

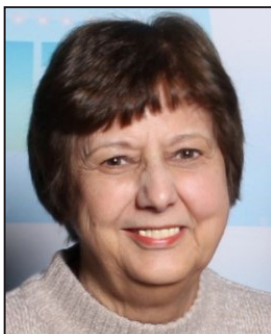
# The Record

Volume 136

June 13, 2024

Number 24

## Comin' & Goin' Turner Style



By Sharon Hoover

Summertime has finally arrived. Summer Camps have begun all over the city and Turner Recreation Commission is no exception. Our first group of campers arrived in the garden this past Wednesday

morning and will come every Wednesday to learn the basics of gardening and get hands-on experience. Janet Winkler, WYCO Master Gardener and Lynn Loughary WYCO horticulturist taught the class. The kids

planted flowers alongside the Community Garden Building before they joined Jim Jarsulic, WYCO Master Gardener who instructed them on how to plant squash in the vegetable garden. We are also fortunate to have several BPU summer work helpers again this year. However, we can always use community volunteers if only they can stay for an hour or so.

A Better Futures Teen Camp for 9<sup>th</sup> through 12<sup>th</sup> graders is being held from June 24-June 26 at the Wyandotte County Extension office at 1200 N 79. This is an interactive 3-day workshop, building healthy relationships, self-discovery, empowerment through connection, and life skills for success. The hours are 10am-3pm. Lunch & snacks will be provided. Gift cards and a chance to win

prizes such as a Nintendo Switch and more. Call 299-9300 for registration information.

For the older crowd, check out Shepherds Center KCK "Adventures in Learning" this month June 21 to be exact. The group is going to the Kansas Speedway. They will meet at Grace Lutheran Church, 3233 Wood Ave between 10:30am-11:00 am. If you prefer to drive yourself, meet at the Speedway's Administration bldg., 400 Speedway. Enjoy lunch, tour the media center, see the race cars, and possibly go out into the track to see what the drivers experience. Reserve your spot at 913 281-8908 or [melisab@scck.org](mailto:melisab@scck.org).

For those up for a little challenge, attend the monthly Turner Art Challenge. This month's project – "Handkerchief Iron-Ons" at The Windmill KC, 840 S. 55th on Tuesday June 25 at noon. Registration required.

That's it for now. Until next time, stay safe and be kind to those around you.





# The Pitfall of Worry

By Bryan Golden

Everyone is conditioned to worry. Our conditioning begins as soon as we learn to speak. Since we see everyone around us worrying, we emulate their behavior. There are no limits to what you worry about. You worry about the past. You worry about the present. You worry about the future.

You worry about what might happen. You worry about what might not happen. You worry about what other people think, say, or do. You worry about the opinion others have of you. You worry about making mistakes. You worry about what you say. You spend so much time and energy worrying that you feel something is wrong if you're not worrying.

Although worry accomplishes nothing, there are many negative impacts. Worry wastes time and energy. All the effort that goes into fretting about an issue is useless.

You become drained without anything to show for it.

Worry causes elevated levels of stress. Since worry is ineffective, it provides no resolution for any problems. Your stress level rises, as you expend energy with no positive results. You then begin to start focusing on exactly what you don't want. This progression is a downward spiral, which attracts the opposite of what you do want.

There are two categories of situations you will face. There are those circumstances beyond your control, and those you can influence. There is a strong tendency to worry about issues you have absolutely no control over. This causes additional frustration because you aren't able to have any positive impact whatsoever.

There is nothing you can do to change situations beyond your control. Let go of issues you can't do anything about. Instead, focus your actions on those situations which can be improved by your actions.

Worry has a negative impact on the people around you. Those who

care about you are concerned about your stress and frustration. When your nerves become frayed, there is an increased likelihood you will become increasingly irritable and angry. Taking your frustration out on others only makes your situation worse.

Worry must be replaced by action. Action is the only thing which can make a positive difference. However, the time and energy you spend worrying diminishes your ability to take action. So, not only are you burning yourself out by worrying, you are missing opportunities for improving your situation by taking appropriate action.

Here are some strategies to avoid the pitfall of worry. Start by cutting free from the past. There's no point worrying about it. It's over. Learn from the past. Don't repeat the same mistakes. Do repeat those strategies which produced desirable results.

Don't worry about other people. You can't control them. You can't change them. The only things you have control over are your thoughts and actions. This is how you over-

come a basic pitfall of worry; focus on what you are thinking about, and what you are doing, instead of what others are doing.

You have been worrying about things all of your life. It's virtually impossible to instantly stop worrying. A more effective approach is to stop worrying in small increments. First, don't worry about anything for just 15 minutes. It's OK, you can do this. Next, don't worry for an hour at a time. As you progress, you can get to the point where you stop worrying for an entire day.

You will experience how nice it feels to be worry free. You can train yourself to have a worry-free life. Since worry doesn't accomplish anything positive, there is no rational reason to worry. Put your effort into taking whatever positive action is necessary to deal with the issues you face.

*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 2024 Bryan Golden*

## SSI Program Helps Ensure Economic Security for Millions

This year, the Social Security Administration (SSA) celebrates 50 years of administering the Supplemental Security Income (SSI) program. President Richard Nixon signed the bill in 1972, and in January 1974, SSA began issuing the first SSI payments to nearly 4 million eligible people. The goal of the SSI program was to aid aged, blind, and individuals with disabilities with very limited income and resources.

Fifty years later, the SSI program remains a lifeline by providing cash assistance to about 2% of the U.S. population, approximately 7.5 million people, with limited income and resources, including nearly 1 million low-income children with disabilities. SSI benefits can help pay for basic needs like rent, food, clothing, and medicine, reducing the number of people in extreme poverty, and alleviating the burden on other family members.

"SSI works, and has for the last 50 years, because of hardworking and dedicated SSA employees. SSI is an effective yet complex program, and SSA employees work hard to ensure payments are accurate and timely," said Martin O'Malley, Commissioner of Social Security. "Recently, we made great progress in strengthening the SSI program by simplifying the rules and helping more people access these benefits. As we celebrate 50 years of SSI, we will continue to look for ways to improve the program and eliminate barriers."

The agency recently announced it will expand access to the SSI program by updating the definition of a public assistance household. (Refer to Press Release | Press Office | SSA) The agency also announced it will exclude the value of food from SSI benefit calculations. (Refer to Press Release | Press Office | SSA) Additionally, the agency announced it will expand its rental subsidy exception, currently only in place for SSI applicants and recipients residing in seven States, as a nationwide policy. (Refer to Press Release | Press Office | SSA)

The agency will commemorate SSI's 50th anniversary with local and national events throughout the year, including a celebration on June 5th hosted by the National Academy of Social Insurance (NASI) featuring Commissioner O'Malley and U.S. Senator Tom Harkin (Ret-IA).

For more information on the SSI program, including who is eligible and how to apply, visit Supplemental Security Income (SSI) | SSA.

To learn more about how the agency is working to remove barriers to accessing SSI payments, simplify the SSI application and improve customer service, visit Commissioner O'Malley's First 100 days Accomplishments | SSA.



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# Nearly \$4M Awarded through Broadband ADOPT Program

TOPEKA – Governor Laura Kelly announced that seven organizations will receive a combined \$3.9 million in grants through the Advancing Digital Opportunities to Promote Technology (ADOPT) program. ADOPT supports the Kelly administration’s work to connect more Kansans to high-speed internet by making public Wi-Fi accessible and distributing devices in underserved areas.

“Kansans rely on technology for work, school, health care, and connecting to each other,” Governor Laura Kelly said. “The ADOPT grants support community organizations in our shared mission to connect more people to the internet and critical digital skills.”

The program helps organizations serving Kansans move forward by ensuring that communities can access public Wi-Fi and the devices needed to participate in today’s technology-driven world.

“As internet access continues to play a more prevalent part in our day-to-day lives, high-speed internet can no longer be considered a luxury,” Lieutenant Governor and Secretary of Commerce David Toland said. “Providing access to devices and accessible Wi-Fi means that we are investing in the future of Kansans and in the future of our great state as a whole.”

To continue connecting Kansans to devices and internet access across the state, an additional round of funding will open later this year with \$10.4 million available.

“These awards will enhance internet access to economically distressed households and communities,” Director of Broadband Development Jade Piros de Carvalho said. “With this investment, Kansas continues to amplify digital opportunities across the state.”

ADOPT grants were awarded to:

# Hobby or business: a side hustle?

Hobbies and businesses are treated differently when it comes to filing taxes. The biggest difference between the two is that businesses operate to make a profit while hobbies are for pleasure or recreation.

Whether someone is having fun with a hobby or running a business, if they are paid through payment apps for goods and services during the year, they may receive an IRS Form 1099-K for those transactions. These payments are taxable income and must be reported on federal tax returns.

There are a few other things people should consider when deciding whether their project is a

hobby or business. No single thing is the deciding factor. Taxpayers should review all the factors to make a good decision.

How taxpayers can decide if it’s a hobby or business

These questions can help taxpayers decide whether they have a hobby or business:

- Does the time and effort they put into the activity show they intend to make a profit?
- Does the activity make a profit in some years, and if so, how much profit does it make?
- Can they expect to make a future profit from the appreciation of the assets used in the activity?
- Do they depend on income from the activity for their live-

lihood?

• Are any losses due to circumstances beyond their control or are the losses normal for the startup phase of their type of business?

• Do they change their methods of operation to improve profitability?

• Do they carry out the activity in a businesslike manner and keep complete and accurate books and records?

• Do the taxpayer and their advisors have the knowledge needed to carry out the activity as a successful business?

Whether taxpayers have a hobby or run a business, good recordkeeping throughout the year will help when they file taxes.



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Economy Checking is Argentine Federal Savings’ Free Checking product, it has a \$25 minimum opening deposit.

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# Governor Directs Flags be Flown at Half-Staff in Honor of House of Representatives Asst. Majority Leader Les Mason



In accordance with Executive Order #20-30, Governor Laura Kelly has directed flags be lowered to half-staff on all state buildings, grounds, and facilities effective immediately until sundown on the day of interment in honor of Kansas House of Representatives Assistant Majority Leader Les Mason. He represented Kansas House District 73 of McPherson for 10 years.

“Assistant Majority Leader Mason was a devoted public servant,” Governor Laura Kelly said. “For the last decade, he represented his constituents and the McPherson community with honor. My thoughts are with his family and loved ones during this

difficult time.”

This flag order will be updated when the date of interment is determined.

## Guest Editorial

### Quotes To Ponder

By Tom Valverde

Donald Trump is a felon. His campaign manager is a felon. So is, the deputy campaign manager. Trump’s personal lawyer, his Chief Strategist, his National Security advisor, his Foreign Policy advisor, his Trade advisor, his Campaign fixer. People who have worked with Trump have been sent to serve time in prison.

Many of the former Cabinet Secretaries have been investigated for alleged crimes in office. Mike Pompeo his former Secretary of State held multiple dinners in his honor at the State Department headquarters in Foggy Bottom district in Washington, DC. Pompeo made himself the guest of honor. People who could help him with a future run for the White House were on the guest list that was kept on his wife’s laptop and not at State Department headquarters. Nice use of taxpayer money!

One of Trump’s favorite lies that he repeatedly told was that “Obama left the cupboards bare”

when COVID arrived here. President Obama had been warned about a pandemic that was soon to be expected, so, he made sure that emergency medical supplies were sufficient. They vanished with Trump’s gift to president Xi of China. Trump sent Xi, 250 tons of medical supplies. If President Obama had left the cupboards bare, why didn’t Trump bother to restock? He likes to ruin reputations by making up stories in those people that he hates. Very immature at 78 and one of the reasons Trump is unfit to be president of the United States.

Very concerning are Trump’s calls for civil war if he doesn’t win in November’s election. This election will determine if we continue as a democracy or if it falls to the plans of a dictator. Trump has said that “on my first day in office, I wish to be dictator for a day!” Hopefully, we can depend on President Biden for the future of the American democracy.

The story above is from the *Meidas Touch* political blog and I thank them for giving me the inspiration for this, quotes to ponder!

## Important State Phone Numbers

Attorney General  
(888) 428-8436

Child Abuse Hotline  
(800) 922-5330

Consumer Protection  
(800) 432-2310

Crime Tip Hotline  
(800) 572-7463

Crime Victim Referral  
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Department on Aging  
(800) 432-3535

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(785) 296-3963

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Governor’s Office  
(877) 579-6757

Highway Conditions  
(800) 585-7623

Housing Hotline  
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KanCare Consumer Assistance  
(866) 305-5147

Kansas Jobs  
(785) 235-5627

Kansas Lottery  
(785) 296-5700

Kansas State Library  
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Social Security  
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DCF  
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Taxpayer Assistance  
(785) 368-8222

Unclaimed Property  
(800) 432-0386

Vital Statistics (Birth Certificates)  
(785) 296-1400

## Broadband Adopt

...from page 3

Device Distribution  
• Kansas State University, \$1,484,215

Kansas State University will enhance digital literacy and access in rural Kansas communities. The project seeks to bridge the digital divide by distributing Chromebooks to elementary, middle, and high school students within Kansas State University’s Rural Education Center support network.

Goals include promoting science, technology, engineering, and math (STEM) education and ensuring sustained technology use through durable devices and support.

• Kansas City Kansas Community College (KCKCC), \$239,400  
KCKCC will provide access to 350 laptops to students receiving Pell Grants, eliminating a waiting list of 40-plus students each semester. This program aims to ensure equal access to technology, crucial for academic success, employment opportunities, and essential services.



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