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WHAT'S NEW NOW?

Whats 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 have touched the feelings of many of you, because I had an overwhelming

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INVESTMENTS

Look past the "fog of uncertainty" when investing

By Dawn Taylor



Q: I hear so much negative about the economy right now. Why would anyone want to invest in this environment?

How do I make sense of everything and what should I listen to?

A: In Europe, the financial crisis drags on. China's economic growth has slowed from "wow" to "ho-hum." Here at home, we've seen heated political debates over taxes, spending and deficit reduction. Taken together, these factors have created a "fog of uncertainty" that has left many investors in the dark about their

[See Investing...Page 15](#)

INSURANCE

Landlord's insurance coverage

By Jessica Stice



Q: I rent my house. Will my landlord's insurance cover my belongings?

A: When you rent an apartment, house, or other dwelling, a landlord's insurance policy normally won't protect your clothing, electronics, furniture, or other personal belongings. The owner of the home or apartment is generally responsible for coverage for the structure of the home, and that policy will not extend to cover your contents inside. The specific policy designed for renters is typically called an HO-4. This policy will help you pay for damage to your personal property from fire or smoke damage, lightning, wind, hail, vandalism, and more.

When it comes to deciding how much coverage is enough, it's important to sit down with your insurance agent and talk about what you own. If you prefer to do it online, you can even inventory your belongings and estimate their

[See landlord...Page 6](#)

LAWN & GARDEN

Moving a plant that is already established

By John Harrison



Q: Is it safe to move a plant or tree that has already been established? When is the best time?

A: I get asked a lot about when is the best time to move a plant that is already established in the landscape. The best time to move an existing plant would be right before the plant comes out of dormancy. March is a great time. Most plants go into dormancy through the winter months and once the ground warms up to a certain temperature they start to "wake up." Not all plants will wake up at the same time but for most they start growing in April so that makes March the perfect time. If you want to move a tree my advice would be not to try and move anything over 6-8' tall. It is just too hard to keep enough of the root-ball

intact and this would lead to a high mortality rate. With shrubs I would remove up to a third of the top growth and try to keep as much of root-ball intact as you can. Perennials are a lot easier to move. Simply dig up the root-

thirds making sure to have at least 2 or 3 eyes on each division. An eye is the part of the plant that actually puts up the foliage that you see above the ground. Not all perennials divide well. Daylilies, hosta, sedums, liriop,

October. That does not mean you cannot do it in the spring. Most of the trees sold in the spring just require more care that first summer. If you are thinking about planting this spring there is no reason to wait until May or June. March and April are even better as the plant has more time to get rooted into the soil before those hot summer days hit. The most stressful time for most plants, is the first summer. The more time you give that plant in the ground before the first summer the better the plant will perform for you.



ball and move to the desired new spot. You can also divide the perennials now if you need to. To divide a perennial simply cut the root-ball in half or

yellow, and shasta daisy are some that are easy to divide.

I also get asked when is the best time to plant a tree. The truth is September-

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

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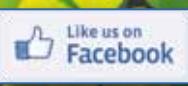
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FROM THE PUBLISHER



Welcome to the March 2013 Edition of the SE Kansas Q&A Times!
By Jerod Norris



Amazing things happen when a community connects. I have to say, it is very fulfilling to have a front row seat on seeing that happening throughout this publication. We have a strong community, and when I say community I mean everyone from Pittsburg, Frontenac, Girard, Arma, Cherokee McCune, Walnut, all the way to Arcadia. So it is no surprise that we would have great businesses and highly knowledgeable business owners & managers—but seeing the eager communication between residents and those businesses really highlights the value of a true community network...which is why we exist. We exist to educate, inform and/or entertain, matching potential customer needs, topics and interests, answering questions from all realms and walks of life, while pairing it with a local solution. Remember to check us out online where sharing the articles is made easy at www.theqandatimes.com – Southeast Kansas.

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a bit different this year? What if I told you this publication (the one you're reading) can help give you not only an effective, traceable advertising venue, but also a monthly voice to the MASSES here in Crawford County. If you haven't contacted me please do so. I'm interested in learning about your business! 620-249-7462.

This month, as you browse the pages of the Q&A Times, be certain to note those participating businesses and when you have the opportunity, support them with your patronage. They work very hard to serve the community and we are thankful for their efforts within this publication in providing the information you want.

Finally, I want to take a moment to thank all of our readers. Your enthusiasm and continued interest for the publication inspires me. I appreciate all of your feedback! Feel free to email us at jnorris@chartmarketing.com or Jeanie@chartmarketing.com with your questions and we will match them to an appropriate, local expert.

Jerod Norris
Publisher

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

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



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

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CAKES & SWEETS

Cake ideas and tips for 2013! Part 2

(for the first article in this series refer to the Feb.'13 issue at www.theqandatimes.com)

By Heather Horton



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

A: Last month we discussed several ideas and themes that will help you in the process of getting the most out of your cake and its design.

Another idea is to opt for a more traditional white, elegant wedding cake as the center piece and have two side cakes (similar to what a groom's cake would be) to represent each couple. These side cakes can be 3D cakes. Just because they are 3D doesn't mean

they have to be large. You can have a very cool "show stopping" small cake too. No matter the size 3D/Sculpted cakes tend to have a big impact.

For instance maybe one couple is really into sports together. Their cake could be a football field or a 3D rendition of their favorite mascot. Or if they don't agree on the same teams perhaps those mascots are arm wrestling on the field? That would be a cake to remember! The other couple could be into wine and food so their cake could be a wine and cheese themed 3D cake like in the picture here.

No matter what direction you decide to go there are lots of different ways to make a dual wedding work. The most important things to remember are: PLAN AHEAD (for you and your baker) and HAVE FUN! With all the planning involved most people worry about the details so much that they lose sight of the reason behind the event. You're only doing this once and you have to

live with the people around you for the rest of your life, so be sure and enjoy this time that you have together. Have fun with it. The sky is the limit for ideas!



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



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FARM INDUSTRY

What to consider in stair repair

By Mike Davied



Q: I've just inherited an aging farmstead and the stairs on the barn are TERRIBLE!!!! HELP ME!!!! The barn is in really good

shape otherwise and I'm going to keep it, You're the GREATEST. Thank You for the help!

A: Well thanks for the nice words. Since your barn is a keeper we'll address your stairs. First find a good contractor in your area; I know several that can help you. Next, let's work on what will work best for you. Stairs, just like any other part of a building need to be built for the long haul as you will use them MANY times in their life and yours. Safety first!!!

Stairs should be safe, user friendly, and economical, not to mention have a long life. My favorite stair will have the following list of user friendly attributes, (1) a 6 inch rise for each foot of run, in other words a 6/12 pitch depending on their use. (2) the stair for any

industrial or farm use would be made of steel, primed & painted to resist rust. (3) I'm a fan of expanded metal



for the treads as there is no slipping & dirt just falls through, it also lets You see through the treads so light is less of a problem early or late in the day. Keep in mind that wood & concrete

are also very good stair products in the right environment, depending on the need at the time. (4) A solid hand

rail is very important with a mid rail so you are protected in the event you stumble. (5) Keep in mind that if straight stairs aren't an option a landing can be devised to give a turning place to align with the next row of stairs. (6) If within the limits of a governing body, building codes will prevail. Most areas with building codes will help you to find what you need for almost any building situation. (7) Outside stairs, or inside stairs for industrial, or farm use, (unlike residential stairs) need to be functional. It is not so much about looking pretty, so look for the things

that you need to fit the FUNCTION. Look for things such as wide steps for lugging things up and down, lower rise also for hauling, big landings, solid handrails, materials that do not need cleaning, user friendly entry and exit locations. Most of all look for a stair that fits the use you have in mind.

As always, keep safety first. NO amount of CHEAP will pay for a hospital stay or a broken bone. I like my customers sunny side up, NOT hurt. Thank You for this question & thanks to the Q&A times in allowing me to answer you. Always happy to help.

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

AUTOMOTIVE

What is wrong with my heater?

By Jeff Lovell



Q: I have a 03 Chevy pickup. When I went to start the heat yesterday, there was air coming through the vents but no heat.

This is after it had been "warming up for a while"...Yet when I drive it down the road it puts out heat (stop for a few minutes it gets cool again). What is my problem?

A: We would need to check the level of coolant and temperature of the coolant first. We would also need to check the water pump to make sure the water flow is proper. All of these items could cause you to have heat while driving and no heat while at an idle.

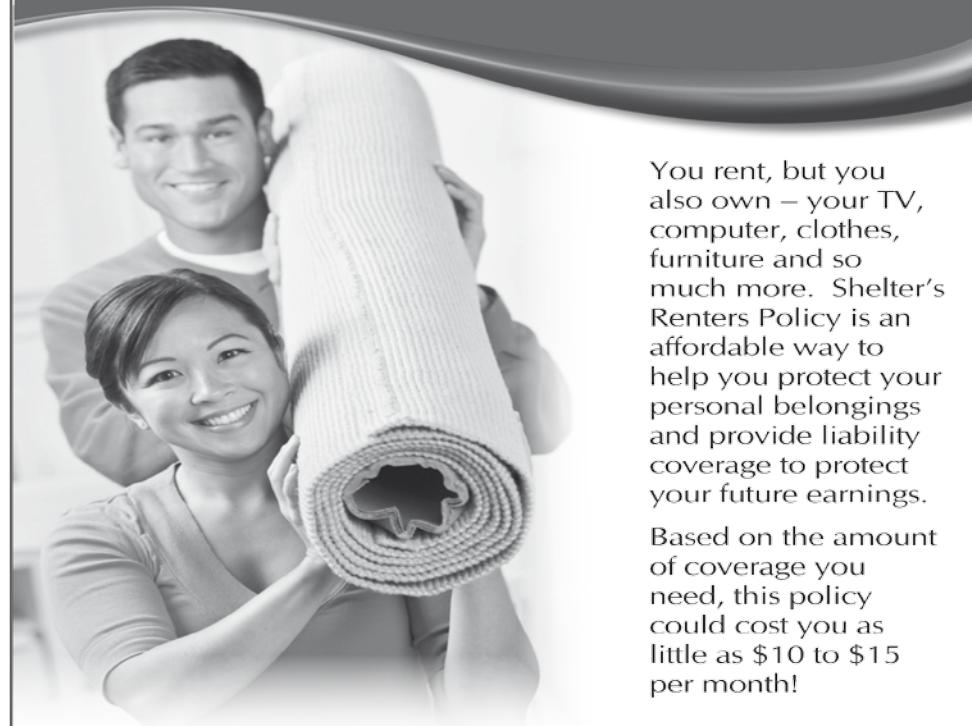
Another reason could be the blendors not working properly. The force of air while driving may be causing the door to switch over so heat can flow through. When at an idle it would switch back over without the pressure of the air flow.

The best thing to do is have it checked out by a technician and diagnosed. The technician should be able to tell you the exact cause of the problem and get your system in good working order.



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

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TECH TALK

Help, my computer has a virus: Part 2

(for the first article in this series refer to the Feb.'13 issue at www.theqandatimes.com)

By **Bill Emmerling**



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

A: Last month I addressed some of the how's and why's of malware/viruses. This month I want to address what we can do to avoid them.

Just like visiting the big city, or a friend in the hospital, it is beneficial to always be aware of where you are and what you are exposed to when surfing the internet (or even connected to it). While all devices are vulnerable to varying degrees and safe practices apply to all, I will specifically address Windows systems.

First, you should have a reputable anti-virus/malware/spyware and firewall program installed and running. Microsoft now offers Security Essentials free for personal and small business use. I would consider this the most basic of programs and there are several other better choices available, some of which are free for personal use.



Second, I would highly recommend using a reputation indicator in your browser, such as 'Web of Trust' (www.mywot.com). Socially based, this add-on will provide a reasonable indication as to whether a website is deemed 'safe' by other users. McAfee and Comodo security software also provides this as an option.

Third, I would also highly recommend avoiding the use of Microsoft Internet Explorer (as it is installed on every Windows PC and therefore high profile target) and using an alternate browser. Examples of other browsers included 'Chrome' and 'Firefox' both of which offer very useful add-ons for secure browsing. I highly recommend

disabling JAVA and Flash for use only on an 'as needed basis' with add-ons 'NoScript' and 'FlashBlock,' though this may be challenging for some users. Comodo Dragon is Chrome based and comes with built-in security features.

More details about this can be found at <http://www.the-rescue-tech.com/about/computerlinks.html>

Combining the above with safe surfing behavior like avoiding porn/gambling sites, not opening unexpected attachments, etc. provides a safer internet experience. Like practicing good hygiene, safe surfing can reduce your risk of infection... on the internet.

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

[Landlord...From Page 1](#)

value with an online personal property calculator. Replacing your personal belongings is probably much higher than you realize, so you may be surprised.

In addition to covering your belongings, a renter's insurance policy can also help to cover liability losses that could put your assets and future income at risk. Liability coverage will help you pay for bodily injury and property damage that you are legally liable to pay. What if:

-A small kitchen fire gets out of control and all of your possessions become a pile of ash? If the fire is your fault, you could be liable for damages to your neighbors' property too.

-Your otherwise friendly dog decides to nip the two-year-old little girl in the apartment next to yours.

-Your friend's buddy trips over your bike and breaks his arm.

In summary, a renter's insurance policy can help cover your liability and part or all of your contents if a covered loss were to cause damage. Renters' insurance can be as little as \$10 to \$15 per month. If you have any questions, or want help calculating the value of your belongings give our office a call.

Southeast Kansas native and PSU graduate, **Jessica Stice**, is the owner/agent of the Shelter Insurance office located at 410 N Broadway in Pittsburg. She has been a licensed Property, Casualty, Life and Health Insurance agent for over 6 years in the Southeast Kansas area. For more information, Jessica can be reached at (620) 231-4580. You can also visit www.shelterinsurance.com/jstice.

COMMUNITY

How do I encourage volunteers with disabilities?

By **Stephanie Webb**



Q: I have a few questions regarding volunteers with disabilities. I have often wondered if individuals with intellectual/physical disabilities enjoy volunteering. What kind of things would they be able to do? How do we approach them if we had an opportunity?

A: Great question! First let me ask you why do you volunteer? What do you get from giving back to your community? I am sure many of these things crossed your mind; fulfillment, accomplishment, team building, networking, socialization, giving to those in need, returning a favor, etc. These emotions and feelings are the same for people with intellectual or physical disabilities. They desire an opportunity to give back to their wonderful and supportive community

just as you and I do. Volunteering gives them an opportunity to feel like they are not only giving back to their



community but it also provides a sense of accomplishment and importance. It gives them a chance to meet others who have the desire to volunteer as well as the possibility of meeting others and building life long friendships.

People with disabilities can do so much more than our community realizes. If needed they are supported by a family member or a staff member

in their volunteer duties, so, they can do just about anything anyone else can! Some great volunteer opportunities currently available are, Meals on Wheels, Community Garden, Salvation Army, Food Service, Toy Drives and Special Olympics. We are open to so many more ideas, suggestions and invitations to be a part of our community.

The best way to offer a volunteer possibility to someone with intellectual or physical disabilities depends on their situation. If they live at home, you may want to ask their parent how they would feel if you invited their child to be a part of a specific volunteer project. If they live within an agency, you can contact the agency's Community Relations Person and let them know of the opportunity to volunteer and your desire to include them in the volunteer efforts. Most often, the agency will jump at the chance to involve their clients in community events. Friends are a desired commodity for people

with disabilities. If you have a project and would like an extra hand or two on your team, please contact a local agency and invite them to be a part of a team, and enjoy the feeling of accomplishment when it is completed.

Stephanie Webb, for more information about Host Homes, or if you would like to become a Host Home provider, please contact Stephanie Webb, Community Relations Manager at Mosaic, either by email, Stephanie.Webb@Mosaicinfo.org or phone, 620-231-5590. Visit us online at; mosaicinsoutheastkansas.org.

HOME DECORATING

What are the most helpful spring cleaning and organizing tips?

By Shellie Blevens



Q: I do not have a huge budget for redecorating but want to give my house a spring lift. Do you have any ideas that can help me out?

A: Spring is the perfect time to reinvent your space without spending a ton of money. All you need to do is use a few tricks of the trade from design and organizing experts and you will have a home fit for the cover of a magazine!

First, do a quick purge of anything you have not used in the last five years (or less if you are feeling especially ambitious). Start by getting three containers for categorizing things as trash, sell, and move. Be brutal with yourself and only keep what you really need. You can have a yard sale or list your unwanted items on social sites and reinvest what you make on your décor.

Once you have removed all of your unwanted items, organize what is

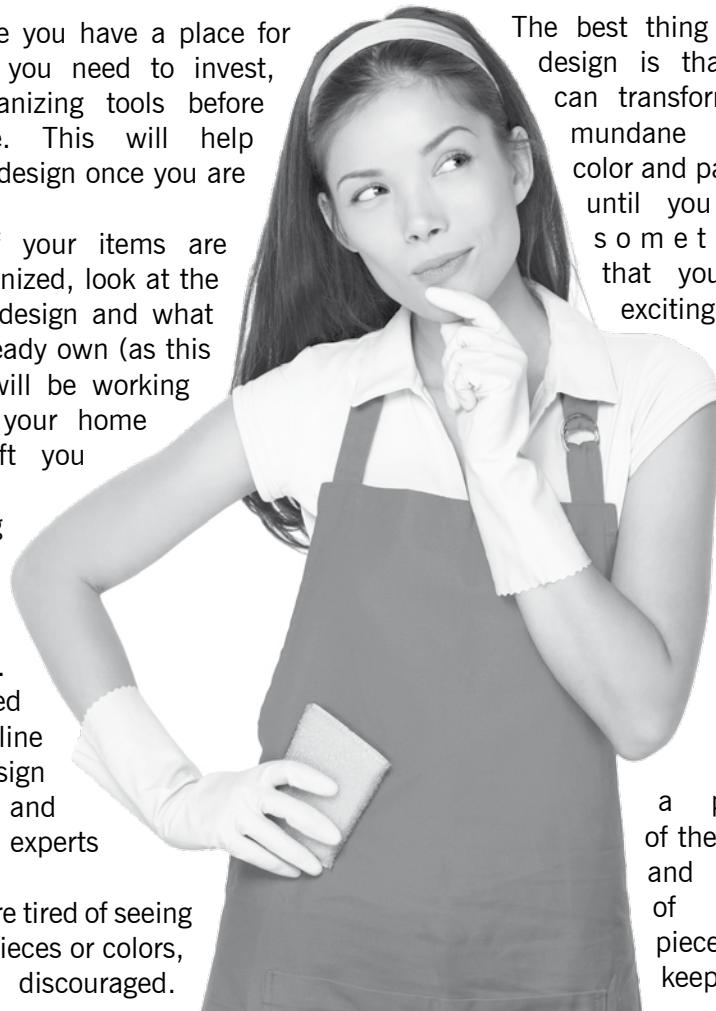
left. Make sure you have a place for everything. If you need to invest, invest in organizing tools before anything else. This will help highlight your design once you are done.

Once all of your items are away and organized, look at the foundation of design and what pieces you already own (as this is what you will be working with to give your home décor that lift you mentioned).

Try moving the furniture around in different configurations. If you need ideas, look online or at home design magazines and see how the experts arrange items.

Even if you are tired of seeing the same old pieces or colors, do not be discouraged.

The best thing about design is that you can transform the mundane with color and patterns until you have something that you find exciting.



handy. Then, add pieces that bring in a fresh spring feel. A budget never has to hamper design. Just be creative and borrow ideas from others that have designed on a dime. In fact, you can find plenty of ideas on social sites like Pinterest or on blogs. So set yourself free and enjoy the new start of spring!



Take a picture of your pieces and keep them

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

EDUCATION

New State Tests

By Dr. Glenn Fortmayer



Q: Why are we testing if the old tests do not count?

A: February means more than President's Day and Valentine's, it's the beginning of state testing. Kansas recently adopted the new Common Core Standards for each curriculum area. The tests this spring and possibly next year too, cover the old standards. Parents have asked, why we are making students test on standards we are not using. Teachers are fearful that by teaching the new standards and testing on the old, students may not do as well and make them look bad. Both are reasonable concerns.

In regards to the first concern, why the old tests? The initial reason is we have to test under the federal No Child Left Behind Act (NCLB) and that is the test developed to date. The second reason is that the tests will still give us information on how kids are doing and what we need to do to address their

strengths and weaknesses. Schools use several forms of information to make educational decisions, so old tests will contribute additional information.

According to Brad Neuenswander, Deputy Commissioner Kansas Department of Education, every district is moving forward focusing instruction on the new standards and not worrying about the old tests. He believes that most districts will see improved scores resulting from better instruction required by the new standards. He said if scores do fall, it does not matter as that can happen, but it's better for kids to move to the new higher standards than lose a year trying to look good on the old tests. The NCLB scoring system that allowed people to compare a district, building, or teacher with others will not exist. Comparisons of that sort will not be possible. Each building will be looked at in terms of its unique situation and students.

Parents will get valuable information

on a new test report card, but the NCLB levels of Exemplary to Academic Warning will not be present. Parents will instead see how their child is doing in the skill areas and in comparison to like students. Teachers will not be judged on getting a larger percentage of their class to pass the tests as compared to the year before. The new tests coming will show the teacher's effect on each student's academic growth.

USD 247 Southeast has instructed all of its teachers to not worry about teaching the old test to look good on paper on an outdated test. Our teachers are focusing on the new standards requiring teachers to refine the way they teach by increasing the rigor and requiring students to use critical thinking skills, defend their answers versus multiple choice, and use real life project based learning to demonstrate mastery of the content. Our K-12 STEM, Lego Education, Robotics, Pitsco Computer Assisted Math Academies, Pitsco

Science Mission labs, and USAF CAP Aerospace Education combined with a wide range of teacher generated project based electives and district paid dual credit college classes are all examples of this transition to a new emphasis on how we teach and how kids learn in Kansas.

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

Dr. Glenn Fortmayer is Superintendent of USD 247 Southeast. He has been a superintendent for five years and administrator for 16 of 24 years in education. He is working with Southeast on initiatives including: expanding student, learning opportunities K-12 STEM, and increasing instruction that authentically engages students every class period of every day with an emphasis on project based learning. For more information call 620-457-8350.

FINANCIAL

How do I get a copy of my credit report?

By Mark Kolarik



Q: I tried to get approved for a credit card but was not approved because of negative information in my credit report. Can you tell me how I can get a copy of

information, public records and inquiries. Your credit report is updated with new information from your creditors approximately every 30 days,

report for up to 7 years (up to 10 years for certain bankruptcy information). Positive records can remain on your credit report longer. Not all creditors

may charge you for another product if you accept a "free" report.

Managing your credit and maintaining a good credit history can lead to better rates on major purchases. Routine check-ups, along with paying your bills on time, keeping your credit card balances below 35% of their limits, and correcting any inaccuracies will help ensure your credit reports are viewed in the most favorable light.

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



my credit report?

A: When you apply for loans or credit cards the lender will request a copy of your credit report. The lender may use your credit report, a credit score, and other information you provided (such as income or debt information) to determine whether to approve your application and what rate to offer. The credit reporting companies update your credit report as they receive new information from creditors or lenders. Your credit profile changes based on your financial activity.

Your report is divided into six main sections: identifying information (name, address, birth date and Social Security Number), employment, consumer statement, account

to reflect your account balances and payments you make. Late payments create a negative record. Generally, negative records will stay on your

report to all three credit reporting companies; the companies obtain their data independently, so your credit reports from each company could substantially differ. That's why it's important to check your credit report every 12 months to ensure that the information is accurate and up-to-date.

You can get a free report from each of the three nationwide consumer reporting companies every 12 months. The official web site is annualcreditreport.com. It is the only authorized online source for you to get a free credit report. Some other sites claim to offer "free" credit reports, but

FASHION & STYLE

What is the latest trend in jewelry?

By Hillary Houston



Q: What are the most affordable and popular jewelry trends today?

that serve as both fashion accessory and art.

The best part about the custom crafted jewelry craze is that they come in a marvelous array of styles,

A: One of the hottest trends in fashion is handmade jewelry. People are moving away from mass produced pieces and opting for the individualized look of custom crafted pieces.

One of the reasons mass produced items have reigned in popularity for so long was the affordability factor. Naturally, when produced in bulk, the price of pieces comes down. While beautiful and stylish, such pieces are also very common.

Today, the art of custom jewelry has come of age. With the widespread availability of tools and supplies, jewelry artisans can now create affordable custom art with wide appeal. Talented designers use a variety of materials, such as copper, bronze, pewter, and leather in addition to the more common gold and silver in creating stunning one-of-a-kind pieces



textures, colors, shapes and sizes with no two the same. You might see stamped silver, sea glass, or shell figures as beautifully and proximately as any expensive gem would be in traditional jewelry lines. The pieces

can be simple or exotic but all of them beautiful. Because of the individuality of the designs, most pieces become treasured heirlooms over time

In addition to uniqueness, another wonderful feature of custom jewelry is that it is available at every price point and offers an outstanding value for your dollar. You can find pieces from very well known designers on the upper end of the spectrum all the way down to local crafters who offer their work more affordably. Pieces are priced according to the materials

used, the intricacy of the design, and of course the maker.

These factors together have made custom jewelry a hot trend that will not end in the foreseeable future.

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

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FOOD & BEVERAGE

What are some hot & spicy food ideas?

By Brian Bulot



Q: I need some help with an idea for a main dish for an event. What I would like is something that reflects our region, yet has a real kick. Do you have ideas for something hot, spicy, and filling?

A: There is a new trend in people wanting to incorporate more spice and heat into their dishes. This stems in part to a greater interest in the culinary pursuits as well as many new health benefits now associated with spicy foods. Whatever your reason for wanting dishes, that will blow your face off, you will have plenty of exciting choices.

People all over the world enjoy spicy foods and you can find a great many dishes that have evolved from the cultures that spawned them. Today, we have a huge variety of spices widely available so that you can take some of those dishes and adapt them with a regional twist and make them

your own.

Maybe you do not want to go too far out of the box since it is for an event, but still want something HOT and memorable. One of my favorite spicy main dishes is chili because you can cook several pots and adjust the heat accordingly. For a regional twist, try venison! Here is one of my favorite recipes:

Venison Chili

This recipe makes a lot of chili...it will feed six really hungry guys, or a dozen or so with ordinary appetites.

Ingredients

- 3 pounds of cubed or coarse ground venison
- 3 tablespoons of butter
- 3 tablespoons cooking oil
- 3 cans of red kidney beans
- 1 and 1/2 cups tomato sauce
- 3/4 cup of tomato paste
- 1 can stewed tomatoes
- 6 cloves garlic, chopped
- 6 Jalapeno peppers, chopped *
- 1/2 cup red bell pepper, chopped fine



and cook until softened. Drain well.

Put the venison, onion and garlic into a large crock pot (6 to 8 quarts). Add the remaining ingredients, mixing well. Cook on high

for 2 hours, then turn down to low. Cook for another 6 to eight hours, stirring every once in a while. The homemade venison chili should be fairly thick. If not, cook on high with the cover off for another hour or so.

Serve the chili topped off with shredded cheese, sour cream and hot cornbread. It freezes well too, if any is left over--- but trust me, it is very unlikely that you will.

- 1 large onion, chopped
- 1/2 cup barbecue sauce
- 1/2 cup water
- 2 tablespoons Franks RedHot Louisiana Hot Sauce
- 3 tablespoons Worcestershire sauce

- 3 tablespoons chili powder
 - 2 tablespoons honey
 - 1 tablespoon oregano
 - 1 teaspoon cayenne pepper
- *Remove the seeds for less heat.

Heat up a skillet and brown the venison in the butter and oil. A big secret to good tasting chili is to really brown the venison well. Add the onion and garlic to the browned venison

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



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HOME FLOORING

What is the difference between residential and commercial carpet tiles?

By Roland Dalrymple



Q: I am considering using carpet tiles for my daycare. Can you tell me the differences between them? Is it worth the upgrade for a small daycare?

Thank you in advance for your advice.

A: Carpet tiles, also called carpet squares or modular carpeting, are extremely popular right now in both the residential and commercial sectors.

Carpet tiles are, just as they sound, small sections of carpet that are easy to install and replace. They are very popular because they come in many styles and colors, are easily removed and replaced, and provide amazing versatility.

The differences in carpet tiles are similar to wall-to-wall carpeting, so you will want to keep the same points, such as wear, price point, and style, in mind.

Typically, residential carpet tiles have a plush or frieze construction and look very similar to any other traditional residential carpets. The carpet tiles come in popular shades and styles which you can even use to create your own unique patterns. They are made to withstand the traffic and usage they would encounter in a busy home. They are very durable and last as long as traditional residential carpet, given the same care.

Commercial carpet tiles are constructed with very short pile



heights and usually of a tight loop design. There is a wide range of available colors, including all of the ones most popular and suitable for the commercial market. The weight of the commercial tile is similar to the weight of traditional commercial grade carpet and made to withstand the heavy traffic of any environment.

Many people do use the commercial carpet tile in a residential or lower-traffic commercial situation simply for the attractiveness of the product. However, from a traffic needs standpoint, residential carpeting tiles hold up well. In a busy daycare situation though, you will want to consider every aspect of use. While

you may not have the high traffic of an office or bank, for example, you will have more spills along with moderate traffic. Cleaning also adds wear and tear to the carpet and for this reason; you might want to consider the commercial options.

Whether you decide to go with residential or commercial carpet tile, the best feature is that you can remove stained or worn tiles for cleaning or replacement. Be sure to purchase enough considering your future replacement needs as it might not be available later or the dye lot might vary slightly.

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

AUTO BODY REPAIR

Rust over the wheel well

By Richard Smith



Q: Why is my truck rusting out over the wheel well and the rocker panel?

A: People new

Condensation then turns dust into mud, and as mud sits on inside metal, it will eat that inside "protective" coating off, exposing the metal. So a lot of vehicles you will see with rust actually starts from the "inside out" so to speak.

will have to take off certain parts of the vehicle, and will use a rust preventative that will properly coat these and help prevent rust from forming. If you've had the vehicle for a while, you can blow/powerwash things and cover with wax to try and re-protect it. On rocker

vehicle rusting. With people keeping vehicles longer nowadays, it is ideal to keep rust away from your vehicle, this is especially true and you will be happy when you go to sell your rust free vehicle.

vehicles thinking it will help prevent rust. However, the problem in the rural area we live in, is a lot of people drive down dirt roads, which causes a stir up in dust, blown dust, etc packing it directly in the wheel well and rocker panel.

This creates a problem because those areas are less frequently washed. In the rockers, there are actual drain vents to let condensation and moisture out. However, once the dust begins to build up, it will start plugging the drain route to escape. Why is dust over time a problem? Because the weather in the area we live in. We have rapidly fluctuating temperatures, which causes condensation more frequently.



How do you prevent this? Take it to the dealership or a body shop. They

panels you need to make sure the drain hole is clean, etc. Generally doing this type of cleaning you may want to see a professional, because you will have to remove and re-install parts of the vehicles that need coated. The coatings on new vehicles are much better than what they used to be, but you still have the chance of the

professional, because you will have to remove and re-install parts of the vehicles that need coated. The coatings on new vehicles are much better than what they used to be, but you still have the chance of the

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

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What should I do to get my yard spring ready?

By Justin Cawyer



Q: What tips can you give me on getting my yard in shape for spring?

A: Just about this time every year, many people get the itch to get outside

and begin again on their lawns and landscaping. Spring is a great time to begin all of those projects to make your yards look more appealing for upcoming warm weather celebrations.

First, look at the current state of your lawn and determine the current needs. The goal is to bring your lawn back to good health and whatever you do now will have a lasting impact on how well it fares through the warmer months ahead. You will want to consider picking up debris, dethatching, seeding, and applying a slow-release fertilizer.

Next, if your deciduous trees or shrubs are still dormant, you will want to trim back any branches that

are crossing over or ones that might pose a threat of safety or ones that overhang areas where they could cause damage. Prune out any dead, broken or diseased branches or limbs from trees, shrubs, and roses.



If you have not already, cut back any perennials in the garden before they start to grow. Cut leaves and stalks down to nearly ground level.

Remember to clean out the flowerbeds from dead leaves or other debris that could harbor pests. It is

also a good time to consider removing and replacing mulch. If adding new mulch, remember the depth should not exceed 3 inches.

This is also a great time to attend to your borders. Use a spade to truck back the soil away from the lawn, redefining the space.

Consider adding edging while the area is freshly dug. Nothing makes a yard stand out more than crisp borders.

If you are using chemical control, you will want to be sure that you apply it correctly and at the right time. Much depends on the brand and type that you use and the particulars of each will affect such things as when you apply compost or fertilizer. It is easy to make mistakes here so make sure you know the product. If you are not sure, talk to a landscape professional.

Have a great spring and enjoy your beautiful yard.

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

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GIRARD AREA

Girard Area News

Q: Whats new?

A: Ace is a DIFFERENT place these days.

Girard's Ace Hardware has recently undergone numerous changes. The Cronister family is committed to this community and has invested money and much time to make our local hardware store better than ever before.

"We've expanded certain departments and added new products in every department," said manager Matt Cronister.

The light bulb selection has been expanded and now carries halogen and LED light bulbs. They have added new Craftsman products and also expanded their line of cleaning products. The entire store has been rearranged.

"We want to make the shopping experience easier for customers," said owner Brian Cronister.

The top selling product for Girard's Ace store continues to be paint. Ace paint is known for its high quality and

great color choices. Ace Hardware also has the ability to use color matching.

Brian Cronister opened the Pittsburg Ace Hardware in 1985, and purchased the Girard location in 1996. His son, Matt, has been the manager since the opening. Although their Pittsburg location has recently closed, Cronister has many loyal customers who have traveled to Girard to continue purchasing quality Ace products.

"Customer service continues to set us apart from the competition," Matt said. "My dad always has put a priority on customer service and instilled in me even when I was a young kid."

The Cronisters encourage all shoppers to enroll in the new Ace Rewards program. Consumers sign up for a savings card to use on purchases to save instantly. This card replaces the popular "rebate" program that Ace customers have enjoyed for years. The company also offers a Ace Rewards Visa account. For more information on both programs, visit www.acehardware.com. You can also find "Cronister Ace Hardware" on facebook.

AGING WITH ATTITUDE

According to US Census Bureau, 18.5% of Americans and 18.4% Kansans are age 60 and over. The numbers will continue to increase as the Baby Boomer generation moves into later life. As people age, we are more likely to have disability and chronic diseases.

A group of organizations in southeast Kansas that includes Via Christi Hospital Pittsburg, Inc. wants to help with the aging population. The Aging with Attitude Regional Expo is a great resource that provides inspiration, answers to questions, and information to make the most of life. It is recommended for adults, their families and caregivers.

This year's key note speaker is Nina Chen, a human development specialist. Chen is an educator who teaches a number of outreach classes including Tai Chi for Arthritis and Humor Keeps you Healthy. During the Aging with Attitude Expo, Chen will share the power of humor in everyday living and its effects on physical, mental, and emotional health.

Once you are registered, there are four educational sessions to choose from during the course of the day.

"Who gets grandma's yellow pie plate?"

"Tourism in SE KS"

"Balance and falls as we age"

"Prescription drug interactions"

"Money tips for 2013-and beyond"

"Meals for one or two"

"How safe is your home?"

"Conversations about safe driving"

The conference takes place at the Wesley United Methodist Church at 500 Leaward Drive in Parsons with sessions planned from 9 a.m. - 3:30 p.m. Registration is \$15 per person and includes lunch, refreshments, prizes, and resource fair.

To register or to find out more information, you can call the K-State Research and Extension Southeast Area office at 620.431.1530.

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SPEECH PATHOLOGY

What should I expect from speech pathology after a stroke?

By Gentry White



Q: My husband had a stroke and the doctor gave him a referral for speech therapy. What can we expect in the process?



patient's tolerance for new/different activity following his stroke event. He may then transfer to home care or outpatient therapy services to continue his healing process.

In my particular case, the patient is seen as an outpatient in the office. Specific diagnostics are utilized during the evaluation session to determine what areas are still affecting positive communication and clear speech. After the initial evaluation visit, a plan of care is implemented to determine if the patient is ready to establish and work towards his specific goals. It is important for the patient and his family to work together for goal establishment as well as utilizing the cueing hierarchy for word-finding errors to reduce frustration with the patient. Depending on the areas of need, a specific plan of care (POC) is established to meet those goals. The POC will establish frequency of visits and length of visits based on the patient's need.

No two people have the same experiences and those two persons will rehabilitate differently in their recovery process, even with the same stroke diagnosis. It is imperative that the patient and his family be patient with communication and work with a trained SLP who can assist with the rehabilitative process that is tailored to meet his individual needs and personal background.

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

A: The rehabilitation process following a stroke largely depends on what type of stroke that your husband had. The two most common reasons behind a person having a stroke are from a thrombosis and cerebral embolism. This occurs when there has been a block in an artery in the head or the neck area and prevents blood flow to the brain. The other two are forms of hemorrhage, where the vessel bursts in the head or neck area. Subarachnoid and intracerebral hemorrhage results from a burst of an aneurysm or from trauma sustained in an accident or from excess internal pressure. The most important step in a positive recovery is immediate medical treatment when the symptoms begin their onset. Most Hospital ER's have a stroke protocol when a patient presents to their facility with stroke-type symptoms (blurred vision, slurred speech, headache, weakness on one side of the body and/or dizziness) to assist with immediate diagnosis and prompt treatment action.

After the patient is deemed medically stable in the hospital, the patient's Primary Care Physician (PCP) will order a series of screens and/or assessments to determine what areas are affected following his stroke. A Speech Pathologist is trained to look at the patient's ability to swallow and determine if he is at risk for choking or aspiration as well as speech and language skills. The patient's deglutition is of primary importance to his health because it is a basis for how he is taking nutrition and hydration to swallow medications as well as eating healthy to work through the healing process. A Speech-Language Pathologist (SLP) will also look at the way the patient is communicating his wants/needs, memory and his ability to retain new information. This will allow the patient to be able to make requests and explain pain levels, in regards to how he is feeling on a particular day. Early rehabilitation will get that

Investing...From Page 1

next moves. But is this "fog" really impenetrable — or can you, as an individual investor, see through it to a place of clarity?

To do so, you first need to realize that while the events mentioned above are certainly not insignificant, they also aren't the key determinants of investors' success. While these types of stories dominate the headlines, they also tend to obscure some of the factors that frequently do play a bigger role in the investment world. And right now, these factors are actually somewhat encouraging.



Consider the following:

- **The economy continues to grow.**

The economy isn't going "gangbusters," but it is growing. And thanks to historically low interest rates, consumer debt payments have dropped significantly, leaving people with more money to spend elsewhere. Typically, this higher spending tends to contribute to future economic growth.

- **Corporate earnings remain solid.**

Many companies have shown strong earnings over the past couple of years — and earnings tend to be a key driver of stock prices. When their earnings are strong, companies may use some of the profits to repurchase shares of their own stock, thereby reducing the number of shares held by the public — which means that even if profits remain the same, the earnings per share should increase.

- **Stocks are still attractively priced.**

As measured by the price-to-earnings ratio (P/E), stocks are still priced relatively well. While no one can predict stock market performance, this may be a good buying opportunity.

Of course, all these indicators of today's investment environment can change over time; at some point, they may well be not so positive. But if you truly want to see through the fog of uncertainty that always develops with

unsettling political or economic news, you'll want to follow these basic, "all-weather" guidelines:

- **Stay diversified.**

A diversified portfolio can help protect you from the harshest effects of market volatility. (Keep in mind, though, that diversification, can't guarantee profits or protect against loss.)

- **Rebalance your portfolio.**

Over time, your investment mix can shift, even without your intent. For example, some of your holdings can appreciate so much in value that they take on a greater percentage of your portfolio than you had intended. That's why it's important to periodically rebalance your portfolio so that it fits your investment objectives and risk tolerance.

- **Stay focused on the**

- long term.**

When confronted with short-term market fluctuations or scary headlines, many people overreact and make ill-advised investment decisions. You can avoid these behaviors by staying focused on the long term.

- **Invest in companies that are charting their own course.**

When investing for the equity portion of your portfolio, look for companies with the ability to prosper in all economic environments.

With patience and perseverance, and by focusing on the key factors outlined above, you can navigate the fog of uncertainty and concentrate on your long-term investment goals. So don't be afraid to "set sail."

Dawn Taylor has been with Edward Jones for close to 7 years starting as a Branch Office Administrator and then transitioned into the Financial Advisor role. Dawn and her husband have recently relocated to Pittsburg from the Branson area and they both look forward to meeting people and building a business in the Pittsburg area.

FLOWERS & PLANTS

What are the best "easy care" houseplants?

By Linda Fox



Q: I want to dress-up my new place with plants. Do you have any recommendations for easy to grow plants that thrive under lower lighting conditions?

A: Nothing brightens up a home like a beautiful and thriving plant. While some people have a special knack keeping plants alive, others struggle. One of the ways to assure your success is to choose the right plants for your home lighting conditions, as well as your ability to care for them.

You might be blessed with plenty of sunny south-facing windows, but if not, do not despair. There are plenty of beautiful plants that thrive in shady corners that have little natural light.

Here a few choices you might want to consider:

Snake Plant

Also known as Mother-in-Law's Tongue, this plant looks very dramatic

with long stiff leaves and variegation patterns in yellow or silver. The Snake Plant is a desert plant, so it needs very little care and only infrequent watering and periods of dryness between.

Peace Lily

While most low-light plants are only foliage, the Peace Lily offers a huge white flower along with the deep green leaves. The plant grows between 2 and 3 feet high, and prefers moist to damp soil that should not dry out between watering. One thing to keep in mind is that the leaves on the Peace Lily are somewhat toxic, so it may not be a good choice for a home with pets or children.

Chinese Evergreen

The beautiful Chinese Evergreen is popular because just about anyone can keep them alive. Although called an evergreen, it looks nothing like a pine or fir and has broad, often variegated, leaves.

Devil's Ivy

If you love climbing plants, try Devil's Ivy. They look lovely hanging or

draped from a top shelf. The runners can get quite long and need trimming, the plant requires little care beside watering.

Cast Iron Plant

I am not sure why or how the plant came to be known as the Cast Iron Plant, but perhaps it is because of its fortitude. This plant is a great choice for beginners or for people who have an admittedly brown thumb. This sturdy plant needs only minimal light and grows to around 2 feet in height.

Remember to choose the right plant for the intended space. Some plants can get quite large. If you have questions, talk to your local greenhouse about what plants will work well for your home.

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

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RELIGION

Secret Church

By Pastor Bill Emmerling



Q: What is "Secret Church"?

A: Many Christians around the world gather together at risk of their freedom and lives to worship

and learn the Word of God. They gather secretly in countries such as Iran, parts of China, North Korea and many other countries. In many areas, simply having one printed Bible in a village is a luxury, and perhaps forbidden. For many, perhaps even most, gathering together is a hazardous occasion. As such they seek to make the most of their time together. So they meet secretly, in caves, woods and homes... thus "Secret Church."

"Secret Church" is also an opportunity to identify with these Christians in restricted nations who don't have the opportunity to worship freely. It is a gathering to remember that the true church is not a building, but rather the gathering of the disciples of Jesus Christ.

We use "Secret Church" events once or twice a year to identify with, pray for, and in some cases, worship with (via the internet) our brothers and sisters around the world. This year we will be studying what the bible has to say on "Heaven. Hell. The End of the World." led by David Platt via Simulcast.

For more information on this visit: <http://www.radical.net/secretchurch/gatherings/simulcast.html>

Pastor Bill Emmerling, Jr. is the lead pastor at Grace Place Pittsburg, researched and wrote this article. "Secret Church" will be hosted by "Grace Place" at the Homer Cole Community Center, Friday March 29th at 6:00 p.m. to 12:00 a.m. Register by March 17th to receive a study guide, though walk-ins are welcome. For more information please call 620-670-4510 or email pittsburg@grace-place.org.

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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 "hooyey." 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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SENIOR LIVING

How do I find the right assisted living facility?

By Shanna Taylor



Q: I noticed that assisted living facilities all have their own feel and offerings. Is there an easy way to know if a particular facility is right for you before committing to living there?

A: You are very wise in asking if there is a way to match up your needs to the offerings of a particular facility. Facilities vary greatly from the style of administration to recreational and social offerings, and it is difficult to know all of the nuances without careful investigation.

Many people think that moving to an assisted living facility means having to change everything about your lifestyle from the foods they eat to social situations. This is not necessarily true when you match the facility's offerings and set-up to your own wants, needs, and expectations. However, doing this is difficult with only a cursory view of

the rooms, social areas, and kitchen.

Understanding this, the Consumer Consortium on Assisted Living (CCAL), developed a checklist of questions that help you find out if a facility is a good match for you. CCAL is a national



nonprofit organization dedicated to representing the needs of consumers in assisted living facilities and educating the public on assisted living issues.

Here are some questions they recommend you ask:

1. How often are activities

scheduled? What types do they offer? Do they offer both onsite and off-site activities?

2. Can I walk the grounds? Are there enclosed and protected areas?

3. How do they meet spiritual or religious needs?

4. Do residents have a say in recreational offerings?

5. What times are meals served? What happens if you are late, miss or refuse a meal?

6. Can meals be delivered to the room, and is there an additional charge?

7. Are alternate meals available?

8. Are snacks available, and if so, when?

9. Does a dietitian review meals and special diets? If so, how often?

10. What safety measures are in place?

11. What if someone wants an exception to a rule?

12. Are background checks performed on all staff?

13. Are there alarms or locks on the windows?

14. Are there call bells in the rooms and bathrooms?

15. What are the reasons for a discharge? Is there a process of appeal? How many days notice would they provide?

These questions provide a great starting point in finding the perfect match. Hopefully the list will spark your own questions to help you in the search for a residence you would feel happy to call home.

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

ANIMAL CARE

What to expect in routine calving. When do I call the veterinarian?

By Dr. William Morland



Q: What can I expect in a routine calving and when should I call my veterinarian with a problem?

A: A good rule of thumb is the calf should be born within two hours after the fluid or "water" bag appears. For a mature cow, it will probably be closer to one hour. If you do not know when the animal began labor, the most reliable way to assess if the animal is having trouble is the progress it is making. A cow or heifer should be making progress every 20-30 minutes that she is in active second-stage labor. If there is no progress obviously, there may be an abnormally positioned calf or other condition that blocks passage of the fetus and membranes so they are not visible.

Several factors associated with the cow influence calving difficulty (dystocia), the major ones being her

age and pelvic size. First-calf heifers require more assistance in calving than do cows, because they are usually structurally smaller. Even 2- or 3-year-old cows can require assistance if their pelvic area remains small. About 5 percent of the calves at birth are in abnormal positions, such as forelegs or head turned back, breech, rear end position, side ways or rotated. This can be determined by the owner, who with careful preparations and cleanliness; examines the birth canal to assess the dilation of the cervix and position of the fetus. The normal position of a fetus is

both front feet and head in the pelvis area and if the calf is not too large assistance can be given to deliver the calf. Your veterinarian should be called if you suspect any problems or if delivery is delayed by 2 to 3 hours once labor has started.

Once the calf has been delivered, it is important to encourage the cow



to stand to reduce the chances of another serious problem - a uterine prolapse. This requires immediate veterinarian assistance. Also the placental membranes may not expel or separate from the uterine attachment. This should only be considered a problem if it continues for 3-5 days. Again a veterinarian can assist with this situation.

I hope that you will have a successful calving season with minor problems. Thank you, Bill

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

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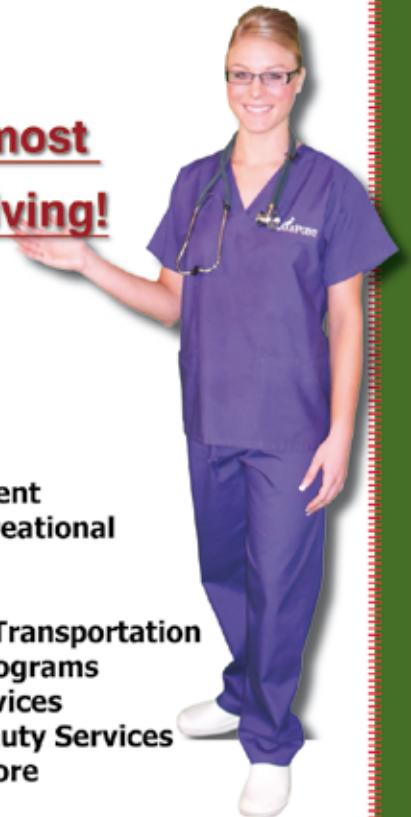


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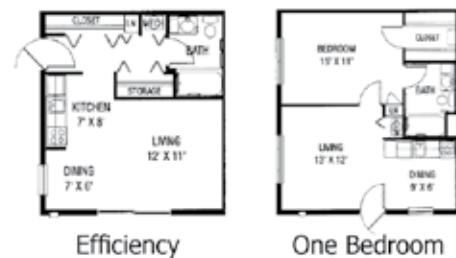


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SPORTS

Pitt State football recruiting class 2013

This article brought to you by *Vietti Auto Body & Alignment*

By *Mark Schremmer*



The attention toward college football recruiting seems to be magnified each year.

Fans want to know who the star players are going to be and which teams “won” and which teams “lost” the recruiting season. This is fun to chat about in sports bars or diners, but the reality is that most of this remains a mystery until the players actually strap on a helmet and learn how they will fit in.

Are they being utilized in the best position and will their personalities fit in with the team concept? These are questions that are at least several months away from answering.

Still as fans, we will chat, send tweets and try to envision the future.

With that said, here is a look at the Pittsburg State Gorillas’ recent college football recruiting class.

The quick thing to notice is that the Gorillas obviously were focused on improving the offensive line. Pittsburg State signed three college transfers – Butler Community College’s Zachary Burkhart (6-3, 285) and Jesse Ingle (6-2, 280) and Coffeyville Community College’s Ethan Smith (6-2, 255) – to help fill immediate holes and seven high school players to groom as future leaders on the offensive line.

Burkhart and Ingle were All-Jayhawk Conference selections, and several of the high school signees have potential.

Bo Farrow (6-2, 250) was listed on Rivals.com as a two-star recruit out of Broken Arrow High School after earning an Oklahoma Class 6A All-State selection as a senior. He also was the 6A state champion in the discus and shot put.

Jacob Ralph (6-5, 280) also is a lineman with potential for the Gorillas after being a two-time all-conference selection at Shiloh Christian in Bentonville, Ark.

Other key recruits include junior safety Isaac Maselera (6-0, 190), who transferred after two seasons at Division I Oklahoma State. Maselera played two seasons for the Cowboys after being an Oklahoma Class 4A All-State performer at Glenpool High School. Coming out of high school, he was listed by Rivals.com as a three-star recruit and as the No. 18 player in Oklahoma.

Deontre Youngblood, a freshman defensive back out of East Central High School in Tulsa, Okla., was a second-team Class 5A All-State defensive back after registering four interceptions and three punt returns for touchdowns as a senior. According to Rivals, Youngblood was receiving Division I attention from Kansas State, Kansas, Arkansas State and Tulsa.

Locally, Pittsburg State added Pittsburg High wide receiver and defensive back Spencer Bernhardt (6-2, 180), Webb City (Mo.) defensive end Jose Speer (6-4, 220), Oswego linebacker Ethan Spore (6-0, 190) and Fort Scott Community College sophomore quarterback Owen Jordan, who played his senior high school season at Columbus.

- MITCHELL ARGABRIGHT, 5-11, 150, FR, S, Olpe
- COLIN AUBUCHON, 6-3, 255, FR, TE, Lee’s Summit (Mo.)
- DANIEL AUGUST, 6-4, 270, FR, DE, Victory Christian (Okla.)
- DEMETRIUS BERNARD, 5-11, 225, FR, LB, Fort Zumwalt West (Mo.)
- SPENCER BERNHARDT, 6-2, 180, FR, WR/DB, Pittsburg
- ANDY BRESTEL, 6-3, 285, FR, DL, Fort Gibson (Okla.)
- ANTOINE BROWN, 6-3, 220, FR, DE, East Central (Okla.)
- DAVID CARDINAL, Jr., 5-8, 205, FR, RB, Hays
- CHASE CARNEY, 6-5, 240, FR, OL, Fayetteville (Ark.)
- RYAN CIPRIANI, 6-4, 255, FR, OL, Blue Valley West
- BO FARROW, 6-2, 250, FR, OL, Broken Arrow (Okla.)
- THOMAS LePAGE, 6-3, 180, FR, QB, Jefferson City (Mo.)
- CARSON LETCHWORTH, 6-3, 230, FR, TE, Blue Springs (Mo.)
- AREN MARTIN, 6-1, 190, FR, WR, Lebanon (Mo.)
- RYAN McNERLIN, 5-9, 185, FR, RB/S, Blue Valley
- JARED MURPHY, 6-2, 250, FR, DL, Prairie Grove (Ark.)
- ALEX NORRIS, 6-2, 210, FR, LB, Blue Valley West
- ANDY OTTING, 6-3, 230, FR, TE, Hayden
- JACOB RALPH, 6-5, 280, FR, OL, Shiloh Christian (Ark.)
- DEXTON ROBERTSON, 6-4, 300, FR, OL, Cashion (Okla.)
- MICHAEL ROSE, 5-10, 170,

FR, RB/WR, LaCueva (N.M.)

- BEN SAINT, 6-2, 320, FR, OL, Fort Zumwalt West (Mo.)
- KELLEN SIMS, 5-11, 180, FR, WR, Derby
- JOSÉ SPEER, 6-4, 220, FR, DE, Webb City (Mo.)
- ETHAN SPORE, 6-0, 190, FR, LB, Oswego
- CHRIS THOMPSON, 6-3, 210, FR, WR, LaCueva (N.M.)
- JAXON UHLES, 6-0, 235, FR, LB, Norman North (Okla.)
- KELLY WORTHAM, 6-3, 270, FR, OL, Yukon (Okla.)
- JAXON WRIGHT, 6-0, 172, FR, DB, Holton
- DEONTRE YOUNGBLOOD, 6-0, 180, FR, DB, East Central (Okla.)
- ZACHARY BURKHART, 6-3, 285, JR, OL, Butler Community College
- TIMMY CHADD, 5-10, 210, SO, LB, Hutchinson Community College
- JESSE INGLE, 6-2, 280, JR, OL, Butler Community College



- OWEN JORDAN, 6-2, 180, SO, QB, Fort Scott Community College
- ISAAC MASELERA, 6-0, 190, JR, S, Oklahoma State University
- GARRETT POWELL, 6-0, 200, JR, WR/P, Northeastern Oklahoma A&M
- ETHAN SMITH, 6-2, 255, SR, OL, Coffeyville Community College

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

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ASSISTED LIVING

How can I keep medical professionals all on the same page?

By Michelle Gaborie LPN/Administrator



Q: When I take my Mom to multiple doctors what would be the best way to keep everyone on the same page with her care?



interventions, and medications. That way, conflicting medical advice, overlapping therapies, and potential dangerous drug interactions can be avoided. Be sure to include the optometrist in the list of specialists as they prescribed eye drops that can affect other medications and this is overlooked often thinking "it's just eye drops" but these are medications that go directly in the mucous membrane absorbing rapidly.

A: Because more than half of adults over age 65 have at least three chronic conditions, steps should be taken to ensure that combined treatment strategies do not do more harm than good. The problem is that specialists sometimes focus only on their specific plan of care, often without taking a patient's other conditions into account. As a result, a physician may be unaware of the interventions being prescribed by other doctors. To avoid unnecessary complications, older patients are urged to designate their primary care physicians or geriatricians, as their central coordinator, one who is aware of all of their patients' ailments,

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

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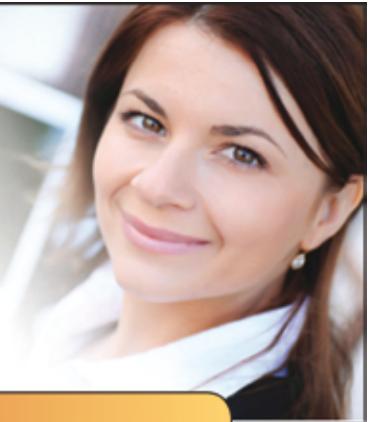
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