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Recipe for a successful holiday
Page 4



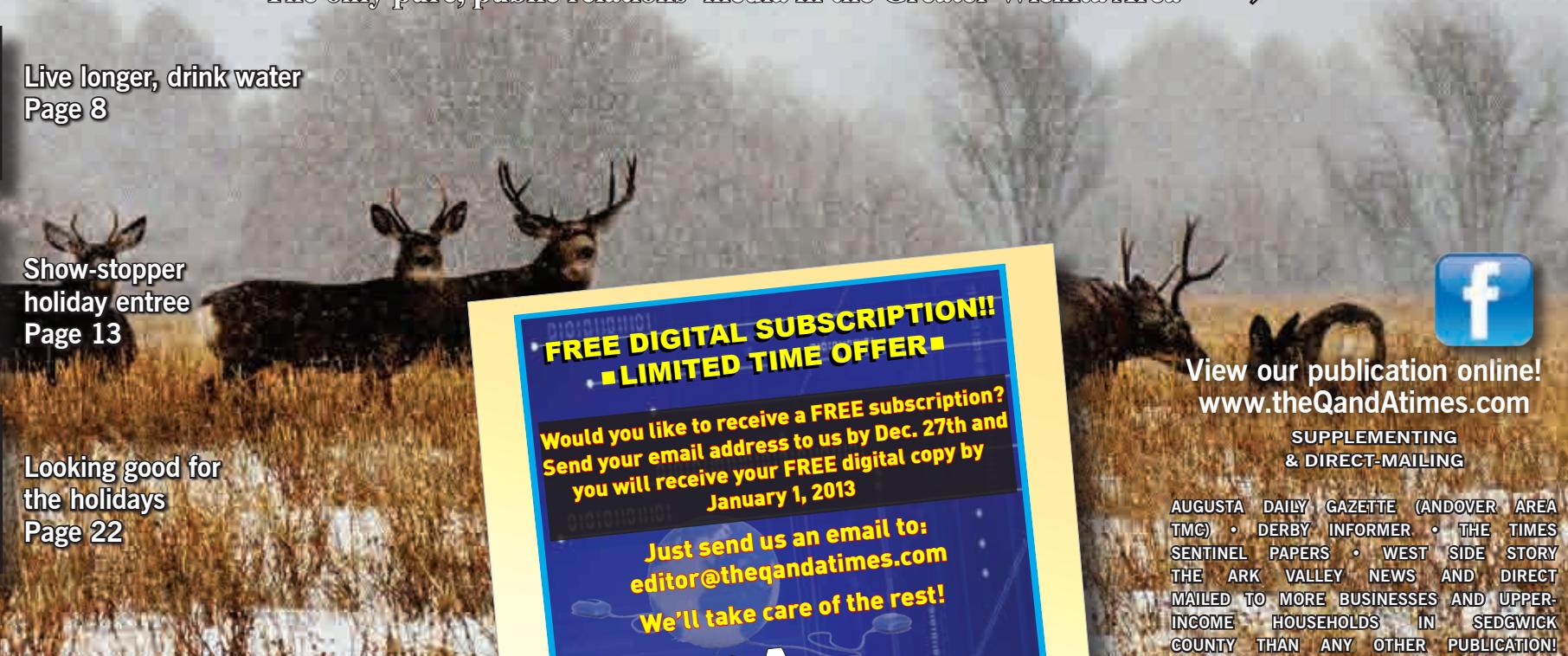
Live longer, drink water
Page 8



Show-stopper holiday entree
Page 13



Looking good for the holidays
Page 22



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FROM THE PUBLISHER

What's new now?

By Charlie Traffas



Q: What's new now?

A: For the past several months I have shared with you my opinions

and those of others on a myriad of domestic topics...including but not limited to the declining strength of the US Dollar as the world's reserve currency, the presidential campaign,

the economy and critically-needed tax reform. They all share a common denominator...the fiscal soundness of our country. Although it may sound terribly materialistic, I will promise you...the fiscal soundness of our country must be in place before we can ever lead the world diplomatically, politically or militarily. I just don't see a lot of people paying attention to what countries like Nigeria, Finland, Greece, Italy, Venezuela, Argentina and others, that are in as deep of trouble as they are, have to say about anything. Maybe you do.

Like it or not, we have a President

in place for the next four years...and all is the same as what we have had for the last four years. We still have the same balance of power in the House, and almost the same balance of power in the Senate. After a fight like the one we all had to witness for more than a year...full of hatred, venom and more negativity than any other previous campaign...President Obama ended up saying the right thing in his victory speech in Chicago, early on the morning of November 7th. He said, "...and whether I earned your vote or not, I have listened to you, I have learned from you, and you've

See New...Page 18

PARTY PLANNING

Tips for planning a holiday party

By Tiffany Bonds



Q: Do you have any tips on planning a holiday party?

A: The key to a successful holiday party is forward planning. So, with

the Christmas festivities just around the corner, now's the time to start turning talk about office Christmas

parties, client Christmas parties or any other festive season event into action.

While the 'to do' list can seem overwhelming at times, Here are some tips, to help make your Christmas party or corporate event the talk of the social calendar.

First question...will your Christmas Party have a theme? Before you think about booking venues or hiring entertainment, decide on a theme,

See Holiday..Page 20

NOSTALGIA

Do you remember?

By Faye Graves



Q: We always like to read about your memories of Christmases past. They make us think of some of the same things. Would you share

some more?

A: I can't tell you how appreciative I am of both your asking and the publisher allowing me to reminisce like I get to do.

December is a happy time when we celebrate Christmas, the birth of our LORD. It is a

Time for giving our love to everyone and special gifts to those who are close to us and giving to help those in need. One of my favorite Christmas memories was downtown Wichita at Christmas in the 40's. What a place, all decorated with garlands across the streets, many store windows with amazing décor usually to attract the children so their parents would see what they wanted for this special day. I remember as a boy going to Hinkels department store and talking to Santa and sitting on his lap and telling him my thoughts of great toys for little guys my age.

See Remember...Page 22

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



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MENTAL HEALTH

Recipe for a successful holiday

By Marilyn Cook



Q: Are there things I can do to ensure a successful holiday this year?

A:

- 20 pounds of Lowered Expectations
- 8 ounces of Fortitude
- 3 slices of Time
- 1 Vacation Day
- Sprinkling of Extra Hands

Many of us are into the whole Food Network experience. We watch talented chefs prepare delightful meals with ease. Sometimes when we go to repeat what we've seen in our kitchen the results are nowhere near as elegant. Well, it's like that with holidays too. We wonder where we went wrong and try to figure out how we can do better next time.

Which of us has not made a promise to ourselves to start earlier, to cut down on our shopping, to get the cards out earlier than last year, to hold our tongue when Aunt Mary goes on a rant, and to take more time to really enjoy the season?

We are approaching that time of year again with a holiday season that begins with preparation for that special

Christmas feast that stretches into a mad dash that culminates in a new year. We have all been exposed to the advice and wisdom from various articles on how to reduce our holiday stress but many of us don't really act on what we know is in our best

interest when it comes to this busy time of year.

It really all comes down to making choices and carefully following the ingredients in the recipe provided.

Step One:

Take your expectations from all of the movies you have seen, the stories you have heard and the ideas you have



obtained from holiday books about the "perfect" holiday, and carefully press on them until you have reduced them into something that is really manageable. This is the hardest part of the recipe and the one that takes the longest but if done properly, will make the biggest difference in the end result.

Step Two:

Take a deep breath and make a decision right here, right now that you're going to be true to yourself this year and to say no to some of the events and parties and gatherings that aren't really of interest to you. Decide what activities will add value and comfort to you during the holidays rather than those you feel obligated to attend. Having the fortitude to say no when you need to is freeing and shouldn't be a luxury, it needs to be a staple in this recipe. Boiling over with frustration and anger about being pressed to do one more thing will make this recipe for success flop for certain.

Step Three:

OK, here is another step that won't come easily or automatically. Take three slices of time out for yourself to do something that is relaxing to you. Yes, that's right; I'm actually suggesting that you decide to take time during this busiest time of year to make time for yourself. It doesn't have to be a big thing or an expensive thing to do. Select something you know will slow you down and give you a chance to catch your breath. You will need to carefully time this part of the recipe

so that you can maintain your energy level throughout the season.

Step Four:

Take a vacation day and get all of your shopping done. Period. Shopping online or buying gift cards is a perfectly acceptable way to give gifts that loved ones will enjoy and avoid the crowded stores, sore feet and busy traffic. If you work Monday through Friday, add this day to a weekend

so that you actually have a three day span of time to shop and wrap at a more leisurely pace.

And Finally:

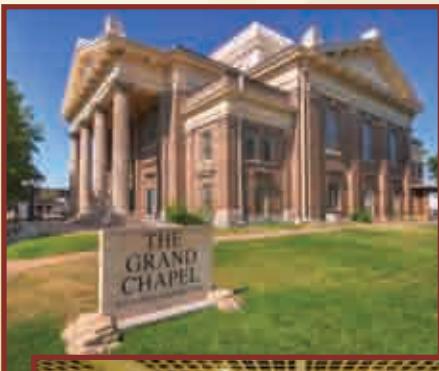
Sprinkle all of this with the understanding that your friends and family have a set of hands too. Find ways to include them in the preparation and cleanup so that you're not a one-person act. You can do this in creative ways. For instance, put small slips of paper with a variety of tasks on them and stuff the papers into ornaments. Hand these to guests and family who come to celebrate. Tasks can include setting the table, taking out the trash, clearing the table. Some can even be a free pass to get out of helping. What a relief to you and fun for those around you, especially those who get out of helping without the guilt.

This year decide that your holiday isn't going to be half baked or overdone. It's all up to you. Sounds delicious. I can taste it already.

Marilyn Cook, LCSW, is currently the Executive Director of COMCARE of Sedgwick County. Ms. Cook is on the Board of Kansas Health Solutions, serves on the Sedgwick County Criminal Justice Coordinating Council, and is a Board member of the Child Advocacy Center of Sedgwick County.

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HOME REMODELING AND IMPROVEMENT

Granite finishes for kitchens and bathrooms?

By Jason Huang



A: I'm like other homeowners throughout the United States that are looking for a change in their kitchen counters and bathroom vanities, could you please help me with the different finishes, and the pro's and con's?

Q: Great question, there is a large variety of ways to go about granite countertops' production. Granite surfaces are finished in many ways. They can be polished, honed, flamed or brushed; each technique will add its own unique look and texture to the stone.

A: polished finish is definitely the most common because of a few key factors involved. Polished finishes will help to give your home a distinct and elegant look. This type of finish is a great choice, especially for kitchens. A polished finish is easier to maintain than most other finishes and its sparkling appearance brings out all of the color in your granite. Granite's polished finish can often be described as both shiny and mirror-like.



Honed finishes are slowly becoming more and more popular for newly installed granite countertops. This type of finish is smooth and also less shiny than the polished finishes. Its less shimmering appearance gives your home a slightly more casual and contemporary feel while still maintaining the elegant feel granite is known for providing.

A drawback of honed finishes is they are, unfortunately, known to show more stains when compared to other finishes. Don't let this deter you from this choice however; as long as you make any effort to clean, maintain and care for your countertops, they will be just fine. There are also certain sealers and various types of treatments that will help keep your beautiful honed countertops stain free. Just like all other granite countertops and finishes, honed countertops are extremely durable and if taken care of, will last a lifetime.

Another way to go about granite countertops' production is to give

them a flamed finish.

Flamed finishes are created by exposing a piece of granite to extremely intense heat followed immediately by intense cooling. This exposure to extreme temperature change causes the granite to melt, and in the process, shatter some crystals. This leaves the granite with a highly textured surface. Flamed finishes are generally seen in an industrial environment because of the traction benefits. Despite their usual use, flamed finish granite countertops are also a great choice for your home. Flamed finishes are the perfect solution if you are interested in a surface that is textured and slip resistant.

Brushed finishes, which are also known as antiqued finishes, are created by gently brushing the granite's surface which develops a worn-in look throughout the stone. This finish can give your countertops a more dramatic look when compared to the other finishes.

Q: What are the pros and cons about granite countertops?

A: The choosing of a material for your kitchen countertops or bathroom vanities should be done with extreme caution since these surfaces can drastically shape the look and feel of a room. Remember that these surfaces must also endure a large amount of everyday wear and tear. Like other types of countertop materials, granite has pros and cons that must be weighed. There are several features that are unique to granite that help contribute to its recent rise in popularity.

GRANITE COUNTERTOP PROS:

- * Granite is the countertop material of choice.
- * Granite contains a mixture of natural beauty as well as elegance.
- * Can hold up to heat and is resilient against scratches.
- * Provides a permanent and substantial look.
- * Extremely durable.
- * Offered in more affordable versions.
- * Extreme Uniqueness: No two pieces of granite are identical.
- * Coloration will remain constant; your granite counter will

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always remain just as bright and as vibrant as the day it was installed.

GRANITE COUNTERTOP CONS:

- * Granite can be pricy; when it is installed in whole and solid pieces it can be amongst the most expensive countertop options.
- * Granite requires that you use a cutting board.
- * It's porous: even with proper sealing and regular resealing, it can still stain.
- * Requires resealing more often than most other surfaces.
- * If any part of the granite cracks, that entire section will need to be replaced

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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Israel and Judaism : is it a biblical thing?

Q: We have a relationship with Israel, whereby whatever (to a point) they get involved in, the U.S.A. government backs them. Is it a biblical thing?

By Father Cleary



A: This is a very delicate question. My response will not please everyone, as I am not seeking to be politically correct. Perhaps in a future article I can

present the problems of the displaced peoples of Palestine.

First of all, we must distinguish clearly between the state of Israel and the Jewish religion. Judaism is not co-extensive with Zionism. Judaism is the religion and culture, handed down from the patriarch Abraham and Moses and the prophets in the Old Testament of the Bible, and the Talmud and other ancient Jewish testimonies. Israel is the proper name of the patriarch Jacob, whose sons and grandsons gave their names to the twelve tribes of ancient Israel, the land bordered on the west by the Mediterranean Sea, on the North by the Lebanon and Syria, on the east by the Jordanian desert and the Dead Sea, and on the south by Egypt and the Negev desert. That Israel was formed into a kingdom by King David a thousand years before Christ. That state of Israel was destroyed by the Roman army under Titus in the years 69-70, when the conquered Jewish people were exiled from their homeland and dispersed around the world. Their homeland was occupied by native Palestinians, Arab nomads, and settlers from various countries, especially during the Crusades. Within a hundred years after the foundation of Islam by Mohamed, Palestine was dominated by Moslems, first by Saracens and later by Turks. For nineteen centuries the Jewish people dreamed of returning to their homeland, encouraged by the writings of their ancient prophets, but also by their sages, e.g. Moses Maimonides, one of the great philosophers and codifiers of Law in the Middle Ages. Through the centuries most Jewish families prayed every night and every Passover: "Next year in Jerusalem!" Sometimes Jews were prohibited from

coming to Palestine, which was and is commonly called "the Holy Land."

After World War I, which Turkey lost, the Holy Land was entrusted by mandate of the League of Nations to Great Britain. The British allowed a trickle of Jewish immigrants to settle in their ancient territory. Gradually, this trickle became a stream: so that, within a few years there were many Jewish settlers in that land. In Europe there formed a movement called "Zionism," which worked for and encouraged the return of Jews to Palestine. Persecution of Jews in several countries of Europe forced many Jews to emigrate to the Americas and Africa and, of course, to Palestine.



After World War II, the British retired from their mandated territory, and there was a brief power-vacuum, in which several groups struggled to gain power. In May 1948 the Jews in the Holy Land seized the opportunity to establish their own sovereign country, which they called Israel. The U.S.A., under President Truman, was the first of the countries of the world to recognize this new nation. The Arab countries, bordering Israel, undertook a war against the new nation, which war was won by the military forces of Israel aided by the U.S.A. and Great Britain. This return of Jews to their ancient homeland necessarily involved the dispossession of many Arabs and non-Jews, who had been living in the Holy Land peacefully for some nineteen centuries. The Arabs have always been hospitable to strangers and visitors and exiles, and welcomed Jews --- until the Jewish

settlers took control of all Palestine. The now-dominant Israelis occupied the homes and buildings abandoned by Palestinians, who felt their former hospitality had been betrayed. Many Palestinians became refugees in neighboring countries, and some have settled in the Americas and Australia and Africa. The Israelis have transformed that country, formerly known as Palestine, into a modern state patterned somewhat on America. The Jewish citizens of America and Great Britain exercised great pressure on the leaders of those countries to recognize and aid their relatives in the new state of Israel. In New York city there are more Jews than in the whole country

of Israel. And those American citizens and their friends do vote. American and British politicians w a t c h carefully for the Jewish vote, just as they are interested in the Catholic vote. Thus,

our country's backing of Israel in most undertakings is more a political matter than religious. However, Jewish culture and life is based on their ancient religion. Thus indirectly there is a religious influence in that backing. Israel is a secular state, in which religious freedom is guaranteed to all citizens and visitors.

Secondly, we should understand that the Jewish religion, while looking at and remembering their ancient homeland, does not require that all Jews support the state of Israel. In fact, many Jews – even some of those living in Israel – do not support or back the government of that small state in the Middle East. The majority of Jews in Israel and around the world are not particularly religious, except on their high holydays. But they support and defend their fellow-Jews who are religious.

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

By Amy Baumgartner



A: The earlier settlers of what would become the United States of America came to this new land from Europe to be able to exercise religious

freedom. Their beliefs were based upon the Bible. The majority of the Bible is the story of God's people, the Jews, who God promised land in what is known today as Israel. So, there is a similar thread that links both Israel and the United States. This common heritage is a major reason why the United States has historically supported Israel.

In addition to that heritage, Christians will lift up several Biblical verses to support the close relationship with the current country of Israel: Genesis 12:3 relates God's promise to bless Israel's friends and curse its enemies; Genesis 12:5-7; and 13:14-15 state that God promised the land (that is now Israel) to Abraham and his descendants forever; and 1 Kings 8:33-34 speak that the blessing of salvation will be extended to all peoples and nations through the Temple. Similarly, Jesus in his ministry indicated that his first priority was to extend salvation to the Jews; however, salvation was extended to other nations (for example, see John 4). Non-Jews are encouraged to be thankful to the Jews for our salvation because our blessing of salvation was originally through our common ancestor Abraham.

With biblical support for protecting Israel, there are Christians who would point to lack of faith within the modern country of Israel is a reason not to support Israel. Essentially there is the belief that modern day secular Israel has given up its status as God's chosen people because of the lack of adherence to God's laws. There are some Christian streams who view the Church as "replacing" Israel as God's chosen people. In contrast to this idea, there are other Christians who believe that God will deal with the Jews and the Church differently at the end of the age and that the Jews remain as God's chosen people (and the Church

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



By Pastor Bill Emmerling



A: I appreciate the desire for a biblical answer on this topic. Opinions on Israel are often very emotional and heated. It is important for us to

recognize that the Bible is God's Word and ask the question, "What does God say on this issue?"

Israel is the name God gave Jacob, the grandson of Abraham. The history of this family is given in Genesis 12 through the end of the book. Of importance to us are the covenant(s) God made with Abraham, which carry down to Jacob and the nation his family becomes. These are found in Chapters 12, 15 and 17.

'Now the LORD said to Abram,

"Go from your country and your kindred and your father's house to the land that I will show you. And I will make of you a great nation, and I will bless you and make your name great, so that you will be a blessing. I will bless those who bless you, and him who dishonors you I will curse, and in you all the families of the earth shall be blessed."

(Gen 12:1-3 ESV, emphasis added)

Here God promises to make a great nation of Abraham (Israel). Of particular note for our discussion is the emphasized portion, "...[God] will bless those who bless you[Israel], and him who dishonors you[Israel] I[God] will curse, ..." This would seem to clearly indicate that the welfare of others (nations by implication) would be determined by how God's people are treated by them.

Also of significance,

'God said, "No, but Sarah your wife shall bear you a son, and you shall call his name Isaac. I will establish my covenant with him as an everlasting covenant for his offspring after him.'

(Gen 17:19 ESV, emphasis added)

This further suggests that these promises are without end.

This does not mean that God overlooks the sins of the offspring of Abraham. One has only to look to the book of Judges, 1 & 2 Kings and the prophets to see that God punishes Israel for their sins, to point of exiling the nation to Babylon (modern

Iraq). Yet he continues to love and bless Israel, even as He disciplines (punishes) them. All of this is not unlike how he disciplines His children (Christians) today.

In Genesis chapters 12, God makes



a covenant with Abraham, promising to bless him, give him (his offspring) the land of Canaan, make him a great nation and make him a blessing. A covenant is more than a contract, it is a promise. This covenant is one God made with Abraham, initiated by God as the greater party. Further God indicated that he would pay the penalty for violation of the conditions, pointing to Jesus' sacrifice. As important as blessing Israel may be, it is more important that see Jesus' sacrifice for us for what it is, repent of our sins, and follow Him. He is coming back for His Bride the Church, and He will be coming back as King, not that suffering servant.

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 Pastor Dave Henion



A: Early in the beginning of the nation of Israel God gave Abram a special promise as he followed the call of God to go into the world, "Leave

your native country, your relatives, and your father's family, and go to the land that I will show you. {2} I will make you into a great nation. I will bless you and make you famous, and you will be a blessing to others." {Genesis 12:1-2} Since that day we have seen God in history work through His chosen nation to become a great and powerful nation. There were times she became a weak nation, even at the point in becoming a vassal state of some of the great nations of the world in certain periods of time. Even to this day, as God said, she would be a very powerful influential nation and the land a pivotal piece of the world. {Revelation 16:16} She has played a huge part in keeping peace throughout the world.

God has also used Israel to give the greatest blessing of all eternity to mankind which is the Lord Jesus Christ who provided our eternal salvation. God saw fit that our salvation would come from Israel and this is why Paul says the gospel is to the "Jew first." {Romans 1:16} He was of Jewish heritage back to Abraham {Matthew 1:2; Luke 3:34} and given in land of Israel {Micah 5:2}. Israel has fulfilled already the missionary call of God in being "blessed to be a blessing." That is so true for all Christians and Western Civilization.

But also this promise to Abram came with an affirmation and a warning to the rest of the world's nations. "And I will bless those who bless you, And the one who curses you I will curse. And in you all the families of the earth will be blessed." {Genesis 12:3} We see this throughout her history that those who play nasty with Israel pay a price. {2 Chronicles 32:31} Even when God uses a nation to punish Israel for her sin, God brings upon that nation punishment for doing the damage she has done to Israel later on in history. {Ezekiel 26:1-5} Some of us have even seen Israel in our present

day against great odds glean victory that leaves observers scratching their heads wondering how Israel could have pulled off those victories. {Consider her War for Independence in 1947, The Sinai War in 1956, The 6 Day War in 1967, The Yom Kipper War in 1973 or even the Lebanon War in 1982 and 2006.}

Israel is truly a blessed nation and has a special protection around her. But does this warrant that we as a nation right or wrong stand behind Israel no matter what she does? Now I do believe our nation does need to stand with Israel as a good ally but we also need to be very careful how we stand with her. The scriptures tells us, "Righteousness exalts a nation, but sin is a disgrace to any people." {Proverbs 14:34} America like a good friend should when we see our ally committing sinful acts confront her and tell her so. The scriptures are clear that every nation, including Israel, is like clay in the potter's (God's) hand in Jeremiah 18. That God through the prophet says, {7}"If I announce that a certain nation or kingdom is to be uprooted, torn down, and destroyed,{8} but then that nation renounces its evil ways, I will not destroy it as I had planned. {9} And if I announce that I will plant and build up a certain nation or kingdom, {10} but then that nation turns to evil and refuses to obey me, I will not bless it as I said I would." {Jeremiah 18:7-10} There is no better way of being a good ally then by preventing such catastrophe from coming upon Israel.

Even further, much of the foundation blocks for our legal system and the laws in America that protect us come from the Law God set down for Israel. "Or what great nation is there that has statutes and judgments as righteous as this whole law which I am setting before you today?" {Deuteronomy 4:8} Our forefathers who were the framers of the constitution modeled and cloned it. Our Second President, John Quincy Adams wrote, "The law given from Sinai was a civil and municipal code as well as a moral and religious code. These are laws essential to the existence of men in society and most of which have been enacted by every

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

The importance of water for good health

By Ed Martin



Q: Recently my doctor told me that I am beginning to show the early signs of developing a serious health condition. We all want to live as long as we can and enjoy life as much as we can. What can I do to improve my chances of living longer even if I develop a serious health condition?

A: As we grow older, it seems that more and more of the people we know are experiencing serious health conditions. Why do you think that is? Recent findings from research labs around the world are providing scientists with an answer. They now believe that much of the disease and resulting deaths in our Western culture can be traced to having an overly acidic body

Here is an easy-to-understand model that explains the issue. Whenever the body burns food as fuel, it creates acidic byproducts that are toxic to the body. Many scientists now believe that accumulated build-up of these

acidic wastes can be a primary cause of chronic diseases, overweight bodies and aging. The evidence also points to it being a major contributing factor in such horrific diseases as cancer.

Over the past 100 years, the North American diet and lifestyle have changed dramatically. Most of us no longer eat what we grow on our farm or in our garden. Instead we tend to jump into our car and head for the drive-thru. Our typical diet now consists of more acid-forming foods and drinks than ever before. Even the water we drink is either tap water that is full of chemicals or bottled water, and both can be highly acidic. Also, many people now prefer other beverages to water, and most of them also contribute to acidic body conditions.

If we want to improve our chances for living a longer life, we need to reduce the levels of acidic wastes that are accumulating in our bodies. Here are six things everyone can do to reduce their acidic build-up and bring their body back to as near neutral as possible.

1. Drink alkaline ionized water, and stop drinking all those other beverages. Alkaline ionized water starts to break up the acidic waste stored in the body fat around your cells. As the waste is eliminated, the fat cells shrink and so does your waistline. Your cells can only be as healthy as the fluid that surrounds them. By reducing and eliminating the acidic waste around your cells, you will feel, look and perform better at any age.

2. Avoid dehydration. Statistics have shown that most of the North American population is chronically dehydrated. Alkaline ionized water is six times more hydrating than tap or bottled water. This is because its water molecules form much smaller clusters than other water. The body absorbs it like a sponge, and there is no unpleasant taste or heavy sloshing feeling after you drink it. It feels light and smooth. By drinking water that is pleasant to drink, your body encourages you to drink more.

3. Eat an acid-neutralizing diet. Do your research. There are acid forming foods and alkaline forming foods. If you can eat 80% alkaline-forming foods and 20% acid-forming foods, you will be well on the way to restoring your natural body condition. Another key point is to reduce your sugar intake while also avoiding sugar substitutes.

4. Exercise. Yes, I know you don't have time to exercise, or you don't like exercise. But guess what? You don't have to become a weight lifter or run a marathon. Start small. Just do some things every day to increase your activity level like taking the stairs instead of the elevator, taking a walk, or just getting outside and doing some gardening. Besides, after you start alkalizing your body, you will start having more energy and your body will want to start moving more. Then start to gradually increase your activity levels.

5. Reduce your stress levels. It has been shown that mild exercise, meditation and counseling can all help to alleviate stress. Pick what feels right for you, and find out more about it. Maybe even take a class if one is available. Talk things over with a partner or a friend to get ideas about how your stress levels can be reduced. Sometimes a church or spiritual group can help. You may want to take up

something creative that relaxes you, like painting or wood working.

6. Stop smoking. Smoking is a constant irritant to the body, not to mention the poisons you are breathing. The acidic effects from smoking can be quite horrific. Smokers find that the more acidic their body becomes, the stronger their nicotine cravings are. Do whatever you can to stop this destructive habit. The chronic irritant factor alone causes inflammation which can trigger cell overgrowth, and we all know what that means.

There is an alarming increase in cancers and other chronic diseases caused by a number of factors including dehydration, acidosis, smoking, environmental pollutants, careless use of certain toxic products, and poor diet choices. If we are going to keep our health into our senior years, it would be wise to reduce the "silent inflammation" caused by oxidative stress in our bodies.

If you already have symptoms, it is even more urgent for you to pay attention. The silent inflammation inside you is not so silent any more. It has risen up into radar range, and it is telling you that you need to get rid of your body's acidic load before something more serious appears. Research has shown that it can take up to six years before cancer becomes symptomatic enough to make itself known. Other diseases like diabetes can follow similar patterns.

Now is the time to do something so that you can enjoy life as you get older. Working hard to save for a retirement that is full of illness and despair is not what anyone wants. Don't wait until you have symptoms to start alkalizing. All of the steps I have shared are important, but your first step should be to get a home water ionizer and begin drinking the high pH alkaline ionized water.

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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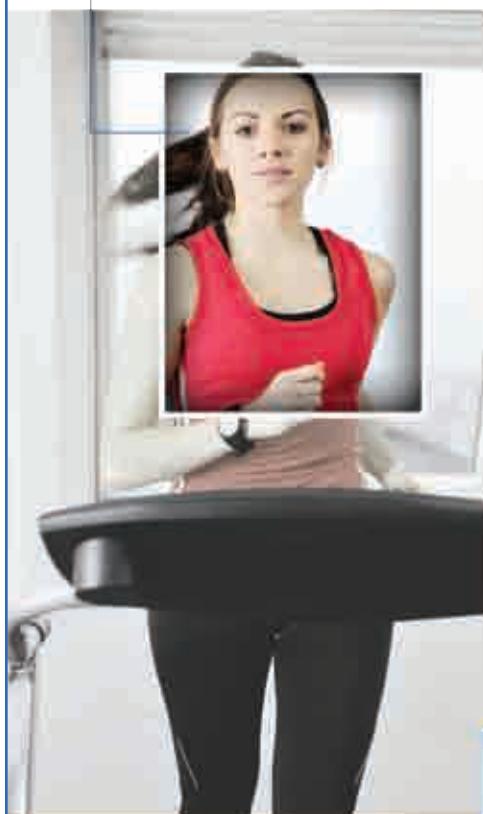
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Common carpet problems

By Josh Jabara



Q: What are some of the most common problems associated with carpeting?

A: You should be aware that there are some typical new

and existing carpet characteristics. They are quite common and should not be of concern as the new ones generally diminish over time and the ones that occur with existing carpet can often be controlled or prevented.

Let me try and provide a brief description of some of them.

Shedding - Most new carpets contain fibers that come free from the pile with foot traffic or vacuuming. After a few months of regular vacuuming, shedding will diminish.

Static - A static charge can build up when humidity is low, particularly when temperatures outside are colder than those inside (those unseasonably cool days in September). Humidifiers may help control static, but as time goes by, your carpet will hold less of a charge.

Tufting - Occasionally loose tufts stand higher than the carpet surface. The solution is easy. Just snip off tufts to uniform height. Be sure not to tug at the fiber. Tugging can cause permanent damage.

Crushing - Crushing is the loss of pile thickness because of foot traffic. Crushing is not considered a manufacturing defect unless it is specifically cited in the manufacturer's warranty. Regular vacuuming may help reduce crushing that results from traffic. Manufacturers' definitions of crushing may vary.

Texture surface retention - Carpet in heavily traveled areas receives the most wear. For better appearance and longer carpet life, try to reduce the amount of traffic on these areas or use small rugs in front of heavily used chairs or furniture. Remove and clean these rugs while vacuuming the primary carpet or rug. You should occasionally move furniture and reverse area rugs. Although some change will eventually occur in the texture of your carpet,



reducing the wear on paths and in front of furniture will slow this change.

Depressions or indentations - The weight of heavy pieces of furniture can cause indentations in carpet. Some depressions may be permanent. Use furniture glides or cups under the legs of heavy pieces, or move your furniture a few inches backward or sideways so that the weight is not concentrated in one place. To remedy depressions, work the carpet pile back into place with your fingertips or the edge of a spoon, then, dampen the area and heat it with a hair dryer, working the fibers with your fingers or a spoon.

Jason will cover some more of these next month.

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

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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?

A: Last month we talked about how 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. We have discussed desks, credenzas, hutches, computer carts and stands and seating (chairs). This

month we will begin to talk about the two main classifications of office furnishings being that of custom-made and ready-made, factory-made or pre-fabricated, plus the various types of wood, stains and fillers that are used for these items.

Some companies choose custom-made wood furnishings. Contractors work with the business to build shelving, desks or other pieces that are tailored to the exact wants and needs of the customer. Typically, this option is more expensive than purchasing ready-made wood office furniture. For more limited budgets, pre-fabricated office furniture is a lower-priced option to custom-made varieties. Pre-fabricated, or ready-made, wood office pieces may be in fine hardwood. They may be sold assembled or unassembled. Less expensive, lighter in weight ready-made wood office furniture is often sold flat-packed, which is unassembled. Flat-packed office furniture is assembled by the purchaser. Often, these are simpler styles than those sold already assembled, such as wood legs with a glass top that form a modern desk.

Pine wood office furniture is less

expensive, but not as elegant looking, as pieces made from hardwoods such as oak and cherry. However, its rustic look can work well in more casual office spaces. Pine may also be finished in a dark stain to make it appear more like its hardwood counterparts. To bring out the rustic, knotty qualities of pine wood desks, shelves and tables, however, a light stain or natural oil can be used. Pine furniture can dent and scratch quite easily, but this can also add to its rustic appearance.

Oak office furniture is a popular choice, known for its quality and



weight. This beautiful wood is heavy and majestic, lending an air of formality and gravity to any office setting. Choosing the best oak office furniture is a matter of taste and budget, as the mighty wood can be crafted to suit a variety of design styles.

In order to choose the best oak office furniture, first consider the style of design desired. Oak lends itself to certain aesthetics, such as early American, mission, arts and crafts, and French renaissance design. Choosing a style that will suit the needs and atmosphere of the office can be a big step toward narrowing down choices for oak office furniture. It is important to consider the difference between solid oak furniture and oak veneers. A veneer is a coating of oak material placed over a body of another kind of material. Oak veneer is usually considerably less expensive than solid oak, and may be available in a wider range of color and finish. Solid oak furniture is made entirely of oak, is typically very heavy and quite durable. Both veneer and solid oak can be treated with clear or colored glaze to protect the finish and alter the tone of the wood.

Cherry trees produce one of the most desirable woods used to make furniture. Cherry wood is a brown American hardwood that has a hint of pink or dark red to it. Cherry wood darkens with age and this quality is considered both desirable and beautiful. Light cherry wood furniture tends to look warmer, yet less formal than dark cherry. Cherry wood is known for being durable and attractive, which is why buying a cherry wood desk for your office can add a touch of class. Choosing one that will not only look good but also fit in the selected area, accommodate your needs, and match your current decor is crucial. Fortunately, there is a range of cherry wood desks available. If your office space is limited, a cherry wood computer desk that can be positioned comfortably into a corner might be best. This kind typically has a 90° angle that fits well in a corner instead of a flat back that fits against a wall. Some corner desks made of cherry wood have one simple surface on which to place a computer or papers, while others have several shelves stacked above the main surface for

easy organization. You should also decide if you need drawers before you buy your cherry wood desk, though many desks allow room for growth with a matching cherry wood hutch that you can buy separately at a later date.

I will be back with more next month.

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.

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COOKING AND RECIPIES

I need a show-stopper holiday entree!

By Bonnie Aeschliman



Q: During December I find I am hosting three different dinner parties. I do enjoy cooking and do quite of bit of it. However,

I want to make these dinners special and would love to have a show-stopper entree that is relatively easy to do that would be my "go to" recipe for special entertaining. Do you have any suggestions?

A: One of my favorite holiday entrees is beautiful beef tenderloin. Although it is an expensive cut of meat, everyone loves it and it is the easiest thing of all to make. You will need to be sure to use a meat thermometer so you will cook it perfectly. Sometimes oven temperatures and cooking times are estimates--there are many variables. The oven may be off a few degrees or the roast may be cold when it goes into the oven; both will affect the cooking time. To be assured of a perfect roast, I recommend a good instant-read thermometer or a digital thermometer with a probe. You will then be able to cook it to the exact

degree of doneness that you enjoy.

One of my favorite entrees is Herb Roasted Beef Tenderloin with Mushroom Gorgonzola Sauce from my cookbook, *Cooking With Bonnie: Farm to France*.

Herb Rubbed Tenderloin of Beef

Serves 8-10

©Cooking with Bonnie: Farm to France, 2011

1 4 to 5-pound beef tenderloin, well-trimmed

2 tablespoons olive oil

3 garlic cloves, minced

1 teaspoon salt

1 teaspoon freshly ground black pepper

1 teaspoon dried leaf basil

½ teaspoon dried leaf thyme

¼ teaspoon dried rosemary

½ cup dry red wine

1. Combine oil with garlic. Rub the surface with oil-garlic mixture. Season with salt and pepper. Combine basil, thyme and rosemary. Sprinkle over surface of meat.

2. Fold under small end of tenderloin for uniform shape so meat will roast evenly. Tie with cotton string



for more uniform cooking.

3. Preheat oven to 375 F. Place tenderloin on rack in roasting pan. Roast uncovered in preheated oven for 40-60 minutes or until meat thermometer registers 135-140 F for medium rare, basting occasionally with wine.

4. Remove to platter; tent with foil to keep warm. Let stand 20 minutes for juices to stabilize before carving. Serve with Mushroom Gorgonzola Sauce.

Mushroom-Gorgonzola Sauce

©Cooking with Bonnie: Farm to France, 2011

½ cup butter

½ pound mushrooms, sliced

½ cup chopped green onions (tops included)

2 cloves garlic

4 ounces Gorgonzola or other blue-veined cheese

1 tablespoon Worcestershire sauce

1. In a medium skillet over low heat, melt butter. Add mushrooms, garlic and green onions. Cook, stirring frequently a few minutes until mushrooms are tender and the juices have evaporated. Add cheese and Worcestershire sauce; heat until cheese is melted. Serve warm.

2. Cook and stir until cheese is melted and hot. Serve immediately with tenderloin.

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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Setting up your eBusiness - series

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

By Amal Xavier



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

A: Last month, with assistance from www.ecommerceoptimization.com and other sources, we talked about site optimization. This month we will continue and explore some of the latest trends, techniques and strategies.

It always amazes me to see some of the creative ideas companies come up with to make better use of technology and the Web within their Offline or

traditional advertising campaigns. Streamlining or automating any of your company processes, whether Online or Off, can save any business owner big bucks over time (allows for less employees on the payroll, saves time, easier to use, etc). That's why it didn't surprise me one bit to hear that at least one savvy marketing company has now found a way to automate electronic billboards using Web-based software to create, upload and edit any of the billboard images, any time, giving full control to the advertiser. The marketing company and software creators also offer ongoing technical support and software assistance for around the same monthly cost as non-electronic billboards, that are not managed by software.

Many Online advertisers forget about

more traditional forms of marketing like billboards and print ads and typical Offline advertisers which are not used to harness the power of technology and the Web within their campaigns. So what happens when these two worlds collide? It means a whole new form of mixed Online and Offline advertising that utilizes the power of the Web and billboard advertising space.

The article I read reports that NY-based marketing agency, Advertising Advantage, is one of the first of its kind to launch this type of advertising program and it looks to be going well for a number of the advertisers who have participated.

One such advertiser, uses Advertising Advantage's web-based electronic billboard program to help promote their brick-and-mortar/website jewelry business. This retailer has one location in Erie, PA which is managed and maintained by its two founders. These two use Advertising Advantage to help gather, create, and maintain all the necessary image files for the jewelry products, special announcements, sales and the store's brand name. Once the image files are prepared, Advertising Advantage uploads all the files to a special web-based software that manages ad content on Advertising Advantage's leased electronic billboards. They say, "People don't view TV ads as much as they used to, and newspapers are not as popular as they used to be, but when they're driving in cars, we are in front of them with billboard ads that change throughout the day."

Watchfire...Digital Outdoor, the Web-based software creators, have managed a way to give each billboard its own unique IP address. The billboards typically scroll through electronic ads for roughly six advertisers at any given time. Each ad then rotates between the six advertisers and flashes each of the digital images for about 6 to 8 seconds before moving on to the next.

The delivery method and automated system aren't the only benefits. The Watchfire Digital Outdoor software also gives advertisers total control of their campaigns and surprisingly costs around the same as traditional non-electronic billboard space. Advertisers can insert different ads throughout the

course of each day to coincide with other promotions they are running. Either advertisers or their marketing firm has the ability to insert them on the fly through a web browser. The price is based on estimates of how many motorists view the billboards on any given day. The average cost for the advertiser is roughly from \$2 to \$4 per thousand ad impressions per month. The typical cost to advertise on a traditional non-electronic billboard is about \$1,500 to create the image, plus \$1,800 to \$2,000 per month to rent the billboard space and doesn't offer the same flexibility to change up campaigns as often. Advertising Advantage states that a typical web-based electronic billboard campaign, including several versions of an ad appearing at different times of day, can cost about \$2,000 per month per billboard without any additional design costs.

Currently, there are about 450,000 billboards throughout the U.S. and about 600 to 700 are web-based. Watchfire Digital Outdoor expects to convert 500 or more non-electronic billboards to the web-based system this year alone. Although this is only one form of marketing campaign that has been put in place by Dahlkemper.com, it did help lead them to an increase in sales over the 18 months that they have been using electronic billboards.

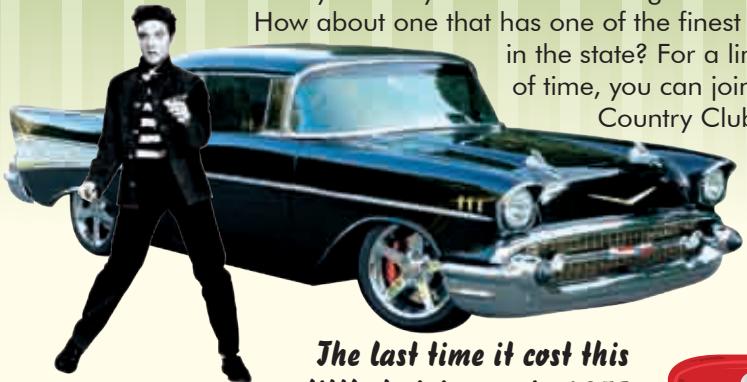
More next month...

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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RELATIONSHIPS

How can I get my sex drive back?

By Jacqui Brandwynne



Q: I have noticed a severe lack of sexual desire lately and it's causing stress in my marriage, can you help me?

A: "I just don't feel sexy" is the common complaint that triggers the withdrawal from sexual activity in many relationships. In turn this then becomes the cause for serious estrangement between partners, or worse, devastating break-ups.

The causes for loss of sexual desire are many and mostly hidden. Couples are hesitant to get the real truth. Today's discussion will focus on the most frequent causes to help partners facing these issues before they get out of hand. Resetting the intimacy button is possible. It takes emotional courage and the willingness to be open and truthful with each other to identify the obstructive hurdles. Once you recognize that you have the ability to give your partner the most precious gift of all; real intimacy and better, more fulfilling sex, the ingredients for a loving life together are within your heart. What you need is a mutual

commitment to wipe the negatives off your slate to start fresh.

- **Anti depression medications:** Anti depressants and other drugs such as blood pressure medicines, antihistamines, chemo even some oral contraceptives can dampen your sex drive. Discuss your symptoms with your doctor. Similar brand may have less or no side effects.

- **Low hormone levels:** Low estrogen levels in women causing vaginal dryness make intimacy uncomfortable, even painful. Often this is why women avoid sexuality. An FDA approved vaginal lube/moisturizer can solve the problem instantly. Low testosterone levels in men can also affect libido. Your doctor can advise you.

- **Anger and unresolved issues:** Nothing kills a person's sex drive more than built up resentment. For most women it is important to feel emotionally close to feel sexy. Poor communication or betrayal of trust destroys sexual desire.

- **Poor communication:** Wanting to reconnect must come from your heart and your words to express how good



you feel about each other. Otherwise you may never know. If poor communication has driven you apart, start with an open, honest and caring talk. No matter how busy, give each other ten good minutes every day. Open up to each other. Ground rules: no accusations, no competition, no words like "you always" etc. Reveal your feelings, listen without interrupting. You may find that the hurt you've accumulated is lifting, the anger subsiding, and sentiments of love and desire coming back naturally.

- **Body Image:** You've gained too much weight and hate to look in the mirror. Your self esteem is low. How can you feel sexy when you're uncomfortable with your own body? You own the solution: Exercise and a healthy diet you can stick with can give you back the body you both admire and desire.

- **Stress:** Worrying about money, your job or family issues often depress desire. While such problems are not easily resolved, the stress they cause can be reduced. Exercise, long walks

or trying known stress reduction techniques such as yoga, breathing exercises, and meditation – help a lot and cost nothing. Sometimes just snuggling and hugging works wonders.

- **Absolute no-no's:** A glass or two of wine can stimulate desire but too much alcohol or regular smoking has the opposite effect.

- **Forgetting Intimacy:** Remember kissing, stroking, being affectionate to rekindle the flames. Sex is about giving each other pleasure, not just by good foreplay and sexual technique but by being in each other's lives daily, making your partner feel wanted.

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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December 1, 2012

The Q & A Times

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Page 15

GOLF

Ask the pro - series

By Don Farquhar



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

A: Thus far in this series, with help from several sources, we have talked about the things that one must do to first get in the position to begin the swing. All of the previous articles are featured at www.theqandatimes.com. They have been the grip, the alignment and the stance. The swing is broken down into two parts. The backswing... and the downswing. We have already discussed the backswing...and part of the downswing relative to keeping the head back and making no effort to move the golf club, and how it all should feel; the downswing...and the checkpoints. We have talked about the biggest problem of amateur 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.

PULLING THE BALL: This is when the ball goes straight but left of the target. This is often caused by rushing the downswing, maybe when you're trying to swing too hard. Let the lower body lead the downswing in the proper tempo, so that the arms and hands can deliver the club head along the right swing path. Also, when you don't have enough coil in your backswing, this can produce an out-to-in swing path that can result in a pulled shot.

PUSHING THE BALL: This is when the ball goes straight but right of the target. Check your stance to make sure that your feet, knees, hips and shoulders are parallel to the target line. Another cause may be the position of the ball in your stance. If it is too far back, it produces an excessive in-to-out swing path, which results in the

club head meeting the ball before it has a chance to square up to the target. Try moving the ball forward in your stance.

SCOOPING: This happens when you hit behind the ball or high on the ball when chipping. It usually comes about because you are trying to get the ball in the air by hitting up on it instead of down. The upward motion results in the club head passing the hands before impact. This bottoms the club out before it reaches the ball, resulting in either a fat or a thin shot. To correct this problem, keep your hands ahead of the club head at address and through impact. Be sure to follow through and don't flip your right wrist (for a right handed player).

THE DREADED S___K: This happens when the club head hosel meets the ball at impact and sends it scurrying crazily to the right, and too often in big trouble. This is one of the scariest problems in golf. While it can and often does get into a golfer's head and cling there stubbornly, the good news is that nothing really moves the ball in any direction until someone swings a club at it. And that's a physical, not a mental action. It happens when the swing plane extends too far from the body, causing a misalignment at impact. Here are

some possible cures. Don't stand too close to the ball. Don't let your weight come forward toward the ball during the swing. Settle back in your stance and keep your weight more on your heels. On the downswing, don't "cast" with the hands and shoulders from the top. Let your legs and body start the downswing, and pull the club down. Keep your head still. Make a confident (not tentative) swing with soft hands and a smooth follow-through.

I will be back with 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 Tiltlist Custom Fitting Staff. Don may be contacted Rolling Hills Country Club Pro Shop, (316) 722-1181, 223 Westlink Drive, Wichita, KS 67209, or by e-mail at dafarquhar@pga.com.

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GLASS

Should we replace our old windows to sell our home?

By Bob Crager



Q: We're going to build a new home in the spring, and need to sell our present home. Would it be cost effective to go ahead and have our old windows replaced before trying to sell our existing home? They're not in good condition. And what do we need to know about windows before selecting the ones for our new home?

A: It's hard to give you a meaningful answer to your question without having taken a look at your windows and see what we're dealing with. But, as a general rule, whether you're replacing windows in an older house, or choosing windows for a new house, your decisions on what type of windows to buy will be among the most important decisions you will make in terms of energy use. Because of the impact windows have on both heat losses in the winter, and heat gains in the summertime, proper selection of window products can be troubling for most folks.

To add to the confusion, window glazing technology has changed tremendously in recent years. The best window glazings today insulate nearly four times better than the best commonly available windows from just twenty years ago. Window technology has improved very dramatically in recent years, and the net result is the lowering of your energy bills. And that could be a big deal for most folks. High efficiency windows are a gift that keeps on giving.

Let's discuss some of the most important energy features of windows that are used in both replacement windows, and new construction today. Until the 1980s the primary way manufacturers improved the energy performance of windows was to add additional layers of glazing, or panes. Double glazing insulates almost twice as well as single glazing. Adding a third or fourth layer of glazing results in even further improvements. Some of these windows use glass only, but others use thin plastic films for the inner glazing layers. With double-glazed windows the air space between the panes of glass has a big effect on overall energy performance. A very thin air space does not insulate as well as a thicker air space because of the conductivity through that small space. Many window manufacturers

have increased the thickness of the air space in their double-glazed windows from 1/4" to 1/2" or more. If the air space is too wide, however, convection loops between the layers of glazing can occur. Beyond about 1", you don't get any further gain in energy performance by virtue of thicker air spaces. It's a point of diminishing returns to try to go thicker than about an inch of air space. By substituting a denser, lower conductivity gas such as argon for the air in a sealed insulated glass window,



heat loss can be reduced significantly. Most major window manufacturers offer argon-gas fill as an option in their most popular windows. Other gases that have been or are being used in windows include carbon dioxide, krypton, and argon-krypton mixtures. Tinted glass and tinted window films have long been used in commercial buildings to reduce heat gain through windows. Improved, lightly tinted windows are becoming more common for the residential market in southern (cooling-dominated) climates. These newly implemented glazings can reduce the solar heat gain, without reducing visibility as much as the older tinted glass and films. More than any other single improvement, the invention and commercial development of low-emissivity (low-e) coatings in the 1980s really revolutionized window technology. Thin, transparent coatings of silver or tin oxide permit visible light to pass through, but they effectively reflect infrared heat radiation back into the room. This reduces heat loss through the windows in the wintertime. A variety of low-e windows are now available for different climate zones and different applications in any particular location. Low-e windows with high solar heat gain coefficients are appropriate for northern climates, where passive solar heating is advantageous, while "southern low-e" windows with low heat gain coefficients are appropriate in milder climates where summer

cooling is more significant than winter heating.

The edge spacer is what holds the panes of glass apart and provides the airtight seal in an insulated glass window. Traditionally, these have been hollow aluminum channels, usually filled with desiccant beads. Aluminum has extremely high conductivity. That didn't matter when the glazing did not insulate very well, but as better performing glazings were developed, proportionately more heat was lost through the edges. Since about 1990, a number of improved edge spacers have come onto the market. Some are made of thin-walled steel and have a thermal break. Others are made of silicone foam or butyl rubber. Generally, better edge seals are a low-cost option when changing out windows, and well worth considering. Interesting, huh?

So...in summation, we believe that most savvy buyers today will pay particular attention to the windows in any home they're thinking about buying, and if yours are either new

or in very like-new condition, this could be an important consideration to any buyer thinking about buying your existing home. Pointing them out to a potential buyer is a great way to justify your asking price in most cases, and most buyers are aware that great windows will result in lower energy bills and more comfortable living, than in a home where the windows are a question mark. We hope this is helpful in answering your questions, both on your existing home, and your new one. 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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New...From Page 1

made me a better President. And with your stories and your struggles, I return to the White House more determined and more inspired than ever about the work there is to do and the future that lies ahead." He has said the right thing many times before...but we all know what followed. I hope this time he means it, but it seems doubtful. As the old saying goes, "It is difficult for a leopard to change its spots." If the past is any judge, as soon as he experiences anyone disagreeing with him...it will be his way or the highway. I pray not.

Before I share with you something you need to know that many of you may not know...let me state...things will never again be like they were before this election...for three reasons. 1) With no way to defend his record, the Obama campaign decided in August of 2011 their strategy would be to "Kill Romney." They did...and it worked. Negativism has been vindicated. It will now be the way campaigns are fought. Substance will take a back seat. You will also see the field grow much smaller of those who are qualified and make an attempt to run for office. As I was watching the speeches following President Obama's victory, I was reminded of the movie "Patton", when George C. Scott said, "No bastard ever won a war by dying for his country, he won it by making the other poor, dumb bastard die for his country." 2) As I have said in previous issues...we are now at a "tipping point." Today, we have just under 50% of all American households receiving a check of some kind from the Government (other than Social Security). If you project the same growth of these households into the future as what we have had over the past 4 years...by 2016 we will have 53% of all American households receiving some type of government assistance. Mark this down...it will *never* happen that a person who is receiving assistance will vote for someone who advocates taking it away, if they have a choice to vote for someone who advocates continuing it and adding to it. 53% will always win over 47%. 3) This was a billion dollar advertising campaign from each side...but that's just the "paid-for" advertising. If you put a value on all of the unpaid-for attacks by the mainstream press against Romney for being a felon, murderer, cheat, killer of jobs, liar, and a greedy businessperson with no concern for the middle class...and the free rides it gave President Obama on things like the economy, jobs, Fast and Furious,

the Stimulus, Obamacare, the Leaks, "You didn't build that," and Benghazi; it is estimated to be in excess of \$9 Billion! Carl Von-Clausewitz, a Prussian General in 1850 said it best in his book, "*On War*", "All other things being equal, a force of 10,000 men will always win over a force of 5,000 men." I would have to believe it is even more true for a 10 to 1 advantage.

Okay, so what is it that you need to know that you may not know? I promise, it is not a rehash of the election. Most of us have heard enough of that stuff for a lifetime. It is the ramifications of what has happened and the situation in which we find our country. I stated in the November issue (available at www.theqandatimes.com), other than the appointment of anywhere from 2 to 4 Supreme Court Justices over the next four years and the Executive Orders that will be issued, it really didn't make any difference who was elected President insofar as fixing the fiscal problems we have in our country. Neither President Obama nor Governor Romney, and their legions that follow them, had or have solutions that will work. We are now in the midst of an administration that swears they have a bigger mandate than the people who voted for those who won seats in the House and Senate, that will only serve to divide the country even more; more messes that have to be explained (or covered up) on the Petraeus affair and the Iran drone attack; and a lame duck Congress, with the "right" full of hatred for those on the "left" because of all of the things that were said and done over the past two years. These are the people the rest of us have to debate and fix this "fiscal cliff" that is facing us. This is not a good situation for any of us, or our country. So I still stand with what I told you last issue. You need to know what needs to be done, understand all of it as to why, and support it with all of the passion and enthusiasm you can muster when you are called upon, and/or have a chance to voice it. But you also need to be prepared for the things that may happen. Since we are not currently in the midst of an appointment of a Supreme Court Justice, but we are on the brink of some gigantic fiscal problems unlike any we have ever seen before, let me share with you information I feel you need to have. I will do so with the following article, written by Jim Garrison, president of State of the World Forum and Wisdom University, on the Huffington Post (certainly not a "right" leaning entity), on March 21st, 2012. Garrison is the author of "*America as Empire*" and a

dozen or more other books on world affairs. This article deals with one of those Executive Orders issued by President Obama that few Americans are aware of. It was issued by him in mid-March of this year (2012). It is called the National Defense Resource Preparedness. I knew about this article and its contents long before the election, but it would have been a moot point to bring it up before President Obama was re-elected, as all Executive Orders can be rescinded by a new President. Now you need to know about it and do what you need to do to protect yourself, which we will talk about later. Here is his article...in its entirety...

"President Obama's National Defense Resources Preparedness Executive Order of March 16 does to the country as a whole what the 2012 National Defense Authorization Act (2012 NDAA) did to the Constitution in particular – completely eviscerates any due process or judicial oversight for any action by the Government deemed in the interest of 'national security.' Like the NDAA, the new Executive Order puts the government completely above the law, which, in a democracy, is never supposed to happen. The United States is essentially now under martial law without the exigencies of a national emergency. Even as the 2012 NDAA was rooted in the Patriot Act and the various Executive Orders and Congressional bills that ensued to broaden executive power in the 'war on terror,' so the new Executive Order is rooted in the Defense Production Act of 1950 which gave the Government powers to mobilize national resources in the event of national emergencies, except now virtually every aspect of American life falls under ultimate unchallengeable government control, to be exercised by the President and his secretaries at their discretion. The 2012 NDAA deemed the United States a 'battlefield,' as Senator Lindsey Graham put it, and gave the President and his agents the right to seize and arrest any U.S. citizen, detain them indefinitely without charge or trial, and do so only on suspicion, without any judicial oversight or due process. This new Executive Order states that the President and his secretaries have the authority to commandeer all U.S. domestic resources, including food and water, as well as seize all energy and transportation infrastructure inside the borders of the United States. The Government can also forcibly draft U.S. citizens into the military and force U.S. citizens to fulfill 'labor

requirements' for the purposes of 'national defense.'; There is not even any Congressional oversight allowed, only briefings. In the NDAA, only the President had the authority to abrogate legitimate freedoms of U.S. citizens. What is extraordinary in the new Executive Order is that this supreme power is designated through the President to the secretaries that run the Government itself:

- The Secretary of Defense has power over all water resources;
- The Secretary of Commerce has power over all material services and facilities, including construction materials;
- The Secretary of Transportation has power over all forms of civilian transportation;
- The Secretary of Agriculture has power over food resources and facilities, livestock plant health resources, and the domestic distribution of farm equipment;
- The Secretary of Health and Human Services has power over all health resources;
- The Secretary of Energy has power over all forms of energy.

This Executive Order even stipulates that in the event of conflict between the secretaries in using these powers, the President will determine the resolution through his national security team. The 2012 NDAA gave the Government the right to abrogate any due process against a U.S. citizen. The new Executive Order gives the government, through the Secretary of Labor, the right to proactively mobilize U.S. citizens for 'labor' as the government deems necessary and to coordinate with the Secretary of Defense to maintain data to coordinate the nation's work needs in relation to national defense. What is extraordinary about the Executive Order is that, like the NDAA, this can all be done in peacetime without any national emergency to justify it. The language of the Executive Order does not state that all these extraordinary measures will be done in the event of 'national security' or a 'national emergency.' They can simply be done for 'purposes of national defense,' clearly a broader remit that allows the government to do what it wants, when it wants, how it wants, to whomever it wants, all without any judicial restraint or due process. As Orwell famously said in 1984, 'War is peace. Peace is war.' This is now the reality on the ground in America. Finally, the 2012 NDAA was hurried through the House and Senate almost like a covert op with minimal public attention or debate. It was

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

New...From Page 18

then signed by the President at 9:00 PM on New Year's Eve, December 31st, 2011, while virtually nobody was paying attention to much other than the approaching new year. This new Executive Order was written and signed in complete secret and then quietly released by the White House on its website without comment. All this was done under a President who studied constitutional law at Harvard. It is hard to know what to say in the face of such egregious disregard for the integrity of what America has stood and fought for since its founding. It is hard in part because none of us thought such encroachments would ever happen here, certainly not under the watch of a 'progressive' like President Obama. At one level, the prospect for war with Iran is probably an immediate justification. But the comprehensiveness of the Executive Order, like that of the 2012 NDAA, speaks to something much deeper, more sinister. I would suggest that this Executive Order, like the NDAA, has been in the works for some time and is simply the next step in the logic of the 'global war on terror.' Our political elites have come to consider democracy an impediment to effective governance and they are slowly and painstakingly creating all the democratic legalities necessary to abridge our democratic rights with impunity, all to ensure our 'security.' Of such measures do republics fall and by such measures tyrants emerge. The only thing that really remains is the occasion to test the new rules of the game. Perhaps that will be war with Iran, perhaps some contrived emergency, or perhaps, as long as the public and media remain asleep, no occasion will be necessary at all. It will just slowly happen of its own accord and we, like the frog in the pot of slowly boiling water, will just sit there and be consumed by our own turpitude."

What are some of the other triggers of this Executive Order? As the article states, anything...or nothing...can trigger it. Maybe it will be the US Dollar losing its status as the world's reserve currency; or hyperinflation hitting because the Fed is printing so much money to cover our debt; or this "fiscal cliff" putting us back into a recession; or war breaking out in the Mid-East; or if there is something that happens on the world stage because of the "greater flexibility" President Obama has now since the election is over; or...

I feel all Executive Orders should be scary, for each is issued by one

person, with no approval by Congress, and with no oversight...but I've never known any to be more scary than this one. What is martial law? What does it entail? With us being as close as we are to so many things that could make this Order become a reality, it might be good to know. That will be my topic for next month.

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

Cleary...From Page 6

Thirdly, the Catholic Church holds in great esteem the Jewish religion, and the Vatican state has diplomatic relations with the state of Israel. To understand the Church's relationship with Judaism it is necessary to read in the New Testament: St. Paul's epistle to the Romans, chapters 9 and 10 and 11. The Church recognizes that the Jewish people were chosen by God to be his special people. God made with them the first or Old Covenant and gave them his Law through Moses. The Church realizes that she was born from Judaism, as the fulfillment of that ancient religion, and that her roots are thoroughly Jewish. The Church's founder, Jesus and all his Apostles and early disciples were Jewish. Thus the relationship of the Church to Judaism is indeed "a religious thing." But the relationship of the Church to modern Israel is a political thing.

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

Baumgartner...From Page 6

is viewed as God's "other" chosen people). New Testament scriptures can support both positions.

While the situation between the United States and Israel is not as definitive as some may desire, it is my belief that like the Psalmist, we should continue to pray for peace in Jerusalem (Psalm 122:6).

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.



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.

Henion...From Page 7

Nation which ever professed any code of laws. Vain indeed would be the search among the writings of secular history to find so broad, so complete and so solid a basis of morality as the Ten Commandments lay down." This is all part of the blessing that has come to us because of our affinity with the God of Israel and His people.

The framers also saw the connection of God with our country's blessings as Israel did in verse 7 where it says; "For what great nation has a God as near to them as the Lord our God is near to us whenever we call on him?" Why did the framers of the constitution stop at critical points to bow their heads, get on their knees and pray? Even Ben Franklin made a motion in a log jam debate to ask the framers call upon God in prayer to break the jam. May our Leaders stand with our ally Israel and these principles from the Torah. Blessed of God, PD.

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.

Civil War battle summaries by state - series

(For the previous articles in this series, refer to Jan '12 - Nov'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 covered battles in Oklahoma, including Chustenahlah, Chusto-Talasa and Honey Springs. This month we will finish covering the battles of Oklahoma of Middle Boggy Depot, Old Fort Wayne and Round Mountain.

Middle Boggy Depot

Other Names: Middle Boggy

Location: Unknown

Campaign: Operations in the Indian Territory (1864)

Date(s): February 13, 1864

Principal Commanders: Maj. Charles Willette [US]; Lt. Col. John Jumper [CS]

Forces Engaged: Three companies of the 14th Kansas Cavalry Regiment and a section of Howitzers [US]; Seminole Battalion, Company A, 1st Choctaw and Chickasaw Cavalry Regiment, and a detachment of 20th Texas Regiment [CS]

Estimated Casualties: Unknown

Description: While on an expedition in February 1864 to meet, defeat or destroy Confederate forces in Indian Territory, Union Maj. Charles Willette and his troops surprised a Confederate force at Middle Boggy Depot on February 13. Although poorly armed, the Rebels made a determined stand for a half hour before retiring. The Union forces killed 47 Confederates during this short fight. Fear of the arrival of fresh Confederate forces influenced the Federals to retire to Fort Gibson. During Col. John F. Phillips's Indian Territory expedition, he and his men fought with and dispersed numerous Confederate forces. Middle Boggy Depot was, perhaps, the largest encounter during the expedition.

Result(s): Union victory

Old Fort Wayne

Other Names: Beatties Prairie, Beaty's Prairie

Location: Delaware County
Campaign: Operations North of Boston Mountains (1862)

Date(s): October 22, 1862

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

Forces Engaged: 1st Division, Army of the Frontier [US]; 1st Brigade [CS]

Estimated Casualties: 164 total (US 14; CS 150)

Description: Brig. Gen. James G. Blunt and his troops attacked Col. Douglas H. Cooper and his Confederate command on Beatties Prairie near Old Fort Wayne at 7:00 am on October 22, 1862. The Confederates put up stiff resistance for a half hour, but overwhelming numbers forced them to retire from the field in haste, leaving artillery and equipage behind. This was a setback in the 1862 Confederate offensive that extended from the tidewater in the east to the plains of the Indian Territory of the west.

Result(s): Union victory

Round Mountain

Other Names: Round Mountains

Location: Unknown

Campaign: Operations in the Indian Territory (1861)

Date(s): November 19, 1861

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

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

Estimated Casualties: Unknown

Description: Col. Douglas H. Cooper, Confederate commander of the Indian Department, had not been able to reconcile differences with Chief Opothleyahola, who commanded a band of Unionist Creeks and Seminoles. Cooper set out on November 15, 1861, with about 1,400 men to either compel submission . . . or "drive him and his party from the country." His force rode up the Deep Fork of the Canadian River towards Chief Opothleyahola's camp which they found deserted. On the 19th, Cooper learned from captured prisoners that part of Chief Opothleyahola's band was at the Red Fork of the Arkansas River, where they were erecting a fort. Cooper's men arrived there around 4:00 pm and ordered a cavalry charge which discovered that Chief Opothleyahola's band had recently abandoned the camp. The Confederates did find some stragglers beyond the camp and

followed them, blundering into Chief Opothleyahola's camp. The Federals fired into the Rebel cavalry and, in large force, came out to attack them. They chased the Confederates back to Cooper's main force. Darkness prevented Cooper from attacking until the main enemy force was within 60 yards. A short fight ensued but Chief Opothleyahola's men broke it off and retreated back to their camp. Cooper set out for Chief Opothleyahola's camp the next morning but found it gone. The Confederates claimed victory because Chief Opothleyahola had left the area. This was the first of three encounters between Chief Opothleyahola's Union bands and Confederate troops. The chief was forced to flee Oklahoma for Kansas at the end of the year.

Result(s): Confederate victory

Next month we will begin to talk about the battles of Arkansas.

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.

Holiday...From Page 1

should you want one. You'll find venue selection much easier if you already have an idea in mind. Entertainment, catering and invitations should all

reflect the theme too. There's no limit to theme possibilities. It could be a winter wonderland and Santa/Elves dress, casino party, or fun way of reflecting your brand.

As early as possible, start contacting potential venues; most will offer site inspections with their in-house events manager. Things to consider when choosing a venue include:

* Capacity – is it large enough or would you have to compromise your guest list?

* Location — is it accessible, good for cabs and public transport? If not, you may need to consider hiring buses or even overnight accommodation.

Remember the Christmas party season is incredibly busy. Venues start getting booked up from October. If you find the ideal venue this year, consider pre-booking it for the following year.

Invitations — make a good first impression! The first impression of your event for guests will be the invitation, so it needs to either stay on theme, or at very least give a hint of the type of event they can expect. You'll want to finalize your guest list as soon as possible so you can get your invites out early and give your guests plenty of notice. A manageable RSVP date is essential.

Entertainment — think about everyone's taste. A good performance act can make or break your event, so do your research and choose wisely. A decision based on your personal taste will often backfire, so be democratic and gather a panel to help make the final decision.

Finally...enjoy yourself! It's the end of a long year, so even if you're in charge of everyone else's festive cheer, make sure you take some time out to celebrate with your colleagues or clients.

Tiffany Bonds has been involved in Health Care, Real Estate, Hospitality, Advertising and Marketing for more than 12 years in Wichita and surrounding areas. In addition to Floral and Event Coordinating/Design, she is also the Director of Operations and Marketing at The Grand Chapel, an Events Venue Company. The Grand Chapel's Venue offers space for a varied assortment of events from funerals/memorials, birthdays, lectures, Business luncheons and meetings to Wedding's and Receptions and All-inclusive packages. You may contact Tiffany Bonds by phone at (316)269-3333, or by email at thegrandchapel@gmail.com.

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INTIMATE APPAREL

Getting rid of "back fat"

By Aleta Williams



Q: I want to look good for holiday parties and celebrations, but my "back fat" shows and my clothes just don't look nice. I don't have time to lose weight before the holidays. What can I do??

A: One of the ways to look better in your clothes is to start with the proper-fitted undergarments. In most cases, "back fat" is breast tissue that has moved because of ill-fitting bras. When breast tissue is not supported properly, it will move under the arms and around to the back. It can be "trained" to move back where it belongs but it takes a properly fitted, supportive bra to do so. Another reason for "back fat" is from wearing the popular "molded cup" foam-type bra. It shuts off air circulation to the breast tissue and causes the tissue to move where it can breathe.

An ill-fitted bra may also cause it to ride up in the back and allow the breasts to drop down in front, which causes discomfort. All a woman really

needs is a bra that is properly fitted. A custom-fit bra assures comfortable support and relieves pressure off of sore shoulders. By encompassing and supporting the entire breast, it eliminates shoulder pain and tightness. Unfortunately, it is virtually impossible to find an off-the-shelf bra that fits just right. That's why it's imperative to be professionally fitted by a certified fitter. In addition to increasing comfort and improving appearance, the proper fit is important to overall breast care, something most women neglect to consider on a daily basis. An ill-fitting bra does not provide adequate support, which prevents proper circulation within the breast tissue. In severe cases, poor-fitting bras can cause breast tissue to separate into glandular masses. The right bra – if properly fitted – offers the long-term benefits of protecting the tissue so that breasts do not become pendulous. And, if that's not reason enough, wearing a properly-fitted bra will make your clothes fit better and make you look thinner and shapelier!

We tend to spend a lot on the outer garments and the undergarments are an

after-thought. There's a reason they are called "foundations". No matter what type of shape you have, when you start with the proper foundations, you can build your wardrobe to look your best.



Aleta Williams owns *Aleta's Bras and Lingerie*, located at 5601 E. Central (SE Corner of Central & Edgemoor) in East Wichita, offers over 44 years of experience fitting bras and giving the very best customer service. *Aleta's* carries several lines of fashionable swimwear including *Gottex*, *Miracle Suit*, and *Carol Woir*. *Aleta* also works with ladies who have had breast surgeries, mastectomies, and lumpectomies. You can contact *Aleta* by phone at (316) 682-0132.

by the way, was the only station on locally in Wichita.

Speaking of television, I remember the giant Christmas parade that went through the downtown area with television personalities like Greg Gamer, Major Astro who was Tom Leahy, John Froome, Elmer Childress, Deputy Dusty riding his horse Kazam and many politicians like the Mayor, City Commissioners, even movie stars who were appearing in some special event here, and of course the Shriners and high school bands. Can you also recall how everyone dressed up at that time to go downtown. My dad would even wear a suit and tie.

There were office parties, family reunions, all kinds of get togethers and big dinners. My dad's family had 12 children and they all had families by this time and even so many that I remember they had to rent a church to accommodate the family. But the great times of the season were getting together with your immediate family and friends and presenting and then watching the smile on their faces as they saw what you had found just for them. I think the outstanding gift of my young boyhood years was when my mother and father took me out to the garage and there it sat...a bright red pedal car with a horn, lights and everything a kid wanted.

Of course the real special times were when we all got together at church and saw plays, musicals, and read the word of Scripture how our Lord Jesus came to the earth for all of us. Christmas, I think, is the very best holiday of the year because we celebrate what Jesus did for us. Enjoy Christmas this year with your family and friends and may everyone have a very Merry Christmas!

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.

Remember...From Page 1

In the 50s, television had come to Kansas. I got a job with what was then KTVH, now KWCH, as a cameraman. The main studios were in Hutchinson and our remote studio in Wichita was in the basement of the Lassen Hotel. We were going to sell some cars using Christmas themes. We actually moved our camera to the sidewalk outside and had the cars drive up to the curb behind us. The rehearsal went fine, but when we went on the air there was someone yelling outside and the announcer forgot the name of the sponsor. The advertising agency let him go and they needed someone to replace him for that next night. I auditioned and got the job. But when the drivers of the cars thought the rehearsal was really on the air, they went back to the car lot and here I am with no cars, cannot use the script, and one minute in Cecil Carrier's weather show that was broadcast from Hutchinson, I had to ad lib the commercial. The agency was very pleased with what I said and I got the job. I was on Channel 12 which,

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