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WHAT'S NEW NOW?

What's new now? - A bad, little boy - series

By Charlie Traffas

(for the first three articles in this series refer to Dec. '12 thru Mar.'13 at www.theqandatimes.com)



Q: What's new now?

A: Do you remember the bad, little boy most all of us had in our "world" when we

grew up? Almost every neighborhood and little town had one. Believe it or

not, we even had one in my small home town of Sharon, KS. (pop. 280 when I was growing up in the 50s). We lived on the farm, but every once in awhile my brother and I got to come to town and play with the other kids. We had a very bad, little boy who lived in town. I won't mention his name, but he was a terror. He went around pulling cats' tails, dumping over trash barrels, unrolling rolls of toilet paper, writing on the store windows with a bar of soap, and lots of other things. Many of us were ornery, but he wasn't

just ornery...he was...well he was just a very bad, little boy. After hearing so much about all that he did from the townsfolk, Mom told me I couldn't be around him any longer. I remember a few days before she issued me that edict, I had overheard him greeting an elderly lady as we were all coming out of Church. He said, "Good morning Mrs. _____. I hope you are having a lovely day." I thought to myself, "Something is up. I have never heard him greet anyone like this." A day or two later, he and several of us boys were

See New..Page 19

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PLUMBING

How do you prevent basements from flooding?

By Braden Peak



Q: Our basement flooded recently during a heavy rain and it ruined some of our appliances and belongings. Is there anything we can do to prevent this from

happening in the future?

A: That's a great question and a

topic that we have covered in the past but it deserves to be covered again.

With our rainy season approaching us quickly I thought I would touch on this topic again. Flooded basements due to heavy rain can be caused by various issues, but I will cover the most common culprits. First of all, a properly installed sump pump is

See Flooding...Page 22

CARS, TRUCKS, VANS & SUV'S

Is the 6wd SUV a concept?

By Eddie Walsh



Q: I heard that Mercedes is coming out with a 6wd SUV. Is it a concept? Do you think we might see more 6wd SUVs on the

market?

A: In October, Mercedes will roll out about 30 6wd SUVs. The new Mercedes G63 AMG 6x6 features a bare metal cabin and power from a 185-hp diesel. The engineers over at Mercedes swapped the drive train from the G63, featuring a 5.5-litre, twin turbo V-8 good for 536 hp, mated to a seven-speed transmission. This is good enough to hustle the 8,300-lb beast to 60mph in six seconds.

Of course the vehicle will still come with Mercedes brand of luxury, from quilted white leather seats to a bamboo-lined cargo area. It also comes with a hefty price tag of \$457,000.

The 6wd is not a concept and

See SUV...Page 24

KNOW YOUR LOCAL BUSINESS

By Jeanie Erwin

Q: Often there are businesses or services out there that are vital to those in need of help and many have no idea about them. Are there any locally that can help with unexpected pregnancies in teens?

A: Many are facing serious issues in their lives today, and one of those issues may be an unexpected pregnancy. As difficult as an unexpected pregnancy might be, there are many resources available in the community that help individuals navigate the difficult time.

One of these resources is Vie Medical Clinic, an outstanding pregnancy support and abortion alternative service in Pittsburg.

Having first opened their doors in 2003 as the Women's Resource Center of Southeast Kansas,

Inc., in 2007 their doors were reopened and the name changed to Vie Medical Clinic. The mission then, as it is now, is to provide information, support and encouragement to anyone facing a sexual health issue.

Many people facing either an unexpected pregnancy or any other sexual health issue or crisis have limited options available of where they can turn. Limited options often lead to limited information. Vie Medical Clinic provides comprehensive services and support so that anyone facing a crisis can make confident and informed decisions.

Vie Medical Clinic provides an



extensive line of services that includes: pregnancy testing, limited obstetrical ultrasounds, post-abortion support, information on all pregnancy options, sexually transmitted infection testing, sexual integrity education, peer counseling, parenting classes, men's mentoring, as well as medical and community referrals. Individuals can access these services free of charge, regardless of income, race, or religion.

Sexual health services are critical to the community. No one ever plans on an unexpected pregnancy or contracting a sexually transmitted infection and consequently, likely do not have extensive knowledge of the options or services available in the community. The staff at Vie Medical Clinic assures that each client that comes through their door is a top priority. Although the circumstances are different, the need for accurate information, support and encouragement remains the same. Individual needs are met with compassion.

Vie Medical Clinic serves the Southeast Kansas and four state area.

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FROM THE PUBLISHER

Do you own one of these businesses?

By Jerod Norris



Hi and welcome to the April 2013 edition of the SE Kansas Q&A Times Journal.

industry. We may have something special for them.

My contact information is 620-249-7462 or jnorris@chartmarketing.com.

As we head into another

Its going to be a great season! Thank you for reading.

Spring / Summer season, the Q&A Times would like introductions to businesses or business owners actively seeking to promote themselves in the following industries: Construction, Heating & Air, Lumber Yard, Pool & Spa, Roofing, Golf Course, BBQ or catering Restaurants, and any other spring/summer related professions. I would enjoy visiting with them and learning about their

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FLOWERS & ARRANGEMENTS

What are some options in lasting arrangements?

By Kimberly Clark



Q: During the holidays, I enjoyed having flowers in my home for all of the festivities. Now that the holidays are over, I am missing that added touch in my home. What would you suggest I try for something lasting that gives that same festive and special touch?

A: If you are like me, having flowers in the home every day would be first choice! Sometimes though, that is not practical or possible. In these instances, try opting for something a bit more lasting.

One of the best ways to add that special feel that fresh flowers add to any room is to opt for flowering plants. With proper care, flowering plants last longer and add that element of warmth and cheer.

There are many great options out there this time of year. Some of my personal favorites include potted primrose, hyacinth, and iris.



You can also try a mini-potted garden in which you can create a beautiful focal point using a combination of flowering and non-flowering plants that you find attractive.

If flowering is not a steadfast requirement, try adding plants that add interest as well as provide indoor air quality benefits. The Areca Palm, Lady Palm, Bamboo Palm, Rubber Plant, Dracaena, Dwarf Date Palm, Ficus Alii, Boston Fern, Peace Lily, and Philodendron are the top ten plants for removing formaldehyde, benzene, and carbon monoxide from the air.

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



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RELIGION

God's existence

By Pastor Bill Emmerling



Q: What is the evidence for God's existence, apart from the Bible?

A: Looking for God apart from the Bible is a dubious proposition at best.

Evidence, or facts as we like to refer to them, must be interpreted. And how one interprets evidence depends upon our worldview, the philosophical foundation from which we make decisions.

" . . . For what can be known about God is plain to them, because God has shown it to them. For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse. . . ." (Rom 1:19-20 ESV)

Even 2000 years ago, the apostle Paul stated that the evidence could be clearly seen.

How so?

In our modern world, we have

insulated ourselves from as much of the created world as possible. We fail to see the structure and order around us not realizing that the order we impose ourselves is evidence of God's handiwork. However, today with the advancements in science, we have additional evidence to examine. In fact, the evidence is so numerous it is difficult to know where to begin and end. Some limited examples include:

* Mathematics – the simple fact that we can have rational rules and logic, consistent in describing the world around us, is a profound evidence that is often overlooked. Our universe would not exist without the rational, mathematical structure it has, nor would we be able to accurately describe it.

* Biology & life – When my first child was born, I was utterly amazed at the wonder that a child could enter the world so small yet so complete. The notion that a child could be produced as a result of random selection became blatantly absurd to me. Other subjects for discussion might include: the wonder of the information stored in DNA, complexity of the eye, instincts of animals, symbiotic relationships, etc. . . .

* Ecology and Geology—Looking

at the systems in place for watering the earth is amazing. One can actually see the water cycle in action in places like Salt Lake City where water can be seen rising from the lake, entering clouds, snowing on the mountains nearby, only to thaw and run-off in the spring.

* Astronomy and Sub-Atomic Physics—I have been in awe of God's power and design for years in this field.

* The nuclear forces in the atom are so precise that if constants differed by a fraction of a percent matter would not exist.

* The placement of the earth's orbit around a particular kind of star in a particular place in the galaxy, with its particular rotation and tilt are all necessary for life to exist on our planet. Further, a moon of sufficient, but not too large size to provide necessary tidal action.

* Gas giants placed such as to block many incoming threats from the outer solar system.

* Food for Thought. Light exists simultaneously as both electromagnetic wave and particle, yet we cannot observe it as both at the same time.

These are just a sampling of the

evidences of God's handiwork, if you are willing to interpret them as such. It is not so much in any one example, but the weight of all the examples that is so compelling. Yet, our struggle is in understanding that how we interpret is a matter of faith, faith in God's word or faith in the fallen-faulty thinking of man. Man's theories change. God and His Word does not.

We need to remember the words surrounding the quote above:

"For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who by their unrighteousness suppress the truth. . . . For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened. Claiming to be wise, they became fools, . . ."

(Rom 1:18-22 ESV)

Ultimately, where we spend eternity will be depend upon who we place our hope in. Trust in Jesus as your Lord and Savior, today.

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.

FOOD & BEVERAGE

Great spaghetti sauce & meatball recipe

By Brian Bulot



Q: We have kids and end up eating a lot of spaghetti. My husband and I are getting a little tired of the same old thing so I thought

I could change it up by making it homemade. Do you have any recipes that you could share?

A: Sure! Where would we be without a great recipe for homemade spaghetti sauce and meatballs? Here is one for my favorite bit of Italian deliciousness.

Meatballs

1 lb lean ground beef
1 cup fresh bread crumbs
1 tablespoon dried parsley
1 tablespoon grated parmesan cheese
1/4 teaspoon garlic powder
1 egg, beaten

Sauce

3/4 cup chopped onion
5 cloves garlic, minced

1/4 cup olive oil
2 (28 oz) cans whole peeled tomatoes
2 teaspoon salt
1 teaspoon white sugar
1 bay leaf
1 (6 oz) can tomato paste
3/4 teaspoon dried basil
1/2 teaspoon ground black pepper

Directions

In a large bowl, mix meatball ingredients. Form into 12 balls, cover and refrigerate until needed.

In a large saucepan over medium heat, sauté onion and garlic in olive oil until onion is translucent. Stir in

tomatoes, sugar, salt and bay leaf. Cover, reduce heat to low, and simmer for 90 minutes. Stir in tomato paste, basil and 1/2 teaspoon pepper and meatballs and simmer 30 minutes more.

Alternately, you can bake your meatballs at 425 degrees until done and add them to the sauce.

Serve over pasta and enjoy!



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FINANCIAL

How do prepaid debit cards work?

By Mark Kolarik



Q: Can you tell me what a prepaid debit is?

A: A prepaid debit card is like carrying cash in your wallet, but you don't have to carry all those bills. Most financial institutions offer prepaid debit cards. When you purchase a prepaid card, the card is issued in your name. The difference between a prepaid card and a regular debit card is that you take money from your savings or checking account and place that money electronically on the prepaid card. Where a debit card takes funds directly from your checking account each time a transaction is done. Generally, you can load any amount on to the card. You can only spend the amount on your prepaid card, so you never overdraw a checking account. This eliminates overdraft fees and embarrassing mistakes.

Most cards allow you to manage the prepaid card online. This means you can track your spending so you always know how much you've spent, how much money is left on your card, and

if your card is running out of funds, just reload the card with funds from your bank account. The prepaid card can be used anywhere debit cards are accepted and used to access cash at an ATM.

The prepaid debit card is also very safe. It's not tied to your checking or saving account, so if it's lost or stolen, you won't have any risk. Most cards come with Zero Liability Protection for your security so it's much safer than carrying cash. And best of all, you don't have to qualify for the card, just contact a financial institution and purchase a card.

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.

ASSISTED LIVING

How can I feel healthier longer?

By Michelle Gaborie LPN/Administrator



Q: I am a baby boomer and thinking about retiring. What are some ideas to stay feeling healthier longer?

A: Not only are we living longer, we are living better. While much of the extension of life expectancy and improved quality of life are due to advances in medicine and increased safety, many Americans have changed their lifestyles in ways that have seemingly trimmed ten years off their chronological ages. Whether it is exercising more, eating better or stressing less, there is a growing reservoir of knowledge contributing to the fountain of youth. It has long been known that individuals with high degrees of cardio respiratory fitness live longer. Now research that is more recent shows that being physically fit during middle age also leads to decreases in non-fatal chronic disease later in life. Now that we know greater fitness leads to both improved life quality and quantity, how does a person go about getting fit? One of the

most effective ways to get in shape, at any age, is to get a fitness partner. Walking and working out in groups help ensure that an individual will stay with a fitness routine because fitness partners reinforce each other with their enthusiasm and commitment. People who exercise together stay engaged.

P.S. To remain committed to your exercise routine, choose an activity that you think you will enjoy and set a regular exercise time.



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.

CAKES & SWEETS

The great confection debate: fondant vs. butter cream Part 1

By Heather Horton



Q: What is the difference between fondant and butter cream?

A: A lot! There has been a debate going on for years.

Which is better fondant or buttercream for cakes, cookies, confections and the like? Each pastry chef, cake decorator or home baker has their own opinion. You will have to decide for yourself.

Fondant is sugar dough much like play dough but made using mainly sugar. Some recipes call for gelatin and other additives. Fondant can be bought at the store in various degrees of quality. Most often if the product is cheaper it will have a lesser quality. For example, Wilton brand fondant has a very plastic/chemical after taste to it and can dry out quickly which makes it harder to work with. Fondarific brand, on the other hand, tastes great, comes in tons of different



flavors and is very easy to use with a long workability time factor. Another more popular brand and more readily available is Satin-Ice. Its middle of the line quality leaves your mouth with a chemical aftertaste and has more limited workability. If you're up for a fun challenge making your own fondant is easy! All you need are Marshmallows, water and powdered sugar. Marshmallow fondant is easy to work with, can be custom flavored and tastes great. It is also inexpensive alternative to store bought fondant. Many recipes can be found online. When ordering a cake from your baker be sure to ask which kind they use.

Buttercream icing is made in many

different ways with at least 4 different bases:

Butter, Shortening, Yolk Based, or Meringue based. Again, quality is key here. A classic American "decorators" icing will consist of a main fat (in most cases this is shortening or butter), liquid (milk in most cases) and powdered sugar. This icing results in a thick, heavy icing that tends to crust over after being applied to a cake or confection, mostly used for accents, flowers or just trim work. A more decadent & sophisticated icing is an Italian Buttercream. This icing requires beating egg whites and heating sugar syrup to be combined along with butter in the final stages. The result is a smooth and creamy delicious icing that doesn't crust over after the cake is decorated. This method is a Meringue based icing.

Next month we'll discuss popular (and unique) uses for both fondant and buttercream.

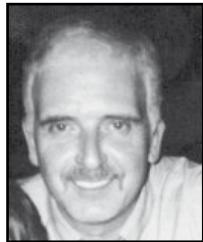


Heather L Horton is the owner of Sweet Designs Cakery in Pittsburg, KS. With many years experience in the kitchen combined with a bachelors degree in Fine Art and a Masters Degree in Communication, Heather and her team are more than qualified to create the best Classic and Contemporary confections out 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!

FLOWERS & PLANTS

Where should you plant a flower garden?

By Dan Longan



Q: I am a beginning gardener and planted my first garden last season. Unfortunately, I spent about \$300 and ended up planting in a spot that just did not work, killing off everything I planted. How do I know where to plant?

A: Gardeners save time, energy, and money by gathering information about the types of flowers that will grow best in their garden location. You can find flowers that will grow in just about any location, but every property has a location most suited for successful gardening. April 1st is generally considered the time to start planting cool weather annuals such as petunias and snapdragons as well as most perennials and frost proof vegetable plants. Part of gardening research includes finding the best location for your flower garden, then finding the flowers most suited to that location.

Before buying plants or seeds, or

turning over the first shovel of dirt do some investigation. Look at the quality of soil at all of the locations you are considering, as well as the amount of sun and shade. If you choose the best location of your property to grow flowers, then you will most likely never have to relocate your flower bed, or kill off your investment.

Some things to consider when choosing the best location for your flower garden are:

- Sunlight. The amount of sunlight your flowers require differs among species. If you are going to plant roses, then you need to choose a site that gets at least six hours of direct sunlight each day. If you like ferns or Hostas, they require at least 50% shade to grow optimally.

- Soil drainage. Knowing the soil drainage rate is crucial when planting a flower garden. Sandy soil will drain very fast. It will drain very slowly if your dirt is full of clay. The leading cause of death for flowering plants is poor soil drainage. When choosing a location for your flower garden, test the soil

before planting and correct any issues.

- Water location.

If your water source is inconvenient, you will be less likely to stay on top of proper watering. Save time and energy by choosing a garden site close to a source of water, or else you will find yourself trucking water to the garden by bucket or sprinkler can. If you plan on growing a very large flower garden, you could invest in a water irrigation system.

- Soil quality. Flowers grow best in slightly acidic soil, with a pH within the range of 6.5 to 7.2. Purchase a soil test kit from your garden center and follow the instructions to test your soil. If your findings determine that you need to adjust the pH levels of your soil, add lime to reduce alkaline or add



sulfur to reduce acid. Retest your soil in two weeks and then adjust again, if necessary. Add compost to your soil regardless of the pH levels.

Starting a flower garden can be fun and exciting. It can also be a source of frustration if you do not invest some time learning about your location and flower selections. Good luck, and happy gardening!

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

AUTOMOTIVE

How do I avoid needing common repairs?

By Jeff Lovell



Q: It seems like every time I turn around, my car needs yet another repair. They are not major repairs, but if it is possible somehow, I would like to avoid them in the future. Any advice?

A: You are not alone! Americans are keeping cars longer these days and putting many more miles on them before trading them in for newer models. This of course gives owners much more time to experience car trouble.

Automotive repair is a hot topic and in the news frequently lately. Recently, industry experts published a study on America's Vehicle Health Index, which included the most common and avoidable repairs. Here are the five most common repairs that can be avoided through maintenance:

1. Engine Misfire. Engine misfire occurs when the spark fires at the incorrect time or not at all. This can be

caused by several reasons, including bad fuel delivery, bad plugs, bad plug wires, vacuum leak, or mechanical breakdown. Prevent this problem



by keeping your car tuned to factory specs and getting a yearly trouble code scan to detect problems early.

2. Evaporative Emissions Leak and/or Failure. The EVAP system traps gas tank fumes and consists of a fuel tank, vapor lines, and a liquid vapor separator. If any part of the system develops a leak, the car's computer will register an "EVAP Leak" code. Try

to not over fill your car when getting gas. When it clicks off, stop filling. To prevent problems, always replace your gas cap tightly. Also, use a good rust protection application.

3. System Running Too Lean. This happens due to a vacuum leak, faulty injector driver, bad injector, or a need for a computer update. Regular maintenance with your shop can avert this problem.

4. Catalytic Converter Failure. Usually leaks or corrosion caused by uncontrolled fuel delivery are the culprits in Catalytic Converter Failure. Regular maintenance and keeping the systems at factory specs will help prevent the problem. If you need the converter replaced, also have your technician check the entire fuel delivery system.

5. Exhaust Gas Recirculation System Failure. This is an emissions system designed to lower combustion chamber temperatures in order to reduce pollution. To keep it running

properly, have it checked every 30,000 miles or immediately if the check engine light goes on.

6. Keeping your fuel filter changed will help on the life of the vehicle's fuel pump which should be changed every 15K miles. Transmission Flush is needed every 50K - 75K depending on the make of the vehicle and this will help the life of your transmission. Coolant Flush gets the old antifreeze out. If not then, over time old antifreeze deteriorates intake gaskets and water pump seals which then will make your water pump leak and need replaced.

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.

ANIMAL CARE

What care do outdoor cats need?

By Laura Morland



Q: What care should outdoor cats be given??

A: Cats that spend time outdoors are

exposed to several hazards; fights, injuries, toxins, becoming lost or trapped, and exposure to parasites and infectious diseases. In addition, free-roaming cats present risks to native wildlife. Most veterinarians recommend that cats stay indoors but many times clients are unable or unwilling to keep cats indoors especially in rural areas. Farmers often seek to keep a cat colony outdoors to help control rats and mice in and around barns and feed storage areas.

Preventative care for these free-roaming cats typically include appropriate vaccinations and parasite control. While all pet cats are at risk for parasites, ongoing exposure is more likely in those that spend time outdoors. Both internal and external



parasites are common, but most can be treated or prevented. Products should be selected based on probable parasite exposure, ease of use, and effectiveness.

Vaccinations are critical in preventing infectious diseases. Cats should be immunized against rabies and receive periodic boosters because exposure to wildlife is potentially dangerous especially skunks in this area. Rabies is one of the diseases that cats can spread to humans; in fact more rabies is spread by infected cats than dogs. The other vaccination that is most important is for panleukopenia virus

or feline distemper virus. It is most lethal to young kittens and has been blamed for multiple deaths in colonies of unvaccinated cats.

Parasite control is especially important in young kittens and can also have zoonotic (spread to humans) potential. Many effective products are available to be administered either orally or topically. Since it is difficult to prevent exposure in outdoor cats periodic treatment is recommended. External parasites can also be a problem and sometimes necessitates year round control. Fleas are potential vectors of Bartonella spp., tapeworm infection, and can cause anemia and death. Ticks can carry a number of diseases that will affect cats particularly the cytaurzoon sp that is fatal to cats exposed. Fortunately there are very good products available both OTC or from your local veterinarian to protect your cats and keep them healthy.

Surgical sterilization is a critical factor

in both keeping your cats healthy and in population control. Fighting among intact males is a common problem and has the potential of spreading disease as well as inflicting serious wounds that may require medical attention. Cats can be spayed or neutered at a young age and vaccinated at the same time.

These are just some of the suggestions for preventative care for your out-door cats-see your local veterinarian for their assistance in keeping your cats healthy.

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

FURNITURE

How can I bring new life to my old furniture?

By Hillary Houston



Q: I have a number of pieces of furniture that have come second-hand from yard sales and thrift stores. I bought the items because they had good bones and I really do like them. The problem is that my house is starting to look like a yard sale. Do you have any advice on how to spruce up my pieces and give them a more cohesive look?

A: I love thrift store, yard sale and flea market finds myself, so I understand your attraction to them. I also understand what you mean when you say your home is starting to look like a yard sale! A piece can be pretty and have a ton of potential, but it does not necessarily mean it will give your home the overall look that you want.

The good news is that you can keep the pieces that you love and have that cohesive, planned design that you want. One option is to paint all of the pieces to match the décor of the rooms. Painted and refurbished items are all

the rage right now and have gained in popularity due to the affordability as well as the eco-friendly aspect of giving a second life to an item that might have been tossed otherwise.

I know painting your furniture sounds like a lot of work, and it might be. If you are not the do-it-yourself type or start the project and cannot seem to find time to actually finish it, consider having it painted for you. There are qualified services available where you can take your furniture and have it painted to your specifications, quickly and affordably. Not only would you have your furniture done right, you would be keeping the business local, which benefits the entire community.

Good luck and happy painting!

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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Remember that New Year's resolution you made?

By Cathy Lloyd



Q: This is the time of year when my resolution has kind of gone out the door. How can I get back the motivation?

A: It's April already and "What was it that I said in January that I was going to do different this year?" Is that gym membership burning a hole in your pocket? New Year's Resolutions in April...where did they go? Statistics show that about half of you have already given up on your New Year's resolution. In another few weeks, half of the people left will have forgotten all about it as well. For those of you that are still doing the deal, hold your head high because you are one of the few.

If your New Year's Resolution has fizzled out, don't beat yourself up! You're not alone! Instead of getting down and thinking of this as a failure, you need to figure out why it happened in the first place. Learn from what

went wrong and start over with your goals and desires. The following is a list of reasons why your New Year's resolution might have failed and how to succeed

1. A resolution is just a GOAL. Treat it like a goal. You need motivation but that motivation comes from a reason and that reason produces goals. More importantly, WHY? Why are your goals important? What is the true reason you want to get healthy? Dig deep for your 'why'. Why do you NEED to lose weight and get healthy? Write it down. Put it up all around the house as little reminders to keep you motivated. It is key to your success. Your true 'why' will attach you to your goals and you will be more likely to achieve them.

2. You didn't plan for the set backs and obstacles when you started. There



are always obstacles and without a plan they can kill your resolution. We all fail. You need a clearly defined plan for what to do when this happens. Recognize that things will get hard and unexpected obstacles will get the better of you. Learn from them. Decide to step over them. Remember your reason why and don't let it become the excuse. Give yourself some leeway. Forgive yourself and continue on.

3. Friends and family are important. With any goal, it's important to surround yourself with

people who believe in what you're doing and want to see you succeed. If they are not supportive then keep them at a distance. Accountability is huge. To have someone who is in the same boat and trying to do the same thing as you is supportive. You don't want to fail each other, and you can build each other up. Someone to hold you accountable will help extinguish the saboteur in your head. They keep you on task and acknowledge your accomplishments as well as helping you not to focus on your mistakes.

4. Sometimes we take on too much. We want to make huge leaps in progress overnight but real growth is slow and steady. Take it a step at a time, with reasonable expectations. Be patient. It's not about how much and how quickly, but WHAT you achieve. Put one foot in front of the other, focus on your goal and momentum will build as you make incremental steps toward it.

5. We can be afraid of success because we think it will eventually lead to failure. A lot of goals sound great but once you actually start thinking of what life will be like once it's accomplished, fear can set in. Sometimes we are so attached to who we are and life as we know it, flaws and all, we unconsciously sabotage ourselves. Fear is just part of the process. We can all push ourselves beyond our preconceived limits. Instead of fear becoming an obstacle, use it to empower you and reach your goals. Prove to yourself that you can.

Realign your goals and your reason why. Get back on that treadmill. Revamp your pantry and start again for YOU! You are awesome and worth it. Don't give up on yourself!

Cathy Lloyd is a RN/RT who has worked in the field of nutrition and healthcare for 29-years. Cathy is the owner / operator of Piece Of Cake Nutrition along with her husband Kevin Lloyd located at 512 N. Broadway, Pittsburg KS, 66762. Piece Of Cake Nutrition specializes in helping people meet their overall health goals. They hold monthly weight loss challenges, daily exercise classes, and provide healthy treats, smoothies, shakes, and supplements. Everyone who walks through the door gets a free health evaluation. For more information or to schedule an appointment call 620-687-3924 or e-mail kevnecat2005@gmail.com.

LAWN & LANDSCAPE

What should I do about bugs?

By Justin Cawyer

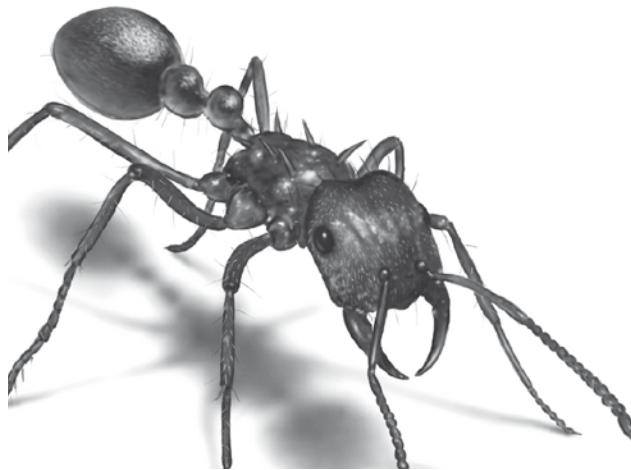


Q: Can you tell me how to debug my property and make it safe for spring and summer play and parties?

A: Debugging your yard depends on a few things, such as the types of bugs, plants, and the past and current weather conditions, among many others. Debugging properly will also require knowing which pesticides or herbicides to use for each problem, and when.

Unfortunately, debugging is not as simple as we wish or think it to be. No one solution or application will take care of every bug, and if not done properly, many applications will fail completely.

First, you need to know that pesticides and herbicides are a tool in your tool box, but not the only one. You can begin now by making your property less attractive to bugs. Do this by:



- Mow the lawn frequently.
- Clear tall grasses.
- Remove brush.
- Stack wood neatly in a dry area.
- Remove leaf litter.
- Place toys and playground equipment in a sanded area.
- Do not over-water your yard.
- Never leave standing water.
- For lawns bordered by fields, create a 3ft wide border of gravel, sand, or woodchips.

Next, know the types of bugs you are

wanting remove. Not every pesticide or herbicide will kill off every bug. Also, you will want to know when is the best time to apply the chemicals for that particular pest. If you apply too soon or too late it can render the application useless.

Early spring is a great time to address most bug problems. Talk to your lawn care professional about your concerns and ask about proper applications for your particular problems.

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.

HOME FLOORING

What should I consider when choosing wood flooring finishes?

By Roland Dalrymple

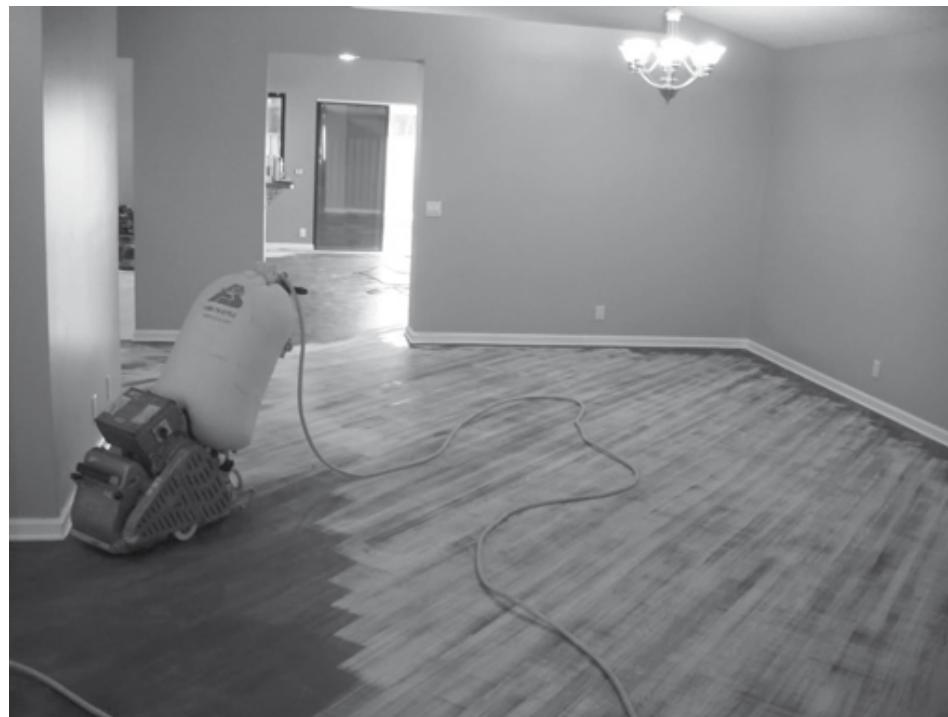


Q: We are completely rehabbing an old farmhouse. One of the biggest issues is the wood flooring. Right now, we are wondering what type of finish we should consider. Do you have any recommendations? Thanks in advance for your advice.

A: When choosing a flooring finish, consider your lifestyle and maintenance preferences. Not all flooring finishes are the same, or have the same requirements. All wood floor and finishes will need routine sweeping or dust mopping, but which one you choose will have an impact on the long-term care and look of the flooring.

First, you can choose from surface finishes. These are durable, water resistant, and require minimal care. Surface finishes are made from blends of synthetic resins and usually referred to as urethanes or polyurethanes.

The types of surface finishes



available include:

- * Water based finishes, which appear clear and resist yellowing over time.

- * Oil-based finishes, which appear amber in color, are durable, have a mild odor, and have an eight-

hour drying time.

- * Acid-cured finishes, appear clear to slightly amber, dries in three hours, and are extremely durable.

- * Moisture-cured finishes, which have a strong odor at applications, dry in 3 hours in humid conditions,

and are durable and more moisture resistant than most finishes.

Wax finishes are another option. These soak into the pores of the wood and harden to form a protective covering. Wax finishes are durable but do show spots from water and other contaminates.

Finally, here are acrylic impregnated finishes, which are injected into the wood to create a super-hard floor. This application is rarely used in residences and most appropriate for high-traffic commercial settings, such as malls.

For most homes, surface finishes are the perfect choice for low maintenance, high durability, and beautiful results.

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.

COMMUNITY

How do I know if someone is ready for a group home?

By Stephanie Webb



Q: How do you know if someone is able or ready for group home living?

A: Great question. Unfortunately there is not an easy answer because

every person with intellectual or developmental disabilities are as unique as you or i. If a person is living at home, sometimes it is a tough choice. The parent/family has to decide if they are ready to let them go. This is difficult for parent who has cared for every need, all of their child's life. Sometimes it is a harder decision but made for the right reasons. If you, or any member of your family is feeling exhausted or out of control, with the constant care you are providing, it may be time to visit with your CDDO, or Case Manager about the transition to a group home.

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atmosphere of companionship, activity, and a passionate and caring staff member who over sees complete care for your family member.



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It is often felt as if we are abandoning this member of our family, but in all reality, if you are with the right agency, whom you have researched in full, you are really doing an amazing justice to your family member, and your self.

As the transition into the group home

takes affect, your family member gains independence, responsibility, and a sense of ownership. We see people grow and flourish everyday in group homes. Always remember you can visit anytime you would like in a group home and you can take your family member on outings as often as you like. The benefit is, you get to have all the fun and enjoy your time spent with them.

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.

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LOCAL EVENTS

4th Annual Get Fit TRYathlon New Running Event

Q: What's new at the Get Fit TRYathlon this year?

A: Big Brothers Big Sisters hosts the 4th Annual Get Fit TRYathlon and the Get Fit 5K/10K run events. A 5K event was new last year for those 15 years and older and new for 2013 is a 10K event. One of the few 10K's in this area. A full 6.2 mile course that will cover a similar course of the 5K race and then will change up to cover the additional 3.1 miles. The course will tour the PSU campus and south of the campus area.

The 5K/10K race starts at 12pm on June 2 at the PSU Weede and the TRYathlon starts at 2pm. This is our 2nd year for chip timing the triathlon. We have added chip timing for all events this year that will include a digital finish line display. All participants will receive technical fiber shirts.

There is an optional clinic for the triathletes on June 1st @ the PSU Weede starting @ 2pm. New racers find this a great way to understand

more about what they will be doing race day. It helps ease some of the nervousness of trying a new event

Triathletes receive finisher medals and will be greeted by a day of fun in the Post Race Celebration area. New sponsors for 2013 and some new vendors will help make this a great time for all involved.

You just might see GUS the Gorilla on June 2, 2013!

Find us on Facebook to find out more information: Get Fit TRYathlon and Get Fit 5K/10K

Online registration: http://www.sportkc.org/sportkc.aspx?pgID=866&event_id=856

Contact: Joanna Rhodes 620-704-1396 GetFitTRYathlon@gmail.com



AUTO BODY REPAIR

Should I have my car door repaired?

By Richard Smith



Q: Long story short-- I recently pulled out of the gas station with the passenger door still open, catching it on a pillar. The door was pulled outward.

While it does open and shut fine, it makes a loud noise as it is rubbing on the fender. Is this something I should have fixed or should I leave well enough alone and deal with the noise as a reminder of my blunder?

A: Your door is probably out of alignment and the hinges may be slightly bent or the bolts, which fasten the hinges, loosened. There are several possible solutions to this, depending on the car make and model.

In some cases, it is possible to adjust the door by placing it in the proper position and then tightening the bolts. If the hinges are bent, it might be necessary to replace them as well as the sheet metal where the hinges attach if either cannot be straightened.

Some cars, however, have welded hinges that do not allow for much adjustment. In this case, replacement is likely necessary.

While the door is operational, the fact that it is hitting the fender is a problem. The problem is probably minor but I would suggest taking it in to the shop for repairs now before a minor issue becomes a big headache.

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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GIRARD AREA

Girard Area News

Bradshaw Collision Repair may be new to the Girard area, but Bob Bradshaw is not new to body work. In fact, he has over 20 years experience in the field.

Bradshaw, a 1991 Girard High School graduate, completed his degree in Auto Body Technology from Pittsburg State University in 1992. Following college, he began working for Breedlove Automotive in Parsons in 1993, where he remained until 2001, when the dealership closed. He was employed by Sharps Auto Body, until Mayse Automotive reopened the dealership in Parsons. Bradshaw then returned to Mayse and during which time trained to do Paintless Dent Repair. After a few years he began working full time out of a shop at his home, and has been operating his own business full time since 2010.

In 2011, Bradshaw purchased his current building, which is located just west of Girard in the industrial park at 1376 W Walnut. He remodeled the office, installed new windows, built a parts room and added a heated downdraft paint booth. Bradshaw Collision Repair officially opened in Girard in March of 2012.

Bradshaw works on all makes and models of vehicles. Some of his

most memorable jobs include a total restoration of a 1952 Chevy Truck owned by Mike Carter in St Paul and a restoration of a 1967 Camaro convertible, which is currently on

also does glass work and windshield replacement.

"I do free estimates and I will work with all insurance companies," Bradshaw said. "I don't mind dealing

customers from the Parsons and St. Paul area. He takes pride in quick turnaround time for his customers. "I try to get all jobs done in 5 days or less depending on the size of the repair," he said.

The Bradshaw family has long been a part of the Girard community. He and all seven of his siblings graduated from Girard High School. Since the business opening in 2012, Bradshaw has actively participated in the Girard community by sponsoring items at the school, including 2012-2013 basketball and football t-shirts and the Girard FFA. Bradshaw Collision Repair was also the sponsor of the 2012 Rollin' Nostalgia Car Show at Girard Homecoming last September and the business is a Premier member of the Girard Area Chamber.

Bradshaw resides in Pittsburg with his wife Elaine. Elaine has three children: Kayla who lives with her family in Altamont, Devin, a student at Pittsburg State University and Heath who is a recent Wichita State University graduate and lives and works in Wichita. Bradshaw has one daughter, Haley, who is currently attending Kansas State University and helps out around the business when she is home.



display in a showroom in Aurora, MO. Most of his current business includes insurance work, such as deer hits, collision, and hail damage. He

directly with the insurance companies to make things easier on the customer."

Bradshaw is building his business in Girard, but still sees a lot of repeat

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SPORTS

Kansas City Royals Q&A

This article brought to you by Vietti Auto Body & Alignment

By Mark Schremmer



Baseball season is here. I can already smell the hot dogs and hear the umpire say, "play ball."

For Kansas City Royals fans, this is a time for hope that the team will start a winning tradition.

With that said, I will take this time to address some of the most pressing questions regarding the 2013 Kansas City Royals season.

Q: How much will the additions of James Shields, Wade Davis and Ervin Santana improve the Royals' starting rotation?

A: The positive thing is that there is nowhere to go but up. Kansas City's 2012 rotation of Bruce Chen, Luke Hochevar, Jonathan Sanchez and others was one of the worst in major league baseball. Since the Royals didn't hit terribly well either, poor starts often meant the game was over after a few innings.

There's no doubt the rotation should be improved. However, the Royals aren't exactly the 1998 Atlanta Braves of Greg Maddux, Tom Glavine and John Smoltz either.

Shields should be Kansas City's best opening day starter since Zack Greinke and second best since Bret Saberhagen. However, we have to keep in perspective the fact that last year Shields was the second or third best pitcher on a Tampa Bay Rays team that didn't make the playoffs. Playing on a team with a lineup far superior to the Royals over the past four years, Shields has a record of only 55-49 during that span.

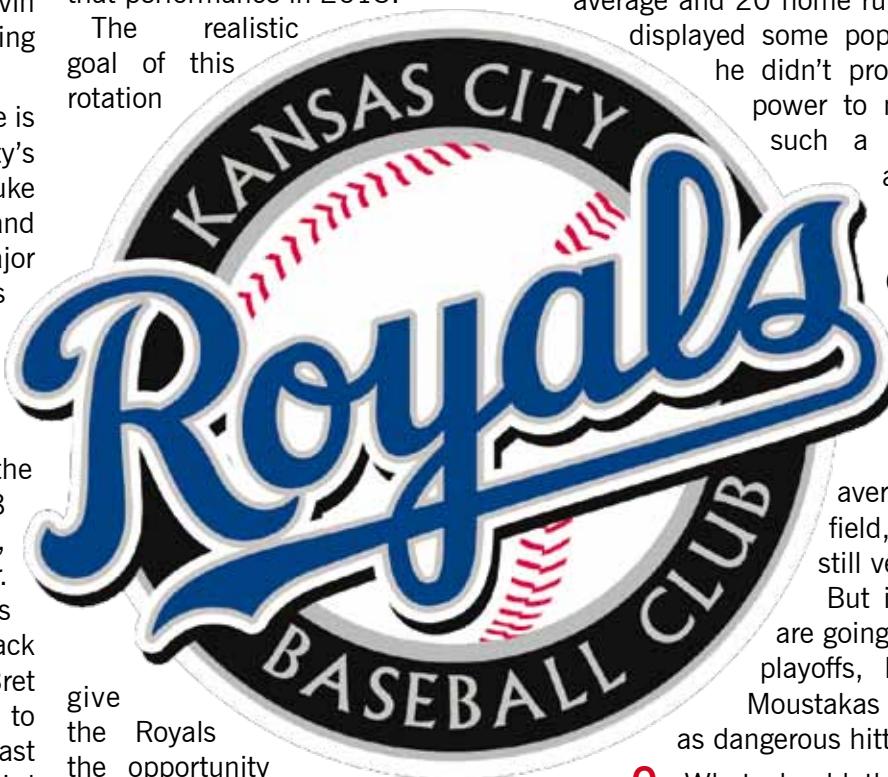
So, yes, Shields should be an improvement. But let's remember that the Royals didn't trade for Bob Gibson either. The hope is that he will eat innings and give the Royals a realistic chance to win. He should do that.

Davis didn't make Tampa Bay's rotation last year. However, he did pitch well with a 3-0 record and 2.43 ERA in 54 relief appearances. There are plenty of things to like about the 6-foot-5 and 27-year-old Davis. But, again, you probably shouldn't get overly excited when a pitcher who lost his rotation spot on a team that didn't make the playoffs is considered an improvement to your rotation. Concerns about his shoulder don't help matters.

Santana is a name, but he struggled considerably last year with the Angels. He was 9-13 with a 5.16 ERA over 30 starts last season. The hope is that he can return to all-star form when he was 16-7 with a 3.49 ERA in 2008. We'll see.

Jeremy Guthrie could be the most important piece of this rotation. Guthrie appeared to find new life when he joined the Royals midseason last year. After joining the Royals, Guthrie was 5-3 with a 3.16 ERA over 14 starts. The Royals need him to repeat that performance in 2013.

The realistic goal of this rotation



give the Royals the opportunity to win. But if the Royals are to take the next step and make the playoffs, it will need to be because they have great position players and good pitching – not the other way around.

Q: Will Eric Hosmer and Mike Moustakas become stars in 2013?

A: Royals fans certainly hope so. And if this team is going to become a winner, they will have to do so. Since there was so much attention on how poor the starting pitching was last year, the struggles of Hosmer and Moustakas were downplayed a little.

The expectations were that both players would be instant stars who could hit for average and power. While those expectations probably weren't fair to begin with, neither player came close to those hopes.

Hosmer followed his solid rookie season by hitting .232 with 14 home runs. He often looked lost at the plate, and his swing appeared long.

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Moustakas showed flashes, but he finished the season with a .242 batting average and 20 home runs. While he displayed some pop in his bat, he didn't provide enough power to make up for such a low batting average and on-base percentage (.296).

The good news is that both were above average in the field, and they are still very young.

But if the Royals are going to make the playoffs, Hosmer and Moustakas must emerge as dangerous hitters.

Q: What should the Royals do with Jeff Francoeur?

A: Since the Royals signed Francoeur to a two-year deal before last season, the team's only real option is to hold on to him for at least the first few months.

The hope is that the Royals will get the "Frenchy" that hit .285 with 20 homers in 2011 instead of the one who hit .235 with 16 homers in 2012.

But how the Royals are doing at the trade deadline will have just as much to do with decisions regarding Francoeur's future in Kansas City.

If the Royals are in contention at the deadline and Francoeur is playing well, Kansas City will hold on to him through the rest of the season. If the Royals aren't in contention and Francoeur is playing well, he will be dealt to a team in the hunt.

If the Royals are in contention despite the poor play of Francoeur, they must dump him and be buyers at the deadline. If Frenchy plays like he did last year and Kansas City isn't within striking distance, it really won't matter.

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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INSURANCE

Additional coverage to protect your prized possessions

By Jessica Stice



Q: I have a lot of jewelry. Will this be covered under my homeowner's insurance?

A: This can be a tricky question, and the answer may differ from company to company. Generally, however, unique or highly valuable items may be subject to different coverage limits under your basic property insurance policy. In other words, you may need another type of policy to cover these items because of certain limits on your property insurance. For example, if your homeowner's policy has a \$2500 limit on jewelry and you own a \$5000 ring, there would not be enough coverage and you may need to look into other options. There is a policy designed for this situation.

A personal articles insurance policy (also known as inland marine insurance) can help protect you from

the expense of repairing or replacing your rare or expensive personal possessions where your homeowners



policy has limits. First of all, you may be wondering why this type of policy would be called inland marine insurance. Historically, ocean marine insurance provided protection for cargo on large ocean liners. Inland marine

insurance developed when shippers began to be responsible for cargo being transported from ports to their final destinations. Today, the term inland marine is generally applied to any property that is transportable. When an inland marine policy is written, sometimes the insurance company will require an appraisal or proof of purchase for your item.

Personal articles insurance can help cover the following items:

- * Jewelry
- * Guns
- * Silverware
- * Musical instruments

- * Furs
- * Photography equipment
- * Works of art
- * Bicycles
- * Golf equipment
- * Livestock
- * And more

It's important to make sure you know your policy limits, so talk with your agent to get more familiar with any gaps you may have on your policy so they may be replaced with an inland marine policy.

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.

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HOME DECORATING

How can I bring spring into my home?

By Shellie Blevens



Q: I just got a new place and everything is falling into place except one thing--- the window coverings. The house has many windows geometrically opposed to blinds. I guess not everything can be easy. Is it even possible to fit weird shaped windows?

No matter how weirdly shaped the window, chances are good that there is a window treatment solution perfectly suited for it.

Most companies specializing in window blinds and other treatments have seen it all, from the half arch to the trapezoid. Even the most complex shapes will not stump them. New technologies and materials have made custom fitting fast, easy, and most importantly, affordable.

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A: Yes it is. In fact, oddly shaped windows are, well, oddly popular and the market is responding with creative and clever solutions.

First, while the window shapes may be odd, they are design elements. You will want to try coverings that fit the shape of the window, rather than camouflage them with another shape.

Curtains are sometimes an option, but since you mentioned blinds I will address them primarily.



types, or styles including cellular, pleated, wood, shutters, and Roman shades.

Before you decide on a treatment though, consider which application fits the need. It may be that you do not even need to cover all of the windows, which makes the option of custom blinds even more attractive. For example, consider just how high the window is, whether people can see through, and the amount of sun it lets in. If the window really does not present any problems in these

areas leaving it uncovered might be an option.

If you have questions, it might be worth having a designer look at the windows and show you what options work well on your particular windows.

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.

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AGRICULTURE

Be safe out there!

By Zach Parish



With planting season upon us, farmer activity on public roads will be at a high. I would like to take the opportunity this month to ask the numerous readers of the SEK Q & A Times to be mindful of slow moving machinery and other farm equipment out on the roads and highways. Help

keep America's farmers safe and be prepared to share the road. The average American farmer feeds about 155 people. Let's help them help us by being respectful and mindful of their safety. Thank you and be safe!



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

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sitting on the banks of a stream, under a bridge, south of town, doing what boys of that age do on a lazy summer afternoon. I said to him, "I heard you greet Mrs. _____ last Sunday as we were coming out of Church. You were sure nice to her." He said, "I'm setting her up. The next time she isn't looking, I'm going to kick that stupid cane she uses out from under her. She'll never know what happened." Not one of us expected to hear him



say anything like that, but he did. One thing was certain, no one ever accused this bad, little boy of being lazy. He worked harder than anyone to tear things up and to spread everything he could in a negative fashion. As he got older, he got worse...much worse. From stealing, lying, smoking, drinking and vandalism...to using all kinds of vulgar and profane language, beating up younger kids, and being cruel to animals...he did just about everything bad one could think of. Many in town wondered what he would do next...and if he would ever change. Most of them thought, "As hard as he worked to tear things up, what if he put forth that much effort in a positive fashion, what could he accomplish?"

What happened to him? I will tell you.

We had a drug store in Sharon. Among other things, it had an old time soda fountain and a big counter case with almost every kind of candy in it. All the kids would assemble there at some time throughout each day. One summer afternoon, this bad, little boy was there and mouthed off to the owner of the drug store. He called him a bad name, in front of a whole bunch of people and kids (well, a whole bunch in Sharon was a dozen or so). I was there. The owner was as nice of a man as I had ever known. All the kids loved him and his family. But on this day, the owner had had enough of this bad, little boy...all that he had done...and his reputation. He called him out, loudly and sharply in front of everyone. The bad, little boy mouthed back and the owner came back all the stronger.

This continued for two more rounds, with the last comment from the owner being louder and more assertive, "_____, you need to know, all of us in this town will treat you the way you treat us. We will all give you the chance to prove you're worthy of being treated kindly, but no one in this town is taking any more of what you've been doing." Word spread of what happened throughout the town like a grass fire on a hot afternoon, with a 40 mile per hour Kansas wind behind it. A few days later, there was a similar occurrence down the street with the manager of a filling station. He called out this bad, little boy...again in front of a whole bunch of people. That did it. He was done. There was never a problem from him again. Being called out and humbled in front of his peers and the townsfolk worked wonders.

This bad, little boy is who I think of when I think of President Obama. Everything he does propagates the negative. He distorts the truth. He divides. He deceives. He lies. He has even been caught telling a lie, then lied again saying he never told the first lie, when it was all recorded and shown to him. He espouses hate, racism and disrespect. He is abrasive and arrogant. He refuses to listen to opposing viewpoints. When he is challenged, he gets defensive. You can see his upper lip curl and the hate manifests itself in his eyes. A good example was when he was listening to Dr. Ben Carson speak at the National Prayer Breakfast. Have you ever seen more hate and anger in anyone than what he showed? Like a bad little boy, he throws a fit, yells and screams. He has infected most all of those around him. They do the same thing. Every once in awhile, you will see something happen that you think he might be changing for the better, like for the first time in months when he met with the Republican senators on the debt limit...on the same night that Rand Paul did his filibuster. Mainstream media's headlines the next morning were, "Obama reaches out again to the GOP." What a joke! No matter what you see, just like the bad, little boy in my hometown, greeting Mrs. _____ after Church, it all turns out to be a setup...politically. He cannot be trusted. I know this is a terrible thing to have to say about our President, but it will be among the truer statements you will hear over the coming months. No matter what he does...no matter how it looks...he is setting up the other side. The welfare of the United States is not a priority for him. Nor is its debt or deficit. You

heard that again on March 13th, with George Stephanopoulos when he said, "...And, so, we don't have an immediate crisis in terms of debt. In fact, for the next ten years, it's gonna' be in a sustainable place." Can you believe this guy? What planet has he been living on? When the Feds stop printing money, interest rates will go to the moon. It will take all the revenue we receive to pay the interest on this "sustainable" debt, Mr. President. There will be nothing left. The welfare of the socialism he espouses and "fundamentally changing America" into an European-style, welfare state is everything to him...and he has little time left in which to accomplish it.

My articles the last two months contained a statement by President Reagan, "When Americans are fully informed and have all of the facts before them, they will almost always make the right decision." For purposes of this article, please allow me to try and inform as many of you, no matter your political persuasion, exactly what this "Sequester" really is. I continue to be blown away by so few people being able to articulate this fiasco.

The "Sequester" is nothing more than the following example. Joe, who is making \$65,000 a year, was told he was in line to get a 20% annual raise, which would take him to \$78,000 per year. He thought, "Wow...this is great. I was paying all of my bills with what I was making, but now I will be doing a lot better." But when Joe finally got the raise, it wasn't the 20% increase of \$13,000 per year he was told. Instead, it was only \$10, 894, which came to 2.7% less of the total amount he would have been making if he had received the full 20% increase. So what does Joe do? Instead of being thankful for what he did get, he throws a fit. He yells...screams...and threatens. He calls the newspaper and cancels his subscription. He huddles his family together and tells them there will be no vacations...no more birthday parties...no more going out to eat every Sunday after Church...and that they're going to have take the pets to the animal shelter and have them put down because they cost too much to feed. He tells the neighbors he is going to have to sell his house and move to someplace less expensive. He goes on and on. The neighbors aren't stupid. They know what happened. They know he is now making more than he was, by a lot, and he is raising all this fuss over nothing. It is sickening to them to have to listen to him. For crying out loud, they think, he has more money than what he had

last year, and he was paying all of his bills then with what he was making. What is all of this nonsense? Who is he trying to con?

I have to tell you, I had never been as sad and embarrassed for our county as I was when I watched President Nixon resign on August 8th, 1974, and be flown off in a helicopter, after he lied and participated in the Watergate cover-up to the extent that he did. I so clearly remember that day, and saying to myself, "Our country will never be the same. How can any one man think he is so special, so important, so all-knowing, to do what he has done and bring down the office of the President of our great country like he has done?" Not since that time in 1974 have I experienced those same feelings...that is until I watched President Obama in the last 15 days of February before the Sequester, and since. If he didn't look like, and act like, a pathetic, bad, little boy, trying to get his way, espousing hate, anger, venom, lies, distortions and deflections...I will eat your hat. It has been sickening. He is acting just like a little brat, along with all of his cabinet members. "If I can't get what I want, I will throw a tantrum and cause more pain than you can imagine until you let me have my way." Forget about the fact that he is supposed to be our leader, put on his "big boy britches," and do what it takes to protect us and work in our best interest. It's all a game to him.

He purports to be all-knowing, and it is always his way or the highway, yet he has no experience in doing anything. All of his experiments that he throws on us have never worked in real life. The only thing he or we have to show from them are failure...in every case. They are just theories from people who wanted to "fundamentally change America" or the world. And what do we have after more than 4 years of his "all-knowing" presidency? We have the same unemployment percentage as we did when he took over, which is actually far less than what it actually is, because so many Americans have stopped looking for work, thus are not counted in this percentage. Yes Martha...we actually have more than 11% of all the people that could work, not working. In fact, we have less people working in this country today than we had working 31 years ago. We have 50 Million people on food stamps now and his government is working to bring more on as rapidly as they can. Half of all Americans pay no income taxes. Half

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of all households in America, receive some form of monthly check...and that is not counting anyone who receives Medicare or Social Security. We are nearly \$17 Trillion in debt today, compared to the \$10 Trillion we had when he took over. This debt as a percentage of Gross Domestic Product was 38% when he took over. Today it is nearly 100%. Consumer confidence was at 99.5...today it is at 69.6. The stock market is about at the same level today as it was when he took over, but only because his policies have the Fed pumping it up by printing \$100 Billion per month. The attitude among investors is, "We know it's going to end badly, but in the meantime we can make some money." The translation of this is, "Just make sure to sell ahead of everyone else." The world does not respect us and it does not believe us. Our allies cannot trust us. Whose fault is all of this? It is always the Republicans as a whole, the Republican majority in the House, or former President Bush. Think about it...when has President Obama ever blamed anyone other than one or more of these? He has never owned up to anything that has happened negatively as the result of his policies or his ideologies...just like a bad, little boy. He is first in line to take the credit...but he never takes the blame or says he is sorry...for anything. Now he has his act in high gear. Cancelling White House tours because of the Sequester...are you kidding me? Don't cancel the funding of robotic squirrels, or the study on how cocaine affects Japanese quail, or the training of Chinese prostitutes to drink responsibly. Pick things that are high profile. Inflict all the pain you can. Select things you know "your press" will pick up and run with. Can you believe the smallness and audacity of this President? Here is his strategy...cancel the tours so those grade school students who planned to visit during Spring Break will go home and tell their folks how much they dislike the Republicans because they made this happen, so their folks will vote the Republicans out in 2014. It's akin to his same strategy on Benghazi. Proclaim Bin Laden is dead and Al Qaeda is on the run. Then, when our ambassador begs for help, stick your head in the sand, right next to your incompetent, "What difference does it make," Secretary of State, who has the vision and insight of Mr. Magoo, because it would derail your narrative. Cover it up with all of the "d" words

we have used heretofore, plus two more, "duck" and "dive." Don't mind the dead and their loved ones. Refer to the whole incident as a "bump in the road." Then five months later go on YouTube and say, "This Benghazi thing will be over soon. They have just about run out of questions to ask." Of all that went down and is still going down on Benghazi, it should have been his "Waterloo." If it doesn't prove to be, we are all in for a ride we will all wish soon we had never taken. President Obama has less than 18 months to get the country to hate the Republicans and the Republican controlled House so bad, that they will toss them out, and have the Democrats take over the House, along with keeping the Senate Democratic majority, in 2014, so he can get his final legislative agenda in and passed before he leaves office in 2016. He will do all he can to get immigration reform, cap and trade, gun control, green energy, and every other socialistic policy or program he has up his sleeve, enacted. Forget the country...forget the economy...forget our children and the generations to come. It's all a game to him. What a pathetic person we have in the great office to lead us...at the very time we need a leader in the worst way!

He has worked so hard to tear everything apart. Like the bad, little boy in my hometown, no one will ever accuse him of being lazy. He has been one of the hardest working Presidents in the history of our country. He runs from one end of the country to the other. He mixes in all kinds of social events. He stops and gives a stump speech here and stops and gives a stump speech there, all aimed at dividing the country, pitting one group against another, acting as though he is God's gift to mankind, and with all of his abrasiveness and arrogance... nothing ever bothering him about the lies, deceits, deflections, distortions and hypocrisy that come from his mouth. Can you imagine what he could do if he tried to make everything work? What if, instead of going around the country blaming everyone else for what is happening, and ginning up one side to hate and disrespect the other, he used his gift of eloquence to soothe the fears of Americans by saying, "We are going to work this thing out. Stay with us. It has been broken far too long. America can be great again. It will take all of us to get this country back on the right track." And what if instead of him tearing down the opposition, he spent his time telling Americans, "The overwhelming contributor to the fiscal problems we face as a

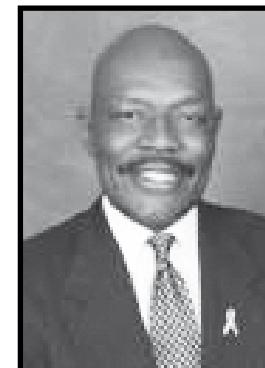
nation is entitlements. They account for 60% of what we spend. We have made promises into the future totaling nearly \$100 Trillion. There is no way these promises can be met. Unless we tackle them today, the way we have come together and tackled every problem we as Americans have faced for more than 235 years, they will only become unsolvable in the future. But if we work together, we can work things out. Stay with me and Congress. Help us. Support me and our leaders. We will whip this thing. It will take shared sacrifice...but we can do it. America has always, 'done it,' and we can do it again." Look at what he could do for entitlement reform...for our deficit...for our debt...for unification of our country...for rebuilding and reinstating America throughout the world to what we were following WWII, and the aftermath of the Cold War.

What other legacy could any legitimate president want, other than one or more or all of these? But these are not the legacies he wants...or even cares about.

I didn't write the two following articles, but they seemed so appropriate to include here...at this time. And just in case you thought I was overly direct in my writings, it will look like my articles have been a "bowl of cream puffs" compared to these. I put these here for exclamation points to my article...and are they ever!

The first was written by Mychal Massie - former chairman of the National Leadership Network of Black Conservatives-Project 21 - a conservative black think tank located in Washington, D.C. He was recognized as the 2008 Conservative Man of the Year by the Conservative Party of Suffolk County, N.Y. He is a nationally recognized political activist, pundit and columnist. He has appeared on Fox News Channel, CNN, MSNBC, C-SPAN, NBC, Comcast Cable and talk-radio programming nationwide. A former self-employed business owner of more than 30 years, Massie's website is mychal-massie.com.

The second was written by Matt Patterson, a columnist and commentator whose work has appeared in some of the nation's top newspapers and political sites, including the Washington Post, New York Post, Washington Examiner, American Thinker, and FOXNews.com. His work has been cited on air by Sean Hannity, quoted in Forbes, POLITICO and The Week magazine, and featured on the Drudge Report, Real Clear Politics, and RushLimbaugh.com, among many others.



By Mychal Massie

"The truth is I do not like the Obamas, what they represent, their ideology, and I certainly do not like his policies and legislation. I've made no secret of my contempt for the Obamas. As I responded to the person who asked me the aforementioned question, I don't like them because they are committed to the fundamental change of my/our country into what can only be regarded as a Communist state.

"I don't hate them per definition, but I condemn them because they are the worst kind of racialists, they are elitist Leninists with contempt for traditional America. They display disrespect for the sanctity of the office he holds, and for those who are willing to admit same, Michelle Obama's raw contempt for white America is transpicuous. I don't like them because they comport themselves as emperor and empress.

"I expect, no I demand respect, for the Office of President and a love of our country and her citizenry from the leader entrusted with the governance of same. President and Mrs. Reagan displayed an unparalleled love for the country and her people.

"The Reagans made Americans feel good about themselves and about what we could accomplish. Obama's arrogance by appointing 32 leftist czars and constantly bypassing congress is impeachable. Eric Holder is probably the MOST incompetent and arrogant DOJ head to ever hold the job. Could you envision President Reagan instructing his Justice Department to act like jack-booted thugs?

"Presidents are politicians and all politicians are known and pretty much expected to manipulate the truth, if not outright lie, but even using that low standard, the Obamas have taken lies, dishonesty, deceit, mendacity, subterfuge and obfuscation to new depths. They are verbally abusive to the citizenry, and they display an animus for civility.

"I do not like them, because they both display bigotry overtly, as in the case of Harvard Professor Louis Gates,

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when he accused the Cambridge Police of acting stupidly, and her code speak pursuant to not being able to be proud of America. I view that statement and that mindset as an insult to those who died to provide a country where a Kenyan, his illegal alien relatives, and his alleged progeny, could come and not only live freely, but rise to the highest, most powerful, position in the world.

"Michelle Obama is free to hate and disparage whites because Americans of every description paid with their blood to ensure her right to do same. I have a saying, that 'the only reason a person hides things, is because they have something to hide.' No president in history has spent millions of dollars to keep his records and his past sealed.

"And what the two of them have shared has been proved to be lies. He lied about when and how they met, he lied about his mother's death and problems with insurance, Michelle lied to a crowd pursuant to nearly \$500,000 in bank stocks they inherited from his family. He has lied about his father's military service, about the civil rights movement, ad nausea. He lied to the world about the Supreme Court in a State of the Union address. He berated and publicly insulted a sitting Congressman. He has surrounded himself with the most rabidly, radical, socialist academicians today.

"He opposed rulings that protected women and children that even Planned Parenthood did not seek to support. He is openly hostile to business and aggressively hostile to Israel. His wife treats being the First Lady as her personal American Express Black Card (arguably the most prestigious credit card in the world). I condemn them because, as people are suffering, losing their homes, their jobs, their retirements, he and his family are arrogantly showing off their life of entitlement - as he goes about creating and fomenting class warfare.

"I don't like them, and I neither apologize nor retreat from my public condemnation of them and of his policies. We should condemn them for the disrespect they show our people, for his willful and unconstitutional actions pursuant to obeying the Constitutional parameters he is bound by, and his willful disregard for Congressional authority.

"Dislike for them has nothing to do with the color of their skin; it has everything to do with their behavior, attitudes, and policies. And I have

open scorn for their constantly playing the race card.

"I could go on, but let me conclude with this. I condemn in the strongest possible terms the media for refusing to investigate them, as they did President Bush and President Clinton, and for refusing to label them for what they truly are. There is no scenario known to man, whereby a white president and his wife could ignore laws, flaunt their position, and lord over the people, as these two are permitted out of fear for their color.

"As I wrote in a syndicated column titled, 'Nero In The White House' - Never in my life, inside or outside of politics, have I witnessed such dishonesty in a political leader. He is the most mendacious political figure I have ever witnessed. Even by the low standards of his presidential predecessors, his narcissistic, contumacious arrogance is unequalled. Using Obama as the bar, Nero would have to be elevated to sainthood.

"Many in America wanted to be proud when the first person of color was elected president, but instead, they have been witness to a congenital liar, a woman who has been ashamed of America her entire life, failed policies, intimidation, and a commonality hitherto not witnessed in political leaders. He and his wife view their life at our expense as an entitlement - while America's people go homeless, hungry and unemployed."



By Matt Patterson

"Years from now, historians may regard the 2008 election of Barack Obama as an inscrutable and disturbing phenomenon, the result of a baffling breed of mass hysteria akin perhaps to the witch craze of the Middle Ages. How, they will wonder, did a man so devoid of professional accomplishment beguile so many into thinking he could manage the world's largest economy, direct the world's most powerful military, execute the world's most consequential job?

"Imagine a future historian examining Obama's pre-presidential life: ushered into and through the Ivy

League, despite unremarkable grades and test scores along the way; a cushy non-job as a 'community organizer;' a brief career as a state legislator devoid of legislative achievement (and in fact nearly devoid of his attention, so often did he vote 'present'); and finally an unaccomplished single term in the United States Senate, the entirety of which was devoted to his presidential ambitions.

He left no academic legacy in academia, authored no signature legislation as a legislator. And then there is the matter of his troubling associations: the white-hating, America-loathing preacher who for decades served as Obama's 'spiritual mentor'; a real-life, actual terrorist who served as Obama's colleague and political sponsor. It is easy to imagine a future historian looking at it all and asking: How on Earth was such a man elected president?

"Not content to wait for history, the incomparable Norman Podhoretz addressed the question recently in the Wall Street Journal: To be sure, no white candidate who had close associations with an outspoken hater of America like Jeremiah Wright and an unrepentant terrorist like Bill Ayers, would have lasted a single day. But because Mr. Obama was black, and therefore entitled in the eyes of liberal Dom to have hung out with protesters against various American injustices, even if they were a bit extreme, he was given a pass. Let that sink in: Obama was given a pass - held to a lower standard - because of the color of his skin.

"Podhoretz continues: And in any case, what did such ancient history matter when he was also so articulate and elegant and (as he himself had said) 'non-threatening,' all of which gave him a fighting chance to become the first black president and thereby to lay the curse of racism to rest?

"Podhoretz puts his finger, I think, on the animating pulse of the Obama phenomenon - affirmative action. Not in the legal sense, of course. But certainly in the motivating sentiment behind all affirmative action laws and regulations, which are designed primarily to make white people, and especially white liberals, feel good about themselves.

Unfortunately, minorities often suffer so that whites can pat themselves on the back. Liberals routinely admit minorities to schools for which they are not qualified, yet take no responsibility for the inevitable poor performance and high drop-out rates which follow. Liberals don't care if these minority

students fail; liberals aren't around to witness the emotional devastation and deflated self-esteem resulting from the racist policy that is affirmative action. Yes, racist. Holding someone to a separate standard merely because of the color of his skin - that's affirmative action in a nutshell, and if that isn't racism, then nothing is.

"And that is what America did to Obama. True, Obama himself was never troubled by his lack of achievements, but why would he be? As many have noted, Obama was told he was good enough for Columbia despite undistinguished grades at Occidental; he was told he was good enough for the US Senate despite a mediocre record in Illinois; he was told he was good enough to be president despite no record at all in the Senate. All his life, every step of the way, Obama was told he was good enough for the next step, in spite of ample evidence to the contrary.

"What could this breed if not the sort of empty narcissism on display every time Obama speaks? In 2008, many who agreed that he lacked executive qualifications nonetheless raved about Obama's oratory skills, intellect, and cool character. Those people - conservatives included - ought now to be deeply embarrassed.

"The man thinks and speaks in the hoariest of clichés, and that's when he has his teleprompters in front of him; when the prompter is absent he can barely think or speak at all. Not one original idea has ever issued from his mouth - it's all warmed-over Marxism of the kind that has failed over and over again for 100 years.

"And what about his character? Obama is constantly blaming anything and everything else for his troubles. Bush did it; it was bad luck; I inherited this mess. Remember, he wanted the job, campaigned for the task. It is embarrassing to see a president so willing to advertise his own powerlessness, so comfortable with his own incompetence. "But really, what were we to expect? The man has never been responsible for anything, so how do we expect him to act responsibly?

"In short: our president is a small-minded man, with neither the temperament nor the intellect to handle his job. When you understand that, and only when you understand that, will the current erosion of liberty and prosperity make sense."

Is our "goose" cooked? Is there still time to save what heretofore has been the greatest country the world has ever

See New...Page 22

known? I am sure someone in Rome asked this same question in the early 5th century, before it fell in 476 AD. I will give you my answer. There is... if we will all wake up now. We must stop this bad, little boy and others like him from doing any more damage. We can do this by calling him and them out...immediately...and every time they do the things they are doing. We can never let something they do or say grow "roots." Remember when Congressman Joe Wilson of South Carolina yelled out, "You lie," during President Obama's 2010 State of the Union speech? We didn't have any idea then how much "right on" he was, to stop this bad, little boy from doing the things he was doing. We must always respect the office of the President, and the office of our elected officials, but that doesn't mean the people holding these offices get a free pass for anything they want to do, or say, or for the political games they want to play. For the fourth time in three months, I will reprint Reagan's quote, "When Americans are fully informed and have all of the facts before them, they will almost always make the right decision." The press is supposed to do this. They are supposed to play a most valuable role in our society. It is up to them to present the facts fairly...for everyone. They are not doing this. They have not done this for a long time. They have abrogated their responsibilities in a major way. If they won't do what has to be done... we must. There is no one left to do it... but us. Remember another quote from President Reagan, "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."

I have been asked, "With all of this, what do you want to have happen?" Next month, God willing...I will tell you.

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.

EDUCATION

Board of education members

By Dr. Glenn Fortmayer



Q: In today's educational environment, who would want to be a school board member?

A: January was the month for filing to run for the board of education. Persons can still run on a write-in basis if they did not register, but time is short, the election is April 2, 2013. Many BOE positions have one candidate running and several do not have any candidates. Patrons have asked why people do not want to run for school boards.

The reasons vary, but some common themes are present. The first is that many who consider running are already active in their schools, community, and with their families and careers. They fear they cannot commit to the additional evening meetings, phone calls, e-mails, and informal meetings that are part of the BOE member's duties. A second theme is concern about the negativity. Business people fear their businesses being hurt. They and others also fear their relationships with neighbors, friends, and even family members can be hurt. They understand that almost every decision a school board member makes will make some people happy and others angry. The anger sometimes lasts for years after the person is off the board. Another reason that has become a major force against BOE member recruitment is the level of decisions that have to be made. BOE members have always had to make difficult decisions such as whether to terminate an employee, change a curriculum, support an expulsion of a student, or vote for a huge expenditure of funds. Today, the level and frequency of such critical decisions have increased to an almost overwhelming rate. BOE members have to face making reductions in force, restricting pay, cutting student programs, increasing taxes, and reorganizing or closing buildings. Most of the time, these decisions have to be made because there is no other viable choice. They are made to maintain the best service to students if possible, but often they are made to preserve the district. These decisions hurt many people, but are made to protect the majority.

We need to remember that these vital decisions must be made. Thus, we must have BOE members

willing to take on the stress, anger, negativity, time commitment and all the challenges related to the positions in order for districts to function. When casting a vote, this April and when a candidate takes the seat in July, appreciate the level of community spirit and courage that person has had to display just to get that far. Then support all the members. We may disagree with their decisions at times, but we have to look deeper into what options did they really have in today's economy and political climate. BOE members rarely make decisions that are not logical when all the information and options are studied. We need to tell them we appreciate their service just as we tell our law enforcement, emergency service, and military personnel. BOE members sacrifice to serve and lead us through challenges and even conflicts. Support for these increasingly rare people is needed for our system of local control to continue.

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.

Flooding...From Page 1

an important part of your basement. These pumps are designed to take in the perimeter water around the basement and safely discharge this storm water outside of your home and away from the structure. They SHOULD NOT be tied to the sanitary sewer system. It is wise to check the pump periodically to make sure it is working by pouring water into the basin until the pump turns on. Also, if you have a battery backup unit in place should the electricity go off, make sure the battery is holding a proper charge.

Older structures may have the perimeter lines around the basement tied to your sanitary sewer line. It is very important to make sure your sanitary sewer lateral is clean and free of blockages such as root intrusion. During heavy rainfall, these drain lines can be extremely taxed with water infiltration along with normal usage and perimeter water. If the main sewer lateral is even partially clogged, the water will possibly backflow into the basement.



A backflow preventer on your main sewer lateral is vitally important. This unit is simply a flap that opens when you run water and shuts should any water try to backflow toward the structure. This type of backflow occurs when the municipal sanitary sewer main becomes clogged or full due to extreme water infiltration. Many of basements have flooded due to this problem. I have said it before and will rehash this again. It is easy to blame your particular city utility but the fact of the matter is it is going to happen with older mains and even the best of preventive maintenance. The best thing you can do is protect your structure and have a backflow preventer installed on your line. These can be installed in the basement or outside the structure.

Hopefully this answers your question and helps people to understand some of the things that cause these problems. Sometimes these issues are not found until it is too late so it is best to plan ahead. As always, if you have any questions, please consult a professional. Thanks for reading.

Braden Peak is the manager of Roto-Rooter Sewer, Drain, Septic and Grease Trap Service in Pittsburg, KS. A Girard native and a graduate of Pittsburg State University, he is a licensed sewer contractor and has been with the company since 2002. He can be reached at 620-231-5630 or by emailing kpp_rotorooter@yahoo.com. You can also become a fan of Roto-Rooter of Pittsburg on Facebook.

TECH TALK

Avoiding dangerous pop-ups

By Bill Emmerling



Q: How do I know which 'pop-ups' to click on?

A: With the variety of different pop-ups that show up on our computers from time to time, it can be very confusing, and at times even hazardous to our computer's health to click on each and every pop-up that comes along. However, totally ignoring them can also leave our computer with a 'compromised immune system.'

I have always been told the best way to identify counterfeit currency is to know the real thing very well. Identifying pop-ups is very much the same thing. First, in reading the information on the pop-up, does it look and sound familiar, is it a program you KNOW is on your machine. If so, it is likely safe and perhaps beneficial. Programs that should sound familiar might include:

Microsoft Windows Update Adobe Acrobat Adobe Flash, JAVA updates, Printer Updates and Anti-Virus Updates

Personally, I prefer doing the updates myself using a program called 'PatchMyPC' found at: <http://patchmypc.net/>

important to read carefully. Look for misspellings or phrases that just don't sound right, these are almost certain signs that the pop-up is dangerous and



It is important to note the 'bad guys' will often disguise themselves as the 'good guys' above; therefore it is

should be closed and an immediate virus scan done.

Windows Vista and 7 have 'pop-ups'

which occur when something is trying to make important changes to your system. Often the screen will go dark and only the 'pop-up' will appear light, to draw attention to it. It is important at this point to decide if you, in some way, told the computer to make such a change. If so, approve the change. If not, don't approve the change and immediately run your anti-virus software.

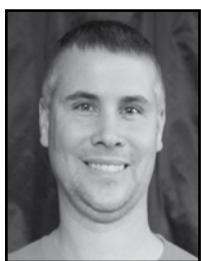
One additional help, with the advent of cameras on phones, it is very easy to take a picture of the screen with the pop-up and share it with someone more knowledgeable and get their opinion.

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.

LAWN & GARDEN

Plants & vegetables that last in early April

By John Harrison



Q: I'm always eager to start my garden every year. When is it "safe" to start and what plants will last if the weather isn't ideal?

A: Spring is here!!!! Well I hope it is. I'm writing this in early March and today was beautiful, but it did just snow 2 weeks ago and we live in Kansas. Here is a list of things you can plant in early April and you should not have to worry about the weather. The disclaimer is, we live in Kansas and it can get very cold still but is unlikely too. Early season vegetables like potatoes, onions, lettuce, broccoli are a few. You can also plant most berries including strawberries, blackberries, and blueberries. Tree's and shrubs do very well planted in April. You can also

plant perennials. Annual flowers are a bit more tricky. Our average last frost

Some years the last frost might be in late March. This is not common but is



date is April 15th. What that means on an average year is that we will have our last frost on April 15th, that does not mean it cannot frost after that date.

possible. My recommendation would be to wait until close to the middle of April and look at a 7 day forecast and if it is not going to get cold you will

probably be fine. You will have to pay attention to the weather as it is hard to predict and you may still have to protect your plants if it is going to get even close to a frost.

Here is a list of annuals that can tolerate it on the cool side and are a little more forgiving than some in the cold. Petunias, violas and pansies, dianthus, snapdragons, and dusty miller. Annuals to plant when it is warm and there are no threats of cold temperatures include sweet potato vine, vinca, marigolds, moss rose, impatiens, and begonias. If unsure ask at you local independent garden center and they will best be able to help you with what is safe to plant and what is not.

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

Things you may not know about Coronary heart disease. Part 2

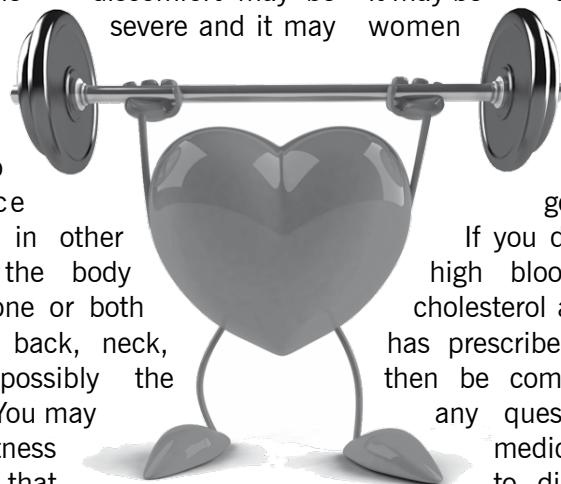
By Heather Baima, NP-C and Crystal Taylor, NP-C

(to see part one of this article please refer to the Feb. '13 edition at www.theqandatimes.com)



a heart attack or stroke. Aspirin can cause serious side effects and may not mix with other medications. So, it is always in your best interest to discuss with your care provider if daily aspirin is right for you.

So, you have done all the right things, but you think you are having a heart attack. What do you do? Know the warning signs. The main warning signs for women and men are chest discomfort, which may feel like a pressure, squeezing, fullness or pain. The discomfort may be mild or severe and it may come and go. Some people also experience discomfort in other areas of the body including one or both arms, the back, neck, jaw or possibly the stomach. You may have shortness of breath that may or may not occur with chest discomfort. Other possible signs may include nausea, light-headedness, or breaking out in a cold sweat. If you have any of



the symptoms the most important thing is get help quickly. Time is of the essence if you believe you may be having a heart attack. Call emergency medical services; do not drive yourself to the nearest emergency department. Emergency medical staff can begin treatment even before you get to the hospital. They have special training and equipment to take of you.

Many women delay getting medical help for a heart attack because they do not want to be a bother or they fear it may be a false alarm. Many women just feel they are too busy and something like a heart attack would not happen to them. When in doubt get it checked out.

If you do have heart disease, high blood pressure or high cholesterol and your care provider has prescribed medication for you then be compliant. If you have any questions regarding your medications please be sure to discuss this with your care provider they will be happy to answer your questions. This helps you to stay informed and take an active part in your treatment.

Becoming heart healthy may seem

SUV...From Page 1

has actually been in military and commercial use for decades. In fact Mercedes made a few for use before WWII and has supplied a 6x6 version of the Gelandewagon to Austrian forces for a few years.

Will we be seeing more of these? Probably. Will they be the next big thing on the road? I doubt it. It will cost quite a bit to run these, or ones like them. While super cool I think affordability and practicality will win out for a while.

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

like a large undertaking. It does mean changing your normal daily routine. However, it does not have to be overwhelming. For most people it is easier to tackle one change at a time. Remember nobody is perfect. We all have days when we may not exercise as much as we wanted to or we splurged on our diet. Do not get discouraged. Just get back on track. Be sure you are following a realistic plan for you that will help you be successful. Everyone is different. Taking steps to a healthier lifestyle will help reward you with a healthier heart. So, get started today.

Resource: U.S. Department of Health and Human Services, National Institutes of Health, National Heart, Lung and Blood Institute and the American Heart Association.

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

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FARM INDUSTRY

Equipment & machinery checklist

By Mike Davied



Q: We're going into our spring season with equipment that didn't finish last year as well as we'd have liked, HELP please?

A: First RUN to your oil supplier and get enough oil sample bottles to sample every compartment of each machine you are concerned about, also pick up enough oil & filters to service these machines, as would be necessary for the start of a season's work. As you are servicing each machine catch some of the fluid from each engine & gear box, (BE careful don't get burned, SAFETY first) label & return samples to your oil distributor, for analysis. Wait for the return of these tests. Now would be a good time to talk to the dealer OR your local mechanic about any specific concerns for your machines. Some local community colleges offer courses on specific machine repairs.

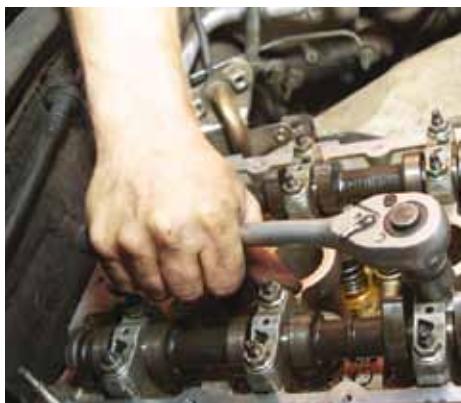
Second: Using the service manuals (or OWNERS manual) service each machine according to the manufacturer's recommendations, also check for ANYTHING out of the ordinary (cracks in frame work, moving parts, hydraulic or gear boxes, hydraulic cylinders with leaking seals, or hoses, oil or water leaks, missing bolts, cracks in belts, or hoses on the engine, & accessories, also check out the tires, tracks, clutch, brakes, & windshield & wipers/washer, if applicable). A leaking axle seal will be easier to replace now than in May. Don't forget to service the air conditioner, cooling, fuel, & hydraulic system too.

Third: When the oil samples are returned your oil supplier will be invaluable as a resource to help map out a plan for the upkeep of these valuable resources. As always be sure you have a service plan and a service manual for each of the machines You operate for your business, whether it is a truck or a bulldozer, each one has some of the same needs & some that are unique, so reference that service manual or owner's manual. I sometimes am told that this approach is too simple, but remember man invented these infernal machines & man will break, or fix them, as is the case every time.

Fourth: Now comes the informed decision to repair, or replace any item of rolling stock you are afraid won't

make it through the rigors of your work. Contact the local representative of the manufacturer of your machine, local mechanics, neighbors, your banker, & the oil supplier, with the sample results, to find out the actual work readiness of your fleet & proceed to get ready to work

Fifth: Please remember some repair



tasks ARE not user friendly, so please be careful AND ask for help before you get hurt!!!

Sixth: Some breakdowns are inevitable, that's why manufactures have warranty periods. We only try to prepare for what we can and do the best we can with the rest.

To all that ask, & to my customers and friends, have a productive & prosperous 2013!!!

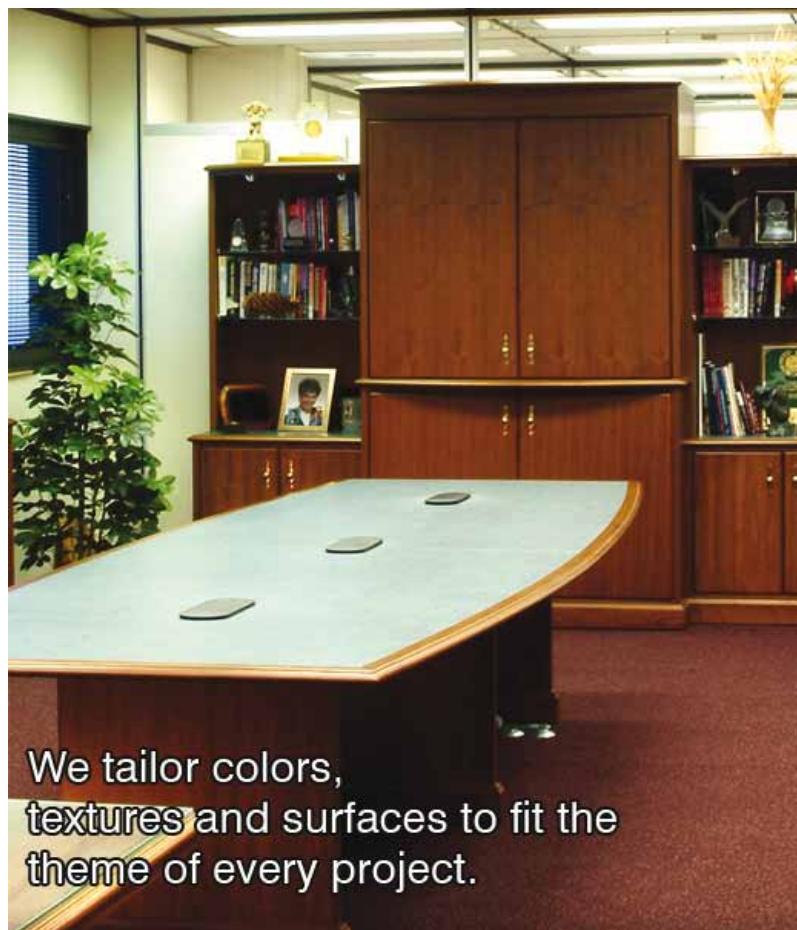
Mike Davied is the owner & operator of Mikes Repair & Fabrication LLC located in Frontenac, KS. He has been repairing equipment for 40-years and has run his own business for 20-years. For more information or to contact Mike please call 620-235-0061.

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INVESTMENTS

Be aware of the risks of not investing

By Dawn Taylor



Q: In this environment I feel like my money is safer just sitting in savings. I don't like risk and the volatility. Are there any risks associated with not investing?

A: You've no doubt heard about the risks associated with investing. This investment carries this type of risk, while that investment carries another one. And it is certainly true that all investments do involve some form of risk. But what about not investing? Isn't there some risk associated with that, too?

In fact, by staying on the investment sidelines, or at least by avoiding long-term, growth-oriented investments, you may incur several risks. Here are some to consider:

* You might not keep up with inflation.

If you put all your money under the proverbial "mattress" or, more

realistically, keep it all in "cash" instruments and very short-term investments, you might think you are "playing it safe." After all, you might reason, your principal is protected — so even if you don't really make any money, you're not losing it either. But that's not strictly true, because if your money is in investment vehicles that don't even keep up with inflation, you can lose ground. In fact, even at a relatively mild 3% annual inflation rate, your purchasing power will decline by about half in just 25 years.

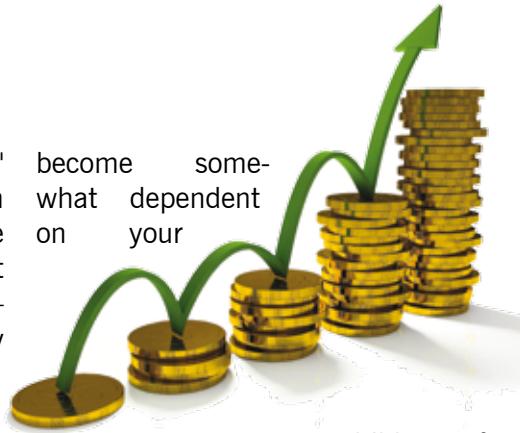
* You might outlive your money.

For a 65-year-old couple, there's a 50% chance that one spouse will live past age 90, according to the Society of Actuaries. This statistic suggests that you may need your investments to help provide enough income to sustain you for two, or even three, decades in retirement.

* You might not be able to maintain your financial independence.

Even if you don't totally run out of money, you could end up scrimping by — or, even worse, you could

become somewhat dependent on your



grown children for financial assistance. For most people, this prospect is unacceptable. Consequently, you'll want to make appropriate financial decisions to help maintain your financial independence.

* You might not be able to retire on your terms.

You would probably like to decide when you retire and how you'll retire — that is, what sort of lifestyle you'll pursue during retirement. But both these choices may be taken out of your hands if you haven't invested enough to retire on your own terms.

* You might not be able to leave the type of legacy you desire.

Like most people, you would probably like to be able to leave something behind to your family and

to those charitable organizations you support. You can help create this type of legacy through the appropriate legal vehicles — i.e., a will, a living trust and so on — but you'll still need to fund these mechanisms somehow. That means you'll need to draw on all your financial assets, including your investments.

Work with your financial advisor to determine the mixture of growth and income investments you need during your working years and as you move toward retirement to help you meet your retirement goals. However you do it, get into the habit of investing, and never lose it — because the risks of not investing are just too great.

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.

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SPEECH PATHOLOGY

Can speech pathology help with autism?

By Gentry White



Q: Can speech therapy help with autism? My 2 year old is showing some signs, though not yet formally

diagnosed.

A: It is good to never get “hung up” on the diagnosis of any particular patient. Behaviors and symptoms that the child is exhibiting is what constitutes a treatment plan after the initial evaluation. Autism is a broad area and in the last 10 years has become a familiar term. There are certain language and speech milestones that a two-year-old should be meeting in his development that I would use as a guideline for whether an evaluation is warranted for your son.

By two-years of age, your child should be in a language “boom” of learning from his caregivers as well as from his environment. There are two types of language forms; receptive language, which means understanding verbal and nonverbal communication and expressive language, which means his speech output and this includes gestures and signs. I will give several examples of language understanding below.

Children this age should be able to follow commands within their environment such as, “please bring me your red shoes.” He should be pointing to around 5-10 parts of his body when asked. During story reading, a typical two-year-old should be able to identify familiar objects in the story (show me the cow, the house, etc.). He should demonstrate an understanding of “no” to protect him within his environment and should demonstrate an understanding of familiar songs/rhymes during play activities. There should be more awareness of social skills and your son’s receptive language should be higher at this age before his expressive language can catch up because of his physical development of his articulatory system.

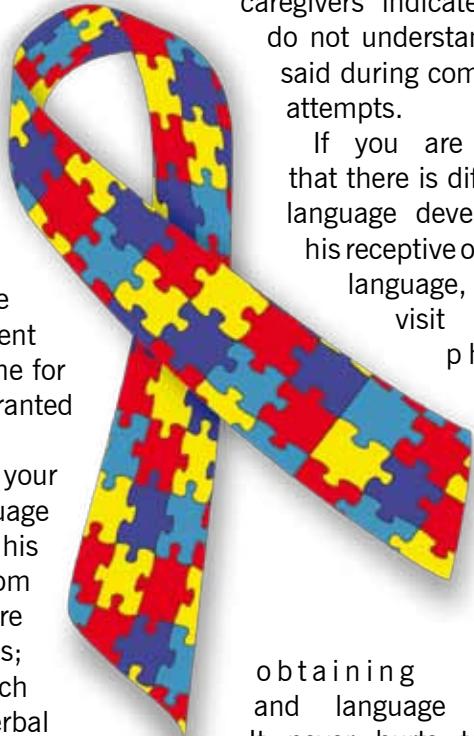
Expressive language is getting ready

to catch up to receptive language by this point in a child’s development. By two years, your son should be utilizing two-word phrases such as, “black cat” or “dog jumps” to describe an appropriate activity. He should be utilizing gestures or signs to identify his own needs/wants within his environment. He should be naming body parts following identification when pointing to himself during activities. At this point, he may have unintelligible speech but should begin clarifying information when caregivers indicate that they do not understand what he said during communicative attempts.

If you are concerned that there is difficulty with language development in his receptive or expressive language, please visit with your physician about

obtaining a speech and language evaluation. It never hurts to have an evaluation to see where his skills are compared to his peers. Thank you for your inquiry.

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.



SENIOR LIVING

What are some ways to keep the elderly busy?

By Shanna Taylor



Q: I am looking for ways to help my great aunt stay busy and keep her mind sharp. She lives in an assisted living facility but is really not very social and does not get out much because of her power chair. She used to enjoy reading but has since given it up because even large print books are too small to read.

A: I have two suggestions. First, even if your Aunt is not social, encourage her to join interest groups where she can be around others who enjoy some of the same things she does, whether it is art, music, sewing or anything else. While she may not be inclined to social situations, having a built-in topic of interest can make a huge difference in building relationships.

Second, I would help find alternatives to what she once enjoyed. For example, you mentioned she enjoys reading but the print is too small. An eReader or tablet may be an excellent solution

for her. On many of them you can increase the size of the type to as large as you like. I would suggest getting one of the larger screens however to help accommodate more of the page on the screen at one time. They are very easy to use, and if you spend a little time helping her she will get the hang of it in no time! Of course you may want to take on the job of keeping the device filled with books, but the joy it would bring her would be well worth any effort.

If she once enjoyed other activities, ask the staff if they know of any alternative activities or ways to make what she enjoys possible again.

Good luck, and best wishes.

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.

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