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FROM THE PUBLISHER

What's new now? - series

By Charlie Traffas

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



Q: I am a regular reader of your articles. I mostly support what you write, but I have some questions. You include lots of

facts in your articles that not all of us have access to, but what is it that you are trying to accomplish? What do you want to have happen? What do you want President Obama and other elected officials to do? What do you want us to do?

A: These are very good questions.... and most timely, following my article last month. If you haven't read it, you may want to do so before reading this one. You can do this by going to www.theqandatimes.com, clicking on *Recent Issues*, and then clicking the April 1, 2013 issue. At press time for this issue, we were running 8 to 1 positive to negative. We had the biggest "one-month" percentage

increase in subscriptions ever, for both Wichita and SE KS. These are always nice, but they are refundable pro rata if we stop publishing, which is always a possibility with each passing month, for several reasons. I try and read all of the comments. As you might imagine, it is always gratifying to read the positive ones...but every once in awhile, we get a negative one, like the one below that was posted to our Face Book page in SE Kansas.

"Who's this Piece of Garbage Charlie Traffas? This scum doesn't

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

MENTAL HEALTH

What's the world coming to?

By Lisa Vermillion



how can I try to remain positive in these times?

Q: It just seems these days that I wake up to more bad things happening here in the states and around the world. What's the world coming to and

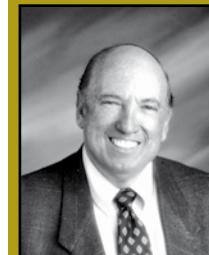
A: "What's the world coming to?" It's a question I've heard A LOT lately. I'm not sure that I have the answer for that other than history repeats itself. Check out history as far back as recorded and you'll find time and time again where the world was in extreme upheaval. While I have no answer to

See World..Page 20

NOSTALGIA

Do you remember?

By Faye Graves



Q: We always like to read about your memories. Got some for May?

A: I am always happy to provide them. Yes, I do.

The month of May is a grand month in many of our memories. For me I always think of the end of school for those years. Packing up my books to go into a bag, not a pack like everyone wears now, and walking out of the building for the last time that school year. It was a grand feeling to be free for three great months. There is something about how things smelled when you are walking away from the last day of school. It was great. After the graduation exercises, the summer fun began with swimming, picnics with the family and friends, boating, cook-outs, working on the lawn and vacation trips. The leaves had all grown back on the trees and the flowers bloomed again and we enjoyed all the beautiful things that God provided. (Song of Solomon 2:11-12) "For, lo the winter is past, the flowers appear on the earth; the time of the singing of birds is come."

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Appetizer for a large group

By **Bonnie Aeschliman**



Q: When I look at the May calendar, I begin to feel panicky. There are so many family gatherings and we celebrate everything—some we celebrate more than once. Of course, food is always involved. Most of our celebrations are casual and everyone pitches in and brings a dish. I want to take a different appetizer or dip that everyone will like but not too fussy. Do you have any suggestions?

A: When I am serving appetizers to a large group, I always look for something that will serve several rather than creating individual hand-crafted appetizers. I believe you will enjoy my recipe for Mediterranean Layered Dip. Unlike many dips, it is not loaded down with mayonnaise or cream cheese.

You will find it is fresh, it is healthy as it is chock full of fresh vegetables and it is easy to assemble. Layer the ingredients on a large, beautiful platter and you will have a vibrant,

beautiful dip bursting with flavors of the Mediterranean that you family will simply devour.

Mediterranean Layered Dip

Serves 16

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Vegetable Mixture:

- 2 cups grape tomatoes, halved
- 1 cup chopped, peeled cucumber
- ½ cup chopped red bell pepper



- 1 tablespoon chopped fresh parsley
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- ½ teaspoon salt and ¼ teaspoon pepper

- 3 cups hummus (commercially prepared or homemade)
- 2 cups shredded fresh baby spinach
- 4 ounces feta cheese, crumbled
- ½ cup thinly-sliced green onions
- ¼ cup coarsely chopped, pitted Kalameta olives

Garnish: 3 tablespoons Pistachio nuts

Accompaniment: Pita chips

1. Combine vegetable mixture in a bowl; stir to mix. Cover and set aside for 30 minutes for flavors to marry.

2. To assemble: Spread hummus on a large serving platter. Arrange spinach on top, leaving a 1-inch border of hummus.

3. Drain excess liquid from tomato-cucumber mixture; discard liquid. Spoon tomato mixture over spinach, leaving a ½ inch border of greens showing.

4. Sprinkle feta cheese over vegetable layer.

5. Top with green onions, Kalameta olives and pistachio nuts. Serve with pita chips.

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

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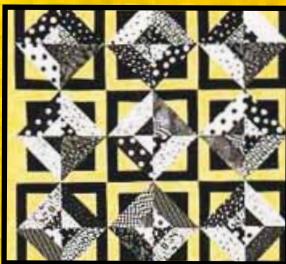
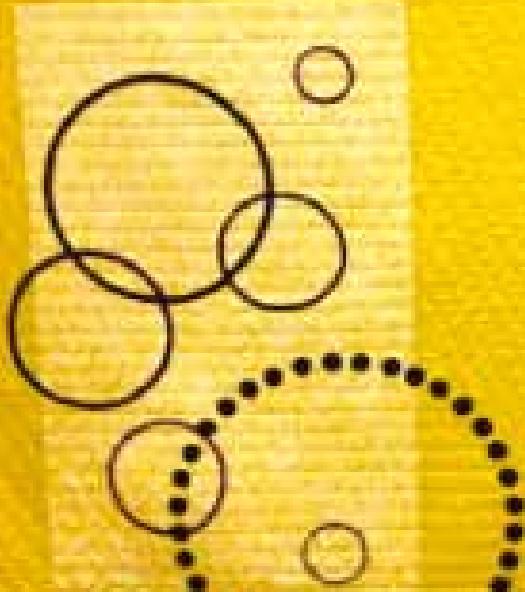
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The Q&A Times Journal

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HOME IMPROVEMENT

Windshields & other glass in smaller RV's & motor homes?

By Bob Crager



Q: We're getting ready to head out for the open roads on several mini vacations in our motor home as we always do in the summer months. In getting ready, we noticed that over the winter in storage we've developed a crack all the way across our windshield, and problems with some side windows leaking and rolling up and down. What should we do about that, and what is the estimated time frame for repairs?

A: This kind of a question surfaces year round, not just in the springtime. Look at your exact situation to determine the time frame for completing the particular repairs or replacements.

There are a substantial number of "snow birds" in the Wichita area, folks who head south during the winter months into warmer climates and actually live down there in their motor homes for the duration of the "colder weather". The good news is that the motor home windshield needed for your cracked one is nearly always still available, whether it's a new one, near new motor home, or one that's been over the roads with you for several years. It's important, as you are probably aware, that you not drive that unit with an obstruction or visual problem for the driver or take a chance of being unintentionally in violation of the law with the police or state patrol in whichever state you're moving through. The laws are usually different, one from the other, pertaining to this.

As time goes by, there are different ways that windows in motor homes and travel trailers can get cracked and broken, and need repairs. Leakage, both water and wind, occur in both older, as well as newer units. Wind

noise can drive you right off the road, and temporary insanity can result. Seriously, water leaks need your immediate attention as soon as you can discover that they're there. Unattended, those will begin to rapidly deteriorate the materials inside those wall sections of the motor home. That's not a pretty discovery later on. A good



habit to get into is that when it rains, just do an inspection of your windows all the way around, inside and out, and you'll probably catch those pesky leak problems early before they turn into something more, like electrical wiring problems inside the walls.

Most of the windows in motor homes and travel trailers are specialty windows designed for that particular line of vehicles. If you have one of the more involved antique glass patterns, you really want to try to get those replaced or repaired by professional techs who do that kind of installation as a regular part of their business,

as soon as possible. Many glass installers don't have those antique glass patterns, so go ahead and do a little research before you actually need to repair or replace those windows. Otherwise, less than desirable results could be in the offing.

Windshields for nearly all motor homes are normally available through

heavy equipment and tractors are all repairable or replaceable. Sometimes the electric motors or the regulators go out on the windows, and those normally have to be replaced with new units. Occasionally the raising and lowering mechanism for the windows in all kinds of vehicles will break or loosen up inside the doors, requiring the disassembly of the door panels to accomplish the repair. Other than the periodic inspections of your unit's windows when it rains, you'll be in good hands with the right glass shop handling your repairs or replacements.

The well equipped glass shop will have a facility that will allow your large motor home to be driven inside out of the weather for your repairs to be accomplished. There's never a wrong day to get started with a shop that will work with your insurance company. The right glass shop will assure your complete approval of all work that they perform for you. Also, service technicians who specialize in all of the specialty glass work that might be required is important to the final outcome. More great information next month...

a good glass shop, even if the original manufacturer of the motor home has gone out of business. Whether it's the driver or passenger side that's cracked, or both, the replacement of either or both is relatively common. Most of these windshields have some manner of tinting in the glass, so matching the original color is pretty important. The glass installation should, in all cases, be done by trained certified installation techs, using the correct sealants and trim materials, and make sure the shop doing your glass work is insurance approved.

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Sins: big & little

Q: Which sins are big and which sins are little? Which sins are serious and grave, mortal and deadly (for the soul), and which sins are not so grave or venial? For example, if one person believes that pre-marital sex is not a sin or a small sin, and another person believes it to be a grievous sin: which person is right? If a person really believes something is not a sin or a minor sin, will he/she be held accountable for the sin as if it is a grievous or serious sin?

By Pastor Bill Emmerling



A: The true issue at hand is: What does God say about sin? And how does He respond to sin?

We also need to make some assumptions, which we must make by reasonable faith based on the evidence we find:

- * That God exists, by definition is all powerful, all knowing, all present,
- * That He is not silent, that He has spoken to us that we may understand His will,
- * And that all of us are answerable to Him as we are His creation.

What does God say about sin?

Simply put, 'Sin' is rebellion against God and His will. It is disbelieving God, and His word, and attempting to take His authority over our lives and/or the lives of others. This is what happened in the Garden through Adam and Eve (see Genesis 3). As a result, we are all sinners by nature, through Adam. It is our nature by birth to rebel against God; by birth, but not by creation.

(Please see Romans 3:23-25 and Romans 5:12-21 for starters)

What is God's response to sin?

1. As God, He must punish offenses, disobediences, and wickedness in order to be Just.

Any 'sin' against an Infinite and Just God deserves infinite punishment. Consider how the punishment of a crime increases based upon the authority and honor of the offended. If you slap your brother, you would be punished differently than if you slapped a police officer, and more severely yet if you slapped the President. Offenses against God, by nature, deserve infinite punishment.

'Big' or 'Little' each and every sin separates us from God and deserves to be punished accordingly. The 'Bigness' of a sin generally speaks to the severity of the 'immediate' consequences of an

individual's sin. Consider the following passages in regards to the issue of differences in sins: 1Samuel 15:23; 1 Corinthians 6:9-10; Galatians 5:19-21; Revelation 21:8, 22:15 just as some examples.

What is God's response to sin?

2. In His just wrath on ungodliness, he also extends mercy, forgiveness and grace.

In this there seems to be a tension: Wrath is necessary for Justice; yet Mercy is necessary for Forgiveness. In His love for the men and women He has created, He provides a way to be both Just and Merciful.

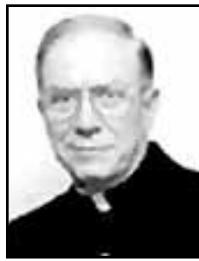
Someone must die to pay the infinite punishment justice requires. That someone must be infinite by nature to absorb the full penalty of sin. This someone must be God. This person must also by nature be man (to fully identify with the offender), though perfectly sinless. Into this space steps Jesus the Christ (the Anointed One). Jesus accepted our punishment, the penalty, for all men, at all times, for all time. Further, God raised him from the dead to demonstrate Jesus was the acceptable sacrifice and to provide us with a living hope, showing us that we too will live like him in the fullness of time. See Galatians 4:4-7

In accepting Jesus as our Lord and Savior, our substitute, we receive Mercy (i.e. not receiving justly deserved punishment) from God. More than that we receive Grace (blessings we do not deserve) beginning with eternal life and peace with God.

"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him. Whoever believes in him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only

[See Emmerling...Page 8](#)

By Father Cleary



A: All sin is understood to be an offense against God. Sin involves a rejection of God, even opposition to God, even as sin continues to weigh

heavily on human life. Only in the light of the Bible and the Church's Tradition can we recognize sin clearly. Without God's revelation we are tempted to explain sin as merely a developmental flaw, a psychological weakness, a mistake, or the necessary consequence of an inadequate social structure, etc. Only in the knowledge of God's plan



for mankind can we grasp that sin is an abuse of the free-will that God gives to every human person: so he/she is capable of loving God and loving one another.

Sin is an offense against reason, truth and right conscience. Sin is any thought or word or action, which turns our heart away from God. God loves each one of us, and He created us to love Him in return. There are many kinds of sins. The Bible provides several lists of them. In his Epistle to the Galatians (5:19-21) St. Paul lists "fornication, impurity, licentiousness, idolatry, sorcery, enmity, strife, jealousy, anger, selfishness, dissension, factions, envy, drunkenness, carousing, and the like. I warn you . . . that those who do such

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things will not inherit the kingdom of God." The root of sin is in the heart of man, in his free will, according to the teaching of Jesus: "For out of the heart come evil thoughts, murder, adultery, fornication, theft, false witness, slander.

These are what defile a person" (Mt 15:19-20).

The distinction between mortal (serious, grave) sin and venial (lesser) sin is taught by St. John in his first epistle (5:16-17): "There is such a thing as deadly sin. . . . True, all wrongdoing is sin, but not all sin is deadly." This is corroborated by human experience. Mortal (serious, grave) sin is sin whose object is grave matter, and which is committed with full knowledge and deliberate consent. Serious or Grave Matter is spelled out by the Ten Commandments, corresponding to the answer of Jesus to the rich young man: "Do not kill, do not commit adultery, do not steal, do not bear false witness, do not defraud, honor your father and mother" (Mk 10:19). The gravity (seriousness) of sins is more or less great: e.g. murder is graver than theft. One must also take account who is wronged: to steal from a poor person is more serious than theft from a rich person.

In order that a sin be serious (mortal, grave) it is necessary that the sinner have full knowledge of what she/he is doing, and that they are doing it with their complete consent. To pretend ignorance or habit does not diminish, but rather increases the

willful character of a sin. God is not deceived by pretense. The gravity of a sin can be diminished by unintentional ignorance, and sometimes by external pressures, or pathological disorders. Sin committed through malice, by deliberate choice of evil, is most serious (grave, mortal). When a sinner dies unrepentant for a serious (mortal, grave) sin, she/he is excluded from God's kingdom.

However, although we can judge that an act is in itself a serious sin, we must entrust judgment of persons to the justice and mercy of God.

A person commits a venial (little) sin when, in a non-serious matter, he/she does not observe the moral law, or when she/he violates the moral

By Pastor Dave Henion



A: Our first question really asks about the grading or qualitative nature of sin. In the scriptures all and any sin, no matter what the grade or quality, brings separation from God {Isaiah 59:2}. Sin is missing the mark, God's mark. All sin is against God and His holy will. {Psalm 51:4} It's a breaking or transgressing of God's law. {1John 3:4} The problem is "all have sinned and fall short of the glory of God" {Romans 3:23} and "the wages of sin is death." {Romans 6:23} Notice there are no grades of sin but all sin brings eternal separation from God. So we see three things. First, God is the one who sets the standard. Second, sin is anything that is a rebellion or misses God's standard and way. Third, that there is no difference when it comes to sin, whether quality or kind of sin, it all separates us from God eternally. Now when it comes to the eternal perspective, sin is sin. "All sin" as Calvin said, "is Mortal," because it brings eternal death to mankind. In reality it doesn't matter what one person or group or preacher or even church thinks. What matters is what God says about it! Who is right? God!

Now the scriptures do make some distinctions of sin when it speaks about certain sins being more grievous {Genesis 18:20}, or an abomination {Leviticus 20:13}, detestable {Jeremiah 16:17} and some seem to have a higher level of offensiveness to God. {Leviticus 20:10-21} In the New Testament, Paul speaks to the new Corinthians Christians who were very much accustomed to living with sexually promiscuous life styles; he makes a higher distinction to emphasize a point that sexual sin is a direct sin against Christ and the Holy Spirit. {1 Cor. 6:15-20} Now the Catholic Church had made further distinctions of sin with Mortal and Venial Sins, however the Protestant side of Christianity would not go as far. Protestants still held to the distinctions between ordinary and heinous sins because the scriptures made those distinctions, especially in the Old Testament. A lot of the clear distinctions are for the penalties of different criminal acts, some punishable by death, other corporal penalties and even the levying of fines. Our system of justice has similar distinctions like first and second degree murder, voluntary and involuntary manslaughter. {Numbers 35:15-34}

The second question is more individually oriented on how a person's individual beliefs affect their responsibility for a sin or not. Where is the doubt? If the Bible says it is a sin, then, guess what? It is a sin! Whether the person wants to believe it or not, if God says it is, then it is. If a person is naïve and doesn't know it is, does it change the matter? Men used to drink out of beautiful ornate lead mugs, believing it was ok. But they still died of lead poisoning. Their belief was false. The Bible is filled with people who made that same mistake. Eve {Genesis 3:1-24}, Korah {Numbers 16}, Achan {Joshua 7}, Saul {1 Samuel 15}, Uzzah {2 Samuel 6:6-7} and the Sons of Sceva {Acts 19:13-16}. They didn't believe Him, but still paid the price.

In my experience, most of the time, the problem is not lack of knowledge but the will. The definition of sin can be seen as I was taught in junior high youth group. It is the center letter "I" in the word sin. It is the theology of Frank Sinatra, "I did it my way," not God's way. I have friends that don't agree with God that certain things they do are sin, but they are sins. They even deny, argue and even laugh at the idea of sin by treating it as a mythical idea. Sadly, it is their sinful fallen natures that are driving them. {Romans 7:14} They are slaves to sin. {Romans 6:20} Mankind still denies it because Satan has blinded man's eyes to it and the only relief man can have is by admitting sin is a problem and seeing the need for Jesus to save them. {1 Corinthians 4:4}

In fact in our generation the world renowned psychiatrist Karl Menninger of Topeka, Ks in 1976 was prophetic in writing his secular book, "Whatever Became of Sin?" As a psychiatrist, he recognized that our society removed the word "sin" from its morals, but in reality just gave it a different name and called it normal. Western society had renamed it as sickness, deviance or crime and it had far sweeping effects all across our society. Even the stars of our generation, 30 years later, like Edwards, Clinton, Woods and the like have been excused of their sin and are now called "victims" of sexual addiction. Society's collective responsibility has been lost due to the shift in the concept of sin and has left us paying and will continue to pay dearly in America.

What is needed for society to do is leave its denial and admit that we are all sinners and we sin. {Romans 3:23} Second, we need a savior Jesus Christ to pay the debt to God

we owe for our sin and wash away our sin. {6:23; 8:1-2} To have Him make us anew with a desire to follow Him {2 Corinthians 5:17} That we choose every day to die to our sinful natures with its desires and passions {Romans 7:14-25} and begin living in His freedom and righteousness. {Galatians 2:20} May that be our task before we implode on ourselves! Living with you in the victory Christ has given us, Pastor Dave.

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

By Amy Baumgartner



A: Human beings were created in the "image of God" yet often humans behave in a way that is contrary to God's design of us. The human life is marked by attitudes and actions that are a distortion of the image of God in which we were created. The Bible names this disconnect between who we were created to be and how we truly are as sin. It causes us as humans to treat God, others and

ourselves in ways that are not loving and just. Sin causes a breakdown in relationship; it causes alienation from God by breaking the relationship of love and trust God seeks to have with humans. The Bible likens sin to being a prisoner in a prison camp who needs liberation. The Bible portrays the human race as enslaved to and imprisoned by the power of sin.

Sin is, in the words of Reformer John Calvin, "inherited corruption." He wrote in Institutes of the Christian Religion that "all of us, who have descended from impure seed, are born infected with the contagion of sin" (II.1.5). Sin affects our nature and our actions. For instance, sin can self-delude us into believing that some sins are not as bad as others while in fact, all sin in reality causes a separation between humans and God. And sin affects our relationships with each other, the earth, and even within ourselves. So, to answer your first question simply, all sins are sins, there are no big or little sins. They all cause alienation and result in consequences. The varying consequences may lead some to believe that some sins are "little." For example, one may ask, is my speeding on the highway really as bad as murdering someone? The consequences resulting in the damage to the family of the slain person are more substantial; however, all violations of God's ways and design will result in separation from the Holy God. And one day, all humans will stand before God the Judge to give an account of our actions and attitudes—the good ones that reflect us being created in the image of God and the bad ones that cause separation (sins).

While this may sound like bad news, there is hope. Sin is a corruption of the human race that can only be restored by the radical action of God. And God's radical action was in the giving of the one who will "save God's people from their sins" (Matthew 1:21): Jesus Christ.

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

Emmerling..From Page 6

Son of God.

(John 3:16-18 ESV)

Questioning whether one sin is big and another is little allows us to compare ourselves to others, rather than the Perfect One who died for us. Further, we miss the point that any and all sin separates us from God. Jesus paid for ALL our sins: past, present and future. Our focus now should be to live a godly life FOR HIM, rather than focusing on how little or much we can or have sinned.

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

Cleary..From Page 6

law in a grave matter, but is lacking full knowledge or complete consent. Venial sin weakens the will and impedes the individual soul's progress towards God. It deserves temporary punishment. Who sins in small matters is not deprived of friendship with God, and consequently can obtain eternal happiness. "While in this life, a person cannot help but have at least some light sins" (St. Augustine). But even these should be repented every day. Small sins, which a person takes-for-granted, can lead easily to repetition, and then to hardening the conscience: so that gradually it becomes easier to commit greater sins. Eventually, the repetition of small sins can lead to mortal (serious, grave) sins, which separate a person from union with God.

Now I return to the example mentioned in the original question: ". . . if one person believes that pre-marital sex is not a sin or a small sin, and another person believes it to be a grievous sin: which person is right? If a person really believes something is not a sin or a minor sin, will he/she be held accountable for the sin as if it is a grievous or serious sin?"

Pre-marital sex is the serious sin

of fornication. Whoever believes it is not a sin is wrong because it is against God's Law, as I cited from St. Paul above in the second paragraph. Whoever believes some small matter to be a serious sin is wrong in their opinion. But, if they go ahead and do it anyway, they will be held accountable: not by reason of the small matter, but because of their rejection of God in sinning against their conscience.

Every human person is endowed with conscience as part of reason, whereby she/he can recognize the moral quality of a concrete act that he/she is going to perform, or has already completed. In everything she/he says and does, a person is obliged to follow faithfully what he/she knows to be just and right. To act against one's conscience is sinful. Through ignoring the good intentions of one's conscience, it is possible to deaden one's sensitivity to sin, and think of the evil, to which a person is inclined, as being perfectly natural. A sinner, who has "killed" his conscience, is unlikely to repent before he dies, and therefor will suffer the consequences throughout eternity.

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

Remember..From Page 1

Do you remember the start of the River Festival? May is the month for River Festival. This year it runs from May 31st to June 8th. I remember when this event started. This year will be the 42nd year that our citizens and visitors come together to enjoy this great event. It was fun to watch the bathtub races on the river and the bed races in the street. My family was young then and I took the kids to the banks of the river downtown which were crowded and lined with people to see what was happening on the river. As I am writing this article, the river is very dry but when the festival starts this year, maybe there can be some events on the river. One of our family's favorites was the Sundown Parade which began the week of events. There were bands, the Wind Wagon with the Wagon Masters, political and television personalities we watched all of the time like John Froome, Jim O'Donnel, Major Astro, Deputy Dusty, our mayor, sometimes the governor and many floats. There were concerts during the week and concluding with a concert in the front of Century II featuring the Wichita Symphony Orchestra with canons firing and then the big fireworks show. Other events we enjoyed were the Wurlitzer organ concert accompanying silent movies and the short comic operas at the Mary Jane Teal theatre. Food vendors were set up in the street, a free ice cream night, and so many activities to enjoy. We all look forward to the beautiful month of May and all it brings.



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

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Exciting events at The Orpheum!

By Jennifer Wright



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

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

to please.

Brit Floyd: P-u-l-s-e 2013 - Wednesday, May 1st - 7:30pm: Celebrating the music of David Gilmour, Roger Waters, Rick Wright, Nick Mason & Syd Barrett!

Featuring note-for-note performances of five full album sides from 'The Dark Side of the Moon', 'Wish You Were Here', 'The Wall', 'The Division Bell' and 'Animals'.

Having performed to over a half a million fans around the world since it's first show in Liverpool, England in January 2011, The World's Greatest Pink Floyd Show, Brit Floyd, returns to the USA to present P-U-L-S-E 2013, The Pink Floyd Ultimate Light & Sound Experience, a stunning new three hour show featuring note-for-note performances of five full album sides, including 'Wish You Were Here',

'Animals', 'The Wall', 'The Division Bell', and, in celebration of the 40th anniversary, Pink Floyd's classic defining album, 'The Dark Side of The Moon'.

Inspired by the record breaking 1994 'Division Bell' Tour and including the trademark Pink Floyd arch and circle light show, and brand new Floydian animation and projection, P-U-L-S-E 2013 will be Brit Floyd's biggest show yet.

Solo projects aside, this is as close to Pink Floyd as you will now ever get!

Room 237 - Friday & Saturday, May 3rd & 4th - 8:00pm and Sunday, May 5th - 3:00pm: A subjective documentary that explores the numerous theories about the hidden meanings within Stanley Kubrick's film The Shining (1980). The film may be over 30 years old but it continues to inspire debate, speculation, and mystery. Five very different points of view are illuminated through voice over, film clips, animation and dramatic reenactments. Together they'll draw the audience into a new maze, one with endless detours and

dead ends, many ways in, but no way out.

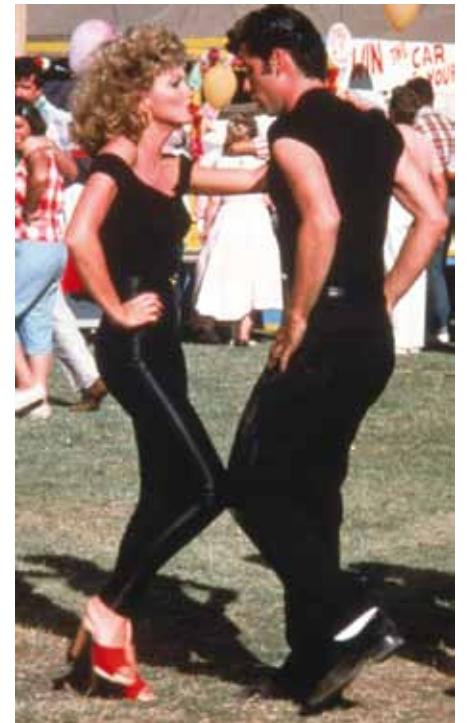


WSU Contemporary Dance Theatre presents 2013 Dance Series - Saturday, May 11th - 7:30pm: WSU's Contemporary Dance Theatre production returns to the Orpheum for a production that has in the past included ballet, modern, jazz, contemporary and several mime theatre favorites. The performance this coming year will again be an eclectic evening of dance with something for everyone.

Old 97's Concert for the Cure - Wednesday, May 22nd - 7:00pm: Although they became one of the most enduring bands in the alternative country-rock catalog, Old 97's drew inspiration from a broad range of genres, including the twangy stomp of cowpunk and the melodies of power pop. Formed in 1993 by frontman Rhett Miller and bassist Murry Hammond, the group spent the bulk of the decade posed on the brink of mainstream success, issuing albums

career in the early 2000s, but the band remained together nonetheless, continuing to release material with their original lineup intact into the following decade.

Grease - Rockin' Rydell Sing-A-Long - Thursday, May 23rd - 7:00pm: A musical about teens in love in the 50's! It's California, 1959 and greaser Danny Zuko and Australian Sandy Olsson are in love. They spend time at the beach, but when they go back to school, what either of them don't know is that they both now attend Rydell High. Danny's the leader of the T-Birds, a group of black-jacket greasers while Sandy hangs with the Pink Ladies, a group of pink-wearing



girls led by Rizzo. When they clash at Rydell's first pep rally, Danny isn't the same Danny at the beach. They try to be like each other so they can be together.

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



that often drew warm reviews but never yielded a substantial hit. Old 97's tightened their sound as the decade drew to a close, retaining their bar-band vigor while introducing a stronger pop/rock sound on albums like Too Far to Care and Satellite Rides. Miller also mounted a solo

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GOLF

Ask the pro - series

By Don Farquhar



Q: What does it mean when someone says I have a “chicken wing” swing?

A: If your right elbow gets above your right shoulder, you do indeed have a flying elbow. The term flying right elbow and “chicken wing” are synonymous. The term “chicken wing” can also be used to describe your arms on the follow through. This elbow problem will ultimately cause you to come over the top in your swing and hit a slice. Anytime that our swing plane is out of whack



chances are that it is a problem with the right elbow. Something that you might think about would be to fold your right elbow immediately upon the start of the backswing. As the shoulders turn back, the elbow will start to leave your side, this is as it should be. Upon starting down, the right elbow should return to your side in a folded position. If you have a flying elbow (“chicken wing”), then you probably slice the ball. This problem is going to make your swing path outside in and this produces a right hand spin on the ball. With the elbow flying, the hands get too high and it makes you come over the top. If some of this sounds familiar, then you might make sure that you shorten your swing and keep that elbow down!

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Don Farquhar is Head Golf Professional at Rolling Hills CC, a position he has held since 1988. Don has earned several distinctive awards: 1991 South Central Section Golf Professional of the Year, 1994 South Central Section Merchandiser of the year, 2003 & 2004 South Central Teacher of the year and 7 Time Kansas Chapter PGA Teacher of the year. Don has competed in 5 National Club Professional Championships and qualified for the USGA Public Links Championship. Don is also a member of the Titlist Custom Fitting Staff. Don may be contacted at Rolling Hills Country Club Pro Shop, (316) 722-1181, 223 Westlink Drive, Wichita, KS 67209, or by email at dafarquhar@pga.com

MENTAL HEALTH

Fight stress with healthy habits

By Marilyn Cook



Q: A lot of people I know have come to accept living with stress, because it's there every day. What can we do to better manage and reduce stress in this very fast paced life?

A: If you were to ask a dozen people to define stress, explain what causes their stress, or pinpoint how stress affects them, you would likely get 12 different answers. The reason for this is that there is no definition of stress, because what is stressful for one person may be pleasurable or have little effect on others. We all experience and react to stress differently.

Stress is simply a reaction to a stimulus that disturbs our physical or mental thoughts and balance. A stressful event can trigger the "fight-or-flight" response, causing hormones such as adrenaline and cortisol to surge through the body. A little bit of stress, known as "acute stress," can be exciting—it keeps us active and

alert. But long-term, or "chronic stress," can have detrimental effects on our health.

You may not be able to control all of the stressors in your world, but you can alter your reaction to them. Healthy habits can protect you from the harmful effects of stress. Here are 10 positive, healthy habits you may want to develop:

Talk with family and friends.

A daily dose of friendship is great medicine. Visit, call or email your friends and family members to share your feelings, hopes and joys.

Engage in daily physical activity.

Regular physical activity relieves mental and physical tension. Physically active adults have lower risk of depression and loss of mental functioning. Physical activity can be



a great source of pleasure, too. Try walking, swimming, biking or dancing every day.

Accept change and the things you cannot change.

View change as an opportunity for growth. Since growth can't occur without change, look at change as a positive rather than a negative thing. See it as a means of developing personally, improving your circumstances and bettering your life.

Remember to laugh.

Laughter makes you feel good. Don't be afraid to laugh out loud at a joke, a funny movie or a book, even when you're alone.

Give up the bad habits.

Too much alcohol, cigarettes or caffeine can increase stress. Replace these with healthy habits.

Slow down.

Try to "pace" instead of "race." Plan ahead and allow enough time to get the most important things done.

Get enough sleep.

Try to get six to eight hours of sleep each night. If you can't sleep, take steps to help reduce stress and the things that are interfering with your sleep. Physical activity also may improve the quality of sleep.

Get organized.

Use "to do" lists to help you focus on your most important tasks. Approach big tasks one step at a time. For example, start by organizing just one part of your life — your car, desk, kitchen, closet, cupboard or drawer.

Try not to worry.

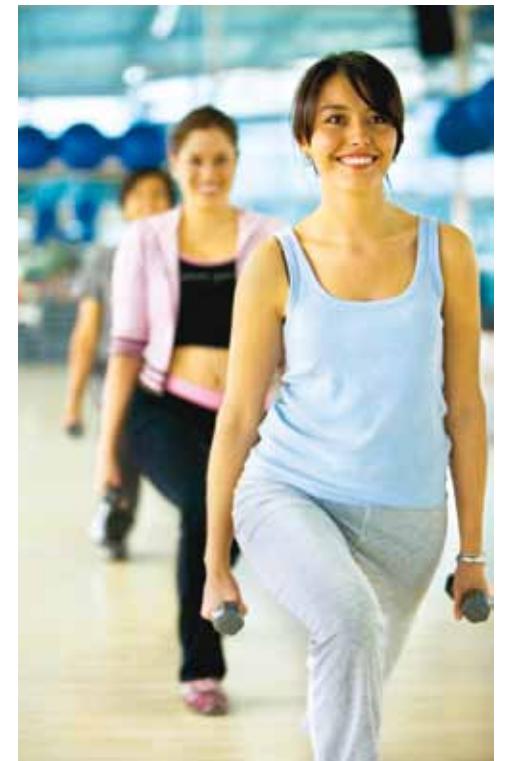
The world won't end if your grass isn't

mowed or your kitchen isn't cleaned. You may need to do these things, but today might not be the right time.

Eat well

Good nutrition is an effective strategy to take care of your body during stressful times and also helps to relieve stress levels.

If you have a lot stress, the best way to deal with it is to take a look at what's causing your stress and see if there are changes that you could make. Taking steps to manage your stress can have numerous health benefits and help you feel so much better. After trying to work through your stress, if you continue to be overwhelmed, you may want to talk with someone who can help you address the emotions, manage the stress, and help you find ways to change some unhealthy behaviors.



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Marilyn Cook, LSCSW, is the Executive Director of COMCARE of Sedgwick County. Ms. Cook is on the Board of Kansas Health Solutions, serves on the Sedgwick County Criminal Justice Coordinating Council, and is a Board member of the Child Advocacy Center of Sedgwick County. If you would like to talk with someone confidentially about the stress you are having, please call 316-660-7540. COMCARE is a licensed community mental health center and certified addiction treatment program.

Kitchen remodel: Q & A

By Jason Huang



Q: Does a kitchen remodel eventually pay for itself.

A: Not entirely. According to the Cost vs. Value

cabinets before you can reface them. In addition, re-facing doesn't allow you to change the layout of your kitchen. If you want to improve the "flow" of your kitchen's workspace or add some of today's newer kitchen options, replacing is your best bet.

less expensive door style. Some places offer a wide range of door styles and wood species to help you match your vision to your budget.

Q: Are custom cabinets more durable than pre-manufactured cabinets?

old countertops?

A: Probably not. It's difficult to remove old countertops without damaging them. And new cabinets may not match the structure of your old ones. One more caveat: old countertops often look even older when set against brand new cabinets.

Report (a joint study from the National Association of Realtors and Remodeling magazine), a minor kitchen remodel will recoup 72.8% on the cost, on average. A mid-range kitchen remodel will pay back 68.7% of the remodeling cost, while a major kitchen remodel only returns 59.7%. So it's important to consider how long you plan to stay in your home, as well as the value of an improved kitchen to you personally.



Q: Is it cheaper to reface cabinets than to replace?

A: If your existing cabinets are in poor shape or have water damage, re-facing is not a good option. You'll have to spend money fixing the old

Q: I really like the look of cherry cabinets, but think they are out of my budget range.

A: Don't narrow your options too soon. You can often get cherry wood—or other high-end wood species—in a

A: Not necessarily. All cabinets have a degree of hand construction, so the quality depends on the skill of the craftsman making the cabinet.

Q: Will I save money if I reuse my

Jason Huang began his career in the home remodeling industry fabricating and installing natural stone countertops after being inspired by the beauty and elegance of granite and marble. His main goal at Wichita Granite and Cabinetry is the satisfaction of the customer, excellent service, and sharing knowledge associated with natural stone. A member of the Better Business Bureau, The Wichita Area Builders Association and the National Association of Home Builders. Wichita Granite and Cabinetry is family own and operated. You can call Jason at (316) 945-8880.

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The Q&A Times Journal

COMMERCIAL FURNISHINGS

Oak office furniture

By Don Swank

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



Q: We are considering several types of furnishings for our new offices, including Oak. How would I go about selecting the best Oak office furniture?

A: Last month I provided some information relative to Oak office furniture insofar as style and design. This month, I will provide a little more

Color may also be an important consideration when choosing Oak office furniture. Veneer offers a wealth of possibilities, from pale and warm golden Oak, to deep finishes like tobacco and Espresso Oak. Most Oak furniture is golden or medium brown in hue. Considering factors like the amount of natural light, floor color, and the color palate of other office furnishings such as rugs or chair



information relative to price, versatility and color.

For those looking to save money, or those concerned about the environmental consequences of using solid Oak, veneer products may be a good choice. Be careful when purchasing extremely low-priced veneer products, however, as poor quality veneer habitually buckles and bubbles, creating an uneven and unattractive surface. Also, some products that look like veneer are just vinyl film, not wood veneer at all. For those with environmental concerns, look for veneer products that have a body made of recycled or sustainable materials.

It is important to remember when choosing good Oak office furniture that it may outlast you in the office. An Oak desk or bookcase can be heavy so you may want to incorporate it into an environment that may be more permanent, not moving and reconfiguring constantly. Consider choosing Oak products for furniture that does not require frequent moving such as conference tables or a front desk.

cushions can help determine what color of Oak furniture will match well.

In most cases the same attributes that have been listed for Oak would pertain to other species as well.

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

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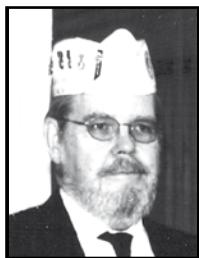
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Civil War battle summaries by state - series

By Frank Bergquist

(For the previous articles in this series, refer to Jan '12 - Apr. '13 issues at www.theqandatimes.com)



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

A: Sure. I found several sites from which to put this information together. One of the best is <http://www.nps.gov/hps/abpp/battles/bystate.htm>. This series has proven to be more timely than ever, with the release of the new movie, "Lincoln." I am thankful to be able to present it to you. Last issue, we talked about the battles in Arkansas, Marks' Mills, Old River Lake and Pea Ridge. This month we will continue with more of them, namely Pine Bluff and Poison Spring.

Pine Bluff

Other Names: None

Location: Jefferson County

Campaign: Advance on Little Rock (1863)

Date(s): October 25, 1863



Principal Commanders: Col. Powell Clayton [US]; Brig. Gen. John S. Marmaduke [CS]

Forces Engaged: Pine Bluff Garrison

(two under-strength cavalry regiments and a company of state militia) [US]; division [CS]

his army at Camden forced Maj. Gen. Fred Steele to send out a foraging party to gather corn that the Confederates had stored about twenty miles up the Prairie D'Ane-Camden Road on White Oak Creek. The party loaded the corn into wagons, and on April 18, Col. James M. Williams started his return to Camden. Brig. Gen. John S. Marmaduke's and Brig. Gen. Samuel B. Maxey's Confederate forces arrived at Lee Plantation, about fifteen miles from Camden, where they engaged Williams. The Rebels eventually attacked Williams in the front and rear forcing him to retreat north into a marsh where his men regrouped and then fell back to Camden. The Union lost 198 wagons and all the corn.

Result(s): Confederate victory

Estimated Casualties: Total unknown (US 56; CS unknown)

Description: At 8:00 am, October 25, Col. Powell Clayton sent a company of cavalry toward Princeton which ran into Brig. Gen. John S. Marmaduke's men advancing. After some fire, the Rebels, under a flag of truce, came forward demanding surrender. Lt. M.F. Clark answered that there would be no surrender. Clayton slowly retreated back into Pine Bluff. In the meantime, about 300 African-American soldiers rolled cotton bales out of the warehouses for barricades to protect court square. After failing to take the square by force, the Rebels attempted to burn out the Union forces but to no avail. The Confederate forces retired, leaving Pine Bluff to the Federals.

Result(s): Union victory

Poison Spring

Other Names: None

Location: Ouachita County

Campaign: Camden Expedition (1864)

Date(s): April 18, 1864

Principal Commanders: Col. James M. Williams [US]; Brig. Gen. John S. Marmaduke and Brig. Gen. Samuel Bell Maxey [CS]

Forces Engaged: Brigade (1,100 men) [US]; Marmaduke's and Maxey's Divisions [CS]

Estimated Casualties: 415 total (US 301; CS 114)

Description: Dwindling supplies for

Frank Bergquist graduated from Eddyville, IA, high school in 1958. After graduation, he entered the Army, serving 20 years in Missouri, Maryland, New Mexico, Germany, Iowa, Turkey, Kansas, S.E. Asia, and finally retiring in 1978 in Louisiana. Before retiring, Frank was assigned as an ROTC instructor at WSU and Kemper Military School until 1974. In 1978 he served as the Non-Commissioned officer in charge of operations at Fort Polk, LA. He has served as the Veterans Counselor (DVOP) with the Kansas Job Service Center National Service Office, with the Disabled American Veterans at the VA Regional Office in Wichita; Veterans Employment and Training Coordinator with the US Dept. of Labor at Ft. Riley, KS; Service Coordinator with Cerebral Palsy Research Foundation; Dept Adjutant-Treasurer and the Dept. Executive Director Dept. of Kansas Disabled American Veterans; and past President of the Wichita Civil War Round Table. Currently he is doing graduate work as an instructor in Genealogy and Military History at Wichita State and Kansas State Universities, and is the CEO for the Disabled American Veterans Thrift Stores in Wichita, KS. Bergquist has an AA from Kemper Military School and College from Boonville, MO. and a BGS from Wichita State University. He can be reached by telephone at 316-262-6501. He is located at 926 N. Mosley Wichita 67214.

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Setting up your eBusiness - series

By Amal Xavier

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



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



A: Last month we discussed some more of the benefits of eCommerce and eBusiness from one of our sources, <http://www.streamcompanies.com>. We will continue with more this month.

Potential to Increase Overall Business Sales and Profits:

eCommerce stores are a great way to boost overall business sales and potentially increase company profits across the board. Companies who already do business from a physical location are typically unaware of how much more they could be making if only they were to expand into their Online marketplaces.

Potential to Decrease Some Costs:

eCommerce stores can run with less employees including sales staff, customer service reps, order fulfillment staff and others. eBusinesses also do not need a physical location in order to stay operational, which can reduce costs related to building leases, phone bills, utility costs and other costs associated with running a storefront.

Expands Geographical or Customer Reach:

As mentioned, owning an eCommerce business typically means no limits as

to who and where you can sell your products. Some countries outside the United States have additional regulations, licensing requirements or currency differences, but generally you will not be limited on the customers you can reach out to. At the very least, you should consider targeting U.S. buyers, but also consider, Canada, UK, Australia and others. Sell to anyone, anywhere, anytime!

Allows for Smaller Market or Niche Targeting:

Although your customer reach may expand beyond your local area, you may only wish to target smaller consumer markets and buyer niches for your eCommer ce products. Owning an Online store gives the merchant much control over who they target and reach out to notify about the items for sale in their store. Currently, you can target women, men, a generation of users, a particular race and many more smaller niche markets. This is typically done by placing keywords that those niche markets use on a regular basis when shopping for the items you offer.

Allows for Easier Delivery of Information:

With an Online presence your customers will have direct access to product information, company information, specials, promotions, real time data and much more information that they can easily find just by visiting your site day or night. Not only does it benefit your customers, but it's also generally easier for merchants to update their site rather than break down an in store display and put up another for the next event.



Amal Xavier, A techno-marketing professional who thrives on Software Project Management, Business Process Automation, Software Solution Design, Development and Deployment. He is the Director of CMI Infotech, and is headquartered in Cochin, Kerala, India. CMI Infotech is a company whose primary focus is the building of customized software ap-

plications and solutions for businesses throughout the world. CMI Infotech has employees and contracted personnel with more than 65-years combined experience in virtually all software applications, including but not limited to PHP/MySQL, Open Source technologies, Adobe AIR, Adobe Flex, ActionScript 3.0, Flash Media server, JavaScript, Joomla, WordPress, Ajax, XHTML/CSS and jQuery. You may contact Amal by sending an email to amal@bluehorizoninfotech.com.

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Basement flooring options

By Jason Jabara



Q: What should I consider in basement flooring?

A: Basement flooring options are a little more involved than other flooring options. First, let me address the biggest concern—Moisture. Moisture

is a concern in nearly any basement because it is below grade and the lowest surface in the home. Because of this, there are a few things you need to think about before considering the flooring types. If your basement is particularly susceptible to flooding, leaking, or seepage you will want to seal it before the installation of any flooring. This can be a costly process,

but is necessary in preserving any of your future work and preventing mold problems. Humidity and condensation is another big problem. When moist air meets the cool temperatures of the basement it



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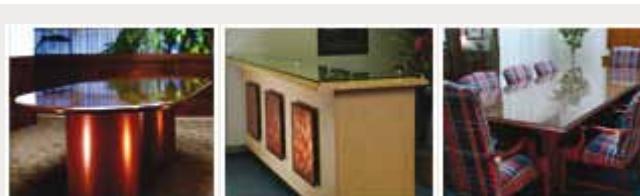


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tends to cause condensation that allows the growth of mold and mildew. Your heating and cooling system is probably equipped with a dehumidifier that helps keep your relative humidity levels between 30-60%, which the EPA recommends for a healthy indoor environment. If your HVAC system is not equipped to handle the additional load of the basement, consider a portable unit for that area. Next, look at the surface of the cement flooring. Make sure it is level and fix any cracks or flaws. You can also use backerboard to create the smooth surface. Now you can consider what type of floor covering you would like for your newly finished space. Just like in the rest of the home, consider how you will use the space and the level of traffic it will see. Low-pile carpets are always a popular choice as they are easy to clean and resist traffic wear. Other possibilities are all of the typical flooring options including laminates, tile, engineered wood and even concrete staining and engraving.

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

New...From Page 1

deserve any forum to express his racist bigoted views. But I realize there is a Constitutional right to freedom of speech. That is why I can say unequivocally that old Charlie is a bottom feeding scumbag racist. I hope all the 280 citizens of Sharon are not as worthless as old Charlie. I realize that his parents aren't responsible for giving birth to an abomination, like old Charlie. But old Charlie presents a strong, strong case for abortions, even late term ones. If only his parents could look into the future and see what a piece of garbage he would turn out to be, they may have terminated that idiot, right then and there. I would be surprised if old Charlie had any formal education whatsoever. But on the outside chance that he did receive some sort of education, he should seek a refund, since any education he received was totally wasted. I truly hope your publication doesn't support such racists. But if you do I hope and pray this rag goes out of circulation."

BH – Pittsburg, KS.

We also had a lady in Wichita who called every advertiser we have in our publication, telling them that I was a "very scary" person, along with several other things, because of my views and opinions. She told the advertisers they should cancel their advertising with us. None of them did, for which we are most appreciative. I am sorry for any wrongs I may have caused anyone to commit, and I forgive all of them for anything they said or did.

Thank you for your questions. I will do my best to answer them. In doing so, this month's article may be a little "heavier" than normal, but maybe "heavier" is what we need now more than at any time in our past. I have stated several times that I believe the world is tired of those who complain but don't do anything to solve the problems they complain about. I have tried not to be guilty of this. While the solutions I propose might not appear in each article, it is not because I don't have one...or several...but rather it is because it usually takes two or more articles (issues) for me to get all of my complaints stated (smile). Eventually I have always provided a solution or solutions. I will here as well.

I have had people call or write and tell me the reasons why I write what I write is because I just like to vent; or that I hate those I criticize; or that I am trying to get even with someone. None of these are the case, or are any of my reasons because of the debt...deficit...sequester...party preference...budget

debates...spending cuts...gun or immigration discussions...2014 mid-term elections...2016 general election...the resolution to the Syrian, Egyptian, Iranian or North Korean conflicts...my or your retirement...or the world that we will seemingly leave our children and their children. My singular reason for writing what I write is because of a much bigger picture...bigger than most people ever stop to think about. The bigger picture is where it has been for me for some time...and I will submit...where it will be for you...at "the end of the day"...even though you may not realize it now.

Before I tell you what it is, I would like to ask that you not scoff at me or what I have to say...right now. It's not that I can't take it. It's just that if you spend your time scoffing now, you will not be able to digest what I have to say. You will have your chance at the end of this article to do all of the scoffing you want to do. If at that time you want to dismiss most or all of what I have to say, you can do so. I will have invested my time to write it all in as a digestible way as I know how to do, and you will have invested your time in reading it...nothing more. At the end...we both walk away. If you will give me this chance to make my case, I can promise...your decision to do so will have the potential of paying you the biggest dividends you will have ever received in the past, or will ever receive in the future. And yes, before you bring it up...there are many people who would be much better than myself...the sinner that I am and have been...to address this issue...but few are doing it. And if they are to some degree...they're not doing it "loudly" enough...or frequently enough...to make a mark.

The basis of this bigger picture is the moral decay of America. The bigger picture is its eternal ramifications for each of us.

America's morals are decaying faster than the decay can be thwarted...much less replenished, nourished and healed. Further I am convinced, there is no action performed by any group of people in our society that contributes more to this moral decay than the lies, distortions and deflections of our elected officials. You might feel the same if you will think about it for a moment. There is no other group that garners as much press, and purports to be on track and in sync with the morals and ethics of America than this group. This is why their improprieties are so damaging...they are done, said and performed as though what they're

doing is ethical, moral and proper. From these lies, distortions and deflections, come all sorts of hidden agendas. We have no idea what they all encompass. From these hidden agendas come the failure by these elected officials to do the jobs they were elected to do...and have sworn to do. Laws end up being enforced inequitably, or not enforced at all. The press, who is to perform a most critical role in any society of clearly stating things as they are, without taking sides, becomes opinion-based instead of journalism-based, even though it is all still under the guise of being "journalistically pure," and each plays to its own agendas. Given the choice of trying to better one's self and family through hard work and achievements in all of this chaos, more and more people choose to become dependent upon the government. A "why bother" apathy sets in throughout the majority of the populace, even by those who are not seemingly...immediately affected...like many of you. Deficits and debt grow. Children grow up in an environment of hate, hopelessness and distrust. Families break apart. Crime is rampant. Waste, fraud and abuse permeate our government and its programs, on both the national and the state levels. Society becomes one with a looters' mentality...everyone trying to get all they can, as quickly as they can, while there is still something to get. Every opportunity by more and more people in all walks of life to remove God, or any reference to God, from our daily lives, is exploited. Soon, there is nothing left, but Satan's paradise. It is sad...but true. This is what we now have in America...more than at any time in our past. Towards the end...all of the world's great civilizations had these problems. Not one of them survived. Few lasted more than 200 years.

Have you ever thought about how many things you do...and have done in your life...*just in case*? If you will take the time to ponder this, you will find that many of the affairs in your life have caused you to do things...*just in case*. *Just in case* you don't have enough money to last for as long as it needs to last, you don't spend it all. *Just in case* you need more food to get you through until you can get to the grocery store, you don't eat it all. *Just in case* you need someone to help you, you don't alienate them by being rude or severely critical of something they did. *Just in case* you need money for things you will need later in life, you open a savings account. *Just in case* your home burns down or blows

away, you buy insurance. But none of these things amount to anything when compared to the *most important affair* you have in this life...that of gaining eternal salvation in your *next* life. It is okay if this shocks you. It will be proven to you, and everyone who was ever born on this earth. While I will provide more explanation below, I submit that each of us can live our lives as if this is *the way it is*, and die to find out *it isn't*; or we live our lives as if this is *not the way it is*, and die to find out *it is*." I choose the first for many reasons...but also...just in case. Which do you choose, for the *most important affair* you have in this life?

This...is the reason why I write what I write.

Whether you are religious, spiritual but not religious, have no preference, Protestant, Catholic, Jew, Agnostic, Atheist, Muslim, Hindu, Buddhist, Animist, Pagan, or any faith...your *most important affair* in *this* life is to gain eternal salvation in your *next* life. You will do this by using your free will to follow the laws of God, in order to live forever with Him, the angels and saints, and the Blessed Virgin Mary. If you ever wondered...this is what your life on this earth is all about. This is why you are here. As I previously stated, you don't have to believe me...but in order for me to continue...I need you to grant me the premise of what I say to be your *most important affair*...for now. You can take it all back later when you dismiss most or all of what I have to say. With that premise being granted, think of the rest of your life as being a "race" that you will need to run. Some peoples' entire "race" does not last too long. Brenda, my wife, finished her race on March 3, 2012, at the age of 57, after a 2 ½ year battle with cancer. Our son Dusty's "race" was over at the age of 25, when he was killed instantly in the midst of a Toys For Tots' Parade on November 4, 2001. My sister Rosemary's "race" was over at the age of 2, after a battle with pneumonia. My nephew Clint's "race" was over at the age of 14, when he lost his battle with cystic fibrosis. Dad's "race" was over at the age of 75. Mom's "race" was over at the age of 87. My Father-In-Law's race was over at the age of 92. Some people's "race" is over as an unborn infant, and others' "race" can last more than 100 years. But in the final analysis, no matter the length of one's "race"...it is but a *snap of the fingers* when compared to eternity.

Eternity...how long is eternity? In a trillion earth years, eternity will have

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just begun. Let me say this again... and this time...ponder it even more. In a trillion earth years, eternity will have just begun. Science says our universe is 14 billion years old. A trillion years is more than 70 times longer than this...and *this* is not even a *second* when compared to eternity. Eternity never ends. Again...eternity never ends. Now, regardless of the length of your "race," I can promise it will be uphill. Some peoples' "race" will be more uphill than others', but everyone's race will definitely be uphill. You see, God promised us this from the sin of Adam and Eve (original sin), in Genesis 3:19, "By the sweat of your face you will eat bread, till you return to the ground, because from it you were taken; for you are dust, and to dust you shall return."

There is another thing we each received from the sin of Adam and Eve. It is concupiscence. Concupiscence is an inordinate desire for pleasure. Notice the phrasing: an inordinate desire for pleasure. The desire for pleasure is a good and holy thing. In fact, St. Augustine notes that there can be no good unless it is delighted in. But original sin has wrangled pleasure, turning it into an end in itself. Instead of serving the good of others, the yearning for pleasure often turns us in on ourselves. Most of the what we want more of is classified as materialism (i.e. money, power, property, position, etc.). Unfortunately, materialism and its never-ending pursuit of the same, rules the world and affects so many of the decisions that we and others make. Everyone seeks materialism. The billionaire wants more. The millionaire wants more. The blue-collar worker wants an extra thousand dollars for a vacation. The poorest widow on the smallest Social Security income wants a roast instead of lunchmeat. The homeless man wants a new piece of cardboard with which to fashion a roof to keep out the rain. We all want more.

I heard a sermon several years ago on this subject given by Joe Wright, former Pastor of the Central Christian Church in Wichita, Kansas. It was titled "Greed." He defined greed as an inordinate desire for more, and more and more. "Greed," he said, "is not being rich or having money, but rather, it is the love of money. "Greed" makes a promise it can never deliver. "Greed" is the number one challenge for everyone today. Of the 38 parables in the New Testament, 16 of them talk about how to handle money. There are 500 verses on prayer, a few less than

500 on faith, but more than 2,000 verses on money. God was trying to tell us something, don't you think?" Being a slave to materialism fills one's life with stress. Think about it: When most people have money and/or things, their lives are filled with how to get more. The thought of being without them is too painful and stressful to consider. How can one fully enjoy something when he or she is consumed with not having it? If you have concupiscence in check for yourself, you still have to deal with the concupiscence of others, which is more rampant today than ever.

If I may, let me summarize what we have covered thus far. Regardless of your spirituality, or your lack thereof, your *most important affair* in *this* life is to gain eternal salvation in your *next* life. You will do this by using your free will to follow the laws of God. The period between now and when you die is your "race." Your "race" is but a *snap of the fingers* when compared to eternity. Eternity is forever. There is no time in eternity. The clock makes only one sound... "forever...forever... forever." Your "race" is guaranteed to be uphill...perhaps more so than others. It will be difficult enough for each of us to run our own uphill "race," without anyone placing "boulders" and "obstructions" in the way. Compounding the difficulty of our "race" will be concupiscence, an inordinate desire for pleasure. This will be by your own volition for yourself, and/or the concupiscence of others that you will have to deal with.

You don't have too much further to go. In only a few more paragraphs you can dismiss all that I am stating. I would only ask that before you do...imagine your last seconds in this life. You have reached the end of your "race." While you still have a breath left in your body, you can gain your eternal salvation (I welcome the opportunity to tell anyone how this is possible if you will allow me). Although it certainly does not make sense to wait this long, and God promises no one the opportunity, it is possible. But now...those seconds are gone. You have breathed your last. You have no time to do, undo or redo anything. Your soul has left your body. My Catholic faith tells me your soul will immediately find itself in front of our Lord Jesus Christ (the Particular Judgment), Who loves you more than you could ever realize. He wants you to be with Him forever in Heaven. Heaven is the greatest place you could ever be. Hell is the worst place you could ever be. Both will be for eternity. Your soul yearns to be with

Him. Although our Lord is all-merciful, He is also all-just. He will pass an all-just and eternal sentence of Heaven or Hell on you for the state of your soul following your moment of death. It will be carried out immediately. This sentence will never change. There is no appeal. There is no continuance. It will be for your soul only until the end of time (the General Judgment). At that time...the end of time...your soul will join your body for all eternity.

So...just in case...what I say is the way *it is*...why would you ever want to retain the risk...of your *most important affair* in *this* life?

When people lie, distort the truth, or play to a hidden agenda, or play to an agenda not in sync with our *most important affair*, it is a "boulder" or "obstruction" placed in the middle of our "race." Our "race" is quick...some quicker than others. We only have a short time to run our "race." The last thing we need to do is have to negotiate "boulders" and "obstructions" that someone has thrown into our paths. This has to be our message to every elected official, regardless of their position, or their political persuasion... whether left, right or middle. ***Tell it like it is...always...the first time. Tell the truth. Answer the question. Don't spin it. Answer the question. We have had enough of these "hidden agendas"... and all of the rest. Just tell it like it is. Quit lying. Quit distorting. Quit deflecting.*** When any of our elected officials say or do something that plays to an agenda not shared with us; or they espouse policies that hurt our country at home or abroad; or they fail to act prudently to do the job they have sworn to do...they are putting "boulders" and "obstructions" in the middle of our "race." Each of us directly or indirectly has to deal with these. These improprieties cause us to commit all types of sins, but more than any...the 7 capital sins of sloth, pride, anger, greed, gluttony, lust and envy. This is why I write what I do, and why I will do all I can...with the little amount of "snap" I have left...to call out and stop these lies, deceits, distortions, deflections, "dives" and "ducks." There are no actions, by any other group in America, that are making the contributions towards the moral decay of our county...and the state of each of our souls...than this group of people. I love these United States of America. I mean it. Some might say that I "stupidly" love this country and all it stands for... meaning that I love it in ways that some people would consider stupid for my exaggerated expressions. I love

it that we are a democracy. I love the way our government is supposed to work, with its three branches. I love and respect all offices and positions, and in particular...the office of the President. All of us should want him to lead us...not divide us. We all know that together we can stand against anyone or anything...divided we will fail. Divided we will continue to fall into this moral decay. Divided...many of us will lose our souls. I love all of my freedoms. I love it that I can make a decision to jump in my car and go get an ice cream cone from a neighborhood business at 10 o'clock at night, or drive to Yellowstone National Park, the Smoky Mountains, or to Niagara Falls on a moment's notice. I like it that I can call in sick for work if I don't feel well, and that if I want, I can buy some stock online, or watch sports on TV, or record something and watch it later. I love it that I can do most anything I want to do, as long as I don't hurt others in any way. I love it that I can vote for a person for a position who I feel will do the best job of not putting "boulders" or "obstructions" in the middle of anyone's "race." I love the equity we have in our country, our laws, our traditions, our Constitution, and our way of doing things. The longer we exist and grow together... the more equity we have. Yes, I love all of my freedoms...and I love and thank each and every one of those who have gone before me for these freedoms.

No one has the right to fundamentally change America...no one...without the majority of us knowing what the fundamental change is going to be, wanting it and voting for it. There are millions of people who have lived and died and laughed and cried and suffered and celebrated throughout the last 260 years to make this the great country we have. This is what makes America. If someone wants something different than what we have, let them lay it out in front of all of us. Have them lay it all out...not just the parts they want us to see and hear. Tell us the entire truth...the first time...not later when they've been caught on something. Let the press do its job of examining what has been laid out. Let there be debate. Then let's vote...and let our democracy rule. If it is voted for in a true and honest election, we will do it. If not, let's put it back on the shelf...for now...or forever. Cut out the bickering and complaining and the false charges of racism and hate after it goes down.

As you will note, I have included all elected officials in my charges, which

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includes President Obama. I cannot find any President in our history who has used (abused) the “bully pulpit” to the extent he has. This puts him at the forefront of all the elected officials I am charging. Yes, others...throughout history...have lied, misled, distorted, deflected, dived and ducked...but nothing has ever been as bad as it is today. If we’re going to stop it...it’s got to start with him. If he had said in 2007 and 2008 when he was running for the office, “I want to change this country. Here is what I want to do and how I will go about doing it. I want to get as many of you as possible receiving continual, monthly aid from the government. You will only have to work if you want to work. If you choose not to work, the government will provide you money, food, health care and housing. By the year 2013, I will do my best to have 50 Million Americans receiving food stamps, and more in the coming years. I will do all I can to loosen the disability rules so that as many of you who want to get on disability, at the end of your unemployment pay, can have an income for life. Few of you will ever be able to climb out of this dependent style of living, but you will know you will always be taken care of. I will only “mouth” my support of stopping consumer and governmental waste, fraud and abuse. By allowing this to continue, I will insure we can keep the status quo in this area for a long time to come. I will let all those wanting to come into our country have these same things. By the time I’m through, I will have 60% of our entire population dependent upon the government. When given the chance to vote for someone who is going to take away what someone is getting free, and one who is going to continue giving it to you...the choice will be obvious. Just to be sure I don’t have any weak links in my plan, I will also do all I can to bolster and support the unions, who have shown the ability for decades to put pressure in the right spots when it comes to elections. Next, I will so burden business with rules and regulations, that only the toughest will survive. I will do it under the guise of universal health care for all, in combination with my Executive Orders. After all, who could possibly stand against universal health care? There will be so many pages in this law and the rules and regulations that accompany it, that people will be finding out about for years what it contains. These rules and regulations will separate the ‘wheat from the

chaff’ in business. The ones who can’t compete will go under. Those who are marginal will receive help from the government to exist, and they will be in our ‘camp’ too. I will so burden the rest with rules, regulations and taxes, that the government will basically own them...or they might as well own them. The government, who always knows best, will own most everything, and will dole it out as it sees fit. All of this should insure that my party rules for many years to come. It won’t take long before there are only two classes...the ruling class, and everyone else. This is the way the world was supposed to be organized all along. Vote for me and I will make it all happen.”

You might laugh...or wince...but had he said this...had he told us the truth...had he told us what he really intended to do...do you think he would have been elected? I don’t think so. At the time he was elected to his first term (2008), more than 60% of Americans were still paying income taxes. This more than 60% would have never supported people doing nothing...when they themselves had to work, and save, and make prudent decisions. They wouldn’t have voted for these “fundamental changes” if they had know what they were.

Or, are you one who takes the position that he never intended for any of what happened to happen? Do you think this has all happened by accident? That it wasn’t a plan? Really? I don’t think so.

But all of this is not what then, Senator Obama said, is it? He said, “I am tired of watching the rich get richer and the poor get poorer in this country. I am tired of people filling up the emergency rooms for their health care. I am for the middle class. I am for you. I want you, the middle class of America, to rise and be better off, than you are now (appealing to the middle class has been the primary strategy for every politician, because that is where you find the majority of the populace...the “votes”). I want a new America (he definitely has a different one now than the one he inherited). I will end torture (now he uses drones to kill and there is no intelligence gathered). I will close Guantanamo Bay (it isn’t closed yet). I will let the Bush-Era Tax Cuts for the wealthy expire within the first year of my presidency (they didn’t expire until four years later, 12/31/2012). I will create a \$10 Billion Foreclosure Prevention Fund to stop foreclosures on all homes (in its final analysis, it helped less than 500,000 homeowners of the nearly 5 Million homes that been foreclosed since 2008). I will have

immigration reform accomplished in the first year of my term (it wasn’t even brought up until his Executive Order of June of 2012, perfectly timed to help him win re-election). I will restrict former lobbyists from working in my administration (it was never done...and due to waivers he granted, and “recusals,” he has had as many if not more former lobbyists and czars working in his administration than has any other administration before him). I will sign a Universal Health Care Bill (he did, but not for the purpose of health care, rather for the unparalleled rules and regulations it contains that allows government intrusion into more of the lives of its citizens and businesses than any other single piece of legislation in the history of our country). If you want to keep your health insurance, you can keep it...period (we know now, this will not be the case). If you want to keep your doctor, you can keep your doctor...period (we know now this will not be the case). Obamacare...and I like the name...because I do care...will lower the health insurance premiums of every family in America by \$2,500 (we know now they will actually go up by an estimated 60% to 130%). I will cut the deficit in half by the end of my first term (in his first year, it increased by 33%, and has increased by that much or more each year since, and for the new budget as well...October 2013 through September of 2014). If you will grant me this \$787 Billion stimulus, I will have unemployment capped at 7% my first year and it will decrease 1% each year thereafter (it actually became \$829 Billion in stimulus, and unemployment went to 9.7% his first year, then 10.1% his second year, and it is only down now to where it was when he began because of the millions who have left the work force...it is actually at 11.7% presently). My administration will be the most transparent of any administration in history (it has been anything but transparent...there have been cover-ups and failures to respond to more than a dozen inquiries and subpoenas, such as putting Health Care negotiations on C Span, the Egyptian Terrorist in the White House, Fast and Furious, Benghazi, and so many others).

Everything he said sounded good. It was what many wanted to hear, wasn’t it? It always is. What could he (or anyone) have said? First, he could have told us exactly what he envisioned for our country, each time he spoke. Instead of making claims that such and such was going to happen, or

that he promised this or he promised that, he could have said, “I think this will happen,” or, “I think, based upon our calculations, this will happen,” or, “This should happen,” or, “I want to do this so I can do this,” or...as I said...he could have always told us the truth about everything. There have been so many lies, false promises, distortions, deflections, dives and ducks from our elected officials, about every issue confronting us, we have zero confidence in anything any of them have to say...being the truth and the way that *it really is*.

On April 15th, we had the terrible tragedy of the bombing at the Boston Marathon where 4 were killed and 180 were injured. For something like this, to come home to us again, was horrible for each of us and our country. Following the incident, President Obama said, “We will find out who did this. We will find out why they did this. Any responsible individuals, any responsible groups, will feel the full weight of justice.” All of the stops were pulled. With all of the local law enforcement agencies from Massachusetts, the FBI, and a half dozen more Federal agencies, it was on its way to being avenged within days. This made us all feel good. But as more days went by, I wondered, “Why haven’t we reacted in the same fashion to all of our tragedies? Why, three and one-half years following the 13 who were killed and 30 injured at Ft. Hood in Texas, is the incident still categorized as ‘work place violence’? Why is Brian Terry’s death, the border agent killed in Operation Fast and Furious, still unavenged? Why is no one seemingly doing anything about it?” Following the attack in Benghazi, where 4 were killed, including our Ambassador, Chris Stevens, and dozens wounded, President Obama said, “The United States condemns in the strongest terms this outrageous and shocking attack. We’re working with the government of Libya to secure our diplomats. I’ve also directed my administration to increase our security at diplomatic posts around the world. And make no mistake, we will work with the Libyan government to bring to justice the killers who attacked our people.” More than 7 months later, nothing...seemingly...is being done. Why? Why would he or we ever spend more focus and effort on one tragedy involving Americans and terrorism than another? Who makes *that* decision? Why are not *all* Americans important and worthy of the oath he took to protect them? Are there some

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New...From Page 19

other agendas we do not know about? No American should ever have to wonder or worry about the answer to this question.

Please, Mr. President, and all of you elected officials...do what you say you will do. We are in dire straits as a nation. We can no longer handle lies, false promises, distortions and deflections. Just tell it like it is...the first time...and always. Tell the truth. Answer the question. Don't spin it. Answer the question. We have had enough of these "hidden agendas" ...and all of the rest. Just tell it like it is. Quit lying. Quit distorting. Quit deflecting. From now on we will make our decisions based upon facts and what someone really wants to do. Enough is enough! You work for us. We demand the truth...in all matters...all of the time.

Infractions against these are "boulders" and "obstructions that are placed in the middle of our "race." Our "race" is but a *snap of the fingers*, and this "race" will be...for all of us...our *most important affair*. Who...whether elected official or anyone...is so selfish and greedy to think he/she has the right to ever mess with another's "race," unless it is in a positive way?

You have now reached the point where you can dismiss most or all of what I have written. Since this may be the last time you get to see or read what I have presented...I would only ask one last time...before you do... imagine those last seconds in *this* life. Now...those seconds are gone. You have no time to do, undo or redo anything. Your soul has left your body. Your judgment will be the culmination of the *most important affair* of your entire life, which is now over. Our Lord Jesus Christ is getting ready to pass His all-just and eternal sentence on you... but He hasn't yet. Is the last thing you want to tell Him...that you wholly supported others' rights to place these "boulders" and "obstructions" in the middle of peoples' "races"?

I don't think so.

We demand the truth...from everyone...in every situation...the first time...and always. We...and America...deserve *nothing* less... and can no longer afford to tolerate *anything* less.



World...From Page 1

why bad things happen, I can give you some ideas for coping with unfortunate circumstances. Limiting your time spent saturating yourself with media coverage of current events, finding positive messages to fill your mind and investing some time doing something positive for someone else, will help you manage your emotions surrounding the situation.

First, decide exactly how much time you will spend watching and listening to the media. It's easy to get caught up in CNN (Constantly Negative Network). Yet constantly listening to it, especially when it's grey outside is a recipe for a bad mood at least and depression at worst.

Think about how much time you are spending reading the news, listening to the radio, watching the news, and listening to other people discuss the current catastrophe. While being informed is fine, dwelling on it constantly can be disastrous for your mental and physical health. Decide what is acceptable for you, then turn off the TV, lay down the newspaper, shut off the computer, and walk away from the conversations in order to take care of yourself.

Second, find something positive to put in your brain. It takes twenty positives to overcome one negative. Listen to good music, listen to an audio book, or a motivational recording in your car going to and coming home from work. Another way to get some positive energy is to sit down and have some healthy conversation with a family member or friend. I'm not

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saying go around acting like "It's no big deal" or "burying your head in the sand"; I'm saying to keep your mind in a good place you'll want to put some good stuff in there on purpose.

Finally, find something positive you can do. It doesn't need to have anything to do with the current tragedy, but find something positive you can do in your place, within your ability. Visit someone who is ill, volunteer at a shelter, write an encouraging note to someone, or simply make it your mission to smile at every person you see in your day. Doing something positive will help you focus on the good that can be done instead of the evil that has been done.

Unfortunately in this world there will be tragedy. It is part of the world we live in: it does not, however, need to become our constant focus. By planning your time spent absorbing media, purposefully putting positive stuff in your brain, and using your time to focus on doing something good, you'll find not only are you better off mentally and physically, but the people around you will benefit from your renewed outlook too.

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

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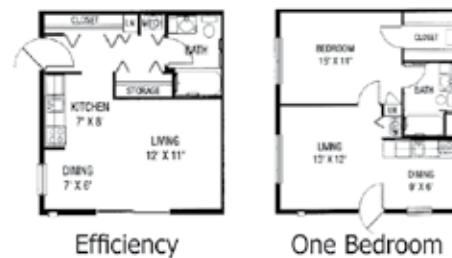


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Should my organization create a facebook page or facebook group?

By Jennifer Holman

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



Q: I'm on the leadership team of a nonprofit organization, and we want to use Facebook to connect with potential donors and volunteers.

Should we create a Page or a Group?

A: If you're creating the official presence of an entity on Facebook — whether an organization or a business — you should create a Page.

Here's the difference between Pages and Groups:

Like a friend's profile, Facebook Pages enable public figures, businesses, organizations and other entities to create an authentic and public presence on Facebook. Unlike your profile, Facebook Pages are visible to everyone on the internet by default. You, and every person on Facebook, can connect with these Pages by becoming a fan and then receive their updates in your News Feed and interact with them.

While Pages were designed to be the official profiles for entities, such as celebrities, brands or businesses, Facebook Groups are the place for small group communication and for people to share their common interests and express their opinion. Groups allow people to come together around a common cause, issue or activity to organize, express objectives, discuss issues, post photos and share related content.

Pages have several features that Groups don't. They can import an RSS feed into their Notes, so any blog posts your organization's site generates could automatically be posted on your Facebook Page; they display visit, interaction, and fan demographic stats to Page administrators; and they have more flexibility in adding apps (including fundraising apps and store apps) and displaying information.

Here's what to do: Create your new Page, add information like your logo, photos, blog feed, and other content.

The following steps will assist you in creating your Facebook Page:

1. Log in to your personal Facebook account.
2. Go to <http://facebook.com/pages/create.php>.

Doing so brings up a screen showing six Page types. If you need to, take the time to click each Page type and then click the drop-down category list. Look for a category that matches your organization.

3. Select the type of Page to create.

4. Select the category of Page you want.

The category you choose determines the types of Information fields that are available for your Page. All types, except Cause or Community, ask you to select a category for your Page. The reason to find the best category is that the category determines what details



are shown on your business Page's Info link.

5. Type the requested information. Depending on which business Page type you choose, you see different text fields to fill in. The Name field ends up being the title of the Page.

Each of the six types calls the Name field something different: Local Business calls it Business or Place; Company calls it Company Name; Brand or Product calls it Brand or Product; Artist or Band calls it Name; Entertainment calls it Name; and Cause or Community calls it Cause or Community.

Facebook likes (insists on) first letters being capitalized for Page names. You need to fill out all fields to be able to create your Page.

6. Select the I Agree to Facebook Pages Terms check box.

You must be the official representative of this person, business, band, or product to create this Page. If you're

not, you're in violation of Facebook Terms and Services; Facebook can (and will) remove your Profile and not reinstate it.

7. Click the Get Started button. You've created a Facebook Page!

Now Facebook takes you through a three-step process to fill in and open your Page to the public:

1. Upload a Profile picture.

A Profile picture isn't the large Cover photo you see on other Pages. This is the smaller, square image located in the bottom-left corner overlaying the Cover photo. The image can be any shape, but the viewable part is square.

After you've uploaded your Profile

haven't fixed your Page up yet! You haven't uploaded a large Cover photo or completed the Info Page yet. You'll be able to invite your Friends at any point, so wait til you have your page completely set up.

* Invite Your E-mail Contacts: Again, don't do this step right now. You'll be able to return to this step later, so click Next.

* Share Something: This step is where you would create your first post as the Page. Unless you have something lined up to say, click Skip, and come back to this later too.

The guided tour ends, and Facebook rolls up to the top of your Admin panel.

When you create a new Page, Facebook defaults it as published! You may want to unpublish your Page to the public so that you can continue to work on it privately. Just look for the Edit Page button, and follow these steps:

1. Click the Edit Page button.

This button is located at the top of your new Page.

2. Choose Manage Permissions from the drop-down menu.

3. Select the top check box, Page Visibility, so that only Admins can see this Page.

This option effectively unpublishes your new Page, hiding it from everyone except Page Admins.

4. Click Save Changes.

Your business Page is now visible only to you and any other Admins. After you've added a Cover image, detailed info, photos, and other fun things, you can publish the Page for all to see by coming back to this Page and clearing the Page Visibility check box.

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

RELATIONSHIPS

Including the intimacy factor means deeper sexual bonding

By Jacqui Brandwynne



Q: My husband and I have what I think is a normal healthy sex life. I am worried however that we don't seem to have that kind of intimacy in our relationship when we are not in the bedroom and I need your advice.

A: Up to the sixties the standard for sexual behavior was marriage first and then sex. Yet traditional social conventions went out the bedroom window with the arrival of the flower children, free love, and the acceptance of having multiple partners. Marriage was under attack. 50% of all marriages ended in divorce. Increased sexual contact with multiple partners resulted in millions of men and women of all ages being infected by STDs, Herpes, HIV or cervical cancer. While these alarming facts were widely reported, nobody lamented

the loss that caused more break-ups and more upheaval in relationships; the loss of intimacy. Focused on

instant sexual gratification, the most precious part of loving, the magic of being intimate was lost.

state of belonging, of becoming one. It is the bonding of two beings, unified spiritually, mentally, emotionally and physically, being ultimately intimate.

I receive many letters saying "Sex is pretty good but something is missing in our relationship. The moment sex is over, I feel alone, disconnected."

Building emotional intimacy means opening up gradually to each other. From the first encounters when we literally just exchange the headlines about ourselves, we move to sharing more and more details about our lives, our feelings, what we fear, what makes us happy, revealing what makes us who we are. With the progression of sharing trust and closeness grow, and the

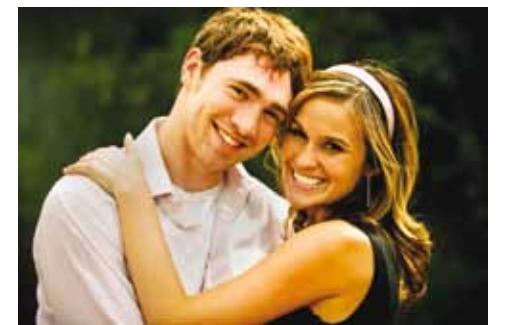


Magazine titles everywhere promise their readers better sex techniques to keep their partners interested. Prime time television presents sexual dramas, portraying love conquerors jumping from relationship to relationship and bed to bed. Radio programs, books, tapes, the Internet, all lure the public with new suggestions for better, bigger sex. And those "little pill" ads inform us daily that four hour erections are possible. As a result millions of viewers believe that everyone is entitled to sexual panacea, the sexual happiness that has eluded them so far. We've even come to believe that "speed dating" is the short cut to making a real connection. Instant gratification has become the norm. No wonder the most precious ingredient, the very mortar of loving which is intimacy, is deeply lacking in many relationships. No wonder people feel empty and disassociated once the moments of sexual excitement are over.

Intimacy goes beyond sexual techniques and reaching climax. It doesn't come in bottles. Emotional intimacy grows by being in each other's lives. It takes time, months, sometimes years to develop meaningful levels of trust and closeness. In a chapter of Genesis it says that sex makes two people one. It is not the sexual act in itself that can bring us to the ultimate

dynamic of true intimacy permeates every moment of our lives. It makes being together more meaningful and more joyful, from simply enjoying a cup of coffee together to sharing the deepest sexual pleasure.

Achieving true intimacy means taking the risk to really open up to each other, bonding intimately, including sexually, to build a loving relationship.



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

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