



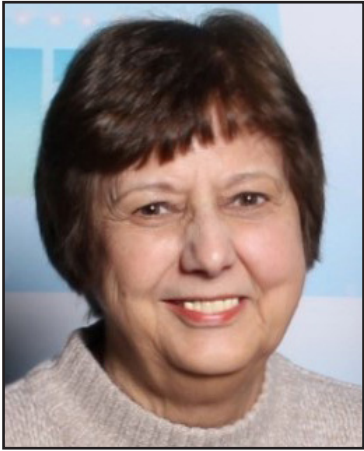
# The Record

Volume 136

May 11, 2023

Number 19

## Comin' & Goin' Turner Style



By Sharon Hoover

**M**y how time flies! Last week when I was digging through old garden photographs, I realized how the garden has evolved. We started with many volunteers but as the years passed, we lost several to relocation, illness, and mortality. Various organizations have come to our rescue and volunteered on special days. Turner Community Connection has provided us teenage Turner students through BPU's

summer help program.

One Girl Scout Troop stayed with us for several years. They started as Daisy Scouts and progressed through the ranks until middle school when a few of them moved. They not only planted flowers and vegetables, but built mason bee houses, painted rain barrels, prepared beds for the raised barrel planters and tire planters. We could count on them to plan an activity in the garden each spring. This brings me to April 30, 2023. We had a reunion of sorts. It was time to spruce up and paint those tire planters. Four of the original group were able to make the trip and are now high school seniors or recent graduates. They had a good time getting together. I have included now and then photos. Next week – Junction's 4<sup>th</sup> graders visit the garden, pick vegetables, and plant flowers in the tire planters.

Change of subject- When one has a favorite author, you hope and pray they will write another book. Jeannette Walls is one of mine. She wrote about her family in "The Glass Castle", "Half-Broke Horses" and "The Silver Star". It has been ten years since I'd read the last one and hoped somehow, she would publish again. "Hang the Moon" is her first novel written in the style of her non-fiction work. When it was announced in April, I couldn't wait to get my hands on it and ordered it from Barnes & Noble. I loved it. She didn't think she could write fiction, but she has. The novel is about a young girl finding her place in the world and takes place in a small town during prohibition.

Until next time, stay safe and be kind to those around you. Continue to pray for the brave Ukrainians fighting for the right to remain free.



# Dennis L. Rubin Named as Interim Fire Chief

The Unified Government of Wyandotte County and Kansas City, Kansas (UG) is pleased to announce the appointment of Dennis L. Rubin as Interim Fire Chief for the Kansas City, Kansas Fire Department (KCKFD). With the recent retirement announcement from former Fire Chief Michael Callahan, Unified Government County Administration moved swiftly to fill the Fire Chief position.

Rubin's appointment as Interim Fire Chief is effective June 1, 2023.

He finished out his career as Fire Chief in both Atlanta, GA and Washington, D.C. Since his retirement, Rubin has served as an international, national, and state lecturer, as well as an adjunct faculty member for several state rescue training agencies.

"Becoming a part of the Kansas City Fire Department as the Interim Fire Chief is a personal and professional honor. I am looking forward to working alongside of the women and men of this great Fire

Department to protect the lives and property of our community," Rubin said. "Fire Administration and our firefighters essentially have the same vision and that is to prevent harm and to serve our citizens and visitors in their time of need."

Interim Chief Rubin's educational background includes a Master's degree in Organizational Leadership from Waldorf University, a Bachelor's of Science degree in Fire Administration from the University of Maryland, and an Associates in Applied Science degree in Fire Science Management from the Northern Virginia Community College.

Rubin is a graduate of the National Fire Academy's Executive

Fire Officer Program (EFOP) and the Naval Post Graduate School's Executive Leadership Course in Homeland Security. Rubin is a certified incident safety officer (ISO) and has obtained the Chief Fire Officer Designation (CFOD) and Chief Medical Officer Designation (CMOD) bestowed by the Center for Public Safety Excellence. Rubin is also a nationally registered emergency medical technician.

"It will take time to find our next full-time fire chief. Thus, it was important to me to find a highly qualified interim fire chief with respected credentials to lead the department in the meantime," said County Administrator, David Johnston. "We were fortunate that

Chief Rubin, a person professionally recognized as a national leader in fire safety management, agreed to serve the Wyandotte County/Kansas City, Kansas community. I am sure that the men and women of our fire department will benefit from his wealth of experience."

In addition to being a well-respected consultant in fire safety, Interim Chief Rubin is also an author of several emergency service and leadership textbooks as well as chair of many fire committees. His many years of experience and leadership will offer Kansas City, Kansas firefighters and the Wyandotte County community great insight, administration, and strategic planning tactics.

## Governor Kelly Announces \$30 Million to Increase High-Speed Internet Availability

Governor Laura Kelly announced a new program aimed at helping Kansas communities that lack high-speed internet. The Lasting Infrastructure and Network Connectivity (LINC) program will provide \$30 million in competitive funding opportunities to build the infrastructure needed for more homes and businesses to access broadband.

"This investment builds on my administration's commitment to bring critical high-speed internet to every corner of the state," Governor Laura Kelly said. "These funds will ensure that reliable internet is available regardless of location so every Kansan can participate in the global economy."

The goal of the LINC program is to reduce the cost of internet service, increase its availability, and improve its performance for users. LINC will provide opportunities for increased adoption of the internet by focusing on funding for:

- Broadband infrastructure enabling end-user locations with a minimum of 100/20 Mbps speeds.
- Internet Exchange Point facilities to improve the overall internet access service quality for all Kansans.
- Middle Mile infrastructure to reduce overall costs in delivering broadband to end-users.

"This new program helps to deliver on our promise to connect all Kansans," Lieutenant Governor and Commerce Secretary David Toland said. "As we continue to lead the nation in business development, robust broadband becomes even more critical for attracting new businesses and workers to the state."

Entities eligible to apply for the LINC program include internet service providers, political subdivisions, tribal governments, cooperatives, and non-profit organizations. Projects in higher-cost, rural areas are eligible for greater public matches to encourage providers to build out otherwise financially unviable areas. Projects submitted to the Capital Projects Funds program can be considered for these awards.

The Kansas Office of Broadband has been holding meetings across the state to solicit feedback for its five-year broadband access strategic plan. Listening sessions across the state have highlighted the need for continued investment in broadband.

"Many have shared their frustration about a lack of access to high-speed internet that is crucial to remote work and precision agriculture, among other needs," Broadband Development Director Jade Piros de Carvalho said. "We are excited to put these dollars to work to bridge gaps in broadband service."



**The Record  
Publications, LLC**

Publishers of *The Record*

(913) 362-1988

Jon A. Males  
Owner/Publisher/Editor

### Policy On Opinion

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The Record (USPS No. 002269) is published weekly every Thursday by The Record Publications at 14690 Parallel Rd, Basehor KS 66007. Newsstand price, single copy, 35 cents; subscription price per year, \$16.13. For editorial, display, and classified advertising information call 362-1988. Periodical postage paid at Kansas City, Kansas 66110. Postmaster: Send address changes to The Record, P.O. Box 6197, Kansas City, Kansas 66106-0197

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# Protect yourself from health insurance scams

**H**ealth insurance can be confusing, and unfortunately, scammers use this as a way to exploit Kansans. Whether you are entering a special enrollment period or are otherwise in the market for a new health insurance plan, Kansas Insurance Commissioner Vicki Schmidt cautions consumers to be on guard against health insurance scams.

“If you are in the market for health insurance, it pays to do your homework before making a decision that could cost you more than just your hard-earned dollar,” Schmidt said. “Be cautious when you receive unsolicited offers, thoroughly review any policy you might buy, and contact the Department if you suspect that an offer might be fraudulent.”

Common health insurance scams

to watch out for include:

- **Fake insurance plans:** A scammer will contact you unsolicited by phone or email and offer a plan that sounds too good to be true because it is. The plan does not exist; the scammer simply wants to get your personal information for their own illegal uses or to steal your identity. Remember to never give out your personal information to a stranger, especially over the phone. If you receive a call from someone selling a policy, contact the Department to confirm the agent is licensed to sell in Kansas.

- **Medical discount plans:** Scammers may try to sell you a medical discount plan. Discount health plans are not a replacement for health insurance and the promised discounts may be exaggerated or may not exist. You may even re-

ceive a policy number or other so-called proof of insurance, but the reality is that these are not health insurance products. Avoid giving your credit card and checking account numbers to strangers selling discount plans over the phone or Internet. Check with your agent before purchasing a discount plan.

- **Phony benefits:** Scammers offer a fake plan that offers full benefits at low prices. It will often assure consumers that the plan covers pre-existing conditions, specialists and other essential benefits, usually at no extra cost. Remember to always review the policy thoroughly before buying it and contact the Kansas Insurance Department to confirm that a company is authorized to sell the plan in Kansas.

If you or someone you know

suspects they are a victim of health insurance fraud, contact the Kansas Insurance Department’s Anti-Fraud Division at 785-296-5203 or by email at [kid.antifraud@ks.gov](mailto:kid.antifraud@ks.gov). You can also report fraud using the National Association of Insurance Commissioners online reporting form.

The Kansas Legislature established the Kansas Insurance Department in 1871, currently led by Commissioner Vicki Schmidt. The mission of the Department is to regulate companies that sell policies in Kansas to ensure solvency and compliance with state law, educate consumers about all things insurance and securities, and advocate for a strong and competitive market to give Kansans choices when shopping for products that meet their needs.



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# How Much Are You Carrying?

**By Bryan Golden**

You wouldn't be able to lift a 55-gallon drum filled with water. Although you could easily pick up a cleaning bucket filled with water, you wouldn't want to hold it for a long time. If you tried, it would feel as if it were getting heavier rather quickly.

Holding a cup filled with water is a cinch. Anyone can do it. But how long can you hold it for? The longer it's held, the heavier it seems. At some point in time, you would need to put it down.

Just as a seemingly light object becomes heavier the longer it's held,

so do the burdens you carry around with you on a constant basis. An issue that initially appears minor grows in significance the longer you hold onto it.

The weight increases steadily as you clutch onto numerous concerns. You become bogged down even faster with the cumulative mass of your collected burdens. Your stress level rises while your energy and enthusiasm drops. Because the progression is gradual, it's not readily noticeable until it starts to become overwhelming.

Every time you pick up a minor burden it appears to be no big deal.

It gets added to your load without much thought. Since the mental weight increases gradually, you adjust to it and incrementally adjust to the growing load.

Each issue alone may be relatively insignificant. Even though you may not be consciously aware of its presence, you are still affected subconsciously. Since the weight you are carrying rises so gradually, you accept the increasing burden as normal and tolerable.

As such, you don't readily perceive the incremental additions to your stress level. Although you may feel anxious, more irritable, less energetic, and less patient, there is no one obvious culprit you can identify. This fact further compounds your frustration.

Over time, you forget exactly why you are carrying many of the burdens. The details fade, leaving behind only emotions or bad feelings. You become weighed down by accumulated mental debris that is no longer identifiable.

Worry makes things worse. It intensifies whatever you are carrying. Worry drains your energy without accomplishing a thing. Worry doesn't help you in any way.

There is not one good reason to accumulate mental issues. It's a bad habit that needs to be corrected as soon as possible. In order to accomplish this, you must change your approach.

Let's consider an alternative

CONTINUED ON PAGE 7

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**Carla Schubert, Section 504 Coordinator  
Young Management Corporation 22602 State Line Road  
Bucyrus, KS. 66013  
913-947-3131 - TTY: 711**



## YOU are invited

Anyone who believes in the mission of The League of United Latin American Citizens LULAC is eligible to join us. Being part of the conversation will bring us together with all of society.

The League of United Latin American Citizens (LULAC) is the largest and oldest Hispanic and Latino civil rights organization in the United States.[2] It was established on February 17, 1929, in Corpus Christi, Texas, largely by Hispanics returning from World War I who sought to end ethnic discrimination against Latinos in the United States. The goal of LULAC is to advance the economic condition, educational attainment, political influence, housing, health, and civil rights of Hispanic people in the United States. LULAC uses nationwide councils and group community organizations to achieve all these goals. LULAC has about 132,000 members in the United States.

Council 11085 has LULAC members in the counties of Douglas, Johnson and Wyandotte (Kansas) – Clay and Jackson (Missouri).

Join us at the monthly Zoom meetings – the second Saturday of each month at 2 p.m.

Rudy Padilla Email [opkansas@swbell.net](mailto:opkansas@swbell.net)

Maria Cristina Herrera [MariCriszap@gmail.com](mailto:MariCriszap@gmail.com)





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# Guest Editorial

## Quotes To Ponder

By Tom Valverde

“The New York Times is pleased with the judge’s decision today. It is an important precedent reaffirming that the Press is protected when it engages in routine news gathering to obtain information of vital importance to the public.”

**Charlie Stadlander, Spokesperson for the New York Times**  
May 3, 2023

In 2022, the board that administers the Pulitzer Prize rejected Trump’s request to rescind the 2018 prize earned by the New York Times for reporting about Trump’s campaign and his administration’s alleged connections to Russia’s 2016 election interference. Trump had challenged the award on three separate occasions. He argued that the articles included, “False

reporting of a non-existent link between the Kremlin and the Trump campaign. Another suit brought by Trump and his lawyer, Alena Habba in far from Manhattan, the city of Poughkeepsie. In the \$100 million dollar suit against the New York Times for defamation, “negligent” supervision, and other contrived claims filed by Habba in 2021. In spite of the suit having been filled in Poughkeepsie, the case was reassigned to New York Supreme Court Justice, Robert R. Reed. On May 3rd, Justice Reed made his ruling; he ruled in favor of the New York Times and the three reporters. Justice Reed dismissed all of the claims that had been brought against the New York Times and the three reporters.

Justice Reed ruled that Trump was required to pay for all the attorney fees and costs related to filing the frivolous suit. Justice Reed wrote that Trump’s claims

against the defendants, “Fail as a matter of Constitutional law.”

“Newsgathering by the New York Times, “Is the very core of protected First Amendment activity.”

“Attorney fees could go as high as 1 million dollars. If Trump fails

to pay, he will be in contempt of court and could be fined by the court. And if he fails to pay, he could be sent to jail.”

**Andrew Weissman Former New York prosecutor and MSNBC legal analyst.**

## Carrying...

...from page 4

scenario. Each time you pick up a small burden you let it go rather than carrying it. It’s that simple. With this approach your burden never grows. This works because there’s no point dragging problems around with you.

Here’s how you deal with new issues. For each, ask yourself the following questions: Does this really matter? If not, let it go. Is this worth my energy? If not, let it go. Do I have any control over the issue? If not, let it go. If yes, take the appropriate action and then let it go.

Also, stop worrying. It’s OK to be concerned and take action when

and where appropriate. When you let your burdens drop, it’s easier to release the accompanying worries as well. Constant worrying is deleterious to your mental and physical wellbeing. Furthermore, it causes you to hang onto those very things you should be letting go of.

Stay vigilant. Be aware of what you are picking up. It’s too easy to revert back to your old pattern. As you empty your mental load you’ll feel lighter. You will quickly realize how pointless it is to pick things up in the first place.

Bryan is the author of “Dare to Live Without Limits.” Contact Bryan at [Bryan@columnist.com](mailto:Bryan@columnist.com) or visit [www.DareToLiveWithoutLimits.com](http://www.DareToLiveWithoutLimits.com) Copyright 2023 Bryan Golden

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### REQUEST FOR PROPOSAL ADVERTISEMENT

Turner Unified School District No. 202 is seeking Bid Proposals for Irrigation Installation at Midland Trail Elementary

Documents pertaining to this Request for Proposal will be provided to any qualified contractor free of charge by email request sent to [crockettc@turnerusd202.org](mailto:crockettc@turnerusd202.org)

Turner USD 202 Facility Supervisor, Chris Crockett will host the blind bid opening May 11, 2023 at 10:30 am. The location of the bid opening will be the Facility and Grounds Building located at 5800 Metropolitan, Kansas City, KS 66106. Turner USD 202 will announce the vendor that is awarded the bid Wednesday May 17, 2023.

(First published 5-4-23)  
2t-The Record-5-11-23

### REQUEST FOR PROPOSAL ADVERTISEMENT

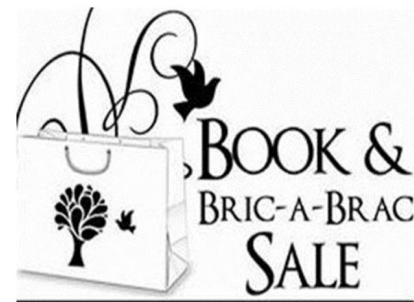
Turner Unified School District No. 202 is seeking Bid Proposals for Electronic Display Installations at THS, JE, and TSGA.

Documents pertaining to this Request for Proposal will be provided to any qualified contractor free of charge by email request sent to [crockettc@turnerusd202.org](mailto:crockettc@turnerusd202.org)

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### The Shepherd’s Center of Kansas City, Kansas



Annual Used Book and Bric-a-brac sale benefitting the Shepherd’s Center of Kansas City, Kansas

(an interfaith organization helping older adults in Kansas City, Kansas)

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**SATURDAY, MAY 6, 2023 – 8am to 3pm**

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Donations will be accepted at the church beginning at 8am on Thursday, May 4, 2023.

**No clothing or magazines will be accepted.**

Call 913-281-8908 with questions or to schedule donation pick-up. Donations are tax deductible.

*PS: We need volunteer help to organize and run the sale! Can you give us an hour or two on Thursday to set up, or Friday and Saturday of the sale? Call Melissa at the Shepherd’s Center office, 913-281-8908 to sign up for a shift!*



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