

The Q&A Times Journal

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FROM THE PUBLISHER

What's new now? - series

By Charlie Traffas

(for the first three articles in this series, refer to Dec. '12 thru Feb. '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, and 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, after not being able to take any more of what has been coming from President Obama and Bill O'Reilly of Fox News, I had to take a break and let people know what these two men have done to our country. One never knows if it did any good as it is worse than ever and I still get just as sick as I always did when I watch or listen to it, but I must

See New..Page 18

ARTS & CRAFTS

A needle is a needle, right?

By Janeen Miller



Q: I did not realize that there are so many different kinds of needles. Can you explain some of the differences to me?

A: Thanks for the question and I am glad to help. There are numerous types of needles designed for different

sewing applications.

Needle – a very basic and necessary instrument of sewing. A very simple item, but not totally understood. Here are some of the comments/questions we hear about machine needles.

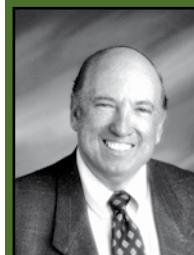
Universal needles have a slightly rounded point and come in a variety of sizes. They are designed for general

See Needles..Page 13

NOSTALGIA

Do you remember?

By Faye Graves



Q: How about some of your old March memories?

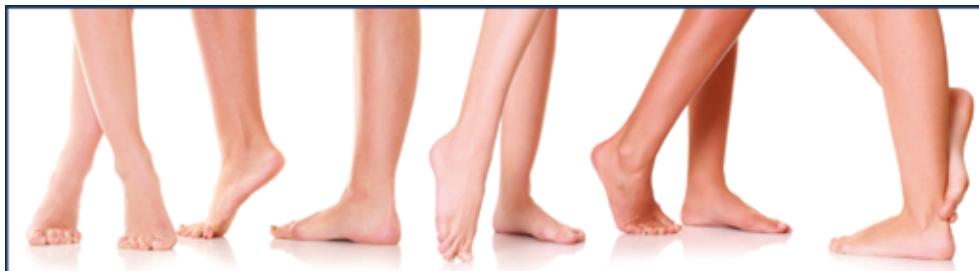
A: The first thing that came into my mind when I considered the answer to your

question was on things connected with the wind. We think of March as being the "windy" month. It is said that, "March comes in like a lion but goes out like a lamb." However, this year, we have already had some high winds in February.

How many of you remember when you went to a drug store and bought a wooden kite? I remember the Watts and Neil drug stores on Harry that carried many various items such as jewelry, small sundries, and they even had a fountain with the most refreshing ice cream and soda products. They also had toys, including wooden kites. We would buy a kite, take it home and then came the task of assembling it. We would take it outside and see who could fly their kite the highest. Then, if our kite didn't go very high, we would take it inside and place a tail on it, usually make out of old

See Remember...Page 21

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



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CARPETING, TILE & FLOOR COVERING

Carpet over carpet?

By Jason Jabara



Q: Should you put carpet over carpet?

A: While many people do install rugs on top of wall-to-wall installations, doing so will result

in various degrees of success. Most people consider this option to protect their carpeting from excessive wear but not knowing that some of the factors concerning wear patterns, fiber, dyes, and residue can actually lead to more harm than good. Here are some things to consider: When choosing your runners, consider the backing. Remember that the backing will be against your carpeting and one that is rough may cause more wear as it moves with traffic. It may even act a bit like sand paper between your feet and the carpeting beneath it. Give careful consideration to what you use to grip the carpet as well, thinking about such things as whether it will leave

considerable residue. Another concern is that the backing will trap a lot of dirt and debris, which is now also between your feet and the rug beneath it. The color of the runner is another factor. When using runners, remember that some transfer of color from the runner to the carpeting is always possible. Runners over carpet can also cause a



problem with uneven color and wear rate, especially in places of direct sunlight. The type of fiber is another consideration. Different carpet fibers will have different areas of strength and weakness, and how they interact.

For example, a wool rug over nylon may create a problem with color transfer, and nylon over wool may create a problem of holding in too much moisture. The best thing to do is see your floor specialist with the name and product number of your carpeting. A carpeting expert will be able to give you some suggestions that will keep your carpet in great shape.

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

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INTERNET

More Facebook questions answered

By Jennifer Holman

(for the first articles in this series, refer to the Jan '13 thru Feb '13 issues at www.theqandatimes.com)



Q: I am getting annoyed with all the emails that I'm getting from Facebook. How can I get emails only for things I'm interested in?

A: You can change how you receive Notifications and what you receive notifications for. The first way is to click in the upper-right corner of the blue bar on your page, then select Account Settings and Notifications. This will allow you to change what notifications you receive by email, text and on Facebook. The second way is to select the drop-down menu for notifications (the globe). When there is a notification you no longer wish to receive select the X in the upper right hand corner of the notification. Facebook then gives you the option to "Turn Off" or "Keep On".

Q: How can I communicate with family and friends on Facebook?

A: You can communicate with your

friends and family on Facebook in many different ways: chatting, writing on their Timelines, sending messages, and more.

Q: I'm getting confused with putting pictures on my Facebook page. Some of my friends only have a few pictures, some have photo albums and some are putting pictures on from their phone. I can't seem to figure out how to get any pictures on there. How do I put pictures on my Facebook page?

A: To post a single picture on Facebook, you will select Add Photo/Video at the top of your home page. Pick Upload Photo / Video. Select the Browse button to choose a photo file from your computer. After you've selected your photo, select Post. To create a photo album is similar. After you select Add Photo/Video, select Create Photo Album. Select the images you want in the photo album. To select multiple photos at once, hold down the Control button

while selecting the photos. While your photos are uploading (this can take a few minutes) you will be prompted to Add an Album Title and description. You can use the audience selector to determine who can see the photo album. Once your photos are uploaded you can add captions, tags (A tag is a special kind of link. When you tag

someone, you create a link to their timeline. The post/photo you tag the person in may also be added to that person's timeline) and locations. Once you've completed editing select Post Photos.



Jennifer Holman is the Social Media Director for Chart Marketing, Inc. (CMI) a full-service advertising agency, marketing firm and publishing company. CMI operates and markets a varied assortment of business products and services, including publishing of The Q&A Times and several B2B and B2C publications throughout the country. She also volunteers with Girl Scouts and Hope in the Valley Equine Rescue and Sanctuary. You may contact Jennifer by phone at (316) 721-9200, by e-mail at jenniferh@chartmarketing.com, or you may visit at www.facebook.com/TheQATimesJournal.



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Springtime repairs on the home front

By Bob Crager



Q: Now that the 20th of March (the first day of Spring) is approaching, I remember that you wrote about some “get outside now before it gets hot” springtime home window and other repair recommendations sometime back...but I lost the paper. Can you repeat some of that for me and others who need to do some of that stuff now that springtime is finally going to officially be here this month?

A: Here in Kansas, I'll say that this time of year is just about my favorite time, cause now I can get out there, with the sunshine and spring breezes blowing the frost on out of my way, and I can start touring around outside my home and other buildings to see what the harsh, or semi harsh, presence of winter this year has done to me. I really enjoy that first chance to get out and do something, after being “holed up” for several months. We didn't have much snow or other moisture this year, but anything that stays out in the weather where there are cold spells followed by warmer periods, you'll find that the surprises you'll observe are usually in one of several forms.

The first thing I like to do is start out by making a list of projects I need to take care of that have been necessitated by whatever the weather conditions have been throughout the most recent winter...even when there hasn't been all that much cold weather or freezing rain and snow. Besides, I just feel more important when my wife sees me walking around outside with a clipboard! You might want to do something similar. We like to help our readers with tips that will benefit them during special times of the year. Times like the end of winter!!

Here's a reasonably good outline you can use for your springtime checklist:

1) Windows first! Warm weather is coming, and so are the bugs. Take a look at each window screen for damage, and repair or re-screen those as necessary. Shop vacuums work really well for cleaning out window tracks to keep those windows moving freely. While you're at it, go ahead and clean the exterior glass and frames. You might need a razor blade scraper and some vinegar water mixture for that to get the best results. You can make an inexpensive home made

mixture for cleaning glass as follows:

Using just vinegar and water, you'll add a half-cup of vinegar to one gallon of water. Or, for smaller jobs, add two tablespoons of vinegar to one quart of water. This makes a very good mixture for this purpose.

For an Ammonia based cleaner, add a half cup of sudsy ammonia to a gallon of water, or for smaller jobs, add two tablespoons of sudsy ammonia to a quart of water. On tougher window



stains, you can mix a half cup of sudsy ammonia, two cups of rubbing alcohol, and a teaspoon of liquid dishwashing detergent to a gallon of water. Mix that well, apply it to your glass with a spray bottle, and wipe it till it's clean. This solution is good for use in the colder parts of the year, because it is less likely to freeze.

Another good glass cleaning formula is to combine ammonia, vinegar, and cornstarch to make a good window cleaning solution. Do this by adding a half-cup of ammonia, a half-cup of white vinegar and two tablespoons of cornstarch to a gallon of water.

During this cleaning process it is also a good time to check out the frames and sills on your windows for dry rot or wet rot. If you find either or both of these going on, you'll want to correct it as soon as possible. That problem only gets worse with time. Repairs are normally cheaper than a replacement of all those windows. A great glass shop can advise you on the most affordable way to stop the damage and end the drain on your money, comfort, and the high cost of the energy lost through weak windows

and frames. Single pane windows are one of your biggest sources of lost energy, costing you money each and every day! Get more glass now! And before painting your window frames, make certain you've done any and all caulking that needs to be done before painting.

2) Decks! Your wood decks take a beating during our cold, below freezing Kansas winters. Yes, even that treated lumber is susceptible to this kind

ahead and get them cleaned up from the winter debris. You can use a hose or that pressure washer you rented to accomplish this. Broken out grout or caulk should be redone right now to prevent more damage of the same kind. After re-caulking, seal with a good sealant product especially formulated for this use. Later you'll look back and believe that was money and time well spent.

3) Fireplaces & Wood Stoves! You've enjoyed your wood stove or wood burning fireplace all winter, and now is a good time to empty the built up ashes. Use an airtight metal container that is approved for this use, until you know the ashes are completely cooled. Even if it's been a while since your last fire, the ashes can be a fire danger for a surprisingly long period of time. Now is also the time to check the condition of the fireplace, and make any necessary repairs. Clean doors and screens, clean fireplace tools, and check and repair the door seals and hardware.

4) Miscellaneous checks! Spring is a great time to check all of your exhaust fans, cooling fans and air conditioners. Check dampers for smooth operation. Remove interior fan covers, and wash in mild soapy water. Clean dust and debris from inside the fan unit using a shop vacuum – do not operate the fan with the cover removed. Check the roof or wall caps where the fan ducts terminate to make sure they are undamaged and well-sealed. Check the dryer vent hose and cap for damage or loose connections, and clean out lint buildup. Check outdoor central air conditioning units for damage or debris buildup. Clean and check window or wall air conditioners, especially the filters. If you utilize a portable or central humidifier during the winter to improve indoor moisture levels, now is a good time to clean it out. Follow the manufacturer's instructions for cleaning, disinfecting and de-scaling. Clean or replace filters as necessary. Now is also the time to replace furnace filters that have become choked with all those dust particles you see floating through the air when a “sun shaft” comes through the windows. This is especially important if you have central air conditioning or if you utilize your heating system's fan to circulate air during the summer.

As soon as you're comfortable that the

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

Questions on baptism

Q: Although difficult, I am trying to understand the concept of the Trinity, where there are three persons in one God. I have come to understand that God the Father always was and always will be. That's kind of tough to imagine, but it does lead me to my question. If there are three persons in one god, was there only one of these persons who "always was"? Did then both Jesus Christ and the Holy Spirit have a beginning insofar as being a God? If so, I know when Jesus was born, but what about the Holy Spirit?



By Pastor Dave Henion



A: What the questioner says about the Trinity being a mystery is very true. But then what can we expect when we are dealing with an infinite Creator-God who always was and will be, with no beginning or end. {Genesis 1:1} How does one of finite understanding, truly understand something so far beyond our reach mentally? Explaining it we come up short but we can still affirm its truth. We can bear witness to the fact that He reveals Himself throughout the scriptures as Father, Son and Holy Spirit.

For instance we see hints of the Trinity already in Genesis "the Spirit of God was moving over the surface of the waters." {1:2} and "Then God said, "Let Us (plural) make man in Our image...{1:26a}.

In the New Testament we see a strong reference to the Trinity in Jesus' own words when He commissions the disciples to baptize "in the name (which is singular) of the Father and the Son and the Holy Spirit." {Matthew 28:19b} We see Jesus even claim deity when He almost gets stoned by the Jews for claiming His pre-existence before Abraham and calls Himself "I Am." Through this title every Jew knew He was claiming to be the Eternally Existing God. {John 8:58} Later on in John's gospel Philip asks, "Lord, show us the Father" {14:8} and Jesus responds, "... Anyone who has seen me has seen the Father!" {9b} and then goes further about being the same substance or essence as the Father when He says, "Don't you believe that I am in the Father and the Father is in me? The words I speak are not my own, but my Father who lives in me does his work through me." {10} In the same passage Jesus speaks to the Holy Spirit being sent so that the disciples are not left alone but like Jesus, He is "another Counselor" {16} sent by the

Father and the Son to be with them forever.

We see also the Holy Spirit being seen as the same essence and substance of the Father in Acts 5 when Annias and Sapphira are being hypocritical liars. Peter is alone with Annias and proclaims, "You lied to the Holy Spirit." {3b} In the same exchange Peter says to him, "You weren't lying to us but to God!" Notice that Peter proclaims God and the Holy Spirit as the same being. {4b} After Annias drops dead and is carried off, his wife comes in and Peter interviews her. She lies to Peter and then he says, "Why is it that you have agreed together to put the Spirit of the Lord to the test?" {9} Peter again addresses the Holy Spirit as "the Spirit of the Lord." Notice to, the Holy Spirit is not an impersonal "it," but a person who is reasoned with because He is lied to as God.

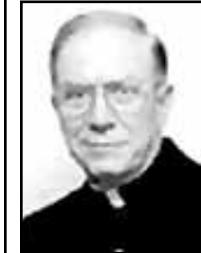
Now some will protest the word "Trinity" is not in the Bible which is true but the doctrine is all through the scriptures. The doctrine was more explicitly developed by the early church fathers than it was by the biblical writers. The technical terms are not found in the Bible which the early church fathers used to describe the doctrine. People like Athanasius were not seeking to float a new doctrine but were affirming what the scriptures already proclaimed and what Christians already believed. The raw materials for the doctrine of the Trinity were already in the scriptures. The early church fathers just drew the doctrine out for us to understand God more clearly.

As far as Jesus and the Holy Spirit having a beginning, they are co-eternal with the Father with no beginning and no end. {1 Timothy 1:17} We affirm with the Jews that God is truly one {Deuteronomy 6:1} and yet with three distinct persons {2 Corinthians 13:14}. It is so incomprehensible but yet so refreshing to know that our God is so much greater than what we could ever imagine or think. To think I am known and loved by this magnificent

God who is greater than anything that could come at me in this world. Even further, that I have the privilege of knowing Him personally because of the Fathers' love, through the grace of our Lord Jesus Christ and by the Holy Spirit, brings great comfort and peace to me. God paints the portrait of Himself to Isaiah and to all of us, "...for I alone am God! I am God, and there is none like me." {Isaiah 46:9b} What a truth to come to grips with. On my knees in awe filled worship with you before such a great and awesome God! Pastor Dave.

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

By Father Cleary



A: You are attempting the impossible: to understand the concept of the Trinity. This is the primary mystery of the Christian faith. I use the term "mystery" in the sense of something we cannot fully understand. Some of the greatest thinkers and minds, who ever lived, e.g. St. Augustine, St. Thomas Aquinas, St. Hilary of Poitiers, Karl Barth, and other great intellectuals have pondered and studied and written many volumes about God; but most of this writing is pure human speculation, and in the end the truthful author has to admit that there is so much we don't know and cannot know. They recognize the impossibility for human reason to explain or understand the concept of three persons in one God. This is because of the weakness of our intellect. Not even the most brilliant human or angelic intellect is capable of understanding the full life of God. The Bible, in both testaments, gives us inspired insights about God; but the more it says, the less we really understand about the Supreme Being. We know for certain that there is only one God; nevertheless in this one only God there are three distinct persons. Each of the three persons in God is eternal, i.e. has no beginning nor end, and equal and all-powerful, and the ultimate Source of all life and of everything that exists. We Christians accept it as a fact based on faith in Jesus, from whom we learned it.

You ask: "If there are three persons in one God, was there only one of these persons who 'always was'?" I answer: There are three persons in God, each of which 'always was.' Therefore both the Son of God (who took on a human nature in time and in that human nature is known as Jesus Christ) and the Holy Spirit do not have a beginning as they with the Father

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Clearly...From Page 6

constitute the one eternal God. You ask whether all these three persons are eternal. The second verse of the Bible says that God's Spirit hovered over the face of the formless earth. The Gospel of John starts with a strong assertion that Christ (the Word of God) was in the beginning and was the co-creator of everything: ". . . The Word (Jesus) was with God and the Word was God."

Even though the word "Trinity" does not appear in the Bible, it certainly is taught there. The word Trinity was invented by disciples of Jesus and his Apostles. It expresses what we believe.

We believe that from all eternity God the Father begot his Son, and that the Holy Spirit proceeds from the Father and the Son, equal to each and equal to both of them. But we cannot understand all the implications of that fact. We believe that at a certain point in time, determined by the Father, God sent his Son into this world: to be conceived in a unique manner of a Virgin without human intervention, and this Son was born of her in a human manner. Thus Jesus is the Son of God and of the Virgin Mary. This is the mystery of the Incarnation. As a human being, Jesus remained God, but comported himself in human fashion in every way, except sinning. Jesus is perfect God and perfect man! Jesus is one person with two natures, human and divine. Jesus has two Wills, which are perfectly coordinated and in union with the Will of God. As a human being, Jesus can say truthfully: "The Father is greater than I" (John 14:28), as God is greater than any human being. In his divine nature Jesus says: "The Father and I are one" (John 10:30). In the same chapter 10, Jesus says: "The Father is in me and I in him" (verse 38). In his final words spoken before his Ascension into heaven, i.e. in the Great Commission, Jesus states: "Full authority has been given to me both in heaven and on earth. Go therefore and make disciples of all nations. Baptize them

in the name of the Father and of the Son and of the Holy Spirit" (Matthew 28:18-19). These statements do not contradict belief in the Trinity; that the three persons are equal. Rather these statements confirm it.

Yet all this is a matter of faith, incapable of scientific proof. If science could explain these mysteries, they would no longer be matters of faith. True science and authentic faith are not opposed; rather they are two distinct and separate sources of knowledge; and both have God as their author.

Father Richard James Cleary was born and reared in Wichita. After graduation from Cathedral High School in 1947, he attended the seminary operated by the Benedictine monks of Conception Abbey in Northwestern Missouri. There he came to appreciate the life of the monks and, having obtained the permission of Bishop Mark Carroll of Wichita, he became a monk of that monastery. After being ordained a priest in 1955, his superiors sent him to get his master's degree at the University of Ottawa, Canada, then to study in Athens, Greece, and then in Rome, Italy, where he obtained his doctor's degree in Theology. Finally, he spent a year of study at Harvard University. Later, Fr. Cleary was assigned to teach for many years in Rome. In 1998, he returned to Wichita, where he served in parish ministry at St. Mary's Cathedral and at Blessed Sacrament parishes. In 2001, his abbot (superior) transferred him to Arkansas, where he served as chaplain of the Benedictine Sisters of Holy Angels Convent in Jonesboro, and helped in the parishes of northeast Arkansas. In March 2010, he was re-assigned to his monastery, Conception Abbey, Conception, in Missouri 64433. He can be contacted there at, 660-944-2877, or by email: rjcleary@juno.com.

By Amy Baumgartner



A: The Trinity is a difficult concept, and generations of church leaders have debated about the existence and the understanding of the Trinity. The difficulty is compounded by the fact that the term "Trinity" never appears in the Bible; however, the concept of a triune God (one God in three persons) is found throughout the Bible. Also found various places in the Bible is the idea of the eternal existence of God in all three persons.

Two scriptures particularly come to mind when exploring the eternal existence of God as Son and God as Spirit. The first passage is from John 1:1: in the beginning was the Word and the Word was with God and the Word was God. Later in the prologue to John's Gospel, we learn the identity of "the Word" as Jesus Christ. So, in the beginning, Jesus was existent with God the Father. The Son came in flesh some 2000 years ago; however, before coming in the flesh to dwell with humanity, Jesus was with God and in existence.

The second scripture begins similarly to the John passage. Genesis 1:1-2 starts "in the beginning" was God (indicating God's eternal existence) and that God created the heavens and the earth. Prior to earth's creation, there was a formless void and the spirit of God (could also be translated as "wind of God") was hovering over the void. Again, the presence of God's Spirit before creation reveals the eternal existence of not only the Son but also the Spirit. All three parts of the Godhead "always were."

In addition, Jesus, the Son and the Spirit both had a role in creation. Colossians 1:15-16 indicates that in (or by) Jesus, all things were created. The Spirit's role in creation is indicated in Psalm 33:6-7: by the word of God and the breath of his mouth the heavens were made (again, "breath" is the same Hebrew term translated

elsewhere as Spirit or wind). To be able to create something, a person needs to be in existence before the creation occurred. All things were created by Jesus and the Spirit; therefore, both would have had to exist before the creation of the world.

While some people may point to the Spirit appearance at Pentecost (see Acts 2) as the beginning to the Spirit's earthly ministry, throughout the Hebrew Scriptures and New Testament, the Spirit comes upon individuals, empowering them to do special work in God's name (examples include David, Gideon, Samson, and Ezekiel). The presence of the Spirit helping individuals throughout the Bible reinforces the Spirit's existence throughout time.

Therefore, after much church-wide debate studying the above scriptures (and many more), the church leaders concluded God the Father, God the Son, and God the Spirit were eternally existent.



The Reverend Amy Baumgartner is the Associate Pastor of First Presbyterian Church, 525 N. Broadway, Wichita, KS. Amy was ordained at First Presbyterian Church of Wichita, Kansas in June 2008. She earned a Masters of Divinity from Denver Seminary. Before attending seminary, Amy graduated from Ball State University with a degree in Landscape Architecture and worked several years for an architectural firm in Indianapolis, Indiana. You may contact Rev. Baumgartner by email AssociatePastor@firstpresbywichita.org, or by phone at (316) 263-0248.

How do I budget for a remodeling project?

By Jason Huang



Q: We are thinking of remodeling our bathroom which would include a new shower, sinks, and granite tops. Is there a way to budget a project of this nature before the work begins?

A: Don't send money down the drain during your bathroom remodel. Expert contractors and bathroom designers can help you get the most out of your bathroom budget.

If your plan is to turn a master bath into a spa-like retreat, but the mere mention of money brings on an outbreak of hives, take heart. Figuring out the financials for a bathroom remodel doesn't have to be a stressful experience. Below are steps you need to take to keep your finances in line.

your family the most comfortable."

Consider what a remodeled bath will do to a home's value, and then compare that figure to prices of other homes in the neighborhood. That will help you determine what you're going to spend [and] whether you're going to over-improve your property.

WHAT TO ADD — AND CUT

When budgeting for a bathroom don't forget to allow for labor, which usually ends up being approximately a third of a project's cost. If the budget needs a trim, the first things to cut are the extras — little luxuries that would be nice, but aren't essential to the room's function like a towel warmer or a steam shower.

HAVE A CUSHION

When it comes to plumbing, there can be all sorts of budget-busting surprises

no-equity loans, FHA loans, personal loans, loans from retirement plans or borrowing against life insurance policies — and, of course, your own savings.

Whatever the type of financing, make sure to shop around for the best rate. Even if cash is in hand, oftentimes borrowing at a low-interest rate makes more financial sense than pulling your money out of an investment account that's yielding a higher rate of return. Sometimes it's smarter to use someone else's money than your money

STAYING ON BUDGET

Once the financials are completed don't tuck the budget away in a file. Use it as a tool — whether it's a computerized spreadsheet or two columns on a piece of paper — to track actual spending against budgeted amounts. You'll be less likely to authorize expensive change orders when you can see the effect it would have on the project's cost, and doing so will ensure your budget is in the black at the end of your remodeling project.



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



RUN THE NUMBERS

The national average cost for an upscale bathroom remodel is roughly \$26,052, according to Remodeling Magazine's 2005 Cost vs. Value report but how much a homeowner actually spends will vary. To find that magic figure, first conduct a thorough and honest examination of your finances to reveal how much you can spend. The National Association of the Remodeling Industry (NARI) offers a budgeting worksheet that makes this easy to do.

Next, look at how many more years will be spent in the home. There's a flexible rule of thumb, if a person is going to stay in a home for five years or less then the improvements should be viewed as improvements on investment. If you're going to be there for a longer period of time, you want to look at what's going to make you and

lurking behind the walls and floors of a home. It's wise to set a bit of money aside for problems that might arise. Last minute changes, called "change orders," cost time and break budgets too, so give careful consideration to any mid-project revisions.

To cover potential problems and likely change orders, it's always recommended to set aside 10 percent of whatever number has been budgeted for labor costs. The good news is, if the financial cushion isn't needed, there will be money left over at the end of the project for towel warmers, fluffy towels or other luxuries.

HOW TO PAY?

There are many ways to foot the bill for a bathroom remodel, but a home equity loan may be the most popular because it can be tax deductible. Other options include refinancing,

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March is colon cancer awareness month

By Stephanie V. Oberhelman, DO



Q: What is colon cancer?

A: "Colon" refers to your large intestine. This type of cancer can begin anywhere in the large intestine and can spread throughout the body.

The body is made up of many types of cells. Normally, cells grow, divide, and produce more cells as needed to keep the body healthy and functioning properly. Sometimes, however, the process goes wrong -- cells become abnormal and form more cells in an uncontrolled way. These extra cells form a mass of tissue, called a growth or tumor. Tumors can be benign, which means not cancerous, or malignant, which means cancerous.

Colon cancer occurs when tumors form in the lining of the large intestine, also called the large bowel.

Colon cancer accounts for almost ten percent of all cancer deaths in the United States. The risk of developing colon cancer rises after age 50. It is common in both men and women.

Q: Why have a month about colon cancer?

A: Of cancers that affect both men and women, colon cancer is the second leading cancer killer in the U.S. In 2009, 136,717 adults were diagnosed with colon cancer, and 51,848 adults died of the disease in the United States. Many of these deaths could be prevented by catching the cancer early.

Today there are more ways than ever to treat colon cancer. As with almost all cancers, the earlier colon cancer is found, the more likely it is that treatment will be successful. If colon cancer is detected in its early stages, it is up to 90 percent curable.

This is why over fifteen years ago President Clinton declared March as Colon Cancer Awareness Month.

Q: What causes colon cancer, and who is at risk of developing it?

A: The exact cause of most colon cancers is not yet known. About 75% of colon cancers occur in people with no known risk factors. Some things that may increase a person's risk of developing colon cancer include having; a personal or family history of colon cancer, a medical condition known as inflammatory bowel disease, advancing age, your diet or a smoking history.

Q: What are the symptoms of colon cancer?

A: Colon Cancer doesn't always cause symptoms, especially at first. Someone could have colon cancer and not know it. That is why getting screened regularly for colon cancer is so important.

If there are symptoms, they may include—

- Blood in or on your stool (bowel movement).
- Stomach pain, aches, or cramps that don't go away.
- Losing weight and you don't know why.

If you have any of these symptoms, talk to your doctor. These symptoms may be caused by something other than cancer. However, the only way to know what is causing them is to see your doctor.

Q: What is screening for colon cancer?

A: Screening is when a test is used to look for a disease before there are any symptoms. Colon cancers almost always develop from polyps (abnormal growths) Screening tests can find polyps, so they can be removed before they turn into cancer. Screening tests also can find colon cancer early, when treatment works best and the chance for a full recovery is very high. Having regular screening tests beginning at age 50 could save your life.

Q: What are the screening tests for colon cancer?

A: Several screening tests can be used to find polyps or colon cancer. We recommend a colonoscopy, considered the gold standard for colon cancer screening. With a colonoscopy the lining of your colon is inspected with a video camera looking for polyps or other problems.

At our facility patients are given medicine to put them to sleep during the colonoscopy. The test takes 15 to 25 minutes on average, the patients awake and head home almost immediately.

If one or more polyps are found they are removed during the test. If nothing is found and you have no other risk factors, you do not need to be screened again for ten years. If you would like more information on colonoscopy call 316-722-1333 and we will mail you more information.

Q: Is there anything I can do to

reduce my risk for colon cancer?

A: Studies have also shown that increased physical activity and maintaining a healthy weight can decrease the risk for colon cancer. Evidence is less clear about other ways to prevent colon cancer.

Research is underway to determine whether dietary changes may decrease the risk for colon cancer. Currently, there is no consensus on the role of diet in preventing colon cancer, but medical experts recommend a diet low in animal fats and high in fruits,



vegetables, and whole grain products to reduce the risk of other chronic diseases, such as coronary artery disease and diabetes. This diet also may reduce the risk of colon cancer. In addition, researchers are examining the role of certain medications and supplements, including aspirin, calcium, vitamin D, and selenium in preventing colon cancer. Overall, the most effective way to reduce your risk of colon cancer is by having regular colon cancer screening tests beginning at age 50.

Colon cancer screening saves lives. If everyone who is 50 years old or older were screened regularly, we could reduce the number of deaths from colon cancer by 60%.

Q: Is colon cancer screening covered by insurance?

A: With the new healthcare law, most insurance plans and Medicare pay 100% for preventive service like colon cancer screening. Your colonoscopy will usually cost you nothing out of pocket. Check with your insurance plan about their preventive services coverage.

Stephanie V. Oberhelman, DO is a general surgeon, board certified by the American Board of Osteopathic Surgery. She earned her Doctor of Osteopathy from Ohio University, College of Osteopathic Medicine in Athens, Ohio. She completed her training at Ohio University College of Osteopathic Medicine, Grandview Hospital and Medical Center in Dayton, OH. She performed her residency in general surgery at Grandview Medical Center in Dayton, OH and Mercy Catholic Health System in Norristown, PA, where she was honored to be named Laparoscopic Resident of the Year. Dr. Oberhelman has also been honored with the St. Luke's Physician Recognition Award and is recognized in the AOA Mentor Hall of Fame. In addition, Dr. Oberhelman completed numerous outside rotations in general surgery at many of the nation's finest hospitals: Memorial Sloan Kettering in New York, NY; Riverside Health System in Wichita, KS; Houston Northwest Medical Center in Houston, TX; Brackenridge Medical Center in Austin, TX; MCP Hahnemann University at Philadelphia, PA; St. Claire Regional Hospital in Morehead, KY. Dr. Oberhelman is a member of the Society of Laparoscopic Surgeons, American Osteopathic Association, Kansas Association of Osteopathic Medicine, American Society of Cosmetic Breast Surgery, American Society for Laser Medicine & Surgery, American College of Phlebology, American Society of Cosmetic Surgeons. She has previously served as the Sedgwick County Osteopathic Medical Society President. She is the past chapter president of the National Osteopathic Women Physician's Association/American Medical Women's Association, local chapter Kansas Foundation of Medical Care, Inc. Dr. Oberhelman was a resident member of the American College of Osteopathic Surgeons, American College of Women Surgeons, and American Medical Association. Dr. Oberhelman is dedicated to educating other professionals. She is a national presenter and a Clinical Assistant Professor of General Surgery at both Kansas City University Medicine and Biosciences and at the University of Kansas Medical Center in Wichita. To contact Dr. Oberhelman and Kansas Surgical Arts call (316)722-1333, or visit www.kansassurgicalarts.com.

Setting up your eBusiness - series

By Amal Xavier

(for previous articles in this series, refer to October '11 - Feb. '13 issues at www.theqandatimes.com)



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

A: Thank you for your comments. Yes, I will begin a series of summaries on all of the topics I have discussed and written about over the past few months. I have used many sources in providing this information to you, perhaps the biggest of which

is www.ecommerceoptimization.com. This month we will start with "What is eCommerce and eBusiness?"

Defined: eCommerce, which is short for electronic commerce, is the process used to distribute, buy, sell or market goods and services, and the transfer of funds online, through electronic communications or networks. Electronic commerce is commonly referred to as Online commerce, Web commerce, eBusiness, eRetail, eTailing, e-tailing, ecommerce, eCommerce, e-commerce, ecom or EC.

Beginning & Future of eCommerce: eCommerce basically began (although debated) in 1994 when Jeff Bezos started Amazon.com out of his own garage. Well known eCommerce stores include sites like eBay, Dell, Walmart and many more. Since 1994, businesses of all shapes and sizes have begun launching or expanding their Online presence. At any given time, there are approximately 8 million consumers worldwide that actively shop and buy through Web

based stores or retailers (nearly one tenth of our world population). Online studies have claimed that online retail revenues will surpass the quarter-trillion-dollar mark by 2011.

eCommerce Site Features: Typical business web sites do not usually have the same features as eCommerce enabled web stores do. In order to effectively distribute, market and sell goods or services Online you will need certain features only found on eCommerce sites. Features may include a shopping cart, ability to process credit cards, online product catalog, automated inventory system, databases, bulk email program, statistics tracking and other non-computer technologies such as product warehousing and shipping transportation.

Next month, I will feature a summary of all the points I made under the topic of What are the benefits of eCommerce and eBusiness.

Amal Xavier, A techno-marketing professional who thrives on Software Project Management, Business Process Automation, Software Solution Design, Development and Deployment. He is the Director of CMI Infotech, and is headquartered in Cochin, Kerala, India. CMI Infotech is a company whose primary focus is the building of customized software applications and solutions for businesses throughout the world. CMI Infotech has employees and contracted personnel with more than 65-years combined experience in virtually all software applications, including but not limited to PHP/MySQL, Open Source technologies, Adobe AIR, Adobe Flex, ActionScript 3.0, Flash Media server, JavaScript, Joomla, WordPress, Ajax, XHTML/CSS and jQuery. You may contact Amal by sending an email to amal@bluehorizoninfotech.com.



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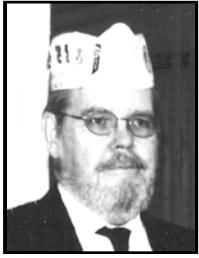
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VETERAN AFFAIRS

Civil War battle summaries by state - series

By Frank Bergquist

(For the previous articles in this series, refer to Jan '12 - Feb '13 issues)



Q: I have enjoyed reading the many different article series you have written on the Civil War. Most of these are from a broad look at the country and how the country was affected. Would it be possible to list what happened in each of the states' battles?

A: Sure. I found several sites from which to put this information together. One of the best is <http://www.nps.gov/hps/abpp/battles/bystate.htm>. This series has proven to be more timely than ever, with the release of the new movie, "Lincoln." I am thankful to be able to present it to you. Last issue, we talked about the battles in Arkansas, of Chalk Bluff, Devil's Backbone and Elkin's Ferry. This month, we will continue with the battles of Helena, Hill's Plantation and Jenkins' Ferry.

Helena

Other Names: None

Location: Phillips County

Campaign: Grant's Operations against Vicksburg (1863)

Date(s): July 4, 1863

Principal Commanders: Maj. Gen. Benjamin Prentiss [US]; Lt. Gen. Theophilus H. Holmes [CS]

Forces Engaged: District of Eastern Arkansas [US]; District of Arkansas [CS]

Estimated Casualties: 1,842 total (US 206; CS 1,636)

Description: Lt. Gen. Theophilus Holmes's troops attacked Helena in an attempt to relieve pressure on Vicksburg. Although the Rebels had more troops and did initially capture some of the fortifications, the Union forces repelled them. Thus, Helena continued as an important Union enclave in the Trans-Mississippi theater and served as a base for the expedition that captured Little Rock.

Result(s): Union victory

Hill's Plantation

Other Names: Cache River, Cotton Plant, Round Hill

Location: Woodruff County

Campaign: Operations near Cache River, Arkansas (1862)

Date(s): July 7, 1862

Principal Commanders: Col. Charles Hovey and Brig. Gen. William P. Benton [US]; Maj. Gen. Thomas C. Hindman and Col. William Parsons [CS]

Forces Engaged: 1st and 2nd Brigade, 1st Division, Army of the Southwest [US]; unknown [CS]

Estimated Casualties: 308 total (US 63; CS 245)

Description: Union Maj. Gen. Samuel R. Curtis moved on Helena, Arkansas, in search of supplies to replace those that had been promised but never delivered by the Navy. The Confederates under Maj. Gen. Thomas C. Hindman attempted to prevent this change of supply base by continually skirmishing with the Union troops. The Confederates made a stand at the Cache River on July 7. As Union Col. C.L. Harris moved forward with elements of the 11th Wisconsin, 33rd Illinois, and the 1st Indiana Cavalry, moved forward, he blundered into an ambush. The fighting became more general, and the Confederates, with a frontal attack, forced the Union to retreat about a quarter of a mile. The next Confederate attack, however, was stopped. With reinforcements, the Federals pursued the retreating Confederates and turned the retreat into a rout as the day progressed. Curtis was able to change his supply base, but Hindman, despite suffering defeat at Hill's Plantation, remained between Curtis and Little Rock, his objective.

Result(s): Union victory

Jenkins' Ferry

Other Names: None

Location: Grant County

Campaign: Camden Expedition (1864)

Date(s): April 30, 1864

Principal Commanders: Maj. Gen. Fred Steele [US]; Gen. E. Kirby Smith [CS]

Forces Engaged: Department of Arkansas [US]; Army of Arkansas [CS]

Estimated Casualties: 964 total (US 521; CS 443)

Description: Maj. Gen. Fred Steele's forces retreated from Camden after being mauled at Marks' Mills and Poison Spring. On the afternoon of April 29, the Union forces reached Jenkins' Ferry and began crossing the Saline River, which was swollen by heavy rain. Rebel forces arrived on the 30th and attacked repeatedly. The Federals repulsed the attacks and finally crossed with all their men and supply wagons, many of which they were compelled to abandon

in the swamp north of Saline. The Confederates bungled a good chance to destroy Steele's army, which after crossing the river, regrouped at Little Rock.

Result(s): Union victory in retreat



Frank Bergquist graduated from Eddyville, IA, high school in 1958. After graduation, he entered the Army, serving 20 years in Missouri, Maryland, New Mexico, Germany, Iowa, Turkey, Kansas, S.E. Asia, and finally retiring in 1978 in Louisiana. Before retiring, Frank was assigned as an ROTC instructor at WSU and Kemper Military School until 1974. In 1978 he served as the Non-Commissioned officer in charge of operations at Fort Polk,

LA. He has served as the Veterans Counselor (DVOP) with the Kansas Job Service Center National Service Office, with the Disabled American Veterans at the VA Regional Office in Wichita; Veterans Employment and Training Coordinator with the US Dept. of Labor at Ft. Riley, KS; Service Coordinator with Cerebral Palsy Research Foundation; Dept Adjutant-Treasurer and the Dept. Executive Director Dept. of Kansas Disabled American Veterans; and past President of the Wichita Civil War Round Table. Currently he is doing graduate work as an instructor in Genealogy and Military History at Wichita State and Kansas State Universities, and is the CEO for the Disabled American Veterans Thrift Stores in Wichita, KS. Bergquist has an AA from Kemper Military School and College from Boonville, MO. and a BGS from Wichita State University. He can be reached by telephone at 316-262-6501. He is located at 926 N. Mosley Wichita 67214.

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GOLF

Ask the pro - series

By Don Farquhar



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

A: Thus far in this series, with help from several sources, we have talked about the things that one must do to first get in the position to begin the swing. All of the previous articles are featured at www.theqandatimes.com under recent issues. They have been the grip, the alignment and the stance. The swing is broken down into two parts. The backswing...and the downswing. We have already discussed the backswing...and part of the downswing relative to keeping the head back and making no effort to move the golf club, and how it all should feel; the downswing...and the checkpoints. We have talked about the biggest problem of amateur golfers... the slice, and the other way the ball can bend badly...the hook. We have talked about what are called "fat" or "thin" shots, the in-to-out swing and recently about the most seductive and destructive medium in the game... that of the natural urge to act in the obvious way to achieve the desired result. The destructive side of this lies in the fact that in golf (as in many other things), the obvious way is not always the right way. We have talked about pulling the ball, pushing the ball, scooping and the dreaded s----k shot. We have talked about getting in and out of golf trouble, and other things like skied shots, swaying, spraying and toe shots. This month, we will talk about some more problems and some remedies.

Looking Up

Problem: Anxious to see where your shot is going, you begin to look up during the downswing and before the clubface makes contact with the ball.

Remedy: This moves the body, which misaligns the swing path and produces terrible shots...or even a complete whiff. Many feel that this is the number one mistake that golfers make. To minimize this problem, rotate your hips properly through impact, keep arms fully extended through impact, concentrate on a low

follow-through, and wait until you see the ball "disappear" before taking your eyes away from it.

Losing Distance

Problem: Not hitting the ball as far as you have been hitting it with the same club.

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

When You Play a Lot But Can't Improve

Problem: You play frequently but you are stuck in the same score range.

Remedy: It's time to go back to fundamentals and see a pro. Keep a record of where you are losing strokes and concentrate on improving those parts of your game. Start with a review of your grip and stance. That's where most problems begin. Also, try to swing with the proper tempo and with 80% of your power.

Too Many Three-Putt Greens

Problem: You are losing far too many strokes in your putting game.

Remedy: When this happens, it often means that your first putt was a very poor one. On long putts, concentrate on distance more than direction. Aim for a circle about three feet around the hole. Keep your head down and focus on making good contact and using the amount of force needed to reach that circle. Be especially careful on a downhill putt, and try to make the ball "die" at the hole.

Don Farquhar is Head Golf Professional at Rolling Hills CC, a position he has held since 1988. Don has earned several distinctive awards: 1991 South Central Section Golf Professional of the Year, 1994 South Central Section Merchandiser of the year, 2003 & 2004 South Central Teacher of the year and 7 Time Kansas Chapter PGA Teacher of the year. Don has competed in 5 National Club Professional Championships and qualified for the

Needles..From Page 1

sewing in a variety of fabric types and weights such as normal cotton garments and in piecing quilt tops.

The **Topstitch** needle has a very large eye that makes it the ideal choice for topstitching with heavier threads. Both the eye and groove are larger, for techniques such as machine tatting or crazy quilt embellishment with silk buttonhole twist, 12 and 30 weight cotton and other decorative threads.

Embroidery needles have a special scarf, a slightly rounded point, and a slightly larger eye to avoid damage to thread and materials. Use this needle with metallic and other specialty threads for embroidery and decorative sewing.



Quilting needles have a special tapered point and light ballpoint to sew through layers and batting with ease.

Stretch needles have a special scarf to eliminate skipped stitches when there is flex in the fabric. Use for knits, swimwear, fleece, synthetic suedes and leathers.

Microtex needles or Sharps have a sharp point like Denim needles but are available in smaller sizes. Use for microfiber to topstitch lightweight tightly woven fabrics.

Wing needles have side wings on the side of the needle to poke holes in the fabric when sewing entredeux (heirloom sewing) and other hemstitches on natural fiber fabrics.

Twin needles have two separate needles mounted on one shank. Use these for decorative sewing, top stitching and twin needle tucks. They are available in different sizes and distances between the two needles .

USGA Public Links Championship. Don is also a member of the Titlist Custom Fitting Staff. Don may be contacted at Rolling Hills Country Club Pro Shop, (316) 722-1181, 223 Westlink Drive, Wichita, KS 67209, or by email at dafarquhar@pga.com

Ballpoint needles have a more rounded point that will not run or snag specialty knits because they enter the fabric between the knit fibers.

Specialty fabric needles such as Denim or Leather have special features to make sewing on these fabrics a pleasure rather than a challenge

Q: I'll change a needle when I break it – right?

A: Yes and no. If you broke it, you have no choice. If that is the only time you change a needle – wrong! For best results, change a needle after eight hours of use. If you detect a wop-wop-wop as the needle enters the fabric, you have waited too long.

Q: Titanium needles are much stronger and will last forever – right?

A: Wrong! These needles have a thin layer of titanium coating that will help them stay sharp longer, but still should be changed after approximately ten hours of use.

Janeen Miller retired from Beech Aircraft in 2001. After a very brief retirement, she decided to turn one of her hobbies into a business. The Small Business Development Center at WSU gave guidance and encouragement in the development of a business plan; a perceptive bank executive listened to her presentation, reviewed the business plan and gave a 'thumbs up' to a start-up loan. Sunflower Quilts opened on September 9, 2002 with 500 bolts of fabric in a then too large space of 2500 square feet at 405 Osage Road in Derby Kansas. Today, the shop is in the same location, occupies just over 4000 square feet and has 5000 bolts of fabric. Husqvarna Viking sewing and embroidery machines were added in 2007. Owner's classes and on-site service is offered for these machines. Customers are greeted by a friendly and knowledgeable staff and two Bichons, Louie and Mandy (they also appear in the TV commercials). The shop is filled with eye catching models, cabinets containing a rainbow of fabric bolts, walls of sewing notions, machine accessories and patterns. A large well-lit classroom displays class projects, finished quilts and embroidery projects. The atmosphere is relaxed – husband Jim likes to say "We offer fabric therapy – no appointment necessary." Sunflower Quilts 405 Osage Rd Derby, KS 67037 (316)788-5120 www.SunflowerQuilts.com

COOKING AND RECIPES

2 delicious but easy fish recipes

By Bonnie Aeschliman



Q: I enjoy fish and often order it when eating out. However, I do not make it at home because I am not sure how to cook it properly. Since

fresh fish is usually expensive, I am fearful of ruining it. Could you print easy recipes for fresh fish that a family might enjoy during the Lenten season?

A: Actually fish is very easy to cook but it does baffle many. Remember fish is very perishable. Keep fresh fish chilled and plan to cook it right away. If purchasing frozen fish, thaw it in the refrigerator several hours or overnight. Now is a wonderful time to prepare fish at home as many supermarkets will often run specials on fresh fish during the Lenten season.

Here are two recipes that I have often used. Both are very easy but also very delicious.

Pan-Seared Tilapia With Lime Butter Serves 6

Tilapia is available locally and is a mild-flavored, firm-fleshed whitefish.

Lime Butter

1/4 cup butter, room temperature
1 tablespoon finely chopped green onion

1 teaspoon lime zest
2 teaspoons fresh lime juice
1/2 teaspoon salt
Fresh ground black pepper to taste

Seared Tilapia

6 (5 ounce) skinless tilapia fillets
1/2 teaspoon kosher salt
Pepper to taste

Seasoned Flour (1 cup flour, 1/2 teaspoon salt and pinch cayenne pepper)

3 tablespoons vegetable oil
Accompaniment: Steamed rice

1. Stir together lime butter ingredients in a small bowl; set aside.

2. Pat fish dry and season with salt and pepper. Dredge in seasoned flour.

3. Heat 2 tablespoons oil in a 12-inch nonstick skillet over medium high heat until sizzling but not smoking. Sauté fish, a few pieces at a time to prevent overcrowding, until golden on

the underside. Turn and brown the other side. This will take roughly 4 to 5 minutes.

4. Transfer cooked filets to a plate and keep warm. Continue procedure until all fish are cooked, adding remaining oil to skillet. To serve, place a dollop of lime butter on each piece. Nice served with steamed rice.

Easy Baked Fish

This is one of the recipes I have used time and again as the kids were growing up. This was one of their favorites and nothing could be easier.

4 (4-to-6 ounce) orange roughy, cod or other white fish filets

1 cup milk
2 cups fresh bread crumbs
1 tablespoon minced fresh parsley
Salt and freshly ground black pepper
1/4 cup butter, melted
Garnish: Lemon wedges
Serve with Tartar Sauce

1. Preheat oven to 375 degrees. Lightly oil a baking sheet or line with

parchment paper.

Place milk and bread crumbs each in separate pie plates. Dip fish into the milk, then into the bread crumbs, coating each side. Place on baking sheet. Sprinkle with parsley, salt and pepper.

2. Drizzle butter evenly over fish. Bake in preheated oven for 10 to 15 minutes. The fish will turn golden and the flesh will appear opaque or milky white. Garnish with lemon wedges and serve with tartar sauce.

Tip: Fresh bread crumbs make a delightful, light coating on the fish. To make fresh bread crumbs, whirl a slice or two of broken bread into the food process or blender until crumbs are formed.

Bonnie Aeschliman is a certified culinary professional who owns Cooking At Bonnie's Place in Wichita. For more information, call 316-425-5224 or visit cookingatbonnies.com. To submit a question to Bonnie, e-mail her at bonnie@cookingatbonnies.com



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The Orpheum's for everyone!

By Jennifer Wright



Q: What's going on at the Orpheum Theatre this month?

A: There are 6 exciting events scheduled for this month that are sure

to please every member of your family regardless of your interest and age.

38th Annual Amira Dance Production Dance Magic 2013: is colorful, unique and fun entertainment for the whole family.

Tracy Morgan; Excuse My French: As a stand-up comic best known for his work on NBC's 30 Rock and Saturday Night Live, Tracy Morgan was first introduced to television audiences in his role as "Hustleman" on the hit comedy series Martin. He went on to join SNL in 1996 where he appeared for seven seasons and created such memorable characters as "Astronaut Jones" and "Brian Fellows." After leaving SNL, Morgan went on to star in his own comedy series The Tracy Morgan Show and voiced "Spoonie Luv" on Comedy Central's Crank Yankers.

Currently starring in NBC's Emmy and Golden Globe Award-winning 30 Rock, Morgan appears opposite Tina Fey and Alec Baldwin as "Tracy Jordan," the unpredictable star of Lemon's (Fey) hit variety show, "TGS with Tracy Jordan." In 2009 Morgan received his first Emmy nomination for this role in the Supporting Actor category; in the past five years he has also been nominated for the Supporting Actor NAACP Image Award.

From Here to Eternity: the 60th Anniversary Screening. It's 1941. Robert E. Lee Prewitt has requested Army transfer and has ended up at Schofield in Hawaii. His new captain, Dana Holmes, has heard of his boxing prowess and is keen to get him to represent the company. However, 'Prew' is adamant that he doesn't box anymore, so Captain Holmes gets his subordinates to make his life a living hell. Meanwhile Sergeant Warden starts seeing the captain's wife, who has a history of seeking external relief from a troubled marriage. Prew's friend Maggio has a few altercations with the sadistic stockade Sergeant 'Fatso' Judson, and Prew begins falling in love with social club employee Lorene. Unbeknownst to anyone, the Japanese bombing of Pearl Harbor looms in the distance.

West of Memphis: is an examination of a failure of justice in Arkansas. The documentary tells the hitherto unknown story behind an extraordinary and desperate fight to bring the truth to light. Told and made by those who lived it, the filmmakers' unprecedented access to the inner workings of the defense, allows the film to show the investigation, research and appeals process in a way that has never been seen before; revealing shocking and disturbing new information about a case that still haunts the American South.

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Trey McIntyre Project: one of the hottest dance companies in the nation is a Boise-based nonprofit arts organization founded to nurture, support and produce the artistic vision of native-Wichitan, Trey McIntyre.

Spyro Gyra: Sponsored by Scholfield Honda, As Spyro Gyra contemplates upcoming milestones to its storied career, it's tempting to fall back on the Grateful Dead lyric, "What a long strange trip it's been" to describe it. During that time, they have performed over five thousand shows, released 29 albums (not counting "Best Of..." compilations) selling over 10 million albums while also achieving one platinum and two gold albums. Just next year, 2014, Spyro Gyra will celebrate 40 years as a band and they show little sign of wanting to slow down.

In their earliest days, Spyro Gyra took their cues from Weather Report and Return to Forever – bands whose creative flights were fueled by a willingness to do things that had never been done before. "I believed that we were springing from what Weather Report did," says Jay Beckenstein. "I never thought in commercial terms. I just thought they were the next step in the evolution of jazz, and that we would be part of it."

The first few years saw the group's identity split into a dynamic live act and a producer centric recording process, born out of the rotating cast of characters in the jazz jam beginnings. These albums were the product of the band and a great number of the top session players in New York. In 1983, Beckenstein made the decision to make the albums the work of the band members he shared the stage with

night after night, only supplementing with occasional guests.

"When we first started," Beckenstein recalls, "a lot of the jazz purists got on our case about calling what we did jazz and now it's funny to hear us getting respect from the same people. Like, wow, what you guys did was so much more intriguing than some of the stuff they hear today... Art manifests itself in a multitude of styles and contexts. Isn't that why we started to play in the first place?"

Spyro Gyra was picked up by Amherst Records, a local label who then made a deal for subsequent albums to go to Infinity Records, a label owned by MCA Records. After gaining Infinity its only gold (soon to be platinum) record with Morning Dance, Infinity folded and the group was picked up by MCA Records. There they stayed until MCA acquired noted contemporary jazz label GRP Records. Spyro Gyra moved to GRP in 1990 and put out all but one of their 1990's output on that label. In 1999, they released a single album, Got The Magic on Windham Hill Jazz.

The "aughts" had them returning to an indie mode, licensing their albums to Heads Up International. Most of those Heads Up albums have since returned to the band as self-released independent releases. They returned to Amherst Records in Buffalo for their most recent studio album, A Foreign Affair.

Jennifer Wright is president of the historic Orpheum Theatre in Wichita, which celebrated its 90th Anniversary in 2012. Wright began as a volunteer and was quickly hired as the marketing director until she was named President in 2011. Wright is responsible for the overall operations of the theatre, including the theatre's restoration efforts, capital campaign and future plans of organizational growth and enhanced programming. She can be reached at 316-263-0884 or via email at jennifer@wichitaorpheum.com

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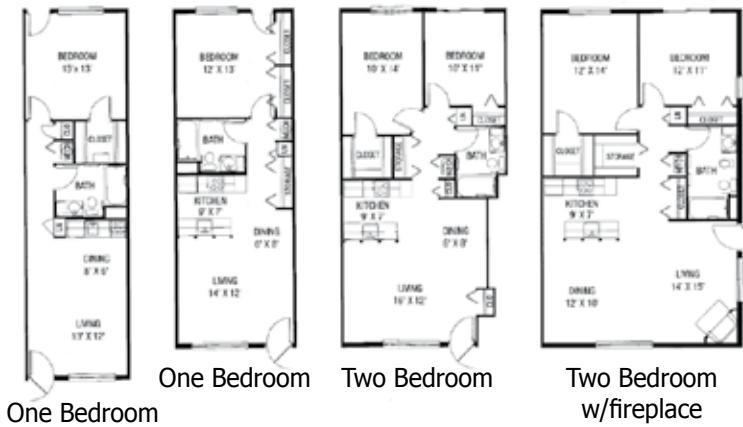
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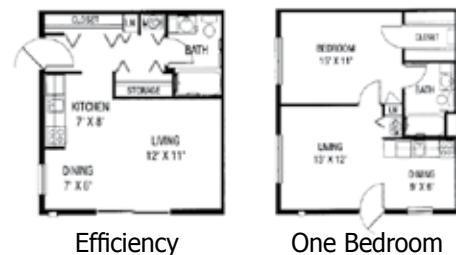


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COMMERCIAL FURNISHINGS

Table saw or radial arm saw?

By Don Swank



Q: Woodworking is a subject that many people it seems have an interest in...and perhaps more so

today than ever before. I have read some of your articles on seating, types of wood, and the vernacular used in the industry, as well as several other topics. I would love to begin doing woodworking as a hobby. While this question may border on a trade secret, I was wondering if you could help me. If I was to begin woodworking and only going to buy one saw, should it be a radial arm saw or a table saw?

A: I would be happy to help. Not only am I interested in promoting the industry, but we never know when we will need more good, skilled people. It's good to have the opportunity to advise you now. In doing so, I have gathered some additional information from several Internet sites, including Rochester University's site at cs.rochester.edu...a great school for engineering and applied sciences. Below are the tasks that are performed



most of the time with either or both of the two saws you mentioned. Before getting into these, I might say, when you have made your decision, select the saw that is going to give you the features you need and the one that is going to last. In this business, you will get what you pay for.

You will find that table saws work best for ripping. Radial arm saws work best for crosscutting, but are limited by their arm's length. Both saws will perform both tasks. The radial arm is more adaptable for non-sawing tasks. For instance, overhead routing, surface planing, and drum sanding attachments are available for some radial arm saws. You can buy a disk sanding attachment for use on most table saws.

Ripping on the radial arm saw is difficult because it is necessary to push the lumber under the motor housing. This problem can be minimized by use

of push sticks and hold down wheels. Maximum rip width is normally limited by the length of the arm. Building a secondary rip fence on the other side of the table from the column will enable you to rip wider pieces, but the off-cut piece width is then limited. Radial arm saws are more prone to overheating during rips in thick wood since the teeth stay in the cut longer, unless you cut substantially into the table top and even then there is no place for the sawdust to exit.

Crosscutting on the table saw is difficult because it is tough to keep a board much longer than 4 ft square to the blade. This problem can be minimized by building a good sliding panel cutter. Some table saws have built-in sliding tables, and aftermarket sliding table attachments are available for most saws. A couple of saws have sliding arbors, enabling them to work as inverted radial arm saws. The arbors typically don't slide as far as the length of many radial arms.

Both saws are capable of accurate work. The radial arm saw, with its cantilevered arm attached to a cantilevered column, is typically less rigid than the table saw, which usually has its arbor trunions bolted to the table in a wide pattern. A worn arm bearing in radial arm saws can also contribute to wander in the cut. In table saws, play of the miter gauge bar will adversely affect accuracy.

Both table saws and radial arm saws need to be aligned to work optimally. There are more aligning tasks to be performed on a radial arm saw than on a table saw. Radial arm saws typically require realignment more frequently than table saws, perhaps because of the stresses put on the cantilevered assemblies.

Radial arm saws don't need as much space around them as table saws for performing equivalent tasks. On the radial arm saw, boards are always oriented the same way whether you are ripping or crosscutting, so you need space to the left and right of the blade, and only as wide as the widest board you're cutting. On the table saws, boards are oriented at right angles depending on whether you're ripping or crosscutting. Thus, you need space in front and in back for ripping, and to the left and right as well for crosscutting.

It seems to be easier to engineer and manufacture a table saw than a radial arm saw, which has more moving parts that must withstand large forces without deflection or play. It can therefore be argued that if you're on a budget, a cheap table saw may work

better for you than a cheap radial arm saw.

Some people say the radial arm saw is more dangerous because the blade is exposed above the work surface, and because the blade's location varies as the cut progresses. Angled crosscutting is particularly dangerous since the blade is now cutting where one normally holds the work. The spin direction of the blade tends to lift the work off of the table when ripping, and can pull the carriage into the work (resulting in binding of the saw or serious injury to a careless operator) in the crosscut position. So-called "safety-blades" have a shoulder in front of each tooth, thus limiting the amount of pull generated and reducing these tendencies.

Some people say the table saw is more dangerous because you can't see where the blade is like you can with the radial arm saw. On the other hand, the blade is always in the same spot on the table. The spin action of the table saw's blade tends to keep the work down on the table, but it can also throw the work, and off-cuts, back at the operator.

Both machines are very dangerous and should be treated with much respect.

As with all tool buying decisions, you should consider your intended applications, both now and in the future. The general consensus is that if you're building things like jungle gyms, house additions, or trim work (moldings), a radial arm saw may be best. If you're building things like fine furniture or cabinets, a table saw may be a more appropriate choice.

A number of people have reported that the addition of a motorized miter box to a table saw is a satisfying combination.

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

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New...From Page 1

have touched the feelings of many of you, because I had an overwhelming amount of positive feedback compared to the negative comments I sometimes receive. Since this is a publication that goes out to every business with two employees or more, and the majority of households we go to are subscribers to weekly and monthly publications that include all political persuasions...the overwhelming and positive feedback felt good. I either received it because what I wrote made sense, or because those with an opposing view decided to remain silent for whatever reason (s). This month I will get back to where I left off after January's article.

We have a deadline coming up on the "fiscal cliff" (does just hearing or reading this term make you as ill as it does me?). It is May 19th. But ahead of this, on the day this publication is delivered...March 1st...automatic sequestration goes into effect. Sequestration, for those of you who may not know, is an idea spawned by President Obama, although now he says it wasn't...which is most typical of him. It was one of those "lab experiments" he wishes he had back in the bottle. It was actually a bluff by him on the American people, the economy, and both foreign and domestic policies. He has been conducting these "lab experiments" ever since his younger years as a law professor at the University of Chicago, and during the time he was filling his head with the things that occupy it today. Tell me, how do you like being his "mouse" in the experiments he is conducting... knowing there has been nothing but failure from them throughout all of history? Sequestration is a term for what some describe as "draconian" automatic spending cuts to the nation's defense and discretionary spending, with some exemptions in the area of Social Security, Medicare and Veteran's benefits. But Sequestration is not cuts at all. It is redefining of how much more is going to be spent. Instead of something going up 5%, Sequestration says it will go up 4.5%. His idea was to make these spending cuts so terrible, that the very thought of sequestration being enacted would serve as an incentive for Congress to act on increasing the debt limit with the Budget Control Act in August of 2011. Well Mr. President, you know how you and your cronies went around the country after the election in November saying, "Elections have consequences"? Guess what... "Ideologies have consequences too." You and your people have divided

this country so much with your lies, distortions, deflections and socialistic ideas that at least half of the county won't lift a finger to help you. After your polarizing and negative Inaugural and State of the Union speeches, laden with promises of more disregard for Congress with dozens of more planned Executive Orders, I don't think it makes any difference what you have to say about anything. And maybe... just maybe...some who used to "sing from your hymnal," are seeing the light. I would like to think so with the results of the feedback I received from last month's article.

While I have stated in this column previously that we have reached a "tipping point" where things will never be the same, from time to time I see and read and hear things that make me think some of his followers are coming back to reality. They are beginning to understand where we are headed is a "no win" destination for anyone. I also can't help remembering each time I think it's all over, what President Reagan said, "When Americans are fully informed and have all of the facts before them, they will almost always make the right decision." It's going to take someone who can communicate and articulate these facts. Maybe Dr. Ben Carson, who bases his decisions in real life on empirical facts as opposed to ideologies, is the one to do it. What a breath of fresh air it was to listen to him at the recent National Prayer Breakfast in Washington DC. Is he the one to lead us to getting back the country we love? Maybe he is.

How would you like to take a little test? Regardless of your political persuasion, whether you are extreme right or left, right or left, or centrist, read the Reagan quotes below. Then after you finish, send me an email at editor@theqandatimes.com. Tell me in just a few words whether you would like to return to an America whose President espouses these sentiments, or you would like to stay in the America we have today and continue to listen to what our current President has to say and the way he says things. God willing, I will give you the results in next month's issue. I have had to be more conscious of including "God willing" in all of my statements regarding being here tomorrow, as I am about to...or have reached...a tipping point with my views...if someone wants to come after me. It will only be God's will that I am back tomorrow, which is the way it is anyway, but mentioning it again here will help explain things if I am not.

"Government exists to protect us from each other. Where government has gone beyond its limits is when they

decide to protect us from ourselves."

"If we ever forget that we're one nation under God, then we will be one nation gone under."

"Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children's children what it was once like in the United States where men were free."

"The most terrifying words in the English language are: 'I'm from the government and I'm here to help.'"

"The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things."

"I've noticed that everyone who is for abortion has already been born."

"Within the covers of the Bible are the answers for all the problems men face."

"Christmas can be celebrated in the school room with pine trees, tinsel and reindeers, but there must be no mention of the man whose birthday is being celebrated. One wonders how a teacher would answer if a student asked why it was called Christmas."

"There is no limit to the amount of good you can do if you don't care who gets the credit."

"Republicans believe every day is the Fourth of July, but the democrats believe every day is April 15."

"You can tell a lot about a fellow's character by his way of eating jellybeans."

"Live simply, love generously, care deeply, speak kindly, leave the rest to God."

"How do you tell a Communist? Well, it's someone who reads Marx and Lenin. And how do you tell an anti-Communist? It's someone who understands Marx and Lenin."

"I know in my heart that man is good, that what is right will always eventually triumph, and there is purpose and worth to each and every life."

"We don't have a trillions of dollars worth of debt because we haven't taxed enough; we have a trillions of dollars worth of debt because we spend too much."

"Politics is not a bad profession. If you succeed there are many rewards, if you disgrace yourself you can always write a book."

"Sometimes when I'm faced with an atheist, I am tempted to invite him to the greatest gourmet dinner that one could ever serve, and when we have finished eating that magnificent

dinner, to ask him if he believes there's a cook."

"Status quo, you know, is Latin for 'the mess we're in'."

"Government's view of the economy could be summed up in a few short phrases: If it moves, tax it. If it keeps moving, regulate it. And if it stops moving, subsidize it."

"We will always remember. We will always be proud. We will always be prepared, so we will always be free."

"I hope we once again have reminded people that man is not free unless government is limited. There's a clear cause and effect here that is as neat and predictable as a law of physics: As government expands, liberty contracts."

"It has been said that politics is the second oldest profession. I have learned that it bears a striking resemblance to the first."

"Freedom prospers when religion is vibrant and the rule of law under God is acknowledged."

"Some people spend an entire lifetime wondering if they made a difference in the world. But, the Marines don't have that problem."

"We must reject the idea that every time a law's broken, society is guilty rather than the lawbreaker. It is time to restore the American precept that each individual is accountable for his actions."

"Government is not a solution to our problem. Government is the problem."

"A nation that cannot control its borders is not a nation."

"America is too great for small dreams."

"Our natural, inalienable rights are now considered to be a dispensation from government, and freedom has never been so fragile, so close to slipping from our grasp as it is at this moment."

"The federal government did not create the states; the states created the federal government."

"Of the four wars in my lifetime, none came about because the U.S. was too strong."

"To sit back hoping that someday, someday, someone will make things right is to go on feeding the crocodile, hoping he will eat you last - but eat you he will."

"When you can't make them see the light, make them feel the heat."

"Someday, the realm of liberty and justice will encompass the planet. Freedom is not just the birthright of the few, it is the God-given right of all His children, in every country. It won't come by conquest. It will

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come, because freedom is right and freedom works. It will come, because cooperation and good will among free people will carry the day.”

“Above all, we must realize that no arsenal, or no weapon in the arsenals of the world, is so formidable as the will and moral courage of free men and women.”

“Socialists ignore the side of man that is the spirit. They can provide you shelter, fill your belly with bacon and beans, treat you when you’re ill, all the things guaranteed to a prisoner or a slave. They don’t understand that we also dream.”

“Don’t be afraid to see what you see.”

“The future doesn’t belong to the light-hearted. It belongs to the brave.”

“If you analyze it I believe the very heart and soul of conservatism is libertarianism. I think conservatism is really a misnomer just as liberalism is a misnomer for the liberals. If we were back in the days of the Revolution, so-called Conservatives today would be the Liberals and the Liberals would be the Tories. The basis of conservatism is a desire for less government interference or less centralized authority or more individual freedom and this is a pretty general description also of what libertarianism is.”

“Life is one grand sweet song so start the music.”

“Thomas Jefferson once said, ‘We should never judge a president by his age, only by his works.’ And ever since he told me that, I stopped worrying.”

“No government ever voluntarily reduces itself in size. Government programs, once launched, never disappear. Actually, a government bureau is the nearest thing to eternal life we’ll ever see on this earth!”

At press time of this publication, President Obama, after beginning to see how devastating sequestration could be, requested that Congress make some temporary spending cuts, “so the world and our economy does not go into chaos.” We should know what happened by the time you read this. Congress voted to raise the debt limit in early February so the Government would not shut down. This was called the, “No Budget, No Pay Act (H.R. 325). It has a supposed, “comforting” wrinkle attached to it. It says, if Congress fails to do what is necessary relative to the debt limit, revenue and spending cuts, their paychecks get held up. Really? It’s not like they’re not going to get them. They are held up. I have to believe that I could have a paycheck or two

held up too if I was being paid nearly \$200,000 per year or more. Couldn’t you? They’re not going to lose a thing. They will get it all retroactively. The Senate is supposedly going to have to pass a budget as part of all of this, for the first time in over 1,400 days. The last time they passed a budget was April 29, 2009. Since then the Federal Government has spent \$9.4 Trillion, with \$4.1 Trillion of it going to our debt. Yes, we borrowed \$4.1 Trillion over the last 1,400 days to stay in business. Why hasn’t the Senate passed a budget? Because someone would have to get some bad news, and Harry Reid doesn’t want to alienate anyone, except for the Republicans in the Senate and the Majority in the House of Republicans...so he has not allowed a budget to be presented and voted on, even though law mandates that he does. But now, there’s a new strategy in town. All of a sudden, the Senate Democrats and our President feel that passing a budget is going to put the Republicans in a corner, and nothing delights them more than doing this. They have realized that any normal budget contains both expenditure AND revenue projections. By including revenue in the budget, and the Republicans having to pass it because they have been clamoring for a budget passed by the Senate for so long, they will be put in a corner, as they couldn’t possibly vote down the first budget presented in more than 1,400 days. Everything today is a game. Everything is politics. There is nothing happening in the way of solutions to our problems. When someone is asked a question, they go into a spin until that person’s brain figures out how to answer it so the answer never hurts them, their party, or their cause. It’s all a bunch of “hooy.” When does it ever end? It doesn’t. It is here for good...and “good” may not be that long anymore.

Last month I wrote and meant, “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.” This month I will write and mean, “It is now okay to be a complete, irresponsible idiot as a Federally-elected official in regards to fiscal management. How many times have you heard the pundits say, “If it were a Republican that did this or said this, they would have _____ to pay.” Well, I am tired of all this political correctness. From now on, I don’t care who it is, if someone lies, as far as I am concerned...he or she is a liar and I will call them out. If someone does idiotic things or acts like an idiot, as far as I am concerned...he or she is an idiot and I will call them out. I cannot name 10 of our Federally-elected officials (and I follow many of these 550 people quite closely), that I could recommend for a management job in the private sector requiring fiscal prowess, or even a general knowledge of fiscal management. And yet, most all of them purport to know everything about it and act as though they are qualified. For a while I thought I was on Nat Geo the other night watching a bunch of flapper seals, then I realized I was watching Congress applauding our President during his State of the Union address. Tell me...what is there about anything going on in Washington that is worthy of any applause? I am sick of it all. I think it is going to take all of us getting sick at the same time in order to get better.

One thing is certain...*no one* in a position of authority or leadership...out of these 550 people...is advocating the radical reforms necessary to stop what is coming. An increase from 35% to 39.6% taxes on the most wealthy Americans and closing loopholes or limiting deductions to \$25,000 or \$50,000 is not going to raise or make for enough revenue. Increasing these rates another 20% (which no one is advocating) and closing all the loopholes won’t make it happen either. The spending cuts they are advocating along with the tax increases will still leave us nearly \$1 Trillion short of balancing our budget this year and more each successive future year. This doesn’t even address the more than \$80 Trillion worth of unfunded liabilities (promises) for which we have no way to pay. NEVER in the history of man, has ANY nation, survived a mess similar to the one we’re in. Do you hear that Washington? No country has ever survived a mess like this. Some say I am wrong? Here’s a challenge for you. Find one instance throughout all of history where the debt of the nation equaled or was more than that nation’s economy (GDP) and that nation survived by increasing taxes and/or cutting spending...WITHOUT

immediately limiting spending to revenue, and making the radical reforms necessary to eventually pay off the debt. It has NEVER happened. Now...who out there thinks this bunch of liars and idiots can do it?

To me, the rhetoric behind all of this empty, political and divisive talk is repulsive. Assume our elected officials could all agree on what they are proposing. If it all goes through, it will only increase revenue by \$100 Billion per year. This is a rounding error compared to what we’re facing. We are “out of whack” from 10 to 13 times this amount with \$1 Trillion to more than \$1.3 Trillion per year in deficit spending currently, and sequestration with its “draconian” cuts would only better it by about \$80 Billion this year. Would you like to know how much trouble we are really in with our debt and deficit? Consider this...we will be at \$16.6 Trillion in debt in a few days. Our deficit this year will be \$1.3 Trillion. One year from now we will be \$17.8 Trillion in debt. With sequestration, only \$82 Billion will be cut out of our spending. That’s 6.3% of our deficit. Yet, everyone in Washington is going around proclaiming it will be the end of everything if sequestration kicks in. It very well might, but the point is... how bad are things *really*? If the end of everything is going to happen by cutting only 6.3% of our deficit, can you see why this problem can’t be fixed the way they are going about it?

This whole thing is like a bunch of kids playing marbles and fighting over whose turn it is, after the “dam has broken and water is gushing down the valley.” Anyone would ask, “Why on earth...with such devastation coming...are they playing marbles anyway?” In a few minutes, it won’t make any difference whose turn it is. Get on with the discussion of radical tax and entitlement reform, pro-economic growth policies, the lessening of burdensome regulations, and strictly enforced programs to stop waste, fraud and abuse. In case you are a new reader, I am not someone who just whines and complains. I try and solve problems in the shortest way to get things done, that will never come back to bite us in the future. Solutions to each of these problems were presented here in this column in the November 1st, 2012 issue (see Recent Issues at www.theqandatimes.com). Let anyone you choose run the numbers. Our situation is dire. The only reason...the ONLY reason... why we are not seeing some of the things happening relative to Martial

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Law today, that I wrote about in the January '13 issue, is that Fed has been printing unprecedented amounts of money which is keeping down interest rates and artificially pumping up the stock market into a "house of cards." Because of these low rates, interest is now only around \$400 Billion of the \$2.1 Trillion we take in annually. If interest rates should climb to 10% of our national debt, or even in the high teens like they were in the early 80s... it would all be over. Interest on our debt would consume all of the revenue we collect. There would be nothing for defense...nothing for infrastructure... nothing for Medicare...nothing for Social Security...nothing for Food Stamps...nothing for Medicaid... nothing for our government...nothing for health care...nothing for anything... but interest! And you know what? With QE 1 and 2 complete, and now QE 3 in progress from the Feds, when interest rates begin to rise...we will forget all about the problems we had with high unemployment and the slow growth of our economy. It won't be a "Fiscal Cliff." It will be a "Fiscal Armageddon." It's already happening. Take a look at just one area...the increase in food prices over the past 12 months. The Feds can talk all day about the low interest rates they have put into place, but inflation is here and on the rise.

With all I write, one might think I should be a "prepper." I am not. I prefer instead to ask God that it be His will to save us and our nation, but I also pray for His will...whatever it may be...to be done in all matters; that He makes us an instrument of His will (which He may be doing with His inspiration on this article); and that He gives us the grace to accept His will.

To those of you who still might think what Washington is working on, relative to the "fiscal cliff," will work, let me give you some "did you know's." Did you know that every man, woman and child in America's portion of our national debt is now \$52,000 at this writing? Did you know that with the out-of-control-spending I mentioned earlier, that we spend \$4 Billion per day, MORE THAN what we take in, that we don't have, that we borrow...from places like China and Japan? We go \$4 Billion deeper into debt each day! This \$4 Billion per day equates to an additional \$12.60 per day per person for every man, woman and child in this country. There is no way most Americans could ever pay their \$52,000 share of the national debt. They couldn't pay the additional \$12.60 per day either. How

a sudden...to have to pay \$12.60 per day in an additional expense for each member in your household...on a weekly basis? I know people who make into the 6 figures...some well into the 6, 7 and even 8 figures. They would scoff at this additional \$12.60 per day expense like it was the biggest penalty they were ever hit with.

Here's a way we can immediately get everyone on the same page insofar as this out-of-control-spending. Immediately, we need to begin assessing each member of each household in America...with NO exceptions...an additional \$12.60 per day for this excess spending. It will be PAYABLE WEEKLY to the Federal Government. We could call it the "deficit spending assessment," or "DSA" for short. For a family of four, this would amount to more than \$50 per day, or \$350 per week.

We would see just how many supporters of this out-of-control-spending there would be now!

Add to all of this all of the unrest in the Middle East, the possibility of a nuclear Iran with every other country in the region going nuclear if Iran is successful...the Syrian conflict that is now the focus of many countries of this world...the North Korean nuclear situation...the perceived weakness of America throughout the world, more so now than at any time over the past 100 years...our economy...the unemployment and under employment... the crushing debt...the out-of-control-spending... the absence of solutions that will fix our problems...the class warfare that is so rampant...the non-transparency, lies and corruption of our government...the now more than 50% of all American households receiving some type of monthly government check (not counting Social Security or Medicare)...and the fact that we are now under Martial Law with the Executive Order, "National Defense Resource Preparedness" that you can read about on the White House's own site at <http://www.whitehouse.gov/the-press-office/2012/03/16/executive-order-national-defense-resources-preparedness>...the dozens more of Executive Orders coming each week from this President...and who of us can remember a more bleak look into the future for our country and the world?

In the past, some have accused me of not loving this country, or that I am disrespectful to the office of the President of the United States, or to its Congress. Let me correct this now...publicly...and emphatically. It is because of my love of this country

that I write what I do. I deeply respect the office of the President of the United States, our Constitution, our three branches of government, and all we have been, and all who have fought and died for what we have over the past nearly 250 years. I do not respect anyone going outside of what we have in place to change it, unless it is changed per what we have in place. We are a democracy. We are not a dictatorship. We have a President who we have elected to represent us who has sworn under oath to God to preserve, protect and defend the Constitution of the United States. He has trampled it and its spirit. We have members of Congress who have sworn under oath to God to support and defend the Constitution of the United States against all enemies, foreign and domestic; that they will bear true faith and allegiance to the same; that they take this obligation freely, without any mental reservation or purpose of evasion; and that they will well and faithfully discharge the duties of the office on which they are about to enter. Many are not living up to this oath. Many cannot even remember it. All of this is wrong. It is ruining our country, both at home and abroad. We can't let this happen.

How did we get here? It didn't

happen overnight. The seeds have been sown for the past 50 years. All of the conditions were right for all of them to "sprout." Call me anything you want to call me, but the biggest reason why we are where we are is directly related to another quote from Ronald Reagan, where he referred to a comment from President Lincoln. When asked about the Union's participation in the Civil War, somebody said, "We trust, sir, that God is on our side." Lincoln replied, "It is more important to know that we are on God's side."

We may no longer be.

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.

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MENTAL HEALTH

When is it a gambling problem?

By Jason Scheck



Q: I like to gamble, my friends gamble and we go as a group once or twice a month. One of the guys, I have noticed, goes to the ATM a couple of times per night, and usually spends more than the rest of us. My friends and I all work at the same place and the other day, I overheard the guy talking about how hard it has been keeping up with his bills at home. This is not the first time he has made a remark regarding money. He has a wife and two small children and I am beginning to grow concerned. Should I ask him about it?

A: Many people who gamble simply enjoy it as entertainment, recognize that they are likely to lose, and only bet what they can afford. For others, gambling can disrupt their life, straining relationships with family or friends, causing problems at work or leading to financial catastrophe. Problem gamblers struggle with controlling their behavior, even when they know the gambling hurts them or

their loved ones. They continue to gamble even when they can't afford to lose.

There are a number of warning signs to look for. Problem gamblers will often talk

constantly about gambling, tell only of wins and not losses, lie about when and how much they gamble, and gamble until they have lost all of their money.

Financial ruin, increased risk of drug and alcohol dependence, divorce, loss of employment, increased risk of anxiety, depression, and suicide, are just a few of the possible negative impacts of problem gambling.

10 Questions you can ask yourself about your gambling.

1. Have you often gambled longer than you had planned?
2. Have you often gambled until your last dollar was gone?
3. Do thoughts of gambling cause you to lose sleep?



4. Have you used your income or savings to gamble while letting bills go unpaid?

5. Have you made repeated, unsuccessful attempts to stop gambling?

6. Have you broken the law or considered breaking the law to finance your gambling?

7. Have you borrowed money to finance your gambling?

8. Have you felt depressed or suicidal because of your gambling losses?

9. Have you been remorseful after gambling?

10. Have you gambled to get money to meet your financial obligations?

When approaching your friend, be patient and focus on conveying empathy rather than immediately changing behavior. Use "I" statements such as "I am worried about you," rather than "you" statement such as "You are making me worried." Keep in mind that changing problem gambling habits is not easy. Willpower and self-resolve are not always enough to stop problem gambling. Provide support such as listening and encourage your friend to seek appropriate professional help.

If gambling is causing a problem in your life, the life of your loved one, or someone you know, please ask for help. The biggest step in getting treatment is realizing you have a problem with gambling. It takes tremendous strength and courage to own up to this, especially if you have lost a lot of money and strained or broken relationships along the way. Overcoming a gambling addiction or problem is never easy. But recovery is possible if you stick with treatment and seek support.

Jason Scheck, LCSW, is the Director of COMCARE's Addiction Treatment and Crisis Services. Jason has been working in the mental health field for 12 years. COMCARE of Sedgwick County is a licensed Community Mental Health Center and Certified Drug Treatment program for all Sedgwick County residents.

Remember...From Page 1

neckties or rags. Then it would take to the sky in the strong March winds.

Nearly every farm had a windmill that was used to pump water. Years ago I remember reading about some tourists driving through Kansas from one of the northeastern states and inquiring about the windmills. They asked, "What are the giant fans in the fields? Are they there to keep the cows cool?" Now, of course, there are wind farms to produce electricity and power that have many windmills standing together.

Do you remember the old cars with the separate front seat windows that you could turn toward you to get more wind? The other thing I remember about the old cars were the running boards usually made of hard rubber and the headlights and tail lights all individually supported, and the small wind catcher that could be elevated from under the dash and raised to catch and blow the wind into your car. At that time, it seemed as though the windiest areas in downtown Wichita were on the corner of Broadway and Douglas and the bridge on West Douglas. Wind would come through with mighty force.

An interesting thing about Kansas is the fact that we have more wind many times than a lot of areas. Cecil Carrier, the former weatherman on Channel 12, whom I worked with for many years, always said, "Be thankful for the wind, it blows the pollution out of this area." Of course there's the other old saying, "If you don't like the weather we're having, wait 5 minutes and it will change." There are several states that use that saying, but between you and me...I always say it started in Kansas.

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

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Coping with the rough stuff in life

By Lisa Vermillion



Q: I was visiting with a friend this week who is going through some rough stuff: a recent surgery, an ill relative, and she's getting ready to face chemotherapy. My otherwise over-the-top positive friend was struggling a little to find some courage at this time in her life. Do you have any advice that I could share with her to help her through this rough patch?

A: Here is a simple three-part strategy that I've used over the years that has helped me and others cope when we're faced with the rough stuff life sometimes throws at us.

First, find all the positive stuff you can get your hands on — uplifting music, good books and great people. It takes 20 positives to overcome one negative. Immerse yourself on purpose with positive.

Perhaps you have a well-intentioned friend that just doesn't have the word positive in her vocabulary. It's

important for you to know that you have permission to stop Negative Nelly in her tracks when she starts telling you about her aches and pains, or her horror stories about someone in a similar situation. Simply hold up your hand to stop her, let her know you appreciate what she's telling you, but you'd prefer to keep everything around you positive right now. Will her feelings be hurt? Perhaps, but it's OK to take care of you for a moment.

Second, look for great quotes or sayings that especially give you encouragement. Write them down in a notebook or journal. The internet is a wealth of quotes, but Bible verses, poems and song lyrics are also great sources. Ask your friends what their favorites are. You don't need to keep all of them, but definitely have a special place you keep the ones that help you.

The one I gave my friend was: "If He brings you to it, He'll bring you through it." She plans to use it as her mantra. I also recently found a devotional book called "Jesus Calling". It's written from the perspective of Jesus talking directly

to the reader. I highly recommend it.

Third, use your journal. Writing positive stuff down and never looking at it again probably won't give you strength past a few minutes. Rather, look at your uplifting words daily. Start your morning by reading them first thing, thus setting a positive tone for the entire day. When you're feeling down, grab your journal and read what you've written, keeping some notes regarding how the words affect your outlook.

You might not have control over your circumstances, but you have complete control about how you choose to look at them. That choice determines your misery or your peace in the midst of the strife.

I saw a quote by Winston Churchill that sums it up, "If you're going through hell, keep going." Looking for positives, keeping them in a journal and using them to give you a boost probably won't make the issue go away, but these steps will definitely help you draw up some more strength to keep going.

Lisa Vermillion is President and co-owner of Get Fit Be Fit and Thin and Healthy Weight Management. Lisa opened Get Fit in 2000 in Valley Center, after receiving certifications through the American Council on Exercise as a Weight and Lifestyle Management Consultant and Certified Personal Trainer. In January of 2005, she grand opened Thin and Healthy Weight Management in the same location. Lisa not only provides weight loss programs for individuals but she also implements business wellness programs for small businesses and large corporations. Additionally, Lisa is a Certified Life Coach providing guidance for individuals in the areas of career, relationship and personal development. She is available for speaking engagements in the areas of Physical Fitness, Weight Management or any Life Coaching area (goal setting, positive attitude, sales, etc). If you would like help getting started achieving your goals right away, losing weight, improving your financial picture or strengthening your relationships please call Lisa. She would welcome the opportunity to help you get started. Lisa can be reached for questions or speaking engagements by phone (316) 755-1115 - or e-mail at mvmillion@yahoo.com.

Springtime...From Page 5

danger of winter freezing is over, and if you have no basement, you should remove foundation vent blocks or open vent covers to allow air circulation in the crawl spaces. While removing vent covers, check the grade level around the foundation vents – winter weather can move soil and create buildups or grade problems that will allow ground water to drain through the vents into the crawlspace, so re-grade your dirt as necessary. Remove outdoor faucet covers. Turn on the water supply to outdoor faucets if it's been shut off.

Last but far from least, now is the time for your semi-annual checking of all smoke and carbon monoxide detectors. If you have an older furnace, that carbon monoxide detector can absolutely save your lives! Replace the batteries, writing the date you changed them out on the batteries themselves with a sharpie, because if you're like me, you can't remember when you changed them out last, and you want to make sure they are ready if you have a problem...test the unit's operation... your life really could depend on it. Hopefully this list of projects will help you get organized with your outside work, and if it gets to the point that it's interfering with your golf time, just call in an expert to assist you with the work.

Remember, a great full service glass shop can help you with lots more than just your residential window glass! Automotive glass, motor home windows, Commercial glass windows and doors for businesses, mirrors, shower doors, French doors, table top glass, whether in town or out in the country! Some of the info was researched on the worldwide web... more next month...

Bob Crager of Lewis Street Glass is a 35 year veteran in the glass business. Lewis Street Glass is a leading Wichita Glass company, serving the entire Wichita/Sedgwick County area since 1919. They do anything and everything having to do with glass, both residential and commercial. They also do auto glass. They are located at 743 South Market, facing Kellogg on the South, and you can reach them by phone at (316) 263-8259. You can e-mail Bob Crager at bcrager@lewisstreetglass.com.

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Suddenly single again and I need advice

By Jacqui Brandwynne



Q: My marriage of 15 years recently ended in divorce. It's been a year and I am ready to start dating again, but it just feels uncomfortable for me. Can you give me any advice on this?

A: When a long marriage ends in divorce or you are suddenly widowed, both men and women often feel awkward, shy, and even fearful of having to reinstate dating. Many newly widowed experience a sense of guilt or betrayal concerning their former mate when contemplating companionship again. How can we overcome all these anxieties about our next chapter of life?

1) First, find peace within yourself. Whatever the reason for sudden singleness, you need to deal with grief, anger, and find your equilibrium before you're emotionally able to start a new chapter of life. Time and connecting with close friends to talk will help. Sometimes a couple of visits with a therapist give a different perspective. Most important is not becoming a

hermit and dealing with the pain alone. In fact, instead of locking ourselves off from life, we should become more active; finding activities to connect with new friends and not be shy to ask for help, even friends we haven't been in touch with will welcome us into their circle if we ask to be included.

2) Consider life as a new venture rather than a sad situation you have to endure. Realize that you are the main participant in creating a new exciting life. You are the star in your new life, an interesting, interested person. Expand the boundaries of what you know and who you know. The more you exude life and energy, the more others want into your life. Try something you've always been passionate about but couldn't pursue; learn a new language, try swing dancing. Join a non-for-profit organization in medicine, the arts or education. Click on the www.encorepsteachers.org website and find out how thousands of others have established a new life by making a contribution.

3) Push the single connection. Singles know singles. The more people you meet, the greater your chances to find a new friend or new love. Explore single weekends, single hiking groups, singles that like cooking, etc. Nowadays there is no stigma in joining one of the many dating sites. There is a plethora of them on the Internet, or make a connection through singles or community newspapers or single clubs.

Initiate a singles only party. Everybody pitches in with food and libations. It's a fun way to meet. Get a group together for a movie or a scrabble night. Assemble your friends who would like to shed pounds but can't do it alone. Start the communal meltdown. Weigh-in weekly, discuss what works, and feel good about yourself. Remember, walking, swimming, all physical exercise improves your appearance and frees your inner energy, including sexual energy.

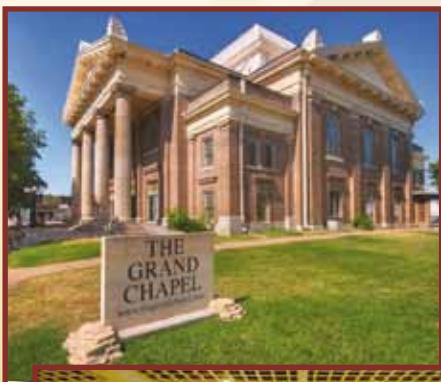
4) Ready for dating? Don't take it too seriously even if some dates turn out to be duds. Dates are like movies; some have potential, some end in

friendships rather than romance, some are awful but give you something to laugh about. And some are dreamy and may lead to happy endings. If your expectations are realistic, dating can be fun. Enjoy the encounter. Don't rush things because you feel lonely or needy. Singleness is not an interim state between togetherness. It's a great time to reconnect with yourself and construct a wonderful new future.

Jacqueline Brandwynne started her Very Private Q&A advice column to help people make their relationships happier and more intimate. The column focuses on dating, relationships, and intimate health. Jacqui also developed doctor recommended Daily Feminine Body Care products for women. Mail a question to Jacqui: 649 Stone Canyon Rd, Los Angeles, CA 90077 or email: contact.veryprivate@gmail.com. For intimacy advice visit www.veryprivate.com.

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