licensed car dealer located at 1605 N

Broadway in Pittsburg, KS (Stice Auto Sales, south end of TH Rogers Parking lot). He has been in the automotive business for nearly twenty years. Jarod has experience in retail automotive sales, new and used automotive parts and accessories, salvage automobile recycling, and is a licensed insurance agent. His background in all these fields combined, allows for extensive knowledge on any used car you may be considering. 620-605-8886 or stop by the office at 1605 N Broadway in Pittsburg.

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CARS, TRUCKS, VANS & SUV'S

What is a remedy for foggy headlights?

By Richard Smith



Q: My headlights are so foggy that even my porch light emits more light than they do. Is there an easy remedy for this?

directions correctly. It is usually a multi-step process with time necessary between different applications.

While it is a job you can do yourself, it's one that body shops do frequently, quickly, and affordably. Ultimately, having the experts handle the job can save you a lot of time and possibly money down the line.

A: There is no getting around it—over time headlights fade. Of course, oxidation has a lot to do with that, turning the once clear lens a dim yellow color. Additionally, the very act of driving causes some damage, with bugs, winds and debris constantly hitting the lens and scratching them. This results in swirl marks and hazing. Eventually, it can become so scratched that very little light can get through, making driving dangerous.

One solution is replacement. Another is reviving.

Reviving the lens involves using special products to clean the plastic, and then polish out the scratches that impede the light. There are many commercial and consumer brands on the market today made for this purpose. Not all of them, however, deliver equal or professional results. Despite their claims, some can damage the plastic even further, or leave it brittle and susceptible to more damage that would require an expensive replacement.

If you do the job yourself, I suggest that you ask questions about the products and choose one with proven results. Then, be sure to follow the



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.

CONCRETE

What are the steps of quality basement construction?

By Justin Crain



Q: What are the concerns in concrete basement construction?

A: A number of things affect the performance of concrete, such as climate and soil conditions, load,

temperature and shrinkage cracks.

Concrete must have a moderate slump.

To avoid cold joints, place concrete in a continuous operation. Curing should start immediately after finishing.

Waterproofing and drainage is another huge concern. Spray or paint needs to be applied to the exterior walls and foundational drainage provided.

Finally, it is important that the backfilling is done very carefully to avoid damaging the walls. When possible, it is best to have the first floor in place before backfilling.

All of the elements play a huge role in your basement construction. Always talk to a professional to make sure the job is done correctly.



design, and the quality of material and workmanship. These issues present a number of concerns that should be observed throughout the process.

First, site condition and excavation. It is essential to have a soil investigation to ensure proper design and construction of the foundation.

The next important concern is the framework and reinforcement. All framework must be constructed and braced so that it can withstand the pressure of the concrete. Reinforcement is effective in controlling shrinkage cracks and is also important in uneven side pressures.

Joints are another concern. If they are properly placed, they can control

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, or call 620.231.1520.

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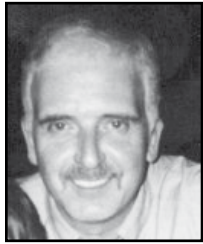
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What are steps to planting a flowerbed?

By Dan Longan



Q: I want to plant some flowerbeds around my yard. Can you tell me the proper steps before I jump into the project?

A: As easy as planting a garden might seem, it does take careful planning to achieve success. A lush, colorful, and healthy garden needs just the right circumstances to bring full enjoyment.

Step 1

Choose your garden space or spaces. Evaluate the amount of water, sun, shade and cover that may affect flowers in the space. The conditions will guide the variety of choices for planting as, for example, some flowers cannot tolerate full sun while others cannot tolerate shade. You will want to plant flowers with similar tolerances.

Step 2

Decide how much effort and maintenance you want to invest in your garden space. You might have a spot that has excellent light, but needs some attention to the soil. Remember that deep digging, tilling and other steps in preparing the soil take time, effort and investment.

Step 3

Think about whether you would like one coordinated burst of color

or continuous flowering. Investigate and chart the germination and bloom periods of the plants that interest you, and plant according to your desired outcome.

Step 4

Choose whether you would like to work with seed, bulbs or started plants, or a combination of all of them. You may find far more varieties of seed for sale than plants, but seed does not always grow well and does require more lead time. Seeds might also require a bit of extra attention and effort such as needing to be started indoors. Also remember that germination times differ, so even the best planned space may fail to blossom and grow at the same rate, potentially leaving holes in your presentation.

Step 5

Plan your flower garden ahead of time and consult best planting times and any special concerns. For example, bulbs may have limited shipping dates, seeds may need to be started early, and some varieties may require cold treatment, soaking or scoring before planting. Some plants do not flower until their second season.

Step 6

If you are buying seedlings or plants, buy from a local greenhouse where the plants were grown under local conditions, not just shipped in. This

will assure a better result. Find out what flowers are available in your area. Choose plants that are healthy, but not yet in bloom. This will give them time to establish themselves in your space and you will have an extended opportunity to enjoy the flowers. One of the biggest mistakes people make is buying plants that have the most flowers. The colors of course draw your attention. However, plants that are blooming when you buy them may be near the end of their period of flowering.

Dan Longan is the co-owner/operator of Longans Garden Center located on North Broadway in Pittsburg. For more information email dlongan@sbcglobal.com or shopblossoms@gmail.com. or call 620-704-6008.

can significantly improve your natural immunity.

Supporting Evidence of Chiropractic

There have been several studies that reveal enhanced immune system activity following spinal manipulation. One study says researchers observed a specific category of white blood cells in blood taken from a patient 15 minutes after a mid-back adjustment.

These cells are involved in the response to sickness caused by virus or bacteria.

Another study researched the effects of regular chiropractic care on a person's general health. After reviewing the health history of 2,818 individuals receiving chiropractic treatments, studies found that the incidence of colds and flu was reduced on average of 15% within this population.

There have been numerous other studies, including in New York City during 1918, history reveals that for every 10,000 patients that were treated medically for flu symptoms, 950 died (1 out of every 11)

*For every 10,000 patients treated medically for pneumonia (a serious complication of the flu), 6,400 died (2 out of every 3)

*When patients with the flu were treated with drugless options (including chiropractic), only 25 out of 10,000 patients died (1 out of every 400).

*For every 10,000 patients with pneumonia treated with drugless options, only 100 out of 10,000 people died (1 out of every 10)

At the same time, chiropractors in Davenport, Iowa, treated 1,635 cases of the flu with only one death. In the same city, 50 medical doctors treated 4,953 cases with 274 deaths.

Pretty remarkable results? Yes! So remember if you're looking for one of the best, natural options to help you and your family fight the flu bug or boost your immune system, see your chiropractor.

Dr. Jennifer Girth, DC, AVCA, IVCA is owner of Pittsburg Chiropractic on 302 E. 4th. Dr. Girth received her BS in Human Biology from Cleveland Chiropractic College in addition to earning a Doctor of Chiropractic degree in 2007. She's earned specialties in Pro-Adjuster, Diversified, Gonstead, DTS and Animal Chiropractic Care. Dr. Girth also has a passion for helping animals and received her certification in Animal Chiropractic in June 2006. For more information or to reach Dr. Girth please call 620-232-6555.

Chiropractic...From Page 1

recovery from a cold or flu. The same for Vitamin C and zinc.

Chiropractic

This approach improves the function of the nervous system by locating and correcting vertebral subluxations (which are areas of restriction and misalignment in the spine). Because the nervous system plays a large role in regulating the functions of all bodily systems (including the immune system), chiropractic care

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LAWN & LANDSCAPE

How do I make my backyard more inviting?

By Justin Cawyer



Q: I want to make my backyard more inviting and comfortable for entertaining without spending a fortune. Do you have any quick ideas that could spruce it up?

such as a fire pit or additional seating, or table areas. These do not have to be expensive or even traditional. In fact, upcycling is such a huge trend that you can let your mind go crazy and pull in anything that works for you. Try using logs and tree stumps for stools and side tables, or making a rustic table from old doors.

While you do not have to spend a lot to see results, it is also easy to overspend very quickly. If you need help a specialist in the lawn and landscaping business will be happy to advise.



A: Actually, backyards are one of the easiest places to spend little but see dramatic change.

Without knowing what your backyard looks like currently, I will offer some general ideas that might work or at least provide a starting point for other ideas.

First, do a cursory assessment of your yard. Think about what you want to achieve, and that will guide your efforts and your spending, whether you want more seating, a greener lawn, or more color.

Many backyards have a patio or deck, and this is a great place to start. Most of the time, we fail to take advantage of the opportunity this provides for adding comfort and impact. Try lining your deck with shrubbery that provides a wonderful backdrop and acts almost as an interior wall would. Once in place, you can add even more visual interest by using potted plants and flowers benches, or other interesting seating arrangements.

Another idea is to delineate spaces. Add or fix borders along flowerbeds, add fresh mulch, add walkways, or line existing walkways with greenery. Consider adding additional trees or shrubbery along the property line if you like more privacy.

Since it sounds like you want to do lots of entertaining, consider adding things that will make that more fun,

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

HOME DECORATING

What do you do if you want repurposed furniture but don't want to do the repurposing?

By Helen Cherry



Q: I really love the idea of repurposed and upcycled furniture and décor. The problem is, I do not have the time

or talent to do it myself. Do you have simple ideas or ways to find pieces already done by another's skilled hands?

A: I love the idea of taking an object and giving it new life too, so I completely understand what you mean. Life is busy, and even though all of those pinterest pins on newly fashioned furniture are stunning, you do have to invest plenty of time in order to achieve the look.

One option is choosing simple projects, such as using interesting old suitcases for bedside tables, or old footlockers for coffee tables. Another idea is to take drawers out of nightstands or dressers, add shelves, and then repaint. The work is minimal but the effect is major. Many of these ideas require minimal skill and time, and are perfect for people like us that love to love it, not necessarily do it.

Another option is to source boutiques where they sell items of this nature.

You can find so many interesting pieces of furniture that it will astound you. Online is another great place to look. You can add these items to your own efforts and complete your repurposing vision. The best part is, there is added interest when you include another's creation.



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

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PLUMBING

Understanding flooded basements

By Braden Peak



Q: With the recent heavy rains I heard a lot of people had water in their basements. How does the water get in and what precautions can be taken to prevent this problem?

A: That is a great question and since the recent rainfall caused a lot of flooding, this is a great time to address this issue. There are many causes of unwanted water in basements and the amount of water can also range from just a wet spot to several feet of water. Older homes and newer homes generally have different types of storm drainage because of changes in codes. Because of this, basement drainage issues must be diagnosed accordingly. The first step in water prevention is to learn how your basement is plumbed. Since there are many issues that can cause basements in both older homes and newer homes to take on water, I

will share some recent service calls I am familiar with as a problem and solution scenario. Hopefully this will allow for a better understanding of what happens and what can be done to prevent it from happening again.

Older Home with storm water gravity drain to sanitary sewer:

Problem: Several inches of clear water standing in basement

Solution: Clean the clogged floor basin drain line that the perimeter lines around the basement drain into.

Problem: Several inches of dirty water standing in basement or remnants of toilet paper or solids around drain. Either the service lateral for the house is clogged or the city sanitary sewer main is clogged and/or overwhelmed with the amount of storm water running through it.

Solution: Clean service lateral or if the city main is overwhelmed, contact your local city office and report the problem. Also an inline backflow prevention device to keep city waste

water from back flowing into your basement should be installed by a professional.

Home (Old or New) with Sump Pump:

Problem: The toilets are gurgling when the sump pump is running. The water keeps cycling causing the sump pump to run continuously.

Solution: Clear blockage from sanitary service lateral and re-plumb sump pump as soon as possible so that it does not discharge into the sanitary service lateral.

Problem: Sump pump not operating.

Solution: First of all, if you don't feel comfortable with investigating the problem, consult with a professional. Check for power going to the electrical outlet serving the pump. Also, check the float switch on the pump. Determine if the pump needs to be replaced.

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

Flooring...From Page 1

new options.

One of the options that fits your criteria is an exciting new product called fiber flooring. Fiber flooring is fiberglass backed vinyl which offers all of the advantages of vinyl, with some added benefits that answer common objections to redoing floors.

Like traditional vinyl flooring options, fiber flooring is very affordable, but much more durable, making it a good option for homes with children or for those who want to be able to change flooring more frequently.

It also comes in a huge array of choices. Patterns include everything from child friendly designs for bedroom or playrooms (even some with cool glow in the dark designs) to modern and sophisticated styles in rich metallic hues. Really, the options are so wide that you could find something to fit any décor.

Another plus is that fiber flooring is easy to install and has a glueless application. Installation is easy because it has the flexibility of carpet and is able to be fitted easily and securely. If you grow tired of it, simply pull it up. This makes it a good option for renters too.

Overall, for durability, price, beauty, and choices, Fiber floors are worth your consideration.

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.

HOME DECORATING

What is a hot trend in design?

By Shellie Blevens



Q: What is the most popular home decorating trend right now, and do you have simple ways to implement it into existing designs?

A: For those who love following home decor trends, one of the most recent is not only a revival of a favorite, but one that is easily incorporated into almost any other design in some way. Right now, metals are HOT, with rustic brass leading the charge.

Designers love the rich gleam and sculptural weight brass adds to design. You will see more brass elements popping up all over, from richly designed staircase railings to accent pieces.

The advantage of this trend to the average homeowner designer is that it is easily and affordably implemented. You do not need to tear down everything you have already done (unless you want to, of course). All you need to do is add a few selective pieces that will highlight this popular trend.

If you want to get your toes wet a bit before jumping all in, try adding a few elements here and there. Try a dramatic brass lighting fixture which could be a salvage piece from the past and revamp it into something awesome. Other interesting choices might be candlesticks or holders, or bookends.

Take a quick look around your home. Chances are good that there are already places you could add a dash of brass



to very easily bring that trend into your existing decor. Even if it is worn and tarnished, it

will still add a touch of glimmer.

Of course, while brass is very popular, we cannot be quick to rule out other metals, which are also very popular. If brass just does not suit you, try another metal. It might be that you prefer iron, for example, or that it just fits well with other elements in your home. Any type of metal can renew a space, if done well.

I suggest starting small. Take your time browsing home design stores and looking at magazines. You will get many ideas of what you may want to purchase, possibly repurpose and existing piece you have from the past.

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.



ANIMAL CARE

What can I do for a dog who is scared of storms?

By Laura Morland



Q: What can I do to help my dog who is scared of storms and loud noises?

see outside stimuli. It can be helpful if music is played or noise from a fan that will mask the disturbing outside noises during storms. You should

stuffed toys and calm petting with the location. Also the dog should be able to come and go as confinement can sometimes make the panic worse.

fitting garments and wraps such as a Thundershirt are often useful in calming an anxious dog.

For some dogs, these recommendations will not be enough and medications may need to be utilized. There is no medication that is specifically approved for the treatment of noise and storm phobias but there are various ones that have been tried with some success. See your veterinarian for help assessing your pet and coming up with a plan to help your pet during the stressful times.

A: Summer time is here and storm season is upon us creating havoc for storm phobic dogs and their people. During storm and noise events dogs can display a wide variety of symptoms from trembling, panting and pacing to outright panic and damage to both the animal and owner property. Dogs that experience intense responses to noises and storms need our help to ease their suffering. Helping these dogs requires environmental management, behavior modification and often medication.

An important first step is to create a calm, safe place for dogs experiencing noise and storm sensitivities to be during the event. Pet owners should identify a quiet, dark, safe location where the dog can go during noise events. A room with no windows may diminish the noise or ability to hear or



practice taking the dog to this location when no storms are present and begin to associate good things like food

Teaching the dog how to settle and relax in a specific location is extremely useful. Training is facilitated with food stuffed toys or food rewards. The goal is for the dog to be emotionally calm on cue and so it is important that the training takes place before the fear inducing event so the dog will settle easily during a storm. Desensitization using audio CD's of storm sounds or other noises can be useful to diminish responses and help the dog learn to be calm during the event. Snug

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.

SUNLESS TANNING

What is getting a versa spa spray tan like?

By Jana Beykirch



Q: What is getting a versa spa spray tan like? How long does it take and is a person spraying me?



A: The VersaSpa has an extremely fine mist (the finest in the industry) which evenly showers you in the bronzing solution ensuring no streaking or blotching and leaves you with a flawless tan free of drips. VersaSpa is an open concept machine. There are no doors to close on you, and you do not feel restricted, or claustrophobic while doing your session. There are exhaust fans which draw in excess solution so you do not have to breathe it, as well as an infrared heater to keep you warm as you are sprayed. There are three levels in the VersaSpa. The lightest color is Level 1 and this gives you a nice sun kissed look. The darkest color is Level 3 and this level gives you a deep dark rich bronze tan. Each skin type darkens and reacts differently to each solution level.

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

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- 2007 Pontiac Grand Prix, Black, 4 Dr, Auto, Very Clean, \$4,995
- 2008 Jeep Wrangler Unlimited, 4 Door Hardtop, Loaded, \$16,000
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- 2012 Chevrolet Malibu, LT, White, 45K Miles, \$13,495

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GIRARD AREA

Motorcycles & BBQ

Smokin' Hot Motorcycle Ride

A motorcycle ride and poker run will be held on Saturday, July 6, 2013. Registration is from 10:00 a.m. to 11:00 a.m. starting on the north side of the Girard square at Diskin's Auto and Towing. The registration fee is \$10 per poker hand. Poker run rules will be available at registration or upon request.

All participants must be on motorcycles. Run time is 11:00 a.m. – 2:00 p.m. and the prizes along with a 50/50 Pot Drawing will be awarded at 3 pm. The route will have five stops, #1 Columbus, #2 Chetopa, #3 Oswego, #4 McCune and #5 Girard.



There will be games, food and drink upon return.

Proceeds go to the Melisa Harley Scholarship Fund for USD 248, Girard.



Melisa was born in Girard, Kansas, June 3, 1977 and was a lifelong Trojan from Kindergarten until her graduation in 1995 and until her tragic death December 14th 2001. She was also proud to be called a Gorilla graduating from Pittsburg State University in 1999 earning a Bachelors Degree in Communications with an emphasis in Public Relations.

For additional information contact: Maurice Harley at 249-4691, Terri Harley at 249-1397 or Dave Ashmore at 249-3040.

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Saturday July 6th, Crawford County Fairgrounds

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SPORTS

A Jaycee game to remember...10 years ago

By Mark Schremmer



Many baseball greats have stepped foot on Pittsburg's JayCee Ball Park at one time or another.

I've heard stories about Hall of Famers Mickey Mantle and

Satchel Paige playing there. Bubba Starling, a first-round pick of the Kansas City Royals, played a high school game at JayCee.

With all the minor league games of the Pittsburg Browns, barnstorming events, all-star tournaments and high school and American Legion games, there are endless stories and memories that trace back to JayCee Ball Park.

But one of the coolest stories happened just 10 years ago.

On June 24, 2003, the USA Baseball Junior National team, which consisted of 27 of the best 17 and 18-year-old baseball players in the United States, played a single game against a group of Southeast Kansas All-Stars.

Team USA included Kansas City Royals designated hitter and All-Star Billy Butler, Pittsburgh Pirates infielder Neil Walker, New York Yankees outfielder Brennan Boesch,

Boston Red Sox relief pitcher Daniel Bard, Washington Nationals relief pitcher Erik Davis, Miami Marlins infielder Chris Valaika, Pittsburgh Pirates outfielder Alex Presley, former Minnesota Twins relief pitcher Jeff Manship and 2004 No. 1 overall draft pick Matt Bush.

The SEK All-Stars roster included Pittsburg's Garrett Forsythe, Cliff Wheeler and Jordan Garner, St. Mary's-Colgan's V.J. VanBecelaere, Nick Dellasega and Kenny Hallacy, Fort Scott's Darryl Graham, Chanute's Daniel Waggoner and Joe Bogle, Parsons' Thomas Grillot, Girard's T.J. Franklin and Quin Vinze, Humboldt's Cole Rink, Baxter Springs' Darrell Dinger and Columbus' Rhett Murray. Don Gutteridge, who spent more than 60 years in professional baseball as a player, coach, manager and scout was the honorary manager, while Mike Watt and Gary Grimaldi served as the primary coaches.

"It will be a great memory to look back and say, 'Hey, I played against that guy,'" Franklin was quoted as saying in the following day's edition of The Morning Sun. "It's an excellent

See JayCee...Page 18

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Faith vs Works

Q: I accept the fact that there is a hereafter. I am sure also about which of the two places I want to go. My problem comes when I hear some clerics say that all you have to do to be saved is to accept Jesus Christ as your savior and have a personal relationship with him; and others who say that regardless of what you've done insofar as accepting Jesus Christ as your savior, if you die in the state of grievous sin, you will go to hell. Why are there so many different opinions on something so serious: spending an eternity of happiness vs. spending an eternity of punishment?

By Pastor Dave Henion



A: The questioner is really asking about the “eternal security” of the child of God. Can a person once they are saved lose their salvation?

There are two major views to the question of “eternal security” vs “conditional salvation.” This controversial battle has been known rooted in the scriptures and the historical doctrinal positions held by John Calvin (Calvinism) and Jacob Arminius (Arminianism). But the battle is rooted in the Sovereignty of God and the Free Will of man. There is a huge tension between the two. The more free will man has, the less power God has. More power God has, the less free will man has. This struggle has been played out in history with Augustine vs Peligius (410), Luther and Erasmus (Early1500), Calvin and Arminius (mid to late 1500's) and Whitfield and Wesley (1740s England & America).

Now there are scriptures quoted by both sides defending their positions. For instance, the Arminian side of “conditional salvation” states that true Christians can fall away, but they disagree over whether or not such fallen Christians can return again to salvation (ie. Wesleyans believe they can, and Arminians deny that they can). The sense of the doctrine is that there is a tentative quality to our salvation and is predicated on how well we can keep and hold on to our salvation till the end. Like the questioners example then, “if you die in the state of grievous sin, you will go to hell.” Scriptures pointed to support this view point are: {Hebrews 6:4-6} “if they fall away,” {1 Corinthians 9:27} “I myself be disqualified,” {Hebrews 10:26-27} “if you deliberately continue on sinning,” {2 Peter 2:20} “and are again entangled in it and overcome, they are worse off at the end than they were in the beginning,” and other such passages. This side is very man centered.

On the other side of the argument is

Calvinism's view as spelled out in the “Westminster Confession of Faith.” The doctrine, known as the “Perseverance of the Saints” titled so at the “Synod of Dort” says, “They whom God hath accepted in His Beloved, effectually called and sanctified by his Spirit, can neither totally nor finally fall away from the state of grace; but shall certainly persevere therein to the end, and be eternally saved.” (Westminster Confession of Faith, chap. 17, sec. 1). Scriptures of eternal security come also plentifully: {John 10:28-29} “I give them eternal life...no one can snatch them out of the Father's hand,” {John 3:16} “...has everlasting life,” {Romans 8:38-39} “nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord,” and {1 Thessalonians 1:4} “knowing, brethren beloved by God, His choice of you,” along with other passages. This side is very God centered.

Now what do we make of all this? Well for me, it is to live like an Arminianist but believe like a Calvinist. I make every effort to live in the power of Jesus and obey, strive, submit, walk, fight the fight of faith, all words and commands God in the scriptures calls me to do on my part because I love Him. On the other hand I realize from beginning to the end my salvation is totally predicated on the Grace and Mercy of God. I didn't deserve salvation because I was too depraved to even want to be saved but God reached down, effectively called me and saved me through His Son. I realize my weakness and sinfulness that still tempts me, the world that tries to seduce me and the devil who wants to devour me. I haven't the ability or the strength to withstand my own sinful nature, the temptations of the world and the vicious spiritual assaults and temptations of the devil. I need one greater than I to withstand all that and make it to the end still saved.

That is why I, like the Apostle Paul, who called himself the “chief of

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

By Father Cleary



A: The expression “to accept Jesus Christ as your savior and have a personal relationship with him” was cited by Martin Luther at the time (16th

century) of his protesting against the Catholic Church's teaching about the necessity of good works in order to be saved. Granting that in Luther's time some expressions of Catholic teaching and some Catholic practices were frequently misunderstood and indeed seemed to go against the Bible, the Catholic Church never taught that a person is saved by works alone or by the merits of their own good deeds. The Church did encourage various good works by granting indulgences for the performance of such works. An indulgence is a remission in whole or in part of the punishment due to sin. The Church has from Jesus the authority to forgive the sins of human persons, and uses that authority to foster various practices of piety and prayer. Good works (e.g. charity and fasting and almsgiving and prayers and teaching and the Sacraments) all suppose the necessity of faith in Jesus Christ. All these good works cultivate a close personal relationship with Jesus. That faith proves itself and is alive when expressed in good works. In his rejection of the Catholic Church, Luther protested against the use of indulgences and various Catholic practices of religious devotion, including veneration of the saints and relics connected with them, and eventually against that most important expression of Catholic faith and practice: the holy Sacrifice of the Mass. Luther's followers and successors would eventually restore many of these practices, which are rooted in early Christianity.

Luther's insistence that we are saved “by faith alone” (Luther's words) is contradicted by Jesus' cousin, St. James, in his epistle in the New Testament. Therein (chapter 2, verses 14-26) St. James answers

Luther's protestation. The Apostle writes: “My brothers, what good is it for someone to say that he has faith if his actions do not prove it? Can that faith save him? Suppose there are brothers and sisters who need clothes and don't have enough to eat. What good is there in your saying to them: ‘God bless you! Keep warm and eat well!’ – if you don't give them the necessities of life? So it is with faith: if it is alone and does not express itself in actions, then it is dead. But someone will say: ‘One person has faith, another has good deeds.’”

My answer is: Show me how anyone can have faith without good deeds. I will show you my faith by my good deeds. Do you believe that there is only one God? Good! The devils also believe – and tremble with fear. Do you want to be shown that faith without deeds is useless?

How was our ancestor Abraham made righteous before God? It was through his good deeds. . . . His faith and his deeds worked together; his faith was made perfect through his good actions. And this is why Scripture says of him: ‘Abraham believed God, and because of his faith God accepted him as righteous.’ And so Abraham was called God's friend. You see then, that it is by his deeds that a person is made righteous before God, and not by his faith alone. . . . So then, as the body without the spirit is dead, so also faith without good works is dead.” Luther preferred his own opinion to that of the Apostle, and so rejected the Epistle of James from the New Testament. By now however most Protestants, including Lutherans, have recognized that the Epistle of James has been part of the New Testament, since the time when the Canon of the Bible was determined (around the year 100).

In the gospel (Matthew 7:21) Jesus says: “Not everyone who says ‘Lord, Lord’ will enter the kingdom of heaven, but only those who do the Will of my heavenly Father.” Faith is expressed not only by words, but requires deeds for

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

Is it heartburn or Barrett's esophagus

Millions of people suffer from what they believe is heartburn. This condition can also be something more dangerous to your health. Via Christi Hospital is now using HALO System to treat patients diagnosed with Barrett's esophagus.

What is Barrett's esophagus?

Barrett's esophagus is a precancerous condition affecting the lining of the esophagus, the muscular tube that carries food, liquids and saliva from the mouth to the stomach. Normally, the esophagus is lined by a layer of short, squat cells. When chronic gastric reflux occurs and exposes the

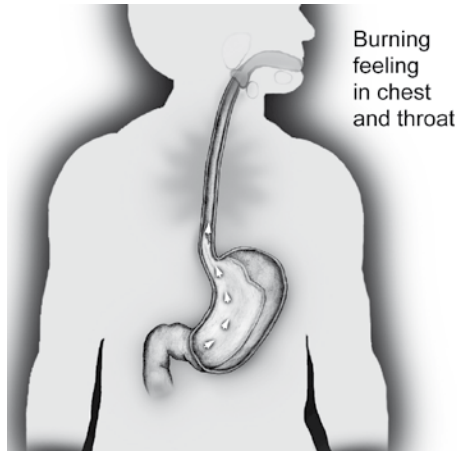
lining of the esophagus to acid, this lining can be injured and break down. has been used to treat Barrett's esophagus for more than 15 years. The HALO System provides uniform and controlled ablative therapy at a consistent depth, which can remove Barrett's cells and allow the regrowth of normal cells. They also provide preset treatment parameters and fixed energy capabilities, making it possible for physicians to effectively treat patients without injuring healthy underlying tissue. The ability to provide a controlled amount of ablative therapy to diseased tissue significantly reduces the risk of complications normally associated with other forms of ablation therapy.

How does the HALO System work?

Initially, a HALO Sizing Balloon is used to size the esophagus. A correctly sized ablation catheter is then inflated within the area of the Barrett's. The HALO Energy Generator is activated to deliver a rapid (less than one second) burst of ablative energy which removes a very thin (less than one millimeter) layer of the diseased esophagus. This ablation (removal of tissue) is tightly controlled so as to avoid any injury to the normal, healthy underlying tissues. New healthy tissue replaces the ablated Barrett's tissue in three to four weeks for most patients, according to trial results. The procedure is performed without incisions using conscious sedation in an outpatient setting.

What can I do to keep my esophagus healthy?

If you have any signs of frequent heartburn or acid reflux, tell your primary care physician and ask about treatment options. Ask your physician specifically about Barrett's esophagus, and if the HALO treatment is right for you.



lining of the esophagus to acid, this lining can be injured and break down.

What causes Barrett's esophagus?

Barrett's esophagus results from chronic exposure of the esophagus to the gastric contents of the stomach caused by gastroesophageal reflux disease, commonly known as GERD. With prolonged acid exposure, normal cells can undergo a genetic change and transform into cancer.

What proactive treatment options are available?

Ablation, which involves removing or destroying tissue inside the body,

How often should you have your brakes checked?

By Jeff Lovell



Q: I had my car serviced once a year, and it's been about 9 months since the last service. My ABS light just went on. Do you think I need to take it in now, or can it wait until the next service?

A: When it comes to your car's systems, brakes top the list of systems that need your care and attention. Today's cars have very sensitive warning systems that alert us to anything that might pose a threat, and those warnings should never be ignored-- including that light. My

metal dust that can cause even more problems.

Another leading indicator is the feel of the brake pedal. If the car unusually pulls left or right when braking, or if the front end shakes, those are both signs of excessive brake wear. If the brake pedal begins to feel spongy, it could be a sign that air has entered the brake system or fluid is low. Both of these issues poses a serious threat to the proper operation of the brake system, and to your safety.

Many cars, like yours, now have ABS (Automatic Braking System) that initiates a rapid-fire pumping sequence to the brakes to keep the car straight

during sudden or hard braking. If the ABS light illuminates on your instrument panel, then it's likely that the wheel sensors have detected excessive build-up of metal particles from the brake system.

Wheels should be pulled and brakes checked once a year by an ASE- Certified



technician. Replace brakes after 20,000-30,000 miles, although 12,000-15,000 miles is not uncommon, depending on the type of usage.

Brake systems should be flushed and brake fluid replaced every two years. Be safe and do not neglect those brakes!

advice is take your car in for service as soon as possible. Waiting can put your life in danger, or at the very least cause additional damage that could cause additional expense.

Don't worry though, you are not alone in wondering. Many people are unaware of the signs that indicate a car's brakes may need maintenance or repair.

Warning signs include an illuminated brake warning light, brake grabbing, low pedal feel, vibration, hard pedal feel and squealing.

Never expect the signs to develop gradually, although they may. Sometimes however it's only a few miles between a soft brake pedal and a pedal that goes clear to the floor.

Noise is another important indicator that something is wrong with the brake system. Any sound that is out of the ordinary is an indication you need your breaks checked. A grinding sound is of immediate concern as it indicates metal on metal, which throws off

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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Harvest safety

Harvest safety article is brought to you by KAMO Grain

By Joshua Coltrain



If we get a little stretch of warm and sunny weather, it won't be long before many of you are out on your combines harvesting wheat. When you add harvest to all of your other work — finishing up planting, trying to get some double-crop beans in the ground, and maybe some haying — it makes for an extremely busy time of year. You don't need me to tell you that we must be extra careful during harvest season to avoid accidents and injuries — but I'm gonna do it anyway.

Most serious farm injuries —and often most farm deaths— involve machinery and equipment. Part of the danger is the stress, fatigue, and time pressure of planting and harvesting. In fact, these factors may explain why some research suggests farmers are more likely to be hurt by falling off their combine than by getting entangled in the machine itself.

At harvest time, even simple combine operation and maintenance can mean mounting and dismounting the machine dozens of times a day. That can be tiring in itself. Plus, ladders and platforms often get slippery with crop residue, dust or mud. The top of most combines is 12 to 14 feet off the ground, that means most operator's platforms could represent a 7- to 8-foot fall.

To make it through harvest time safely, you've got to stay aware of how well you are doing personally. You've got to remember the everyday kinds of risks. Sometimes, a 15- to 20-minute break to wipe off the ladder and have a cup of coffee could make all the difference in how safe you are for several hours.

Another risk factor, however, is that farmers may use some of their most dangerous equipment only a few days per year. Some harvest and grain storage equipment may not be part of regular machinery maintenance and probably has not been used since last fall. Simply because you don't use it as often as some of your other equipment, you also may not be as familiar with the equipment or its limitations. You won't automatically follow safety measures. In fact, you probably won't remember all the potential hazards because we tend to only read the operator's manual when

equipment is new to us or when an adjustment is needed.

At the same time, farm operators work around powerful equipment year-round. And that creates yet another risk factor: We get too comfortable, even over-confident.

None of us is as young as we used to be, and human reaction time slows down with age. Physical condition makes a big difference, too. Make no mistake though, no one's reaction time is fast enough to avoid accidents with farm machinery while it's running. No one can beat gravity if they're under something heavy when it falls.

Average reaction time is about three-fourths of a second. Research engineers estimate that's how long it takes:

- * A loose bootlace to get pulled 4.95 feet into a moving belt and pulley.

- * An arm to get wrapped 5.35 feet around a power take-off shaft.

- * A sleeve to wind 7.5 feet along an auger.

- * Equipment to fall 9 feet and hit the ground—and/or an over-confident farmer.

Remember, manufacturers install safety guards for very good reasons. They write operating manuals for good reasons, too. Most farm accidents are preventable if you don't let time pressure and stress spur you to bypass or ignore safety procedures. In other words try not to come down with a bad case of the "Gotta Goes"! Have a safe and happy harvest season!

For more information feel free to contact Wildcat Extension District agent Scott Gordon in Independence by calling (620) 331- 2690 or by email at sgordon@ksu.edu. You may also contact Keith Martin in Altamont - (620) 784-5337, rkmartin@ksu.edu; or Josh Coltrain in Girard - 620-724-8233, jcoltrain@ksu.edu. We also offer programs in Family Consumer Science, 4-H and Youth, and horticulture. Program information and additional contacts can be found on our website www.wildcatdistrict.ksu.edu.



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FINANCIAL

How does online banking work?

By Mark Kolarik

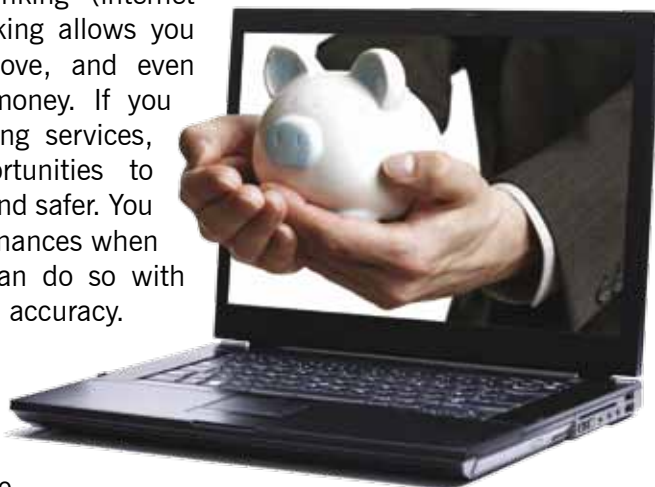


Q: I am interested in online banking, what can you tell me about this service?

A: Making sure your money is where it's supposed to be, when it's supposed

to be there, is getting simpler all the time with online banking (internet banking). Online banking allows you to safely monitor, move, and even keep more of your money. If you overlook online banking services, you're missing opportunities to make your life easier and safer. You can handle personal finances when you choose to and can do so with efficiency, privacy, and accuracy.

Plus, you never need to worry about incurring late-payment fees or interest rate penalty hikes for late payments. Paying bills online is one of the biggest time savers online banking creates. You enter account information such as merchant's name, address, and so on. Then pay the bill with a mouse click. You can also set up automated



With online you can:

- *Monitor account balances and track transactions.
- *Get immediate access to account information. You can reconcile your account whenever you choose to. No need to wait a whole month to receive your statement.
- *Routinely pay bills on time. That's the strongest contributor to a stellar credit record, and that's your best way to earn the lowest borrowing rates.

payments to handle recurring bills, such as insurance premiums or utility bills.

*Cut costs. You'll purchase fewer paper checks, as well as eliminate the need for stamps and envelopes.

*Automate other functions to save time and help you achieve financial

goals. For example, you can move funds automatically from checking to savings to help reach the goal of, say, a down payment on a house.

*See details of checks you've written, so you can verify the recipient, date, and amount. For instance, if you forget to record the amount of a debit card purchase, online banking allows you to retrieve a current statement listing the transaction.

Online banking offers many benefits to conducting business in a fast, simple, and safe manner. Contact your financial institution and find out how you can sign up for this service.

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.

Summer...From Page 1

become very sick. In fact, many seniors become seriously ill every year from eating bacteria harboring foods. Follow safe food handling procedures and be sure your refrigerator is cool enough.

Next, stay cool. Keep the home cool enough that it does not pose any threat to safety. Enjoy outdoor activities in shorter intervals, and stay in the shade as much as possible. Dress in lightweight clothing.

If you are traveling even a short distance, be sure to bring water. Dehydration is a serious problem and can happen quickly.

Finally, while you are enjoying outings and travel, remember to bring medications and mobility implements. Call ahead to any venues and find out what mobility issues might be a concern.

Summer is a wonderful time to enjoy friends and family. By taking a few simple precautions, you can keep everyone safe and healthy.

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.

What are some fast, flavorful and versatile ideas for supper?

By Brian Bulot



Q: I am finding that with my busy schedule with work and kids, I am far too tempted to eat up my earnings in fast food take-out.

Do you have any fast and easy ideas that will keep the family happy but not keep me in the kitchen all night?

A: I understand how tempting it is on the drive home to pull in to the drive-thru, especially after a long hard day. But I have an idea that may help. One thing I know is that meals do not have to be multi-course or complex, they just need to be flavorful to be

satisfying. My best kept secret is to take your favorite stand-bys, and pump them up with spices for a completely different meal, or set of meals.

For example, French onion soup mix can add a lot of interest to simple to make meals. You can use it dry as a rub on steak or roasts. You can also add it to meatloaf, or hamburgers. I also use as the seasoning for the meat in Sheppard/Cottage Pie.

Finally, you can put it (in soup form) in a skillet with some cube steak, and simmer for about 15 minutes. Pair it with mashed potatoes, and you have the perfect meal!

You can get the soup in cans, in

packages, or make your own. I will include my favorite recipe here:

- 1/2 cup Onion flakes or dehydrated onion slices
- 2 tablespoons Onion powder
- 1 tablespoon Garlic powder
- 1 teaspoon Celery salt
- 1/2 teaspoon ground Pepper
- 1 tablespoon Himalayan or sea salt (optional but helps absorption of soup)

To Make: Use approximately 1/4 cup per 2 cups of beef stock to make French onion soup (add 3-4 onions that have been very thinly sliced and slowly caramelized. To use as a mix,

you can add 1/2 cup soy-free and MSG free beef bouillon powder and use as you would a packet of French onion soup mix (1/4 cup=1 package).



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.

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JayCee...From Page 12

opportunity for all of us. It's a once in a lifetime deal."

And the group from southeast Kansas made some good memories against a team filled with future professional baseball players.

Team USA won 8-3, but led only 1-0 entering the top of the fifth inning.

Dinger allowed only one run over three innings of work. SEK's four pitchers -- Dinger, Garner, VanBecelaere and Waggoner -- combined for nine strikeouts over the nine innings. Franklin, a catcher, was 2-for-4 with an RBI and threw out two runners attempting to steal. Forsythe cracked a two-run double.

Team USA also had its share of highlights. Bush homered off the center field wall. Seth Garrison, who played for seasons in the Boston Red Sox organization, recorded an inside-the-park home run. Presley and Bush doubled.

The capacity crowd at JayCee Ball Park also got to see a unique sight. Butler, who has affectionately become known as "Country Breakfast" to Kansas City Royals fans, took the mound at JayCee Ball Park.

The stalky Royals designated hitter, who was then used primarily as a third baseman, pitched a scoreless ninth inning.

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.

CAKES & SWEETS

Tips for cutting a cake

By Heather Horton



Q: Now that I have ordered a cake for my special occasion, how do I know how to cut it properly?

A: Cutting a cake should not be a stressful situation. After all, you are only cutting a cake because you have something to celebrate! So, hopefully these tips will take some of the stress out of cake serving so you can spend more time enjoying your celebration!

A few items that make cake serving a little easier include:

- * A Cake =), in whatever shape you like and some space to work.
- * A cutting knife (serrated is best).
- * A serving spatula (pie servers work well too).
- * A clean damp cloth, or paper towels.
- * A clean dry cloth, or paper towels.
- * An extra platter to use for cutting on (this isn't needed but is helpful).
- * A glass of wine (for those of you worry worts to make the process a little easier. Optional of course).

First it is best if you remove any non-edible items from the cake such as toys, plastic picks, dowel rods or pillars and ribbon. If your cake is tiered you should separate each tier by un-stacking. Then, no matter what shape the cake is, put the cake on your serving platter. Even if the cake is an oval or a hexagon you will act like it is square. Begin with the largest tier of cake. Why start there? Well, if there is cake leftover the smaller tiers



are easier to store and package. Start at one end of the cake tier, about 2 inches in from the edge. This is for a 4 inch tall cake. Other sizes require different cutting methods. Sheet cakes are cut at about 2 x 2 inch pieces. Cut a straight line across the side of the cake.

Next, carefully lay this entire slice on its side onto the platter. Then start cutting 1 inch pieces from this strip of cake. This will give you an industry serving sized slice of cake 1 x 2 x 4. Use the spatula to scoop up each slice of cake to put onto a plate. After each cut of the cake you should wipe off your knife, keeping it clean. By keeping the knife clean you will have more even, cleaner cuts. As a quick measuring reference, bend your thumb, the distance between the bent knuckle and the end of your base nail is about one inch.

Don't be worried about making a mess. After all, it is cake and frosting! If you happen to mess up a slice, or one falls apart, we bet someone out there will eat it and love it! Just try to cut even servings. This will ensure that the amount of cake ordered for the event will be sufficient and that everyone will get the same amount.

Now, go to that party with confidence and serve some cake! You will be the hero of the event.

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 and on Face Book!



Henion...From Page 13

sinner" {1 Timothy 1:15} place my eternal assurance in the hand of our Sovereign God through His grace in Jesus Christ. I know in myself I cannot be good enough to make God's grade of perfection. {Ephesians 2:8-9} That as a stumbling and struggling sinner believer, my security is in God keeping me in Him. As scripture testifies in 2 Timothy 1:12; "For this reason I also suffer these things, but I am not ashamed; for I know whom I have believed and I am convinced that He is able to guard what I have entrusted to Him until that day." My security from beginning to end depends on Him and there is no better place to be. "He Is Able." [Ephesians 3:20] In Christ, Pastor Dave PS - "Now all glory to God, who is able to keep you from falling away and will bring you with great joy into his glorious presence without a single fault." Jude 1:24 (NLT)



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.

Cleary...From Page 13

proof. The person, who chooses to do evil, in that action, is rejecting the faith he might profess with his lips. Religion is not a matter of picking and choosing according to the individual's tastes. The television mogul, Ted Turner recently said that he prefers the Ten Commandments be styled "the ten suggestions." He acknowledges that the Commandment forbidding adultery makes him uncomfortable. But the Commandments are from God, and do not depend on human acceptance or individual opinion. Each person will be judged by God: according as to whether or not they have lived their faith through good deeds, which include the Commandments. Those persons, who have practiced good deeds, evidence living faith, and so their faith will enable them to go to heaven. Those persons who chose to ignore the Commandments and neglected to practice good deeds will go to hell, even though they might protest: "I believe." By their evil deeds, committed during life on earth, they effectively denied the faith. So in hell they will believe, along with the devils, and tremble with fear!

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.

When we're treating cancer we're really treating *people*



The **Via Christi Cancer Center in Pittsburg** battles all types of cancer. We provide the latest treatments, state-of-the-art technology and the skill of expert physicians – all that medicine can offer. But more importantly, our staff realizes that we aren't just treating cancer. We're caring for you. And while cancer may change your life, it doesn't get to dictate it. By making the advanced treatments you need available close to home, the **Via Christi Cancer Center** is here for every patient, every time.

Front (L to R): Hilah S. Perkins, APRN, AOCN; Boban N. Mathew, MD, FACP; Mickey C. Xun, MD
Back (L to R): Jose M. Pacheco, MD; Duane E. Myers, MD; Shahid B. Awan, Ph.D.;
Amy Gibson-Beebe, APRN-C, OCN; Mary Reed, MD, FACP



...because your life matters