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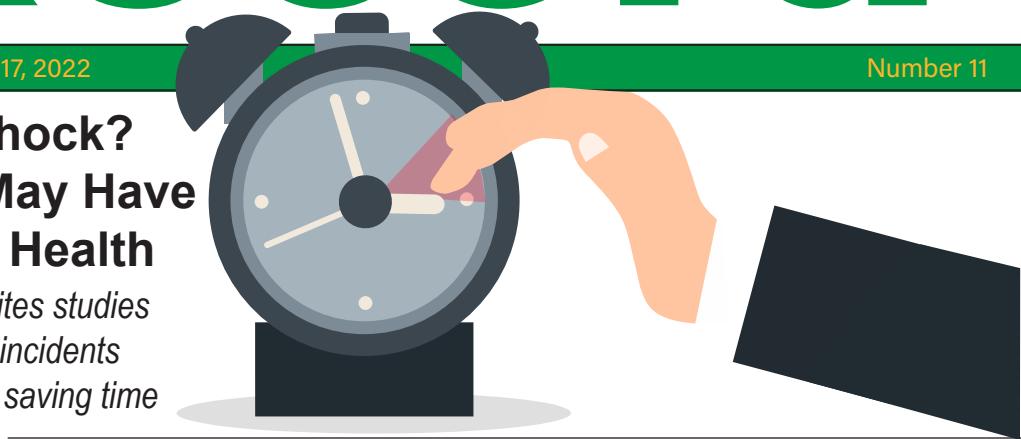
Biological Clock Shock? “Springing Forward” May Have Drawbacks for Heart Health

The American Heart Association cites studies showing increase in heart, stroke incidents associated with change to daylight saving time

According to the American Heart Association, scientific research supports the view that losing an hour of much needed sleep may not be the only thing to dread about “springing forward” when clocks move up for daylight saving time later this month. The upcoming time change may also negatively impact your heart and brain health.

The concept of daylight saving time describes the practice of setting clocks forward one hour from standard time during the transition to the summer months in order to extend the practical use of natural daylight. This year, daylight saving time begins on Sunday, March 13, this year. Many scientific studies report an increase in the incidence of heart disease and stroke during this time transition.

A study from New York, presented at the American Heart Association’s Scientific Sessions in 2018, reported that hospital admissions for atrial fibrillation (AFib), the most common type of irregular heartbeat, rise with daylight saving time transition. Researchers found that on the Monday to Thursday following the start of the time transition in the spring there were 3.13 AFib hospital admissions a day compared to 2.56 daily admissions for the same days on average over the rest of year. There was no notable difference in AFib admissions for the Monday to Thursday following the



Argentine Federal Savings Announces Employee Promotions

Roger D. McWherter, President & CEO of Argentine Federal Savings, recently announced new promotions and positions at the local community bank.



Jack R. Van Kirk was elected Vice President. Jack began his banking career at Argentine Federal in 2017. He is a cum laude graduate from Emporia State University where he majored in Business Administration.

Jack serves as Compliance Officer and Senior Financial Analysis, and is also a graduate of the Kansas/Nebraska School of Banking.



Gary W. Liven good was also elected Vice President. Gary began his banking career in 2009, and came to Argentine Federal in 2019. He is a graduate of Central Missouri University where he majored in Criminal Justice and

minored in Business Management. Gary serves as the Secondary Mortgage Market Manager for the Association. He is a former Branch Manager at United Mortgage in Overland Park and at Pro Lending in Liberty, Missouri.



Jon D. Peaco was elected Assistant Vice President. Jon began his banking career in 2016 when he joined Argentine Federal at its KCKS office. He later transferred to the OPKS location where he serves

as the branch facility and deposit operations manager. Jon is a graduate of the University of Missouri where he majored in Political Science and minored in Psychology.

Argentine Federal Savings has offices located at 3004 Strong Avenue in Kansas City and 12501 Antioch Road in Overland Park, and are very proud to be the only Kansas City thrift whose home office is located in Wyandotte County. They have been well serving their neighbors and friends since 1906.

Sue's Sudsy Soapbox



By Sue Reich

**Takin' a short break...
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Network Kansas Launches \$150,000 Fund to Connect Minority Entrepreneurs with Capital in Wyandotte County

The Kansas Center for Entrepreneurship DBA NetWork Kansas is launching a \$150,000 microloan fund to support entrepreneurs in Wyandotte County called the Empower WYCO Fund. The fund will be overseen by a multi-partner collaborative in the Kansas City, KS-area. The Empower Fund was created to help broaden access to capital to minority-owned firms that may not otherwise qualify for traditional funding. "It is an incredible honor and a privilege to work alongside our partners in Wyandotte County to further the mission of increasing access to funding among socially-disadvantaged populations while ensuring the support, technical assistance, mentoring, and guidance of our program partners enables long-term sustainable success and future growth within the minority entrepreneurial ecosystem," said Jenn Laird, Manager, Entrepreneurship, Eastern Region – NetWork Kansas.

The Empower WYCO Fund provides approved borrowers up to \$15,000 to be paid back within 48 months at a 4 percent interest rate. Funds may be used for:

- Equipment
- Inventory
- Repairs
- Building purchase
- Infrastructure
- Refinancing existing business debt
- Working capital

The loan program also features no early pay-off penalties and does not require matching funds for applicants in order to qualify. Applications are expected to open in mid-March. Members of the leadership team overseeing the Wyandotte County pilot fund include the following Financial

Review Board members:

- Mary Buche – SVP, Relationship Manager, CRA Office, Bank of Labor, Kansas City
- Jim Echols – Entrepreneur/CEO, Renaissance Management and Training Solutions LLP/Heartland Black Chamber of Commerce
- LaVert Murray, Economic Development Advisor, Office of the Kansas City, KS Mayor/CEO Tyrone A. Garner
- Valerie Mussett, General Manager, Design Mechanical/Wyandotte Economic Development Council Board
- Kim Randolph, President, Heartland Black Chamber of Commerce

Technical Assistance and Educational Program partners include:

- Johnson County Community College SBDC
- Black Mastermind Group/KCK Entrepreneurial Resource Center
- The Toolbox Small Business Resource Center
- Entrepreneurial Business Basics

- The Porter House KC Advisors to the effort include:
- Jenn Laird, NetWork Kansas
- Greg Kindle, Wyandotte Economic Development Council
- Jonnathan Salazar, Wyandotte Economic Development Council
- Monica Brede, Wyandotte Economic Development Council

"We are excited to be a partner in the Empower WYCO Fund and believe this is another tool to increase access to funds for our minority small businesses while removing barriers to growth across Wyandotte County," said Greg Kindle, President, Wyandotte Economic Development Council.

The Empower WYCO Fund is an initiative of NetWork Kansas with statewide funding support from the Kansas Health Foundation. Current pilot cities for the Empower Fund include: Liberal, Dodge City, Topeka, and Wichita. Its goal is to help address the funding and capital gap experienced by minority entrepreneurs and nonprofit leaders when compared with their counterparts.

For more information about the Empower WYCO Fund, please contact Erik Pedersen, President and Chief Operating Officer, NetWork Kansas: (877) 521-8600 or epedersen@networkkansas.com.

NetWork Kansas, a 501c3 nonprofit organization, is dedicated to making entrepreneurship a priority for economic and community development in the State of Kansas. NetWork Kansas connects aspiring entrepreneurs, emerging and established businesses, to a deep network of business-building and community development resource organizations across the state. NetWork Kansas facilitates the development of an entrepreneurial ecosystem within participating communities through the ECommunity Partnership. Contributing factors to successful development include the availability of financial capital, support by local leadership, and the development of educational resources. All of these factors combine to increase entrepreneurial activity in participating towns, leading to increased start-up activity, business expansion, job creation, and more. NetWork Kansas is also the home of e2 Entrepreneurial Ecosystems (e2) and Entrepreneurial Growth Ventures. Visit: www.networkkansas.com.



By Sharon Hoover

Did you ever have one of those days where you just couldn't get going? That's the way my day has been going. Therefore, I am jumping into upcoming events in our community.

WYCO 's first 2022 Dumpster Days will be March 18 & 19 in the parking of 424 Minnesota Ave.

Comin' & Goin' Turner Style

KCK from 8:00am-12:00pm. Residents may recycle electronics and bulky items such as mattresses and furniture for free with a few exceptions. Fees will be charged for the following: CRT Computer Screens \$10; LCD/flat screen TVs \$20; and CRT TVs \$40. Cash Only- exact change. Visitors will be required to show proof of residency such as a driver's license or utility bill. Items considered hazardous materials will not be accepted. For a full list visit wycokck.org.

Registrations are now being taken for Walk Kansas 2022, a team based program to help you and others lead a healthier life. I've participated in the program in the past, not only do you become active with friends, but you also receive nutritious food choices. Besides a walk can even re-

lieve stress. This program is through K-State Research & Extension. Contact information is 913-299-9300 ext107 or lwuellne@ksu.edu.

UG Parks and Recreation are now taking applications for Spring Youth Soccer. Deadline for apps is April 1, 2022, with the six week program starting April 23. The fee is \$20 Age groups for teams will be 5-7, 8-9, and 10-12. Games will be played on Tuesdays, Thursdays, and Saturdays. Locations will be City Park #2, City Park #3 and Klamm Park. For more info, wycokck.org. Look for the Parks & Recreation Dept.

Turner Summer Day Camp registration begins April 1 through May 23 or until full. Sessions will be June 1-30 and July 1-29. Open to ages 5 through 12 with 5 year old's having completed kindergarten.

Fees are \$90 per week with a one-time registration fee of \$35. There will be lots of outdoor games, field trips, swimming, and a weekly trip to the Turner Community Garden. For more info: turnerrec@turnerusd.org. Visit their Facebook page & website.

Recent books I've read and recommend: "The Girl Before" by JP Delaney; "You Are Not Alone" by Greer Hendricks & Sarah Pekkanen; "The Flight Attendant" by Chris Bohjalian. All these are thrillers just not recent publications. For Sci Fi, try "Quick Silver" by Dean Koontz, his latest. It's an eyeopener, look for the word 'nihilist' and check out the dictionary definition.

Until next time, stay safe, and be kind to those around you. Pray for the brave Ukrainians.



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SENATE NEWS



By Sen. Pat Pettey

Legislators returned this week after a short break following the turnaround deadline last Friday.

This week, the Senate met on Wednesday to approve seven appointments made by Governor Kelly. Four appointments to the Kansas Employment Security Board of Review were approved unanimously. Congratulations to new members Amber Neises, Pamela Pierce, Dawn

McClure, and Connor Cross.

The three appointments to the Kansas Board of Regents – the governing body of the state's six universities – have had a tougher road to confirmation. The Senate Committee on Confirmation Oversight held hearings on the nominees this summer, where senators grilled each of them on their political activity and their views on teaching Kansas students accurate and honest history.

All three nominees were passed out of committee with a recommendation to approve their appointments, but when the Legislature returned in

January, leadership called for an additional set of hearings in the Senate Committee on Education. There, these nominees were subject to a similar line of questioning – though it at times veered into strangely personal territory. Carl Ice, a former executive with BNSF Railway, passed out of Education favorably. Dr. Cynthia Lane, the former superintendent of Kansas City, Kansas Public Schools, and Wint Winter, a former state senator, passed out of committee without recommendation, both seemingly due to their previous affiliation with organizations that advocate for our public schools. Ultimately, all three nominees were approved by the Senate as a whole. I know each of them will serve our state and our students well.

On Thursday, the Senate debated three bills, which we will vote on next week. I will dive into those bills in my next newsletter.

I encourage you to contact me with any concerns or questions you have about bills or committee meetings. Feel free to contact me at 785-296-7375 OR pat.pettey@senate.ks.gov.

CIVIL RIGHTS FOR BLIND KANSANS

On Tuesday, Senators Mary Ware and Oletha Faust-Goudeau presented a tribute urging all Kansans to observe February 2, 2022 as Envision Blind Awareness Day. Representatives from Envision – a Wichita nonprofit that works to improve quality of life and create opportunity for people who are blind or visually impaired – were honored in the Senate chamber at the beginning of session that day.

Senator Ware's bill strengthening parental and civil rights for blind Kansans was also on general orders on Thursday, though it was ultimately passed over due to lengthy

debate on earlier bills. I hope that leadership does bring this bill to a vote next week, and I'm grateful for Senator Ware's tireless advocacy on behalf of these Kansans.

KANSAS LEGISLATORS SHOW SUPPORT FOR UKRAINE

On Thursday, House Democrats organized a bipartisan, bicameral rally to demonstrate Kansas legislators' support for the Ukrainian government and its people in response to Russia's unprovoked and premeditated attack on the sovereign nation. Showcased speakers included students at the University of Kansas from Ukraine who shared their anguish and concern for their home country. Senator Tom Holland has introduced a resolution honoring the people of Ukraine, which I have signed on to.

VOTING RIGHTS LEGISLATION

Two interesting news stories came out in the past week on the state of voting rights and elections in our state. The first, from the Topeka Capital-Journal, reported that the Attorney General and Secretary of State agreed not to enforce part of an election law that the legislature passed last year. I did not vote for that law because I had grave concerns about its constitutionality and its effect on Kansans' ability to vote.

The second, from the Kansas Reflector, revealed that gubernatorial candidate Derek Schmidt believes that there is zero evidence of electoral problems in the state of Kansas. His comments support testimony and comments made by Secretary of State Scott Schwab highlighting the integrity of the 2020 election results.

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Pettey...

...from page 4

Yet the Senate Federal & State Affairs committee this week passed a behemoth voter suppression bill undermining the integrity of our election offices. HB 2056 was gutted in order to insert the text of a number of election bills, with provisions that:

- Limit counties to having one ballot box per county unless there are more than 30,000 registered voters;
- Limit drop boxes to only be available during the operating hours of county election offices;
- Require that drop boxes be monitored by an election official or camera where you can see the voter's face;
- Require that drop boxes have all enclosed ballots back at the election office by 7pm;
- Remove the 3-day grace period for ballots postmarked by Election Day;
- Extend the advance voting period from 20 days prior to the election to 23 days prior to Election Day; and
- Shorten the registration deadline from 24 days before Election Day to 21 days before Election Day.

INTERIM HEALTH SECRETARY MAKES IT THROUGH HEALTH COMMITTEE

In November, following the departure of Secretary of Health and Environment Lee Norman, Governor Laura Kelly announced Janet Stanek as the agency's acting secretary. Ms. Stanek had previously served as the Director of the State Employee Health Benefits Program (SEHBP).

Prior to her role at SEHBP, Stanek spent more than 35 years in various health-care leadership positions in Pennsylvania, western New York and Kansas, including 21 years of her career at Stormont Vail Health Topeka where she last served as chief

operating officer and senior vice president. While with Stormont Vail, she oversaw a wide array of clinical and non-clinical functions and departments, as well as the strategic selection and rollout of a sophisticated electronic health record system across the region. Her most recent work involved focusing on population health, accountable care organization development and the transition to value-based care delivery.

Stanek holds a graduate certificate in population health from Thomas Jefferson University, an MBA from Alfred University (NY) and a Bachelor of Science degree in health information management from the State University of New York Polytechnic Institute, Utica, New York. She is also a Fellow of the American College of Healthcare Executives and the Healthcare Information and Management Systems Society, and is a Registered Health Information Administrator. Additionally, Stanek currently serves as the Chair of the Kansas Health Institute Board of Directors.

This week, Stanek had a confirmation hearing in the Senate Committee on Public Health and Welfare, and her appointment was moved out of that committee without a recommendation. Republicans on the committee were displeased with Stanek's commitment to adhering to CDC guidelines to COVID-19 response. Her appointment awaits action by the Senate as a whole, and I look forward to supporting her at that time.

KEEP AN EYE ON COMMITTEES NEXT WEEK

There's a lot on deck next week in committees. Some committee work to keep an eye on:

- BRINGING THE NRA TO A SCHOOL NEAR YOU: SB 522 would require the State Board

of Education to base this curriculum on the Eddie Eagle GunSafe program offered by the National Rifle Association for grades K-5 and hunting education programs offered by the Kansas Department of Wildlife, Parks, and Tourism for grades 6-12. A similar bill passed last year, but was vetoed by Governor Kelly. Curriculum is best addressed by the State Board of Education and local school boards, not legislators whose campaigns are influenced by the special interest group promoted by this legislation. This bill has a hearing in Senate Federal & State Affairs on Monday.

• BULLYING CHILDREN: This bill passed the Senate twice last session before being vetoed by Governor Kelly. This bill, which proponents have cruelly dubbed the Fairness in Women's Sports Act, would prohibit trans girls from kindergarten all the way up to college from playing school sports with their peers. This legislation demonstrates a deep misunderstanding of the lived experience of trans people, and it mandates their ostracization. We were able to uphold the governor's veto last session, and we're not giving up this year. This bill has a hearing in Senate Education on Monday.

• LETTING LEGISLATORS PLAY DOCTOR: Senator Richard Hilderbrand introduced SB 489. Current law gives the Secretary of Health and Environment to "take action to prevent the introduction of infectious or contagious disease into this state" and prevent its spread. The bill would strike that language entirely, and revoke powers to limit public gatherings to control the spread of infectious or contagious disease. This bill has a hearing in Senate Public Health and Welfare on Tuesday.

- ATTACKS ON PUBLIC SCHOOLS: Elections have

consequences, and unfortunately for our state, Kansas elected a lot of anti-public education legislators in 2020. SB 455 would allow K-12 students to transfer to and attend school in any school district in the state, which would disproportionately harm poorer districts with more vulnerable students. This bill has hearings in Senate Education on Tuesday and Wednesday. SB 496 was blessed last week by Republican leadership, and we can expect further action on it in the near future. The bill capitalizes on national figures' successful manipulation of parents' anxieties around learning and growing by suggesting that our public schools – which are subject to strict oversight by the state – are hiding nefarious materials used to brainwash our children. This "Parents' Bill of Rights" co-opts civil rights language in order to undermine our public school teachers and districts that teach and care for Kansas kids.

• NATUROPATHIC MEDICINE: Two bills addressing naturopathic practitioners have hearings next Wednesday in the Senate Public Health and Welfare Committee. SB 274 amends the scope of practice, discipline by the board, and license renewal for naturopathic doctors. SB 275 would allow naturopathic doctors to engage in the corporate practice of medicine.

• WIND ENERGY: The chair of the Senate Utilities committee has had a difficult time getting any support in his committee for legislation seeking to eliminate the renewable energy industry in Kansas. SB 478, which has hearings on Wednesday and Thursday, establishes requirements for wind energy conversion system obstruction lighting to mitigate the visual impact of such lighting systems.

Daylight Savings... ...from page 1

autumn transition at the end of daylight saving time.

The Monday following the spring time change (after losing an hour of sleep) was associated with a 24% increase in daily heart attack counts and the Tuesday following the fall time change (gaining an hour of sleep) was conversely associated with a 21% reduction in heart attacks, according to a study from Michigan.

Stroke rates also increase with the change to daylight saving time. In a study from Finland, researchers found that the overall rate of ischemic stroke was 8% percent higher during the first two days after a daylight saving time transition.

"We don't really know the specific reason for increases in heart disease and stroke during the daylight saving time change, but it likely has something to do with the disruption to the body's internal clock, or its circadian rhythm," said American Heart Association President Donald M. Lloyd-Jones, M.D., Sc.M., FAHA, chair of the department of preventive medicine, the Eileen M. Foell Professor of Heart Research and professor of preventive medicine, medicine and pediatrics at Northwestern University's Feinberg School of Medicine in Chicago. "If you are already at risk for cardiovascular disease, the time change could be even more risky. It's important to work on improving your health risk factors all year long, and there are some specific steps you can take to prepare for the impact of 'springing forward' each spring."

- Start now getting as much light as possible each day. This can help adjust

your body rhythm for the change to come.

- Start winding down a little earlier in the evenings ahead. While you can never make up lost sleep, going into the time change well-rested can help.

- Don't compensate with extra caffeine. It may feel like an extra coffee or two can help you through the mid-day slump, but too much caffeine is not heart healthy.

- Don't take a nap. Most people don't get enough sleep at any time; adding a cat nap to your afternoon can make it even harder to sleep well that night.

According to Lloyd-Jones, the best preparation for the time change is to make gradual lifestyle improvements year-round. Move more. Get your cholesterol and blood pressure checked. Make sure you're working on healthy sleep habits and eating smart.

"These healthy lifestyle behaviors won't only soften the annual biological clock shock, they are proven ways to reduce your risk of heart disease and stroke, helping you live a longer, healthier life," he said.

About the American Heart Association

The American Heart Association is a relentless force for a world of longer, healthier lives. We are dedicated to ensuring equitable health in all communities. Through collaboration with numerous organizations, and powered by millions of volunteers, we fund innovative research, advocate for the public's health and share lifesaving resources. The Dallas-based organization has been a leading source of health information for nearly a century. Connect with us on heart.org, Facebook, Twitter or by calling 1-800-AHA-USA1.

Applications Open for Community Service Tax Credit Program

TOPEKA—Governor Laura Kelly announced that applications are currently being accepted for the Community Service Tax Credit Program (CSP). CSP provides an opportunity for private, non-profit organizations and public health care entities to improve their ability to undertake major capital campaigns for projects involving children and family services, non-governmental crime prevention, youth apprenticeship and youth technical training and health care.

"The Community Service Tax Credit program is an incredible opportunity for nonprofit organizations to create lasting, meaningful changes for people across Kansas," said Governor Laura Kelly. "These tax credits will foster local solutions to local challenges, and they will help improve the quality of life for Kansans now and into the future."

Under this program, the state authorizes nonprofit organizations to offer tax credits to donors making contributions towards approved projects. Proposed projects should be unique or one-time in nature and create a lasting value for charitable organizations. For example, projects might include a capital campaign, major equipment purchase, major renovation, capacity building, etc.

Since 2019, CSP has earmarked \$1 million for childcare and early childhood development projects for services to those under the age of 5.

"These tax credits help local nonprofit and healthcare organizations streamline their fundraising efforts, to more effectively improve the health and economic wellbeing of Kansas communities," Lieutenant Governor and Commerce Secretary David Toland said. "We're asking Kansans to tell us about their initiatives, and if they are a good fit for the CSP program, we will provide a significant resource to help bring these projects to fruition across Kansas."

Applicants may request up to \$200,000 in tax credits. Applicant organizations in rural areas (less than 15,000 population) are eligible for a 70 percent credit. Applicant organizations in non-rural areas are eligible for a 50 percent credit. The application window is open through April 30, 2022 at kansascommerce.gov/csp.

CSP is administered by the Community Development Division of the Department of Commerce. More information on the program, guidelines, and application process may be found online here.

About the Kansas Department of Commerce:

As the state's lead economic development agency, the Kansas Department of Commerce strives to empower individuals, businesses and communities to achieve prosperity in Kansas. Commerce accomplishes its mission by developing relationships with corporations, site location consultants and stakeholders in Kansas, the nation and world. Our strong partnerships allow us to help create an environment for existing Kansas businesses to grow and foster an innovative, competitive landscape for new businesses. Through Commerce's project successes, Kansas in 2021 was awarded Site Selection Magazine's Governor's Cup award, Area Development Magazine's Gold Shovel award and was named Site Selection Magazine's Best Business Climate in the West North Central region of the United States. Find the Department's strategic plan for economic growth here: [Kansas Framework for Growth](http://kansascommerce.gov/growth).

Guest Editorial

By Tom Valverde

President Biden's first year, was one of both mending fences and strengthening our NATO allies, to prepare for what the administration thought would happen in the near future; an attack on Ukraine. Biden spoke of these efforts at the State of the Union speech.

The European Union and Ukraine were able to present a strong and unified front in the first weeks of the Russian invasion.

With this already in the background, Michael Duffy of the Washington Post asked Former National Security Advisor, John Bolton to comment. In a shocking revelation, Bolton said, "President Vladimir Putin was waiting for Donald Trump to withdraw the United States from the North Atlantic Treaty Organization, had he won a second term."

NATO member nations include the United States, Canada and most of Europe. Duffy wanted to know just how close the Ex-president had come to pulling the US out of NATO. Trump viewed NATO as a "drain" on the US with, "Member countries that 'weren't paying their fair share."

When questioned about Trump's handling of Ukraine, " I think it went very badly," said Bolton.

"It's hard to have discussions on geostrategic issues when the president's main interest was getting..." Rudy Giuliani in to see Ukraine president Volodymr Zelensky, so they could go find Hillary Clinton's computer server!"

As Giuliani set about to get to work on finding dirt on Trump's rival, Joe Biden, anything that could be used to hurt his chances of winning, the Ex-president recalled US Ambassador to the Ukraine, Marie Louise Yovanovitch, with only two months left in her term. The Ex-president had tried to besmirch her character, "The woman is bad news — she deals with Ukrainians who are also "bad news!"

In her time, she fought corrup-

tion and worked to clear it out. Her replacement was another career diplomat, Bill Taylor. Taylor gained notoriety when his text messages that were critical of Trump were made public:

"I think it's crazy to withhold security assistance (to Ukraine) for help with a political campaign!"

John Bolton also said that he and Secretary Pompeo and Defense Secretary Mark Esper, were concerned with Trump's behavior at the time.

"We all felt the need to bolster Ukraine's security and were appalled at what Trump was doing." Trump was against any support going to Ukraine, in spite of their strong recommendations that the US send Zelensky support against the Russians.

The conversation with Ukrainian President Zelensky and his request that he do him a "favor," recalling of the US Ambassador to Ukraine with the subsequent Whistleblower complaint, and Trump's withholding the tens of Millions in security aid to Ukraine all spurred the House of Representatives to open Trump's first Impeachment inquiry.

Trump was convinced of the allegations of corruption by Biden and his son, Hunter.

(It's curious that Trump expressed concern over NATO countries not paying their fair share when he is known for not paying his contractors or repaying his bank loans.)

Biden's alleged corrupt actions in Ukraine were used as a distraction by the Ex-president to deflect from the work of his personal lawyer Rudy Giuliani with two associates who would later be indicted. Lev Parnas and Igor Fruman. They wanted to gain, "Influence in the US government and made hundreds of thousands of illegal Campaign contributions to the Trump campaign.

The men disguised the sources of the money and brought some of the contributions from overseas.

President Biden's Leadership Strengthened NATO Against Russia

All illegal but still overlooked by any campaign official at the time, as well as by the Congress.

"With Trump's compliance of whatever Vladimir Putin wants, had he been reelected, it is highly likely that the US would have backed out of NATO, and the Ukraine would have never stood a chance against Putin's invasion. Another democracy would have been lost." Source: Business Insider.

Had the US been against providing support to Ukraine as the Ex-president had wanted, the outcome of the invasion might already have been over, with Putin the victor. With his diligence and sense of urgency, President Biden was able to pull together, our European allies in NATO during his first year in office. President Biden shared intelligence about the possibility of a Russian attack and fully supported Ukraine, a non-NATO member country, to be able to counter an expected Russian attack.

"Russians do not have air superiority, they've not taken Kyiv, (formerly Kiev) as Putin had planned to do, in the first days of the conflict," said Julianne Smith, US Ambassador to NATO. She spoke with Christiane Amanpour about the Russian attack in Ukraine.

"President Zelensky is still the president of Ukraine. And, what we've seen in the 40 kilometer-long convoys, that everyone has been keeping an eye on, in essence, has gone nowhere," said Ambassador Smith.

"So, this tells us two things. On the one hand, it tells us a lot about the ability of the Russian military and its challenges. Particularly the logistic challenges that the Russians are facing. It's quite astounding actually, in their inability to provide their forces with simple things like meals and fuel. But, secondly, it tells us a lot about the Ukrainian forces. Their determination to fight, their will to

fight, their capabilities that they're bringing to bear and their Spirit. It's been unbelievable to see the Ukrainians push back, and use much of the training that they've received in recent years," said Ambassador Smith.

"We're learning a lot in this conflict and I think, honestly, this is a very bad news story for Russia, when it comes to the state of their military forces. The Russians wrongly assumed that they could go in and just immediately take out Ukrainian's air defense, but the opposite has come to pass. Ukrainian's air defense has obviously, taken some hits but, they are very much operating, and in numerous locations throughout the country.

So, this story is not over and for a country like Russia that wanted to have air-dominance in this conflict, they just haven't been able to achieve that," remarked Ambassador Smith.

The president of Russia, Vladimir Putin, now has a one Million dollar bounty placed on him by a Russian Oligarch, his military forces haven't been effective at all. But, Ukraine continues to fight for freedom with the support of NATO, and their strong leader, President Zelensky is more than what Putin was expecting. With luck, Ukraine will successfully push out the demoralized Russian ground forces.

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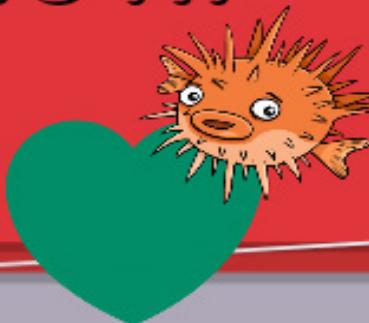


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Shrimp
Large Plate
\$12
Shrimp or
Fish Small
Plate \$8

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