



Lose the fingerprints & smudges
Page 2



Facing an unexpected pregnancy
Page 7



Homeowners rights to select contractor
Page 17



Oven fried chicken recipe
Page 22

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WHAT'S NEW NOW?

Charlie Traffas does not have a "WHAT'S NEW NOW?" article this month.

CONCRETE

Can cracks in concrete be repaired?

By Justin Crain



Q: I have a crack in my patio. Is it possible to repair it without it looking like a patch job?

A: It is certainly possible to repair a crack to a condition

that is very acceptable and sometimes even to a flawless finish. How visible it is depends on many factors, such as the size of the crack and age of the concrete and how much weathering has already occurred to the surrounding areas.

There are many techniques, each appropriate for a particular type of crack. It is always best to consult a concrete professional who can fix the crack as well as address the problem

that caused it in the first place.

To fill a crack, a concrete professional will determine the size of the crack, and look for the factors that caused it, such as a lack of expansion joints. If there are underlying problems, it might be necessary to fix those issues so that the patio does not continue to crack in the same or other places.

After determining the size and depth of the crack, you choose the appropriate type of filler. Choosing the

See Concrete..Page 7

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CARS, TRUCKS, VANS & AUTOMOTIVE

Getting the vehicle you want, even when it's not on the lot.

By Jarod Stice



Q: Is there any way to get exactly the car I want, for the price I want, when I can't find it on any dealer's lot

locally?

A: YES! Let's start here. Nearly all dealerships buy from the same locations, large used car auctions.

The auctions have become very good at being accurate in descriptions and reports on vehicle conditions, even measuring tread depth per tire! Now I'm not saying that being a dealer is easy and anyone can do it, but I am getting to another point. Imagine this scenario: Two dealers standing at the same auction, bidding on the

See Cars...Page 6

HOME DECORATING

How do I arrange a group of pictures?

By Shellie Blevens



Q: I want to hang a group of pictures to cover part of my living room wall. Are there any rules or guidelines that will make it look

right?

A: A group installation of art or family portraits is very popular right now. I love the look myself, and think it is a great way to highlight many smaller (and more affordable) pieces.

Here are some tips for getting them on the wall just right:

1. Pre-plan the arrangement.

Avoid an awkward looking arrangement by testing it first. Use a large space on the floor and arrange the pictures as if they were on the wall. Do not just rely on your vantage point. Take a picture from above the arrangement and look at that as well. It will help you get an idea of what it will actually look like on the wall.

2. Place the largest picture.

Place the largest picture near the

See Home...Page 5

SUNLESS TANNING

Lose the fingerprints & smudges!

By Jana Beykirch



Q: I've tried over-the-counter sunless tanner and those hand-held airbrush sprayed tanning sessions. I would often find fingerprints, have missed a spot, or have just gotten a blotchy color as a result. It's pretty common, from what my friends have told me—but I have never had that problem when I treat myself to sunless tanning in the VersaSpa system, why is that?



basically an application system that has revolutionized sunless tanning. You can easily get an all over tan, with "even" results that look *natural* with a pretty bronzed color. There are many ways to get your bronze on, just make sure you're up to date with all the new technology, lotions and ways to apply that tan. We've come a long way since the "orange" look, you definitely won't find that with VersaSpa, and in my opinion sunless tanning is better than it has ever been. Happy bronzing!

A: Sunless tanning has certainly come a long way, the same with spray tanning, lotions, etc. Within the new VersaSpa system, sunless tanning formula is applied using an exclusive airbrush nozzle, which sprays a fine, even mist all over the body—while you relax and enjoy. This unique applicator ensures that the solution goes on evenly, and thoroughly every time. It is not applied by a hand held nozzle and you won't find any fingerprints or smudges on your body. Its

Jana R. Beykirch is the Owner/Operator of Body Bronzing, LLC. which opened in Frontenac KS January 2013. Jana is an Arizona State University graduate, resides in Pittsburg, KS, and is a busy mother of four children. For more information or to reach Body Bronzing please call 620.230.9836



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AUTOMOTIVE

How can I get better gas mileage?

By Jeff Lovell



Q: My job requires a lot of driving, which costs me a bundle. Can you give me some ideas on modifications that save gas? Thanks



for your advice.

A: Here is a quick list of things or items on your vehicle that need to be checked/replaced on a regular basis or when mileage takes a dip.

- Check tire pressure
- Make sure you have good and the correct spark plugs
- Have a fuel injector cleaning done
- Change out the air filter
- Check oxygen sensors
- Replace fuel filter
- Have your car hooked up to a computer to make sure all sensors correspond with the computer.

If you are good to your vehicle and keep it well maintained, it will reward you in the long run. Hope this helps.

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

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- 2001 Ford F150 Crew Cab 4X4, 162K, Blue, 5.4L, \$6,995
- 2003 Jeep Grand Cherokee, 105K, 4.0 Auto, Black, 2WD, \$4,395
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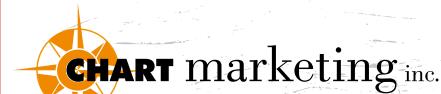
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AG REPORT

Wildcat extension ag report

Ag Report is brought to you by KAMO Grain

By Joshua Coltrain



What US city has the most days of precipitation (rain or snow) in a year? My first guess was Seattle, Washington because of its well-earned reputation. As a fan of what my wife likes to call worthless trivia, I was disappointed to find out that I was wrong. It's actually Rochester, New York with 167 days a year with precipitation (Seattle comes in with 149).

Why do I bring this up? Corn planting is very behind schedule due to the amount of rainy days we have been having. Kraig Roozeboom, Cropping Systems Agronomist, and Ignacio Ciampitti, Cropping Systems Specialist recently reported on the effects of delayed corn planting.

They tested three maturities (100-, 108-, and 112-day) over two years at three locations (Belleville, Manhattan, and Hutchinson) with three distinct environments: a low stress environment, with favorable rainfall amounts throughout the growing season, an early stress environment, with cool temperatures and wet conditions early in the season, and a high stress environment, with favorable conditions early with hot and dry conditions in mid-summer.

Under low stress conditions, they found that yields were reduced by less than 20% if planted before mid-June. Yield results were not statistically different for any planting date before May 20 and the yield response was similar for hybrids of all maturities. Producers here in southeast Kansas should remember the locations where this study was conducted and should shift the timeframe at least a couple of weeks back.

In the early stress environment, yields were improved by delaying planting until late June. Once again, this was similar across the maturities. They did point out that the location had favorable conditions (temperature and moisture) throughout July and early August.

In the high stress environment, yields dropped by about 1% per day of planting delay, and the hybrid did show an effect in this environment. As expected, the short season hybrids had better yields when planted before late May. However, all hybrids had a yield reduction of more than 50%

when planting was delayed until early to mid-June.

Hopefully producers will be able to get in the field as soon as possible. I think we can rest assured that we won't have as many rainy days as Rochester, NY, but hopefully we can distribute some of this moisture to the middle of the summer.

If you have questions or would like more information, please call me at the office (620) 724-8233, or e-mail me at jcoltrain@ksu.edu, or visit the Wildcat Extension District website at www.wildcatdistrict.ksu.edu.



LAWN & LANDSCAPE

How bad is to bad?

By Justin Cawyer



Q: My backyard has grown more weeds than grass the last few years. At this point there are patches of grass surrounded by an aggressive crab grass and other various weeds. Can a lawn that is 60/40 weed be revived? Or should I just have it re-seeded or sodded?

A: While a lawn that is taken over by weeds can be revived, it would likely be a huge and time consuming undertaking. First, you need to know the factors contributing to the problem in the first place, then how to address each of those problems individually or you will have the same problems whether you reseed or sod.

Many things contribute to patchy lawns and weed growth, so weeds are only part of the problem. You will want to understand those factors before you do anything to the lawn.

The first concern would be your soil conditions. Compacted soil is one of the most common contributors to

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the problem you are having. Grass does not thrive in compacted soil,



They have had you in a battle for some time and it can be very frustrating. At 60% weeds, it would probably be best to take the land down to soil and address the weed problem aggressively. The right combination of weed killer and pre-emergent can get you off to a great start when you are ready to either seed or sod.

Before you invest your time or money, I would call a professional to get their opinion. It could be that you have the wrong grass for your area, shade, ground, drainage, and watering conditions—or any number of other problems. A professional can help you in the right direction and prevent costly mistakes.

but weeds can thrive in almost any condition. It might be necessary to aerate the ground to loosen up the soil. It also might be that your ground could use some soil additive to make it more fertile and conducive to growing a lush lawn.

Preventing weeds is far easier than getting rid of them, as you have seen.

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

CAKES & SWEETS

Outrageous cake flavors & fillings

By Heather Horton



Q: What are some of the new options in cake flavors?

A: It's 2013 and today's society has a more sophisticated palette. We can chalk this up to just good taste, or we can give credit to the major presence that reality cooking shows and do it yourself T.V. shows have in our daily lives. Boring old flavors from the past such as Vanilla have transformed to Tahitian Vanilla, Vanilla Bean or Vanilla Almond. Vanilla was even known as a color and not a flavor back in the day. Betty Crocker would have you think that White is a flavor. If white was a flavor I would imagine it to be a pretty boring flavor. The color White is not a flavor. Vanilla is a flavor and it's a great traditional classic.

Everyone wants "White Wedding Cake". Again, what is this white you speak of? Thank goodness in today's Wedding culture the Wedding cake can be any flavor the bride and groom choose. If you want some tradition just make one layer of your Wedding cake Vanilla for those purists and then go crazy with the rest! It's your wedding after all, pick the flavor you like. Your guests might think they just

want Vanilla but after they try other flavor combinations they will be back for more.

Whether it is a Wedding Cake, Graduation, Shower, Birthday or any other type of cake the flavor combinations are growing more interesting every day. A popular one in the Pittsburg, KS area is the Curiously George cake. It is a banana cake filled with coconut pecan and topped with a caramel buttercream. Another one is called the Drunkin' Turtle. This cake consists of chocolate pecan cake filled with a bourbon chocolate buttercream drizzled with chocolate ganache, caramel and sprinkled with pecans and iced with more of the same. It's unclear whether these flavors are favorites for their names or for the taste but they are definitely popular. Just for fun some other outrageous flavor combinations include: Spiced Caramel Apple, Chile Mango, Honey Lavender, Chocolate Maple Bacon, Caramel Churro, Vanilla Caramel Latte, Peanut Butter and Jelly and many more.

If you aren't one of those people who have expanded their palette just yet you can easily try different flavors by asking your baker for a tasting. If your bakery is serious about their business they will oblige you. Sometimes these do cost extra but are well worth it,

especially if it is for a larger special occasion cake. You will be glad you did a tasting. Not only to make sure that you like the bakery, but to try different flavor combinations as well. No matter what flavor you decide to go with pick something you like! It's your cake and you just never know someone might try something new and enjoy it. Life is too short to just eat Vanilla and Chocolate. As always, don't forget to plan ahead and get your orders in early to secure your event date!

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

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

center or off center enough that it looks purposeful. If you want it off center,



consider placing a smaller frame of similar shape next to it for a graduated effect.

3. Space the pictures correctly.

Pictures should be placed about two inches apart from the outer edge of the frame. You can space them closer if they are the same size or shape.

4. Mix, but mix wisely.

The thing about a beautiful grouping is that even though it looks effortless, one done correctly takes a lot of thought. Remember to group well and make sure that the frames are related in some way, and that your arrangement looks like one installation, rather than just a cluster of pictures.

5. Watch the scale.

Remember not to let any one picture take up too much space or it will overpower the others. Exclude it if it takes up more than one-sixth of the space.

6. Use a theme.

A group of pictures can quickly lose appeal if they are not visually related. Try all landscapes or all black and white photos for example.

Good luck with your arrangement!



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

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What should I do in planning for summer travel

By Shanna Taylor



Q: I have never done much traveling in my life, and now my grandson and his family want to take me on a vacation to Arizona this summer. What kinds of things should I consider? I do use a walking device and take medications.

A: Everyone, no matter their age, should always consider the issues associated with travel before they pack, so it is great that you are already asking the right questions! Here are a few tips to keep your Arizona adventure filled with fun.



1. Before you go, get medical clearance. Ask your doctor to prescribe enough medicine for the entire trip and find out if there is anything you should consider medically.

2. Pack your medicine where you can get to them easily at all times. If you fly, take them with you as a carry on so they do not have a chance of being lost.

3. Consider investing in a folding walker or cane that you can carry near you at all times. Find out about accessibility ahead of time if possible.

4. Make an effort to stay cool and hydrated. According to the US Center for Disease Control (CDC), over 300 people die every year from heat related causes. Wear light colored and light-weight clothes, carry water, and find shady places to rest as often as possible.

5. Limit your strenuous activity.

Be sure to let someone know when you take a break. Your family will understand if you want to sit out for a while.

6. Take time to rest. Nothing is better than a nap while traveling, so enjoy! Grab rest when and where you can so you have the energy to enjoy as much of the trip as you so choose.

7. If you have trouble sleeping, bring what you need to make nights

comfortable, such as your own pillow.

8. Consider your daily needs and remember to provide for them while on the road. Consider packing a daily living bag that you can keep nearby.

9. Protect your skin from over exposure when outside by covering up, wearing sunscreen, and a hat.

10. Bring your medical information and your doctor's number with you and keep it handy. Let others know where to find it. If there is an emergency, it is important that the medical personnel have this information to provide the best care possible.

Most of all, have a wonderful time and take lots of pictures!

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

Cars...From Page 1

same car, selling to the same client (that's you in this story), and are only limited by the amount of money they need to make on that car. That's obviously controlled by overhead such

away from (ie: I really like silver and black but definitely not white, red or turquois.).

Then look at savings. How much can you save, and what will you be getting



as advertising, number of employees, benefits, transportation cost, and cost of the dealership's location and bills. Is everyone following me at this point? I'm letting you know that the big dealership that's been in business for years has to make more money per car to cover cost. That's great for them because you're paying for it.

Have you ever heard of a vehicle locating service? People often see such lots and think they only have the ability to get older used cars, while they may be looking for a nearly new model. On the contrary, since all dealers buy at the same locations, there is access to any car that the large overpriced dealerships are looking at. And when a dealer has low overhead and their own transport trucks, this can save you big bucks.

When sitting down with a client, they already know exactly what they want. Make and model, a range on years, say 2010-2012, maximum on mileage, say under 50,000 miles, and what price they are looking at. Again, look at other dealers' lots, take a test drive and decide on what you like, then call a locating service when you're serious. Next, look at the things that are arbitrary on your next vehicle. For example, it must be leather and loaded, but can be two wheel drive, gas or diesel, and what are acceptable colors, and also ones you want to stay

for your money. A young lady recently wanted a maroon, 2010-2012 Jeep Liberty with leather and four wheel drive. "Said" dealer was able to locate the car she wanted, purchase it and get it home, detailed and ready for her in 3 days. She had been looking for 3 weeks at other dealers and haggling on price. This particular dealer was able to save her between three and four thousand dollars. Simply by listening to the customer, and getting exactly what they want, both win.

Jarod Stice is a Pittsburg State University graduate, and a licensed car dealer located at 1605 N Broadway in Pittsburg, KS (Stice Auto Sales, south end of TH Rogers Parking lot). He has been in the automotive business for nearly twenty years. Jarod has experience in retail automotive sales, new and used automotive parts and accessories, salvage automobile recycling, and is a licensed insurance agent. His background in all these fields combined, allows for extensive knowledge on any used car you may be considering. Stice Auto Sales: Providing clean and reliable low cost automobiles, through upfront pricing, honest presentations, and continued referrals from hundreds of satisfied customers that we call family. The Stices

HEALTH

How can I manage life now that I'm pregnant?

By Jennifer Schooley



Q: I'm pregnant. I feel like my life is over. I'm trying to accomplish so much and I don't know if I can accomplish anything with a kid.

Now what?

A: Facing an unexpected pregnancy is hard. Fear, confusion and anger are just some of the feelings that you may be experiencing. You may see this unexpected pregnancy as a major roadblock in your life. Be encouraged to know that many women in the same situation have found the necessary help and resources to make positive choices and realize their dreams.

You have the right to be fully informed about this important decision. You deserve to know the facts. You have the legal right to choose the outcome of your pregnancy. Real empowerment comes when you find the strength and resources necessary to make your best choice. You have options.

Abortion is not just a simple medical

procedure. For many women, it's a life-changing event with significant physical, emotional and spiritual consequences. Most women who struggle with past abortions say that they wish they had been told all of the facts about abortion. No one can force or pressure you to have an abortion. This is your decision to make. You have the right to continue with this pregnancy.

Choosing to continue your pregnancy and to parent may feel overwhelming at first. The good news is that there are a lot of resources designed to specifically help people in your situation. We're ready to connect you with these needed resources such as: prenatal care, parenting classes, peer counseling and infant supplies. These resources can help you be successful in your choice to continue your pregnancy. Many women and men find the help they need to make this choice a positive one.

Creating an adoption plan empowers you to fulfill a positive future for



yourself and your child. Adoption may not be the first thought in your mind as you face an unexpected pregnancy. However, you may be pleased to learn that you may select the parents who will raise your child and that you may have some level of ongoing relationship with your child, if you wish.

With adoption you have the lifelong satisfaction of knowing that you gave your child the chance for a life of his or her own.

You're not alone. We're here for you – each and every step of the way.

Jennifer Schooley is the Co-Director of Vie Medical Clinic located at 613 N. Broadway, Suite C in Pittsburg. For more information or to reach Jennifer please call 620-235-0608

Concrete...From Page 1

right filler for the crack is very important not only to attain the best cosmetic results, but also for the best bonding.

Then, you must prepare the area so that you can get a good mend. Sometimes this means just making sure it is clean, loosening surrounding material with a stiff wire brush. Other times you must enlarge the crack, making the bottom wider than the top. It also includes using a chemical cleaner of concrete adhesive to increase the adhesive properties of the concrete.

Finally you install the repair matter, forcing it into the crack, and you are finished.

When done professionally and skillfully, it is possible to achieve a beautiful finish.

Justin Crain is VP/Treasurer of American Concrete Co., Inc., which is owned by his parents, Dennis and Jane Crain. American Concrete is celebrating its 41st anniversary, and Justin is the third generation to be involved with the family company. American Concrete was awarded the 2011 Pittsburg Area Chamber of Commerce Small Business of the year award. Justin is currently the President of the Kansas Ready Mix Concrete Association, and is currently on the board of directors for the Mount Carmel Foundation, as well as the Pittsburg Public Library Foundation. Please visit our website, www.americanconcreteco.net, or call 620.231.1520.

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

HOME FLOORING

What are the options in kitchen flooring?

By Roland Dalrymple



Q: I want to have my kitchen redone soon and want a very custom look. I was considering wood flooring because I like the look, but I am not crazy about

the upkeep, especially with kids. Do you have any ideas?

A: There are many, many options in kitchen flooring, and I am sure you will find one that will complete your custom look.

The first thing that comes to mind is the wood-look ceramic tile. Wood is always a popular choice and favored for its clean, organic beauty. The downside of wood flooring in the kitchen is of course, the water. One busted pipe, leaky refrigerator, or overflowing dishwasher can ruin or warp the loveliness right out of them. Wood-look ceramic tiles are a beautiful and hassle free solution. The tiles come in a wide variety of colors

and look masterfully like the real deal. You can achieve the same look and configurations as you can with regular wood plank flooring such as the chevron pattern which adds that custom look you mentioned.

Depending on the style of your home and kitchen, terra-cotta tile is another great option. The beautiful



natural variations in the tile provide an effortless custom look. Since it is a natural material, it has an inherent warmth about it that many people love.

Another earthy choice in tile is flagstone tile. Not only does it

highlight a custom kitchen, it is also highly durable and easily cleaned with a gentle soap and water.

If your style leans more toward the elegant, consider marble. Marble has natural variations and provides the beauty of custom individuality even without a complex tile design layout.

Talk to a flooring expert to find out what patterns and configurations are suitable for each particular tile. This may help you narrow down your options. If you have questions, feel free to contact us.

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How to read the Bible

Q: In most faiths people are urged to read the Bible. The Bible is a very big book. How does one go about reading the Bible? Where does one start? Other than understanding what happened in the past, is the Old Testament relevant any longer?

By Father Cleary



A: Jews and Christians consider the (so-called) Old Testament to be the written Word of God. This means that God Himself, through his Holy Spirit, inspired the human authors of the various books of the Bible (e.g., Moses, David, Solomon, the prophets, etc.). The Christians likewise consider the Old Testament, along with the New Testament, as having been inspired by God with the ideas, which the human authors (e.g. Matthew, Mark, Luke, John, Paul, Peter, Jude, etc.) wrote down in their respective books. Accordingly, for Jews and Christians, God is considered the principal author of the whole Bible in all its parts. The human author, in his turn, expressed in writing the ideas God put into his mind, but wrote them according to his own understanding and culture and background and manner-of-expression; so that he too is author of the work(s) he wrote.

In Islam, the Bible is held to reflect the true unfolding revelation from God, but revelation by human hands. The Koran clearly recognizes the Old Testament prophets as divinely inspired and their words as the very words of God. The Muslims in general believe that the Bible contains original revelation from God, but is supposedly corrupted to one degree or another. Therefore they believe that neither the Bible nor the Koran is the inspired and preserved word of God. Nestorian Christians (early heretics) did provide some source material for the Koran. Gradually however Moslem scholars alleged that succeeding generations changed various words from their original context. There is no evidence of any such changes in the thousands of ancient manuscripts available for all to study. They respect the Bible, as sources for many teachings and stories related by their Prophet Mohamed and preserved in the Koran.

The Bible is not only a large book; rather, it is a library of books: of a variety of types of literature, such as one finds in a large library. Some books of the

Bible are history, while others treat of philosophy (the first eleven chapters of Genesis and all the books of Wisdom). Here by "philosophy" I mean: the authors endeavor to respond to basic questions of humanity, e.g. is there just one God or many gods, how did the world originate, why did God create us, who were the first humans and our ancestors, what is cause of evil in this world created by God, what about the ancient tradition of a universal flood, what is the destiny of man and woman? God inspired Moses to write about these topics in a manner easy for unlearned people to remember. Of course, he consulted the collective memories of the Hebrew people. Thus he composed the first chapters of the book of Genesis. Other books are collections of sermons preached by zealous prophets and apostles. Some books are political propaganda (e.g. Chronicles, which was written to glorify the reign of King David). Still others are collections of official records (e.g. Exodus, Numbers, Deuteronomy), genealogies, laws, pastoral letters of busy bishops (the epistles of St. Paul and of James and John and Jude) and apocalyptic writings, the ancient form of "Star Wars" with terrifying cosmic struggles (e.g. Ezekiel, Daniel, Revelation). The four gospels were intended originally as catechisms to instruct Christian converts about the life and teachings of Jesus, rather than as strict history or biography, although indeed they contain also some of the history and biography of Jesus. The Song of Songs is a script written for theater performance of courtly love. Nevertheless each of these books is inspired by God's Holy Spirit and is the Word of God. The Psalms contains prayers and songs and reflections for liturgical usage.

Being a library of many books, it is not wise to read the Bible straight through, as if it were a single book. Rather, it ought to be read selectively, at least until the reader is thoroughly familiar with the whole Bible. I suggest the reader begin by reading the gospel of Mark, then go back and

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

By Pastor Dave Henion



A: The reason the Christian church urges the reading of the Bible is because it is believed to be the very word of God. In 2 Timothy 3:16 it is "God Breathed" or "inspired" by God; not like a song writer is inspired to write a musical from his emotions. Rather, Scripture is not from the will of man nor is its interpretation, but all of it is from God. {1 Peter 1:20-21} The writers of the scriptures were given God's message through the Holy Spirit who taught them and superintended their writings, using the writers' personalities and styles, but the very words of God. The Bible evidences its uniqueness because it was written by 40 different authors, over a period of 1500 years with chilling historical accuracy. It is truly amazing because it is the only book of its kind in the whole world.

But it is more to us than just a cool book. It is the supreme and ultimate authority for faith and life! It is not a book of man's thoughts about God. It is the very words of God for us to humbly live under. It is called the "Canon" or "the rule" or "measuring stick" for all of our lives. It is God's final word and no matter what men think of it, or what opinion polls say about it, or how many disagree with it; {Isaiah 55:9-11} in the end what matters is only what God thinks about it, because that's forever! {Matthew 24:34-35}

It is very real and practical. Real, because it covers people, like you and me, especially in the Old Testament, who dealt with the same problems we have, tempting and challenging us; everything from adultery to worry. And it gives us insights in how to overcome by faith in God. {Romans 10:17} It tells us what God wants from our lives {Exodus 20:1-17} and how we are to live them. {Proverbs 3:5-6} It is a light to our path {Psalm 119:105} and gives us the plan to build strength in the Lord {Ephesians 6:10-18} The Word does surgery on our souls {Hebrews 4:12} and is a

great tool we can use every day for knowing God's will; a spiritual check-up, correction and training for the job He has for us. "God uses it to prepare and equip his people to do every good work." {2 Timothy 3:17 NLT} Beyond that, the Bible gives us the Gospel (or good news), that God gave His only Son for us out of His love, to die and forgive our sin, to save us from eternal death with His eternal transaction and to empower us to live abundant lives on earth while living in us, assured of heaven. {John 3:36}

Now, how does this happen? First, begin by getting a Bible you can understand when you read it. For first time readers I suggest the New Living Translation (easy to understand translation) or even The Living Bible (which is a paraphrase from an English Bible, written by a dad who wanted his kids to understand the message of the Bible). Second, pray and ask God to send His Holy Spirit so you can understand and apply what you read to your life. We want more than information. We want God's transformation to take place in our lives. Third, begin with a simple passage like Matthew chapter 5, verses 13 through 16, the Sermon on the Mount. Read it several times and then ask first; what is Jesus teaching His disciples or the people around Him? What does God want them to know? Then, ask yourself this set of questions to understand what God is saying to you. 1. Is there a promise to claim? 2. A command to obey. 3. A sin to confess? 4. A sin for me to avoid? 5. An example to follow? 6. Is there a new thought about God, Christ, the Holy Spirit or the devil? Next, ask how do I apply this to my life. Make a specific and achievable goal. Make it personal. Write your thoughts and goals down. Pray for God's help in doing what He told you to do in his word. Share it with a Christian friend who can ask you about it later for accountability. Every day do this and watch God change you by His word, through the Holy Spirit. Make this time with God an everyday part of your schedule, like a meal that

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

By Amy Baumgartner



A: The Bible is a very big book and very different than most other books we encounter because it is comprised of different “books” or sections written by different authors in different styles and was compiled over a long period of time. While most of us pick up a book and begin reading at page one and work our way to the end, this is not always advisable for the Bible because early on the reader will encounter seemingly boring lists of names (genealogies) and a compilation of laws that seem to have little relevance for most of us who do live in a post-agrarian society.

I would encourage you to begin reading the type of literature that resonates best with you. For instance, if poetry is your thing, start with the Psalms. If you enjoy stories, choose either the gospels (Matthew, Mark, Luke or John in the New Testament) or the books of Samuel or Kings (in the Old Testament). If you like more straight-forward writings with ready application, the Epistles (letters) of the New Testament or Proverbs would be a good starting spot. I personally have found that different genres have resonated and spoken to me differently at different points of my life.

As you read, I would encourage you to stick with your reading. Realize that the Bible was written a long time ago and mentions places and employs illustrations that may be difficult to understand (for instance, what does it mean to “heap burning coals” on someone’s head?). Some background books on the Bible can help you understand more fully some puzzling things found in the Bible.

Another difficult part of reading the Bible is that some of the stories seem very implausible. Can God really make the sun stand still in the sky? Could Jesus really walk on water? When you encounter unbelievable parts, instead of being distracted by how it seems implausible therefore rendering the Bible a fictional book, ask yourself why God would have the text presented in this way. Ask God to reveal what God is saying through the passage.

You also asked about the Old Testament’s relevance. The term “old” implies that it is outdated or obsolete; however, the Old Testament books (also referred to as the Hebrew Scriptures) are hugely important to understanding Jesus’ life, ministry and death because Jesus was a Jew who

grew up reading and following the mandates of the Hebrew Scriptures. The basis of the Old Testament also helps understand concepts found in the New Testament. For instance, the Book of Hebrews in the New Testament is difficult to understand unless you have a background in the sacrificial system that God established in the Hebrew Scriptures. While the Hebrew Scriptures form the backbone to the New Testament, many people find the New Testament easier to read because it is written in a style more comprehensible for our Western minds. May you be blessed in your reading of the Bible.

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.

By Pastor Bill Emmerling



A: Let me applaud you for wanting to better understand God’s revealed Word, the Bible (which by the way means “the Book”). Initially, the Bible can seem very daunting; yet if one takes the time to understand how it is assembled, reading the Bible can be very rewarding, exciting, and more importantly, reveal God’s will for our lives and enable us to know him better.

Let me start with the last question first, “...is the Old Testament relevant any longer?”

My short response is Yes...
 “So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he guaranteed it with an oath, so that by two unchangeable things, in which it is impossible for God to lie, we who have fled for refuge

might have strong encouragement to hold fast to the hope set before us.” (Heb 6:17-18 ESV)

[see also Malachi 3:6, Hebrews 7:21 and James 1:17; emphasis added]

It is important to remember that God doesn’t change; it is in his steadfast character that we find hope regardless

Day	Book (Chapter:verse)	Psalms
Week 1, Sunday	Genesis 1-3 Genesis 4-7 (added) Genesis 8-11 (added)	Psalms 90
Monday	Genesis 12-17	Psalms 105
Tuesday	Exodus 1-3, 12	Psalms 106
Wednesday	Exodus 14, 19-20	Psalms 19
Thursday	Joshua 23-24; Judges 1-2	Psalms 44
Friday	1 Samuel 8,16 2 Samuel 7, 11 Psalms 105	Psalms 73
Saturday	Isaiah 7, 9, 11, 35, 52-53, 65	
Week 2, Sunday	Jeremiah 30-33 Ezekiel 36-37; Zechariah 9; Malachi 3-4	Psalms 51
Monday	Matthew 1:1 Mark 1:1-15; John 1:1-18; 5:39-49 Luke 24	Psalms 16
Tuesday	Mark 14:1-16:8	Psalms 88
Wednesday	Acts 1-2; 13:13-49	Psalms 2
Thursday	Romans 1:1-6, 16-17; Romans 3:9-31; 5:12-21; Romans 8:18-23 1 Corinthians 15:1-23	Psalms 14
Friday	Hebrews 1:1-4; 10:19-12:2	Psalms 110
Saturday	1 Corinthians 13 (added) Revelation 1 Revelation 20-22	Psalms 144

The New Testament has the Gospels (1st hand biographies and teachings of Jesus), Acts (of the Holy Spirit in his disciples), Letters (with teaching and encouragement) and Revelation (Jesus’ revelation for what is to come).

For an overview of the Bible, let me suggest the following reading plan shown in the chart below, which can be done in 2-3 weeks (based loosely on a plan @ <http://tinyurl.com/3eqaf2d> by Dane Ortlund):

After this, I would recommend reading entire books of the Bible, as each book or psalm was intended to be read/heard in its entirety. A good starting point would be perhaps the gospel of John, and Paul’s letter to the Romans. There are as many reading plans as there are people. The important thing is that you read God’s word and get to know the Lord of the

of our circumstances, knowing He ALWAYS keeps his promises. What we are allowed to see may change, we may see difference aspects or qualities of God at different times; yet God doesn’t change. So if we want a complete understanding of God and how he interacts with mankind, we need to understand all of his word. Further, to understand the New Testament, we must understand the Old Testament, as the New Testament is the fulfillment of Old Testament promises.

In reading the Bible, always remember it is a real message, from the very real and living God. He wrote specific things to specific people in specific places for specific purposes. Please understand, the Bible is not written as a novel or a textbook. It is really a collection of books/writings from God to His people, and His people responding to Him (i.e. the Psalms).

The Old Testament contains three general sections being History, Wisdom/Writings, and the Prophets (speaking God’s Heart to His People).

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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

FINANCIAL

What are the affordability guidelines for home buying?

By Mark Kolarik



Q: I would like to purchase a home. Can you tell me how much house I can afford?

A: Congratulations, you've decided to buy a house.

Becoming a homeowner is fun and rewarding, but it also can be stressful. The more prepared and educated you are about the home buying process, the less stress you'll encounter.

After you have determined your personal readiness to buy a house, such as narrowing down a location and if you will enjoy maintaining a house, the next thing you need to do is crunch some numbers to find out how much house you can afford. To estimate an affordable monthly payment, the majority of lenders use the classic 28/36 guideline. First, your monthly house payment (including mortgage principal and interest, property taxes, and home insurance) should amount to no more than 28% of your monthly

gross income (what you earn before income taxes, Social Security, and other deductions come out of your paycheck).

Second, total monthly debt obligations (mortgage, car payments,



credit cards, and college loans) should not exceed 36% of your monthly gross income. In calculating your cost to

own a house, keep in mind that most mortgage lenders typically require a down payment equal to at least 5% of a home's purchase price and monthly payment are only part of the cost to buying. If you buy a home with less than a 20% down payment, your lender will require you to purchase private mortgage insurance (PMI), which will increase your monthly payments. You'll need additional money to cover closing costs: lender fees, property appraisal, escrow payments, and more.

Over the life of your loan, your mortgage amortizes. That's the process by which you gradually pay down the loan. In the early years of your mortgage, most of your payment goes toward interest. As years go by, your payment gradually shifts between principal and interest

until, by the last year, almost all your payment is toward principal. There is an assortment of types of mortgages to choose from such as fixed rate or adjustable rate, plus terms to choose from such as 15, 20, or 30 years. Just remember the longer the term the more interest you will pay.

For more specific information, talk with a mortgage loan officer at your local financial institution.

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

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FARM INDUSTRY

Are field and service mechanics a new or just growing trend?

By Mike Davied



Q: I've recently been told that there are mechanics that travel to the farm, is this true?

A: Yes, it is true, and this is not a new phenomenon, there have been field service mechanics since the middle ages, they were called " horse shoers". But now Field service mechanics and portable welders are more mobile and timely than ever. Here is what to expect when a field call is needed, almost NO matter what the repair is, an independent mechanic or a dealer mechanic can come to almost ANY jobsite, on a farm, a construction site , a road side break down, sometimes to a residence, or plant site to build or repair many items, often cheaper, and quicker than transporting the machine to a shop setting.

Most portable repair technicians carry the tools of their trade with them, some very expensive and special tools, often times being able to make repairs

in a matter of hours right where a machine broke down. Parts availability can hamper the FIX it RIGHT NOW scheme though. For instance a broken hydraulic hose or a cracked weld can often be a less than a 1 hour repair. As most technicians are specialists, your repair may require 2 or more phone calls. This is not always the case, so PLEASE ask when you call if the mechanic can perform the entire repair, as needed. Some Techs also carry some parts on their trucks.

Just like many other professions, mechanics can be specialists, who are professionals so don't be offended when they ask questions. They want to make you happy with the service they provide. Remember it is always better to be safe than sorry.

Every repair job is different but MOST normal, small breakdowns are easily repaired on your site. That's not to say that this is always the case, but it is often so. Bigger repairs and major overhauls CAN be more economical in a shop setting but not always are

they more convenient to the owner. So be ready to balance cost against convenience. There is a formula to figure these costs for you. I could go on forever about this subject, but for now, thank you for the question & don't be shy, cause I'll answer almost any question I can.



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

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Hometown Girard: What led you to competitive shooting and what are some of your shooting career experiences.

Rick: My love for shooting is what got me into this sport. No one introduced me to it. I decided one day to try it. I was 39 at the time. I entered a tournament at Claythorne Lodge in Columbus, Ks and didn't do too bad, but I sure thought I could do better. That was in December. I shot another one the next spring. Then I joined a sporting clay league that summer and ended up 1 target short for the summer of being the high gun. The person that beat me was state champion, Game On!

Although my wife is usually unable to attend, she was able to join us in Portugal, where my son Derrick and I competed in a shootoff for the bronze medal in the world championships. That was exciting. Of course, I won the shootoff, but he has beaten me on numerous occasions here in Kansas for the State title. I couldn't be prouder. I

have, however, won a couple of state titles, three zone titles, three national titles, and my claim to fame, I won the world Helice Championship in Spain in 2011. I also won the Seminole Cup in Florida in 2004 which was the third largest shoot in the USA that year.

Derrick: As far as past accomplishments I have been a member of the NSCA All-American team 6 times. I have won 7 of the last 9 Kansas State Championships, was the 1999 Sub Jr National Champion, 2011 US Open FITASC Champion, 2008 ACUI Collegiate Shotgun National Champion, was a Member of the 2012 USA Shooting National Team that competed at the Sydney, Australia World Cup, 2010 US Helice National Champion, and 2009 Helice Championship team member. All of these titles are what I would call major championships.

Hometown Girard: Give us one scenario where the stakes were high in one of your competitions, the "plot" so to speak. Let us know the situation and how you overcame it to win.

Rick: When I won the world title in Spain we shot a total of 25 targets over two days. There were a lot of shooters so we didn't shoot all that many targets (it would take too long). Anyway, after

shooting 24 of the targets, out of all of us, myself and one other were straight. At least so I thought. When I shot and broke my last target, the crowd cheered and congratulated me for being the champion, because the other guy had missed his last one.



Rick & Derrick Mein

Come to find out there was another "24" and he had just broken his last target for a 25! I had already called home to my wife and told her I had won. Well, of course we had to shoot off. We each had to shoot at 10 more targets, and as they say, the rest is history. I broke all 10 of mine and he missed 2 of his. Our US team also won the gold medal that year which I was a member of. I have been on three gold medal teams and have made the "All American Team" three times.

Derrick: The best story I have is for the 2004 Kansas State Championship. After two days of competition my dad and I were tied for 1st. To decide the State Championship we had a shootoff in front of all the competitors from the weekend. After an exciting 10 more targets each, I came out on top to win my first Kansas State Championship.

Hometown Girard: Who do you credit for your successes and what advice would you give to someone just starting out in competitive shooting?

Derrick: The best advice I could give is to remind them to be patient and that success does not happen overnight. Hard work and lots of practice are necessary to master anything. I give a lot of credit to my family for supporting me and giving me the opportunity to participate in shooting sports while growing up. I have been shooting for 18 years. Now days I practice a couple times a week, however my practices aren't very intensive, they are more to get out and have a good time with friends.

Rick: I have to contribute my success to more than one thing. First of all, I think I was born with some natural ability. Of course I hunted a

See Girard...Page 18

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ANIMAL CARE

What causes pinkeye in cattle?

By Dr. William Morland



Q: What causes pinkeye in cattle and how can I prevent it?

A: Infectious bovine keratoconjunctivitis, more commonly known as pinkeye in cattle, is a

contagious bacterial infection of the eye. Pinkeye is caused when bacterial organisms such as *Moraxella bovis* infect the surface of the eye. Multiple strains of *Moraxella bovis* have been identified, each capable of creating pinkeye in cattle. The bacteria attach themselves to the tissues of the eye and cause inflammation and ultimately ulceration of the cornea which results in pain and can lead to possible blindness.

While bacterial organisms like *Moraxella bovis* are the root cause of pinkeye in cattle, face flies are the primary vector responsible for spreading the bacteria from animal to animal. Face flies travel from animal to animal. They feed on the watery tearing from cattle's eyes. When they do so they spread the bacteria that can cause pinkeye from animal to animal. Since face flies can visit several animals a day they can rapidly spread the pinkeye bacteria throughout a herd.

Seed heads, dust, pollen and UV light are environmental factors that can increase trauma to the eyes of cattle. These irritants can scratch the cornea of the eye and allow for easier attachment of the *Moraxella bovis* bacteria. Traumatized eyes will result in an increase in the tearing of the eye; increasing the attraction of the face flies that can spread the pinkeye causing bacteria.

This is why fly control and environmental management are key components of a pinkeye prevention plan.

Pinkeye in cattle easily costs producers an average of \$100 a head due to reduced weight gain, added treatment costs and discounts on sale day. University research has shown that pinkeye can reduce weaning weights in calves as much as 40 to 60 pounds.

The first leg of control is vaccination. The best pinkeye vaccines stimulate the production of antibodies in tears that bathe the eye, limit infection and reduce the severity of lesions. To allow adequate development of immunity, vaccinate animals three to six weeks prior to the onset of pinkeye season.

The second key to preventing pinkeye is fly control, because pinkeye can be spread rapidly by face flies that

transport bacteria from the eyes of one animal to another. Face flies can travel significant distances between herds and can expose animals to many different strains of *Moraxella bovis*.

Effective fly control requires customization to your production system. There are several best management practices that most every producer should follow to reduce the impact flies have on the spread of pinkeye.

- Treat animals of all ages and their premises with an effective, long-lasting and easy to administer insecticide

- For calves and cows (dairy cows under 21-months of age), apply two insecticide fly tags (one in each ear) per animal, in addition to a low-volume, long-lasting pour-on for rapid knockdown of the existing fly population. Reapply the pour-on as needed

- For premise control, use an insecticide such as a microencapsulated product that delivers superior, long-lasting control on a wide variety of surfaces in and around livestock facilities

- Use additional fly-control measures as necessary, such as back-rubbers, oilers and other devices that can be used on pasture

- When ear tags lose their effectiveness, remove them and apply a final dose of a low-volume pour-on

- If you believe a product is not

working, contact the manufacturer and your animal health provider to discuss the situation and get help

- Reapply insecticides throughout the fly season, and always follow label directions.

The environment is the third area of focus in preventing pinkeye. Management practices such as pasture mowing, dust control and man-made or natural shades are important to minimize eye irritants, such as pollen, seed heads, dust and ultraviolet light.

These environmental factors cause eye irritation and physical damage, allowing infectious pinkeye organisms to attach to the surface of the eye. These irritants can also cause the eye to tear. Tearing, watery eyes can attract flies, which feed on the watery secretions from the eye and surrounding tissue and spread pinkeye-causing bacteria.

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

CARS, TRUCKS, VANS & AUTOMOTIVES

Will we see Google cars on the road?

By Nate Evans



Q: Do you really think we will see the Google driverless car as a common part of the American car culture?

A: To be honest, not really.

The driverless car, which is a project developed by Google, uses a system of sensors and controls that allows the driver to put the car on "auto pilot" and let it do all the work. The team at Google have at least 10 test vehicles which have gone through real world testing.

Early in 2011, there were reports of the Google's first self-driving car fender bender where two test vehicles, both Prius, had a minor collision. This leads me to my ultimate conclusion...

The cars are being tested in California where there is no law prohibiting them from being on the roads. Other states have banned them already because Google has not answered the biggest question-- who is responsible for an accident?

Of course Google can't want their own software to be legally blamed for any accidents, especially since traffic collisions cost more than \$160 billion a year in this country. On the other hand, if the driver retains all of the responsibility, then simply turning on the system would be seen by the courts as a near guarantee that they were not paying attention.

While it really is cool technology, the concerns are enough for most drivers to give it a pass. At least for now.



Nate Evans is a 4th generation owner and operator of Evans Motors located in Pittsburg and Girard. Evans Motors has been in business and serving the area since 1935. For more information call 1-888-414-3890 or visit www.evansmotors.net.

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CLEANING & RESTORATION

Homeowners rights to select contractors

By Chris Mazzocco



Q: Is it true an insurance company will not pay a claim if you don't use their selected contractor?

A: Many times an insurance company will try to give the impression that after a claim you must choose from a "recommend list" or a "preferred list" of contractors which is simply not true. It is your right as a homeowner to select any contractor you feel comfortable working with.

There are two prevalent trains of thought in the insurance world when it comes to reconciling claims. One, estimate repair cost, write a check and subsequently wash their hands of the situation. Companies who have adopted this policy rarely refer any contractors in an attempt to avoid liability for work done or to avoid incurring further costs.

The second way of dealing with a claim is to have a selected group of predetermined contractors do the necessary repairs, which sounds like

the situation our homeowner who presented this question to us is /



was in. These insurance companies like to use their selective network of contractors because they can control the methods and timeline of repairs and therefore control the final cost they will have to pay out.

Both of these methods have different advantages for the insurance company

but what they have in common is both methods have the interest of the insurance company in front of the policy holders. I'm not trying to run down the insurance industry, they are a business, and like the rest of us they are looking for ways to maximize profits. Right now the insurance industry faces intense government scrutiny and the increase of unprecedented weather events in the past decade is mind boggling.

An insurance representative has the option of recommending a contractor but the ultimate choice is up to you. Many of the recommendations are experienced, qualified contractors but sadly many are also contractors who will simply work cheaper. Many major insurance carriers have exclusive deals with national franchises. Many of these franchises are again experienced and

qualified contractors, but some have just simply purchased a franchise name and have no real restoration industry accepted certifications or training.

The decision is yours, but choose wisely. Peter Parker's (Spiderman) uncle borrowed the following line from the 19th century French author Francois-Marie Arouet. "With great power comes great responsibility."

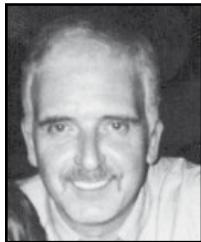
Next month we will look at how to identify a great restoration contractor and what to do in the event of an emergency.

Chris Mazzocco is the Director of Sales & Marketing at Steam Way Restorations, Inc. Steam Way has serviced SEK since 1982 offering both residential and commercial carpet & upholstery cleaning as well as air duct cleaning. As an IICRC certified firm Steam Way provides 24-hour emergency service for water damage mitigation, fire & smoke cleaning, and mold remediation. You can contact Chris at 620-330-2819 or chris@steamway.net

LAWN, GARDENING & LANDSCAPING

What are the real advantages to companion gardening?

By Dan Longan



Q: I do not have a lot of room for a vegetable garden and a friend suggested companion gardening as a way to maximize space

and increase my yield. Do you have any thoughts on this? Can you give me a few common examples of what I can plant together?

A: Companion gardening is planting plants together for their mutual benefit. Some may deter pests, others may enhance the soil, and still others may improve the taste of the companion plant. All of the benefits together help increase your yield.

Vegetable companion planting list

Asparagus: basil, parsley, pot marigold, tomatoes

Broccoli: beets, celery, cucumbers, dill, garlic, hyssop, lettuce, mint, nasturtium, onions, potatoes, rosemary, sage, spinach, swiss chard

Bush Beans: beets, broccoli, brussels sprouts, cabbage,

carrots, cauliflower, celery, chinese cabbage, corn, cucumbers, eggplants, garlic, kale, kohlrabi, peas, potatoes, radishes, strawberries, swiss chard

Cabbage: beets, celery, cucumbers, dill, garlic, hyssop, lettuce, mint, nasturtium, onions, potatoes, rosemary, sage, spinach, Swiss chard

Carrots: beans, chives, lettuce, onions, peas, peppers, radishes, rosemary, sage, tomatoes

Cauliflower: beets, celery, cucumbers, dill, garlic, hyssop, lettuce, mint, nasturtium, onions, potatoes, rosemary, sage, spinach, Swiss chard

Celery: beans, broccoli, brussels sprouts, cabbage, cauliflower, Chinese cabbage, chives, garlic, kale, kohlrabi, nasturtium, tomatoes

Corn: beans, cucumbers, melons, parsley, peas, potatoes, pumpkin, squash, white geranium

Cucumber: beans, broccoli, brussels sprouts, cabbage, cauliflower, Chinese cabbage, corn, kale, kohlrabi, marigold, nasturtium, oregano, peas, radishes, tansy, tomatoes

Lettuce: beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower,

Chinese cabbage, chives, garlic, kale, kohlrabi, onions, radishes, strawberries

Melons: corn, marigold, nasturtium, oregano, pumpkin, radishes, squash

Peas: beans, carrots, chives, corn, cucumbers, mint, radishes, turnip

Peppers: carrots, eggplants, onions, tomato

Pole Beans : broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, Chinese cabbage, corn, cucumbers, eggplants, garlic, kale, kohlrabi, peas, potatoes, radishes, strawberries, swiss chard

Pumpkins: corn, marigold, melons, nasturtium, oregano, squash

Strawberry: beans, borage, lettuce, onions, spinach, thyme

Summer Squash: borage, corn, marigold, melons, nasturtium, oregano, pumpkins

Tomatoes: asparagus, basil, bee balm, borage, carrots, celery, chives, cucumbers, mint, onions, parsley, peppers, pot marigold

Winter Squash: corn, melons, pumpkins, borage, marigold, nasturtium, oregano

These are just a few examples of what you can plant to help improve your success. Depending on your goal, you can gear your planting more toward your goal. For example, if you want to avoid pesticides, try planting the plants that deter pests.

Happy Gardening!



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

EDUCATION

Federal 21st Century grants

By Dr. Glenn Fortmayer



Q: What are 21st Century Grants?

A: 21st Century Grants are sources of funding from the federal government that school districts and youth organizations can apply for on a competitive basis. Research has shown the value of students being involved in extra learning opportunities, particularly over the summer break. The sequester that affected many federal budgets this spring has stopped new applications for the time being. However, two districts in Crawford County, USD 247 Southeast and USD 250 Pittsburg were able to be approved before the sequester struck and are still receiving their grant funding.

21st Century Grant funding is used to fund extended learning opportunities outside of the regular school day and year. The programs can be in many different forms depending on the needs and goals of the grant recipient. Some grants

are used for aftercare programs and homework help. Some address a focused need area such as providing more instruction and guided practice in reading. The USD 250 program provides extended opportunities in reading, math, and enrichment with healthy snacks at all of its elementary schools. A summer program is offered for six weeks for six hours a day too. Students will rotate through various math, reading, and enrichment activities. USD 247 Southeast's grant is for students 6-12th grade. It provides a range of academic and enrichment programs Monday-Thursday during the school year. This summer the Southeast program will provide 8 weeks of enrichment activities for its 6-12th grade students. The 21st Century Grant program for the 6-12th graders will have a science focus, with weekly activities including activities at the Greenbush Science Center, field trips, and engaging hands on science projects ranging from robotics and rocketry to Civil Air Patrol Cadets Flying powered aircraft and gliders.

These 21st Grant programs are

valuable to districts and parents because they develop students academically and provide engaging activities for kids that often are searching for things to do in the summer. Parents value these programs because they provide assistance in caring for the kids over the summer without any cost to the parent. When combined with summer eating programs, the value for all patrons is even greater. Summer feeding programs provide 2 meals for any child 1-18 years old, regardless of whether they participate in the grant program or not. Plus, any adult can purchase their meals for \$3.50 at the summer feeding center. For instance, meals are being served at Southeast High and McCune, with school bus transportation provided for anyone wanting to eat lunch from Cherokee and Weir.

21st Century Grant Centers are designed to engage students at a high level since they are voluntarily attended. The Grant programs continue if minimum attendance is maintained. It is important for parents to support the program and encourage neighbors

to do so as well in order to maintain the grant funding for the full five years that the grants serve.

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

Girard...From Page 15

lot while I was growing up and I am sure that helped. I have been very fortunate to have done the things I have and won the things I have won. I have to give credit to my wife for being so patient to my being gone so much. She is an "Angel". Like I said before the most fun is when my family is with me. I took some lessons from a guy in Florida and he taught me how to really focus. I think that helped me as much as anything. I also think that as I have grown older in the sport, I have been able to control my emotions. You have to believe in yourself, and trust that you can do it. I don't get nervous and panic at a particular shot like I used to. Nervous and panic will make you make mistakes and the one who makes the fewest mistakes is usually the one who wins.

My advice for someone trying to master this sport? If you are really serious, get a gun and have a custom stock fitted for you, take some lessons to learn the fundamentals of shooting, and practice as much as you can. I think actually going to tournaments is the best practice overall, but if there are certain target presentations that are giving you trouble, you might want to buy your own thrower and practice them at home, if possible. Most gun clubs have a club pro that can give you lessons. My son Derrick is a great shooter and I enjoy shooting with and against him. My other son Trenton is an avid golfer and I really enjoy golfing with him. Of course he always beats me at golf. I love going shooting and I love competition. I am always anxious for the next shoot, but when it is over I am always anxious to get home. Life is Good.

BUSINESS TRENDS

What is the value of limited runs in logo t-shirts?

By Helen Cherry



Q: I am big on marketing my business wondering if a business of under 10 employees could really

benefit from "limited runs" on shirts. We use them in store, but also as promotional items. However, having various designs costs quite a bit and I wonder if the payoff is worth the cost?

A: Let's answer the last question first. Yes, it is worthwhile, if you keep the costs down. Choose a vendor that can handle several small runs and does not over-charge for design and set-up. A smaller shop is more likely to work with you on a design strategy that will work for your limited run branding.

For those that do not know what we are talking about, let me initiate you into the latest trend in branding-limited edition runs. We all know the value of corporate logo apparel. It creates brand awareness, employee

unity, and is a visual sign of company professionalism. It also solves issues of dress code and supports approachability between employees and management. As a promotional item it is your name proliferating into the community. Limited runs do that and more.

Limited runs are typically t-shirts which are smartly designed and highly desirable. You create a very limited number of design which increases desirability among your loyal customers. It's a way to develop and foster good will with a cult following. People love to feel loyal to a business and this is a way to harness that loyalty.

Once, the idea of having a series of limited edition custom screen-printed shirts was something reserved for the big companies with deep pockets. Apple for example has done it for years. Today, many of those shirts are not only highly desirable, but also highly collectable. Those with the

prized limited run shirts wear them and become a super-fan, and a super brand ambassador.

How does that convert for companies that do not have a huge built-in base of loyal devotees?

Now that technology platforms support widespread affordability, custom branded clothing is well within the reach of any size business. Smaller companies can shadow the marketing tactics of mega-corporations with ease, and get similar results in creating greater awareness, desirability, as well as employee and community connectivity. It also demonstrates company stability and permanence.

We look forward to seeing your creative mark on the community! Good luck.

Helen Cherry is the Director of Extremely Outrageous Creations located in Pittsburg.

SPORTS

Chiefs draft pick

By Mark Schremmer



Much of the luster was absent from the 2013 NFL Draft. Potential franchise quarterbacks like Andrew Luck and Robert Griffin III weren't available

this time around.

However, this year's draft was critically important for the Kansas City Chiefs. Plus, this draft has more in common with 2012 than you might think.

As you know, the Kansas City Chiefs used the No. 1 overall selection to pick offensive tackle Eric Fisher. The 6-foot-7, 305-pound lineman from Central Michigan is known as a good pass blocker with a great frame.

The 2-14 Chiefs needed an upgrade to an offensive line that had trouble protecting quarterbacks Matt Cassel and Brady Quinn last season. Kansas City believes Fisher will be a step in the right direction.

Kansas City liked Fisher so much that it chose the small-school prospect over Texas A&M offensive tackle Luke Joeckel, who many considered to be the best player in the draft.

After the Chiefs opted for Fisher, the Jacksonville Jaguars quickly swooped in and grabbed Joeckel with the No. 2 pick. In Joeckel, the Jaguars obtained a 6-6, 306-pound lineman who protected the blind sides of quarterbacks Ryan Tannehill and Johnny Manziel in recent years. Scouts like his athleticism and power.

And this is where the 2012 and 2013 drafts become similar.

As Luck and RGIII will always be linked and forever compared against each other, so will Fisher and Joeckel.

Add in that the Philadelphia Eagles used the No. 4 pick on Oklahoma offensive tackle Lane Johnson and the

Max Scherzer. The Royals are still feeling the effects of that poor choice.

That's why ESPN reports before



San Diego Chargers selected Alabama offensive tackle D.J. Fluker, this draft will always be remembered as the year the linemen ruled.

Any time a team owns the No. 1 pick, there will always be scrutiny over whether it picked the best available player. But with this draft, that scrutiny will increase since the Chiefs had so many reasonable options at offensive tackle.

If Fisher is a bust and Joeckel becomes a Hall of Famer, the Chiefs will forever be ridiculed for that choice.

Obviously, this is an extreme example, but it illustrates the importance of the pick. The Kansas City Royals had the No. 1 overall pick in the 2006 MLB draft and selected pitcher Luke Hochevar over third baseman Evan Longoria and pitchers Clayton Kershaw, Tim Lincecum and

this draft were so concerning. The reports indicated the Chiefs were leaning toward Fisher because they weren't able to trade current left tackle Branden Albert and that the Central Michigan lineman would be an easier

adjustment to right tackle.

If that is indeed why the Chiefs selected Fisher and not because they believe he is a better football player than Joeckel, then a terrible mistake was made.

Years later, all that will be remembered is who the lineman was. If it turns out to be Joeckel, then no one will care that it was more convenient to move Fisher to right tackle for a year or two.

The new management of the Chiefs was given a golden opportunity of selecting the best college football player in the nation.

Did the Chiefs make the most of that opportunity? Only time will tell.

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

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Hydration questions

By Amanda Bastian



Q: Why is hydration so important during summer?

A: Your body depends on water for

survival. Every cell, tissue, and organ in your body needs water to function correctly. You lose water each day when you go to the bathroom, sweat, and even when you breathe. You lose water even faster when the weather is really hot, when you exercise, or if you have a fever. If you don't replace the water you lose, you can become dehydrated.

Q: What are the signs of dehydration?

- Little or no urine, or urine that is darker than usual
- Dry mouth
- Extreme thirst
- Headache
- Confusion
- Feeling dizzy, lightheaded, or extremely tired
- No tears when crying
- Don't wait until you notice symptoms of dehydration to act.

It can be hard to recognize when you're dehydrated, especially as you age. Actively prevent dehydration by drinking plenty of water.

Q: How Much Water Should I Drink?

- 6-8 8ounce glasses each day. Some people may need more and some may be ok with less.

• Water is the best option for staying hydrated.

– Water can also be found in fruits and vegetables (watermelon, tomatoes, lettuce, soups)

– Fruit / vegetable juices, milk, tea, coffee contribute to the amount of water you should get each day. Best to drink caffeinated drinks in moderation.

You may need to increase the amount of water you are drinking if you:

- Have certain medical conditions such as kidney stones or bladder infection (UTI)
- Are going to be outside during hot weather.
- Are going to be exercising.
- Have a fever, have been vomiting, or have diarrhea.
- Are trying to lose weight.

Tips For Staying Hydrated

- Keep a bottle of water with you during the day. Consider carrying

a reusable water bottle.

- If plain water doesn't interest you, try adding a slice of lemon or lime to your drink.

- If you are going to exercise, drink water before, during, and after exercise.

- When you are feeling hungry, drink water. The sensation of hunger is often confused with thirst.

- Drink on a schedule if you have trouble remembering to drink water. For example: drink water when you wake up at breakfast, lunch, and dinner. Or drink a small glass of water at the top of each hour.

Amanda Bastian is the Wellness Specialist for Via Christi Hospital. She is a Pittsburg State graduate with a Bachelor's of Science degree in Therapeutic Recreation with an emphasis in therapy and fitness management. Amanda is also a certified instructor for the Arthritis Foundation Exercise Class and a certified ACE (American Council on Exercise) personal trainer. For more information on joining the Via Christi Wellness Center that is open to the community, call 620.232.0178

Henion...From Page 8

you need for nourishment. Make it at a specific time and a specific place where there are no distractions. I find this in my car, in the park, with my phone off. Plan what you are going to read, like a work out. Know what you are going to do before you get to the gym. (If you want a plan, email me and I can send you the break-down of the Sermon on the Mount and also other important verses to study.) Also, keep a little pad handy with a pen because when you slow down enough for this quiet time with God, your mind may get flooded with all the things you need to do or didn't do. Write them down so they don't distract your mind, and you can be free to pick them up at a later time.

This pattern of quiet time was what Jesus did during His earthly ministry {Mark 6:46; Luke 9:28}. God's spiritual giants have come to know their quiet time is their source of His strength. {Psalm 1:2-3}. Come to His table to enjoy His sumptuous meal with the bread of life who satisfies {Isaiah 55:1-3}, 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.

Cleary...From Page 8

read the first two books of the Old Testament (Genesis and Exodus), then read some of the psalms (for prayer as well as reflections on the history just read). Then read a couple of St. Paul's epistles and follow them with the Book of Proverbs (an ancient form of Dear Abby's practical advice). Then read the gospel of Luke and follow that immediately with Acts of the Apostles (the history of the primitive Christian community), which St. Luke wrote as companion books. Then go back and read one of the prophets, and the beautiful Wisdom of Solomon. Then read the gospel of St. John, understand that Wisdom is the Word of God, which became incarnate in the person of Jesus of Nazareth. Other books of both the Old and New Testaments can then be read, according to the reader's taste and time, with clearer understanding of what one is reading. The final book of the Bible (Revelation) ought to be read in conjunction with it's Old Testament precedents (Ezekiel and Daniel), and then the two Books of Maccabees.

The Old Testament remains very relevant, containing God's instructions and laws for his people, as well as for the history and culture, which contributed to the developments of Christianity and Islam, as well as of Western Civilization. Of course, the Old Testament is the foundation book of Judaism. But it also influenced greatly the framers of the American Constitution, as well as the legal codes of other countries. More than any other book, the Bible has helped shape the history of the world, and continues to witness to the presence and power of God in this his world. It continues to influence our culture and every worthy human endeavor.

Sometimes certain texts of the Bible have been exploited by false teachers, crooked politicians and ambitious religious leaders: for their own purposes. But such abuse does not put God's approval on their movements, even though they might quote God's words in attempting to support their agenda. The apostles, Peter and Paul warned about such false teachers, and told us to avoid them. One reason Jesus established his Church was to provide an authentic interpreter for understanding and living: the Word of God in the Bible.

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.

LAWN & LANDSCAPE

Benefits of mulch?

By John Harrison



Q: What are my options in mulch, and why would one be used over another?

A: Using mulch is a good gardening habit. The benefits

of using mulch certainly make it worth the effort. A really good "mulching" of your garden or landscaping usually offers these benefits:

- Inhibits weed germination and growth. (Weeds are not only unsightly, but they also steal resources from desirable garden plants)
- Moderates soil-temperature fluctuations (This is especially valuable during that turbulent-weather period in spring when you don't want your plants to be stressed.)
- Holds in soil moisture, protecting your plants from drying out quickly
- In cold-winter areas, protects plant roots from winter cold and helps prevent frost-heaving, in which



plants are literally pushed out of the ground by the natural expansion and contraction of the soil as it cools off and heats up

- Keeps the plants roots cooler in hot summer temperatures.
- Depending on what you use, adds a bit of welcome nutrition as it breaks down

There are good, better, and best types of mulch. Ask a professional as to what will fit your needs, desired look or overall appearance. Now is the time!

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

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FOOD & BEVERAGE

What is the best crispy oven fried chicken recipe?

By Brian Bulot



Q: My husband loves fried chicken, but I hate the process of frying. Do you have any recipes that make a great oven fried chicken? It has to be really good to past the muster.

A: I can appreciate a guy that appreciates the finer things in life! And, for that reason, I do happen to have one of the best oven fried chicken recipes around. I am sure this one will be the highlight of your menu.

Oven Fried Chicken with a Polenta Crust

INGREDIENTS

- Vegetable oil spray
- 1/4 cup mayonnaise
- 1/4 cup plain yogurt
- 2 tablespoons kosher salt
- 1 teaspoon cayenne pepper
- 1/2 teaspoon freshly ground black

pepper

One 3 1/2-pound chicken, cut into 8 pieces, or 3 pounds chicken parts on the bone

1 1/2 cups instant polenta

1 cup all-purpose flour

DIRECTIONS

1. Preheat the oven to 375°. Spray a large non-stick baking sheet with oil. In a large bowl, whisk the mayonnaise and yogurt with 1 tablespoon of the salt and 1/2 teaspoon each of the cayenne and black pepper. In a large resealable plastic bag, mix the polenta with the flour, the remaining 1/2



teaspoon cayenne. Add the chicken to the yogurt mixture and turn to coat completely. Transfer the chicken to the plastic bag, a few pieces at a time;

seal and shake to coat.

2. Arrange the chicken on the prepared baking sheet and spray lightly with vegetable oil. Bake on the lowest rack of the oven for 30 minutes or the chicken is cooked through and golden on the bottom.

3. Using tongs, carefully turn each piece of chicken and bake for 5 minutes longer, until the undersides are golden. Blot the chicken with paper towels, transfer to a platter and serve.

It is great with potato salad and cold beer. Just sayin'



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

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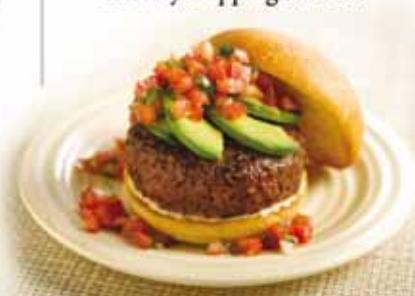
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Where can I find the perfect project car?

By Richard Smith



Q: Summer is getting near, and I have the bug. I am aching to take on a project car. It is something I have always wanted to do, but never attempted

mostly due to time. I'm the kind of guy that likes bigger projects but need to kind of reel myself in. I don't want be working on it until 2025. Do any of

you car guys have any suggestions on finding the right car and sourcing parts?

A: Nothing like the summer months to kick restoration and cruising season into high gear. Finding the right car for the project is your first task, and maybe the most important.

As you mentioned, when you look for a car, you will want to keep in mind the amount of restoration needed so you can complete it in a reasonable

amount of time. Factor in your own expertise. You might be exceptional at the mechanics but not body work, for example, so look for something more in your wheelhouse to save time. Also, you might want to choose something with parts that are not near impossible to find.

Now, there are many ways to find



that perfect project car, and parts, and it may take looking into all of the sources before you find exactly what you want. Here is what I would try:

1. Put out the word with friends and coworkers. They may already have what you need.

2. Check Craigslist, Auto Trader and other listings.

3. Attend a classic car show or car club and connect to others with the same interest

4. Talk to your local mechanics and auto body specialists. They are a great resource for information on where you can find cars and the necessary parts to finish the projects.

If in question, your local auto body shop can help you decide. Take pictures to them and they should be able to sit down with you and go over the do's and don't's. They will want to give thorough advice however, so make sure that they have time to do this and you have not shown up at a busy time of their day so you get the best information. Your local shop can even help by purchasing your parts and repair. There is nothing like finding a diamond in the rough at a great price and restoring the gem to its original beauty. Good luck, and stop by if we can be of any help.

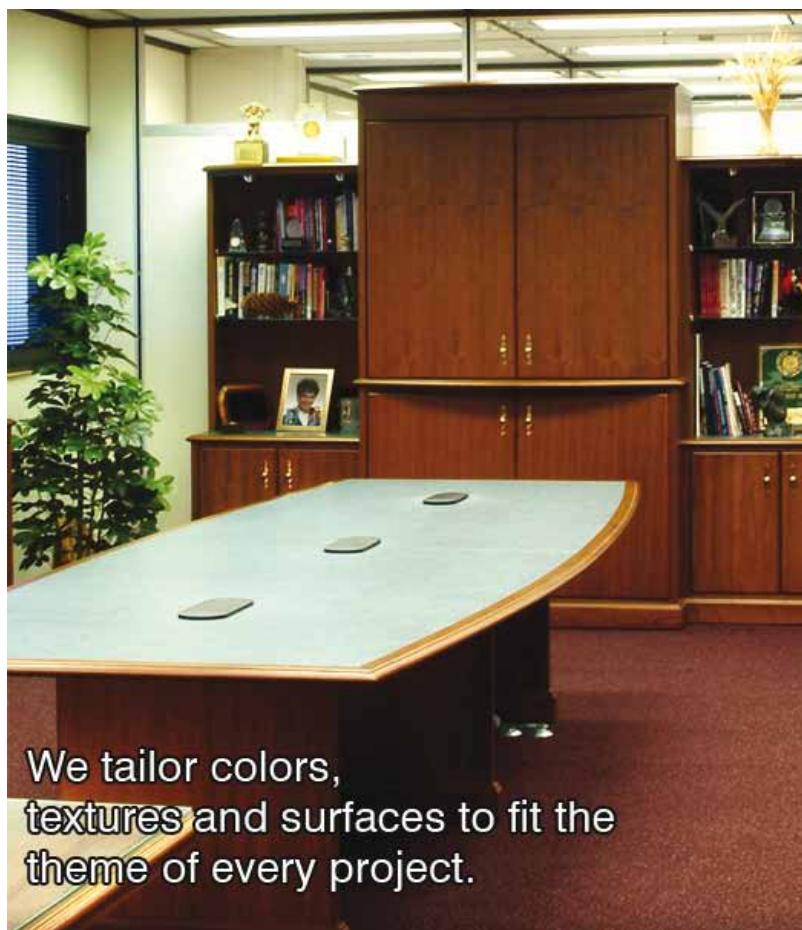
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Richard Smith has been in the Auto Body Industry for 26 years. He is ASE Certified Master Collision Tech, an I-Car Platinum Tech, and an I-Car Instructor. He and His wife own and operate Sharp's Auto Body & Collision Inc. located at 202 North Elm St.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

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