



The Record

Unified Government Public Health Department Announces Expanded Vaccine Access

Now All Kansas Residents Can Be Vaccinated at UGPHD Facilities

The Unified Government Public Health Department (UGPHD) announced that it is expanding access to its mass vaccination facilities and updating hours to include early morning and evening hours. Effective as of Monday, April 19th, all Kansas residents can make an appointment to be vaccinated at any of the UGPHD vaccination facilities on Tuesdays, Wednesdays and Thursdays. Wyandotte County residents and individuals who work in Wyandotte County may still access the sites as walk-in patients.

“We have the capacity to administer vaccinations to many more people than we are currently seeing in our facilities,” explained Juliann Van Liew, Director of the Unified Government Public Health Department. “It’s time to use that capacity to benefit any Kansas resident who wants to come in and get their free COVID-19 vaccination. To have that capability and not use it would be a public disservice. This is the best way forward that we see toward getting more Kansans vaccinated and thus protected from the COVID-19 virus, so we can all get back to doing the

things we love to do.”

Kansans who wish to schedule an appointment can use the UGPHD Self Scheduling Tool. Go to WycoVaccines.org, and click on the blue button that says, “Click here to schedule an appointment online.” To see this page in Spanish, click on the word “Español” at the top of the page. Wyandotte County residents who don’t have an internet connection can call 3-1-1 (913-573-5311) for assistance in scheduling their vaccination appointment time and date.

When coming in for your appointment, you may be asked to show that you live in Kansas, such as showing a drivers’ license, piece of mail addressed to you, or similar.

UGPHD Announces Early Morning, Evening Hours

In addition to expanded vaccine access for all Kansans, UGPHD facilities will have updated hours beginning Monday, April 19. The UGPHD is evaluating these new evening and early morning hours for the next three to four weeks. At that time, the UGPHD will reassess and adjust the schedule if needed. The latest hours will be available online at WycoVaccines.org or by calling 3-1-1.

Former Best Buy
10500 Parallel Parkway
Kansas City, KS 66109
Monday, Tuesday, Wednesday and Friday: 9 a.m. - 2:30 p.m.

Closed on Monday, April 24th
NEW: Thursday: 7 a.m. - 12:30 p.m.

Former Kmart
7836 State Avenue
Kansas City, KS 66112
Monday, Tuesday, Thursday and Friday: 9 a.m. - 2:30 p.m.

Closed on Monday, April 19th
NEW: Wednesday: noon - 5:30 p.m.

The Armory
100 South 20th Street
Kansas City, KS 66102
Monday - Friday: 9 a.m. - 2:30 p.m.

Saturdays, April 17th and 24th 9 a.m. - 2:30 p.m.

Vaccinations for People Who Live or Work in Wyandotte County

During regular vaccination facility hours Monday through Friday, people living in Wyandotte County who are 16 years of age and older can

CONTINUED ON PAGE 4

Brave New World

By Dr. Jim Haas

A father in Hilo, Hawaii, left a book on his sixth grade daughter Jennifer’s bed. She liked mystery stories, and the book was *The Double Helix*, James Watson’s story of his and Francis Crick’s discovery of the structure of DNA, the molecule that contains the genetic instructions for all life. Jennifer found it a fascinating detective story, and it sparked an interest in science that became a career choice thanks also to Jeanette Wong, Jennifer’s inspiring 10th grade chemistry teacher.



Jennifer Doudna graduated from Hilo High School in 1981. In 2020, she shared the Nobel Prize in chemistry with her French colleague Emmanuelle Charpentier for developing CRISPR-Cas9 (clustered regularly interspaced short palindromic repeats-CRISPR-associated protein 9), a process for editing DNA and one of the most momentous discoveries in the history of science ranking with Einstein’s theory of relativity and Darwin’s insight into natural selection.

Editing involves precisely targeting then slicing the DNA molecule to remove and replace a defective portion using chemical “scissors,” an immunity system evolved over billions of years in bacteria to protect themselves from viruses. CRISPR research contributed to the first COVID-19 vaccines.

CRISPR technology means we can replace defective genes that cause diseases like sickle-cell anemia, heart disease, cystic fibrosis, and cancer; make ourselves immune to infections including coronaviruses; alter plants to be drought and disease resistant, and much more. Like any new technology, CRISPR is not cheap but seems likely to be reasonably affordable in the near future. In the hands of trained scientists, it’s easy to use. Human safety trials are well underway.

Fixing specific defects in individual people is not controversial, but altering genes that will be inherited by our descendants certainly is. Would you want your children to be immune to certain diseases? Or to be taller? Stronger? Smarter? CRISPR makes genetic engineering possible. It’s instant evolution, and therein lies a problem.

As long as humans have walked the Earth, we’ve been products of nature’s lottery, some of us luckier than others but none of us having any power to affect the genetics of our children except by our choice of a mate. Doudna: “We’ve never seen anything like this before. We now have the power to control our genetic future, which is awesome and terrifying. So we must move forward cautiously and with respect for the power we’ve gained.”

The awesome power of genetic engineering can lead to a brighter future with fewer birth defects and fewer diseases, but it can also lead to even more inequity if the rich can afford to design their descendants while the rest of us can’t. You can imagine the misuse of money and the greed for profits. It might also lead to a rigid society as in *Brave New World*, Aldous Huxley’s 1932 science fiction classic where human embryos are grown in state hatcheries and then rigorously conditioned to determine their roles in life.

For Jennifer Doudna, her role has been a long road from finding a book on her bed in Hawaii to professor of biochemistry at the University of California, Berkeley. Like any scholar, her achievements were built on the work of others: researchers in Japan, France, Spain, China, the U.K., the U.S., and elsewhere. And like successful people in many fields, she’s transitioned from player to coach. Writers become editors, teachers become principals, research scientists become lab directors. Doudna now directs the Innovative Genomics Institute at UC Berkeley.

The full story of CRISPR is told in historian Walter Isaacson’s *The Code Breaker: Jennifer Doudna, Gene Editing, and the Future of the Human Race*, the #1 nonfiction best-seller. It’s not science fiction. It’s science fact.

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at Kansas City, Kansas

Sue's Sudsy Soapbox By: Sue Reich



Hi everyone! How are you? Hope everyone is doing alright. I am better, still keeping busy. Mr. Ed and I went to the Community Garden/new building to visit. I also bought some plants and visited Jim, Calvin and Larry. Went across the street to see Steve Neal. He was busy trying to get things straightened out in his church. Mr. Ed got out a bit and walked through our building. Like I said before, those fellas are sure hard workers. Be glad when they get that done. I have to get my heinie in gear and get that sign done, and Digger too. Maybe I should have a contest to see who can come up with the best idea. Still haven't decided how I want to redo him. A clown, tuxedo duds, farmer, just can't make up my mind yet.

Still have things to do to my yard. Left my plants in the van because it might frost tonight. Wish this weather would make up its mind, right? Our usual guy that mows our yard gave it our first mowing the other day. He did a decent job. He used to mow down my flowers or whatever else he wanted to mow down. But he mowed and left. No goofing around. So, this year I am putting flowers out, again. I want to get some straw and fix a bare patch in our back yard. So much to do with no one to help me. I kind of zig zag around doing this and doing that.

I want to go fishing. That's what I really want to do. WyCo. Lake has been stocked up and that sounds good to me. I got rid of all my fishin' gear after I quit going. Boy I sure miss that. We had so much fun when we went fishing. One time I took my sons to WyCo. Lake to fish. They were still in grade school and John was having a hard time pulling one in. I said I would get it in for him and gave it one

heckofa yank and on the end was a snake. Man, that thing was wiggling, and John and I were hollering and laughing at the same time. An old guy down the way came over and cut that suckers head off. I sure had fun with my boys. We would fish, sled ride, water slide, play softball, do all sorts of things. I really miss doing all that. With this covid now, really can't do anything. But, I am sure glad that things are opening up though. I still wear my mask because I sure don't want to take any chances.

Well, my dear readers, please take care. Mind your p's and q's. The weather is getting better, no snow, no ice, and stay safe. Everything is getting wacky and just never know what is going to happen. Hey, if you got those J&J shots, just take note of anything different. Sure don't want to lose anyone over that. I am glad that Mr. Ed and I got that other one that came out first. Two shots, but we came through it ok. Ivya all and hope to see everyone again.

Your friend, Sue.

In memory of my three sisters: Gayle, Carolyn and Marilyn (Larson), Mom always said it didn't take much to entertain us girls. And it was true. Whether we were going through knick knacks looking for a certain coffee cup or up to our elbows planting tulip bulbs, we were having fun for the most part, because we were together.

Interesting Story of Harold Haag

By: Sue Reich

Usually, I don't do stories like this about people I really don't know, but this one is so interesting that I thought you might enjoy it. Some of you may have known this gentleman, I didn't, but I sure wish that I had. He was from the Great Generation. I called it the great generation because they were not babies. They grew up during the toughest times and worked and knew what it was like to make a living and take care of their families. Harold passed away on the 8th of April, this year. He grew up and attended school in Argentine. As a young boy, he worked in the

fields picking vegetables. As a teenager he had a route west of Argentine where he delivered *The Kansan* paper. As a young man, he worked at Armourdale Auto Parts. Then the American Rock Crusher Co. mine. He was drafted into WWII and began his enlistment in the US Army at Fort Leavenworth. He left for the Philippines and arrived 23 days later. This was in 1945. He almost went to Japan, but they surrendered shortly after. Harold was honorably discharged in 1946. He was a Tech Sergeant, received the Good Conduct Medal, Asiatic Pacific Campaign Medal, World War II Victory Medal, Army of Occupation Medal, the Philippine Liberation Ribbon.

He went back to work for the American Rock Crusher

Co. Since he had sold his car, he walked 10 miles to and from work every day. He worked as a heavy equipment operator, eventually owned a trucking service to haul rock until the mine was closed. He and his wife, married and had children, moved to Western KCK and ran farming equipment and worked for a mining company. He and his wife were avid square dancers earned a degree in square dancing and were regular bowlers. He won numerous bowling competitions and bowled until last fall, Now mind you, this wonderful fellow was 99 when he passed away and did everything he could in his life. He and his wife dined at many different restaurants. He loved to visit with their owners and their servers. They traveled

regularly all over the USA. They went to Vegas, Branson and CA. He left behind quite a large family, his wife, his daughters, and a son, nine grandchildren and 17 great grandchildren, many great grandchildren also. Harold was buried at Maple Hill cemetery.

These wonderful people of the Great Generation knew what work was, they knew what family was, they made the best of their life. Don't you wish times were like that now? Wish I had known him. I knew my grandparents and they were all hard workers and took care of their wife and kids. Bless Harold, bless Gwen and their kids, grandkids, great grandkids, and great great grandkids. You should be very proud of such a wonderful man.



This gentleman had a set up on Metropolitan and he was telling them about the mural on the big wall at the intersection.



These are just a few of the flowers that are at the new building being renovated adjacent next to the Community garden on 55th street. Larry showed me many of them and I ended up purchasing quite a few.



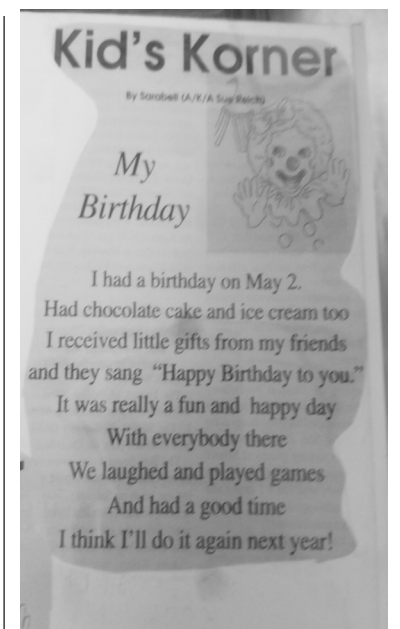
Bubbles and Bows has Erica working there now. She has helped them out before and now she is there more permanent.

Short Stuff

By: Sue Reich

I went out today to the garden and bought flowers/plants from Larry. They really have some beautiful things there at the Community Garden. Will be there only until the end of June. Visited Steve Neal today at the First Baptist Church. He has an abundance amount of food. Please get in touch with him. From 1-3 on Saturdays, they have clothing giveaways.

Common Denominators: Cone, Shoe, Shovel = SNOW



Comin' & Goin' Turner Style



By Sharon Hoover

This time of year sees an uptick in the activity at the garden in addition to our regular chores and special projects. The Turner Recreation Spring Camp kids visited last Friday. Janet soon had them busy planting radishes, carrots, sugar snap peas, potatoes, and onions in the children's demonstration garden. They toured the orchard and when all was said and done, they took a break in the shady grove.

Calvin and Lynn recently cut down the ornamental grasses along the orchard. Calvin was able to fill the entire bed of his truck which



he unloaded by the compost bin. He will shred it later and turn it into compost. Lots of good nitrogen.

Enright Gardens had a soft opening this week. The cool weather at night is not good to tender plants. As soon as the temperature has stabilized, they will be able to display all their products. The flowers I have seen look super.

Wyandotte County Master

Gardeners is holding their annual plant sale online again this year because of the covid outbreak. Sorry, there will be no annuals, only perennials and vegetables. The sale will be held April 30 & May 1 starting both days at 9:00 am. Plants will be available for sidewalk pick up at 1200 N 79th St., Kansas City Kansas.

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Vaccine Locations... ...from page 1

get vaccinated without an appointment at any of the UGPHD's three vaccination facilities (these sites usually provide Pfizer vaccines Monday-Friday, which are authorized for ages 16 and up; people 18 and up may receive Pfizer or Moderna vaccines, depending on the available supply).

All Wyandotte County residents who want a vaccination (whether by appointment or walk-in) are asked to bring proof that they live in Wyandotte County, such as a drivers' license, piece of mail, or similar. People who work in Wyandotte County may be asked to prove that they work in Wyandotte County by showing a work badge, a pay stub, or similar.

People who live or work in Wyandotte County and wish to schedule an appointment can use the online Self-Scheduling Tool at WycoVaccines.org or call 3-1-1. Please note that when users book an appointment using the Self-Scheduling Tool, that means they will be vaccinated within the hour of their appointment time. For example, if a user selects "10 a.m." as their appointment time, they will be vaccinated between 10 a.m. and 11 a.m. on their selected date.

Saturday Clinics in April Scheduled

Saturday vaccine clinics will be held at the Armory vaccination facility, located at 100 South 20th Street in KCK, on Saturday, April 17 and Saturday, April 24, from 9 a.m. to 2:30 p.m. Saturday vaccination clinics are open to anyone living or working in Wyandotte County who is 18 years old and older. Patients at these Saturday vaccine clinics will receive a free, two-

dose COVID-19 vaccine. Note – these Saturday hours are at the Armory location ONLY!

Free COVID-19 testing is also available outside of the Armory during the Saturday clinics. Everyone who gets tested can sign up to receive a \$25 gift card in the mail (testing patients will not receive their gift card that day, it will be mailed to them after the testing event). Please note: you do not have to get tested in order to receive a vaccine, but you are welcome and encouraged to stop by the testing area on your way out after getting vaccinated. Getting more people in our community tested helps public health experts monitor the spread of COVID-19 in our community.

Transportation Now Available on Saturdays

Transportation assistance is now available for those who need a ride to and from their vaccine appointment on Saturdays, as well as the UGPHD Monday through Friday hours. To request transportation assistance, visit WycoVaccines.org, and click on the gold button that says, "Do you need a ride to get a COVID-19 vaccine?" or call 3-1-1. To see these options in Spanish, click on the word "Español" at the top of the page.

Monday Vaccination Hours Will Be Reduced

In order to accommodate the April Saturday vaccinations, the UGPHD will be scaling back hours at its vaccination facilities on these upcoming Mondays:

* The Kmart site will be closed on Monday, April 19th

* The Best Buy site will be closed on Monday, April 26

For updates on vaccination site hours and more information about getting vaccinated in Wyandotte County, visit WycoVaccines.org or call 3-1-1.

Antiquated Law Causes Problems For Small Business

By: Murrel Bland

Greg Shondell was shocked when he prepared to file his Kansas income return. Normally he would pay Kansas taxes based on 85 percent of his revenue and pay Missouri based on 15 percent of revenue.

Unfortunately, Kansas is one of only a few states that would force Shondell's company, Heathwood Oil, to pay Kansas taxes based on 130 percent of revenue.

Shondell told of his dilemma at a meeting of the Legislative Committee of the Kansas City, Kansas, Area Chamber of Commerce Friday, April 9 via ZOOM. Shondell is a longtime member of the Chamber and its Legislative Committee. Heathwood Oil can trace its roots to 1926. The family owned company in

Kansas City, Kansas, spans four generations.

Mike Smallwood, the chairman of the Legislative Committee, said unfortunately it was too late to do anything during this session of the Kansas Legislature. However, he assured Shondell that the Legislative Committee would include this issue in its 2022 agenda.

One of the major concerns of the Kansas Legislature has been the problems that have besieged the Kansas Department of Labor. A 1970s computer system has failed as thousands of Kansans have complained they cannot receive payments from legitimate claims. In the meantime, fraudulent claims from unknown sources estimated at more than \$600 million have been paid out to those who hacked KDOL files. The

Kansas House and Senate approved a compromised bill aimed at correcting the problems at KDOL.

The Legislature has failed to pass a major overhaul of Kansas Education which included about \$5.8 billion in funding for schools. The measure narrowly passed the Kansas House but failed on a tie vote in the Kansas Senate. Critics of the bill, including the Kansas State Board of Education and the National Education Association, charged that the bill would divert public funds to private schools. Legislators will face the issue when they return next month.

Murrel Bland is the former editor of *The Wyandotte West* and *The Piper Press*. He is executive director of *Business West*.

Governor Laura Kelly Announces One Third of Kansans Have Received Their First Dose of the COVID-19 Vaccine

TOPEKA – Governor Laura Kelly announced that more than one third of Kansans have received at least their first dose of the COVID-19 vaccine.

"Since the vaccine first arrived in Kansas, my administration has prioritized getting shots in arms as quickly and efficiently as possible – and those efforts are paying off," Governor Kelly said. "Getting a third of Kansans their first dose is a significant milestone for our state, and further evidence that we are well on our way back to that sense of normal we've been seeking for over a year."

To date, the CDC reports that 37.7% of Kansans have

been vaccinated with one dose, and 22.9% of Kansans have completed their COVID-19 vaccine series.

"Today's announcement is a team effort and the result of a tremendous amount of work from local public health departments, health care providers, community leaders, and countless others," Marci Nielsen, chief adviser to the Governor for COVID-19 Coordination, said. "I want to thank everyone for their efforts. Governor Kelly's administration will continue putting in the work to ensure every Kansan can get a vaccine as quickly as possible."

Governor Kelly announced in late March that the State of Kansas would make the COVID-19 vaccine available to all Kansans 16 and older, entering the final Phase of the Vaccine Prioritization plan several weeks ahead of schedule.

All Kansans are encouraged to use the Vaccine Finder tool to find the nearest location with an available vaccine.

"Though more Kansans are getting vaccinated and case numbers are declining, we can't take our foot off the gas," Governor Kelly said. "The pandemic isn't over. I

encourage all Kansans to get vaccinated, and also continue wearing masks, physically distancing, avoiding large groups, and getting tested."

Governor Kelly announced recently that no-cost COVID-19 testing will continue to be available through the end of 2021 to everyone at community testing sites across the state.

The State recently launched a "Know Before You Go" campaign to remind Kansans that testing continues to be available. Kansans are encouraged to get tested before going or coming back from anywhere, even if they show no symptoms. This includes visiting family, friends, going on vacation, going shopping, or even going somewhere local. Tests are one of the easiest ways Kansans can protect themselves, their families, coworkers, and members of the community.

To schedule a test, please visit kdheks.gov/coronavirus to find a testing site closest to you.

"Until every Kansan is vaccinated, testing will remain an essential tool in our COVID-19 response," Governor Kelly said. "I urge Kansans to take advantage of this service."

AG Derek Schmidt Leads Bipartisan Coalition Pressing Congress To Support Efforts To Fight

TOPEKA – Kansas Attorney General Derek Schmidt recently led a bipartisan effort in pressing Congress for increased funding to provide the necessary tools for state and local law enforcement agencies to identify, report and prevent hate crimes in their jurisdictions.

Schmidt co-authored a letter to congressional leaders with District of Columbia

Attorney General Karl A. Racine to urge passage of the Jabara-Heyer No Hate Act. The legislation would provide federal grants to improve hate crimes reporting and increase penalties for federal hate crimes in an effort to stem the rise in hate, extremism and bias-motivated crimes across the United States. Schmidt and Racine were joined by the attorneys general of 33

other states and territories in their message.

The grants would be used to train employees on identifying, classifying, and reporting hate crimes in the FBI's national database; assist with states' development of programs to prevent hate crimes; increase community education around hate crimes; and create state-run hate crime hotlines.

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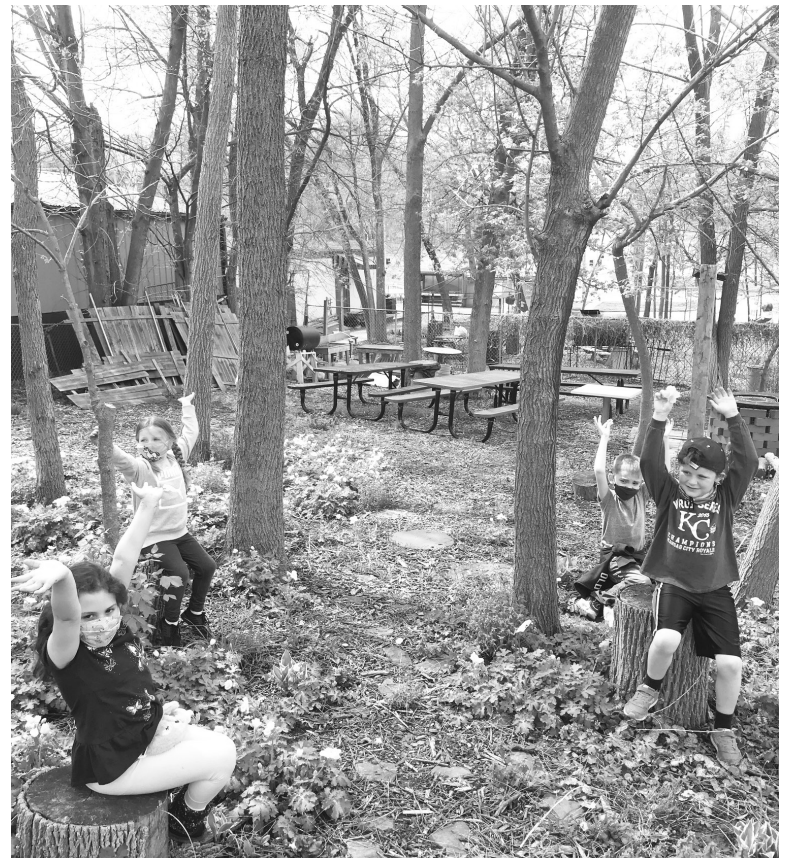
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Orders should be placed on <https://wycomastergardeners.square.site/>

If you have been having trouble getting your recycled items picked, the Recycling and Yard Waste Center at 3241 Park Drive is now open to Wyandotte County residents Thursday, Friday, Saturday and Sunday from 10am – 3pm until November 28. Proof of residency is required. Items accepted are grass clippings, garden trimming, branches 3" or less in diameter & 4' or less length; clear, brown, or colored glass; newspapers, magazines, mixed office paper, cardboard, paperboard, and food & beverage cans. NO plastic or Styrofoam products, household hazardous waste, or pesticide containers.

My article is a little short because I wanted to include some pictures.

Until next time, stay safe and please be kind to those around you.



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Guest Editorials

Quotes To Ponder

By: Tom Valverde

“Many times in a month, we will run out of food” This is what a woman living on a fixed income of just \$700 a month had to say. She owns her own home which disqualifies her from SNAP food stamp benefits. She is disabled, and her money has to stretch even more as she provides a home for her 9 year old grandson. She struggles each month to keep her grandson and herself with sufficient meals. It is with the help of HARVESTERS that she is able to keep their table filled.

“The people who come to the Franklin Center aren’t just there for handouts, they’ve become some of our best volunteers.”

“I’m thankful for the support we receive from HARVESTERS. They provide us with the food that so many families in the Argentine and the surrounding neighborhood need.”

“At the height of the shutdown last year, we were helping to feed over 600 families. The number has come down, but there are still many families who need help with providing fresh food for their families.”

“It’s staggering to think that when we first started food distribution at Franklin Center a few years ago, there were 200 to 250 families. The need for free food has risen steadily over time. HARVESTERS has been a great partner for us.”

*Kurt Rietema, President
Franklin Center*

“Your continued support

will mean healthy food on the table for Families, Children, and Seniors across Northeast Kansas and Northwest Missouri areas ... Good food is good medicine. The more nutritious food you help to provide, the stronger our shared future will be.”

“Please do your part to share wholesome meals and groceries this Spring. Your

partnership brings Hope to so many people!”

*Valerie Nicholson-Watson,
President and CEO HARVESTERS*

“When we work together as a Community to share what we have with those persons and families in need our bonds to one another are strengthened and we start to mean more to each other.”

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How Do You Know You’re Ready For Retirement? It’s Not Just The Finances

An intriguing find once emerged from a RAND Corp. survey on Americans and their working conditions. It turned out that 40 percent of employees 65 and older had previously retired, but something lured them back to the working world.

In some cases, financial troubles might have been the cause. But often the reason is that people neglect an important component in their retirement planning. They don’t think about what they will do with their extra time, or how they will give their life the meaning and purpose work provided, says Patti Hart, co-author with her husband, Milledge, of The Resolutionist: Welcome to the Anti-Retirement Movement(www.antiretirement.com).

“Money is certainly important, but it’s not the only thing that determines whether your retirement is a success,” she says. “It may be that you are financially ready to retire, but are a long way from being emotionally ready.”

The Harts offer tips for figuring out when to retire and for making sure you’re successful when you do:

- Know your catalysts. Identify milestones or signs that will let you know you are ready to embark on a new post-work life, Milledge Hart says. Yes, that could be when you’ve accumulated a certain amount of savings. But it might also be related to when your spouse quits their job, or when your children graduate college and head out on their own. Maybe your plan is to work until your health gives out. “Knowing your catalysts can mean the difference between successfully transitioning to a fulfilled life after your career is over, or boomeranging back to the full-time workforce simply because you didn’t know why you quit to begin with,” he says.

- Plan ahead to avoid separation anxiety from work. For many people, moving from the excitement and fulfillment of a career to the quietness of retirement is too much, Patti Hart says. They develop a form of “separation anxiety,” longing for their old way of life rather than venturing boldly into the new one. “You need to make a plan for what you want to do in your new post-career life so you aren’t floundering when you get there,” she says.

- Get comfortable with the uncomfortable. At work, people are thrown into uncomfortable situations and have no choice but to face them head on. In retirement, it’s easier to avoid discomfort, but doing so diminishes your confidence, and you miss out on opportunities for personal growth and fun, Milledge Hart says. “It would seem counterintuitive to think that being uncomfortable brings happiness, but it does,” he says. “Go at life as if it’s an adventure – because it is. When you accomplish something you didn’t think you could, you get a jolt of endorphins that drives you to your next challenge.”

- Learn to be your own best friend. Even when people want to try a new hobby or activity, they sometimes are afraid to do it alone. “In retirement, you might not have the social network you once did,” Patti Hart says. “You may long for a good friend you can rely on.” But if you think about it, she says, you already have that friend – yourself. So as you prepare for retirement, be ready to go solo on occasion. “When you get to this stage, you will often find that some things on your list are on your list alone,” she says. “No one in your universe shares your interest or has the time to join you. That’s all right. If you are going to continue to grow, you need to sometimes feel like you did something completely on your own.”

“Don’t convince yourself that in retirement you are going to be destined to a life of watching evening game shows and baking pies, unless of course that is what you love to do,” Milledge Hart says. “My advice is nothing is off limits, so reach for the stars. Look forward rather than backward, and embrace the new you.”

About Patti and Milledge Hart

Patti and Milledge Hart, co-authors of The Resolutionist: Welcome to the Anti-Retirement Movement (www.antiretirement.com), spent more than 30 years as executive leaders in numerous technology and investment banking businesses. Today, in what they refer to as the “Resolutionist” – rather than retirement – phase of their lives, they are applying their resources and skills in new ways to advance philanthropic and corporate activities around the globe.

Tom’s Tasty Treats

By: Tom Valverde

This week’s tasty treat was very popular very popular over thirty years ago, in the late 1980s to early 1990s. It’s a variation on a sweet that still continues to be very popular to the present.

Coconut macaroons are so simple to make, and this recipe differs in that whole eggs are used, not just the whites, for the merengue. These macaroons are German and are also flavored with grated orange zest and Grand Mariner orange liquor. Use Vanilla if you prefer, still good with the finely grated zest of two organic oranges. Hope you will make some:

German Macaroons

Ingredients:

- 2 Oranges-use the finely grated rind of Organic oranges.
- 3 Whole Eggs at room temperature
- 1/4 t Salt
- 1 c Sugar
- 3 c Shredded Coconut
- 2 T Grand Mariner or use
- 1 1/2 t Vanilla

Directions:

Set oven to 350°. Line a cookie sheet with parchment paper. Wash the oranges using hot water and baking soda. Rinse and dry well.

Place the eggs in the bowl of a stand mixer together with the salt. Beat at high speed. Slowly add the sugar and continue beating until the sugar dissolves. The eggs will appear as a liquidy and glossy meringue. Fold in the shredded coconut, the grated orange zest and the Grand Mariner.

With a small scoop or two teaspoons, drop the mixture onto the lined cookie sheet. Space 2” apart. Bake at 350° for 8 minutes on the Center rack.

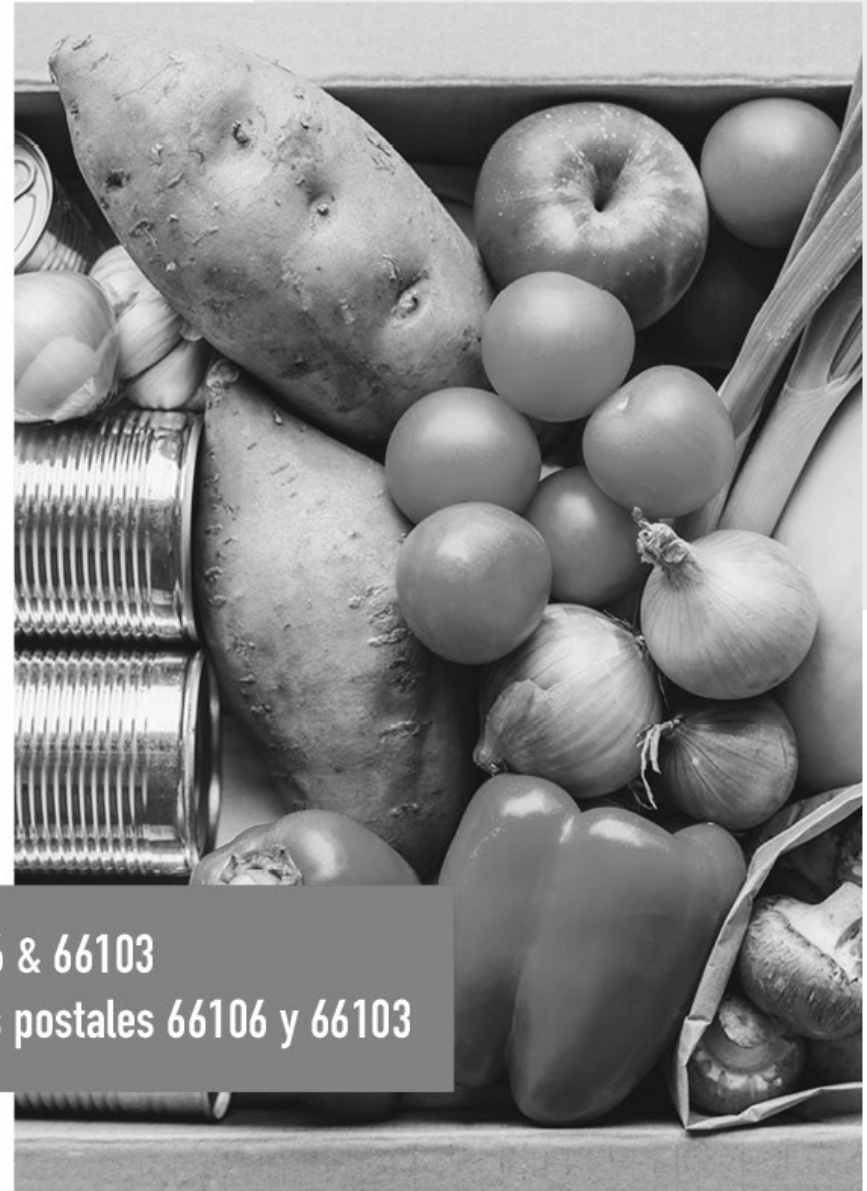
Leave in the oven with the oven door held ajar with a wooden spoon for 12 minutes.

These German merengues should have a little brown color on their tops, when they are done baking.

These merengues have a rich flavor because of the yolks and the flavorings that are used. Store them between sheets of waxed paper in an air-tight container. These are too good to leave behind in the past. Enjoy!

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3730 Metropolitan Ave | Kansas City, KS 66106

 www.thehubargentine.org

 913-831-4531

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