



Preventing disease in calves
Page 4



Chiefs rebuilding efforts
Page 9



Unique gifts for Valentine's Day
Page 12



A question about metals
Page 22

The only pure, public relations' media in the entire SE Kansas Area



Coupons Page 14!

View our publication online!
www.theQandATimes.com

DIRECT-MAILED TO MORE HOMES AND BUSINESSES IN CRAWFORD COUNTY THAN ANY OTHER NEWSPAPER!



WHAT'S NEW NOW?

Whats new now? - series

By Charlie Traffas

(for the first two articles in this series refer to Dec. '12 and Jan.'13 at www.theqandatimes.com)



Q: What's new now?

A: For the past several years 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, critically-needed tax and entitlement 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 many countries paying attention to what countries like Nigeria, Finland, Greece, Italy, Venezuela, Argentina and others, that are in as deep as trouble as

they are, have to say about anything. Maybe you do.

Last month I shared with you the things that can happen under Martial Law, as the result of the National Defense Resource Preparedness Executive Order issued by President Obama in March of 2011. This month, I was going to pick up where I left off, bringing in how this "fiscal cliff" deal and "debt ceiling" negotiations to kick the can down the road might play in this Executive Order...but I can't. Over the past few days I have reached the

See New..Page 18

Presorted
Standard
US Postage
PAID
Wichita, KS
Permit NO. 68

FLOWERS & ARRANGEMENTS

How do I keep cut flowers fresher longer?

By Kimberly Clark



Q: My New Year resolution is to keep fresh flowers in the home all year long. They make me happy, so I am going with it! I would love to keep them looking fresh

as long as possible. Are there ways to do that?

A: There are a number of factors that affect the life of cut flowers such as when they were cut and at what stage. Other factors include how the stems were cut, the condition of the cut, and the condition of the water.

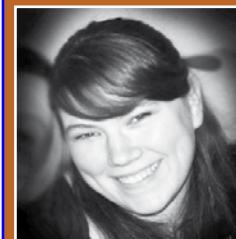
First, let's address how to cut flowers. If you are getting flowers from a florist, the stems should already be cut properly when you get them. However, if you want to prolong their

See Flowers...Page 22

CAKES & SWEETS

Cake ideas and tips for 2013! Part 1

By Heather Horton



Q: My cousin and I are both getting married and decided to share the celebration and the costs. This

means a lot of compromise but we are up for it. Right now, the biggest issue is the cake. It is a low key wedding but we do want the cake/cakes to be special- to both parties. We are both flexible creative types and open to any ideas you could provide from romantic to rockabilly. Thanks for your input!

A: Hello and congratulations to you both on your engagements! Given the fact that you are wanting to go on the non-traditional side (kudos to you for stepping out of the box) you want to be sure that the very first thing you do is contact your cake designer well in advance! This is a good idea for any bride & groom; making sure your baker has your date available. Given that there will most likely be two cakes with two sets of ideas/wants/needs,

See Cake...Page 19

New business, same face

By Jeanie Erwin

Q: I'm always interested in learning about new local businesses and the ever changing landscape of the local market. Anything new out there?

A: If you have ever considered freeing up your weekends for fun & family rather than yard work, or you've tried and failed at yard maintenance, you will want to check out Cedar Creek Landscape Management, Inc. Cedar Creek Landscape Management, Inc. is owned by Justin Cawyer, who is a frequent contributor to the Q&A Times and has personally been in the lawn care business for 25 years. Cawyer, formerly part owner of American Lawn & Landscape, recently set out on his own to form Cedar Creek.

"My family and I started when I was young and every year I have been adding to my knowledge and services. We have a certain



Justin Cawyer

way we like for our own lawn to look and carry that mindset throughout our business. I personally wouldn't want to pay someone to do a sub-par job and I don't think our customers should have to either," Says Cawyer.

Far from a typical landscaping service, Cedar Creek offers the complete package so you only have one call to make. They specialize in providing top-notch commercial quality services to both homes and businesses.

"We have trained employees on landscape design, install and maintenance, mowing, weed control, fertilizer application, tree spraying, snow removal and unlike anyone else; we offer Christmas light design and



installation. We do our best to tailor our services to fit each customer's needs."

The company holds a firm belief that if you are paying for professional services, your property should look professionally maintained, and makes sure that going the extra mile is their signature. It's important to pay close attention to details. Anyone can get on a mower and mow, their work stands out, even taking the extra time to stripe

lawns like a baseball field and trim every scheduled service. "When we leave, we want your lawn to look better than your neighbors'. I believe that is the service our customers deserve and will come to expect."

"Character matters," says Cawyer "and we want to make a good name for ourselves and our children. It's very important to take pride in the work we do. We are not just out there to get one job done quickly, to simply move on to another one. It is up to individuals to make communities a better place and we are striving to do our part to make SEK a beautiful and great place to live."

Cedar Creek Landscape Management, Inc. has the knowledge and experience; and they will take the time to make your home or business look the best it can in 2013.

For more information on Cedar Creek Landscape Management, Inc. please call 620-249-5700.

WE HAVE HELPED PITTSBURG LOSE OVER 9,000 LBS! AND WE WANT TO HELP YOU!

Piece of Cake Nutrition

512 N. Broadway
Pittsburg, KS • 620-687-3924

Have a yummy treat and keep the pounds off!

Each snack contains up to 38 grams of protein and 32 grams of fiber.

Try the following:

- pumpkin bread
- cranberry bread
- pumpkin pie
- pumpkin cheesecake
- blueberry bread
- banana bread
- lemon bars
- pumpkin bars
- pecan bars
- peppermint bark and our famous no bake bars

Everything from weight loss to the 24 hour athlete.

620-687-3924

Quality Floor

Hardwood Floors
Carpet
Tile
Sheet Goods



Ph: 620.231.2690
Fax: 620.231.2692
qfloor@sbcglobal.net
1011 N. Hwy, 69
Frontenac, KS 66763



The areas best grain market. Always buying grain picked up in the field, picked up out of farm bins, farmer delivered to the end user, or delivered to KAMO.

KAMO has access to all traditional local truck markets as well as nation wide rail access allows KAMO to move grain quickly and to reach the best markets in North America.

Multiple dump pits and fast elevator legs allow for fast unloading and minimal lines.

KAMO offers several different avenues of pricing grain which allows the producer to maximize returns and fine tune their marketing strategy to fit your farm's specific needs.

3708 North Free King Highway, Pittsburg, KS

www.kamograin.com • 620.232.5800

FROM THE PUBLISHER

Never let a crisis go to waste???

By Jerod Norris



Thank you for joining us in this February 2013 edition of the SE Kansas Q&A Times. Did you know that the SE Kansas Q&A Times Journal has been publishing for nearly 4 years?! Yes, that's a fact! Special thanks to everyone who has read our publication and continues to read our publication. Please let our advertisers and contributors know you saw them here. They make this thing go 'round.'

This month, I'm going to bring up a subject that may or may not offend you. I am never anxious to offend anyone, but I do...like you... have an opinion on many things. I just don't get a chance to voice it that often. You may even share my thoughts. If you do or if you do not, that is fine, but I need to voice it this time on what I am observing.

Why is it that while these tragic mass shootings seem to be occurring more and more, the majority of us, who are responsible and law-abiding citizens, continue to lose our freedoms? And...we are potentially being forced to lessen our own protection of ourselves and our families? When will we wake

up as a country and realize our freedoms are ever so swiftly being taken away.

It should scare the heck out of each of us, REGARDLESS of your political views or social circles. It should scare those who are parents, the way that some in this country seem to continually eek away and claw away at our constitutional rights. No, this article isn't solely about "guns." It is about all of our freedoms. What will this world hold for our children in 10, 15, and 20 years?

As a parent of three, I am and will always be deeply (deeply) saddened by these tragedies. But these tragedies have happened and will continue to happen, as they have throughout our history. When the people in Washington who are protected by their own armed guards continue to take protection away from us law-abiding citizens, how will criminals be detoured? They already have an easy access to these weapons (some of which are already banned). Statistically they won't and we will continue to be weakened as a country. Maybe this is what they want?

My war-veteran grandfather is rolling over in his grave.

The **SE** Kansas **Q&A** Times Journal

Got Questions?

BE SURE WE KEEP COMING...SUBSCRIBE TODAY!

Name _____

Address _____

City/State/Zip _____

Email Address _____

Please complete the information above, then send this form and your check for \$12 made payable to Chart Marketing, Inc., to the address below. You will receive the first of 12 issues on or about the first of next month. Thank you.

The Southeast Kansas Q & A Times Journal
116 N. Westfield
Wichita, KS 67212

the little shop of **flowers**

511 N. Broadway Pittsburg, KS 66762
620-231-2400 | Fax: 620-231-6908
thelittleshopofflowers1@yahoo.com
www.pittsburgksflowers.com



Jerod Norris.....Publisher
Alan Rogers.....Sales Partner
John Randall.....Sales Partner
Gloria Bayer.....Editor
Jeanie Erwin.....Assistant Editor
Scott Peters.....Graphic Designer
Valley Offset.....Printing & Mailing
Valley Center, KS

Contributing Writers This Issue:

*Bill Emmerling
Brian Bulot
Cathy Lloyd
Charlie Traffas
Crystal Taylor
Dr. Glenn Fortmayer
Dr. William Morland
Eddie Walsh
Gentry White
Heather Baima
Heather Horton
Hillary Houston
Jeanie Erwin
Jeff Lovell*

*Jerod Norris
John Harrison
Kimberly Clark
Linda Fox
Mark Kolarik
Mark Schremmer
Michelle Gaborie
Mike Davied
Roland Dalrymple
Scott Blythe
Shanna Parrish-Taylor
Shellie Blevens
Stephanie Webb*

Send e-mail to:

editor@theqandatimes.com

116 North Westfield Wichita, KS 67212

Office: 316.721.9200 Fax: 316.721.2671

Jerod Norris

Ph: 620-249-7462

Email: Jnorris@chartmarketing.com

Welcome to The Southeast Kansas Q & A Times Journal...

We provide answers to questions about everything. If you have a question about any subject... retirement, insurance, savings, investments, politics, travel, hobbies, cooking, health, fitness, religion, lawn & garden, sports...send it to us via postal mail or e-mail. We will get you an answer from one of our contributing writers. If we cannot include your answer in The Southeast Kansas Q & A Times Journal due to space, we will see to it that you receive an answer to your question via mail, e-mail or phone. Send your questions to us at the address above, complete with your contact information (phone number, address, etc). We change all names to protect anonymity. The Q & A Times Journal accepts no responsibility for unsolicited manuscripts or photographs. Materials will not be returned unless accompanied by a stamped, self-addressed envelope. Questions, address queries, subscription inquiries, contributing writer queries, Letters to The Q & A Times' Editor, advertising information and requests should be sent to: *The Q & A Times* • 116 N. Westfield • Wichita, KS. 67212, by e-mail to editor@theqandatimes.com or call (316) 721-9200 or (800) 711-2897. Thank you!



Copyright 2001-2013©

ANIMAL CARE

What can a producer do to ensure that their calves this spring are immune to diseases?

By Dr. William Morland



Q: What can a producer do to ensure that their calves this spring are immune to diseases?

A: First of all, extra attention to the mother cow prior of calving helps ensure a healthy calf and a return to normal, productive health as soon as possible. Proper nutrition and annual vaccinations will help boost immunity in cows and spike antibody levels in the colostrum. Optimizing antibodies in the colostrum transfers increased immunity to the calves.

The single, most important meal a calf will consume in its lifetime is the first feeding of colostrum. This meal is crucial for surviving both the first 24 hours and the first month when calf hood diseases are most common. In addition, quality colostrum feeding supports calf growth to optimize

weaning weights and to reach breeding weight early.

Immediately after birth the calf's intestines have a unique property; the ability to absorb or transfer antibodies directly into the bloodstream. Antibodies are essential in preventing infectious diseases, and this is the calf's only means of acquiring immunity early in life. However,



as hours pass the ability to absorb antibodies progressively decreases.

Studies have shown that the efficiency of antibody absorption drops to about 50% by 6 hours of age and stops completely by 24 hours after birth. Colostrum must be fed as soon as possible after birth, ideally within an hour, and no later than 6 hours. If a calf is not suckling before 6 hours of age, it is recommended that it be tube-fed rather than allow more time to pass. When it is not possible to milk the cow immediately, a good quality colostrum replacer is an alternative to ensure the calf receives a timely first meal.

The amount of colostrum needed depends on the quality of the colostrum, size of the calf and method of feeding. As a rule, colostrum should be fed to 10% of the calf's body weight. For a 90-pound calf, this is about four quarts. An additional two to four quarts should be fed no later than 12 hours after calving. If tube feeding, the calf can easily be fed the larger volumes. Dystocia calves and those

born during hot, humid weather have reduced ability to absorb antibodies and require a larger dose of colostrum.

The best quality colostrum can still deliver a mouthful of pathogens if a few precautions are taken to ensure a clean environment. Beef calves will do best if moved from the calving pen as soon as possible and be provided with clean pasture and protection from inclement weather.

Good luck with your calving season and I hope this discussion will help ensure healthy calves.

Dr. William Morland graduated from Kansas State University in 1970 with a doctorate in veterinary medicine. He and his wife, Dr. Laura Morland, founded the hospital in 1974. Dr. Morland is a large-animal practitioner. He also owns the Flying M Ranch. He enjoys working with his own cattle and back grounding calves. His pets other than his cattle include two Cairn terriers named Bandit and Dandy.

Need lawn care or landscaping for your home or business?
Make one call for it all!
620.249.5700
CEDAR CREEK
LANDSCAPE MANAGEMENT, INC

Justin Cawyer
Owner
Complete Lawn and Landscaping Services
Fertilizing and Weed Control Programs


620-231-2253
Sweet Designs Cakery 311 N Broadway Pittsburg, KS
www.SweetDesignsCakery.com
Early Bird Special:
20% OFF
Any Order
IF ORDERED 2 WEEKS IN ADVANCE!
Birthday
Graduation
Wedding
Bridal Shower
Bachelor & Bachelorette
Groom's Cakes/Cupcakes/Cookies
Corporate Dessert Catering & More!
20% OFF



We're open to pets.
Pets aren't a problem. They're a solution. Nothing can replace the companionship that is provided by pets. That's why we accept dogs, cats and birds, even fish, on a case-by-case basis. So check out our accommodations. You'll find plenty to keep tails wagging.

Carrington Place
1909 E. 4th St. | Pittsburg, KS 66762
620-235-1212
assisted living by **Americare**

What are the safety trends and features for 2013?

By Eddie Walsh



Q: We are in the market for a new vehicle and top of my list in importance is safety. Are there any new or updated safety features car buyers should look

your attention is Backup Collision Intervention. This system uses radars fitted to the left and right rear of the car and can detect approaching vehicles, people, or objects in the vehicle's path that would prevent safe back-up.

Chevrolet model vehicles. This feature provides extra protection for the front passenger as well as the driver in a side-impact crash or rollover.

Next, and one of my favorite features, is the new hands-free text-messaging technologies

such as the one in the 2013

Nissan Altima sedan.

This feature

reads text messages aloud and lets the driver respond through voice command or one button preset message such as "late" or "on my way".

Each of these new safety features will not only make driving more comfortable, but may also help reduce

accidents. Clearly, today's vehicles are far more advanced than cars made just 10 years ago, which means that many consumers will find these changes intriguing and welcome.



Eddie Walsh is the Sales Manager for Evans Motors and has worked there for 28-years. He resides in Girard with his wife Christina of 24 years and daughter Alexandria. Eddie has lived in S.E. KS all his life and has built a good customer base by being fair and sharing empathy with them. For more information or to reach Eddie please call 620-724-6457 or visit www.evansmotors.net



Another superb safety improvement is the front center-mounted airbag you'll see on some Buicks, GMC, and

for in 2013?

A: Actually, there are quite a few features you will want to consider that not only make your drive more comfortable, but much safer. Let's consider a few.

If you drive for long distances, you will want to look for zero gravity seats which are designed to reduce stress on the back. The seats reduce the spinal and muscle loads and encourage blood flow.

The next safety upgrade worth

SENIOR LIVING

Assisted living or living with family?

By Shanna Taylor



Q: We all hate to admit we need "care" but there comes a point where we must face this truth. My family has graciously offered to bring me into



family, while others love it on a more limited basis.

Another consideration is how connected you'd like to be with peers. Would a move to one place or another keep you closer to your friends?

Retaining independence is another factor people consider when making this decision. Some people feel more independent in a home situation, while others thrive in the assisted living setting. What choices will be your own in each setting?

While it is hard to gauge before hand, think about the type of assistance you need and how comfortable you would be with either family or staff assisting you. This is another important factor in making a decision.

Finally, you could even split your decision and live with family for a time and then choose an assisted living

situation as you feel it becomes more comfortable.

Remember, above all else, your family wants you to be happy. I am sure they would tell you that whether or not you leave an inheritance is not even a factor in their minds. They love you and the richness you add to their lives will live on for generations. So make your decision based on what makes you most happy, because that is what they really want.

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.

to their home as one option. I also have enough funds to support assisted living for several years, though it would not leave the family anything when I die. Can you offer any advice on making this decision?

A: So many things go into making a decision about transitioning from living alone to assisted living or with family. Naturally, you have many concerns.

The best way to decide what is best for you is by knowing all of the options and what each option would mean to you and to your loved ones. It helps to be realistic and think real circumstances you are likely to encounter in each situation.

For example, what noise and privacy levels do you prefer? One might offer more of what you need. Some people love the hustle and bustle of

**Southeast Kansas
Speech Pathology
Services**

1800 E. 4th St. Suite B, Pittsburg, KS 66762

620.232.2990 · www.sekspeech.com

Things you may not know about Coronary heart disease. Part 1

By Heather Baima, NP-C and Crystal Taylor, NP-C



Q: What is Coronary heart disease?

A: Coronary heart disease is the most common form of heart disease. It is the number one killer of women in America. Quite simply put, it is a disorder of the blood vessels of the heart that can lead to a heart attack. A heart attack happens when an artery becomes blocked, preventing oxygen and nutrients from getting to the heart.

Most women and men are not even aware they have coronary artery blockage. Many of those who have a family history of coronary artery disease or have coronary artery disease believe it can be cured with surgery, stent placement or balloon angioplasty. However this is not true. Heart disease is a lifelong condition, in other words, once you have it,

you will always have it. So, with this being said the key to treatment is awareness, prevention and compliance with medical care provider recommendations.

So know your risk factors. Risk factors are health

conditions or health habits that increase the chances of developing a disease or if you already have the disease, then causing it to get worse. Risk factors can be divided into two categories; those that you can control and those that you cannot.

Risk factors that you can not control include genetics, which means you

have a family history of early heart disease. Age is another risk factor for heart disease that we can not control, although we would love to turn back time. Age becomes a risk factor for women around the age of 55-60.

Risk factors that you can control include smoking, high blood pressure, high cholesterol, obesity, physical inactivity and diabetes. So quit smoking. It is also important to "know your numbers". Get with your medical care provider and have your blood pressure checked and your cholesterol and fasting glucose.

Once you get those numbers keep track of them and along with your care provider develop a plan to keep them controlled. Next, get up and

get moving. Exercise is an important part of maintaining a healthy weight. Start slow and gradually increase your activity level for your comfort. Always be sure to check with your care provider before starting an exercise regimen to be sure it is appropriate for you. We will continue this conversation, discussing Aspirin and heart attack prevention in another edition of the Q&A Times.

Heather Baima is the Nurse Practitioner for Dr. Ali Hammad, MD. She has been with Dr. Hammad since 2010. She received a Master of Science in Nursing from Pittsburg State University. **Crystal Taylor** is the Nurse Practitioner for Riaz Baqir, MD. She has been with Dr. Baqir since September 2012. She received a Master of Science in Nursing from Pittsburg State University. She previously worked as a Nurse Practitioner for Dr. Burden in Baxter Springs, KS.



BUSINESS

Best phone system brands for businesses?

By Scott Blythe



Q: With everything that is available on the market today, what brand of phone equipment would you recommend?

A: For any small to moderate sized business, say as few as two phone sets, with one or two directory numbers, to as many as thirty to fifty phone sets, and many directory numbers, I recommend the N.E.C. corporations DSX-80/160 or SL1100 series of phone systems. Without any question, I find it to be the most reliable and reasonably priced system available. The system is well engineered, and constructed, and the phone sets are very user friendly, No more hand written notes in your top drawer to remind you how to complete a function like changing the time and date, or how to access your voice mail. Each phone set has a large display and feature buttons, which allow the

user to scroll through all the functions of their personal phone. With the programmable buttons on each phone set, you can stay in touch with your co-workers by pushing a single button, see who is currently using their phone,

and tell which line they are using. With voice mail, you cannot only receive messages from your customers 24/7, you can also throw away your sticky notes, and record your message to a

co-worker for immediate delivery. Calls can even be forwarded to an employee's cell phone if they are out of the office. Some System wide features are, remote programming, music on hold, caller ID, paging, speed dialing, conference calling, automatic attendant, and call accounting. Other frequently used accessories are, voice mail, cordless headsets, battery backup, cordless phones, VOIP (voice over IP) and many more,

Too many to cover here, but they can all be seen at the N.E.C. website. (www.necdsx.com)

Thank you for your question. I hope this helps!



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.



HOME FLOORING

What should happen before flooring installation?

By Roland Dalrymple



Q: A year ago my sister had her house re-floored in what seemed like record time. Unfortunately, now she is seeing some problems that another contractor attributes to not having taken the proper steps prior to installation. Now, we are contemplating doing our floors. What should happen before installation?

A: We live in an age of stiff competition and fast track everything. Unfortunately, it sometimes leads to poor workmanship when not following proper processes. Very often, problems could have been avoided if the contractor would just go through a simple checklist before starting work.

One of the first things to test before work begins is the substrate. No matter how old it is, or whether it looks compromised or not, it needs to be tested. Flooring failures occur every day over substrates that looked to be in superior condition, and this is not the place to take any chances.

If you find any problems with the substrates, any problems that would inhibit proper installation need to be corrected or protected before anything else occurs. This might be an added expense, but the cost of flooring failure is even more expensive, not to mention the time and frustration involved in correction.

Another consideration is getting the materials conditioned to the area in which they will be installed. Wood should be laid out in the space for at least 72 hours before it is laid. Having material around the home for a day or two may seem bothersome, but it helps assure a proper installation



conditions vary according to the materials used, so you will want a contractor that knows the products.

The process is simple and well worth the extra time. Fortunately, most contractors will not cut corners and want to see that their work meets the highest standards. If you have questions, I am always here to help.



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.

and worth the short-term annoyance.

Next, the area needing to be floored should be prepared. This involves cleaning and drying the area as well as making sure the temperature and humidity of the area are conducive to any adhesives you might use. Those

ASSISTED LIVING

What simple way can I encourage interaction?

By Michelle Gaborie LPN/Administrator



Q: What suggestions do you have for visiting my Mom in Assisted Living with my children this winter and what can they do interactively with her?

A: How about a cup of Cocoa? Ask a grandchild to sit down for a cup of hot cocoa, and chances are you'll find yourself in eager company for one of life's delightful experiences. Aside from sharing laughs and giggles with their young grandchildren, sitting down to a cup of hot cocoa may also bring seniors' brain power. While cocoa "flavanols" had previously been demonstrated as providing some benefits for the heart, they have also more recently been found to confer significant improvements



to seniors with modest cognitive impairment. It seems drinking cocoa is not only a fun thing to do; it may

also be healthy for you.

P.S. Eating dark chocolate may bring some of the brain-boosting effect that cocoa does. As usual, though, all things in moderation are the best bet.

Michelle Gaborie LPN has been the Administrator for 5 years at Carrington Place and was previously the DON for 3.5 years. She has also been an LPN since 1992. For more information please contact Carrington Place 1909 E 4th St., Pittsburg, KS 66762, phone: 620-235-1212.

NEW TECHNOLOGY

FUJITSU

WINDOWS 8

620-308-6448

3003 N. Joplin St. inside the Homer Cole Community Center

the Rescue Tech



EDUCATION

School safety

By Dr. Glenn Fortmayer



Q: Are my kids safe at their school?

A: Parents are asking this question across the nation. The bottom line answer is yes. According to

the US Department of Education, the chances of a Newtown type event occurring are less than 1 in 2 million. The chances of any weapon violence: 1 in 14 in an urban and 1 in 56 in a rural area. The No Child Left Behind Safe-School research shows the chance of death in school is 400 times less than outside school. It also shows small schools ranked 8 times safer in terms of crime reports versus large schools. Statistics definitely show schools are the safest place for kids.

Knowing schools are the safest places seems contrary to the concern we all have. Even though school attacks have decreased over the last decade, the fact they occur is our collective concern. Schools have increased safety measures for years. Laws such as the Federal Gun Free School Zone Act and

the Kansas Anti-Bullying law have required more reporting and actions to prevent violence. In addition to social and disciplinary interventions, schools have physical security protections. The measures may include locked doors, cameras, ID cards, alarms, fences or walls. Law enforcement is sometimes on campuses.

Schools face challenges as they move to enhance safety. Security measures that are being asked for by staff and the public vary widely in how much they change the school environment and how much they cost. Examples of requested protections are: Police officers in buildings, buzzer-lock access control, bullet-proof glass, reinforced rooms, metal detectors, replacing windows with hardened material, vehicle barriers, making architectural and landscaping changes, radio communications, and even arming staff.

Many requested protections could be cost prohibitive unless the federal or state government dedicates funds. If such funding doesn't come through, tax payers may have to decide on paying



for the security measures. Finally, schools may have to take away funds from already stretched budget areas to pay for them, i.e., the cost of a School Resource Officer at one building equals the cost of a classroom teacher. After the recent cuts to school funding and the possible reductions predicted in the near future, the costs for security protections will impact schools deeply.

Besides the financial impact, patrons, parents, staff, and students will be adjusting to new levels of security. Each community will determine the level of security it feels comfortable with having. Safety measures will often impact convenience. Access to buildings may be restricted to one entrance; slower entrance screening and access procedures are often used, random checks of students will likely occur, and the school will dedicate more instructional time to

safety training. Maintaining a positive, comfortable and safe environment for learning that is balanced with strong safety and security procedures and physical measures will be essential.

Patrons and parents need to understand that while many aspects of school safety and security will be discussed, decided upon, and implemented in public, much will and has already been done confidentially to ensure safety is not compromised.

Interested students, parents, and patrons should contact their local districts 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.

FOOD & BEVERAGE

What are the most important tips in making deer jerky?

By Brian Bulot



Q: I am about to try my hand at my first batch of deer jerky. Can you give me any important tips I should know as well as a

favorite, tried and true recipe?

A: Ahh, deer jerky. One of my favorite times of the year! The first thing you need to know is that the success of your end product depends on monitoring the process from start to finish. A good jerky requires your attention, but the fruit of your labor is worth every effort.

Next, I want to address the USDA's recommendation concerning temps. The United States Department of Agriculture Food Safety and Inspection Service warns that red meat should reach temps of 160 degrees before being dehydrated. The dry heat of dehydration does not kill bacteria. It is an extra step, but do not skip getting your meat up to 160 in your oven prior to dehydration. This is what you should

do, not all will follow.



Another question people have is whether to slice along or across the grain.

That is really just a matter of personal preference. Depending on the tenderness of the meat and how you prepare it may give you a reason to slice it one way or another. Sliced across the grain it is easy to chew but loses some visual appeal. The most important thing in slicing is to keep the slices the same thickness.

The final critical tip is drying. Keep an eye on the meat as drying times vary according to the meat, the dehydrator and even atmospheric conditions. It is done when a cooled piece will break but not snap apart. You will want to keep the center pliable.

Cracked Black Pepper Deer Jerky

- 1 cup of Worcestershire sauce
- 1/4 cup of soy sauce
- 2 tablespoons of canning salt
- 3 tablespoons of fine grind black pepper
- 1 tablespoon garlic powder
- 1 tablespoon of onion powder
- 1 1/2 teaspoons of Morton® Tender Quick® curing mix

This recipe is for five pounds of sliced venison. Combine the marinade with the meat and allow it to marinate overnight. Before drying, season with cracked or coarse ground black pepper if desired. Remember...there ain't a piece of jerky that a man doesn't say "now that's good jerky!". There's just some that's better than others!



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.

SPORTS

Chiefs enter second phase of rebuilding efforts

By Mark Schremmer



Q: What are your thoughts on the recent Kansas City Chiefs hirings?

A: Four years ago, the Kansas City Chiefs decided it was time to rebuild.

The organization said goodbye to head coach Herm Edwards and longtime general manager Carl Peterson, hiring former New England Patriots executive Scott Pioli to run the football operations and former Arizona Cardinals offensive coordinator Todd Haley to coach the team.

Pioli was a "my way or the highway" general manager who was determined to run every facet of the organization. Haley, who is the son of former NFL executive Dick Haley, climbed the coaching ladder despite never playing a down of football – even at the high school level.

To say that the Chiefs have approached their second attempt at rebuilding differently would be an understatement.

This time around, Kansas City hired its head coach first, naming longtime Philadelphia Eagles head coach Andy Reid. It's fair to say that Reid is the anti-Haley. A former college lineman with 13 years of experience as an NFL head coach, Reid earns a level of instant respect from his players and assistant coaches. In 2009, the Chiefs

powerful" GM to run the organization, the Chiefs hired former Green Bay Packers executive John Dorsey after Reid and the offensive and defensive coordinators had already been hired.

Reid has led the Eagles to the Super Bowl, and Dorsey has built a resume that includes finding solid quarterbacks and hidden gems in the draft. There's

water can kill a plant. However, too much water can have the same result. Typically, the best results are usually found somewhere in the middle.

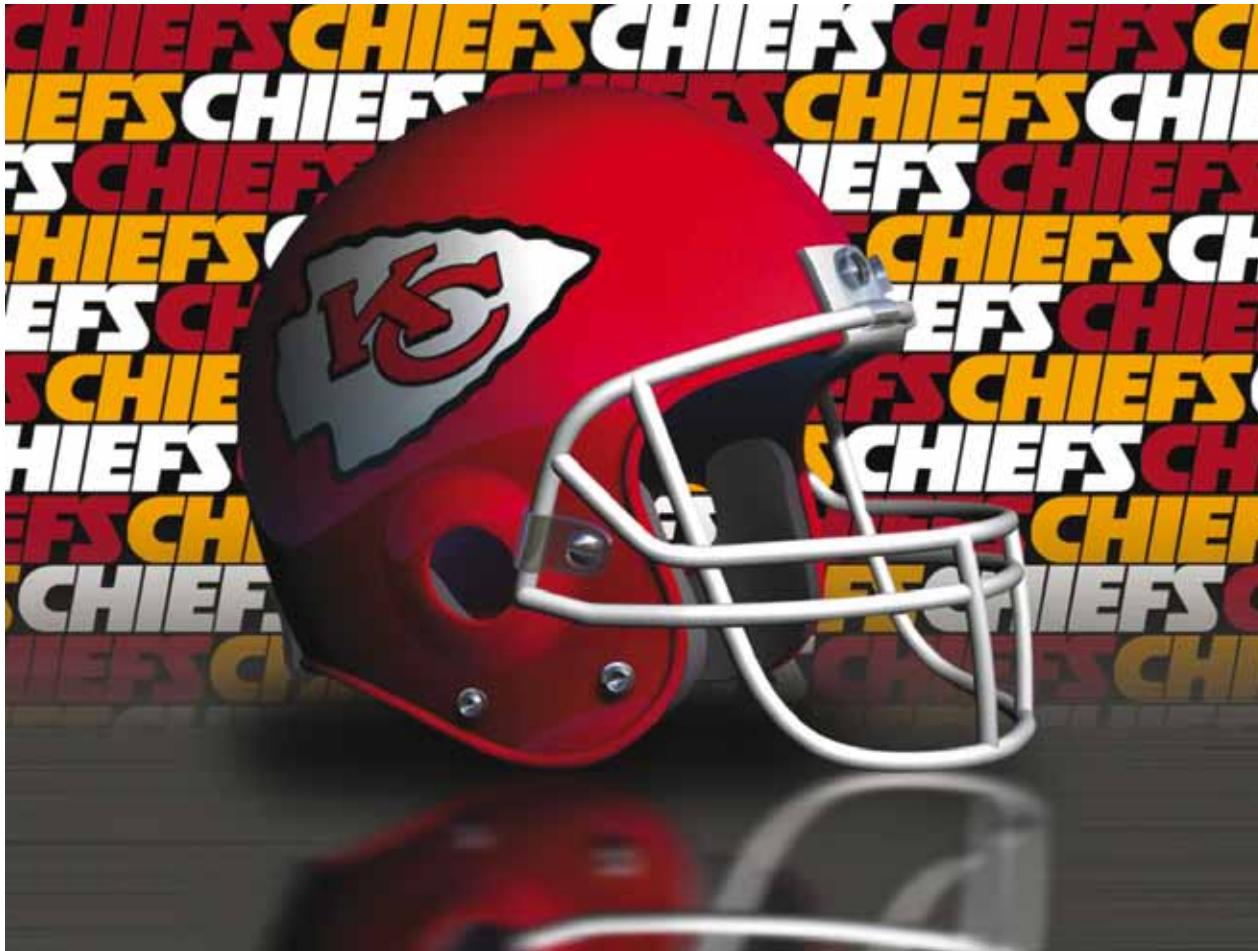
Reid has been a great coach, and Dorsey has credibility throughout the league. However, personal problems, including the loss of a son, made Reid appear worn down and tired in his final season with the Eagles. There also is potential for conflict with the way the Chiefs handled hiring the coach before his boss.

This isn't meant to be a downer. On paper, these are good hires. But the point is, Pioli and Haley also were good hires on paper at the time. But games aren't won during coaching and GM press conferences.

If Dorsey and Reid are to right the ship in Kansas City, it all starts with the Chiefs' No. 1 overall pick in the 2013 NFL draft in April. That selection should set the tone for the future of the organization.

With a good draft, coupled with some solid free agent signings and a little luck, the Chiefs could very well be on the right path.

Still, there is a lot of work ahead.



hired Haley based on potential. Reid was hired based on experience and past performance.

Instead of bringing in an "all

no doubt the Chiefs seem to be moving in a better direction. With that said, the extreme opposite of a bad choice isn't always a great decision. Lack of

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.

"IF WE CAN'T FIX IT, IT AIN'T BROKE!"
 We **SELL** and **WORK** with anything **METAL!**



Mike's Repair and Fabrication, LLC
 200 S. WILLOW LANE, FRONTENAC, KS

CALL: 620-235-0061

Industrial • Commercial • Residential • Farm Equipment • Construction Equipment

On 4th Since 1948

VIETTI
AUTO BODY & ALIGNMENT INC.



*Free Estimates • Paintless Dent Repair
 All Insurance Welcome!
 We will file your Insurance Claim for you
 -All Work Guaranteed-*

315 East 4th Street • Pittsburg, KS

MasterCard VISA "Go with names you trust" Names Numbers

SPEECH PATHOLOGY

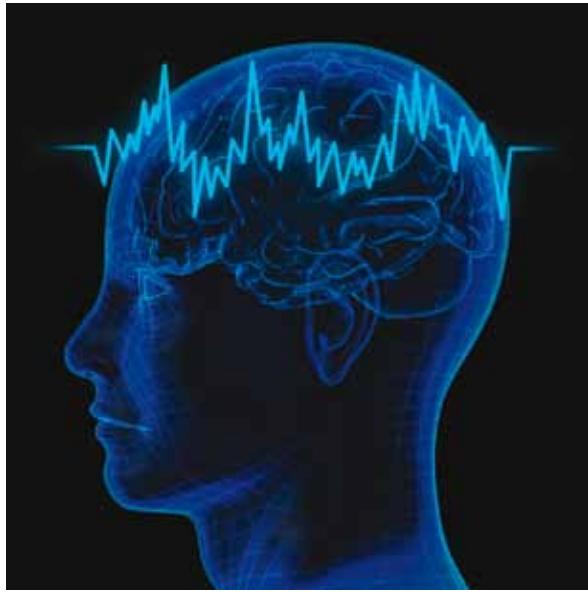
Recommendations for someone with early onset Parkinson's

By Gentry White



Q: I did not know that speech pathology was part of Parkinson's treatment. What are the

of problems initiating purposeful movement, have difficulty forming words and may slur their speech (dysarthria).



As you might imagine, difficulty in speech is one of the most frustrating aspects of the disease as it affects how you relate to others. Combined

with the diminished ability to express emotions through facial expressions, individuals with PD may tend to retreat from activities they once enjoyed and be more inclined to experience depression.

While around 89% of people with PD will have some form of speech difficulty, only around 5% ever seek treatment. This is very unfortunate, as research shows that speech therapy is very effective in improving the speech, voice, and swallowing problems associated with PD.

There are many potential treatments in speech, voice, and language problems that include medication, behavioral therapies, and surgery. I would suggest that anyone having PD and experiencing speech difficulty talk to their doctor about their

options, including being evaluated by a speech pathologist. A qualified professional can help provide tools in the management of the areas of deficit so that the individual can continue to enjoy effective communication and meals with family and friends.

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.

recommendations for speech pathology for someone with early onset Parkinson's?

A: Parkinson's Disease, or PD, is a degenerative disease of the central nervous system. Early in the disease, the most obvious symptoms include diminished facial expressions, shaking, rigidity, and slowness. As the disease progresses patients may demonstrate difficulty with swallowing and speech.

Difficulties in speech are particularly noticeable early in the onset of the disease. According to the Mayo Clinic, persons with Parkinson's may lose volume (hypophonia), have reduced pitch range (monotone) and because

In The Garden
John Harrison Owner

Bulk Mulch, Rock & Topsoil
Professional Grade Landscaping
Fabric Sold By The Foot
Seeds, Chemicals & Potting Soil
Trees & Shrubs

“Let’s have a great spring together!”

In The Garden
620.231.4545
719 S. Broadway • Pittsburg, KS 66762

Need a reliable professional to maintain and service your business phone system?
— This is the guy to call! —

INSTALL • REPAIR
PHONEGUY
MAINTAIN **INC.**

620-249-2759
BUSINESS PHONE SYSTEMS

Over 30 yrs Experience

620-249-2759

Equipment Moves - Trouble Shooting - Program Changes
Clean Up And Labeling Of Existing Equipment
New Equipment Bids And Sales

AROUND THE COMMUNITY

What is a creative way to announce an engagement?

By Hillary Houston



Q: My boyfriend and I were engaged this weekend but we have not told anyone yet. We want to

The best thing about this is that you can work with a local designer to come up with a cool design that can then



announce it in a creative way, and have that be the theme, from beginning to end. Do you have any ideas?

A: I know exactly what you mean. I have been enjoying seeing all the new wedding trends and the fun ways people are using to bring others into the experience.

One of the newest trends, and I happen to think one of the most fun, is blending the elements of business marketing with traditional wedding practices. Technology has advanced to such a degree that couples now use cool things like t-shirts and magnets to announce engagements, ask friends to save the date, or as invitations themselves!

be translated into amazing keepsakes that keep the guests pumped up.

For example, you could come up with a design that represents how you met, a shared interest, or even a traditional wedding design such as bells or flowers and then make that your "theme" (where in a business it

would be a brand). Then you use that in creating silkscreened shirts for the bridal party or guests, in save the date magnets, and in invitations.

In your case, you could design a t-shirt that can make the announcement in a series of clues or in some other fun way and carry the fun throughout your celebration. I have even seen people design something that looks like a cool retro shirt and it is only when you really take a good look that you realize that it is not what you think.

So, my suggestion is to let your imagination soar and get with a designer. I am certain that you will come up with something spectacular.

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.

Sharp's
Collision & Restoration
Serving Pittsburg Since 1952!
620.231.0666

After

Before

Find Us FAST In
Names and Numbers
★★★★ Five Star Phone Books!

202 N. Elm Pittsburg, KS

Gran Villas of Pittsburg
Formerly known as Vintage Place

Same management & staff, new owner and look!

1004 E Centennial - Pittsburg, KS
620-231-4554

Affordable Monthly Rates
Call today for a personal tour and more information

Do you need...
Web Design, Programming &/or Custom Software Development???
We can do it...prices START AT ONLY \$16.00 * per hour!
* Price based upon # of hours/project/month

E-Commerce Solutions

Content Management Solutions

Customized Automation Software Solutions

We Provide:

- FREE Initial Consultation
- Quick Turnaround
- THE Most Competitive Pricing
- Professional and Courteous Staff
- 100% Satisfaction Guarantee
- Strict Adherence to Deadlines
- Annual Maintenance Contracts
- Non-Disclosures on All Projects

Technology Skillset:

- PHP/MySQL
- Open Source Technologies
- Adobe AIR, Adobe Flex
- Adobe Action Script 3.0
- Flash Media Server
- JavaScript
- Ajax
- XHTML/CSS
- jQuery & More

mi INFOTECH ...you may find someone as good...
but you won't find anyone better...and you have to love the price!

Visit www.cmiinfotech.com - Call 800-711-2897
or e-mail info@cmiinfotech.com

GIFTS, BOUTIQUE & CONSIGNMENT

Unique gift ideas for Valentine's Day

By Linda Fox



Q: I want to do something different for Valentines Day. Actually, it is a bit of a challenge between my wife and I to see who

can come up with the most interesting gift on a budget. While I will still want to do the traditional flowers and candy, I want to add something to that to make it more exciting and show I put some thought into the gift. Perhaps I might even consider a twist on the flowers and candy. Any ideas? (And if you see this my dear, it is not cheating to get ideas. It shows that I adore you. And I want to win.)

A: Well, I say, that if you win so does your wife, so all is well! So, let's amp up the day for you.

One of the best ways to add some excitement to a Valentine's gift is to choose a theme and try to make the gifts relate to the theme in some way, even if it is just in creative packaging.

Start by thinking of your wife's hobbies or interests, or perhaps

something that represents your life together or a special day. For example, if you honeymooned in Paris, perhaps a Parisian theme, or if she loves life in the country, a western theme might do the trick (This goes for men as well!).

A theme can even be a favorite color! Once you have the theme, choose

gifts that represent that special facet of your lives. For a western or equestrian theme, you might want to give wildflowers, and a gift such as western apparel or accessories to show how much you enjoy that aspect

of your life together.

It is not always easy to find a theme and related gifts so you will want to consider gifts that can fit any theme as well. You can find amazing purses and handbags that will delight any girl in a vast array of colors and styles. Jewelry is also a great option, as you can find charms and pendants related to your general theme.

Another helpful tip is to try boutique stores as they have items that she would not see in department store chains. Good Luck.



Linda Fox is the Co-Owner of Longans Blossoms located on North Broadway in Pittsburg. Longans Blossoms has a variety of Boutique style clothing, unique gifts, new & vintage home decor and much more. For more information Likethem at facebook.com/blossomssaddlesandsequinslongansgardencenter

100
 a century of
service
 a legacy of
love
 1913  2013
 **MOSAIC**
 A life of possibilities for people with intellectual disabilities.

**We will be celebrating at Mosaic in Pittsburg
 11-2pm on Feb 19th
 Food - Refreshments - Fun**

IS JESUS...

A **LIAR** knowing when he made his clam to be God that he was not God. Deliberately decieving his followers whom he told to be honest.

A **LUNATIC** Thinking he is God but in reality he is not; being both sincere & wrong at the same time.

OR

A **LORD** making his claim to be God **TRUE!**

GRACE @ PLACE
 Pittsburg.Grace-Place.org

Sunday at 10:00am
 3003 N. Joplin st.
 Homer Cole Community Center
 Bill Emmerling, Jr. (620)760-4510

GIRARD AREA

Girard Area News

Girard Area

Who/What: GMC Foundation Valentine's Dance.

When: February 2nd. The cocktail hour and silent auction starts at 7:00. The dance starts at 8:00 and the Shane Duling Band will be playing. Tickets are \$20 per person in advance or \$25 at the door.

Where: Triple S Steakhouse in Girard.

Why: Each year the Girard Medical Center Foundation sponsors a Valentine Dance to raise funds to support hospital projects for health and wellness and to purchase needed equipment for our district hospital. This year the funds will go toward the Campaign for Life which will purchase a digital mammography machine. If you have any questions please contact Ronda Ison, Foundation Executive Director, at 620-724-5192 or rison@girardmedicalcenter.com.

Shop Girard Winners Announced

The Girard Area Chamber of Commerce held the drawing for the Shop Girard promotion on Friday, January 4th. The prizes this year included a \$300 cash prize, a \$150 cash prize and a \$50 cash prize. Winners were: \$300 Cash – Rick Coon, Girard; \$150 Cash – Heather Short, Girard; \$50 Cash – Mary Kay Mason, Girard.

While the Shop Girard program has been a long standing incentive in the Girard area, the program was revamped in 2012. Instead of collecting tickets at participating businesses and matching up numbers, this year the program included a "Shop and Win" card in which shoppers collected stickers at participating businesses. Once the card was full (20 stamps), it could be entered into the drawing. The promotion ran Dec. 1st – 31st, 2012.

Over 500 cards were collected throughout the month of December.

"The response to the revamped program was terrific," said Julie Smith, Executive Director, Girard Area Chamber of Commerce. "Our

community participation was outstanding."

Twenty-six businesses participated this year, up from about 12 in the previous year.

The Girard Area Chamber would like to thank those businesses for their participation. They include: Ace Hardware, Alco, Breneman's Auto Supply, Brumback Service Center, Chicken Annies Girard, Derailed Commodity, Girard Medical Center Gift Shop, Heidrick's Appliance, John's Jewelry, Mathis Drug Store, NAPA Auto Parts, Opies/Video West & East, Petes of Girard, Producers Coop Farm Store, Sonic of Girard, Triple S Steakhouse, Community National Bank, Exchange State Bank, First National Bank, Girard National Bank, American Family Insurance, Craw Kan Telephone, Farm Bureau Financial Services, State Farm Insurance, Heartland Electric, and McClelland Sanitation.

The prize drawing may be viewed on you tube and can also be seen on Craw Kan's "The Cube."



Rick Coon



Heather Short



Mary Kay Mason

Girard Business Directory

Craw-Kan
"Your Community Technology Partner"

- High Speed Internet
- Computer Repair
- Home/Business Security
- Telephone Service
- Cellular Service
- HD TV

200 N. Ozark St.
Girard, KS 66743
Office: 620-724-8235
Fax: 620-724-4099

MATHIS DRUG STORE, INC
Glen Mathis RPH • Karen Mathis RPH

• DRIVE THRU • FAST FRIENDLY SERVICE • 2 PHARMACISTS • ALWAYS ON CALL

724-4313 OR 724-8400
400 W. ST. JOHN, GIRARD KS

MCCLELLAND SANITATION

Serving Crawford County Since 1964

INDUSTRIAL - COMMERCIAL - RESIDENTIAL
ROLL OFFS - CONTAINERS - POLYCARTS

PO Box 274 • Girard, KS 66743 • 620.724.8486 • Fax 620.724.6477

Heartland
RURAL ELECTRIC COOPERATIVE, INC.

www.heartland-rec.com
620-724-8251

BRENEMAN AUTO PARTS, INC.
Southwest Corner of □ • 101 East Prairie • Girard, KS 66743 • 620-724-8151

Serving the Girard Area Since 1935

Grant Carson
620-724-6161
Manager

THE First NATIONAL BANK
OF GIRARD

P.O. Box 6
Girard, KS 66743
(620) 724-6111

Crawford County's Oldest Bank Est. 1879 Proudly Serving Girard for 130 Years

www.fnbgirard.com
Online Banking and Bill Pay!

FDIC

COMMUNITY NATIONAL BANK & TRUST
Member FDIC

Phone: 620.724.4446
Fax: 620.724.6606

Earn better than CD-like rates on your ePower Checking Account!

Community National Bank & Trust
ePower Checking

Visit us as ePowerChecking.com

Proudly serving the Girard Community for 15 years

606 W. St. John, Girard, KS • **www.mybankcnb.com**

LENDER

Girard Animal Hospital

Drs. Bill and Laura Morland
Dr. Kristal Endicott-Holder
Dr. Don Sotta

Girard Animal Hospital
207 E. Southern Blvd.
Girard KS 66743
Phone (620) 724-8054
www.girardanimalhospital.com

Meals, Deals
& Retail Steals!



All Offers
20-50% OFF

Looking For A Unique Gift Idea
For Valentines Day?

Longans Garden Center
featuring

Blossoms

SADDLES

AND *Sequins*

*Jewelry, Purses & Apparel
For The Gals
Western Gifts & Apparel
For The Men*

20 % OFF ANY SINGE ITEM

Offer Expires Feb, 28th 2013

2723 North Broadway, Pittsburg, Kansas
Monday-Saturday 10 To 7 | Sunday 10 To 6

*The Home Place
&
The Kitchen Place*

30% off!

One in-stock item
Not valid with any other promotion

Expires: February 28, 2013
One coupon per visit

Not valid with any other promotion - All sale prices are off instock prices

616 N. Broadway Pittsburg, KS 66762 • 620.231.5440

G&W FOODS

Girard, Kansas • 7am-9pm Monday-Saturday • 8am-8pm Sunday

Dinner for 4 Family Feast!

**WHOLE Smoked Rotisserie Chicken
2 lbs Potato Salad or Coleslaw
12 Dinner Rolls
\$10.00!**

Wednesdays

**WHOLE ROTISSERIE CHICKEN
\$4.99!**

NEPTUNE

Radiator & Auto Repair

"Bumper to Bumper Auto Service"

902 W. 4th St.

231-5890

Find Us FAST In
**Names
Numbers**
***** Five Star Phone Books!

Over 40-years combined experience

\$15 OFF

Any Services
Offered



By Appointment Only • Expires: 2/28/2013
Must Present Coupon

Your Ad Here!

MARK YOUR CALENDARS

How a century of service became a legacy of love

Mosaic's founders held a strong conviction for a better way of life for people with disabilities. Their passion and dedication to that mission drew others to help. Through the years, the mission evolved and grew and now provides the highest quality services for people with intellectual disabilities in communities across the country. The founders and those who followed—including us today—are all a part of Mosaic's historical fabric.



Save the Dates:

February 19, 2013 – Official kick-off of our 100th Anniversary
 June 28, 2013 – Centennial Festival at Mosaic at Bethpage Village in Axtell, Neb.
 October 24, 2013 – Centennial Gala in Omaha
 Additional ways to celebrate our 100th year will be announced soon.

HOME DECORATING

What are the home decor trends for spring?

By Shellie Blevens



Q: I am wondering if anyone has done any trend spotting for home décor this Spring? What is your take?

A: It is definitely time for 2013 trend spotting! This is true because home trends closely follow trends on the catwalk, and we are in the midst of Fashion Week. So, to get a good idea of what is hot for the home, look no further than your favorite designers for some inspiration.

This year, Spring interior design is strongly influenced by nature. Shades of white, brown natural tones, wooden surfaces, rattan and other simple, natural materials set the foundation for the fresh new trend theme named "Fresh". Expect to see a lot of a color being called "spicy fudge" which is sort of between a fudge and butterscotch color. Another favorite and playful color is a one that is a gray/lilac, which

works well when accessorizing.

One of the hottest trends is taking these colors and putting them against a bold and unexpected background, such as using wood and rattan against a bold colored wall.

If you love a punch of color, there is something for you too. Tribal trends bring in a host of colors, patterns, and textures. Both in fashion and in interior design, today's trends invite you mix patterns and play with color.

The best thing about design today is that it encourages experimentation. It reflects a new optimistic outlook that embraces individual style. You will find that whatever you love in color or accessories will find a home in your Spring design.

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.

YOU CAN GET THE BEST DEAL IN THE AREA!



- Knowledgeable and friendly staff
- Type www.kstcu.org for more information
- Checking accounts with no monthly fees
- Certificates of deposits with high interest rates
- Unbeatable vehicle and mortgage loan rates

Locations in Pittsburg, Independence, Coffeyville and Fort Scott



416 N. Broadway, Pittsburg, KS 620.231.5719
 119 S. 8th St., Independence, KS 620.331.6934
 802 W. 8th St., Coffeyville, KS 620.251.2202
 24 S. National, Fort Scott, KS 620.223.1475

Call toll-free: 1-800-457-2909

Are You Still Paying Too Much For Your Medications?

You can **save up to 90%** when you fill your prescriptions at our Canadian and International prescription service.



Compare Our Prices! Call us toll-free at 1-800-457-2909.

Get An Extra **\$10 OFF** And FREE SHIPPING

Get an extra \$10 off your first order today!
 Call the number below and save an additional \$10 plus get free shipping on your first prescription order with Canada Drug Center. Expires March 31, 2013. Offer is valid for prescription orders only and can not be used in conjunction with any other offers.

Order Now! Toll-free: 1-800-457-2909
 Use code **10FREE** to receive this special offer.

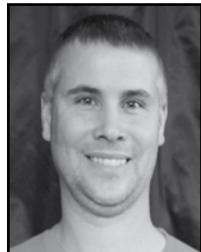
Please note that we do not carry controlled substances and a valid prescription is required for all prescription medication orders.

Prescription price comparison above is valid as of October 22, 2012. All trade-mark (TM) rights associated with the brand name products in this ad belong to their respective owners. *Generic drugs are carefully regulated medications that have the same active ingredients as the original brand name drug, but are generally cheaper in price. Generic equivalents are equal to their "brand" counterparts in Active Ingredients, Dosage, Safety, Strength, Quality, Performance and Intended use. It may vary in colour, shape, size, cost and appearance.

HOME & GARDEN

What to do about spring fever

By John Harrison



Q: I'm getting spring fever; what should I do about it?

A: Hey we all get spring fever and for me it's the best time of the year. The first thing I would tell you

to do about spring fever is get outside on those nice days and enjoy it. You can do a little spring clean up like removing leaves and pulling weeds. Pulling weeds? You're kidding me, it's February. Well just go look and you might be surprised. The weeds can really take over fast if you do not nip them in the bud. If the weather isn't too cold you can also do a little trimming. You can trim your evergreens except Azeala's.

The rule of thumb on trimming is if it blooms in summer or fall you trim it in the spring. After you trim you can put down a fresh layer of mulch. Ideally for shrubs you would have 3 to 4". In perennial and annual beds an inch is better so that the crown of the plant can breathe. Smaller plants can rot if too much mulch is applied to the top of them.



Now that you made it outside and received a couple mail-order catalogs in the mail you can look through them.

Warning about mail order catalogs: they are fun to look at, but I would recommend that you did not purchase any live plants or bare-root plants from them. You will be able to find a better quality plant for the same price or less from an actual garden center. Most of what they mail will be small and not suitable for planting. A local garden center can also tell you if the plant that you're looking at will actually

grow in our area. There are plants out of catalogs that will not grow in our climate. Let's hope we have a nice long spring this year and make summer wait.

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

Girard Animal Hospital



207 E. Southern Blvd.
Girard, KS 66743

Drs. Bill and Laura Morland
Dr. Kristal Endicott-Holder
Dr. Don Sotta

serving the 4-state area for over 30 years
www.girardanimalhospital.com

*Large & Small
Veterinary Services*

620-724-8054



Southeast Lancers Lead the Way!

**This fall USD 247 and PITSCO begin an Education Partnership
Bringing to our students a**

District Wide PITSCO K-12 STEM (SCIENCE, TECHNOLOGY, ENGINEERING, MATH) Curriculum with Mission labs, Modules, and Suites that offer hands-on experiments and projects* Robotics* LEGO Education*

PITSCO Computer and Project Based Signature Math* PITSCO Computer and Project Based Algebra Academy

USD 247 also offers

All Buildings Standard of Excellence* College Dual Credit Courses with cost equalization

1-1 IPADS 9-12* Interactive Distance learning Courses and Experiences* Interactive Virtual Field Trips*

7-12 Virtual Education Program* Virtual Courses for Advancement, Enrichment, Recovery, and extra-scheduled classes

MTSS academic support K-12* Lancer Pride Excellence Program* Band 7-12*Choir 7-12* Art 7-12* HS Credit Spanish 8-12* 18 more electives 7-12

US Air Force Auxiliary Civil Air Patrol 6-12 with Search & Rescue, Robotics, Cyber Security, Rocketry, and Aviation

Debate/Forensics*FFA* FBLA*FCCLA*FCA* Math league*Scholar Bowl* NHS* KAYS* Student Council

**Swimming* Football* Volleyball* Cross Country* Basketball* Track* Baseball* Softball* Cheer **

AUTOMOTIVE

How do I trouble shoot electrical problems after an accident?

By Jeff Lovell



Q: I was in a small accident and sustained a bit of damage to the front end. Now the car seems to be having trouble with certain things, all of which

are connected to the electrical system. Would tackling the electrical system be something you recommend for a DIY project?

A: Unfortunately, I would not recommend electrical problems for a DIY project, no matter how much money you might think you would save.

Today's modern vehicles have more electrical components controlling more functions than ever before so in any accident there is a greater chance of the electrical components sustaining damage. Also, since most vehicles have the fuse box located under the hood near one of the fenders, it is in a place highly vulnerable to collision damage.

A physical inspection might

alert you to the problem, but it may also only alert you to just part of the problem. This is one of the main reasons you will want to have it professionally diagnosed.

Another good reason to leave the electrical to the professionals is the safety factor. Automotive electrical

safety is of utmost importance. Not only does it require special precautions during the process of repair, but precision as well. You will want to avoid causing any further component damage. You will also want to avoid causing short circuits that could cause a fire later.



It is also important to consider your type of car before you decide to tackle the job yourself because different cars have different considerations. A hybrid car for example, might require more safety precautions for the higher voltage.

Most technicians will agree that electrical problems are among the most difficult to solve, even for seasoned professionals. Over all, I would say that it is better to be safe than sorry and well worth the peace of mind in having it looked at by professionals.

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.

FINANCIAL

Should I consider an IRA?

By Mark Kolarik



Q: I may be interested in opening an Individual Retirement Account (IRA) at my financial institution. Can you provide me with information about

an IRA account?

A: Most credit unions and banks offer IRA accounts. An IRA is an excellent tool for retirement savings. Unlike most investments, depending on the type of IRA you choose, contributions may be tax deductible and will grow either tax deferred or tax free. IRA accounts must be opened and funded by April 15th, the tax deadline to receive a tax deduction on the previous year's earning.

To be eligible for a Traditional IRA, you must be under the age of 70 1/2 and must have some form of compensation to contribute. The annual contribution limit is \$5,500 for 2013. Contributions

are tax deductible if you are not an active participant in an employer retirement plan. Deductibility may be limited if you or your spouse are an active participant in an employer retirement plan.



An owner of an IRA must be 50 1/2 before making a withdrawal from a traditional IRA without incurring an additional 10% tax penalty. There

are several exceptions that allow an owner to avoid the tax penalty for early withdrawals such as, qualified higher education expenses, certain qualified first time home buyer amounts, significant unreimbursed medical expenses among other exceptions. Earnings are taxed only upon withdrawal or distributions.

Traditional IRAs are subject to a minimum required distribution rule when the owner reaches age 70 1/2. The minimum required distribution amount is determined by using a life expectancy table and the account balance. Calculate the annual estimated dollar distribution amount needed to bring the account to zero when the owner reaches the life expectancy age.

IRA accounts grow by using compound interest over an extended period of time, meaning that accumulated interest is added to the principal each time in calculating earnings. Over the course of 20 or more years, these accumulations can be substantial. To obtain more information about IRAs go to www.irs.gov.

Mark Kolarik is the President of the Kansas Teachers Community Credit Union, located in Pittsburg, KS, since 10/2002 and is a board member of the Kansas Corporate Credit Union located in Wichita, KS. He has been employed in the financial service industry for the last 31-years, having worked in several credit unions for 21-years and 10-years in the banking industry. He holds a Bachelor of Business Administration degree from the University of Wisconsin-LaCrosse and is a Certificated Credit Union Executive.

New...From Page 1

“tipping point” of how much I can take. I have been close for a long time, but with the President's recent inaugural address, I had to do something. I have to let it out or it will consume me. Lucky for me I have this column as an outlet. It may not be perceived the same by all or some of you...but at least you won't be offended. You won't be reading it (smile). So in regards to what I was going to write about, I will do as Ol' Mike Oatman (my mentor at Great Empire Broadcasting and KFDI) used to say, “We're gonna' let that dog hunt for a lil' bit.” This month I want to talk about two people who have changed our country for the worse... in ways that will seemingly...at this writing...forever rule...and how they have led so many to do likewise. If it was just me not liking someone or not liking what someone said or did, I wouldn't waste my time. I would say to myself as I say to others, “Get over it.” But when it comes to changing our country decidedly for the worse...I will take all of the time it takes and load my “inkwell” to the full mark. These two people are President Obama and Bill O'Reilly of Fox News. I didn't realize until just recently why I get the same feeling when I hear either of them speak. I finally understand...they're both cut from the same “block of cheese” insofar as their characteristics and mannerisms. Thank God O'Reilly does not share Obama's ideologies. I would imagine by the time I am through you will ask rhetorically and sarcastically...“Why don't you tell 'em what you really think, Charlie?” If you would allow me to respond then...I would say, “I did.” One more thing... before you fire off your “hate” emails and phone calls, read it all. I haven't stated anything here that is untrue.

First...President Obama...because of him and the manner in which he has operated and does today...it is now acceptable to outright lie about anything and everything in our society. It doesn't matter what you have said previously, you can now say whatever it is you want to say for any and every purpose; then you act like you never said what you said before; and if you are asked why your position or statement has changed, you bring up something that happened in the past, that has nothing to do with anything being discussed, thereby deflecting the question, diverting the questioner, and demonizing him or her for having an opposing view to yours. Never... under any circumstance...answer the question.

I can't believe that this is going

on...that the press is not holding him accountable to what he said before... and that we Americans are standing by letting it happen. It is as disgusting as anything I have ever witnessed in politics.

His entire campaign for President lasted a full 8 years...the four years he was supposed to be a Senator from Illinois, and the four years he was supposed to be President. That's all he did was campaign...for eight years! He didn't like being President the first four years...and he doesn't like being President now. He only likes the chase and demonizing anyone who doesn't share his view on any topic. When he taught and lectured at the University of Chicago, he never experienced any dissent. If he received it, he just threatened to fail those who held it, or he did fail them. His statements and experiments didn't have to be well-thought-out. He would say or do something, and regardless of the foundation of the same...regardless of the chances of it being correct or successful...he would lecture and teach with absolute authority. No one dared to take an opposing view, or challenge him. It is during this time when he developed his cocky, prideful, stubborn and arrogant persona, which he uses more now and stronger than any other tool in his arsenal. I do not want to think about getting through the next four years having to listen to him...and I know I won't get through eight years if the rumblings of a third term are true. I literally get a feeling as though I am going to throw up when I hear him talk on any subject. I am not alone...and it's not just from Republicans. I have heard half as many on the left as the right say the same thing. He has almost no experience in anything. Everything he does is a lab experiment...war...peace...our military...the economy...health care... jobs...business...the world. He is the biggest pretender and con artist there has ever been...in my opinion...in any political office. To top it all off... he doesn't know “beans from apple butter” about leadership. He doesn't lead. He doesn't unite. He divides. In a time when our country needs more unifying than ever...more leadership... he just announced his “legacy tour” where his senior campaign staff (Gibbs, Cutter, Axelrod and Messina) will go around the country, in full campaign mode, demonizing the House Republicans for not adopting his stance on all of the issues at hand (i.e. taxes, spending cuts, gun control, immigration, entitlement reform, etc.). To have listened to all that went down during the campaign, then what he said

in his inaugural address, and then to have to listen to more lies, distortions, deflections, rhetoric and demonizing from him and this team is going to be more than many can take. As this continues, our country will become more divided than it ever has been. This is the only thing he knows how to lead...an effort to divide the country. And all of his followers are following like never before.

I could give you two dozen examples of his lying and distortions, but you will get my point with four of the most recent.

1. How does a man take the oath of office for President and swear to God, to preserve, protect and defend the Constitution of the United States, and then says what he said in his inaugural speech? He said the Founding Fathers did not mean what they wrote. The Constitution needs to be a living and breathing instrument, and it needs to be continually interpreted as to its meaning. One of his first statements in his speech was, “Today we continue a never ending journey to bridge the meaning of the words (in the Constitution) with the realities of our time.” Whose realities? His? He made it clear, that if you agree with him and his interpretation of things, you are good. If you disagree...you are evil. You're not just wrong. You are morally wrong. Do you have any doubt what the next four years will be like for us and our country with this man and his team? The Judicial Branch is supposed to interpret the Constitution...not him. With his executive orders and actions, he bypasses the Legislative Branch. He really believes he can do it all and demonizes anyone who takes an opposing view. We just had four years of the biggest “I” President in our history. It will be even more so...if you can believe that...over the next four years.

2. Throughout the last 8 years, he campaigned to support the middle class by taxing the wealthiest 1%. Now, the end of the year tax rates are in and the “bean counters” have discovered, that not just 7/10ths of one per cent of taxpayers are going to see their taxes go up, but 78% of all Americans will see their taxes go up! What does the mainstream media do? They kick the story to page 44 in print and don't even show it on the TV news. Americans have no idea what is coming. This is one of the things I hear from the left. “He said our taxes wouldn't go up. At the minimum it's going to cost us \$1,600 (or some other amount) in less money we have to spend.” The number is on top of \$3,000 from households that have

both people working full time. When confronted on the issue, he and Jay Carney, his press secretary say, “All of us are going to have to buckle down and pay more.” “But Mr. President, that wasn't what you said.”

3. Obamacare will be fully enacted in less than one year. There are more than 2,700 pages in this law, with more than 2.8 Million words (four times that of the Bible) and more taxes, fines and penalties coming for Americans and businesses than anyone could ever imagine. In fact, to accompany this law, there are now more than 13,000 pages of new rules and regulations, with more being added almost daily. It is absolutely ridiculous. What businessperson in his or her right mind is going to invest in hiring more people or expansion not knowing what these are and how they will affect their business? Nothing in regards to this law is turning out like he said it would, or as he promised. Health insurance premiums haven't gone down. In fact, since the first of the year they've gone up across the board by 28%. For those in their 20s they've gone up as much as 42%. For those in their 30s they've gone up as much as 36%. The word is that the younger ages in “droves” have said they will drop their health insurance, instead preferring to pay the fine. Few of them get sick anyway, and if they do, they can buy it at the time they need it. Have you ever heard anything so crazy? That is like not having homeowner's insurance, but as you're standing on the street watching your home burn down, you can buy a policy covering it. That is not insurance. That's a gift...paid for by you and other “homeowners” (taxpayers). In order for the law of insurance to prevail, the loss must be uncertain to occur. Obamacare must have the youth in the mix to keep the overall costs down. If they leave, the costs for everyone else goes up. This is a spiral that will spin out of control to a level no one can imagine. But you don't have to worry if you contributed to President and his campaign, you got a waiver. Labor unions...representing 543,812 workers...received waivers. Private employers...who donated to the Obama campaign...representing 69,813 employees...were granted waivers. They don't have to comply with Obamacare. Have we all been lulled to sleep on what President Obama said on so many occasions, how Obamacare will control health care costs and keep insurance premiums down for all of us? Is there anyone that cares anymore?

4. It was the President's own commission...Simpson Bowles...

See New...Page 19

New...From Page 18

who recommended \$3 in spending cuts for every \$1 in revenue increases (taxes). Even though he didn't accept their findings, this was the "balanced approach" he talked about for the last three years of his campaign. Then somehow...late in the campaign...it went to \$2 in spending cuts for every \$1 in revenue increases. Then, in December, it went to \$1 in spending cuts for every \$1 in revenue increases. Guess what he threw at America on New Year's Eve? It was revenue increases only and no spending cuts. He said we would talk about spending cuts later. Now is later. He isn't talking spending cuts at all. He is talking more revenue increases...more taxes. He hasn't even begun to bring up spending cuts to get us balanced fiscally. Instead, he is saying he's not going to have any more spending cuts because he has already made more than \$1 Trillion of them over the next 10 years. Are you ready for a little math? That's only \$100 Billion per year in savings. He is planning to spend more than 13 times that amount over what we take in. Isn't this something? How stupid does he think we are? Maybe a better question is..."How stupid are we?" A big part of his \$1 Trillion in spending cuts over the next 10 years includes us not fighting the wars in Iraq and Afghanistan. We decided more than two years ago we weren't going to continue these wars, yet he is still counting what we would have spent over the next 10 years if we were fighting them! It's like deciding not to build a cheese factory on the moon and counting the cost of what it would have taken to do the project as cuts in spending. The most recent polls (1/21/13) overwhelmingly show (83%) that Americans believe spending is out of control. Yet his entire inaugural speech was full of social issues...not the debt and the deficit. I stated in my November 1st column prior to the election, that the most dangerous things we will have if he is re-elected, is the appointment of the Supreme Court Justices and his Executive Orders. On the latter, at press time, "Uncle Joe Biden" announced, that if the debt limit increase gets stalled in Congress...now or after the "can" is kicked down the road a couple of months, President Obama will issue another Executive Order to raise it on his own, under the guise of the 14th Amendment. On the same day, President Obama announced 23 new Executive "Actions" on gun control. When making the announcement, he surrounded himself with children. Isn't that wonderful? Nothing is sacred

to him. He exploits the murder of children with children. If this isn't bad enough, afterwards, the NRA put out a commercial stating that he has his own children in schools that have armed guards, but he doesn't support having armed guards for other schools. The White House went all out attacking them, saying the President's children have no business being included in an advertisement for anything. What hypocrisy! Other people's children are okay to exploit but his are not? Some say there is a limit as to what he can do with all of these Executive "Actions" or Orders in these areas. One would think so, but if no one stops him, can he not do anything he wants to do?

An analogy of what is happening to our freedoms is like a blast of air from the nozzle of an air hose...the kind you use to put air in your tire. It is initially so forceful that you cannot put your hand or finger over the end of it. But then you add a baffle and bend the air just a bit. You then baffle that air flow just a bit, then again, then again, then again. By the time you baffle that initial blast of forceful air several times, you have nothing left. To heck with the other two branches of government of the United States. President Obama is so intelligent, so all-knowing, so much in control of things...he can run it all. And he is now more arrogant, more aggressive, more stubborn and less fearful of anyone and anything than he ever was in his first term. We will remember these days. It is all happening under our noses. Few if any are saying anything. The press, for all intents and purposes...is silent. Americans have grown apathetic. People say, "It's just the way he is," or "That's the way it's going to be." No folks. It's not. It doesn't have to be this way. We are Americans. This is our country. Stand up and fight for it now...or lose it! While you may doubt this statement, I have never been more sincere in this column...the only true words I have heard from him in the last 8 years and 10 days is that he would fundamentally transform America. He most surely has...and I believe the biggest transformations are yet to come.

Then, there's Bill O'Reilly...he is the most prideful, ill-prepared, ill-tempered, unqualified, con artist and ego-maniac, in the position he is...than anyone who has ever occupied a position like his before. Does this sound familiar? He and President Obama are alike in so many ways insofar as characteristics and mannerisms. Bill O'Reilly loves to hear himself speak. He is the only one who knows anything. He interrupts. He yells. He pouts. He

chastises. He is ill-prepared in many of the subjects he discusses. The only area you can usually be sure that he has prepared is his Talking Points, but it is always laced with the con of it being fair and balanced. He gets three times worse when he is in front of women. It is a joke. But that's not all. He has turned our country, those on the left AND the right, into doing the same thing. The national scene is full of lies, distortions, deflections, deferrals and demonizing from all sides. Look at how people talk when being interviewed today on MSNBC, CNN, Headline News, CBS, NBC and ABC. They all talk fast and hurriedly, as if they're going to be pulled off the stage by a hook whether there is an interviewer, questioner, or not. There is not a bucket of civility among all of them. Why? Because they think who whoever it is who is interviewing them or asking them a question is going to interrupt them and demonize them. Why? Because Bill O'Reilly has made it "the thing" to do.

Society has changed because of what these two men have done. No one did these things 10 years ago, or if they did...it was miniscule when

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

Cake...From Page 1

your cake artist will want ample time in order to plan and execute your creations. Giving your designer enough time, you are allowing additional time to enhance creativity and no doubt this will result in a better looking, tasting end product for you! This goes for all cakes: Weddings, Birthdays, Anniversaries, etc. It's said, the early bird gets the worm. In this case the early bird gets a big fat juicy worm! Even if you are doing it yourself you want to be prepared and plan well in advance. This relieves stress so you can enjoy your big day!

Let's talk cake design. First, start off by identifying a common thread; such as Rockabilly or colors. This will help in making both cakes match each other, but also be unique to the individual couple. It's nice to start with neutral colors, like black and white, then build on that. If black and white are on both cakes then the accent colors can be different, but keeping the styles similar. For example red, black and white are great together, still remembering to keep it simple. These colors can be romantic, dramatic,

sophisticated or over the top. They are very versatile; more readily available to find decorations, flowers, ribbon, etc. If one couple leans towards the romantic side, their cake could be white all-over with white lace piped on and accented with large red roses. A monogram can be done in black with the couples initial. For the second couple, which are a little more on the rockabilly side, their cake could be done in black fondant or modeling chocolate, white lace sticking out from behind cheetah print ribbon, and a red heart with black monogram. Each of these cakes would be dramatically different in look but they would match because you're using the same colors, flowers, both having monograms and the same cake decorator would be making them. If you don't want two separate cakes, create a bigger single cake and half it down the middle; decorating the two different sides in your style...now that would be non-traditional!

Next month we will continue with a few more ideas (Including 3D cakes) and other ways to make your dual wedding a success. Remember to PLAN AHEAD (for you and your baker) and HAVE FUN!



Heather L. Horton is the owner of Sweet Designs Cakery in Pittsburg, KS. With many years experience in the kitchen combined with a bachelors degree in Fine Art and a Masters Degree in Communication, Heather and her team are more than qualified to create the best Classic and Contemporary confections out there on the market! Voted Best Bakery in the 4States Area Sweet Designs Cakery is heading full steam into their fifth year of business and continues to have fresh and exciting ideas in their field. Whether you want to walk in and just grab a treat on the go, or order a custom cake for any of your special occasions Heather and her staff can help you out. Open Tuesday - Saturday, Sweet Designs Cakery can be reached at 620-231-2253 or at www.SweetDesignsCakery.com and on Face Book!

TECH TALK

Help, my computer has a virus

By Bill Emmerling



Q: My computer has contracted ANOTHER virus. Is there some way to stop this problem?

A: There is much business that comes from cleaning computers infected by viruses, and I have had opportunity to speak to groups about this subject. I have a letter that I share that addresses this very issue, that can be found at <http://www.the-Rescue-Tech.com/about/tRT-SafeSurfing.pdf>. I will try to address how we can reduce the risk of infection below.

As we begin, we need to understand the motivation of those who create malware (i.e. viruses, ransom-ware, etc.). The programmers may be groups or individuals seeking only to prove and find pleasure in knowing they have damaged your computer. Others seek to extort money from you. In either case, they seek websites and activities that are popular in order to

spread their programs as widely and quickly as possible.

We also need to understand that these programs must enter our computer and then run. This is most often the result of our actions, either directly or indirectly. Directly by opening suspect email or visiting a 'seedy' part of the internet (such as porn or gambling sites). Or indirectly like visiting a popular location with infected people, we might visit a popular site that seems safe, but may have been hacked by the bad guys (couponing and gaming has become a popular for viruses).

It is also helpful to understand how our machines get infected. We are all aware that opening attachments can bring unpleasant surprises. However, simply browsing websites can expose us to receiving unwelcome visitors. Web pages started with just text and were not initially designed with security in mind. To get interactive pages, browsers were developed that allow small programs, called



Java and flash (among other things), to be downloaded and run on your computer. These little programs can bring good things... or bad. So it pays to be mindful of where we go on the internet and what we do when we get there; just like visiting Kansas City.

Now that we have a better idea of what we are dealing with, we will deal with actions we can take to protect ourselves... next month.

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.

New...From Page 19

compared to what it is today. No one did them 5 years ago to the extent they are done today. Now it is everywhere... and it's getting worse. Lies, distortions, deflections, demonizing...everyone interrupts each other and there is no respect shown for anyone. It's not only on TV, but radio too...and not just in news and politics, but also in sports and everyday life. This country has been "Obama-ed" and "O'Reilly-ed" and we will be much worse off in the future because of it.

Why don't you tell 'em what you really think, Charlie?

I did.

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

HEALTH & WELLNESS

Chelated vitamins better than regular vitamins?

By Cathy Lloyd



Q: What are Chelated Vitamins and are they better than regular vitamins?

A: Vitamins are organic compounds that are necessary for health. They aren't sources of food and don't contain any calories. Vitamins act like chemical catalysts and allow your body to use the carbohydrates, fats and proteins that you eat. Vitamins can't be chelated only minerals can be. So if you are getting a chelated vitamin remember only the minerals are chelated not the vitamins.

There are so many vitamin and mineral supplements on the market, however chelated minerals are a bit more expensive than their typical counterparts on the store shelves.

Many believe that chelated minerals are more easily absorbed and better used by the body than their non-chelated minerals. Chelation is the process of manufacturing in which minerals are bound to an amino acid. Minerals are inorganic substances because they don't originate from a biological organism. That means that



your body can't use them directly and needs to convert them into organic forms. Sometimes other compounds

are be used instead of amino acids, but the results are the same. The mineral is bound to another substance, with the idea that this makes it more readily absorbed by the body.

Whether chelated vitamin and mineral supplements are easier for your body to absorb is still not fully decided, so spending extra money on chelated

products may be a waste of money. Many factors influence how well your body's digestive system can absorb vitamins and minerals, including your current state of health and what kinds of foods you take the vitamins with. Some experts believe that since the minerals are

separated from the chelating amino acids during digestion, that it actually

makes it more difficult on the digestive system; making it have to work harder. Certain Vitamins can help with other vitamin and mineral absorption. For instance, vitamin C helps your body absorb iron, while other food and vitamin combinations can work against each other. Remember though that vitamins can't be chelated.

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.



**Making life easier...
at LakePoint**

Assisted Living

*Priced from only
\$1,990 per Month!*

- Assistance with Medication Management
- Assistance with Bathing & Dressing
- 24-hour Certified Care Staff
- Three Nutritious Meals Served Every Day
- Coordinated Transportation
- Exercise and Scheduled Outings
- Activity Programs
- Assistance with other Healthcare Referrals & Resources
- On-site Beauty and Barber Services
- Laundry
- Housekeeping
- Basic Utilities, Cable TV and More

Skilled Care

- 24-hour Skilled Nursing
- Active Rehab Program with In-House Staff
- Medicare/Medicaid/VA
- Beauty/Barber shop
- Weekend and Emergency Admittances
- Audiologist and Podiatrist Services
- Short-term Stays Available



*LakePoint...most unique
campuses of senior living and care*



Senior Living Hotline: 448-0280

The Wichita Area's Foremost Provider of All Levels of Senior Living!

LakePoint Wichita
1315 N. West St.
Independent Living
Assisted Living
Skilled Care
Wichita, KS
316-943-1294

LakePoint Crestview
600 N. 127th St. East
Assisted Living
Wichita, KS
316-733-8100

LakePoint Augusta
901 LakePoint Drive
Assisted Living
Skilled Care
Augusta, KS
316-775-6333

LakePoint El Dorado
1420 Sheldon
Assisted Living
Skilled Care
El Dorado, KS
316-320-1136

METAL FABRICATION

All about steel

By Mike Davied



Q: I would like to know about metals, including their shapes & sizes, any help would be appreciated.

A: What most people commonly refer to as iron is actually called mild steel, which is iron with some additives to enhance its strength & usability, commonly carbon. Steels are used in the manufacturing of structures, automobiles, as well as in ships & vessels. The two most common forms of steel are:

1.) Hot rolled, which means it is formed while the steel is hot, so it will be less dense and have a coating on it called mill scale.

2.) Cold rolled, which refers to it being formed while the steel is cold, so there is no mill scale and it will have slightly different properties making it more suitable for machining purposes.

There are many shapes, as in flats, rounds, angles, channels, tubes, &



sheets. Sizes vary from very small to very large depending on a variety of factors. Most structural steel used in this area is measured in fractions of an inch dimensions, as in 2"x2"x1/4" angle, which would measure 2" wide X 2" tall X 1/4" in thickness. There are also some metric designations in use across the country.

Stainless steel is another form of steel, but it has other additives to prevent corrosion, as with mild steel there are many sizes, shapes, and grades, each with unique properties and uses (depending on additives & procedures when the product is manufactured).

Aluminum is also another metal used for the fabrication of structures as well as vessels, truck beds, castings, and the list goes on to include other more exotic metals including magnesium, nickel, titanium, etc. These are used in many applications from

agriculture to aerospace, and medical to name only a few. As most different metals have different properties, their uses and the procedures to work with them vary per product. There are a host of publications describing metals & metallurgy.

Hope this was of help. Thanks for the question.

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.

starts to grow within 3 hours and immediately starts to plug the straw-like stem structure, preventing proper water absorption. This will cause flowers to fade, wilt, and weaken. To keep the water in good condition, follow these steps:

- Change the water every three days. Do not just top off the water.
- Use the flower preservative packet. It contains a biocide (to kill bacteria), and acidifier, and sugar.

Finally, you might be wondering about other water additives and if they really work. While the floral preservative provided by the florist works best as it was designed to do the job, there are other solutions that work in the same way with various degrees of success. Here are a few of the most common:

- Add one part lemon-lime soda (not diet) to 3 parts water. Then to each quart of this solution, add 1/4 teaspoon bleach. Thereafter, add 1/4 teaspoon bleach after each 4 days of use.
- To 1 quart water add 2 tablespoons fresh lemon juice, 1 tablespoon sugar, and 1/2 teaspoon bleach.
- Add 2 ounces Listerine mouthwash per gallon of water.

Listerine contains sucrose (food) and a bactericide. Listerine is acidic and is said to help water move up the cut stem.

Happy New Year!

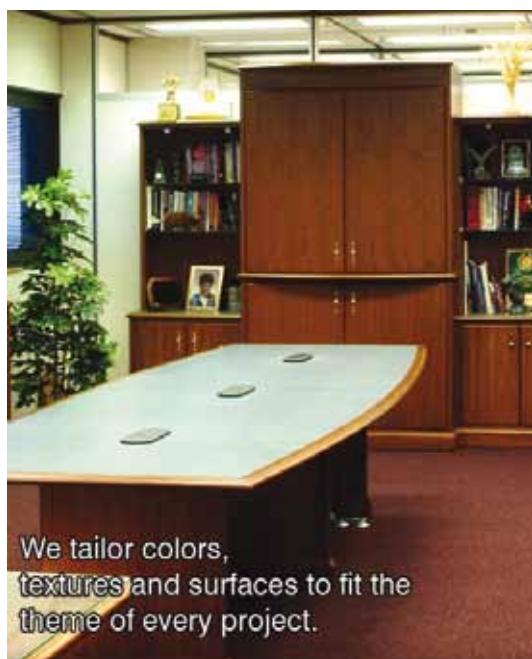
Check Out Our Brand New Website

www.springvalleywood.com



SPRING VALLEY WOODWORKS, INC.
Quality Custom Business Furniture
Nature Gives the Form... We Add the Function

Home About Us Drawings Edges Gallery Upload File Contact Us



For contemporary, transitional or traditional office furniture, let us solve your problems, whether they be related to delivery, customization, style, price... or any other consideration...for one piece or an entire office. We will perform as well as...if not better than...anyone.

At Spring Valley Woodworks, our good work enables you to do good work. We hand-craft the finest custom furniture for your business or home office, in the style, wood and finish you desire...to match existing furniture or new. Don't have a drawing? Don't worry. We can build what you want from a picture. Need a layout for several offices? We can do that too. Need a quote? We can get your quote back to you by the time you need it...most within 48 hours...but sooner if you request. Look to Spring Valley Woodworks to solve your problems...from the first call to when you sign off on delivery...with the as high of quality furnishings as you will find anywhere.

- Bookcases
- Credenzas
- Conference Tables
- Desks
- Hutches
- Lateral Files
- Receptionist Stations
- Storage Cabinets
- U Units
- Conference Room Accessories



FOLLOWS    

Call One of Our Wichita Area Dealers Today for a FREE Custom Quote!

Contract Furnishings - 114 N. Saint Francis - Wichita, KS - (316) 267-5763
encompas - 125 N. Market - Wichita, KS - (316) 448-0427

Flowers...From Page 1

freshness and beauty or want to use flowers from your garden, it helps to know proper cutting procedures.



It is best to cut flowers with a sharp, un-serrated knife. Always cut on a slant as it exposes more stem surface area. This is simple, but very important.

Next, you will want to remove any leaves that would be submerged in the vase. This will help keep the water clean.

The water, of course, is the next important factor. Cut flowers have a continuous need for water so keeping the water in top shape is the best way to prolong their beauty. Bacteria

Kimberly Clark, is the Co-Owner of The Little Shop of Flowers and More! in Pittsburg (511 N. Broadway). The Little Shop offers a full selection of fresh flowers, green plants, and silk arrangements. Additionally, the Little Shop carries 3 lines of designer candles and unique home decor items. For more information or to reach Kimberly, please call 620-231-2400. For your convenience, the Little Shop offers a 24 hour call service for orders after business hours. Please "Like us on Facebook"!

RELIGION

Questions on baptism

By Pastor Bill Emmerling



Q: Must a person be baptized in order to be saved?

If a person, who is already baptized in a Christian church,

changes to another church, is it necessary for him/her to be re-baptized?

If one is not sure whether he/she was baptized, should he/she be baptized again?

A: Wow, so much to address, so little space, and on important issues that have been argued for years. As always, we want to rely on the authority of God's Word (and as best we, can all of it) to arrive at an answer, and not man's traditions or opinions. [For the sake of space, references rather than quotes of scripture will be used.]

Must a person be baptized in order to be saved?

God the Father saves through the fully sufficient sacrifice of Jesus, the Infinite Son of God (ref). HOWEVER, a saved person will seek to be baptized as an act of loving obedience to the one who loves us and saves us, following the example of Jesus himself (Matt 3:13-17; Mark 1:9-11; Luke 3:21-22; John 1:31-34) and who commands that his disciples make disciples teaching them and "... baptizing them in the name of the Father, the Son and the Holy Spirit..." (Matt 28:18-20).

However, we also need to consider Peter's words... "Baptism, which CORRESPONDS to this, now saves you, . . . as an APPEAL to God for a good conscience, THROUGH the resurrection of Jesus Christ (1 Peter 3:21 ESV, emphasis added). Lacking the nuances of the Greek language, we fail to see Peter is referring not to water baptism but Christ's suffering for sin in verse 18. The word 'saves' can be and might better be translated 'protects'.

Remember, those who are saved, who identify with Jesus the Christ, are going to seek out the opportunity to be baptized (see Acts 8:26-40).

If a person, who is already baptized in a Christian church, changes to another church,

is it necessary for him/her to be re-baptized?

The Apostle Paul speaks of only one

Baptism (Ephesians 4:4-5) in calling for unity within the collective body of the church, Christ's body; therefore there should be no a need to be re-baptized going from one Christian church to another. This would be why Scripture does not specifically speak directly on this issue. There are allusions to letters of reference or commendation from one church to another (Acts 15; 21; 28:21; 1 Cor 16:3; 2 Cor 3:1-3; Philemon).

If one is not sure whether he/she was baptized, should he/she be baptized again?

I'm uncertain as to the intent of this question, so let's look at the purpose and significance of Baptism. Baptism comes from the Greek word 'baptizo' meaning to wash by immersion. Further, when used with a conversion in scripture, baptism is always a repentant response to the Gospel as an act of obedience to being saved, for example, the Ethiopian eunuch with Philip in Acts (8:26-40). This implies that one should always be cognitive (knowing) of the baptism experience.

Baptism is a sign, a symbol, a public acknowledgement of the event in a believer's life. The believer is identifying with the death, burial and Resurrection of his Savior (Romans 6:1-5; Col 2:11-14).

Ultimately, our salvation is a result of the sacrificial work of Jesus and his Lordship of our lives. What follows after that is our obedience in love for the one who loved us first.

Have you repented of your sins, and acknowledged Him as your LORD and Savior?



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

Jewelry

Tutus

Retro Home Furnishings

Apparel

Extremely Outrageous Creations

**2702 N. Joplin
Pittsburg, KS
620-231-0977**

**Hours:
W-F 9:00 AM - 5:00 PM
Sat. 10:00 AM - 2:00 PM**

New Horizons Inc., dba New Hope Services EOC provides creative employment opportunities for adults with intellectual disabilities.

Custom Screen Printing

Vintage Furniture

At Via Christi Pittsburg, *you* are the most important person in the room.

In health care, it's easy to focus on the number of cases handled and surgeries performed. But at Via Christi Hospital in Pittsburg, we don't treat numbers. We care for people – for mothers and fathers, husbands and wives, sons and daughters. Our work is dedicated to meeting your needs, no matter how big or small they may be. From routine consultations to major



procedures, we're here for you every time you walk through our doors.



Every patient. Every time.

Dr. Tim Stebbins, MD, Via Christi Hospital Director of Emergency Services.

viachristi.org/pittsburg