

The SE Kansas

Volume 3 Issue 4

Q&A Times

December 1, 2012

Journal



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WHAT'S NEW

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

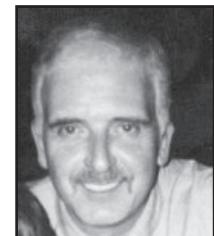
in place for the next four years...and all is the same as what we have had for the last four years. We still have the same balance of power in the House, and almost the same balance of power in the Senate. After a fight like the one we all had to witness for more than a year...full of hatred, venom and 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

[See New..Page 22](#)

HOME

How can I decorate for a party simply and quickly?

By Dan Longan



Q: I have to throw a last minute Christmas party in my home for important business associates. Food is not a problem as I will have it catered,

but the idea of decorating has me concerned. I need to get my home

decorated quickly and beautifully. I would like to have it look professional, clean and crisp. Can you provide ideas on how I can accomplish this with minimal stress?

A: Hosting a party for business associates is important, and can cause a great deal of stress in planning. You

[See Decorate...Page 23](#)

BUSINESS

How often should I upgrade phone systems?

By Scott Blythe



Q: I have a busy professional office and want to keep my systems as efficient as possible. However, I want to balance that with making economical choices. Right now my big consideration is the phone system. It is not really old, but I know that newer phones offer more capabilities. Can anyone suggest the things to consider in determining the best time to upgrade my telephone system?

A: There is no good single answer to that question since there are numerous considerations involved. Many factors are also very personal and specific to the type of business. Here are a few things to help you sort it out.

First of all, does your current system function properly? If your only problem is a single phone that is noisy, or you can hear your customer but they can't hear you, or

[See Phone...Page 23](#)

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CARPET & FLOORING

Is carpeting still a good choice for those with asthma & allergies?

By Doug Brennon



Q: I have heard all sorts of conflicting information on carpeting as it relates to individuals with severe asthma and allergies. I prefer carpet, but have a

recently diagnosed child and I want to make a healthy choice. Can you provide any information on whether carpeting exacerbates symptoms?

A: For some time, many believed that carpeting did indeed cause problems with allergies and asthma. However, recent studies prove the opposite true.

Most recently, a 15-year Swedish study found absolutely no link between the use of carpeting and an increase in incidents of asthma and allergy related symptoms. The study showed that when carpet usage in Sweden decreased by 70 percent, allergy reaction in the general population increased by 30 percent!

Another study conducted in 18 nations and involving 20,000

participants found a statistical relationship between using carpet in bedrooms and a reduction of symptoms and bronchial responsiveness.

While further studies are ongoing to find out exactly why, one belief is that carpeting acts like a filter and traps allergens away from the breathing zone.

Carpeting is a safe and comfortable choice for any home and as more studies emerge, may prove to be the top choice for those with allergies. I suggest getting the carpet you love and using a heppa filter vacuum cleaner to remove the pollutants trapped in the carpet. This will help assure that your son or daughter has a comfortable and healthy atmosphere.

Doug Brennon has been in the carpet/flooring industry for 20-years. He has been the corporate store manager for Derailed Commodity for the last 6 years. For more information please call 620-395-2141 or visit www.derailedcommodity.com.



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FROM THE PUBLISHER

December 2012

By Jerod Norris



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

There is no better way to end the year than with friends and family celebrating the holidays. I'd like to thank all of our readers and contributors for making this publication a part of SEK. I always appreciate your feedback and you are the reason we are very well read and recognized in our area. Thanks so much! You can check out each and every edition live online at www.theqandatimes.com, "Southeast Kansas".

As you can see, within this issue you will find lots of great information and tips to help you manage the last minute rush of the holidays... everything from Holiday décor, food & desserts, to a great recipe for sipping on Eggnog. Anything we can do to help get you through, one of our contributors is sure to be available to help. Please let them know you appreciate (or even dislike) their column!

Wishing you and yours a very Merry Christmas and a Happy New Year! See you in 2013...

Jerod Norris
Publisher



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SPORTS

History of football in SE Kansas, Part 3 - did you know?

By Mark Schremmer



It has been a lot of fun reminiscing about football in southeast Kansas over the past few months. There truly have been many great teams and players who have competed on area fields over the years.

In my third and final segment of looking back on the history of football in southeast Kansas, I'm going to provide a variety of quick tidbits and trivia regarding the sport in this corner of the state. Some of this may be new and some of this you may already know. Either way, it's never a bad time to highlight the great players, teams and games from this tradition-rich area.

For instance, did you know?

* St. Mary's-Colgan is tied with Smith Center for the most undefeated seasons in state history with 7.

* The Panthers own the little known record of most fumbles recovered in a season with 35 in 1999. Colgan finished as Class 2-1A runner-up to Claflin that season.

* Chanute boasted 493 interception return yards in 2005, which still stands as a state record.

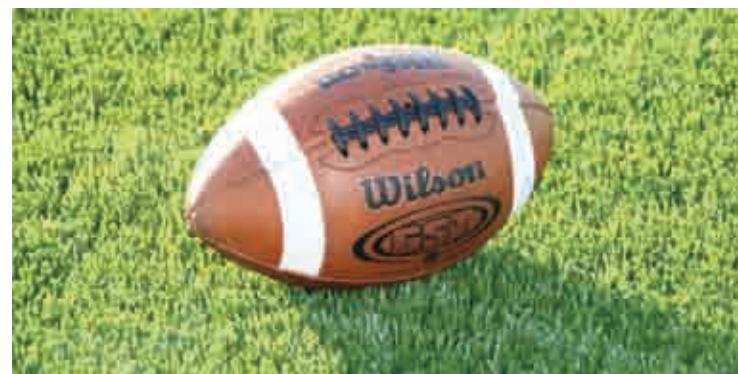
* Riverton kicker David Bond has the record for most extra points in a game with 11 against Cherryvale in 1989.

* St. Paul's Corey Grosdidier ran back six punt returns for touchdowns in 1994, which remains an 8-Man state record.

* Pittsburg High School has had 51 players selected to compete in the Kansas Shrine Bowl in the game's history from 1974-2012. They include Rudy Polchlopek, Jeff Goble, Randy Rodich, Rod Cox, Chris Toburen, Steve Vanzant, John Martel, Doug Medford, Aaron Waltrip, Mark Pitzer, Mark Bolinger, Mark Wisner, Steve Simoncic, Fred Francis, Kevin Verdugo, Scott Pullan, Brian Pinamonti, Matt McLane, Brian Hutchins, Kent Shorten, Ryan Keith, Jared Smith, Mike John, Andrew Wilson, Jeff Rahm, Keith Newbery, Matt Pinamonti, Ryan Close, Jason Slaughter, Shad Meier, Shane Collins, Kyle Broyles, Josh Lawson, Mark Broyles, Adam Meier, Tim Adam, Casey Warlop, Romon Barber, Daniel Peterson, Tim Carris, Dylan Meier, Jim Holland, Jason Clark,

Kerry Meier, Kunle Kola, Kiara Jones, Jacob Wilson, Fred Sellars, Keenan Soles, Jordan Elliott and Broc Bennett.

* Colgan has had 28 players selected to be in the Shrine Bowl. They



are Tom Dayton, Brad Bradshaw, Tim James, Rick Gallagher, Rob Murphy, Putzer Dayton, Jeff Sullivan, Pat McNally, Luke Huerter, Joe Taylor, Nick Smith, Pat Schiefelbein, Troy Sayler, Eric Clawson, Scot Schiefelbein, Nick Dellasega, Mark Smith, Caleb Farabi, Kenny Blancho, Kenny Maus, Dan Dellasega, Jeff Smith, Tino King, Jeremiah Fleming, Chas Smith, Regan Kays, Daniel Humble and Christian Smith.

* Girard's Dave Wutke, Mike McLeod, Brian Humble, Terry Adamson, Rob Townsend, Mike Bean, Dan Shireman, Nathan Cowan, Dale Shireman, Ben Niggemann, Brad Clutter, B.J. Harris, Clint Callanan, Dustin Mengarelli, Zach Lehman, T.J. Franklin, Josh Paoni, Seth Newton and Tyler Bennett have been picked for the game over the years.

* Frontenac's David Bruenjes, Bryan Simoncic, Todd Hafner, Jason Hipfl, Petie Marrone, Darrin Bridwell, Tildon Burns, Zeb Mingori, Travis Stephens, Brett Kunshek, Kyle Martin, Brad Hribar and Isaac Cook have represented the Raiders over the years.

* Ron Yartz represented Arma in the inaugural 1974 Shrine Bowl.

* Colgan's Putzer Dayton owned the rushing record in the Shrine Bowl with 139 yards in the 1985 game. Dayton earned MVP honors, however a guy by the name of Barry Sanders broke his record the following year. The record now belongs to Wichita Southeast's Rashad Washington with 243 yards in 1999.

* Chet Kuplen, a Frontenac graduate who runs Kansas-sports.com, has helped me remember many other great area athletes from recent history.

Who else remembers Independence's Jay Alexander, Riverton's Andy Ball, St. Paul's Jarrett Grosdidier, Riverton's Zach Martin, Coffeyville's Mondriel Fulcher, Fort Scott's Bob Goltra, Pittsburg's Poncho Sales, Fort Scott's Travis Stepps, Southeast's Jerry Ross, Derrick Rider and Clint Rider, Northeast's Ryan Clark and Iola's Ryan Lonergan.

* One of the

most memorable seasons for football in southeast Kansas was in 2000. That season, the area was represented in state championship games in every classification from 8-Man Division I to Class 5A with St. Paul, Colgan, Frontenac, Fort Scott and Pittsburg all playing in title games. St. Paul, Colgan and Fort Scott all brought home titles.

* Pittsburg State's Carnie Smith

Stadium also has had several great players from other teams take the field over the years. Carolina Panthers star quarterback Cam Newton led Blinn Community College to a national championship win over Fort Scott Community College in the 2009 Citizens Bank Bowl. Tampa Bay Bucs linebacker Lavonte David played for the Greyhounds in that same game. Former Denver Broncos and Missouri Southern standout Rod Smith is another great player who has had his cleats on Brandenburg Field.

I know there are plenty more great athletes and moments that I left out. But that's what makes southeast Kansas football so remarkable. We could go on and on listing all of the great athletes and accomplishments. I hope you enjoyed taking a trip back as much as I did.

Mark Schremmer is a contributor to SEK Q&A and works full time at The Joplin Globe. He has covered sports in Kansas since 2000.

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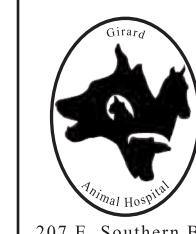
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The holiday season does not have to mean unhealthy eating

By Cathy Lloyd



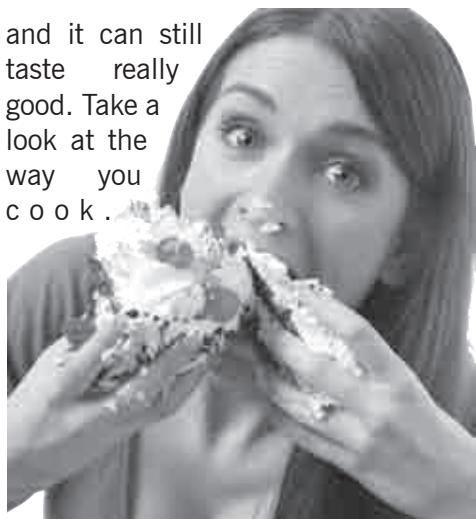
Q: I always seem to gain weight during the holidays, do you have any tips for me?

A: Unhealthy food is a major part of the holiday season....however that doesn't have to be. According to the new weight watcher report, the average American gains 7-10 lbs between Halloween and New Years Day. Many say they will stop on New Years but by that time the habits are formed. Instead people keep eating wrong and gaining more weight.

Of course you are going to indulge a bit and it's ok!!! You can eat those things that are not as healthy while trying to maintain or lose weight. You can be health conscious during the holiday season and still indulge. Here are some guidelines to follow.

1. CHANGETHEWAYYOUCOOK: Why not use half fat ingredients? By using half fat ingredients you can cut back on fat and calorie consumption

and it can still taste really good. Take a look at the way you cook.



Do you fry? Why not grill? It tastes great and drops fat considerably. You can also steam veggies with natural flavoring such as onion and herbs instead of boiling them and drenching with sauces high in fat.

2. EXERCISE: Most people have a little extra time over the holiday season off of work. You should take this opportunity to develop an exercise regimen. This will definitely help burn off excess calories and fat consumed

over the season. It will also help you establish a habit that lasts.

3. DRINK GREEN TEA: Swap your morning cup of coffee for green tea. Believe it or not drinking green tea will help reduce your stress mentally and physically. It contains many antioxidants which fight illness and inflammation and EGCG which has been proven to have thermogenic properties that helps to burn fat especially around the middle.

4. EAT REGULARLY: If you are going out to a big party or family get together don't starve yourself all day in anticipation. You set yourself up for failure and eat everything in sight which will help you put on weight. Instead make sure you have a good healthy breakfast and eat low fat, high protein, high fiber snacks throughout the day. Not only will you boost your metabolism and burn calories more efficiently but you will also be less likely to over indulge.

5. PREPARE FOR BIG EVENTS: If you have nights that you know you will be having bigger family meals

or going out to functions, try to eat healthy the days before the events.

6. BALANCE YOUR FOOD OUT: When you are faced with a smorgasbord of rich fattening food, don't fill your plate with all rich high calorie food. Take a little of everything and include fruits and vegetables because their valuable nutrients will help you burn fat. Be leery of sugary rich foods. Eating them makes you physically crave more later, instead stock up on raw veggies and fruits to reduce temptation.

7. LEAVE ON YOUR PLATE WHAT YOU DON'T WANT: As young children many of us had it pounded into our heads we had to clear our plates. We feel obligated to do so and the result is usually overeating. Eat slowly and when you feel full stop. It takes 20 minutes for your brain to receive the signal you are full so slow down and remember you don't have to clear your plate. You don't have to say yes to everyone that offers you food. If you are not hungry then simply say so. Don't allow anyone to make you feel badly for your good choices.

8. INCREASE YOUR INTAKE OF VITAMIN C AND OMEGA 3'S: Many of us are stressed around the holidays with all that there is to do. Stress leads to the release of a hormone called cortisol and it can become chronically elevated in your body. Elevated levels of cortisol will increase storage of fat in the abdominal area. Vitamin C helps to reduce stress levels and lowers blood pressure and in return lowers cortisol levels in your body. Omega 3's have been shown to keep stress hormones like adrenaline and cortisol from peaking. It wards off increased fat storage in the abdominal area.

HEALTH & WELLNESS

ImPACT testing for high school athletes

By Lacy Jo Graham



Q: Via Christi received a grant to conduct ImPACT testing next year for high school athletes. What is an ImPACT test?

A: ImPACT testing allows medical professionals to ensure athletes have fully recovered from head injuries before heading back on the field. ImPACT stands for Immediate Post-concussion Assessment and Cognitive Testing. It is currently used by 6,000 high schools, 1,300 colleges and universities, as well as all of MLB, NHL, NFL and WWE. An initial test is administered through a computerized program taken by the high school students. The test involves puzzles and tasks to measure a variety of factors.

Q: What does the initial ImPACT test score mean and why is it important?

A: By establishing a baseline score, we have a beginning point to evaluate the recovery of an athlete if

a concussion should occur. This helps physicians manage a concussion, and follow-up tests can also help with the decision of when it may be safe for an athlete to return to the playing field.

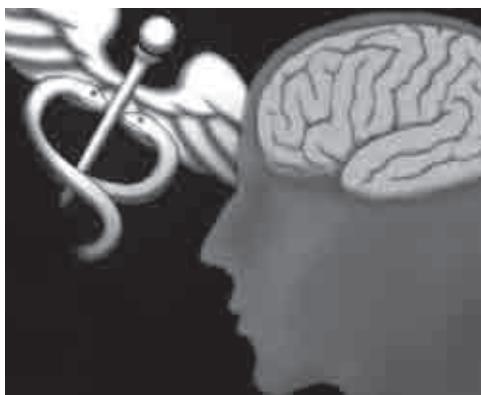
Q: How often do head injuries on a sports field occur?

A: There are more than one and a half million sports-related concussions every year in the United States. We need to use the tools we have to make sure our children make a full recovery before they return to physical activities. If we don't, they are at a higher risk for future injuries.

Q: How much does it cost a school to have its athletes tested for an ImPACT score?

A: Thanks to a grant from the Mount Carmel Foundation that purchased the ImPACT testing system, Via Christi Hospital is able to offer it to high school athletic programs free of charge. Additionally, we recently were one of four hospitals selected for a rural health grant by Multi-Plan Inc. This grant allows the hospital to

not only continue ImPACT testing for students next year, but also increase the number of students we reach.



Lacy Jo Graham has worked in health care for almost a decade, and is a Registered Nurse with a Bachelor of Science in Nursing from Pittsburg State University. She has served in a ICU, Cardiac Step Down, Emergency Room, and Surgical Departments. Lacy Jo is currently the Patient Education Specialist for Via Christi Hospital Pittsburg, and implements patient education programs as well as providing comprehensive inpatient diabetes education.

Cathy Lloyd is a RN/RT who has worked in the field of nutrition and healthcare for 29-years. Cathy is the owner / operator of Piece Of Cake Nutrition along with her husband Kevin Lloyd located at 512 N. Broadway, Pittsburg KS, 66762. Piece Of Cake Nutrition specializes in helping people meet their overall health goals. They hold monthly weight loss challenges, daily exercise classes, and provide healthy treats, smoothies, shakes, and supplements. Everyone who walks through the door gets a free health evaluation. For more information or to schedule an appointment call 620-687-3924 or e-mail kevncat2005@gmail.com.

FOOD & BEVERAGE

Dough ornaments for Christmas

By Lori Horton



Q: The kids love to play with cookie decorating but I'm wondering how to bake early and

you will have a spot to string a ribbon or string through for hanging. You can use any type of craft paint to decorate the ornaments after they have baked



prepare these for gifts. How far ahead is too far for the items to still be fresh and tasty?

A: This is a really tough question because the closer the holidays get, the busier we all get and time to spend in the kitchen becomes premium. Here's a different take on a kid friendly item that makes great gifts.... Dough ornaments that are NOT edible but still rolled, cut and decorated with many of the same tools and techniques as regular cookies. The recipe below makes approximately 15 "cookies" depending on the size of your cutters. Use a straw to punch a small hole out near the top and after baking

and cooled and to really preserve them, add a layer of clear varnish or Mod Podge. Another alternative is to add gel food colors to the dough while you are kneading it up and just make the whole ornament a solid color. For example you could dye your dough a nice bright green to cut out Christmas

tree shapes and then you only have to paint on a few dots for ornaments, use glue to add glitter or simply take a Sharpie marker to write a name and make it personalized. The possibilities are endless and the kids can really get creative! To turn your ornaments into yummy smelling bits on the tree, add a little ground cinnamon or vanilla extract to your dough before baking. Side note: If you have pets in the house and you have added varnish or paint to these, be sure to hang them high enough to keep them from being eaten! Happy decorating!

Dough Ornament Recipe:

4 cups All purpose flour
1 cup salt
1 1/2 cups warm water
1 t. ground cinnamon (optional)
1 T. vanilla extract (optional)

If you add the extract, leave out 1 T. of water so your dough is not too sticky

Preheat oven to 325 degrees. Blend flour and salt and then add warm

water gradually. You can mix with a large spoon for a bit, but final mixing will be kneading with your hands. It will be similar in texture to chilled sugar cookie dough. Roll it out on a floured surface and cut with cookie cutters. Be sure to poke a hole using a straw or toothpick before baking! Bake approximately 1 hour or until hard. Allow to cool completely before painting or decorating. These will keep indefinitely but the cinnamon or vanilla scent will fade away in time.

Lori Horton is the owner of *Celebrations by Lori* in Pittsburg, Ks. With over 15 years experience in the bakery business, Lori opened *Celebrations* in 2000. She is always out front with the most unique ideas in cake and cookie decorating for all occasions. *Celebrations* is also on top of the industries' latest trends and products with the area's largest selection of baking and cake decorating supplies. Open Monday - Saturday, *Celebrations* can be reached at 620-231-5700 or at www.celebrationsbylori.com

AUTOMOTIVE

What does smoke from a tailpipe mean?

By Jeff Lovell



Q: My car just started blowing smoke from the tailpipe. Can you tell me what it might mean? How concerned should I be about it?



A: It is good to pay attention to any changes in your car's exhaust as it tells a good deal about the health of your vehicle. It can also help you know exactly what kind of trouble your car might have as the color, smell, and even frequency all point to particular possible issues.

Let's run down a few of the most common issues:

- Gray smoke-- this could indicate that the piston rings are worn and need replacing or that you have worn or damaged valve seals or valve guides. If this is the case, you might also notice a decrease in engine power

and more oil consumption. It might also mean that the PCV system is not working properly.

- White smoke--White smoke coming from the exhaust when you start the car is most likely water vapor. If the smoke does not disappear once the car is warm, you have a problem. It may indicate transmission fluid in the manifold and a need to replace the vacuum modulator, head gaskets, or the engine block.

- Black Smoke-- If you notice black smoke, it may indicate that the engine is running rough. Some of the

things that might cause this include a carburetor choke stuck closed, the fuel injectors may be leaking, or there may be some other type of ignition problem.

If your car is blowing smoke, being concerned is always in order. Even if it is no big deal or an easy fix, addressing the issue early prevents other additional and likely more costly problems.

Jeff Lovell is the owner of Neptune Radiator and Auto Repair. He started a radiator repair shop in 1996 and has grown over the last 15-years into an automotive repair shop. With three ASE Certified technicians including one Master ASE Certified technician, they have over 40-years of combined experience. They do everything except glass and body repair. For more information please contact us at 620.231.5890 or visit us at 902 West 4th Street.

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SPORTS MEDICINE

Basketball related injuries

By Dr. John Yost Jr.



Q: Last year my daughter had some sort of a hamstring pull or tear in both of her legs during her 1st week of high school basketball practice. The back of her legs, slightly above her knees turned black & blue. After some rest, she began wrapping her legs and ended up making it through the season. What are the most common basketball related injuries, what are some physical signs of the injury (bruising, pain, etc) and how can they be avoided?

A: The winter season will be here soon and with it comes basketball, and unfortunately, basketball injuries. Basketball is a contact sport that is played on hard surfaces. It requires quick acceleration and deceleration, rapid changes in direction and a great deal of jumping. This is why so many types of injuries may occur.

Most basketball injuries consist of sprains, strains, contusions or fractures. To begin with, let me define those injuries.

- A sprain is an injury to a ligament which is the tissue that holds bone to bone. Sprains may be mild, moderate or severe. They can range from something as simple as a turned ankle to more severe injuries such as a dislocated shoulder or an ACL tear of the knee.



- A strain is an injury to the muscle tendon unit. A tendon is the tissue that attaches the muscle to the bone. A pulled hamstring, a ruptured Achilles tendon and a torn rotator cuff are all examples of strains. These can also be mild, moderate or severe.

- A contusion is a result of blunt trauma with bleeding in the soft tissue, muscle, and if severe enough, bone. Examples include a bruise of

the skin, a hematoma in the muscle, or a bone bruise.

- An acute fracture is a break in the bone due to force, and repetitive stress over time can lead to a stress fracture. Most common acute fractures are finger and wrist fractures. These usually result from being struck by a ball or breaking a fall with your arm. Most common stress fractures are due to repetitive loads to the spine, hip, and foot.

The management of basketball injuries is approached in 3 phases: Prevention, Diagnosis and Treatment and Rehabilitation. Prevention is the first priority in sports medicine and should begin in the preseason to ensure as safe a program as possible. Training should emphasize three primary areas: strength, flexibility and endurance.

Even when proper training

protocols are set in place, injuries can still occur. Remember that initial treatment for injuries should follow the acronym RICE (Rest, Ice, Compression, Elevation) of the injured extremity. Evaluation by a trainer, nurse practitioner, physical therapist, or physician is recommended for any injury that has not improved after 24 hours. Sprains, strains, contusions and fractures resulting from contact sports such as basketball require treatment by individuals well versed in injuries of the musculoskeletal system.

Dr. Yost went to college, Graduate School and Medical School at the University of Nebraska and received an MD. He is Board Certified by the American Board of Orthopedic Surgeons. He not only treats athletes, but is an athlete as well. His interests are cycling, swimming and running and participates in Triathlons. He also recently became a member of the Kansas AOSSM which stands for American Orthopedic Society for Sports Medicine!

HOME & GARDEN

How can I keep my Christmas tree fresh and healthy?

By John Harrison



Q: I grew up in a family that used only artificial Christmas trees-- my mom could not stand the mess of pine needles. Now, I am recently married and my husband grew up with only fresh trees. So, I am giving the fresh trees a shot this year. Can you give me any tips for keeping the tree fresh, healthy, and with minimal loss of needles?

A: Even if you prefer artificial trees, it is hard to resist the beauty that a live tree can add to your holiday season. You will be happy to know that beauty does not have to be hampered with an endless mound of pine needles in your living room!

Here are a few tips for keeping your tree green and healthy throughout the holiday season:

- Select the right tree. First,

make sure it is as fresh as possible. You can ask the seller when it was cut and compare to other offerings to get the freshest tree possible. Look for trees that have been kept in shelter, and whose needles are moist and soft and do not fall off to the touch.

• Consider the type of tree. Different types of trees shed more or less needles and have various levels of tolerance. Noble firs and Grand Firs have the best needle retention and when cut fresh can last up to four weeks.

• Cut off an inch of trunk to expose the best surface area for water absorption.

• Spray the tree with an antitranspirant which slows water loss from the needles.

• Choose a location for the tree. Place the tree away from heat sources such as vents, and fireplaces.

• Keep the tree well-watered.

Remember not to let the water level drop below the end of the trunk or a seal will form that prevents proper water absorption.

• Use lights sparingly. Remember, even though the lights are small, they do give off some heat that will dry the tree when used for long periods.

• Do not over-heat your home. The cooler the temperatures, the longer the tree will last.

• For easy clean up, remember to use a tree removal bag at the base of the tree.

Remember to turn off the lights and unplug them overnight and when you are not at home! Have a beautiful and safe holiday season.

John Harrison is the Owner/Operator of In the Garden in Pittsburg. For more information or to reach John please call 620-231-4545.



HOME DECORATING

What are the best holiday decorating trends this year?

By Shellie Blevens



Q: This holiday season we will have a house filled with visitors, so I want to do my best to create a festive and beautiful atmosphere. I love

what I see in magazines but would have a hard time recreating the beautiful but costly scenes. Are there any trends that you recommend that are beautiful, simple, and affordable? Thank you for your advice.

A: Yes, absolutely! Certainly, magazines have much more at their disposal than the average person, but there is no reason you cannot create a holiday décor worthy of gracing the pages of any magazine.

One of the hottest holiday decorating trends this year is mixing festive décor items with "upcycled" items for a charming holiday atmosphere filled with surprises around every corner. In this trend you might see a beautiful display of candles in vases, professionally created wreathes, and elegant stockings hung by the fireplace.

You might also see some old ice skates spray painted in a shimmery icicle effect and tied with ribbon which hang from a chair for a whimsical vignette.



Antique toys or teddy bears with some holiday greens can make a fun display as well. Let your imagination soar!

The best thing about this trend is that it does not take a huge investment to achieve a stunning effect. All you need to do is think of a particular theme, style, or color trend that you would like to see, buy a few showpieces that set off the concept, and complement it with upcycled do-it-yourself items and repurposed pieces to tell a story.

You might invest in some fabulous fabric for a tablecloth, purchase a few oversized candles, with pedestals and pair the display with items you already own. Add some beaded garland strands and a few ornaments. In this style, there are no limits or boundaries-- and that is what makes it so lovely. Use your imagination and let the ideas come. Try to envision even the most common items as part of your celebration. Suddenly, that old window frame is painted white and the perfect place to highlight a simple wreath and cookie cutters become tree ornaments.

Once you have your idea in mind, hit the home décor stores, craft aisles,

home improvement stores and your own home and collect your treasures. Once the stockings are hung with care, and you have spray painted, sprinkled, and glittered--- you will have a home ready for a wonderful celebration.

May your holidays be bright and filled with joy!



Shellie Blevens is the owner of The Home Place in Pittsburg KS. The Home Place has been in business since 1983 and Shellie Blevens has owned it since 1996. She may be reached at 620-231-5440.

HEALTH

Is it too late for an adult to try speech pathology?

By Gentry White



Q: If speech pathology did not work as a child, would it be worthwhile to pursue it as an adult if some of the same issues

Speech Pathologist about your specific communication needs. Whether your speech deficit is a specific phoneme sound (ex. /s/ or a /r/ misarticulation) or if it is a fluency issue (ex. fluctuating rate of speech), it is never too late to determine a compensatory strategy for speech production. The amazing part of the human race is that each and every one of us is different and speech

makes up who we are; voicing, oral structure, dialect and language can characterize each and every one of us in a unique way.

Gentry White is the owner and lead therapist for Southeast Kansas Speech Pathology Services in Pittsburg Kansas. She received her Bachelor of Science in Education

from the University of Nebraska at Kearney in 1998 and her Master of Arts in Audiology and Speech Sciences degree from Michigan State University in 2001. She has been practicing Speech-Language Pathology in southeast Kansas since moving to Pittsburg in 2001. Gentry resides in the Pittsburg area with her husband and children. She can be contacted through her website www.sekspeech.com or her office phone at 620-232-2990.

are still present?

A: Great question. I would consider a referral for the following reasons; if you feel that your speech is impeding your skills as a professional within your chosen career, your speech deficit is negatively impacting your social life or if you have recently noticed a change in your speech (i.e. rate, word finding issues, intelligibility). I would then consider speaking with a



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Can you keep your car after being deemed totaled?

By Richard Smith



Q: My 10-year-old car was totaled by the insurance company but is still drivable. What factors deem a car totaled? Can you keep it after it is totaled? If so, does your insurance go up?

A: Around five million cars are totaled yearly in the United States. Of those, some of them remain drivable, as in your case. One of the biggest misconceptions about cars being totaled is that they are totaled because they become unable to be driven safely. This is not always the case.

The determining factor in whether or not a car is deemed totaled is the expected cost to fix the damage. If the cost to fix it exceeds the value of the vehicle, then it is considered totaled. So, an older car worth two-grand may be considered totaled with

a small fender bender while a new car could sustain more damage without reaching that threshold.

Naturally, in most cases owners are happy to give up the car since it has sustained major damage. In other

In this case, the owner must let the insurance company know of their intent early in the process. Then they would take out the cost of the deductible and the money you would receive at salvage and give you the remaining of the car's value.

Depending on the situation, you may have to go to the DMV and change the salvage status of the vehicle to "rebuilt salvage" status.

I would suggest you get the vehicle thoroughly inspected for any unseen damage before driving the vehicle. An inspection may also help you in your decision on whether or not to pursue keeping the vehicle.

Also, I would check with the DMV

for any fees you might incur in the process. After adding up the cost of fixing it and the cost of keeping it, it may or may not be worthwhile, depending on your reasons for wanting to keep it, the age of the vehicle, and all other contributing factors.

Richard Smith has been in the Auto Body Industry for 26 years. He is ASE Certified Master Collision Tech, an I-Car Platinum Tech, and an I-Car Instructor. He and His wife own and operate Sharp's Auto Body & Collision Inc. located at 202 North Elm St. in Pittsburg, Kansas. He is a father of 5 children, Ex Military E-6 Staff SGT. and is active in his home Church. The one thing he enjoys doing is educating the public about the safety and proper repair of automobiles, no matter if it is a vehicle that has been in a collision, a small dent, or a complete restoration. The shop is always equipped with a skilled professional to handle your auto needs.



cases, owners look to keep the vehicle because fixing it is more cost effective than purchasing a new or newer vehicle.

LAWN & LANDSCAPE

How can I prepare my yard for colder temperatures?

By Justin Cawyer

Q: I have some friends that invest a lot of time on their lawn and come spring, it looks fabulous. They credit the work they put into the yard to prepare and protect it for winter. What kind of efforts would you suggest?

A: It is easy to think of winter as an inactive time for our yards but actually, it can be very productive. What you do now can make a huge difference in the beauty of your yard in the spring.

First, think of your yard as a population of plants, trees, and grasses of differing needs. When we address all of those needs, the landscape becomes a ready canvas for new growth.

If you do only one thing to prepare for winter, rake the leaves. Leaves can smother the grass, turning it to a dirt patch over the winter months. If the winter is unusually warm or overly wet,

the leaves can rot and breed bacteria that can damage the lawn and other

plants in the area.

Next, aerate and fertilize the lawn. The lawn by this time is ready for some nutrients and aerating the lawn will assure it stays well fed. Choose a winterizer type fertilizer for best results.

In the flowerbeds, you will also want to remove dead growth where pest eggs and disease spores linger. Rake up old mulch and replace it with new material.

If you have young trees, protect the tender bark from any gnawing critters by wrapping the stems or trunks with tree-guard products. Young plants are especially tempting to herbivores in winter and our yards can look like a delicatessen of delight!

If you have any evergreens that are

exposed or windward facing, consider setting up burlap screens or shelters around them. This is especially helpful for broad-leaved types.

Finally, have a professional come in and evaluate any trees on the property, particularly ones near the home. Weak branches can become heavy with snow and cause real damage that you can prevent with removal.

All of this may sound like a lot of work, and it is, but it is definitely worth the effort. If you have any questions, be sure to consult a professional who can help you get things on track. Enjoy your yard, and the holiday season!



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

Holiday dinner & beverage ideas

By Brian Bulot



Q: I volunteered our home for the holiday celebrations this year so my wife volunteered me to cook the meal. Now I need to come up with something that will impress my four brothers, their families, and my parents. Any ideas?

A: Sounds like you got yourself into a situation. Don't worry though, we can still have you come out of this looking like a food god. Here are some ideas that the guys will love!

A precooked ham makes this recipe simple and delicious.

Ham and Spiced Apple Glaze

1 whole ham
2 teaspoon(s) salt
2 teaspoon(s) dried thyme leaves
2 teaspoon(s) ground cinnamon
1 teaspoon(s) coarsely ground black pepper
teaspoon(s) ground nutmeg
teaspoon(s) ground cloves
1 jar(s) (10 ounces) apple jelly
1/4 cup(s) balsamic vinegar

Fresh thyme for garnish

Place ham, fat side up, on rack in large roasting pan.

Preheat oven to 350 degrees F. In small bowl, combine salt and next 5 ingredients. With hands, rub spice mixture over the ham. Insert meat thermometer into center of thickest part of meat, being careful that pointed end of thermometer does not touch bone. Roast until meat thermometer reaches 150 degrees F.

Meanwhile, in 1-quart saucepan, heat apple jelly and balsamic vinegar over high heat to boiling; boil 2 minutes. Remove saucepan from heat; set glaze aside.

When ham has reached 150 degrees F, remove foil and brush with some glaze. Continue roasting pork, brushing occasionally with remaining glaze until meat thermometer reaches 160 degrees F.

When done, place on large platter; let stand 20 minutes for easier slicing. Garnish with fresh thyme.

Compliment the meal with your

favorite salads and sides.

Of course you will need a great Eggnog to go with it, And I have just the recipe!

Eggnog

Serves 12
4 cups milk
5 whole cloves
1/2 teaspoon vanilla extract
1 teaspoon ground cinnamon
12 egg yolks
1 1/2 cups sugar
2 1/2 cups light rum
4 cups light cream
2 teaspoons vanilla extract
1/2 teaspoon ground nutmeg



thick. Do not allow mixture to boil. Strain to remove cloves, and let cool for about an hour. Stir in rum, cream, 2 teaspoon vanilla, and nutmeg. Refrigerate overnight before serving.

Not a fan of eggnog? Try a great Pumpkin Beer!

These ideas are sure to wow your company, but remember: the more you impress, the more likely that holiday meals will be delegated to you next year!

Brian Bulot is manager of G&W Foods in Girard and has been in the Grocery Retail business for over 27-years. For more information please call 620-724-4411.

SENIOR LIVING

How can I lift an arthritis sufferer's spirits?

By Kevin Knaup



Q: My aunt is becoming more and more reclusive and less active because of her arthritis. This year she wants to opt out of the family gathering

because she says it is just too much effort to go and it is a reminder of what she used to be able to do. I understand she is in pain, but she uses this as her reason not to socialize at all. Can you help me lift her spirits and help her feel better?

A: Nearly 46 million Americans in the United States have been diagnosed with some form of arthritis. Moreover, the number is projected to increase to 67 million by 2030. According to the Center for Disease Control and Prevention (CDC), more than one-third of these adults will

have limited activity as a result.

Most people believe that there is nothing they can do about arthritis and resign themselves to suffering as part of aging. However,

there are many things we can do to help relieve the painful effects of this disease. With a little encouragement and by following a few simple steps, your aunt could soon enjoy more mobility, less pain, and a better outlook on life.

First, have her talk to her physician about ways to help manage her pain

and to help guide her in the process of finding positive results in her efforts.

A physician can help affirm her efforts and provide additional feedback.

One of the first things to look at in helping in pain relief is weight management. In overweight individuals, losing as little as 10 pounds can cut arthritis pain considerably.

Next, have your aunt move more, more often. Getting active not only preserves mobility, it can also help restore range of motion, increase endurance, flexibility, and stability. It also helps decrease the risks associated with a sedentary lifestyle.

Make sure she eats and sleeps optimally. A well-balanced diet rich in vitamins C and D, and Omega 3 fatty acids assure that bones are strong and help keep inflammation down. Getting quality sleep will help assure that she has more energy and will be less likely to become depressed.

Lastly, be her cheerleader. Working through arthritis takes time and effort and everyone can use someone ready

to celebrate their accomplishments. Chances are good that once she sees that getting active is possible, and starts to feel better physically, she will be much more inclined to participate in life again.



Kevin Knaup received his Kansas Adult Care Home Administrator's license in 1983 and is the Administrator of Sunset Manor, Inc. in Frontenac, KS. He has been employed at Sunset Manor for 31 years. He is a member of Kansas Health Care Association and Kansas Adult Care Executives. He has served on various local and state committees for education and training in the Adult Care home field.



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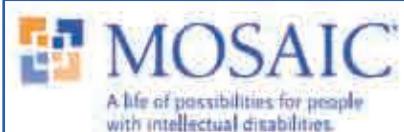
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DERAILED COMMODITY

AROUND THE COMMUNITY

How can I get my Christmas shopping done quickly?

By Hillary Houston



Q: I always put off my holiday shopping until the last minute--partly because I really hate shopping and partly because most of those on my list are sisters, aunts, and nieces and I have no idea what to get any of them. Do you have any ideas that can help me get this done quickly and painlessly, and still give them something they would actually like?

A: Yes, I have an idea that will keep you from wandering the malls and will let you come away with wonderfully original gifts that will make you a holiday hero. Try your local boutiques. Boutiques offer a large array of gifts that you cannot find anywhere else, are high quality, and are always meaningful.

In a boutique, you can satisfy nearly everyone on your list. For example, for the guys, you could get custom screen-printed shirts (you could even design them yourself!), or find a great

retro piece for their home or office. For the women, boutiques offer fabulous jewelry with many original hand made offerings. Look for the silver charms

on Pinterest. When you get the pieces at the boutique, they can have the look they want without having to spend forever on a DIY project. For little girls,

Even after your trip to the boutique, you still may have others on your list who are harder to buy for. The trick is to think outside the box. Another great place to find gifts with less hassle is the home improvement store. During the holiday season they often have traditional gifts like small appliances, and other gifts that you might not find in the department stores, like fountains, sundials, wind chimes, stepping stones, and of course specialty tools.

Good luck in your shopping and have a wonderful holiday season!



and other silver jewelry that is so popular right now. Also popular with women are the refurbished furniture pieces like the ones that you might see

you could find fabulously frilly tutus that will have your nieces feeling like the most beautiful ballerinas in the world.

Hillary Houston, 2005 PSU graduate, MBA program. Resides in Frontenac with my two boys Logan and Peyton. Employed with New Hope Services since 2008 as the Assistant Program Director.

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Girard Area News

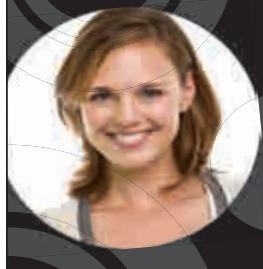
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Breakfast with Santa will be held at the GHS Cafeteria on Saturday,

December 8th from 8am – 10:30am. Bring your own camera and take pictures with Santa and Mrs. Claus. Free admission – free pancake and sausage breakfast. Event sponsored by Class LTD and Appraisals Plus – Randy Pommier. Organized by Celebrate Girard! Events Committee.



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FARM INDUSTRY

Four reader questions answered

By Mike Davied



Q: Recently I noticed a fluid that looks like engine oil coming from the radiator of my diesel truck, is this even possible and what would be the necessary repair?

A: Most heavy equipment and diesel truck engines have engine oil coolers that circulate engine coolant and engine oil inside them to keep the oil at the proper temperature. As the engine oil is under higher pressure inside the cooler than the anti-freeze mixture is, whenever a leak occurs the oil goes into the radiator. So repair the engine oil cooler and flush out the cooling system to remove the oil, replace with fresh coolant and then change the engine oil and filters.

Q2: My off road diesel machinery has recently begun to clog fuel filters almost daily. The filters seem to be full of a slimy black gunk, and it is in all my fuel tanks too, is it possible that

someone is dumping something into my tanks?

A: No, you probably have an algae problem, and once it starts in a fuel

as usual, and be careful where you get that next load of "cheap" fuel.

Q3: Today the front loader on my tractor wouldn't lift but the bucket



tank it is transferred to every machine you fuel from that tank. Ask your fuel supplier to check your tanks with you and they can help to treat the problem. There are several good fuel additives for this problem, but some are poison so be cautious in their use, after treatment change the fuel filters,

worked as it should, then when I hooked it to my field cultivator it worked correctly, what's up?

A: The piston seals on the loader lift cylinders are leaking, so no oil is leaking on the ground, but it is bypassing inside the lift cylinders. These

parts are easily repaired, and your loader will soon be as good as new.

Q4: Last time I used my tractor as I parked it the lights seemed to be dim and then today it wouldn't start, I'd like your opinion.

A: Check over the charging system and don't forget to check the battery and all connections, as they take a beating on low voltage situations as it sounds like you have, good luck.

Thanks to ALL the readers for your questions, keep them coming, and a Merry Christmas to Ya'll!

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

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EDUCATION

Anti-Bullying

By Dr. Glenn Fortmayer



Q: Bullying, why are schools making such an issue?

A: "Kids will be Kids." "They were just playing around." "Bullying

will always exist, kids just need to learn how to deal with it, and it is a part of life." We have all probably heard these statements. Some who read this may even believe in one or more of the statements. School staffs cannot operate by them because of state and federal laws that are being more strictly enforced in our court systems. Schools are legally required to define bullying and provide consequences. More demanding now, schools are legally required to go above identification and consequences; they must now also provide training and prevention interventions as well as documentation, reporting to law enforcement, and providing notification to parents of investigation results and actions.

Just as school violence has more serious consequences today than what

previous generations experienced, bullying is being required to be addressed much more strictly. Staff members can face liability for failure to report or act. Very few staff members will risk their careers and livelihoods over poor decisions and behaviors of



students or even other staff (Kansas law prohibits staff to staff as well as staff to student bullying). Staff members correctly take a "better to be safe than sorry" approach and report possible bullying as soon as it is detected. Without a proper

investigation, the incident cannot be determined to be part of a pattern, ongoing, or severe or not.

Anti-bullying efforts place a strain on administrators and designees as they have to investigate the vast increase in reports. Most are simply non-bullying incidents, especially as students and staff become better educated on bullying and bullying prevention.

There are cases when the first two opening statements of this article are true and accurate. They are what every school staff member hopes to find at the end of investigation. Until that determination is found, all staff school members and especially administrators need parents and guardians to be patient, understand the legal requirements staff must comply with, and be supportive of a process that ensures the safety and well-being of students and staff. Positive parental and community support of school staff and administrator efforts to reduce bullying will foster and maintain a truly safe and positive school environment for all students. USD 247 Southeast and I believe, every district in Kansas,

operate under the belief that the last opening quote in this article is completely false and unacceptable.

The days that most of us remember, when being bullied physically, verbally, or emotionally were just part of growing up, are indeed in the past. What may seem over reaction to a few is a new safer, more positive educational environment of the present and future.

Interested students and parents should contact their local districts or visit http://www.ksde.org/KS_SAFE_SCHOOLS_RESOURCE_CENTER/legislation.html for more information.

Dr. Glenn Fortmayer is Superintendent of USD 247 Southeast. He has been a superintendent for five years and administrator for 16 of 24 years in education. He is working with Southeast on initiatives including: expanding student learning opportunities, technology integration, and increasing instruction that authentically engages students every class period of every day with an emphasis on project based learning. For more information call 620-457-8350.

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ANIMAL CARE

How can I keep my pet safe in winter?

By Laura Morland



Q: What are some important tips to keep my pets safe and healthy this winter?

A: Keep pets indoors, especially cats, as much as possible in cold weather. You should shorten exercise walks for dogs and if you are cold then they will be too. Safe outdoor temperatures will vary by breed and size and if they must be outside, provide adequate shelter.

Make sure that your pet always has fresh, non-frozen drinking water. Animals who don't have clean accessible water will turn to puddles where they can drink deadly antifreeze, oil and other chemicals. If you live near a pond or lake, be especially careful of ice. Animals can easily fall through the ice and it is difficult for them to escape. Keep them on a leash or stay with them when outdoors.

When the weather cools, cats like to sleep near a warm car engine, curling up on or under the hood. Honk or rap

on the hood before you start your car or truck engine. Pets who go outdoors can pick up rock salt, ice, and chemical ice melts in their foot pads. Clean pads thoroughly after a trip outside.

Safety tips during the Holidays include securing the holiday tree by anchoring the top of the tree to a wall so cats and large dogs don't knock it over. Make sure all presents accessible to pets are securely wrapped, and don't use ribbon or raffia. Also don't leave candy, especially chocolate, under the tree. Clean up pine needles under live trees as they could damage pets' intestines. Keep all ornaments well out of pets' reach and don't use tinsel.

Dr. Laura Morland graduated from Kansas State University in 1971 with a doctorate in veterinary medicine. Dr. Morland is very involved in her community. She has four children and two grandchildren. In her spare time she enjoys raising Yorkies, Cairns and Maltese, and being a grandma. Dr. Morland may be reached at 620-724-8054 or visit www.girardanimalhospital.com.



COMMUNITY

What ways can I include an adult with disabilities into the holidays?

By Stephanie Webb



Q: How can I be sure to make the holidays special for an adult with disabilities?

A: Happy Holidays to you and yours! What

an amazing question. There are so many ways to make the holidays special for an adult with physical, intellectual, or developmental disabilities. Many if not all of the delightful planning, shopping, preparing, cooking, and decorating would be a wonderful experience for them. If you live with an adult with disabilities start by asking them their thoughts on decorating ideas, or food choices. Let them express

their likes and dislikes. Imagine their excitement as you go with a theme or idea they have given you. Bring them along as the crazy holiday shopping begins. Share the parties and other fun events with him/her. If you do not live with an adult with disabilities and would like to share a holiday with them, visit your local agency

shopping, special holiday meals, and company. We all know the little things in life make a difference and even your company and one-on-one attention will make a huge difference to an adult with disabilities in our community. If you are excited, they will be excited too!



and inquire to volunteer to adopt a person, a home, or even bring a dish of goodies for them to enjoy. Send an invitation to your community agency for them to attend a church gathering or other celebration. We all know the holidays are an exciting and giving time for all. Adults with disabilities are no different. They are excited and thrilled at decorating,

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Mosaic is a nonprofit organization. In Kansas, Mosaic has begun a new sustainable fundraising initiative to help ensure that the needs of people with disabilities will be met, regardless of limited government funding. To learn more, contact Stephanie Webb, CRM at Mosaic, 620-231-5590.



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RELIGION

What was the star the wise men followed?

By Pastor Bill Emmerling



Q: What was the star the wise men followed to find the baby Jesus in Matthew 2:1-11?

A: Matthew is the only gospel writer to record

the presence of this star. Many things have been suggested as an explanation such as a comet, meteor, or a supernova (exploding star). Yet the most compelling explanation I have encountered has been put forth by Rick Larson at BethlehemStar.net. There are nine conditions he draws from Matthew's account needing to be satisfied.

- It signified birth.
- It signified kingship.
- It had a connection with the Jewish nation.
- It rose in the east, like other stars.
- It appeared at a precise time.

- Herod didn't know when it appeared.
- It endured over time.
- It was ahead of the Magi as they went south from Jerusalem to Bethlehem.
- It stopped over Bethlehem.

Working from historical records, discoveries by scientists such as Johannes Kepler and the power of

computers to simulate the stars in the sky through time, Mr. Larson makes the case that the star is Jupiter moving through the constellations during the time surrounding the birth of Christ Jesus, the Messiah.

Even so, as amazing as the thought that God put the very heavens in motion thousands of years before to point to the birth of His Son is, it is most important that we recognize that He used these signs to point to our Messiah, who died for our sins in our place, that we may be made right with God, and that God the Father raised this Messiah, Jesus, from the dead to provide proof of

his worthiness and give us hope that he will do the same for us when He sends the Messiah back for us. The best way to celebrate the season is to know the Messiah and worship him as our Savior. Have a blessed Christmas.



SENIOR LIVING

What are the pros & cons of assisted living?

By Shanna Taylor



Q: We are at the point of considering assisted living for a loved one. There are a number of decision makers, or at

least those who have an opinion in this process and, naturally come from differing viewpoints. Can you give us some ideas of the pros and cons to help us sort out if it is time to make this step?

A: Most people expect a senior transitioning to assisted living would have trouble, but are surprised to find that it is hard on loved ones as well. There are so many emotions involved and many people do not realize that facing these decisions dredges up everything from our own fears of loss to our reluctance to let go of what we have always known. The decision is monumental, so you can expect a time of adjustment.

However, though emotional, it is a good idea to weigh out the advantages

and disadvantages, as best as you are able, to affirm your decision. Here are

whether the cost is a disadvantage, or an over-all advantage.



a few of the basic things that help most people decide.

Depending on your choice of residence and the funds with which you are working, the price of an assisted living might be considered a disadvantage. It is a service, and like any service, there is a price. The price may be weighed against the current situation, or against other possible solutions to get a better grasp of

For some, moving anywhere could be difficult. Some have lived in their home the largest portion of their lives and find the surroundings comfortable, and more importantly comforting.

In these cases, staying in the neighborhood and to an assisted living where friends already reside may be helpful.

Particularly when there is a roommate, adjusting to sharing living space and dealing with any compatibility issues could be an issue. However, on the other side, living in assisted living on some level forces some socialization and is helpful in

keeping seniors healthy and active.

The advantages, even in light of possible disadvantages, usually help most seniors make transitions. Things such as easy access to health care, transportation, and wellness programs are all huge advantages.

Other advantages such as housekeeping, laundry, dining, and personal care assistance help reduce the possibility of accident or injury.

Finally, having planned activities and a group of familiar faces helps seniors stay involved and connected to others.

I hope this helps your family member, and all those that love him or her, to make a decision that all can find comfort in. Best wishes to you all.

Shanna Parrish-Taylor is the Operator/ Director at Gran Villas Assisted Living. She is a RN with 9 years long term care experience, experience in critical care as well as hospice setting. Shanna is currently working on her master's degree towards obtaining her ANRP. For more information on Shanna or Gran Villas please call 620-231-4554.

AGRICULTURE

Marketing my 2013 crop

By Zach Parish



Q: With the 2012 crop year coming to a close, when is the best time to look at marketing my 2013 crop?

A: The best time to market grain is going to vary from producer to producer. You could ask 10 different people and get 10 different answers. Marketing advisors can show you countless charts and data to give you an idea of when is the best time to "hit the high." One thing I have learned in my time in the grain industry is that it is next to impossible to "hit the high" all of the time. It is also hard to go out of business if you are making a profit. We have a three-point marketing plan we use to help producers concentrate on profit and block out the added "noise" of generic marketing plans that may end up costing you money in the long run.

Point 1: Sell desired profit as soon as possible.

I know this is a broad statement, but our first suggestion to producers is to "sell at a profit." It is up to the producer to decide what his desired profit level is. And no, "all I can get" is not a very good answer. It is important that producers sit down and really figure what input costs are going to be per acre and look at current grain prices. These are necessary pieces of the puzzle when deciding what your target price will be for your crop. In my opinion, the best time to sell grain is as soon as you can sell to cover your input costs plus your personally desired level of profit. A profitable operation is one that will be around next year. Again, focus on long term success, which is derived from profit.

Point 2: Turn grain into cash as soon as possible.

At the end of the day, you can't take grain to the bank. Cash is king. We encourage farmers to turn their grain into cash and concentrate on moving forward while remaining profitable. Sell your grain at profitable levels and keep your focus on profit. Long term success is far more valuable than gambling with your grain in an attempt to hit the high. By playing the market you are risking grain prices falling, and also possibly incurring other unnecessary costs, which brings me to Point 3.

Point 3: Avoid added marketing cost (storage, value of money, shrink)

Most grain facilities charge a fee for storing unpriced grain. So if you decide to take your grain to a local elevator, you will be incurring monthly charges in exchange for the opportunity to price your grain at a later date. If you decide to store grain in your own bins, you will incur a different kind of cost, shrink. Anytime you put grain in a bin, you never pull out the exact amount you put in. It's always a little less. Not only do you incur some shrink, but you also incur the extra cost of handling the grain. I am not trying to discourage farmers storing their own grain, but it's important that they take these factors into consideration when they are determining their desired profit levels.

With the help of a couple local producers, I put together a spreadsheet to help producers determine their individual profit levels. The numbers used in this spreadsheet are ESTIMATES, and will vary from farm to farm. We figured double cropping wheat and soybeans, no tilling in your soybeans, and cash renting all your acres. I would be more than happy to provide a blank spreadsheet to anyone who would like one. It is a powerful marketing tool to use and a great way to figure your own profit levels.

5 STEP GRAIN MARKETING PLAN

Step #1 - Determine your estimated production

Step #2 - Determine your production cost per acre

Step #3 - Set a profit goal per acre

Goal/Acre

SB \$200.00

Step #4 - Calculate a target price

Step #5 - Take Action!

Zach Parish is a grain merchandiser at KAMO Grain, Inc., located at 3708 North Free King Hwy in Pittsburg, KS. Zach graduated from the University of Arkansas with a bachelor's degree in Agricultural Business, specializing in grain marketing and merchandising. KAMO Grain started as a small, family owned, country elevator in 1990, and has now grown to serve producers and elevators all over the four state area with their grain marketing needs. For more information or to reach Zach call 620-232-5800.

5 STEP MARKETING PLAN

Step #1 - Determine your estimated production

		Est	Bushels
	Acres	Yield	To Sell
S W	1	40	40
Corn	1	120	120
SB	1	30	30

Step #2 - Determine your production cost per acre

	S W	Corn	SB
Land Prep	\$20.00	\$30.00	\$0.00
Fertilizer	\$93.00	\$225.00	\$45.00
Chemicals	\$0.00	\$30.00	\$10.00
Seed	\$25.00	\$80.00	\$40.00
Application	\$5.00	\$12.00	\$12.00
Rent	\$30.00	\$60.00	\$30.00
Planting	\$10.00	\$10.00	\$15.00
Harvesting	\$25.00	\$40.00	\$28.00
Drying	\$0.00	\$0.00	\$0.00
Crop Ins.	\$10.00	\$20.00	\$12.00
Total/Acre	\$218.00	\$507.00	\$192.00

Step #3 - Set a profit goal per acre

	Goal/Acre
S W	\$50.00
Corn	\$250.00
SB	\$200.00

Step #4 - Calculate a target price

	Cost/Acre +	Profit/Acre	/Yield/Acre	=	Target
S W	\$218.00	\$50.00	40	=	\$6.70
Corn	\$507.00	\$250.00	120	=	\$6.31
SB	\$192.00	\$200.00	30	=	\$13.07



New...From Page 1

vote or not, I have listened to you, I have learned from you, and you've 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

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

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

See New...Page 23



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

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

New...From Page 22

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 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 www.chartmarketing.com.

Decorate...From Page 1

can take off that stress though when you leverage the right kind of help and make wise choices in decorations.

First, choose a vendor that not only has what you need but can also help install and take down your applications. This will help save time and frustration and let you concentrate on other aspects of the party.

Next, consider the type of decorations. Greenery is always a classic choice and does not require too much time investigating trends or trying to match your other décor. You can choose from a wide selection of mixed greens, wreaths, garlands, and traditional plants such as poinsettia. Work with the vendor to cover all your needs, including table arrangements so that you have the crisp continuity for which you are looking.

In addition, another helpful consideration is choosing the types of trees and greenery that last longer. For example, trees grown in Michigan



take on the SEK climate well and last much longer before shedding needles. This is particularly helpful for planning holiday events. A great choice is to buy a potted tree that you can plant later in your own landscape or donate to the business or fellow worker.

Once the home is all festooned in the greenery and lights, you have a beautiful, professional and festive display to welcome your guests.

May your party be successful, and your holidays bright!

Dan Longan is the co-owner/operator of Longans Garden Center located on North Broadway in Pittsburg. Longans Garden Center has a wide variety of Christmas Trees, christmas arrangements and decor. For more information email dlongan@sbcglobal.com or shopblossoms@gmail.com. or call 620-704-6008.

Phone...From Page 1

the dial pad is bad, that's not enough to warrant a change of equipment. The problem might be solved with a service call or simply replacing the one phone.

If all your lines are noisy, or your phone system reboots itself randomly, you may have a bigger problem that requires replacement of equipment. Unfortunately some of the older telephone systems were sealed case units where a technician cannot get inside to work on them. That alone may be a factor in deciding the worth of purchasing a new system. Almost all of the newer digital telephone systems allow you to switch cards internally, which keep you from having to change the entire system in order to fix a single problem. Sometimes nothing more than a programming change can fix quite a few issues.

Remember that telephone systems are nothing more than job specific computers. Unfortunately, unlike your desktop or laptop computer, your telephone system won't remind you to upgrade your software or check for troubles. Sometimes the trouble is not your phone system, but may exist in the hardwiring leading up to your phone system or at the phone system itself. All of these things can usually be very quickly discovered by having a technician simply visit your site and look at your existing conditions. Most telephone systems have a built in end of life. The manufacturer develops the system knowing that within 7 to 10 years they will replace it with something newer and better. That does not mean you have to replace your equipment that often. If it works for your job and functions properly you can use the same system for decades. Quite literally, it's your call.



Scott Blythe is the Owner/Operator of PHONEGUY Inc. of Pittsburg KS. Scott is a lifetime resident of SE Kansas, graduating from Frontenac High School, and attended PSU Vo Tech in Electronics. Scott has 34 years of experience in installing and maintaining hundreds of business telephone systems. For more information or to reach Scott please call 620-249-2759.

FINANCIAL

What is the difference between a credit union & a bank ?

By Mark Kolarik



Q: There are several credit unions located in my community. Can you tell me the difference between a credit union and a bank?

A: Credit unions have been around for a long time. The first credit union in the USA was chartered in 1909 in Manchester, New Hampshire. A credit union is a nonprofit, cooperative financial institution owned by the members of the credit union. A volunteer board of directors oversees the credit union and is elected by the members. Each savings account holder has one vote, when the election of the board is conducted. The board employs a president, which oversees the daily operation of the credit union. Credit unions offer many of the same financial products and services offered by a bank, such as savings and checking accounts, certificates of deposit,

auto loans, loans, credit and much more. Since unions do

mortgage debit and cards, more. credit not have stockholders or are owned by a for profit corporation, profits are given back to the member owners in the form of low loan interest rates, high deposit rates, and low fees. Deposits in a credit union are federally insured up to \$250,000 by the National Credit Union Share Insurance Fund.

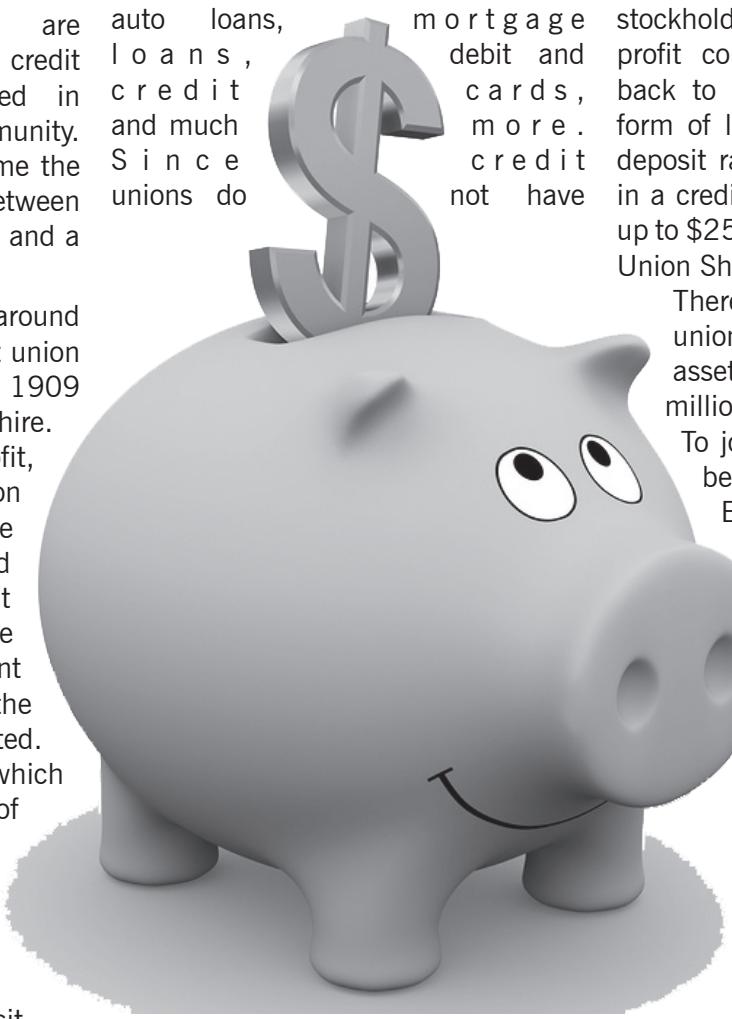
There are about 8,300 credit unions with over \$1 trillion in assets serving more than 93 million people in the United States.

To join a credit union, you must be eligible for membership.

Each credit union decides who it will serve. Most credit unions are organized to serve people in a particular community, group or groups of employees, or members of an organization or association.

More and more people join credit unions every year and they are pleased with the service. Year after year, credit unions' national customer

satisfaction ratings far exceed banking institutions' ratings (as reported in the American Bankers annual customer service survey). Call your local credit union to find out if you are eligible to become a member. Then compare your bank's product pricing to the products offered by the credit union. You may be surprised by what you could save by joining a credit union.



INSURANCE

Keep your home safe during holiday travel time

By Judd Schossow



Q: We travel a lot during the Holidays to visit relatives. What can we do to keep our home safe while we're away?

A: Whether you're planning a Caribbean vacation getaway, or a trip to visit relatives this holiday season, keep in mind that an empty house is a tempting target for a burglar, but with a little common sense and some careful planning, you can reduce the possibility that your home will be broken into while you're gone.

* Prepare your first line of defense – Use sturdy locks on all doors and windows and secure before you leave. Repair any broken windows or locks. Never operate under the assumption that a burglar won't find the one that's faulty.

* Enlist the help of a trusted neighbor – Tell one neighbor your itinerary and your estimated time of arrival and return. That person should have a

key to your front door to periodically check on the house, and a telephone number where you can be reached in an emergency.

* Don't broadcast your plans – Especially in the era of social media, never post your travel plans on Facebook or Twitter. According to a recent article in the New York Times, tech-savvy thieves are taking advantage of the detailed information by unsuspecting social media users.

* Never let the house appear empty from the street – Stop your newspaper delivery, and have your neighbor pick up your mail and any packages left on the front porch. Arrange for someone to mow the lawn, rake leaves and clean the yard if you'll be away for an extended period. Ask your neighbor to place garbage cans at the curb on normal pickup days and put them back after the garbage pickup. If you leave your car at home, park it where you normally would. However, be sure your neighbor moves it occasionally so that it appears the car is being

driven. If you're driving your car, have your neighbor periodically park in your driveway or in front of your house.

* Your home shouldn't appear empty on the inside either – Plug in timers to turn lights and even a television on



and off at appropriate times. Turn the ringer on your telephone down. If a burglar is around and hears a call that goes unanswered, they'll know you're away. Don't leave a message on your answering machine notifying everyone you're on vacation. Leave your blinds, shades and curtains in a normal position. Don't close them unless you

would normally do so while at home.

* Don't give thieves alternate ways to enter your home – Lock garage doors and windows. You should also secure storage sheds, attic entrances and yard gates.

* Don't leave valuables in plain sight – Consider locking valuables in a bank safety deposit box. If you do leave valuables at home, make sure they are engraved. This simple precaution will allow stolen property to be easily identified and returned to you if recovered later.

Judd Schossow is an Agent with Farm Bureau Financial Services at 219 S Ozark, Girard, KS. Judd has been an agent with Farm Bureau for 5 years, he can provide you with strategies for all stages of life: Vehicle, Homeowners, Farm, Business, Life Insurance, Annuities, and Investments. To schedule an appointment please call 620-724-4213 or email Judd.Schossow@fbfs.com

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TECH TALK

Gadget gift idea for him

By Bill Emmerling



Q: With Christmas coming, what new tech gadgets are coming that I could get my gadget happy hubby?

A: Probably the most interesting item I have seen this year is the 'Lytro camera' found at <https://www.lytro.com/>. This camera is deceiving in appearance, appearing as a simple rectangular cube, yet holding a real change in consumer camera technology. The marvel of this camera is that after the picture is taken, the viewer can change the focus of the picture.

The Lytro uses light-field technology to record the image, and when viewed, uses special software to allow you to change to the point of focus of the photograph. People and objects which appear fuzzy in the background can now be seen clearly by changing the point of focus, AFTER the photo is taken. Suppose you go to the Grand

Canyon and take a picture of your kids on the rim. You of course focus on your children; however, you now have the option to view the Canyon in more detail later.

This camera is designed to take



interactive pictures. In other words, it is designed to share via your computer, but gives your viewers opportunity through Flash based

plug-ins on Facebook and websites to interact with your picture, looking at objects at differing distances. It is possible to export or print pictures with computer software to standard JPG picture format. The software also provides the ability to chose which object(s) you want to focus on before

exporting/ printing (though they don't recommend printing large versions of the pictures).

To get a feel for the kind of pictures it takes check the gallery at www.lytro.com.

com/living-pictures. The Lytro camera is available through Target, Best Buy, Amazon and Lytro.com for starting at \$400.



Bill Emmerling operates 'the Rescue Tech' out of the Homer Cole Community Center at 3003 N. Joplin, Pittsburg. A 'CompTIA A+' and 'Network+' certified technician, Bill has serviced computers since the 1980s in a variety of environments including homes, schools, offices and retail operations for over 20 years. Bill may be reached at info@the-Rescue-Tech.com or by phone at 620-308-6448.

HOME FLOORING

Are there affordable options in wood flooring?

By Roland Dalrymple



Q: The last time we did the flooring in our home it was around 30 years ago. At that time, I wanted hardwood but we just could not swing it

financially. Before I get my heart set on anything, can you tell me if there are any affordable options in wood flooring I could consider?

A: In general, all flooring options have become much more affordable. As you mentioned, 30 years ago one of the most common objections to wood flooring was the price. Since that time, the flooring industry has become much more efficient making options in wood flooring very comparable to other quality flooring choices.

Another advantage to the wood flooring options today is efficiency. Maintenance has always been a concern with wood floors but today's durable finishes make the product much easier to maintain and more resistant to scratches and marks.

In addition to those two advantages, you can also expect to see a wider selection of species and colors. Consumer demand and a significant increase in the use of hardwood flooring even in high-traffic retail spaces means a much wider selection.

Even if you decide against wood flooring, you will find that your affordable choices are much more expansive than they were 30 years ago. You may want to consider doing a little "pre-shopping" and talking to some flooring experts to help you sort out all of your many options. It is likely that you will discover many very affordable options that could make you equally happy and your home equally beautiful.

Roland Dalrymple has owned Quality Floor in Pittsburg/Frontenac for 15-years. He received his degree in Building Construction Tech at Pittsburg State and has been in the construction related field all his life. For more information or to reach Roland please call 620-231-2690.

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