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FROM THE PUBLISHER

“Say it ain’t so Joe” - series

(For the first two parts of this series, go to the September '12 and October '12 issues at www.theqandatimes.com)

By **Charlie Traffas**



Q: What's new?

A: In order to get the most out of this month's column, you will have to go back and read the columns of the past two months (September '12 and October '12). After reading them you

will understand the statement, “*Say it ain't so Joe.*” You can do this by going to www.theqandatimes.com, and click



President Reagan

Roger Mudd

on recent issues.

In March of 1980, while I was at KFDI Radio, I put together a group of sponsors that brought former

California Governor Ronald Reagan, and Republican Presidential candidate at the time, to Wichita for a “Salute To National Agriculture Day,” at the Cotillion Ballroom. It was a huge event that had one of those “gotchya” moments that appeared on national media throughout the rest of the campaign. Roger Mudd of CBS News asked Reagan about his stance on “parity.”

Reagan didn't understand “parity” like he should have and he stuttered and stammered, thereby embarrassing himself. Although I was

See Joe...Page 18

POLITICS

Q&A with Patrick Cantwell



Q: What position are you running for and what endorsements have you received?

A: I am now running for the Kansas Senate, District 30 position. I have received endorsements from the Sierra Club, Citizens for Higher Education, KNEA-Kansas PAC,

Wichita-Hutchinson Labor Federation, and the International Association of Machinists and Aerospace Workers.

Q: Why did you decide to run for political office?

A: I decided to run for the Kansas Senate when I realized that many current legislators do not seem to care much about their constituents,

See Cantwell...Page 12

NOSTALGIA

Do you remember?

By **Faye Graves**



Q: Do you have some memories you can share of some of your family reunions around the holidays?

A: What great memories they were for me...and I'm sure...for lots of folks. Probably the first thing I think about each year is how quickly summer turns into Thanksgiving. I guess this year it seemed to happen even more quickly because there has not been a frost, keeping most of the leaves green and the weather has been so beautiful. But, signs of Fall are all around us. The kids are back in school, the swimming pools are closed, you have to have a jacket and you have to begin thinking about your holiday schedules. So many of us travel to other parts of the county, and now, because we are even more global than we've ever been, even other countries when Thanksgiving rolls around.

My fondest memories of Thanksgiving took place back in the 40s when we would head out to my

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MENTAL HEALTH

Depression is not part of growing older

By Tom Pletcher



Q: I am proud to say that I am turning 81 years young next month. I have remained active throughout my retirement, but lost my husband whom I was married to for 60 wonderful years last year and I miss him. I have tried to keep my mind busy, but have slowly lost interest in all the activities I used to participate in. I would rather stay home and rest. My energy levels just aren't the same. Is this just part of growing old?

A: Everyone has experienced a period of sadness during his or her lifetime. Sometimes these feelings of sadness are in response to something that has happened such as the loss of a loved one or experiencing a difficult time. But, there is a difference between feeling sad in response to a life event and experiencing a clinical depression. Depression is not just "feeling blue" or feeling grief after a loss. Depression is a feeling of sadness that lasts for

many weeks and does not go away. Depression interferes with your daily activities and often includes changes in sleep, appetite, and a general loss of energy.

Depression is a common illness that affects millions of Americans each year, but it is a treatable illness. Depression is caused by an imbalance in brain chemicals. Men and women of all ages, genders, races, ethnic groups, and economic status can experience depression. Famous people, including actors, successful business people, and politicians have spoken out about their experiences with late-life depression.

The symptoms of depression in older persons differ from those experienced by young persons or those in midlife. The signs that an older person may be suffering from depression include the inability to sleep, memory problems, confusion, withdrawal from social events, and irritability. Other risk factors for late-life depression include gender (women are more likely to suffer from late-life depression than men),

being single (especially widowed), and lack of friends (living alone at home with few outside contacts with other people).

As we age, there are life events that can trigger a clinical depression. Physical health conditions such as heart attack, stroke, hip fracture, bypass surgery, and macular degeneration are often associated with the development of depression. Hormonal changes in women have been shown to trigger depression. Increased alcohol or drug use (including over-the-counter medications) may lead to a clinical depression. Certain medications prescribed by your physician or a combination of medications can cause a clinical depression. Medicines prescribed for pain, high blood pressure, and arthritis; hormonal treatments; and tranquilizers can result in a change in brain chemicals to trigger a clinical depression.

If you have become worried that you feel "low" or your changes in sleep patterns are disrupting your normal activities, you should seek help. Some

of your friends may have told you that your feelings are normal for someone your age, or that depression is expected as you experience physical limitations in life. This is not true. Depression is not a normal function of aging. Please don't be afraid to ask for help. Contact your family, your medical doctor or a mental health professional that can help you start feeling better. When you feel sad over a period of time, it is time to seek treatment.

Tom Pletcher, LCP, is the Clinical Director for COMCARE of Sedgwick County and has been involved in community mental health service delivery for 25 years. COMCARE is a licensed Community Mental Health Center for all residents of Sedgwick County. If you would like to talk with a professional confidentially, please call 316-660-7540. We can help you get the help you need.

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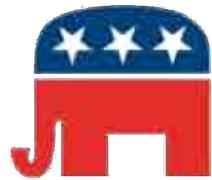
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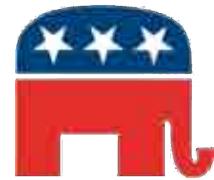
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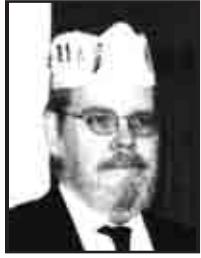
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VETERAN AFFAIRS

Civil War battle summaries by state - series

(For the previous articles in this series, refer to Jan '12 - Oct'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 finished with the battles in Missouri, including the battles of Westport and Wilson's Creek, and began with the battles in Oklahoma at Cabin Creek. This month, we will continue with more of the battles in Oklahoma, including Chustenahlah, Chusto-Talasa and Honey Springs.

Chustenahlah

Other Names: None

Location: Osage County

Campaign: Operations in the Indian Territory (1861)

Date(s): December 26, 1861

Principal Commanders: Chief Opothleyahola [I]; Col. James McQueen McIntosh [CS]

Forces Engaged: Creek and Seminole [I]; McIntosh's and Douglas Cooper's brigades [CS]

Estimated Casualties: Unknown

Description: Confederate troops had undertaken a campaign to subdue the Native American Union sympathizers in Indian Territory and consolidate control. They had attacked Chief Opothleyahola's band of Creeks and Seminoles earlier at Round Mountain

and Chusto-Talasa. Now, they wanted to finish them off by assaulting them in their camp at Chustenahlah in a well-protected cove on Battle Creek. Col. James McQueen McIntosh and Col. Douglas H. Cooper, commanding the Indian Department, planned a combined attack with each of their columns moving on the camp from different directions. McIntosh left Fort Gibson on December 22, with 1,380 men. On the 25th, he was informed that Cooper's force could not join for a while, but he decided to attack the next day, despite being outnumbered. McIntosh attacked the camp at noon on the 26th. The Union defenders were secluded in the underbrush along the slope of a rugged hill, but as the Confederate attack came forward, the Native Americans began to fall back, taking cover for a while and then moving back. The retreat became a rout as the Federals reached their camp. They attempted to make a stand there but were forced away again. The survivors fled; many went all the way to Kansas where they found loyal Unionists. Chief Opothleyahola's band of Creeks and Seminoles mounted no resistance again.

Result(s): Confederate victory

Chusto-Talasa

Other Names: Caving Banks

Location: Tulsa County

Campaign: Operations in the Indian Territory (1861)

Date(s): December 9, 1861

Principal Commanders: Chief Opothleyahola [I]; Col. Douglas H. Cooper [CS]

Forces Engaged: Creek and Seminole [I]; Indian Department [CS]

Estimated Casualties: Unknown

Description: Following Chief Opothleyahola and his Union force's defeat at Round Mountain, he retreated northeastward, in search of safety. On December 9, 1861, the force was at Chusto-Talasa, or Caving Banks, on the Horseshoe Bend of Bird Creek when Col. Douglas H. Cooper's 1,300 Confederates attacked Chief Opothleyahola around 2:00 pm. Chief Opothleyahola knew Cooper was

coming and had placed his troops in a strong position at Horseshoe Bend. For almost four hours, Cooper attacked and attempted to outflank the Federals, finally driving them east across Bird Creek just before dark. Cooper camped there overnight but did not pursue the Federals because he was short of ammunition. The Confederates claimed victory. Chief

See Summaries...Page 16

“Would you guess that I suffer from depression?”

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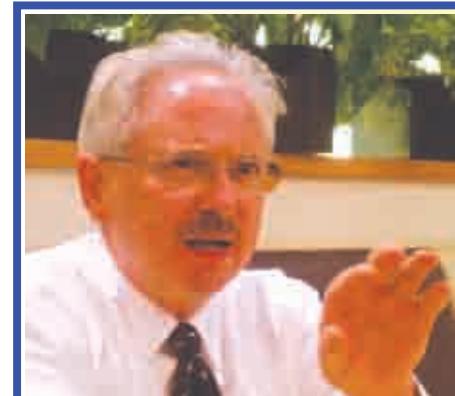
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RELATIONSHIPS

Love or financial security?

By Jacqui Brandwynne



Q: I have been widowed for five years. Because of my husband's long illness, we had to dig deep into our savings, and, eventually I had to go back to work trying to protect our nest egg.

A few months ago I met a lovely man. He is interesting, well educated, an architect by profession and a very caring companion. In other words, on the personal side I see nothing but positives. I am a little less sure about his professional life. His practice is small, he and his partner share the work, yet he seems to have a lot of time on his hands. I wonder if he can stand on his own two feet financially.

Recently he has been hinting at moving in together. My home, which I inherited from my family, is substantially larger and more comfortable than his one bedroom condo, and therefore the logical place for us to live together. That part feels great. We spend every weekend

together, get on extremely well and enjoy each other's company. Yet there is an issue we never discussed that gives me concern.

I have an uneasy sense that he expects me to take on a lot more financial responsibility once we move in together. I broached this subject gently and asked him recently what his professional and financial situation was? He told me that he was focused on "rebuilding his financial assets". That got me thinking. I am in love with him, we are very happy together, yet I cannot afford to put my own financial life at risk. I feel terribly caught. What do you say?

A: It's a difficult question to answer. Yet one thing is for sure. The two

of you need to lay all the cards on the table and discuss your financial assets and responsibilities. How can you even contemplate a life

together without knowing what you can afford; what your assets are; but also your debts and obligations to others, including your children?

Absolute transparency is required on both sides, and a thorough discussion regarding a combined budget is mandatory, so that financial surprises won't trip you up in what looks like a promising future. The best reality check is a credit report, ask for it.

Once you've established what a realistic combined budget looks like,

once you have openly discussed how much each of you can contribute, you are in a position to evaluate your future plans based on reality, not wishful thinking. At the same time this financial review will reveal each partner's true intention. Hopefully no negative revelations will surface. Love has a way of distorting our reality, even as we have substantial life experience. So let's deal with the facts at hand first before jumping into big life changing decisions. Giving love a chance may be worth you pitching in a little more and gain the happiness you seek.

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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The fallen angels

Q: What do we know about the fall of the angels prior to the beginning of man? Where in the Bible does it tell us about this?

By Pastor Dave Henion



A: The scriptures give us a glimpse but there is still too much mystery, probably to be learned in heaven. Now we know that angels are created

beings. {Psalm 148:2, 5 & Colossians 1:16} They are unlike God in that He is eternal with no beginning and no end. {Genesis 1:1; 1 Timothy 6:16} We know that the angels were created before the world began, {Job 38:6-7} as spirits, not with material bodies. {Hebrews 1:14} They have intellect, {Matthew 28:5} emotions, {Luke 2:13} and also a will. {Jude 1:6}

That will became prideful and conceited, causing the Devil to fall in 1 Timothy 3:6 which is one of the only direct references about his fall. The Apostle John in The Revelation talks about the battle for the takeover of heaven that got Satan cast out, along with 1/3 of the angels who rebelled with him. {Revelation 12:4-9} Now there are some who wish they had more of an explanation but Calvin, in his Institutes of Christian Religion, didn't feel it to be necessary, and felt that "we should be content with this concise information."

However, there are others who like to add the passages from Isaiah 14:12-14 and Ezekiel 28:12-18 to give more understanding. In Isaiah the verses are talking about the King of Babylon but they believe there is a double meaning, especially to the reference about Satan's rebellion. "The morning star" is thought to be referring to Lucifer, which is a translation that began with Origen, and Jerome concurred; how he was cast down {12} and how he would make himself like God Almighty but he was brought down to the pits instead. In the passage there are five "I will" proclamations that manifest his rebellious desire to dethrone God.

In Ezekiel 28:11-17, although the prophesy is against the King of Tyre in the day of Ezekiel, the double reference is seen by some as about not only the ancient King but of the fall of Satan. The poetic language and imagery describes the King of Tyre at creation, in Eden, as a strong priest

fully clothed, as the guardian cherub. As you read it you can see the double meaning as it also describes Satan as full of wisdom, beauty and splendor in the early stages and then corrupted by pride. The wording, like the use of the word "cherub," is heavily leaned on as reference to Satan.

Some have reasoned that it happened after Adam and Eve were created, because in Genesis God said that His creation was "very good." {Genesis 1:31} At that point Satan was a created being and was still good but then rebelled and became the "god of this world" {2 Corinthians 4:4} and began his work of evil, deceit, lying, undermining, etc to derail mankind from following God.

His big game is to make sure that the world doesn't believe that he exists. {2 Corinthians 4:4} Yet Jesus referred to Satan {Matthew 11:33; Luke 10:18; 11:18} and was even tempted by Satan and spoke to him. {Luke 4:1-11} Paul speaks of principalities, strongholds and dominions. {Ephesians 6:11-13; 2 Corinthians 10:3-5} Some like the caricature of the little guy with a red horned costume, or a cartoon villain they can laugh about and treat as a fantasy of myth. But in the real world, the devil is alive and well and seeking to bring men and women down.

The blessing in all of this is; even though Satan does have power, the power of the Holy Spirit that is in the Christian is greater than the "Prince and Power of the Air" (the devil), as it says in 1 John 4:4, and that God has given us the equipment to battle the very dark forces around us. {Ephesians 6:10-19} But we have to be alert as the Apostle Peter tells us, "Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. {9} Stand firm against him, and be strong in your faith. Remember that your Christian brothers and sisters all over the world are going through the same kind of suffering you are." {1 Peter 5:8-9 (NLT)} As the Lord continues to give us victories, let us keep our eyes on Jesus the author and finisher of our faith. {Hebrews 12:2} In the battle with you in the strength of the Lord until the end, Pastor Dave.

By Pastor Bill Emmerling



A: While the scriptures provide much information about Satan and angels, the information we are given about their creation and fall is rather limited.

It appears that God has limited that information knowing our tendency to be fixated on such things, even to the point of worshipping created beings rather than the Creator Himself. (Romans 1:18-23)

What we do know about the fall of angels is found primarily in the following passages. Let us examine these briefly.

"And he [Jesus] said to them, 'I saw Satan fall like lightning from heaven.'"

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



(Luke 10:18 ESV)

Here we have a very brief, definitive statement by Jesus. However, we need to look at the context surrounding it. Yes, Satan fell from God's grace and his place in the created order; however this isn't the real point Jesus is trying to make with the disciples. Seventy-two disciples just returned and shared the excitement of having demons obey them, and this was PART of his response. He continues and drives home the real point: "Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven." (Luke 10:20 ESV, emphasis added). He is deliberately pointing to what is truly important, their relationship with God the Father, not their authority over demons.

1 Timothy 3:6 tells us the devil was condemned for the sin of pride. Jude 6 tells us of rebellion and punishment. Revelation 12 speaks about angels who have left their position, been swept out of heaven, following the dragon, Satan. However few details about the how and why are given.

Some indirect indication is given in the message given to human kings of Babylon and Tyre in Isaiah 14:12-15; Ezekiel 28:11-19 respectively.

Ultimately, we need to turn our attention back to God and His Majesty. Angels and demons are created beings. Being created they are finite and continue to be subject to him, even should they rebel. They are not to be feared or worshiped, but as demons are our enemy we need the knowledge God provides in his word about him: to understand the origin of evil, to see that evil (even angelic evil) is punished by God, to know that Satan is the enemy.

As believers in Jesus Christ, he has no authority over us. In fact we need to take to heart the message in 1 Peter 5:8-10 to be firm in the faith and resist the devil knowing "...And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you."

(1 Peter 5:8-10 ESV)

If we truly understand God's majesty,

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His Holiness, His Mercy and Grace for sinners who need salvation, we will have little desire to pursue an interest in Satan.

In all things seek Jesus. Be blessed. Be a blessing.

Pastor Bill Emmerling, Jr. is the lead pastor at Grace Place Pittsburg, meeting at the Homer Cole Community Center in Pittsburg. Ordained at Grace Place of Lamar, MO, Bill has a heart to see Godly men together lead their families for the glory of Jesus the Messiah. He has been married to the bride of his youth, Sharri, for 22 years and has two daughters and a son. Bill has earned a B.S. in Physics, a secondary teaching certification and studied Theology/Philosophy at Lincoln Christian Seminary. He may be reached at pittsburg@grace-place.org or by phone at 620-670-4510

By Father Cleary



A: Only from divine revelation can we know anything about God and his creatures before the creation of man. In the last book in the Bible,

Revelation, (chapter 12, verses 7-9), St. John informs us that: "War broke out in heaven; Michael and his angels battled against the dragon. Although the dragon and his angels fought back, they were overpowered and lost their place in heaven. The huge dragon, the ancient serpent known as the devil or Satan, the seducer of the whole world, was driven out; he was hurled down to earth and his minions with him." Revelation, as such, is outside the order of time. Therefore it seems appropriate that God reserved this information to the final book of the Bible: to explain the eternal conflict between the forces of good and evil, which is a major theme of the whole Bible.

Earlier, St. Peter had written in his second epistle, warning about false prophets: "In times past there were false prophets among God's people, and among you also false teachers will appear. They will introduce pernicious untrue doctrines, and will deny the Master who redeemed them, and so they will bring upon themselves sudden disaster. Even so, many will follow their immoral ways. . . . Their condemnation has not lain idle all this time. . . . God did not spare the angels who sinned, but

threw them into hell, where they are kept chained in darkness, waiting for the Day of Judgment" (2 Peter 2:2-4). The Apostle then goes on to describe some of the evils perpetrated by unprincipled men, and the appropriate punishments they have received or are awaiting them. That text certainly describes the fate of the fallen angels. Some Fathers of the Church e.g. Origen and St. Augustine) considered a sentence in the first chapter of the Bible, Genesis, as referring to this conflict between the angels (Gen 1:4): "God saw how good the light was. God then separated the light from the darkness." Here the light represents the good angels, while the darkness refers to the bad angels.

St. Peter mentioned "the angels who sinned." This fall consists in the free choice of those created spirits, who radically and irrevocably rejected God and his reign. The Church's tradition holds that this rejection was the sin of pride. The angels are pure spirits, and each angelic spirit is specifically different from every other angel. This difference is as great as the difference of man from brute animal, and the brute animal is different from a plant, and a plant is different from a mineral. Mankind embraces each of these latter differences, being composed of spirit and matter. Possessing a nature superior to mankind, each angel is more brilliant and more intelligent than all of mankind. Before he created human beings, God confided to the angels his plan for the creation of mankind and this universe. He also indicated that, in the course of time, his own Son would take on human nature in the Incarnation. Some of the angels, led by Lucifer, felt insulted by this plan of God: that God would have his own Son become a man, assuming a nature lower than their own nature. And so they exercised their free will in rebellion against God, saying: "I will not serve (a man)!" Those angels sinned by this rejection of God's plan and were cast out of heaven, becoming the devils. Their choice against God is definitive. They try to associate man in their revolt against God (cf Catholic Catechism, Para. 414). God permitted such painful upheavals as the angels' fall and man's sin: only as occasions and means for displaying his power and beauty, and the whole measure of the love he wanted to give the world (cf Catholic Catechism, Para. 760).

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 Amy Baumgartner



A: The term "fallen angels" does not appear in the Bible; however, there are a few places that indicate a battle happened among angels

resulting in about a third of the angles to follow the rebellion led by the Accuser (typically referred to as Satan)

Before we discuss that battle, it might be helpful to first briefly discuss the subject of angels in general. The Bible assumes their existence; in fact, 34 of the 66 books in the Bible refer to angels. In addition, Jesus taught about their existence (see Matt.8:10; 24:31; 26:53). Angels were created by God (see Ps.148:2,5; Col.1:16) unlike God who had no beginning (1 Tim.6:16). Angels were created before the world and man (see Job 38:6,7), and angels were created holy (see Ezek.28:15; Jude 6).

The fall of angels is associated with the fall of Satan. Christian scholars will point to two passages when describing the fall of Satan: Ezekiel 28 and Isaiah 14. Ezekiel 28:11-19 is a

prophetic lamentation over the "King of Tyre" who many Christian scholars interpret as describing Satan's fall and not a mere human king. Satan is an illustrious form of the human ruler of Tyre in 28:2 ("prince/ruler") and called a "king" in 28:12. Though Tyre had a human "ruler," it is believed that Satan was the real "King" behind that wicked earthly kingdom. In the Ezekiel passage, the king is described before his fall as the model of perfection, blameless at creation until his fall, and beautiful. Yet he became proud and corrupt so he was cast to the earth where he would deceive others.

In Isaiah 14:12-15, scholars will interpret Satan as the manifest king of Babylon. As in Ezekiel 28, Satan is pictured here as the real "king" behind the wicked human kingdom of Babylon. The imagery of a "star" and "falling from heaven" in this passage suggests a supernatural fulfillment. "Stars" are symbolic of the angelic realm elsewhere (see Job 38:6,7; Rev.12:4). The definitive form of pride ("I will be like the Most High" in v.14) fits the New Testament description of Satan's fall 1 Tim.3:6.

It is clear that Satan has a following of like beings (for instance, Satan is call the "Prince of the demons" in Matt.12:24 and Matt. 25:41 mentions the Devil and his angels). At the fall of Satan, many angels followed him in that rebellion (demons are considered fallen angels). A third of the angelic host seem to have fallen with Satan according to Rev.12 (where the imagery of Satan as a "dragon" and angels/demons as "stars" is used).

Admittedly, the Bible does not communicate a great deal about the fall of angels. However, the subject of their fall does remind us of Paul's words that there is spiritual battle going on in our world. Our charge is to put on the full armor of God that we might stand our ground and be strong in the Lord (see Ephesians 6:10-18).

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.

November means Thanksgiving...and we're truly blessed

By Bob Crager



Q: Can all of the windows in a house be replaced in the cold weather months, or did we miss the boat by waiting until the summer and fall are just about gone?

A: Well...you've just about missed the boat! (just kidding) As Thanksgiving approaches once again, and the cooler weather makes its Fall/Winter 2012 appearance. As far as installing new windows when the temperatures have fallen below your normal comfort zone, that's not any kind of a problem for a full service glass dealer worth their salt. They just wear warmer clothes and get right out there and do what they need to do to help their customers be more comfortable with the extremes of our Kansas weather swings. It wouldn't be much help to you if you called during a cold snowy spell, and told someone your windows just fell out, and they said we would like to wait until it's warmer to come out to your house. Instead, they should be out to take care of you when you need them!

Now that the distractions of the national election campaigns are nearly behind us, and we're starting to feel the colder weather that nearly always comes in the month of November in Kansas, the timing is perfect to call and ask a full service glass dealer for an estimate on any or all of the glass work that you might be thinking you should have had done. If that's something you've put off for a while, you probably recognize that the conditions of your windows only get worse by ignoring them. Sometimes it's dry rot that begins to take its toll on your window frames. Sometimes there are leaks in the glazing around the window glass that allows rain to seep inside that seal, and rot from that begins to erode the wood of the window next to the glass panes. Many times the window might "look" okay from out in the yard, but a closer examination might prove to be eye opening, and alert you to the problems in time for you to have a repair done so that you can prevent a full replacement project. Windows are kind of easy to skip over right up until they've deteriorated past the point of repair. Don't do that, because it makes you feel "less than smart".

If your windows are of the "single

pane" glass variety, and you don't have "self storing storm windows" installed over them, you are undoubtedly losing a huge amount of energy for heating and cooling right through the glass,



pane" glass variety, and you don't have "self storing storm windows" installed over them, you are undoubtedly losing a huge amount of energy for heating and cooling right through the glass, which is one of the largest places for heat and cold losses or gains in your entire home. This single project, of installing those storm windows, will, without question, save you a large amount of money over a short period of time. There are actually calculations that can be done to show you how much you'll save on the energy bill over a specified period of time by having that window replacement project done sooner rather than later. They're based upon your usage prior to having the work done, and your comparative usage afterwards, and the cost of the fuel you're using to heat and cool your home. I can't think of a single family who had this work done that didn't benefit greatly from having a comprehensive window project done to their homes. With having someone come out, take a look, and give you an estimate of what the cost of the repair or replacement would be, now you can begin making plans to improve the comfort levels of your home. This time of year, it's especially good to button up the home from the weather elements trying to invade your space and keep them outside.

So, as Thanksgiving approaches once again, we believe that we should all be aware of all that's positive in our lives and be thankful for our many blessings. You might have heard this somewhere before, but we think nurturing an attitude of gratitude daily can be life enriching. In fact, a great way to share with family, friends,

and neighbors, might be to begin a tradition of compiling a written list of our blessings daily, during the days leading up to the Thanksgiving holiday. And when the family gathers

year. It's just one way to be mindful of those things that are important...really important in our lives.

From our families to your families, may you all enjoy a richly blessed Thanksgiving holiday, and may we all continue to cultivate our "attitudes of gratitude" with and towards those special people who make our lives "over the top" worth living! What more of a blessing could we ask for than that? 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.

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Setting up your eBusiness - series

(for previous articles in this series, refer to October '11 - October '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

typical Web video into an interactive video capable of displaying the hyperlink hot spots. They will however, work with merchants either using

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.ecommerceptimization.com and other sources, we talked about site optimization. This month we will continue and explore some of the latest trends, techniques and strategies.

I came upon an interesting new service for online sellers the other day. It is a new service offered by an interactive video design company... FlipSeek...who has recently released a very unique application which allows eCommerce store shoppers to click on items displayed within video content or catalog demos as a way to make product purchases directly from the interactive video. The product is called Live Link Video. It allows merchants to develop and implement videos in which users can click on hyperlink "hot spots" to either get product information or buy certain items highlighted within the video content (sort of similar to the transactional banners and shopping gadgets article we published). Adam Marino is President of Flipseek. Here's what he had to say about the Live Link Video new application...

"They send us the electronic video and we convert it by layering over the hyperlinks and adding the captions to it, and then saving it as a Flash file so it is compatible for everybody on the web to see it."

Flipseek apparently released Live Link Video on January 2nd after about two months in beta testing. Their specialty is not creating the videos, or implementing them into a merchants site, but is more about converting a



their own in-house video specialist or another third party ad agency. Once the merchant has submitted their video content to be converted, whether it be for a commercial, video tour, product demo or any other video presentation, the converted files are then returned in order to be implemented into the site design and content. Currently, the following video formats can be converted into a Live Link Video; mpeg, mpg, flv, mov, avi or wmv. The videos will then be converted to a standard Flash SWF file. Their standard delivery time to convert files is about 3-5 business days, however more complex projects can take longer. You can contact a representative to see if your project fits within the standard time frame.

Here are some other video uses suggested by Live Link Video...

- TV Show Product Placement
- Online Store Tours
- Commercials
- Online Infomercials
- New Product Showcases
- Movie Trailers
- Fashion Shows
- Cooking Shows
- Training Videos
- How-To Demonstrations
- Business Proposals

I am really impressed with how this



feature works and all the potential uses it has within the eCommerce space, especially if video marketing on the Web is already part of your strategy and you already have the content developed on your end. Video is already being implemented by several Hot 100 retailers and shows no sign of slowing down any time

won't unless you try it out, but please, be sure to have the necessary tools in place to track ROI. That's one thing I think a feature like this is lacking, a great way to track which videos are being clicked and how many purchases are coming from those clicks. It's something to think about. More next month...

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.



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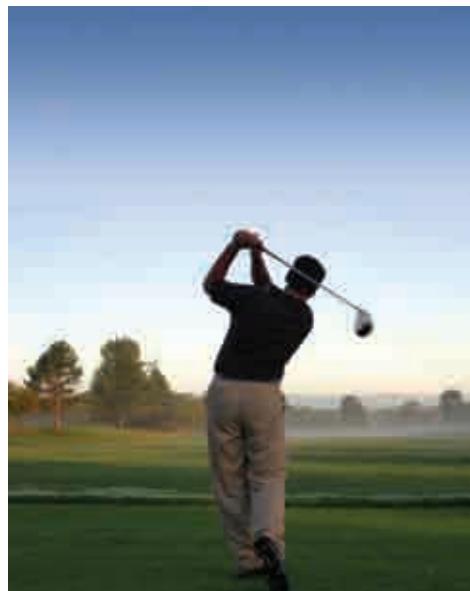
By Don Farquhar



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 golfers... the slice, and the other way the ball can bend badly...the hook. We have talked about what are called "fat" or "thin" shots, the in-to-out swing and recently about the most seductive and destructive medium in the game... that of the natural urge to act in the obvious way to achieve the desired result. The destructive side of this lies in the fact that in golf (as in many other things), the obvious way is not always the right way. This month we will continue talking about some more related topics.

HEEL SHOTS: On wood shots, the heel of the club, rather than the club face, makes contact with the ball, resulting in a miserable-looking ground ball to the extreme left. This can result from your weight being too far forward at impact. Try to keep weight more on your heels. Make sure you are not standing too close to the ball. Extend arms fully at address. This will help make sure that the clubface arrives in the proper alignment at impact. Heel shots, scoobies, go rights, or the dreaded "S" word are caused by one thing... "coming over the top." Coming over the top or swinging across your downward swing path is perhaps the most common swing fault in golf. The path or arc of the golf swing should be circular (about 45 degrees) on the backswing and a little



less circular (about 43 degrees) on the downswing. That variance in plane is called swinging inside. A great cure for coming over the top is to let your right shoulder (for R/H players) come UNDERNEATH your chin on your downswing. You may also feel that you are hitting the ball (in baseball terms) to right field. Dropping your right shoulder will free up the club to extend out toward your target and eliminate the possibility of a heel shot.

LOSING DISTANCE: If you are battling with a lack of distance, one of the first things you should concentrate on is releasing your hands through the ball correctly. Make sure that your forearms are close together at impact, and after impact, your forearms should form an "X" or be crossed. This will ensure that you are not blocking the ball, it will help with the slice, and will do wonders for your distance. Good points are: Be sure to make a full turn. Maintain a relaxed body with light grip. Keep left side firm with left knee bent through impact. Swing through the ball, not at it. Keep arms fully extended through impact.

POOR TEMPO: The problem comes from improper speed and timing of golf swing that produces errant shots. During the golf swing, all those moving parts must proceed with the proper speed and sequence to produce good results. This is called tempo. Poor tempo results mostly from swinging too fast, either out of anxiety or the desire to hit the ball as far as possible. To correct tempo problems, try to swing the club using the large leg and body muscles rather than your arms and hands. Hit with 80% of your power, using the same effort you would use with a seven-iron. Don't rush the downswing. Take a full coil, start the downswing with your legs and hips and let your arms drop into the hitting position before turning on the power.

More next month...

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 Titled 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.

Cantwell...From Page 1

the voters. Accumulating campaign contributions and protecting their own financial empires, regardless of risk to the security of the voters, seems to be the way to go for some representatives and senators.

We have a responsibility, a moral imperative, to work for the benefit of all Kansans, to strive to make life better for families struggling to make ends meet.

Q: What is your position on two of the hottest topics this political cycle, jobs and taxes?

A: What I always tell people is that we can work together, that we can truly work together with our old friend Joe. You know Joe: J-O-E--- Jobs, Opportunity, and Education. As a former teacher and coach, I know what it takes to provide a top quality education for Kansas students. Kansas public schools have endured several rounds of funding cuts, forcing districts to increase class sizes, lay off teachers, increase student fees, and cut services. Choking the life out of education does not help students prepare for life's challenges. Kansas legislators must uphold a constitutional mandate to adequately fund public education. We must restore school funding to adequate levels.

When folks earn diplomas, certifications, apprenticeships, technical grades, and job ratings, they can earn a good wage, a good salary, and maybe start small businesses. They provide for their families. They pay a fair equitable tax on income.

The corporate tax breaks pushed

through the Kansas legislature is unfair and will hurt working class people, the middle class, and especially the working poor. Many Kansans will lose tax credits and deductions. It's a real concern that the poor will see a tax hike, while the wealthy could receive big tax breaks.

Governor Brownback and his public relations surrogates try to persuade Kansans that this demented tax plan passed by unthinking legislators will solve our economic problems and spur job growth. Well, Brownback's experiment might succeed or be an abject failure. What is apparent to taxpayers is that the future is placed on the backs of students, seniors, and workers- people who struggle to provide decent lives for their families.

States without income taxes have higher property taxes and sales taxes.

Our first priority in tax planning should be to lower local property taxes for the middle class, working class families, and seniors on fixed incomes. If we do not control tax breaks for the very wealthy, property taxes will rise; temporary sales tax programs will become permanent; education funding and implementation will suffer.

"Walk with me.
Join the parade.
Let's get to work."



Patrick Cantwell is running for the Kansas Senate, District 30 position. Mr. Cantwell graduated from Kansas University with a Bachelor's degree in education, and from Wichita State University with a Master's degree in education. He was a High School classroom instructor and coach for 46 years, employee of the US Postal Service and was affiliated with the US State Department as a passport acceptance clerk and classroom instructor for 28 years. Mr. Cantwell also has served as a union official, officer, and steward. Mr. Cantwell has devoted his free time volunteering with the Salvation Army, YMCA, American Red Cross, Derby Recreation Center, Bel Aire Recreation Center, Park City Jaycees, Wichita Radio Reading Service, and various church groups.

COOKING AND RECIPES

Easy but delicious homemade soup

By Bonnie Aeschliman



Q: Now that the weather is cooler, nothing is more comforting than a really good homemade soup. Some recipes are long and involved, but do you have a quick and easy soup recipe that would serve as a main dish that most people would like? If so, would you mind sharing it?

A: I agree with you; it is hard to beat a really good bowl of soup on a chilly day. Just the idea of a pot of soup bubbling happily on the range and the aroma wafting through the house warms the spirit.

As I am looking through my file on soups, I realize some of my favorite ones have an Italian flair. I love all things Italian—the pastas, the sauces and, of course, the soups.

The most fabulous vacation I ever had was to Tuscany where we made great food in Chef Claudio's kitchen with local produce. I recall one trip to the market where we purchased ingredients for a cooking class and then returned to Chef's kitchen and created



several delightful dishes, including a fabulous soup supplemented with fresh basil, zucchini and tomatoes that grew rampantly in his garden

Here is my rendition of that soup;

it is healthy but hearty enough for a light meal when paired with a salad or a hunk of crusty bread. It takes less than thirty minutes to make but is delicious—I bet it may become one of your "go to" recipes.

Tuscany Tortellini, Spinach and Basil Soup

Makes 8 1-cup servings

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 large garlic cloves, minced
- 8-ounces fresh mushrooms, cleaned and sliced
- ¼ teaspoon dried crushed red pepper
- 3 15-ounce cans chicken broth
- 1 (15-ounce) can stewed Italian-style tomatoes, undrained
- 1 9-ounce package cheese tortellini (fresh or frozen)
- 1 to 2 cups thinly sliced fresh spinach leaves
- 2 tablespoons thinly sliced fresh basil (or 1-1/2 teaspoons dried basil)
- Salt and Pepper to taste
- Garnish: Freshly shredded Parmesan Cheese

1. Heat oil in a large heavy pan over medium heat. Add onion, garlic and mushrooms. Sauté until vegetables are tender, about 5 minutes. Add crushed red pepper; sauté for a few seconds until fragrant.

2. Add chicken broth and tomatoes; bring to a boil. Add tortellini; return to a low boil and cook 5 minutes or until ravioli is done. Stir in spinach, and cook 1 to 2 minutes. Then add fresh basil and simmer for a minute or two.

3. Season to taste with salt and pepper. Ladle into bowls and garnish with Parmesan cheese and serve.

Variation: 1 cup cooked, diced chicken may be added for a heartier soup if desired.

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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COMMERCIAL FURNISHINGS

Why are they called office furnishings?

By Don Swank



Q: I have been reading your recent articles on the vernacular associated with commercial furnishings. I don't know why someone hasn't done this before. Can you go a little further in your explanation? Why are they called office furnishings?

A: Let's see if the following will assist. The items that are used to provide functionality in an office (office furnishings) are often divided into three categories: office furniture, technology and office supplies. While office supplies are the smaller, often inexpensive, items that are used in, around, and on office furniture, the pieces of furniture are the major items that make up the furnishings of the office.

It goes without saying that offices vary in their needs. Nevertheless, there are some common pieces of office furniture that are customarily found. One is the office desk. For many people, their desk provides their main workspace, a place where they write, type, compute, read, answer the phone, and across which they may conduct interviews and hold meetings.

Desks may be made of wood, metal, plastic, or glass, but in most cases, unless they are specifically called "computer desks," they include a flat work surface — which may also hold a computer and/or monitor — and storage. The desks made specifically for computers may not offer storage. On desks that do have storage, there may be a drawer that has built in compartments, made for holding office supplies, while other drawers may have room for stationery and files.

Wood office furniture is available in a wide range of materials and styles to suit many different tastes as well as budgets. Wood desks, tables and shelving units designed for home offices or commercial spaces are sold in modern as well as traditional looks. Dark, light and every wood finish color in between is available in hardwood or less expensive wood office furniture.

Most wood office furniture falls into the category of either modern or traditional in style. Modern wood office pieces tend to have clean lines without detailed trim. Unlike traditional wood office desks that are rectangular in shape, modern versions may be round, oval or even an irregular

free-form design. Both types of office furniture are sold in a variety of colors and materials.

For example, cherry office furniture is available in light or dark finishes. A quality hardwood, cherry is known for its durability as well as beauty. Traditional wood office furniture may have finely detailed touches in a dark cherry finish, while modern pieces in a lighter tone of the same wood may feature very straight lines and a plain surface. Oak is another popular hardwood for offices, as it is strong and durable with a medium to light color that tends to work well with many decors.

A hutch may be available with a desk. Hutches also provide storage, but they are likely to have space for books and CDs, with perhaps some letter size shelves on which projects can be stored. Some have a cabinet, as well. Desks have a few characteristic shapes. They are often rectangular, but may also be L-shaped, or U-shaped.

Four alternatives to the desk are now common. Computer carts and computer stands — compact pieces of furniture that hold a computer and monitor — can serve in place of a desk when room is at a premium. These pieces of office furniture are designed for efficient use of space and are often on wheels so they can be relocated, if necessary. While the cabinets often include at least a bit of extra storage space, the stands often do not.

The armoire has also been adapted from its use as a storage cabinet or pantry into a computer center. It combines the benefits of the computer cabinet with more space, and many armoires have the ability to hide all they hold behind their doors. This can be a boon for an office in the home. Lastly, some people find that a table works for them as a desk, as well as a meeting and staging area. This can also be an attractive choice for a home office, because the table may be able



to be used for other purposes.

A natural piece of office furniture to go with the desk is a chair. There are several different kinds of chairs that may be found in an office. Executive chairs are expensive desk chairs, often featuring leather upholstery, and generally having higher backs and more adjustments than other chairs. Managerial chairs are a step down from the executive chair, and here the focus

including filing cabinets, and shelving. These are available in a variety of materials, including wood, resin, laminate, and metal, and in many sizes and styles. Meeting tables and coat racks are two other items of office furniture that can help complete the furnishing of an office. Guest chairs — comfortable armchairs without wheels for visitors from outside the office or for colleagues who have come in for a meeting are another frequently found item.

Next month I will talk a little more about the various types of wood, stains, fillers and uses.

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

is on ergonomic features. Specialized chairs with extra height to fit a drafting table are available for drafting, with or without arms, but with a foot rest.

Office furniture for storage can take the shape of bookcases, cabinets

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CARPETING, TILE & FLOOR COVERING

How do you get rid of that "musky" smell?

By Jason Jabara



Q: I read Josh's article last month when he talked about things to consider when putting floor covering in a basement. Tell me, how can we get rid of a "musky" smell in our basement. What about carpeting?

A: There are quite a few options available to you. The musky smell is caused by moisture and bacteria. It is important to make sure your basement is well ventilated. Check the drainage around your house and try to landscape the water away from the house as much as possible. It may also be advisable to have a dehumidifier installed. This is a machine that actually pulls the water out of the air. Once you have these things done, the selection of the proper padding and carpet is crucial. There are some pads that will actually resist the growth of bacteria. So when you start the decision process on selecting you flooring, it is important to select an anti-bacterial carpet pad that is specifically made to be

resistant to bacteria growth. This way it is neutralized before it can grow and start to smell. There are also carpets that are infused with colloidal silver. The colloidal silver kills the bacteria and keeps the room smelling fresh. These are premium carpets and they are offered in a variety of styles and colors. With these techniques and all of the different varieties and different styles available to you, you will be able to have a beautiful basement free from that annoying musky smell.

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.jabaras.com.

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November 1, 2012

The Q & A Times

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HOME REMODELING AND IMPROVEMENT

What is granite and it's uses?

By Jason Huang



Q: What is granite and what is it usually used for?

A: The term "granite" is used to cover a group of related stones, all of which have their origin deep in the earth's molten mantle. As this extremely hot liquid material rises and cools, it forms a crystalline, granular structure, hence the term granite. Granite and other granite-like stones are formed of very hard minerals such as quarts, feldspar and mica, which are fused together into a very hard stone ideal for kitchen countertops because its polish is resistant to acids such as citrus and vinegar and is hard for resisting scratching from knives, pots and pans.

Granite is commonly used for countertops as well as for floor tiles, wall tiles, and other surfaces such as fireplaces, columns, balustrades, water tables, steps, thresholds & windowsills. It's much harder than marble and can be used practically for anything in your home or business.

Today's designers choose granite

as the ultimate custom countertop material. Every home magazine features natural stone over other plastic or artificial products. And thanks to our improved fabrication processes, natural stone is also priced competitively with other solid surface alternatives.

Q: Why is it a good choice to have a granite countertop for the kitchen?

A: Because granite is a very hard stone that's formed at very high temperatures deep in the earth, its polish is not subject to etching by household acids, or scratching by knives, pots and pans. It's unaffected by typical kitchen heat, such as hot pans, or spilled liquid.

Q: Can granite countertops be damaged?

Like any solid surface, high impact blows can harm granite countertops. Because of its crystalline structure, it can chip if subjected to sharp hard objects. Unsealed, granite countertops can absorb stains such as oil, which can ultimately cause dark spots or discoloration. Heat from pots and pans or burning liquids will not affect

granite countertops under normal circumstances.

Q: What is flamed granite?

Granite is flamed by applying blowtorch-strength heat to the surface of the stone. This causes the surface to melt and some of the crystals to shatter, leaving a highly textured surface which is ideal for exterior paving or wet areas for non-slipperiness.

Q: What is honed granite?

A: Strictly speaking, granite is called "honed" when the polishing process is halted just before a reflective shiny surface is achieved. This gives a softer, matte appearance to the stone.

Q: My little sample of granite has pits on the surface - will I have these on my granite countertops?

A: Granite, which is crystalline in structure, always has tiny pits - spaces between the various mineral crystals. You don't see them on a larger piece because the overall appearance is polished and mirror-like. Granite countertops sometimes have natural fissures as well, which may look like cracks, but are not structural defects and are a naturally occurring result of the immense heat and pressure which formed the granite millions of years ago. These characteristics are part of the natural beauty of stone and will

not impair the function or durability of the material.

Q: Can I cut on my granite countertop?

A: Yes. However, granite is harder than your knife blades and will dull them quickly, if you use the countertop as a cutting surface, also, if you do not seal your countertop as required (at least once a year; every 90 days for heavy usage), you could potentially stain them. NEVER CHOP on your countertop. While it is unlikely you will damage your granite countertops, it is possible. It's a reliable routine to always chop on a wooden or plastic cutting board

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

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Summaries...From Page 4

Opothleyahola and his band moved off in search of security elsewhere. Although the Confederates had gained a victory, they would win a resounding one later in the month at Chustenahlah.

Result(s): Confederate victory

Honey Springs

Other Names: Elk Creek, Shaw's Inn
Location: Muskogee County and McIntosh County

Campaign: Operations to Control Indian Territory (1863)

Date(s): July 17, 1863

Principal Commanders: Maj. Gen. James G. Blunt [US]; Brig. Gen. Douglas H. Cooper [CS]

Forces Engaged: District of the Frontier [US]; 1st Brigade, Native American troops [CS]

Estimated Casualties: 716 total (US 79; CS 637)

Description: Union and Confederate troops had frequently skirmished in the vicinity of Honey Springs Depot. The Union commander in the area, Maj. Gen. James G. Blunt, correctly surmised that Confederate forces, mostly Native American troops under the command of Brig. Gen. Douglas

H. Cooper, were about to concentrate and would then attack his force at Fort Gibson. He decided to defeat the Confederates at Honey Springs Depot before they were joined by Brig. Gen. William Cabell's brigade, advancing from Fort Smith, Arkansas. Blunt began crossing the swollen Arkansas River on July 15, 1863, and, by midnight on July 16-17, he had a force of 3,000 men, composed of whites, Native Americans, and African Americans, marching toward Honey Springs. Blunt skirmished with Rebel troops early on the morning of the 17th, and by mid-afternoon, full-scale fighting ensued. The Confederates had wet powder, causing misfires, and the problem intensified when rain began. After repulsing one attack, Cooper pulled his forces back to obtain new ammunition. In the meantime, Cooper began to experience command problems, and he learned that Blunt was about to turn his left flank. The Confederate retreat began, and although Cooper fought a rearguard action, many of those troops counterattacked, failed, and fled. Any possibility of the Confederates taking

See Summaries...Page 23

The Importance of water for good health

By Ed Martin



Q: In your column, you always talk about the importance of drinking alkaline water, but I know my stomach is acidic. Don't they cancel each other? Why is drinking alkaline water so important for good health? I want to be healthy, but all this gets confusing to me.

A: If scientists want to determine if life can exist on another planet, their first priority is to determine whether or not water is present. Why? Because life on earth totally depends on water. A high percentage of all living things, both plants and animals, live in water, and all life on earth is thought to have arisen from water. About 70 to 90 percent of all organic matter is water. The chemical reactions in all plants and animals that support life take place in a water medium. Water not only provides the medium to make these life sustaining reactions possible, but water is often an important reactant or product of these reactions. What does all this mean? In short, the very chemistry of life is water chemistry.

When we talk about the benefits of drinking ionized water, we are talking about benefits to your body based on the chemistry that is happening within your body. After all, your body is mostly water, and understanding some of your body's water chemistry will help you understand how your body works.

Some people question the validity of drinking high pH ionized water. People with some knowledge of the human body, including medical doctors, will ask, "What happens to the high pH alkaline water once it reaches my stomach, which is highly acidic?" Allow me to answer that question once and for all.

In order to digest food and kill the bacteria and viruses that come with food, the inside of your stomach is highly acidic. It maintains a pH of around 4. When you eat food and drink water, especially high pH alkaline water, the pH value inside your stomach goes up. This causes a feedback mechanism to tell your stomach walls to produce more hydrochloric acid to bring your stomach's pH back to 4, and make it more acidic again. If drinking alkaline water causes the stomach to secrete more hydrochloric acid to maintain a

pH of 4, it sounds like a losing battle. Right?

Well, when you understand how your stomach makes hydrochloric acid, your concerns disappear. You see, there is no hydrochloric acid pouch in your body, because if there were, it would burn a hole in your body. The cells in your stomach wall must produce it instantly on an as-needed basis. How do they do it? By combining the ingredients carbon dioxide, water, and either sodium chloride or potassium chloride.

I was never very good at chemistry, so I am not going to bore you with trying to explain the chemical formulas. However, the byproduct of your stomach making hydrochloric acid is either sodium bicarbonate or potassium bicarbonate, both of which go into your blood stream. These bicarbonates are the alkaline buffers that dissolve solid wastes into liquid form and that neutralize excess acids in the blood, helping to maintain the blood's pH at 7.4 as we have discussed in previous columns.

As your body gets old, your levels of these alkaline buffers tend to get low, creating a condition known as acidosis. This happens naturally as more acid wastes accumulate. There is, therefore, a relationship between the aging process and the accumulation of acids. The older we are, the more we need to be drinking alkaline water.

By looking at the pH value of your stomach alone, it would appear that the value of alkaline water never reaches your body. However when you look at your body as a whole, there is a net gain in alkalinity from drinking alkaline water. By nature, the cells of

your body are slightly alkaline. In order to maintain balance, your cells cannot produce acid without also producing alkaline, and vice versa. This is similar to the operation of a water ionizer which cannot produce alkaline water without also producing a stream of acid water.

When the pH of your stomach gets higher than 4, your stomach knows what to do to lower it. However, if the pH of your stomach goes below 4 for any reason, your stomach does not know what to do. That's why people take Alka-Seltzer, which is alkaline, to relieve acidic stomach gas pain. In this case, hydrochloric acid is not produced by the stomach wall, and therefore, no alkaline buffer is being added to the blood stream.

I will give you another example of a body organ that produces acid in order to produce alkaline. After the food in the stomach is digested, it must pass through into the small intestine. The food at this point is so acidic that it will damage the intestinal wall. In order to avoid this problem, the pancreas produces an alkaline fluid known as pancreatic juice. This juice is sodium bicarbonate, and it mixes with the acidic food coming from the stomach to create a more neutral pH. From

chemical formulas we can prove that in order to produce bicarbonates, the pancreas must also make hydrochloric acid, which goes into the blood stream.

We often experience sleepiness after a big meal which occurs when the digested food is passing from the stomach into the small intestine. That's also the time when hydrochloric acid is being produced and entering the blood stream. Hydrochloric acid is the main ingredient in antihistamines that causes drowsiness.

Any alkaline or acid produced by the body must have an equal and opposite acid or alkaline also produced by the body. Therefore there is no net gain. However, alkalinity supplied from outside the body, such as by drinking high pH alkaline water from a home water ionizer, results in a net gain of alkalinity in your body chemistry.

Maintaining good health means keeping your blood's pH as close to 7.4 as possible, even though age, many dietary factors and environmental factors tend to push most people's pH downward. As your body's pH moves lower, it creates an environment that is more inviting to disease. Drinking high pH alkaline ionized water helps raise your body's pH back to more normal and healthier levels. That is why drinking alkaline water from a home water ionizer is so important. Your health may depend on it.

Ed Martin is owner of Healthy Choices, Inc. of Wichita. Ed has been involved in the energy and health fields for over 30 years, focusing on pioneering new technologies and bringing cutting-edge products and services to the marketplace. You can reach Ed at; 316-207-7343, or by e-mail at healthychoices1@cox.net.



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also embarrassed for him and for the sponsors that presented the event, I chose to remember another comment he made that same day. He said, "If the American people are properly informed, they will most always make the right decision." In my article this month, I will try and provide as much proper information as possible, and ask for your help doing something we all need to do.

It is shocking and stunning to me when I consider the amount of time, energy and effort that has been spent on worthless rhetoric from both the Obama and Romney campaigns. Nothing of what is being proposed will work *to the extent it needs to work* insofar as solving our nation's biggest domestic problems...balancing our budget; stopping deficit spending; paying down the debt; creating jobs; getting the economy moving again through the creation of a pro-business climate; stopping the waste, fraud and abuse; keeping us strong as a country with a strong defense; and putting firm footing under the entitlement programs of Medicare, Social Security and Medicaid. I know, by now you have to be sick and tired of hearing about all of this stuff, but hopefully this article will be a breath of fresh air...because I am not just going to talk about these things...I am going to give you some solutions for these problems that can be implemented within 60 days. Then I will tell you what each of us needs to do. Please stay with me.

I am not sure who it was that was the first to say in this presidential election, "If we ever needed leadership, we need it now," but truer words have not been spoken in a long time. We must have a team in place that understands solving these problems is its most important affair. This team must adhere to the modus operandi of, "Plan the work...work the plan." But with all of what Washington has been for so many years, and with what these two campaigns have been saying, it doesn't look to me like this is going to happen. Let me tell you why...

May God bless him, but President Obama doesn't have a clue as to how to go about solving these problems. He hasn't had any kind of a plan since he was first elected in 2008. His idea of a business plan is a set of drawings for an office. Since the first order of business is to "Plan the work," and he has no plan...nothing is going to get done in these problem areas. And, as I stated in the October issue, his eyes are on a *much bigger*

prize...one we can't get into now. The Benghazi embassy situation, leaving 4 Americans dead, including our Ambassador, Christopher Stevens, with all of the lies, distortions, deflections and cover ups...is reprehensible...and so representative of the arrogance and manner in which he has run his administration, in so many areas and on so many fronts...domestically and globally. He and his team have not earned the right to be re-elected...end of story. Is Governor Romney and his team any better? Fiscally? Yes. And there is something to be said about "pulling a quarterback who is flailing" and putting one in the game who is "chomping on the bit" on the sideline. Other than that, I can't promise a lot. I just know he would be better than what we have for the shape we're in. Sadly, Governor Romney, his team and their plan won't fix what needs to be fixed either. After months of listening to his handlers about not being specific, he is now getting more so about what he says he will do, but there's no "beef" in what he advocates. His getting more specific amounts to saying, "We will have some vegetables for dinner," instead of saying, "We will have dinner." I understand specificity gives fuel to the opposition for its attacks, but you have to present it in a way that cannot be attacked or refuted like, "Surely you will agree that the sun comes up in the East, don't you?" It can be done. Governor Romney is now saying his plan will be to reduce all tax levels by 20%, while closing most of the deduction loop holes. This isn't the brightest plan ever advanced. Does he say it will bring in more revenue? No. Does he say it will cause more jobs? No. Does he say it will take care of our entitlement programs? No. Does he say it will solve our housing crisis? No. He throws out a blanket, political statement like this thinking it will be a "seed that falls on fertile ground," and all it is...is more "worthless rhetoric." His 5 point plan of committing to energy independence, deficit reduction, education, improving foreign trade and championing small business by cutting taxes and regulations is equally unspecific. It's the same thing we have gotten from President Obama since he began running in 2007.

Governor Romney, there are a lot of us ready for any kind of change over what it has been...but tell us what you are going to do in these problem areas...and present us with the numbers proving why your solutions will work. I have stated frequently in this column that there is no business in the world bigger than the US Government. Calvin

Coolidge said it best in 1925, "The business of America is business." We need someone in charge immediately who understands business more than we need anything; but Governor Romney, what business did you ever run successfully, that when you were asked, "What are you going to do to increase sales?" did you reply, "We are going to reduce our prices"? Is this all you've got? How is this going to solve the problems? There isn't a board of directors on the planet that would accept such a statement from the company's CEO without documentation as to what it will do for increasing revenue.

In the 2008 election, we had a guy who couldn't recite a simple, four-line poem written in iambic pentameter without stuttering. So we elected a guy who baffled and dazzled us with his "big hat no cattle" promises, of which if 1 in 25 have been kept, I will buy you a hot dog. This time, we have a guy to run against him, managed by a bunch of handlers in Massachusetts, who have to be as stiff-necked as any I have ever seen, who have been told by thousands what to do, but who are seemingly going to ride this deal down into failure. Maybe...maybe not...but it looks that way to me. I am writing this article before the final debates are finished, and you will be reading it after they're all finished...so maybe something big will happen...like the parting of the "Red Sea," before the election...but even if it does...the American public deserved better than to have to wait for it until election eve. So...unless this big deal occurs...I don't think it makes much difference who wins, insofar as solving these problems, because neither side has the solutions that will solve them, and a divided government (where one party does not control the House, Senate and White House) is in store for us again. The only things we have to be concerned about are the executive orders that will be made (President Obama has made almost as many in 4 years as President Bush made in 8 years), and the appointments of anywhere from 2 to 4 Supreme Court Justices over the next four years. These two things will change our country more than anything has ever changed it before, but without some immediate, fiscal-management tools put into place, we may not last long enough as a country to be affected by them. How sad is this?

For now, I will submit, it is more important than anything for each of us to know what needs to be done, and to voice these aggressively to our

elected leaders when they commence wasting time again on the things that will not work. We cannot afford to have things *locked in neutral* for four more years, with partisan politics...bickering...and demonizing one side against the other. If they are, we will not be here in 2016 as we are today. Surely, somehow we will avoid going over the "fiscal cliff" that will take place after the elections, and before the end of the year...even if we just "kick the can down the road" for a few months. After all, procrastination is something our elected officials do better than anything else. But when all of the nonsense begins again, with all of the worthless rhetoric...we must mount a cry together, ***"Say it ain't so Joe. We've had enough. We are out of time. We need to do something and do it now. If there is one thing you have all proved, it is that none of you are the 'sharpest knife in the drawer.' Listen to us...the people! It is time to be a public servant...instead of a party servant."***

As I said earlier, nothing of what we have heard from either side will work. The Romney/Ryan ticket advocates cutting current spending by \$250 Billion per year; cutting tax rates by 20%; and closing loopholes and deductions. These will leave us \$32 Trillion in debt by 2022, and this assumes interest rates stay as they are, which is impossible with all of the money the Fed has printed and is continuing to print. The Obama/Biden ticket advocates keeping spending as it is (going in the red more than \$1.2 Trillion per year with current spending, and even more when figuring in Obamacare); increasing income taxes on those individuals making \$200,000 per year and couples making \$250,000 per year from 35% to 39.6%; and taking capital gains taxes up from 15% to 20%...or higher; plus a myriad of other tax increases to individuals and businesses. This will leave us \$43 Trillion in debt by 2022, again assuming interest rates stay the same. Can you imagine what either scenario would be if inflation of 10% hits us...or hyperinflation of 20% or more? The "fat lady" will have sung.

Below are the things that will work. They must be implemented immediately. They can be implemented within 60 days...and no, I am not crazy. Do you remember how quickly America united following the bombing of Pearl Harbor as we entered World War II? We haven't seen this kind of patriotism and unified effort since. While nothing can equal the tragedy

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of such a terrible loss of life; we need that same spirit in each of our bellies for this fiscal tragedy now. We are Americans. We still have the ability to do this. It is as much a part of our souls as our love for our grandparents, parents and children, and our love for the great country in which we live. Our very way of life is at risk...and that of our loved ones. We need it now... and with the right strategies, solutions and rallying cry...we can do it. Here are the things we need to *vociferously* profess and support:

We must have more revenue.

Increasing taxes on the wealthiest will not do it. The only way to get it is with an immediate, general tax reform.

Our present tax system is broken. Even if the most wealthy Americans would have their taxes increased by 25%...and NO ONE is advocating this...it would not bring in enough revenue to cover what we are spending. We would continue to run Trillion dollar deficits, thereby running up the national debt even further. We have to change the basis of our tax system. We do that by abolishing every federal tax we have in place...personal income tax, corporate income tax, capital gains tax, Medicare and Social Security taxes for both the individual and the company, estate tax, gift tax and excise tax. We replace these taxes with a FairTax of 23% on every new, personally-consumed product and service in the United States, with no exemptions of any kind. This FairTax would be collected at the point of sale by the seller of the product or service. One fourth of one percent would be retained by the seller, then the seller would immediately send the balance on to the state. The state would retain one fourth of one percent and immediately send the balance on to the Federal Government. There would be no FairTax on business-to-business transactions of products or services. There would be no FairTax on used products.

Each head of household (individual/family), regardless of income, would receive a monthly pre-bate payment to pay the FairTax equal to poverty-level expenditures to enable the necessities of life (food, medicine, clothing, etc.) This monthly, pre-bate payment is based upon family size only. It is not based upon income. There is no "means" testing for this pre-bate payment. Every American citizen qualifies for it.

Imagine, each of us paying no more Federal Taxes for anything. Imagine

your take home check being gross wages, or nearly gross wages, if there was no Federal Withholding, no Social Security, no Medicare, and no Federal Tax deductions of any kind. Imagine businesses putting all of their capital into the purchase of new equipment, locations and employees, instead of peeling off a huge chunk for all of the Federal Taxes. How fast would our economy (gross domestic product-GDP) grow? How many jobs would be created? You know how some of us pay estimated quarterly Federal Taxes? We would not do this any longer. How many tens of millions of dollars have been spent on the debates and politics over the past 3½ years, of all of these different federal taxes, that would be moot if this FairTax was enacted? Extension of the Bush Tax cuts...moot; estate tax...moot; Social Security reform...moot; Medicare reform...moot; increasing taxes on the rich...moot; increasing taxes on business...moot; Capital Gains tax...moot; and so much more...all moot. Take away all of these and ask yourself, "What would we have gotten accomplished if our elected representatives had not spent all of the time and money on these things that they did?"

Would the FairTax generate the revenue we need?

Yes. To begin with, it would bring in \$800 Billion more than what we're bringing in today. In 2012 total revenue from all sources will be \$2.2 Trillion. Our GDP is approximately \$16 Trillion. 81% of our GDP is personal consumption, which equates to \$13 Trillion, on which the FairTax would be assessed. 22.85% of this (which is the percentage after the seller of the product/service and the state take their one fourth of one percent) comes to \$3 Trillion. That works out to be \$800 Billion more than what we take in now! But revenue would significantly increase thereafter! Why? Because there would be no payroll taxes (Medicare and Social Security) for business, no corporate income tax, no Federal excise taxes and no other Federal taxes. Business in America would boom. Businesses from around the world would stand in line to do business here. We wouldn't have to worry about our balance of trade. Exports would far exceed imports. We wouldn't have enough people for the jobs it would create. Instead of our GDP growing at the anaemic levels it has of an annual rate of less than 2%, try plugging in a FairTax of 22.85% on 81% of our GDP with a 3% growth rate, 4% growth rate, or even a 5% or more growth rate. A 5% increase

in GDP of \$16 Trillion would bring in more than \$3.2 Trillion in revenue immediately. A sustained 5% growth rate in GDP would bring in more than \$5 Trillion...annually. This would be real revenue...and the HOTTEST and most VIBRANT economy we have ever seen in the history of this country.

Why would we want to help business?

For not only the reasons that are listed above, but as business thrives, more and more people would make more and more money...owners and employees alike. The more money they would make, the more they would spend. The more they would spend, the more FairTax revenue. People who make the most in business, like owners and upper management, would pay a 23% FairTax on every new product/service they buy, with no exemptions. There would be no more "biggies" that escape paying taxes. This is the progressive tax we have all looked for. People who make more spend more and would pay more in FairTax. People who make less spend less and would pay less in FairTax.

But since most people, including the very poor, do not pay any income taxes now, how would they be able to afford an additional 23% consumption tax?

First, to those employed, no one would have any more Federal Tax deductions on their pay check. They would receive gross pay instead of net pay after these deductions. If the current, take-home, household income of a family of four is \$50,000, this alone would put nearly \$10,000 back into their hands (enough to pay the FairTax on more than \$43,000 worth of new products and services purchased during the year), which is almost all of what they would have to spend in the first place. Second, there are the monthly pre-bate payments based solely on household size. The Federal Poverty Level Spending for a family of four in a household, for the essentials, is approximately \$22,000. 23% of this is \$5,060. To those who are on a lower amount of take-home, household income...say for instance the \$22,000, their monthly pre-bate payment will pay the 23% FairTax on all of the new products and services they purchase in a year. With the monthly pre-bate payment and no other Federal taxes like Medicare and Social Security, this would be "expenditure neutral" for all lower income households. And remember, no one pays the FairTax on used products they purchase, so it could even be an increase in disposable income for lower

income households. This monthly pre-bate payment program would cost the country approximately \$460 Billion per year. I will tell you how it would be paid for in just a bit.

What would we do about cutting spending?

After observing Washington for the past dozen years or more, I am now convinced, a balanced budget amendment will not work. We must go further. You see, a balanced budget amendment will never get us out of the problems we're in, as it would limit spending to what we take in, and at best...Washington would spend all we take in. With all of the revenue this FairTax would bring in, we cannot spend it all. We must have a surplus to pay down the debt and regain the confidence of our foreign creditors as well as those Americans who hold US Debt. We would therefore have a "Spending Cap Amendment," of 17% of the GDP. As this FairTax would begin to blossom, we would be able to spend more, because 17% of a bigger number is a bigger number to spend, but we would hold to the 17% cap of GDP. This one move would restore our global credit rating over night; put lobbyists to work doing something to affect our GDP instead of what they are doing; wipe out the deficit; build a surplus to shore up our entitlement programs; and pay down the national debt in an accelerated fashion from this point forward.

With no more federal taxes, what will happen to all of the tax attorneys, CPAs and IRS agents that will no longer be needed for what they were doing, or primarily doing?

Some of them are going to have to find something else to do, or something else to do in addition to what they do. This is taken care of too. Every existing tax attorney, CPA, Income Tax Preparer and IRS agent, who opts-in during a limited and defined registration period, would be given full access to all of the information on every dime that is being spent and planned to be spent by the Federal Government. Each of these could apply their unique talents and skills to stopping waste, fraud and abuse. It has been estimated by those on the right, left and in the middle, including our President, that 20% of what we spend goes to waste, fraud and abuse. This is in excess of \$700 Billion per year. If there are 100,000 tax attorneys, 50,000 CPA and Income Tax Preparers, and 100,000 IRS agents that opt in (and that would include all of them there are opting in); and we would give them each

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25% of what they are able to save for the waste, fraud and abuse we no longer have to pay, each would easily earn more than \$500,000 per year. This should provide each of them with a pretty good living while directly contributing to our country's bottom line with the 75% we don't pay out to them as savings (reclaimed). Can't you just see those people and entities that these folks go after for this waste, fraud and abuse? Once the abusers see them coming...they would hold up their handkerchiefs in surrender and say, "I'm sorry. I will give it all back." They might be able to reclaim all of the \$700 Billion. These folks would only be added to the unemployed if they do not have the skills and talents we and they thought they did, or if they do not want to work. This reclamation, plus the immediate increase in revenue from the FairTax of \$800 Billion, plus all of the savings of what experts say it costs to collect, manage and enforce our current tax system of \$462 Billion per year, would pay the \$460 Billion for the monthly pre-bate payment to every household in America described earlier, plus our entire national defense budget, and all of the interest on our national debt. Keep in mind this is at the *onset...before* we experience the dynamic growth in our GDP and the *increased* revenue that will occur because of it.

By the way, isn't it a shame that we spend \$462 Billion a year to manage, collect and enforce our taxes on our current system, and have absolutely nothing to show for it to ourselves and the rest of the world? Do you know that the 22nd largest economy in the world is Sweden, and their entire GDP is \$457 Billion! We waste more on managing, collecting and enforcing our taxes than Sweden produces.

What other problems would or could be solved with these in place, and what other stances would we take domestically and globally?

Illegal Immigration - No one in their right mind, with a thimble full of compassion, would send 14 million illegal immigrants back to the country from which they came. Yes, it wasn't right that they came here in violation of the way they were supposed to come here; but who committed the bigger sin? If a child isn't supposed to push a chair over to the cookie jar, climb up and get a cookie, and one time Mom dusts the child's britches when she sees the child do this, and the next time, when on the phone, she shakes her finger at the child...mouthing

"No,"...the child is confused. How is the child supposed to react? The messaging was inconsistent. Both the government and the companies that employed the illegal immigrants were wrong for not enforcing the laws on the books and failing to comply with them. What were the illegal immigrants supposed to do? The messaging was inconsistent. The child is confused. The illegal immigrants are confused. They are already here. We would get them an ID card and let them stay and work. Their ID number would put them in the back of the line with all of those waiting to become citizens, but they would continue to stay here and work until their number came up. There would be plenty of work to go around. This country is going to be great again. They would know that if they violate the law, they would be sent back to where they came from and never be allowed back. This would work for most of those contemplating such a violation. The rest are all good people to begin with. We would enforce the border so no more would come in without doing it the way our laws on the books state they have to do it, but we would take care of those already here. In regards to social benefits for them, we would let this new tax reform work and we would be able to afford it. We wouldn't have to worry about it. After all, if there are 14 million illegal immigrants here now, that's only a 4% increase in our population. What would we do with a 4% increase if it came from within our borders over a 10 year period, which is what has occurred with the illegal immigrants over the last 10 years? Would we tell them there is no room or benefits for them? Would we load them up and ship them to the Outback Area of Australia or some other country that would take them? Most all of these people who came here illegally are good people. God made them just like He made you and me. We need them. They did what anyone would do in their situation. They looked for something better than what they had. No one stopped them. They have put roots down here. They have families now. We would put them to work and let them provide for their families, while being placed on a pathway to citizenship.

National Defense - We would adopt and adapt a national defense policy that would work in synch with our credo, God and our resources:

1. We believe in peace through strength. Don't mess with us and any of our allies...including Israel. If you mess with them you mess with us.

2. Respect our citizens that reside

in your country, and those of other countries. Consider us like the reformed "bully" on the playground. While we could whip any one of the "kids," we have chosen for now not to do so. But if someone messes with one of them, we will do whatever it takes so it will never happen again.

3. We're not into nation building. This is where our involvement in the business of those we assist...ends. We would make things so you could rebuild your own nation.

Foreign Aid - We would recognize what countries can do and cannot do in their own countries. We wouldn't ask them to do something they cannot do. But we would expect them to do everything they can do. We would be there to assist, but don't jack with us. Take care of business and we would be there for you. We would only provide aid to countries who always have the best interests of the USA in mind. Play both sides of the table and you can "color us gone"...immediately. We would take the aid we were giving you and use it to pay down our national debt...and we would send you a big "thank you" along with our "good-bye."

Energy - We stand for energy independence. Far too many decisions of our blood and treasure have been made over the past 50 years based upon getting our energy from somewhere other than our own resources. If we have shoddy practices in place while going after this energy, kick those companies to the curb and get on with being energy independent for those that know how to do it right. We wouldn't let someone "without manners sit at our table at 4 H Camp." We wouldn't let someone work in the energy business who is messy and has no "manners" either. Abundant and affordable energy will always be a centerpiece of our economy. Get out of the way and let it happen...domestically.

Help The Poor and Disenfranchised and They Would Help Too - We would see a brand new and vibrant economy. There would be plenty of aid for all of those who could not help themselves; but if they are not sick, between the ages of 18 and 65, and could work, even if they are disabled, in order to continue receiving the aid...they would do what they could do or they would not receive the aid. And don't tell me the disabled cannot work. They are some of the best employees...and among the most loyal. I have worked with them and more than a dozen Wichita companies for whom they work for many years.

They want to help too. Everyone who isn't sick can do something that the Federal Government is now paying to have done. These include things like relieving a home care aide that is being paid by Medicare or Medicaid; sewing a uniform; stuffing envelopes at home; picking up litter on a highway; assisting in any type of infrastructure work for which they are qualified; sorting mail for the post office; cleaning buildings; washing vehicles; doing laundry; anything the Federal Government pays for now. They pay approximately \$37.50 per hour for this type of work. How do I know? Because the average rate paid by the private sector for these things is \$15 per hour, and the Federal Government, because of all its waste, fraud and abuse, averages paying 250% more for things than what you and I pay. That works out to \$37.50 per hour. Now watch these numbers work. There are 320 Million Americans. 23% are under 18. 13% are over 65. That leaves 205 Million Americans. Of these, approximately 35% receive government assistance from "means-tested" programs like food stamps, housing assistance and Medicaid, and another 14% are on Social Security Disability (SSDI). That equates to 100 Million Americans. Let's say 5% of these are sick at any given time and cannot work. That leaves 95 Million Americans. If each of these gave only 2 hours per week in these kinds of services, reducing the Federal Government's expenses, it would save \$370 Billion per year. If each gave 4 hours per week, this one move could save us \$740 Billion per year, which would wipe out more than 60% of our deficit! Imagine the strength and camaraderie of our country with everyone who can...giving something to help out...in time, talent or treasure.

Let The Free Market Work - Entrepreneurism and the free market have made happen what we all enjoy in America today. Yes, greed has crept into much of it and this is unacceptable in anyone's book, but the original statement is true. Products and services that survive the test of consumers, that continue to cater to the needs of consumers, that are priced affordably and competitively...will flourish. Those that are not will be tossed aside. That's the way it's been since our country began. This is how it always must be. Health insurance is a big part of this. Obamacare has little to do with health insurance. Rather, it is a massive, 2,300 page, redistribution

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of wealth program packed full of more regulations than anyone has been able to count. It will cost hundreds of billions of dollars. It will not save anything. The bureaucracy required to run it will make every other program in the country seem like a local chapter of FFA. Obamacare must be repealed...and this time...done properly...without the shoddy way it was put into effect the first time. We would have a solution for health insurance in place that works for every other product and service in every other segment of our society. Disregard state boundaries. Let buyers of health insurance shop for the best plan there is for them in the country, their families and their situations. Eliminate pre-existing conditions, and the dollar and time limits of benefits. If you are an insurance company and in the insurance business, you take them all...both those with "hiccups" in their health and the healthy ones. The principle of insurance works best for all when the risk pool is large. Companies that control their costs and take care of their insureds will prosper. Those who don't will fall by the wayside. Individual and corporate greed is bad...but no worse than it is for the Federal

Government to get in the middle of everything we do. Entrepreneurism and the free enterprise system are good. If you can't agree with this...there is no room for you here. It doesn't matter what you occupy...you will not be changing America into a third world country. Get out. Go occupy a cave in Africa, Indonesia, Finland or Norway, or wherever, and roast the porcupine you caught two days ago over a wood fire for dinner. There's a better world out there for all of us than the one you are trying to espouse. We're going to make it happen...with or without you.

100% Full Support for the Constitution - The Constitution is the way it is and the way it would be...until it is changed. That means each and every sentence...and each and every amendment...is the way it is. It will be respected by all. Laws are made by the Legislative Branch. These laws are interpreted and applied by the Judicial Branch, and executed and enforced by the Executive Branch. If the laws on the books are not going to be enforced, unilaterally for all, they would be abolished or changed...but until this would be done...this is the way it is...end of story.

None of us know what will happen on November 6th, whether President Obama will be re-elected, Governor

Romney will be elected, or which party will control the House and the Senate. There are 8 possibilities. But no matter how it ends up...one thing is certain...we cannot have a "do nothing" government again for 4 more years like we have had the last 4 years, or one that spends its time on "worthless rhetoric" and things that will not work. Stand up. Let them know what has to be done. This is America. These people work for us. These are the right things to do.

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

While the women were preparing the food, the men were outside showing off their cars. One would have overdrive. Another would have a rear seat speaker. All of them were different colors, but none of them had air conditioning or power steering back then.

Then, one by one, the men got into each car to take a ride around the section (one mile square) to see how easy each car rode and how fast each car would go. That was what was known as the "inspection trip." It's funny that most of the brothers had bought the same model Chevrolet, but they all had to go for that ride.

Finally, the great dinner was ready and lasted about two hours. My Dad prayed before the dinner, thanking our Lord for all of the blessings our family had received, and for this glorious feast. After the meal, everyone went outside to inspect the smoke house, the barn and how much water the creek had in it. The creek always reminded me of the poem, "Over the river and through the woods to Grandma's house we go."

Finally, came the horseshoe pitching. I remember how each brother warmed up, swinging his long arms back and forth until it seemed as though all of the kinks were out. One of the brothers was a champion horseshoe pitcher. He won most every match. After this the entire family would talk and talk and talk, until the sun went down, telling all kinds of stories and watching the grandkids perform on their musical instrument, or demonstrate a talent of some kind. Then we would head home, going north on old Highway 81.

These are always great memories of Thanksgivings gone by. November begins the holiday season. I wish each of you the happiest and safest ever... Happy Thanksgiving!

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

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grandparents farm in the Freeport, my graKS area. My mother would cook so many different dishes to take to the get-together. We would carry them out and pack them in my Dad's '40 Hudson. I remember it so well. It cost \$700 brand new...and it was built like a tank. The whole family would get in the car and head for the farm. We drove south on old Highway 81 which did not have a speed limit at that time. Sometimes my Dad would show us how fast that Hudson would go. It seemed back then we were really moving.

The highway at that time was just two very narrow lanes. After what could be called a very precarious journey to the farm, we would all unload and greet all of the relatives. My Dad had a large family. The older children had married and all of their children were always there. I remember at one family reunion, we had so many people we had to rent the city building to get everyone in. At the farmhouse...the smell of turkeys roasting, the pies baking and all of the good food everyone brought was something I still remember to this day.

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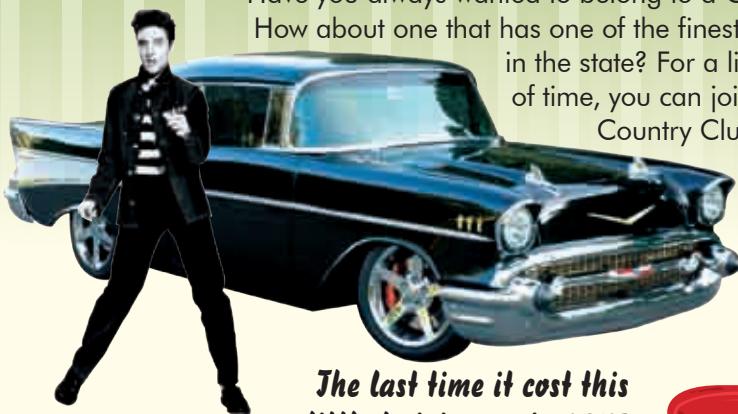
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DIET & NUTRITION

Maintaining weight during the holidays

By Lisa Vermillion



Q: What should I do with all the holiday parties coming up..? There is always such great food. How do I stay in control?

A: Don't fret my friends, the holidays can bring about weight gain but they don't have to. The average American gains 9-15 lbs over the holidays! You can choose to be better than average by maintaining or losing weight over the holidays. Having a plan this time of year as you are bombarded with parties and gatherings that center around family, friends and of course FOOD, is essential. Planning how you'll handle relationships, food, and movement will help you stay on track.

Before you head out to that first get-together take some time and think about how you are going to handle being offered foods that don't support your health goals and well-meaning relative's comments about your choices. I've found it helps to have a pre-set comment when Aunt Susie is

pushing her calorie laden dessert at you after you've said "No thank you." Comments like "REALLY, I MEAN no thank you." Or "I'm sure it's delicious, however, I'm choosing to lay off the sweets." You don't need to draw attention to weight issues, however, if Grandma makes a comment about weight you can say something like "No it's really about living longer and feeling better." I hear many people say they don't want to make so- and- so feel bad by not eating their food. Give yourself permission to take care of yourself and understand if Aunt Susie gets angry, that's Aunt Susie's choice. My husband's grandma used to say, "She can get glad in the same shoes she got mad in".

Next, plan your food strategies. Whatever you do, don't go to a party hungry or "save your appetite" for a big end-of-the-day meal. The best idea is to eat a light snack before the gathering so you're not ravenous by the time you get there. Pick a healthy, fiber rich, satisfying snack. For best results combine a whole grain with

a protein like, a low fat Bran muffin with almonds, peanut butter on an apple, reduced fat cubes of cheese with fruit, or yogurt with a high fiber cereal. If you're going to a potluck, take something that you know will be healthier, that way you can enjoy the party without feeling guilty. If you decide to have something that is not as healthy, chose one or two items and have a small portion, then compensate with more activity the next day or two.

Finally, remember to plan your movement. Don't let a beautiful day pass you by without taking a walk outside. When at a party, don't just watch everyone dance, join in! Take your exercise videos with you and get the kids in on the aerobic action with you a few hours after lunch. Is after-turkey-day shopping on the itinerary? Park far away from the entrance, take the steps instead of the elevator, and incorporate extra walking wherever you can on your shopping extravaganza. Then your credit cards won't be the only thing getting a workout! Just be sure to take along your sneakers!

You don't have to be a statistic. Planning ahead for handling well-meaning friends and family, eating as healthy as possible, and moving through the holidays will enable you to maintain your focus and accomplish your goals over the holidays.

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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Summaries...From Page 16

Fort Gibson was gone. Following this battle, Union forces controlled Indian Territory, north of the Arkansas River.

Result(s): Union victory

Frank Bergquist graduated from Eddyville, IA, high school in 1958. After graduation, he entered the Army, serving 20 years in Missouri, Maryland, New Mexico, Germany, Iowa, Turkey, Kansas, S.E. Asia, and finally retiring in 1978 in Louisiana. Before retiring, Frank was assigned as an ROTC instructor at WSU and Kemper Military School until 1974. In 1978 he served as the Non-Commissioned officer in charge of operations at Fort Polk, LA. He has served as the Veterans Counselor (DVOP) with the Kansas Job Service Center National Service Office, with the Disabled American Veterans at the VA Regional Office in Wichita; Veterans Employment and Training Coordinator with the US Dept. of Labor at Ft. Riley, KS; Service Coordinator with Cerebral Palsy Research Foundation; Dept Adjutant-Treasurer and the Dept. Executive Director Dept. of Kansas Disabled

American Veterans; and past President of the Wichita Civil War Round Table. Currently he is doing graduate work as an instructor in Genealogy and Military History at Wichita State and Kansas State Universities, and is the CEO for the Disabled American Veterans Thrift Stores in Wichita, KS. Bergquist has an AA from Kemper Military School and College from Boonville, MO. and a BGS from Wichita State University. He can be reached by telephone at 316-262-6501. He is located at 926 N. Mosley Wichita 67214.



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TWIST	SILVER 32 OZ	GOLD 41 OZ	PLATINUM 51 OZ	TEXTURE	SILVER 35 OZ	GOLD 45 OZ	PLATINUM 55 OZ	35 OZ	45 OZ	55 OZ	65 OZ
CARPET	\$220 _{50 FT}	\$255 _{50 FT}	\$300 _{50 FT}	CARPET	\$205 _{50 FT}	\$255 _{50 FT}	\$305 _{50 FT}	\$190 _{50 FT}	\$225 _{50 FT}	\$255 _{50 FT}	\$290 _{50 FT}
SUGGESTED PAD	28¢ _{50 FT}	44¢ _{50 FT}	60¢ _{50 FT}	SUGGESTED PAD	28¢ _{50 FT}	44¢ _{50 FT}	60¢ _{50 FT}	28¢ _{50 FT}	44¢ _{50 FT}	44¢ _{50 FT}	60¢ _{50 FT}
FULL SERVICE INSTALLATION	65¢ _{50 FT}	65¢ _{50 FT}	65¢ _{50 FT}	FULL SERVICE INSTALLATION	65¢ _{50 FT}						
TOTAL JOB PRICE	\$313_{50 FT}	\$364_{50 FT}	\$425_{50 FT}	TOTAL JOB PRICE	\$298_{50 FT}	\$364_{50 FT}	\$430_{50 FT}	\$283_{50 FT}	\$334_{50 FT}	\$364_{50 FT}	\$415_{50 FT}

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CARPET	CARPET	CARPET	CARPET
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SUGGESTED PAD	SUGGESTED PAD	SUGGESTED PAD	SUGGESTED PAD
22¢ _{50 FT} to 28¢ _{50 FT}	22¢ _{50 FT} to 28¢ _{50 FT}	28¢ _{50 FT} to 44¢ _{50 FT}	44¢ _{50 FT} to 60¢ _{50 FT}
RECOMMENDED INSTALLATION	RECOMMENDED INSTALLATION	RECOMMENDED INSTALLATION	RECOMMENDED INSTALLATION
44¢ _{50 FT} to 50¢ _{50 FT}	50¢ _{50 FT} to 50¢ _{50 FT}	50¢ _{50 FT} to 50¢ _{50 FT}	50¢ _{50 FT} to 60¢ _{50 FT}
TOTAL JOB PRICE	TOTAL JOB PRICE	TOTAL JOB PRICE	TOTAL JOB PRICE
\$1.21 _{50 FT} to \$1.55 _{50 FT}	\$1.60 _{50 FT} to \$1.89 _{50 FT}	\$2.00 _{50 FT} to \$2.93 _{50 FT}	\$3.05 _{50 FT} to \$4.86 _{50 FT}

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