

The Q&A Times Journal

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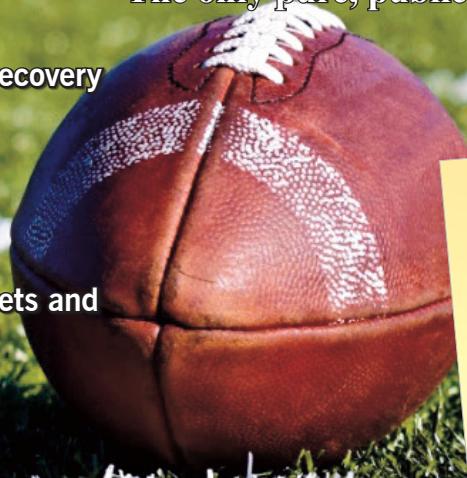
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FROM THE PUBLISHER

“Say it ain’t so Joe” - series

By Charlie Traffas



Q: What's new?

A: For the past few issues I have written on senior care and how it is mostly a matter of risk management.

God willing, I will come back to this subject later to address more of the questions that I have received. But for now I need to take a break

to write about some things that have been occurring during the past few weeks on the political stage between our two presidential candidates, their campaigns, the parties and the press. There is just so much a guy can take... or this guy anyway. I know I process things differently...and sometimes a little more “weirdly” than most, but as I was considering all of these things that have been taking place, I was taken back to the Chicago Black Sox scandal of 1919. Yeah, I know...I am “different”...but that’s where I went. For those of you who may not remember it or remember exactly what happened...let me brief you.

The Black Sox Scandal took place during the play of the World Series of 1919. Eight members of the Chicago White Sox (imagine that...Chicago!) were banned for life from baseball for intentionally losing games, which allowed the Cincinnati Reds to win the World Series. The conspiracy was the brainchild of White Sox first baseman Arnold “Chick” Gandil, who had longstanding ties to petty underworld figures. Gandil enlisted several of his teammates, motivated by a dislike of club owner Charles Comiskey, whom they perceived as a tightwad, to implement the fix. Comiskey had developed a reputation for

See Joe...Page 9

FOOD & DRINK

What’s new at Midwest Beerfest 2012

By Beth Bower



Q: What can we expect to see at the Midwest Beerfest 2012?

A: What event allows you to taste more than 350 beers from around the world including great microbrews from Kansas, purchase tasty food from local restaurants, and bid on outstanding

silent auction items — all while taking a “sip for a scholarship?” It can only be the 12th Annual Midwest Beerfest.

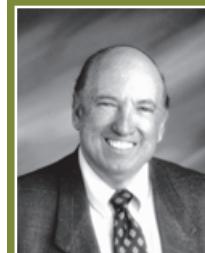
You will be able to join fellow brew-lovers and increase your beer knowledge from 1-4 p.m., Saturday, Sept 22 at Century II EXPO Hall, Wichita, KS, for a “big brew” adventure and help celebrate the 12th year of

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NOSTALGIA

Do you remember?

By Faye Graves



Q: Do you remember the earlier years at the Kansas State Fair?

A: Yes I do. This year, the Kansas State Fair in Hutchinson begins

on September 7th and goes on with lots of excitement through the 16th. I remember the older times at the fair when they had the Royal American Shows carnival. The carnival would arrive at the depot with a train load of fun with all the cars filled with rides and a whole bunch of equipment. Then they held a parade on Main Street to the fair grounds to show off their equipment and animals and personnel. Remember the barkers calling out like an auctioneer in stage fashion what was inside their tent that you needed to come in right now and

see? There were all sorts of thrilling shows from motorcycles running around a steel circle, many dancing and singing events, oddities that only could be seen there, and of course the game booths where you could win all kinds of prizes. Then there were the many rides including the giant ferris wheel, roller coaster, thrills riding

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Questions?

Do you have a question you would like to see answered in The Q & A Times Journal, or would just like to drop us a line? Send your questions and comments to us by e-mail to: editor@theqandatimes.com or by regular mail to: The Q & A Times Journal, 116 N. Westfield, Wichita, KS 67212. We will get you an answer from one of our contributing writers. Also, don't forget to check out our publication on our site at: www.theqandatimes.com



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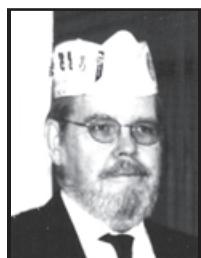
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Civil War battle summaries by state - series

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

By Frank Bergquist



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>. Last issue, we featured some more of the battles in Missouri, including the battles of Lone Jack, Marmiton River, Mt. Zion Church and New Madrid/Island No. 10. This month we will look at some more of the battles of Missouri, namely two in Newtonia, Roan's Tan Yard and two in Springfield.

Newtonia - First

Other Names: None

Location: Newton County

Campaign: Price's Missouri Expedition (1864)

Date(s): October 28, 1864

Principal Commanders: Maj. Gen. James G. Blunt [US]; Maj. Gen. Sterling Price [CS]

Forces Engaged: Five brigades [US]; remnants of Price's Army of Missouri [CS]

Estimated Casualties: 650 total (US 400; CS 250)

Description: Price's force was in full retreat following its expedition into Missouri. On October 28, 1864, it stopped to rest about two miles south of Newtonia, Missouri. Soon afterward, Maj. Gen. James G. Blunt's Union troops surprised the Confederates and began to drive them. Brig. Gen. Joe Shelby's division, including his Iron Brigade, rode to the front, dismounted, and engaged the Yankees while the other Rebel troops retreated towards Indian Territory. Brig. Gen. John B. Sanborn later appeared with Union reinforcements which convinced Shelby to retire. The Union troops forced the Confederates to retreat but failed to destroy or capture them.

Result(s): Union victory

Newtonia - Second

Other Names: None

Location: Newton County

Campaign: Operations North of Boston Mountains (1862)

Date(s): September 30, 1862

Principal Commanders: Brig. Gen. Friedrich Salomon [US]; Col. Douglas H. Cooper [CS]

Forces Engaged: Two brigades, Army of Kansas (1,500) [US]; Cooper's Division [CS]

Estimated Casualties: 345 total (US 245; CS 100)

Description: Following the Battle of Pea Ridge, in March 1862, most Confederate and Union troops left northwestern Arkansas and southwestern Missouri. By late summer, Confederates returned to the area, which caused much apprehension in nearby Federally-occupied Springfield, Missouri, and Fort Scott, Kansas. Confederate Col. Douglas Cooper reached the area on the 27th and assigned two of his units to Newtonia where there was a mill for making breadstuffs. In mid-September, two brigades of Brig. Gen. James G. Blunt's Union Army of Kansas left Fort Scott for Southwest Missouri. On the 29th, Union scouts approached Newtonia but were chased away. Other Union troops appeared in nearby Granby where there were lead mines, and Cooper sent some reinforcements there. The next morning, Union troops appeared before Newtonia and fighting ensued by 7:00 am. The Federals began driving the enemy, but Confederate reinforcements arrived, swelling the numbers. The Federals gave way and retreated in haste. As they did so, some of their reinforcements appeared and helped to stem their retreat. The Union forces then renewed the attack, threatening the enemy right flank. But newly arrived Confederates stopped that attack and eventually forced the Federals to retire again. Pursuit of the Federals continued after dark. Union gunners posted artillery in the roadway to halt the pursuit. As Confederate gunners observed the Union artillery fire for location, they fired back, creating panic. The Union retreat turned into a rout as some ran all the way to Sarcoxie, more than ten miles away. Although the Confederates won the battle, they were unable to maintain themselves in the area given the great numbers of Union troops. Most Confederates retreated into northwest Arkansas. The 1862 Confederate victories in southwestern Missouri at Newtonia and Clark's Mill were the South's apogee in the area; afterwards, the only Confederates in

the area belonged to raiding columns.

Result(s): Confederate victory

Roan's Tan Yard

Other Names: Silver Creek

Location: Randolph County

Campaign: Operations in Northeast Missouri (1861-62)

Date(s): January 8, 1862

Principal Commanders: Maj. W.M.G. Torrence [US]; Col. J.A. Poindexter [CS]

Forces Engaged: Detachments from the 1st and 2nd Missouri Cavalry, 4th Ohio Cavalry, and 1st Iowa Cavalry (450) [US]; unknown [CS]

Estimated Casualties: 91 total (US 11; CS 80)

Description: Rumors and sightings of a Confederate force in the Howard County area had circulated for more than a week, but the Union troops could not locate them. On January 7, 1862, information came to hand that Col. J.A. Poindexter and his Confederate force were camped on Silver Creek. Detachments from various Union units came together and

headed towards the Confederate camp which was about 14 miles northwest of Fayette. After finding the camp, the force attacked, routing the enemy and sending those that were not killed, wounded, or captured fleeing for safety. Afterwards, the Union force destroyed the camp to prevent its further use. The Confederates could no longer use their Randolph County base for recruiting and raiding.

Result(s): Union victory

Springfield - First

Other Names: Zagonyi's Charge

Location: Greene County

Campaign: Operations to Control Missouri (1861)

Date(s): October 25, 1861

Principal Commanders: Maj. James Zagonyi [US]; Col. James Frazier [CS]

Forces Engaged: Prairie Scouts and Frémont's Body Guard [US]; Missouri State Guard troops [CS]

Estimated Casualties: 218 total (US 85; CS 133)

Description: Having accomplished

[See Summaries...Page 17](#)

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Speed in communications

By Terry Lewis



Q: Can you tell me more about speed and its overall value in communications?

A: We are all aware of the power of the internet. Within seconds a person can answer any question or watch any show, whether surfing the web or flipping on the TV. Information is always at our fingertips, but at what cost? To provide that instant access, these services require a very high speed connection.

This high speed line comes in a variety of bandwidth speeds to suit the needs of each consumer. We have come a long way from dialup connections, at 56 Kilobytes per second (Kbps), to over 1 Gigabit per second (GBps). That is over 18,000 times faster than dialup. Currently the best options for high speed internet are: DSL (digital subscriber line), cable modems, a T1, or fiber optic connection. All of these are available at different price points from different providers.

The cost of high speed internet access varies with the needs of the

individual or business. To determine the requirements for your high speed connection, it is best to do a network assessment of all of your employees' daily internet tasks. The majority of internet usage comes from downloading files and accessing websites. This is why DSL and cable has a higher download speed than upload speed (e.g. 12MB down X 3MB up).

With the expansion of the internet to allow streaming music, video, and other data traffic, the bandwidth speeds needed for these applications tend to congest the network. Changes in the design of networks in local areas have improved the quality of bandwidth speeds improving the ways consumers communicate.

Telephone communications has taken a big leap forward with the implementation of Session Initiation Protocol (SIP). In layman's terms, Plain Old Telephone Service (POTS) lines, provided over an internet connection, or Voice Over Internet Protocol (VoIP).

The advantages and savings seen when using SIP trunks outweigh

any costs associated with initial



setup. The list of advantages goes on but here are a few examples:

- Voice call may be configured for a higher priority for high Quality of Service
- SIP trunks have lower monthly cost than regular POTS lines by as much as 50% or more
- Call handling features are greater and take less effort than older technology

- Call forwarding
- Call waiting
- Call transfer
- Conference calling
- Simultaneous call ringing
- Implementation can occur without interruption of the current business

- Adds, moves and changes can, in many cases, be handled remotely
- Large conference bridges are much easier to setup and operate at a much lower cost

In the late 20th century, the phone industry and long distance services were opened up to anyone who wanted to provide their own telephone services. As a result, there were a good number of these companies that took advantage of the consumer. Time has weeded these bad practices out of the industry and what is left are companies and providers who have a desire to work with, and, help their customers. It stands to reason that just like the deregulation of the phone industry brought about less than reputable service providers, there are those companies in business which care more about your money than providing a quality service. It is always smart to take the time to investigate any company which offers Session Ignition Protocol (SIP) trunking (lines). Although SIP technology has been around since its inception in

1996, SIP is just recently becoming more popular with small to medium sized businesses. When searching, look for companies which are advanced in their technology and are constantly improving their products.

A quick search on the web, will show many results for information about SIP and the companies providing SIP lines. Prices range from \$12.95 to \$30.00 per trunk per month with each provider offering their own features and services. Common questions are:

- Will these services be compatible with my current equipment?
- Does the provider have local technicians to assist with the installation and maintenance of their equipment?
- What are the costs associated with implementing SIP?
- Do I have enough bandwidth speed for SIP lines?
- What Quality of Service level can I expect?

These questions can best be answered by a communications professional.

Voice over IP is the next step in the evolution of communications. All of the major service providers have already migrated the majority of their services over to SIP technology. Companies like: AT&T, Sprint Nextel, Verizon, Time Warner, AOL, and Century link, just to name a few, have been using SIP technology for years. It is always better to be pro-active in regards to the future to stay ahead of the competition. Again, your communications' vendor can be a big help in this area.

Terry Lewis is the owner of Data LINC Communications, Inc. at 1110 Waddington in Wichita. Data LINC has been in business since 1994. They offer a full range of services from voice and data cable installation to communications' networking. They sell, install and maintain phone systems, including but not limited to ESI and Clearly, provider of unlimited long distance, caller ID, free local calling and many other features and services. You can contact Terry by phone at 316-729-0279, by email tlewis@datalinc.net, or visit their website www.datalinc.net.

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How many people are saved?

Q: There are verses in the Bible that deal with how many people are saved. **Matthew 7:13-14:** Enter through the narrow gate. The gate that leads to damnation is wide, the road is clear, and many choose to travel it. But how narrow is the gate that leads to life, how rough the road, and how few there are who find it! **And Luke 13:24:** Try to come in through the narrow door. Many, I tell you, will try to enter and be unable. Do these mean that more than half of all people are not saved?

By Pastor Dave Henion



A: The questioner asks us a quantifying (amount) question that in the scriptures is a number only God knows. (John 17:9-25) It will be a great number no man knows. {Revelation 7:9} However, compared to what the number could be, considering all previous generations, it will be considerably less as we read the words of Jesus in these two passages. Jesus gives words that speak of exclusiveness in using “narrow,” “rough” and “few” of the way to life compared to the way of destruction as “broad,” “wide,” and “many.” Is it few because of a space problem in heaven? That the gate can’t accommodate everyone? I’m being facetious!

In studying for this question one of the commentators wrote a great summary truth, “God’s way of salvation is remarkably simple, but it is not easy.” The reason I agree with that statement is because man has difficulty accepting God’s way in everything since the beginning of time, especially when it comes to salvation.

Look at Adam and Eve in Genesis 3 who thought they could have it their way by choosing the lie of the serpent that they could be equal with God by eating the forbidden fruit. Paul talks about it in Romans 1 where mankind worships everything, even creation, but God. What caused these choices? The Bible gives us two words that have the same middle letter, “sin” and “pride” with the middle letter “l.” Inside man sin works its way out in pride and man wanting it his way. The “l” shows itself in man doing it his way and then trying to justify his sinful patterns through religious justification. He creates his own religion or modifies it for self-justification, self-righteousness that leads to self-indulgence and self-satisfaction which is the wide, easy, attractive and self-pleasing way.

Our Matthew 7 passage is in the context of Jesus’ “Sermon on the Mount,” in which He elaborates on the 10 Commandments in chapters

5-7. When read we see Jesus take the commands to a whole new level from outward physical to a higher inward spiritual level. For instance; He takes the 7th command of adultery from just the physical act to saying if a man looks on a woman lustfully, that’s adultery. (5:28) Jesus radically says it’s better to lose an eye than to bear the consequences of that behavior. (29-30) The religious made a mockery of this in Jesus’ day. If a man saw a hottie (cute woman) down the street that he wanted to get with, he’d write a certificate of divorce on the frivolous grounds of his wife burning breakfast. This would break the sanctity of marriage (Genesis 2:24), so he could get with the hottie, but in the religious eyes of the community it would be ok. (5:31-32) That way was not God’s way but man’s. It was a sham!

Other religious movements are harsh and have a rigorous path laden with rules and regulations that need to be met by the follower. They are well meaning people but filled with pride that man can actually think he can please Almighty God and live totally for God. This passage flies in the face of any group that tries to blend religions in “easy-going syncretism,” says writer John Stott. The problem is, no man can live perfectly. (Matthew 5:45) That is God’s standard. That is why Jesus talks about how man is unable to do it. (Matthew 19:26) Read the Sermon on the Mount and see if there is anyone who could live that way perfectly! (Romans 3:23)

That is why Jesus comes to His disciples and us saying there is only one choice between two gates that is right. One way is God’s way of salvation that leads to life and the other, man’s way that leads to destruction. That narrow way is only through Jesus Christ (John 14:6; Act 4:12). It is solely through what His death on the cross accomplished that gives all men grace to be saved. Nothing else! There is not one thing we can do that saves us. (Ephesians 2:8-9) This is why it is so “simple” and yet not so “easy.” Because man’s sinful pride can keep him from that grace. Many good

people, church people, who follow the 10 Commandments, who do a lot of good for others and keep the Golden Rule, don’t make it. (Luke 13:24-27; Matthew 7:22-23) They trust their own self religious effort and not Christ. I’ve seen people even get upset with me about it. Look at the struggle Peter had in letting go of self-effort and trusting Christ fully. (John 13:37-38; 18:25-27; 21:15-25) It is when we let go of our self-effort and fully trust Him for our salvation, we see the selfish desires and worldly ways diminish and our desire to do His will becomes prominent. (Galatians 2:20) It is then we really need to trust Him more and more because we have declared war on our flesh, the world system and the devil. (Ephesians 6:10-20; 1 John 2:16; 1 Peter 5:8) Then it’s on and the battle is intense. So trust Him only and fully on the rough and narrow way made for only those with faith of heart in Him. I’m in the battle with you every day trusting only in Him. Pastor Dave

Pastor Dave Henion, growing up in New Jersey, Dave learned diversity in culture. He went to Central College in Iowa studying sociology and psychology and played for their NCAA Div III National Championship team in 1974. A call to ministry was sensed speaking for the Fellowship of Christian Athletes. Along with his future wife Sandy, who he met in there, they went to Michigan to finish her college while Dave started seminary. During the Masters of Divinity program, they were married. Upon graduation their first church was in New Jersey. Their three children were born there and he also served as a Police and Fire Chaplain for the city. In 1991, they moved to Wichita to plant 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 years and 3 months old. Besides Pastoring at HCC, he is Director of the SCSD & WPD Police Chaplains and is planning to start another church campus in the fall of 2012 with his associate pastor, Rev. Rick Husselman.

By Father Cleary



A: Only God knows who and how many persons go to hell! God gives to each person a free will, with which he/she is able to choose good or evil, right or wrong; and in the end each will be judged by God for the choices they have made. Then each will receive the reward appropriate to his/her behavior in this life. That final judgment and reward depends ultimately on the final choice made by the individual person. All other choices in this life are a preparation for that one final determinate choice, on which will depend our salvation or our damnation.

God sees and knows everything, even our most secret thoughts and desires as well as all our actions. God is merciful, but also most just. He wills that all peoples be saved and enjoy the rewards for virtue. But God will not force any human will! He gives us Commandments and holy guides and good examples and warnings and the helps of his grace; but he will not force anyone to come to him.

God even sent his only Son, in the person of Jesus Christ, to teach and suffer and die and rise from the dead: in order to draw human beings to freely choose what is good. But if, nonetheless, someone freely chooses to ignore God and his helps, then that person will go to hell, separated from God and every consolation for all eternity.

The words of Our Lord cited above serve as a warning. That warning is itself a help to persuade humans to use their free will in a manner pleasing to God. But, as Jesus observed, there are many who choose to ignore God and his commandments, choosing instead to pursue their own selfish interests and even to harm their neighbors. There are many who prefer the creature to the Creator. Such preferences and choices prepare them to make as their ultimate choice: the slippery wide road to hell.

Those persons hope there is no God, or that there is no hell, or that God is so merciful that all persons go to heaven. They will find out too-late how mistaken they have been, how foolish they are: to have blown their opportunity to be happy forever in heaven.

God is absolute Justice! If God were to admit into heaven those who in this life have freely chosen evil and die unrepentant, then God would not be just, and his Word would not be true, and his Commandments would be empty words. God's mercy is so great that He is willing to grant salvation even to persons, who have ignored Him during their life, but are truly repentant before they die. Only those who die unrepentant for their sins go to hell. But many persons neglect to repent before death catches them unaware and unprepared, and they make that final bad choice, which sends them to hell.

Because we don't know just when we will die, whether we will have a long or short life, whether we will be granted time to repent our sins, it behooves every one to be always prepared for that critical moment of death. This is why many persons freely choose to live the Commandments of God, to follow the teachings of Jesus, to practice all the virtues, to never harm their neighbor, and to maintain through this life habits of prayer and communion with God: so that their final choice will be easy: as they pass through the small door and narrow path into heaven.

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.

By Reverend Dennis Paschke



A: God created each of us to with the intention to live in a relationship with Him. A loving relationship where God dwells in our midst and we share

in His power, presence, and love. But our human condition tends to prompt us to choose to live in a way that embraces things that cannot exist with God in our life. The church calls this sin.

God respects our free will to choose what we do with our lives and lets us. The bible is filled with true stories of people who realized this truth and experienced the love of a Heavenly Father here and now. It is also filled with stories of many who chose to ignore the reality of this relationship and their lives missed out on the possibility of living together with God through Christ.

If you want to be an Olympic swimmer you must live your life along a path in a certain way to reap the rewards of that life. If you want to be claimed by God as His own child you must live as He would to reap the rewards. That way is living as Jesus taught. There are many other paths we can chose in life. But any path that does lead to the love of the Heavenly Father leads only to everything that is against our Heavenly Father. Jesus is the fullest presence of God in human flesh and it is in and through living His life we find life that is truly life – with God!

God in His Wisdom choose to reveal this truth only through hearts that are willing to trust in Him and His goodness. To those who are not willing to trust Him this truth, all this sounds like foolishness. But that does not make the truth that we have a living God who wants to live in our lives less true. To live into this life we

must be loving and willing to go where he asks, live as he would live, and love as he loves. That path in life is called the 'narrow path' scriptures because there is only one way that leads to it.

Those who chose it discover it is absolutely true, and discover a fullness to life that they previously never knew existed! To be saved means to be saved from a life and death that draws you away from the narrow path defined by God through Jesus!

Reverend Dennis Paschke is the senior pastor at Evangel Holton United Methodist Church, in Holton Kansas. Evangel church is a vital and growing congregation full of life that is changing lives and our community one person at a time. Dennis' family emigrated from North Dakota to Alberta, Canada to homestead when his father was just a young boy. Rev. Paschke returned to the United States and has lived in many parts of the country. His life has afforded him many blessings before answering God's call to full-time ministry, including being a vice president of a Fortune 100 company, serving as a chairman of the 1988 Winter Olympic Games and holding a U.S. patent. His greatest blessing in life is his walk with Christ! He believes strong faith always engages the heart and mind. **EDUCATION:** BSEE from the University of Calgary, Canada, and a Master's of Divinity from Saint Paul School of Theology. **FAMILY:** He is married to wife Dawn and they have three sons Corey, Kyle and Marc. The family also includes one "wonder-dog" named Tucker! You can reach Reverend Paschke via email dpasch01@gmail.com.

By Amy Baumgartner



A: To be saved in the Bible means to be rescued from danger and restored to a condition of well-being. In the New Testament,

"saved" is the result of divine deliverance through the death of Jesus Christ on the cross. Salvation is new life by release from slavery to sin for all who acknowledge Jesus Christ as Savior and Lord. Jesus saves individuals by bringing healing in his/her relationship with God, others and

himself/herself. Salvation is a gift from God; we are saved by God's grace alone when we respond and receive God's gracious redemption by faith. Behind salvation is the loving nature of God and the incarnation of Jesus—God coming in flesh—is proof of God's love.

God's heart is that all will be saved. There are numerous verses that speak to this: God "is the Savior of all people, especially of those who believe" (1 Timothy 4:10); "every knee should bow and...every tongue confess that Jesus Christ is Lord" (Philippians 2:10-11); and "God has bound all human being over to disobedience so that he may have mercy on them all" (Romans 11:32). Romans 5:18 and 1 Corinthians 15:22 state that condemnation came to all human beings through Adam but that all will be made alive through Jesus Christ. So, there are Biblical passages that seem to open the door to salvation to all people.

However, there are also verses that clearly teach that some will be eternally lost instead of all being saved as you mention (see Matthew 25:46; John 3:16; 5:28-29; Romans 2:5; 9:22; 2 Thessalonians 1:9; Revelation 21:8). Yet in all these verses, there is no specific verse sharing exactly how many people will be saved.

While some people may not accept God's gift of salvation, the fact remains for the potential of salvation. Those who know they have been saved are encouraged to share the freedom and peace they have received from God through Jesus Christ because how can other people accept God's gift of salvation without hearing God's message of good news (see Romans 10:14-15)?

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.

GLASS

Bright sunlight, intolerable heat...help!

By Bob Crager



Q: We're having such a drought, and coupled with "over the top" heat again this summer, what can we do to our

homes and office buildings to help us cut our cooling bills, which are going up again? And we're not looking forward to the high heating bills coming up in just a few short months. Ideas?

A: September, October...the fall months of the year in Kansas are the ideal months to recognize what you've just recognized, and begin to do something about it! Whether you're talking about residential window glass, commercial window glass, or any other glass, this is a great time of the year to be able to get an estimate for work that you know you should have done now rather than later. Summer is passing, cooler weather and temperatures are approaching, and window and door replacement is a great fall project. Here's your chance

to get ahead of your neighbors...get that estimate done now!

Window and door glass, commercial or residential, comes in all different sizes, shapes, tints, can have multiple panes and many other configurations, and are all important to the levels of satisfaction of the occupants of the buildings, as well as some security considerations. Reducing the energy costs associated with windows while increasing the human comforts, without excessive price increases, is a real challenge to the designers of homes, and/or new or existing office buildings. Achieving an acceptable design or design improvement depends upon many factors, all of which can contribute to the comfort levels, or lack thereof, experienced by the building's occupants. Some of these are: • Which way the window faces relative to the prevailing dominant direction of the mid-day sun. • How much outside shading is planned or is present for the building's windows. • How bright the

exterior scene is to the eye, sometimes causing unbearable glare. • How dark the interior is (the brighter the interior surfaces, the less the window glare).

• The building owner or occupant's willingness to operate shading devices to achieve their best performance in controlling light and heat. • The building owner's desire for impact resistance, whether from storm-blown objects or vandals. • How critical it is to maintain an unobstructed view to the outside (gorgeous vistas shouldn't be permanently blocked by window shades or other add-ons, although temporary blocking for privacy or solar heat rejection may be desired at times) • The building owner's desire for acoustic isolation in noisy environments. • Whether the window can meet aesthetic desires for appearance and quality.

There are some basic principles to keep in mind when selecting windows for buildings located in the Midwest areas of the country like Kansas. The

winter space-heating season is from short and mild, to long, severe, cold, and brutal. The summertime cooling season can start in April, and run all the way through mid October in some years. Thus, there is a strong need to insulate a window, as well as to protect it from direct solar radiant heat gain. It is true that insulating the window with multiple panes, insulating glasses, and sometimes special coatings, can reduce the size of the air conditioner needed to meet peak loads, and that this smaller size of that high efficiency unit will reduce both heating and cooling costs as well. Reduced heating and cooling equipment size could save enough construction dollars to pay for the extra cost of the window insulation, but this should be proven through calculations before being taken as a fact. For retrofit applications, such as replacing windows in an existing building, there is seldom the chance to

[See Heat...Page 22](#)

HEALTH & WELLNESS

The importance of water for good health

By Ed Martin



Q: As I get older, my body seems to be gradually changing to where I am more tired, have less energy, and I tend to get sick more often. Is

this just the aging process, or is there something else going on? Do you have any suggestions on how I can feel more like my old self again?

A: What you are describing is a common issue for many people as they age, and that does not mean that they have to be old in years. Many people who are a relatively young age are experiencing these issues much sooner than they should.

Many people are not feeling well, and they wonder why. They wonder how they got into their current condition. They want to know why they got sick and how they are going to get well again. In my opinion, much illness is the direct result of the choices we make, and getting well should involve making better choices. Taking medicine (drugs) should not be our first choice for getting well, although for

many people, it is the only choice they want to consider because it is easier than taking personal responsibility.

To understand how to reverse illness, it is necessary to understand how you got there in the first place. There are five stages that lead to a diseased state.

The first stage starts when the foods we eat and the beverages we drink create an acidic state in our body. As a result, a lot of nutrients, especially minerals, are being used up as our body tries to buffer its acidic state. Also antioxidants are being used at an alarming rate in an attempt to relieve the free radical damage. The body is using everything it has trying to bring itself back into balance. In this state we do not see the body excreting many nutrients because it is using all of them. We start to see dehydration at this point, even though a lot of fluids are being consumed. The acidic state upsets the water balance within and outside the cells, so now the water starts to stagnate and become more acidic.

The second stage is when the body is beginning to show signs of nutritional

deficiencies. The body starts to show fatigue, digestive problems and other signs that it is struggling. The process is subtle, but the signs are there. The body's chemistry starts to slow down, and certain enzymes and neurotransmitters become scarce. The enzymes that are produced from nutrients that are lacking will no longer be able to regulate bodily functions efficiently as the acidic state deepens. Dehydration is now markedly increased, and the body cannot get rid of the toxic acidic waste. Things like constipation and digestive issues begin to appear more regularly. In addition, body fat begins to increase as the body pulls toxins and acids away from vital organs to protect us. It manufactures fat cells to store the toxic load. There are no extra nutrients to excrete as the body needs everything it can absorb.

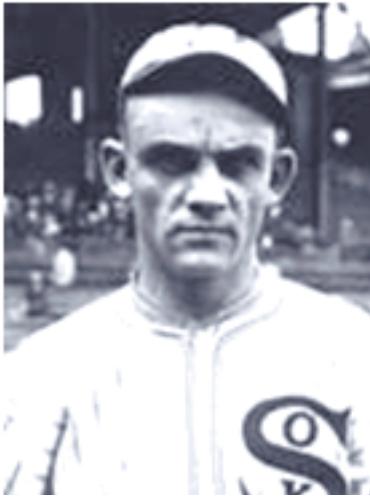
The third stage is when dehydration and acidosis have become chronic in the body. There are now symptoms such as depression or irritability. There may also be brain fog, lack of motivation, restlessness and sleep problems. These symptoms usually lead to other symptoms like fatigue,

lack of energy and frequent colds or flu. More weight gain often happens here as the body tries to rescue itself from the deepening dehydration and acidosis. Digestive problems and joint issues become increasingly common.

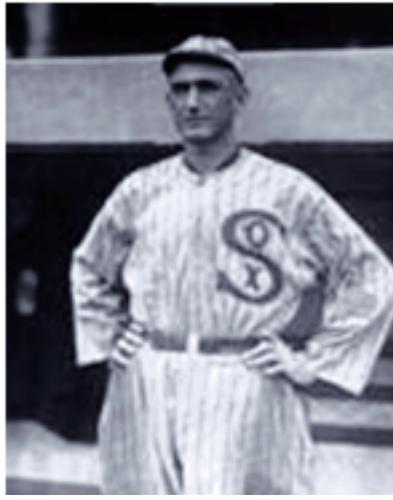
The fourth stage is when the deepening dehydration and acidosis have escalated to the point where the body is so uncomfortable that one usually consults a doctor or other medical professional. Worsening symptoms lead to doctors ordering tests. These test come back showing abnormal results, so the medical diagnosis is made that the body now has a disease. It is severely dehydrated, it is seriously acidic, and it is struggling to maintain whatever health it has.

The fifth stage is when the body tries to manage the medications that are being used to control the symptoms. Remember, every drug has side effects that the body must deal with. If surgery becomes necessary, the body is weakened further because parts of it have become diseased or non-functioning and must be removed. The

[See Water...Page 20](#)



"Shoeless" Joe Jackson



"Chick" Gandil

underpaying his players for years. You see, under the MLB reserve clause back then, players either had to take the salary they were offered, or they couldn't play Major League Baseball, as they were property of the original team, and no other team was allowed to sign them. The most notable of all of the players was the White Sox outfielder, "Shoeless" Joe Jackson. In fairness, he was always mentioned as a participant, though the level of his involvement is disputed even unto present day. The story goes that after the trial, as "Shoeless" Joe Jackson was walking out of the

courthouse following his guilty plea and conviction, a young boy, glove and ball in hand, sitting on the steps, looked at him and almost begging... said, **"Say it ain't so Joe."**

What I will present over the next few issues will be an ongoing analogy to this scandal using my opinions, of which this column has always had plenty. In that respect, it's good to be the owner. These articles may get a little more "direct" than previous articles... but intentionally so. As I stated...there is just so much a guy can take. With all that has happened over the past nearly four years, and particularly over

the past few weeks, I see a different America emerging than the one our Founding Fathers designed; the one our parents and grandparents worked so hard to build and preserve; the one for whom our veterans fought and died; and the one we hoped to pass along to our children and their children. I don't think there are nearly enough people paying attention to what is going on... and those who are paying attention are not doing nearly enough to let others know. I will plead guilty to the latter... and do my best to remedy what I can by this series of articles. I might also mention that while I have friends and associates that won't go to any movie for several reasons; and others who won't go if there is anything other than a "G" rating; there is a movie playing presently that depicts much of what is going on. The movie is titled, "The Campaign." While the language is offensive and some of the story lines are lewd and improper, it tells the story of what is happening in politics today. If you can pardon me for all I have warned you about and get past it, it would be good for you to see it.

The hate...divisiveness... corruption...greed...waste...lies... fraud...abuse...and moral decay...

have finally all come together over the past few weeks to put this country in downward spiral where it looks like there is no way out. Those who we have elected, from the President to the most junior member of Congress, are out trying to get re-elected. They don't have time to do the work of the people, or have they for a long time. By Labor Day, the President will have campaigned 49 out of the last 52 weeks. Nothing of any consequence is getting done. The outright lies, distortions and stupid remarks are a part of nearly every statement or speech from all sides. At press time, we had a "real smart" Republican candidate for Senate from Missouri, Todd Akin, say, "A woman's body is capable of preventing pregnancy in cases of 'legitimate rape.'" What was this all about? Who do these people think they are? They act like they are the "sharpest knife" in the drawer, no matter what they say or do...and we are all idiots. It was good when the GOP immediately called for him to get out of the race. The test for who he really is happened when he refused.

All we are getting is boatloads of

See Joe...Page 18

"Would you guess that I suffer from depression?"

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COOKING AND RECIPIES

Tailgate vegetable recipe

By Bonnie Aeschliman



Q: We do a lot of grilling outside and like to have friends and family over to enjoy the outdoors and share good food.

We have no trouble grilling ribs, steaks and burgers. However, I would like a recipe for a fresh vegetable dish to serve with grilled meats. I find I am serving the same potato salad and baked beans with most of our cook-outs and want something different. If you have suggestions that travel well for tailgate parties and trips to the lake, that would be a definite plus.

A: One of my favorite go-to recipes to serve this time of year is

Corn, Avocado and Tomato Salad from my cookbook, *Cooking With Bonnie: Farm to France*. It is chockfull of fresh ingredients and pairs beautifully with grilled foods. It is both colorful and tasty and will no doubt become a favorite. It may be served as a salad or sometimes I even pair it with corn chips for a healthy dip. Either way, it is delicious!

Ingredients are easy to find and it may be assembled in advance.

Corn, Avocado, and Tomato Salad
8 servings(C)Copyright Cooking With Bonnie: Farm to France 2011

Easy to toss together for summer dining. Nice with all grilled foods. If making ahead, leave out the avocado and mix it in right before serving.

- 2-1/2 cups frozen corn, thawed
- 2 avocados, cut into 1/2-inch cubes
- 2-1/2 cups grape tomatoes, halved
- 1 cup crumbed feta cheese
- 1/2 cup finely diced red onion
- Dressing
 - 3 tablespoons olive oil
 - 1 teaspoon grated lime zest
 - 1 tablespoon fresh lime juice
 - 1/3 cup chopped cilantro
 - 1/4 to 1/2 teaspoon salt



- 1/4 teaspoon pepper
- 1. Combine the corn, avocado, tomatoes, feta and onion in a large bowl.
- 2. Mix together the dressing ingredients in another bowl, pour over the salad, and gently toss to mix. For a beautiful presentation, line a platter with leaf lettuce and place salad on the lettuce.

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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Recovery from addiction

By Dee Staudt



Q: I did not go kicking and screaming into alcohol treatment. I knew, as most addicts do, that it was time to get

help. I had lost everything except the ability to make more excuses and I was running out of those. Treatment and recovery helped me regain my sense of purpose; I am healthy again, have a group of friends who support one other and most importantly I have found hope.

A: In the United States, drug use is on the rise. Twenty-three and a half million Americans are addicted to alcohol and drugs. That's approximately one in every 10 Americans over the age of 12, and sadly only 11 percent of those with an addiction receive treatment.

From January 1 through December 31, 2011, there were 3,297 adult admissions into publically funded alcohol and drug treatment programs in Sedgwick County. The primary drug of choice was alcohol, followed

by marijuana. Four hundred sixty-six adolescents, age 18 and younger, were also admitted into publically funded treatment programs in Sedgwick County. The primary drug of choice for this group was marijuana followed by alcohol.

Today across the United States, there are more than 20 million people in recovery from substance use disorders. Recovery is a lifelong process. Through the Substance Abuse Mental Health Services Administration (SAMHSA), the Recovery Support Initiative has outlined four major dimensions that support a life in recovery:

- **Health:** overcoming or managing one's disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and making informed, healthy choices that support physical and emotional well-being.

- **Home:** a stable and safe place to live.

- **Purpose:** meaningful daily activities, such as a job, school, volunteering, family caretaking,

or creative endeavors, and the independence, income and resources to participate in society.

- **Community:** relationships and social networks that provide support, friendship, love and hope.

- **Recovery emerges from hope:** The belief that recovery is real provides the essential and motivating message of a better future – that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them. Hope is internalized and can be fostered by peers, families, providers, allies and others. Hope is the catalyst of the recovery process.

Recovery may be the best word to summarize the positive benefits to physical, mental and social health that can happen when alcohol and other drug-dependent individuals get the help they need.

National Recovery Month every year in September promotes the societal benefits of prevention, treatment, and the recovery from substance use and mental disorders. We celebrate people in recovery, applaud the contributions of treatment and service providers, and

promote the message that recovery in all its forms is possible. Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.



Dee Staudt, LMSW, LCAC is the director of Addiction Treatment Services for COMCARE of Sedgwick County. Dee has been working in the community as an advocate for social services and behavioral health for 18 years. If you would like to talk to a professional confidentially about addiction treatment, help is available by calling 316-660-7540. COMCARE is the licensed Community Mental Health and Certified Substance Use Center in Wichita and Sedgwick County serving children, adolescents and adults.

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GOLF

Ask the pro - series

By Don Farquhar

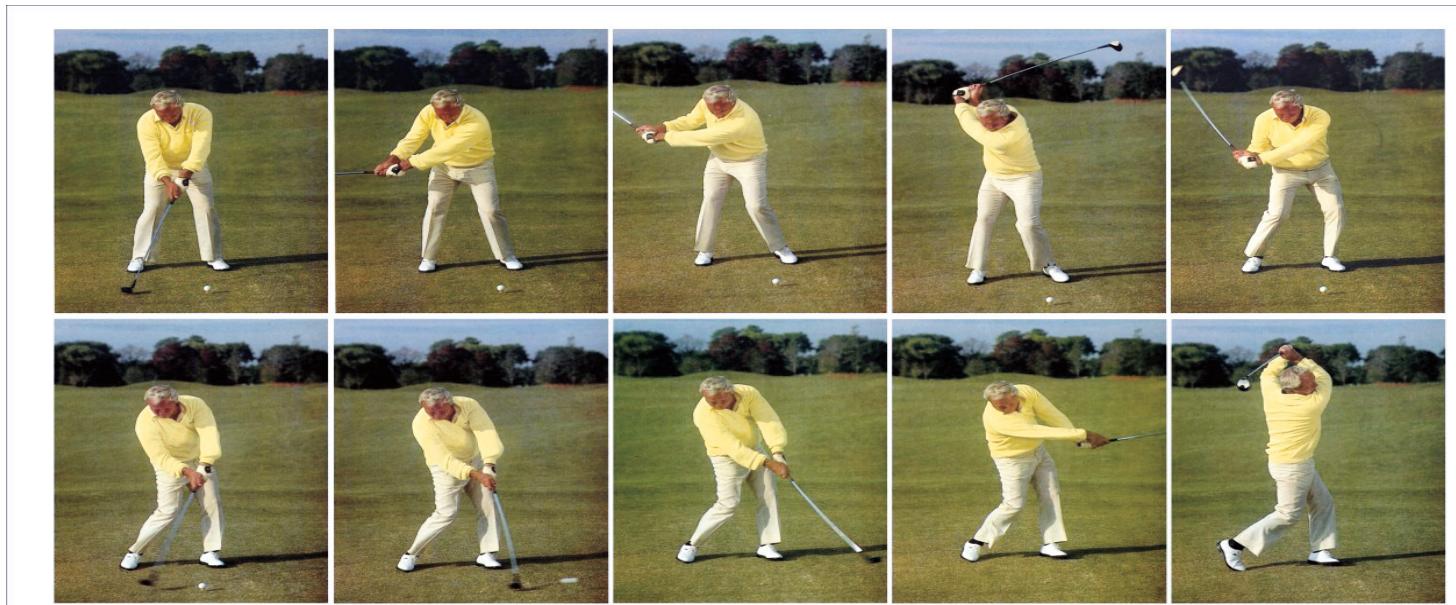


Q: I am looking for a logical and sequential process to initiate and complete my golf swing. Presently, I have a dozen thoughts running through my mind when I am getting ready to take a swing. I need a way to organize them, any ideas?

A: Thus far in this series, with help from several sources, we have talked about the things that one must do to first get in the position to begin the swing. All of the previous articles are featured at www.theqandatimes.com. They have been the grip, the alignment and the stance. The swing is broken down into two parts. The backswing... and the downswing. We have already discussed the backswing...and part of the downswing relative to keeping the head back and making no effort to move the golf club, and how it all should feel; the downswing... and the checkpoints. We have talked about the biggest problem of amateur golfer...the slice, and the other way the ball can bend badly...the hook. Last month we talked about hitting what are called "fat" or "thin" shots. This month, we will talk about what I consider to be the most seductive and destructive medium in the game...and begin to talk about the swing from inside to out.

First, what could possibly live up to the description I used as the most "seductive and destructive medium in the game?" It took me many years of my golfing life to discover it, and even then I could not formulate my ideas about it or counteract it effectively in my teaching until I had come to a proper understanding of the relation between the physical and mental in golf. Now I think I can better present it to you properly.

It is the natural urge to act in the obvious way to achieve the desired result. The seductiveness of the idea is clear. Its destructiveness lies in the fact that in golf (as in many other affairs in life) the obvious way is not always the right way. Frequently the obvious way is the wrong way and unless the urge to follow it can be inhibited the right way cannot be taken. To use the words of a great teacher of the game, "The man who follows the obvious way is an end gainer." He is so keen and intent upon gaining his end (getting his



ball onto the green and into the hole) that he concentrates upon that rather than upon the employment of what he knows to be the correct technique or the means whereby the end can best be gained. He is so intent upon his end that he tries to take short cuts to it... or...to put it more accurately, he no longer remembers that it is necessary to go round by a certain road to get there. I won't go into this in any more depth right now, but I will leave it and hopefully let it sprout some "roots" as we move along.

Now, let's talk about the swing from in-to-out, a thing of which many people realize the importance without being able to put it into practice. What is it?

It is the feeling of swinging the club head not directly down the line of flight, but from inside this line as the ball is approached to outside the line in the follow through.

The feeling that this is the path taken by the club head is essential to a good swing. Therefore the fact that scientific analysis can prove that at the impact the club head does actually follow the line of flight exactly can be ignored. You play golf by feeling, not by scientific analysis. This feeling of in-to-out is intimately connected with that other feeling referred to in a previous article that we will review again at a later time, "The things you do before the swing," that of being set inwards and behind the ball. The long straight drive that covers the pin all the way is the result of a swing which you feel travels from in-to-out. This is what we all refer to as an in-to-out swing; a shot in which the club head does actually take this path (as distinct from being felt to take it) is only played by the first-class golfer when he wants to put pull on the ball. And if you will think it out, that suggests why the in-to-out feeling is something that we teachers try to instill into every student. The point being that, while an

exaggerated swing in-to-out feel gives pull, the correct in-to-out feel gives straightness and no in-to-out feel (that is, the feeling that the club head goes along the line of flight) gives slice.

The advantage of the modern in-to-out swing is seen in both the flight and the run of the ball. Hit with the correct in-to-out feel, the ball is given the very minimum of backspin-consequently it "floats" through the air and, when it pitches, takes its natural spin forward, instead of kicking sideways as an undercut ball tends to do, as every lawn-tennis player knows.

Next month, we pick up from where we left off here.

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 Rolling Hills Country Club Pro Shop, (316) 722-1181, 223 Westlink Drive, Wichita, KS 67209, or by e-mail at dafarquhar@pga.com.

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Feeling overwhelmed

By Lisa Vermillion



Q: Lately I just feel overwhelmed, do you have any advice?

A: You know the feeling; EVERYTHING seems

to go sour all at once, motivation for about anything has disappeared, and hope for change feels like a distant dream. You can pick yourself up and rise above your current circumstances by reminding yourself of three principles; circumstances aren't permanent, you have some control over how long you stay muddled in poor circumstances, and it's ok to ask for help..

First, failure isn't final and neither are any circumstances you are facing. The saying, "This too shall pass", is 100% true. Everything has a season and the "stifling summer" (the negative circumstances) you find yourself presently enveloped in will give way to "spring" (a promising future). Your "summer" may be grief, financial, relationship, or health issues; take hope and take action. "Bountiful Fall" can and will come. Failed opportunities



beget learning experiences instead of reasons to give up. Grief eventually loosens its grip when you drag yourself up and focus on helping someone else. Financial issues can be resolved if you move forward, perhaps looking outside the box for new opportunities. Relationships can heal or you can embrace the opportunity to create new ones. You can focus on your poor

health or you can move your focus toward doing what you can with what you have. Summer always gives way to Fall.

Two, it's partly up to you how long "summer" lasts. While you can't change the outdoor temperature (some circumstances), how you choose to view your circumstance is completely in your control. Believing you're in the worst situation in the world and doing nothing; you'll stay inside isolated in your air conditioning avoiding everything and accomplishing nothing. Believe your circumstance is temporary and take action; you'll begin emerging from the fire feeling stronger and moving ahead with life with an eye toward cooler temperatures. I know, sometimes it feels like there's no other way to view your current condition and I know "summer" has its season. Feeling sad, angry, or disappointed all have their season. Your choice comes when you decide to complain about the heat, yet sit in the sun, OR you decide moving toward the shade might be a better idea. Fall will come; will you be miserable till it arrives or will you find a different focus?

Three, asking for help getting through summer's fiery heat, is perfectly fine. Independence is great, but when summer is long, finding your way to a cool drink of water can be difficult. A friend, a life coach or a mentor can help you distinguish between a mirage in your mind, and the clear stream that holds future possibilities. While you feel stuck in the present circumstance, someone outside the situation can better help you make a plan for the future.

No matter how high summer

temperatures soar with sweltering circumstances, you'll emerge stronger when you realize circumstances are temporary. You'll move forward faster when you focus on the future. You'll see possibilities easier with help from a friend or life coach. Hang on my friend, fall is coming.

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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Young children, pets and carpet

By Jason Jabara



Q: I have young children who constantly spill their drinks, drag in mud from the outside, allow their pets in unapproved areas, and are involved in a number of different spots and stains that end up on the carpet. We are thinking of getting some new carpet. Can you tell me about spots and stains before we embark on such a mission.

A: Unfortunately when there are small children involved, there is no carpet that is totally stain-proof. Many times retail salespeople will indicate that their particular product will allow most spills to clean up with just water. That is not an entirely true statement. However, once you get educated about proper carpet cleaning solutions, with a little practice you will be able to remove the majority of spills before they become permanent spots. This will take a bit of practice and lots of patience. Let's start by distinguishing between spills, spots, and stains. A spill is a fresh mishap. On most types of carpet, fresh spills will come out easily

if the soiled area is dealt with swiftly. With most spills, it takes time before they attach themselves to the carpet



fibers making it difficult to remove them. If, however, the spill is not dealt with quickly, a spot will most likely develop. A spot will be noticeable after the spill has dried and may require additional measures such as carpet cleaning solutions in order to get rid of the spot. Allow some extra time to deal with this problem. An example might be the can of soda which spills and which has a high sugar content. If the spot is not removed properly, the sugar will continue to attract dirt. You have seen after a time that a spill will reappear. This is because the spot was not removed properly at the time. You might expect that red drink spills

might be even more difficult to remove but not know why. The reason is that the carpet industry uses the same dyes that are in red drinks to dye its fibers. Because of that, such spots may require professionals using special cleaning agents or the spots may become a permanent stain. Unfortunately there are some permanent stains that are... well...permanent. Examples of these would include a stain where color is added to the fiber like with iodine or betadine. Opposite examples would include stains where the color has been removed, like with bleach or skin medications. Sometimes you will be able to find a carpet cleaning professional who will remove all the color by bleaching and then re-dye the area. The re-dye experts can restore the area to its original color with very little, if any, noticeable color difference. Some stains might be removed and yet still reoccur. Stains that reappear can be caused by a number of reasons, one of which is the use of a detergent solution that attracts soil. Wicking is another factor which might occur. Wicking happens when the stain draws up from the base of the carpet

fibers or the carpet backing itself. A red food dye stain may be absorbed by the carpet backing and actually spread. That is why any stains should be treated quickly and thoroughly. A good idea is to bring in a specialized carpet cleaner every two to three years who will reapply a fresh topical treatment. This will help to prolong the time before stains attach. Such a treatment increases the surface tension and thus spills just bead on the surface. These treatments do diminish over time because of wear and tear and carpet cleaning, so reapplication is necessary ever so often. These suggestions are general rules of thumb for most spills. If you follow these recommendations, the number of permanent stains that you encounter even with your young children and pets will be limited.

Jason Jabara is the current manager at Jabara's Carpet Gallery. After graduating from WSU, the family business became a large part of Jason's adult life. His father Tom, mother Susan, brother Josh and his uncle George assisted in that endeavor to a large degree. Perhaps one of Jason's greatest strengths is his hands on approach. Jason can be reached by calling (316) 267-2585 or you may visit their website at www.iabaras.com.

HOUSE & HOME

Downsizing for seniors

By Cindy Mason, LBSW and Amy Wedel, LBSW



Q: My parents are moving to a smaller home in a retirement community. How do I help them downsize from their current residency?

A: We know that each situation like this is different. People are unique. There are many ways to do this and one way is not the only way.

To begin the downsizing process, have conversations with your parents and your siblings, preferably without in-laws, a family meeting. This conversation should include who, what, when, and where about belongings. This should happen as soon as they begin thinking about moving. Allow time for everyone to be part of the conversation. Listening especially to your parents is very

important. Often it takes more than one conversation. The main goals are to hear what parents want, have everyone hear together, and be on the same page. This time together may also provide a good opportunity to review their Will, its location and how to access it; determine who has Power of Attorney for Healthcare and Finances; and review their wishes regarding end of life care.

Remember when starting the downsizing process to take it slow. You may want to photograph and video the current residency if it has been their home for many years. Family members who have possessions stored at the home need to remove them to a different location. Start small, you may want to begin with a room like the bathroom since it would mean less decision making. Obtaining a layout of the new residence will be helpful in determining what items can be taken. Larger pieces of furniture may need more consideration about whether or not they can be moved.

When thinking about their possessions decide what:

- to keep – what can be moved to the new residence
- goes to family – labels, family auction, bingo, etc.
- to donate – Goodwill, DAV, Church fundraising auctions, etc.
- to sell or recycle – Freecycle, Craigslist, ebay, Consignment
- to throw away – 1 dumpster for every 15 years

There are professional moving companies that can be hired to do this work for you. Sometimes an outside third party may be necessary. This is something to consider if you are not living near your family.

Remember, "Don't think of downsizing as getting rid of prized possessions, instead, see it as a process that is necessary to enjoy a simpler, less complicated life." – Standolyn Robertson



Cindy Mason and Amy Wedel, comprise the admissions and social services team for Progressive Recovery Academy (our short-term rehab unit), Health Care, and Assisted Living at Schowalter Villa, in Hesston, Kansas. Diane Yoder Director of Marketing Schowalter Villa 200 W. Cedar Hesston, KS 67062 PH: 620-327-3428 www.svilla.org

COMMERCIAL FURNISHINGS

Re-arranging and buying new

By Don Swank



Q: We are a Wichita business. We are considering adding 6 people to our workforce. In doing so, we

would like to re-arrange furniture that we already have and buy some new to accommodate these new people. The problem comes with matching everything. So that we can communicate in an effective manner with someone who can help us, can you provide a brief "primer" on vernacular for this industry?

A: Of course, I would be happy to.

One of the first things you will want to do, or have a professional do, for office furniture for either commercial or home offices is to "measure your space" and note where windows, doors, closets, columns, phone/data lines are located. For home offices, you will always want to measure your doorways (jam to jam) to make sure what will fit through your interior doorways. Typical desk height is 29-30" so the doorway has to be wider than the height of the desk. Knowing

these things in advance will help you. Next would be think of all the different pieces of furnishings that you will be looking at. The below list and a description of each may be of help.

Credenza: A storage unit normally 20-24" deep, typically used behind a desk for an additional work surface or storage. Varieties include kneespace credenzas, computer credenzas, storage credenzas, lateral file credenzas, etc. Most credenzas are designed with a matching hutch, and are designed to be placed against a wall. Many credenzas have a back which is not finished or stained.

Desk: Work surface typically with double-pedestals. There are many varieties and sizes of desks, table desks, executive desks, corner desks, peninsula desks, bullet tables, "P" tables, as well as "L" desks, "U" groups, etc..

Hutch: A separate vertical storage piece designed typically to sit on top of a credenza, desk or desk/return, providing additional display or storage space.

Files/Storage

Lateral File: Lateral files are typically only 18-24" deep, are 30", 36", 42" wide, and can be 2-5 drawers high. Advantage of lateral files is their drawers do not extend out into the room as far as a vertical file. Lateral files can be made of wood, metal or laminate materials. Different grades of files exist for commercial use or occasional (light use).

Pedestal: Storage components designed to fit underneath a desk or work-surface, available in a variety of different configurations.

Vertical File: Vertical files are typically 25-28.5" deep, and are available in 2-5 drawers, in both letter and legal widths. Different grades of files exist for commercial use or occasional (light use), some have ball bearing suspensions and others have nylon rollers. Available in wood, metal or laminate materials.

Furniture Materials

Veneer Furniture: Furniture made with thin sheets of wood glued to a substrate, that produces a high quality smooth surface. Veneers can be made of cherry, mahogany, walnut, oak, etc.

and stained in various shades/colors.

High Pressure Laminate Furniture: Furniture made by impregnating a Kraft paper with resins/crosslinkers, overlaid with a wood grain or solid color paper, and a outer protective sheet. The materials are cured under heat and pressure to create a scratch and abrasion resistant surface.

KD Furniture: Knocked-down, also known as ready to assemble (RTA), furniture which comes unassembled to minimize shipping and warehousing space and expense. Requires assembly to be able to use the furniture.

Seating

Ergonomic Chairs: Chairs with extensive adjustability to allow maximum comfort and support, while reducing user's fatigue.

Executive Chair: A chair that has fixed arms which are designed for executive, conference room or general seating. Arms are typically mounted to the back and bottom of the seat-but are not adjustable. Executive chairs can be leather, fabric, mesh

See Workforce...Page 18

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The Q&A Times Journal

Setting up your eBusiness - series

(for previous articles in this series, refer to October '11 - August '12 issues)

By Amal Xavier



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?

A: Last month, with assistance from www.ecommerceoptimization.com and other sources, we talked about setting up your eBusiness. We will continue by reviewing some of the things we have talked about in the past. This month... we will talk more about eCommerce Marketing.

eCommerce Marketing Defined:

eCommerce marketing can be



defined in many different ways and can include both Online or Offline campaign strategies. Most often, it's considered to be the marketing of goods and services over the Internet or any other electronic network (like a mobile phone or pda). eCommerce marketing is commonly referred to as e-commerce optimization, online marketing, search engine marketing, sem, search engine optimization, seo, catalog optimization, catalog seo, product seo, merchant marketing and many more variations of those terms.

Beginning & Future of 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. Online retailers who first began to market through the Internet saw huge potential for success Online and many of them saw enormous profits all the way up until the dot com boom. 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 professionals have spent countless hours testing, experimenting and reporting on which strategies work and which seem to have no positive effects. Now there are many different ways to market an eCommerce enabled site.

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. There are many other ways to market an eCommerce store and new ways of reaching out to potential customers are always being discovered and tested.

Next month we will discuss the benefits of eCommerce Marketing.

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@cmiinfotech.com.

awesome beers, food and fun.

This two-day event begins on Friday, Sept. 21 with the Beer & Food Lovers Beer Dinners. Choose from three amazing venues each hosting a stellar brewery. This year dinners are: Free State Brewery out of Lawrence with Guest Host Steve Bradt at the Wichita Marriott Hotel; Empyrean Brewing Company out of Lincoln, NE, with Guest Host Ben Matya at the DoubleTree by Hilton Wichita Airport; and New Belgium Brewing Co. out of Fort Collins, CO, with Guest Host Adam Satz at Larkspur Bistro and Bar. Guests will enjoy some of the finest regional beers paired with spectacular food selected to celebrate and enhance the flavors of these outstanding beers. The menus are available online at www.midwestbeerfest.com. Dinners begin at 7 p.m. and the cost is \$55 per person. Reservations for both events are available only by calling (316) 682-5502. Seating is limited, so call now.

On Saturday, you can grab your ticket and get in line. Doors open at 1 p.m. for the Midwest Beerfest Grand Tasting and Silent Auction. NEW THIS YEAR we are changing venues. Instead of being in Exhibition Hall, Beerfest has moved to EXPO Hall. Bigger venue, more space for fun and beers.

Also NEW this year is: The Reserve Room! Beer connoisseurs will have the opportunity to sample 17 to 20 high-end beers including Boulevard Smokestack Series, Love Child #2, Unibroue 17 Oak-Aged Grende Reserve Dark Ale, New Belgium's Lips of Faith Series, Tart Lychee, and Ommegang Seduction Ale. Cost is \$25 with your purchase of a Grand Tasting ticket. Must call (316) 682-5502 for this ticket.

Tickets for the Grand Tasting are \$40 (inclusive of convenience fee) and can be purchased at Century II's WichitaTix box office, by calling (316) 219-4TIX or online at www.wichitatix.com. Tickets entitle participants to a tasting mug, program guide and a key to the world of beers.

Back by popular demand is the "Midwest Wingfest" a chicken wing Cook-off contest featuring chicken wings prepared by local restaurants and chefs. Admission to the tasting is \$5 (with your admission to the Beerfest) and all of the money raised will benefit Children's Miracle Network Hospitals at Via Christi Health. Your ticket entitles you to sample a number

of different wings and vote for your "People's Choice." Also look for non-beer drinks, an array of beer-friendly food, a brew-lover's Silent Auction with the opportunity to win lots of great prizes, and music. The Silent Auction is a benefit for the Children's Miracle Network Hospitals (CMNH).

CMNH helps children throughout Kansas (primarily western and south central Kansas) without regard to illness, ability to pay or physician's hospital affiliation. Families connect with CMN resources through a network of six regional hospitals serving more than 50,000 children each year in 64 counties. Since 1984, CMN in Kansas has raised more than \$17 million — 100 percent stays here in Kansas — to help children in need.

The Midwest Beerfest, sponsored by the American Institute of Wine & Food, Wichita Chapter, features beers, ales, lagers and more from your favorite breweries and microbreweries from all over the world. Monies raised benefit the AIWF-Wichita Chapter's Terry Palmer Memorial Culinary Scholarship Fund for local culinary or hospitality students, chefs, or those in the food and beverage industry pursuing education.

The American Institute of Wine & Food, Wichita Chapter is dedicated to understanding and celebrating the pleasures, benefits and traditions of the table! The Wichita chapter, founded in 1992, is one of more than 24 chapters nationwide, producing more than 300 mission-related programs each year. Educational programming is the core of The AIWF and the vehicle for fulfilling the Institute's mission. It's also lots of FUN!

For more information visit: www.midwestbeerfest.com or call, (316) 682-5502. Must be 21 years of age to attend. No strollers. I.D. will be checked at the door. Designated drivers get in for \$15!





Price's Rebels from the state and then, if possible, carry the war into Arkansas and Louisiana. Leaving St. Louis on October 7, 1861, Frémont's combined force eventually numbered more than 20,000. His accompanying cavalry force, numbering 5,000 men and other mounted troops, included Maj. Frank J. White's Prairie Scouts and Frémont's Body Guards under Maj. Charles Zagonyi. Maj. White became ill and turned his command over to Zagonyi. These two units operated in front of

Frémont's army to gather intelligence. As Frémont neared Springfield, the local state guard commander, Col. Julian Frazier, sent out requests to nearby localities for additional troops.

little since taking command of the Western Department, with headquarters in St. Louis, Missouri, Maj. Gen. John C. Frémont formulated a plan to clear Maj. Gen. Sterling

Frémont camped on the Pomme de Terre River, about 50 miles from Springfield. Zagonyi's column, though, continued on to Springfield, and Frazier's force of 1,000 to 1,500 prepared to meet it. Frazier set up an ambush along the road that Zagonyi travelled, but the Union force charged the Rebels, sending them fleeing. Zagonyi's men continued into town, hailed Federal sympathizers and released Union prisoners. Leery of a Confederate counterattack, Zagonyi departed Springfield before night, but Frémont's army returned, in force, a few days later and set up camp in the town. In mid-November, after Frémont was sacked and replaced by Maj. Gen. Hunter, the Federals evacuated Springfield and withdrew to Sedalia and Rolla. Federal troops reoccupied Springfield in early 1862 and it was a Union stronghold from then on. This engagement at Springfield was the only Union victory in southwestern Missouri in 1861.

Result(s): Union victory
Springfield - Second

Other Names: None

Location: Greene County

Campaign: Marmaduke's First Expedition into Missouri (1862-63)

Date(s): January 8, 1863

Principal Commanders: Brig. Gen. Egbert B. Brown [US]; Brig. Gen. John S. Marmaduke [CS]

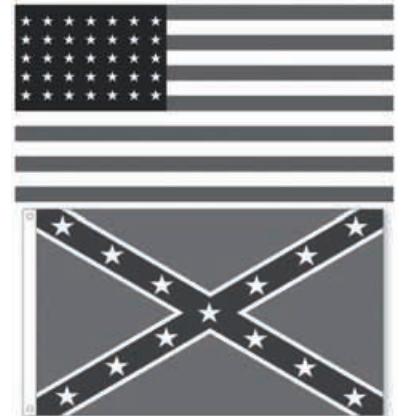
Forces Engaged: Southwestern District of Missouri Troops (2,000) [US]; 4th Division, I Corps, Trans-Mississippi Department [CS]

Estimated Casualties: 403 total (US 163; CS 240)

Description: Brig. Gen. John S. Marmaduke's expedition into Missouri reached Ozark, where it destroyed the Union post, and then approached Springfield on the morning of January 8, 1863. Springfield was an important Federal communications center and supply depot so the Rebels wished to destroy it. The Union army had constructed fortifications to defend the town. Their ranks, however, were depleted because Francis J. Herron's two divisions had not yet returned from their victory at Prairie Grove on December 7. After receiving a report on January 7 of the Rebels' approach, Brig. Gen. Egbert B. Brown set about preparing for the attack and rounding up additional troops. Around 10:00 am, the Confederates advanced in battle line to the attack. The day

included desperate fighting with attacks and counterattacks until after dark, but the Federal troops held and the Rebels withdrew during the night. Brown had been wounded during the day. The Confederates appeared in force the next morning but retired without attacking. The Federal depot was successfully defended, and Union strength in the area continued.

Result(s): Union victory, although the raid ultimately failed.



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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as well as traditional, transitional or contemporary in style.

Side Chair: Chair designed for guest seating in a office, waiting or reception area that is not on casters.

Task Chair: A chair that is designed to be adjustable, with arms that can be raised and lowered, as well as a number of other features depending on the chair design. Task chairs are designed for doing repetitive tasks such as computer work, etc. to enhance individual comfort and fit. Typically has a star base with 5 casters. Arms are attached to the seat and/or the back of the chair, but adjustable.

Common Office Configurations

Desk/credenza/hutch: Common executive office configuration is a desk with chair, and a credenza, hutch placed against the wall.

"L" desk configuration: A "L" desk unit consists of a front desk section, with a connecting return piece attached to the left or right side of the desk.

"U" Group: A desk and credenza unit connected on one side by a "bridge", forming a "U" shaped layout. Can be either a right or left handed "U" group.

Workstations/Cubicles/Panel Systems: Modular systems furniture consisting of fabric covered panels connected together to create a work area with various heights, sizes, and configurations for different functions such as: reception, customer service, telemarketing, project team, call centers, and manager layouts.

Next month we will talk more about ergonomics and how this relates to the commercial furnishings industry.

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

politics with no substance. If it was ever time to tell it like it is...the time is now....without any reservations. Folks, our country is broke. Under our current tax system, we couldn't balance the budget if we shut down the government and just kept our promises of paying what we call our mandatory expenses, such as the interest on our debt, and the entitlements of Social Security, Medicaid and Medicare. These payments total \$2.5 Trillion for 2012, and the total goes up an average of \$128 Billion per year thereafter. Our total revenue from all sources in 2012 is \$2.5 Trillion. This means in "promises" alone, we spend all of the income we receive. But we will spend \$3.8 Trillion this year. We borrow every dime of the additional \$1.3 Trillion that is spent for all of the rest of the Government expense, including but not limited to things like the President, his staff, his wife's staff, all of the trips, the czars, the cabinet positions, departments and staffs for all, the House of Representative, the Senate, all of their support people, the infrastructure, defense, EPA, FBI, CIA, homeland security, drug and alcohol enforcement, education, transportation, health care, energy, agriculture, labor and all of the rest. Again, if we totally stopped all of this expense, which means shutting down the Government, we still could not balance the budget, as someone will have to be paid to write the checks to our "promises." Next year, we would create \$128 Billion more deficit with the increases in our "promises"...*even with the Government shut down...*and add to our debt even more! How sick is this?

Yet all we are getting is empty rhetoric from all sides. This rhetoric is full of innuendo, lies, distortions, insults, scorn and deflections. We can debate when it all started, but as far as I am concerned, the "bottom of the barrel" negativism we see today began with the stated "Kill Romney" modus operandi by the Obama campaign more than a year ago. And has it ever worked! Each time they yell, "Smoke," Governor Romney and his campaign jump up and scream, "Fire," all the while nothing is getting done; there is no debate on the issues; and we continue to head over the fiscal cliff, not just "Granny," but all of us. Have you noticed how almost no one answers the questions that are being asked any longer? It's like they don't

hear them. They immediately change the conversation to another topic and go off on their own spin of whatever it is they want to talk about. When a solution to a problem is advanced, it is not met with honest debate. It is viciously attacked. Mind you those doing the attacking have no solution to the problem raised. They have no plan. They just know to attack anything from the other side. If it stays this "dirty knife fight" for the balance of the campaign, the Democrats win... hands down. They do it much better. Romney and Ryan have no idea what they're up against. Chicago wrote the book.

You know what? While I am at this point, I have to tell you...I have no idea why Governor Romney, who is worth more than \$250 Million, is even running for President. If you would have an honest debate with me void of hate and accusations you can't prove, you would say you don't understand either. He certainly doesn't need the salary of the office. He also doesn't need any more to "fill his sack." Why would he put up with all of the % ^/!

he has to put up with...if he didn't sincerely want to do something about the direction of our country? Think before you answer this. Please...don't give me the standard answer from the left that he wants more power; or he wants to hurt America; or he wants to further the agenda of big business; or he wants to step on the downtrodden. That won't wash...and you know it. He sees what anyone with vision sees...we're heading over the fiscal cliff. Although he is no "Cross of Gold Speech" giver like Williams Jennings Bryan, I think he is trying to do whatever he can to prevent it. I don't think he sees a new world order... or a fundamental transformation of America...or a way for the rich to get richer and take it out on the poor. When those opposed say extending the tax cuts to rich are at the expense of the poor and middle class, I am blown away by the ignorance. The poor and the middle class aren't paying any Federal Income Tax now, and if they are it is a miniscule amount. It is a ridiculous comeback. I have seldom seen a household making \$45,000 per year or less provide any jobs to

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save dollars on the air conditioner, unless it just happens that the building owner needs to replace the air conditioner at the same time that the windows need to be replaced. If the owner decides to install insulated windows, for whatever reasons that make sense to him or her, a few extra comfort benefits can be expected too.

For example, there will be less transfer of sound through the window, an advantage in urban settings with frequent road or aircraft noise, but a possible disadvantage for rural sites where the occupant might enjoy hearing the sound of the wind or the chirping of birds. Insulated windows have less of a tendency toward condensation, and/or the growth of mold and mildew. On the cold winter nights and excessively hot summer afternoons, an insulated window will be far and away more comfortable to sit near. In trying to prevent unwanted solar radiant heat gain during summer months in Kansas, it is best to minimize window exposures toward the east, southeast, south, southwest, and west. This can be accomplished by the design and orientation of the building, in the case of a new construction project, and by utilizing some shading techniques for the windows.

During hot summers, like we've been experiencing in Kansas the last couple of years, it is far better, for heat gain prevention, to block the sunlight before it reaches the windows, thereby dissipating the absorbed heat outside, where it can be carried away by the wind and air currents. This means that simple shade trees and other exterior shading methods can be very effective, both in saving air cooling energy, and in blocking the strong glare, which direct sunlight can produce if allowed inside.

In the winter time in the Midwest, most of the deciduous trees lose their leaves, allowing the sunshine and radiant heat through the trees' bare branches, and into your windows, thus helping to actually provide extra heat to the interior of the building. If the owner of the home and/or the building designer for a commercial facility cannot avoid windows facing the wrong directions, then the use of exterior operable shading devices could be considered to protect the windows from the sun in the summer. In many cases, darkening shades can be pulled down to reduce solar radiant heat gain, along with its glare and higher energy costs. They can be

opened when the sun is not shining directly on the window, or on overcast winter days, to provide both good exterior views and interior daylight illumination to the extent possible. A variety of exterior or interior shading devices are available. Proper planning can save big bucks in energy usage for just about any commercial or residential window application. Your local full service glass dealer is a great contact to get you started on the relief you're looking for! Some information was researched on the world wide 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.

Joe...From Page 19

Americans are on welfare as of August 1st, 2012...and this number does not take into account those who are on Medicare and Social Security. This is 30% of our entire population!

"Say it ain't so Joe."

Unemployment benefits used to be given for 26 weeks. People would hide the fact that they were receiving unemployment benefits. It wasn't something to be proud of. Now they are given for as long as 99 weeks...with even some cases extended beyond this. It used to be that you had to check in weekly and list the businesses to whom you applied and document that you were actively looking for work. These are no longer requirements. Long term unemployment benefits have produced "chronic" long term unemployment. I have had three positions open in my company for more than two years. I have spent several thousand dollars advertising these positions. I used to get 10 times more applicants when unemployment was 4% (back in 2004 under Bush) than I get now when unemployment is 8.3%. With more people unemployed you would think I would get plenty, right? These positions all pay a minimum of 25% to 75% more than unemployment

benefits, yet I get few applicants. Why is this do you suppose? If I am successful in getting someone hired, quite often they work for a few days and leave. I am sure some might say it is me, my company, the jobs, or the jobs' requirements that are too tough, but part of what we do as a company is consult other businesses in their marketing and operations. I hear the same thing from these companies continually. They post openings but get no applicants. If they do happen to hire someone, many work a few days and then do not come back.

"Say it ain't so Joe."

Today, when unemployment benefits run out, many people are applying for...and being approved for...Social Security Disability (SSDI) benefits. In 2007 there were approximately 8 million people receiving SSDI benefits. Today, there are nearly 37 million... and more are being approved each day! There are at least three, separate, national, marketing campaigns running presently that are advertising that they can assist people in getting SSDI benefits. Here we've had 30 years of OSHA (Occupational Safety and Health Administration), and now, all of the sudden, we have had more than a 450% increase in the last 5 years of people becoming disabled, and no one thinks this is odd?

"Say it ain't so Joe."

On the day that changed everything (June 28, 2012), Supreme Court Justice John Roberts remodeled the Affordable Health Care Act and pronounced it constitutional...not as it was written and submitted under the commerce clause...but under the authority of Congress to tax. Now it doesn't matter whether I am for or against this "Obamacare," or whether I am for or against any other piece of legislation that follows the same path...or whether YOU are for or against any of this. What we had was one man, who by his own words is "supposed to call balls and strikes and not get into taking sides in the ball game," who knew his decision could not be appealed or challenged, rewrite the law to make it constitutional. How could he have done such a thing? What will ever stop the very same thing from happening in the future on any piece of legislation?

"Say it ain't so Joe."

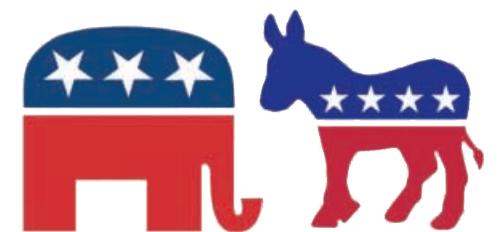
Distortions serve as deflections and end up being deceptions. Here is a good example. Most recently President Obama was in Ohio and said, "My

administration has been responsible for the largest percentage increase in manufacturing jobs in Ohio since the 90s." Upon analysis, we find in 2007 there were 500,000 people employed in Ohio, which was up 90,000 from a year earlier. That is a 21.9% increase. Since then, unemployment has taken it down to 300,000 employed. This means that at the bottom, 200,000 people had lost their jobs. In the past 18 months, 75,000 jobs have been added. That's a 25% increase. Now 25% is a larger increase than 21.9%, but look at the distortion. One situation has 500,000 employed, and the other has 375,000 employed with 125,000 unemployed. Depending upon which side you move and when you move it, you can make numbers can work for anything you want to say. Don't get me wrong. I am for even one job being added, and I don't care who is responsible for adding it, but why not just tell the truth without distorting it, and misrepresenting things? But that's what most politicians do isn't it, whether they be Republican or Democrat. Every statement one of them makes has to be checked out for accuracy. Few ever tell the truth anymore...and if they do...you had better be listening closely because something other than the truth is coming next. Hearing two truths back to back is rare.

"Say it ain't so Joe."

I will be back with more, "Say it ain't so Joes," next month.

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



Frequently asked questions about vaginal infections

By Jacqui Brandwynne



Q: What are some of the most common vaginal infections? What causes them? What are the symptoms? Are they dangerous?

A: At Very Private® we get many letters from women of all ages about vaginal infections. To give you an overview we spoke to several doctors, reviewed the medical journals and browsed the web for answers. What everybody recommended is prompt, correct diagnosis to avoid serious health risk. Secondly, should you have any symptoms describe below avoid sexual contact and be sure that you are cured before resuming intimacy.

When in doubt about your symptoms, please see a doctor to be diagnosed correctly. Data shows that two out of five women make the wrong self-diagnosis, most often believing that their symptoms are caused by a regular yeast infection. They don't know that there are yeast strains that do NOT respond to the general over-the-counter remedies. Also, there

may be several organisms present such as yeast and bacteria. So when these customers buy one of the well known brands, they may actually experience some relief from itching and discharge, but they are not aware that the infection is still progressing which may cause them serious health risks.

Q: Are vaginal infections common and dangerous?

A: Yes, they are common but usually not dangerous and respond quickly to appropriate medication. Four of five women in the US will have vaginal infections at some point in her life, and many women suffer from recurrent vaginal infections.

Q: What are the symptoms of a vaginal infection?

A: Itching, vaginal discharge that can be whitish, yellowish, gray or even greenish, unpleasant odor, discomfort or pain in the vulva (the external genital area). Sometimes there is burning or pain inside the vagina, especially during or after intercourse. Some women experience redness or swelling

and sometimes little bumps appear on the inside of the vaginal lips.

Q: Can there be discharge without an infection being present?

A: Yes. When aging cells are cast off from the vaginal walls and expelled discharge may be noticed. Normal discharge can also be connected to the menstrual cycle and changing hormone levels. This mostly occurs during the monthly cycle, during ovulation, menopause and during and after pregnancy. Normal discharge has no noticeable odor.

Q: What are the 4 most common vaginal infections?

A: Yeast infections, called Candida albicans, accounts for 80% of all yeast infections. Recurrent yeast infections, called Candida glabrata, is a more serious infection. Bacterial Vaginosis is often mistaken for a yeast infection.

Trichomoniasis.

Two other conditions are often mistaken for vaginal infections; Allergic Vaginitis and Atrophic Vaginitis. These are not infections but may produce pain, itching and/or burning and

swelling.

For more specific information you can visit our website www.veryprivate.com and click on vaginal, medical conditions.



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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