



The Record

Volume 136

December 4, 2025

Number 49

Unlawful Military Orders

By Dr. Jim Haas

Six U.S. senators and representatives, all veterans of the Army, Navy, Air Force, or CIA, recently released a video with each veteran taking a turn to remind serving military members of their duty to disobey unlawful orders. The video was intended to draw attention to the “No Troops in our Streets Act” introduced by Michigan Senator Slotkin and to a War Powers Continuing Resolution introduced by Colorado Representative Crowe intended to limit Mr. Trump’s ability either to deploy troops at home or to do so abroad without congressional approval.

Trump’s reaction was to call the congresspersons “traitors” and suggest they be “hanged.” He had avoided military service and clearly has no idea what the oaths taken by officers and enlisted troops mean. Enlisted members swear to “obey the orders of the president of the United States and the orders of the officers appointed over [them]” according to regulations and the Uniform Code of Military Justice (UCMJ). Article 90 of the UCMJ states that service

members are obligated to obey only lawful orders, so even the lowest ranks are expected to use good moral judgment. Officers swear to support and defend the Constitution and to “well and faithfully discharge the duties of [their] office.” There is no mention of the president or higher officers, which helps prevent any one person or service gaining too much power.

Defense Secretary Hegseth has threatened to recall to duty Arizona Senator Mark Kelly, a retired Navy Captain and Astronaut and one of the six in the video, and possibly court-martial him for interfering “with the loyalty, morale, or good order and discipline of the armed forces.” (Retired officers are subject to recall as needed.)

What Kelly and the other five congresspersons said in the video was strictly factual and based on the rules and regulations that govern our services. Trump may not understand military oaths and the UCMJ, but Hegseth was an Army National Guard officer for several years and certainly should. Perhaps Hegseth should not let himself be bullied into making unjustified threats and should advise his president that what the congresspersons said was correct.

Before becoming an Air Force officer decades ago, I recall an ROTC class devoted to the issue of lawful and unlawful orders and citing the 1945-46 Nuremberg War Crimes Trials where some Nazi military and civilian officials had tried to justify their parts in the Holocaust and/or other atrocities by claiming they were just following orders. The court denied that defense. In international law, states had previously been responsible for war crimes, but Nuremberg shifted the responsibility to individuals.

In 1968, during the Vietnam War, U.S. Army helicopter pilot Warrant Officer



Senator Mark Kelly

Hugh Thompson and his crew observed U.S. Army soldiers in My Lai and nearby villages murdering hundreds of noncombatants, including women and children, during what became known as the My Lai Massacre. Thompson landed and confronted the Lieutenant in command who said it was none of Thompson’s business and ordered him to leave. Thomson threatened to shoot any soldier who shot a noncombatant, escorted a dozen or so villagers to safety, and immediately reported the massacre to his commander by radio.

Eventually, 26 soldiers and officers were court-martialed; some were cleared but others punished. The Lieutenant who unlawfully ordered the murders was sentenced to 20 years which was later commuted after three-and-a-half years.

Thomson was not punished for disobeying orders. Instead, he and his crew were awarded the Soldier’s Medal, the highest Army award for heroism while not in contact with the enemy.

Service members are regularly retrained about the provisions of their oath, the UCMJ, and the Geneva Conventions, which further justify disobedience to unlawful orders. A clear, concise explanation of lawful and unlawful orders is online at quantico.marines.mil.



Hugh Thompson



By Sharon Hoover

Keep the sweets coming on. I just received my order from the Sheperd's Center KCK, and I am one happy camper. If you missed ordering this year, mark your calendar for October of next year. I have to wait until after Halloween to order because I'll have eaten them by Thanksgiving. Not only am I going to enjoy those pecans and chocolate covered pretzels, I got malted moth balls that melt in your mouth. While savoring my goodies, I know there

Comin' & Goin' Turner Style

are yummy stuff to come.

The Turner Garden is holding its third annual Holiday Cookie Exchange on December 13 from 2pm-4pm. Bring your favorite cookies and extra carrier to take home those you exchange. If you wish, share your recipes. Refreshments will be provided. All this takes place in the Turner Neighborhood Center next to the garden 667 S. 55th St. See you there!

The Wyandotte /Leavenworth Area Agency on Aging is holding its December 11 Senior Impact Series meeting at Victory Hills Baptist Church, 2010 N. 66th Terrace at 12pm. The public is invited to attend and help spread the word about this series of monthly events which are intended to keep the 60+ population in the know about

matters that may affect their daily lives. Each month will feature a guest speaker from a local organization to discuss updates on projects, programs and resources. December guest speakers are Lori Wuellner from K-State Extension and Magda Born from the KCK Public Library. RSVP 913-573-8531 or email 60plus@wycokck.org.

Following this meeting at Victory Hills Baptist Church a MEALS ON WHEELS BINGO FUNDRAISER will follow from 1pm-4pm. Entry for bingo is \$20 and will include 5 bingo cards, and access to the taco bar and a drink.

Create a Snowman Jar at 2pm on December 12 at the Turner Community Garden. This Turner Library craft will have folks of all

ages enjoying putting ears on your snowman with painted noodles and to make cozy earmuffs. Registration is needed at kckpl.org.

This reminds me I need to order a pair of earmuffs for myself. Last year I waited too late in the year and the earmuffs I received were broken. I refuse to wear babushka.

The Turner Community Library is holding two sessions of a Mini Nutcracker Bash on December 13 (Session A at 11:00-11:45am) and (Session B at 12:00-12:45pm) for children and teens. Create your own mini wooden Nutcracker using acrylic paint markers, googly eyes and beard magic. Registration is needed at kckpl.org.

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

OBITUARY

Murrel Wesley Bland

Murrel Wesley Bland, a long-time Kansas City journalist and community leader, passed away peacefully on November 17, 2025, in Kansas City, Kansas. He was 84.

Murrel was born on June 5, 1941, on a farm near Enid, Oklahoma. In 1949, he moved with his family to another farm just north of Ottawa, Kansas. After graduating from Ottawa High School, he attended the University of Kansas in Lawrence, Kansas, where he earned a Bachelor of Science degree from the William Allen White School of Journalism.

While at KU, Murrel met Carol Wilkinson. They were married in 1962 and chose to build their life together in Kansas City, Kansas, where Murrel began his career as a photojournalist, writer, and reporter for The Kansas City Star. In 1968, Murrel and Carol started a weekly newspaper, The Wyandotte West, which became a cornerstone for community reporting in western Wyandotte County and later expanded to

include The Piper Press.

Throughout his career, Murrel was an active member of the Kansas Press Association and served a term as president. He was inducted into the Kansas Newspaper Hall of Fame in 2022 for his contributions to the profession. He also served in various community, business, and volunteer groups over the years, including the William Allen White Foundation, Business West, the Wyandotte County Historical Society, the Unified Government Landmarks Commission, the KCK Chamber of Commerce, and Cancer Action.

He was a member of St. Paul's Episcopal Church, Kansas City, Kansas, since 1972 and served on the Vestry and as senior warden for multiple terms. He authored a book about the church's 150-year parish history published in 2007.

Murrel was preceded in death by his parents, Clyde and Tennyson Bland, and his sister, Marilyn Bland. He is survived by his wife, Carol; daughter, Kimberly



Bland, and son-in-law, Chris Seidel; brother, Milton Bland, and sister-in-law, Joan Bland; sister-in-law, Betty Wilkinson; a niece; two nephews; two grandchildren; and other beloved family members.

Final arrangements are in the care of Porter Funeral Home, Kansas City, Kansas, with columbarium interment at St. Paul's Episcopal Church, Kansas City, Kansas.

Murrel will be remembered for his dedication to community journalism and freedom of the press, his lifelong service to Wyandotte County and efforts to help build a more informed and connected community, and his devotion to his family, friends, church, and much-loved Kansas Jayhawks.



**The Record
Publications, LLC**

Publishers of *The Record*

(913) 362-1988

Jon A. Males

Owner/Publisher/Editor

Policy On Opinion

All statements of implication or opinions contained in editorial, columnist, or advertising materials in this publication represent only the view of the author or advertiser.

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

© 2025 by The Record Publications, LLC. Kansas City, Kansas. All rights reserved. No part of this publication may be reproduced in any form or by any means without expressed written consent from the publisher.

Holiday Health Hints

What to Know About Diabetes This Holiday Season

by **Rene Roberts, M.D., Oak Street Health**

(NAPSI)—If you or someone you care about is the 1 in 9 Americans the CDC estimates has diabetes, the answers to these 7 questions can help you enjoy happier holidays and a healthier new year.

Q. What is diabetes?

A. Diabetes is a chronic illness that develops from a combination of genetics, diet and lifestyle. Too much sugar in the bloodstream can stick to red blood cells and scrape the sides of blood vessels, causing damage and allowing the sugar to escape to other parts of the body.

Q. Why is diabetes so worrisome for older adults?

A. Most of the time, it's not the diabetes but the complications that cause concern. Diabetes can lead to loss of feeling in extremities, loss of vision, and chronic kidney disease.

Diabetes needs to be taken seri-

ously, especially during the holidays when older adults with diabetes can face real challenges—from navigating sweet, carb-heavy meals to keeping up with their medication and meal routines when travel or family plans get in the way. Even skipping one meal or taking insulin late can throw off blood sugar. And for many, this season can bring on loneliness or stress, which can raise blood sugar by triggering hormones that make the body less responsive to insulin.

Q. What are the signs of diabetes?

A. Symptoms can include: Increased thirst • Frequent urination • Increased hunger • Fatigue • Blurred vision • Numbness or tingling in the hands and feet • Slow-healing wounds

Q. Are certain holiday foods especially tricky for older adults with diabetes?

A. Yes, dishes high in sugar

and simple carbs such as stuffing, mashed potatoes, sweet potato casserole, rolls, cranberry sauce and pies can spike blood sugar quickly. It's a good idea to pair carbs with protein or fiber to slow absorption and keep glucose more stable.

Q. What should families watch for in case someone's blood sugar goes too high or too low?

A. If a loved one seems "off" don't wait. Offer them a small snack that can quickly raise their blood sugar, such as fruit juice, a tablespoon of honey, gummy candy, glucose tablets or gel. Check their blood sugar level, and if symptoms worsen, call for help.

Q. How can families help older relatives who may have diabetes?

A. It's important to talk with loved ones about prioritizing their health as they age, but it can be a sensitive subject, and many older adults may be hesitant to talk about it. Start



these conversations with empathy and respect to show you're coming from a place of care and concern rather than control. It's also good to start the conversation in a moment where they are relaxed and not one where they are stressed, emotional, or distracted. Asking open-ended questions such as, "How do you feel about the routine you have for staying active?" or "Are there any changes you've noticed in the way you feel when you do normal activities?" can help you understand their

CONTINUED ON PAGE 7



ARGENTINE FEDERAL SAVINGS

One stop local banking since 1906

Purchase or Refinance

- Low Cost
- Conventional, VA, FHA, USDA
- Rehab and Investment Properties

- Fast Approvals
- Competitive Rates
- Local Personal Support



Call and talk to a loan officer today
913-402-1500 or 913-831-2004



Your Hometown Business Directory

"AT YOUR SERVICE"

CHILD CARE/DAY CARE

EL CENTRO ACADEMY FOR CHILDREN
Ages 2 1/2 to Preschool - all day
1330 S 30th, Kansas City KS 913.677.1115

FINANCIAL

ARGENTINE FEDERAL SAVINGS
Deposits Federally Insured
3004 Strong Ave.831-2004

HEALTH CARE

EAST ARGENTINE NURSING SERVICE
Clinic Tu/Th 3:00-5:30 p.m.
14th & Metropolitan

CHURCHES

USHINDI UNITED METHODIST CHURCH
Sunday Service 9:30 am
3730 Metropolitan Ave831-4531

FUNERAL SERVICES

MAPLE HILL
FUNERAL HOME
CEMETERY
Family Owned Since 1945
**Complete Funeral, Cemetery,
Cremation & Pre-arranged Services**
3300 Shawnee Dr.
Kansas City, KS 66106
Funeral Home Cemetery
(913) 831-3345 (913) 262-6610
www.maplehillfuneralhome.com

PET CARE/GROOMING

BUBBLES & BOWS BOUTIQUE
2500 S 34TH ST 722-0177 or 406-2379
Grooming • Training • Boarding • Apparel

RESTAURANT

BIG 'Q' BAR-B-Q
Wed. & Sunday Special
2117 S. 34th Street362-6980

Are you planning a new project involving digging?
Do the smart thing!

**CALL 811 -- 48 hours
Before digging.**

Prevent power outages and personal injuries.

Please share this with your family and friends

Health Care And Community Prevention Centers

VIBRANT HEALTH
Argentine location:
1428 S. 32nd St.
Monday - Friday, 8-5 pm
All locations phone,
913*342*2552

Partnership for Drug-Free Kids
855*378*4373

National Suicide Prevention Lifeline
800*273*8255

KC Care Health Center
816*753*5144

Senior-focused Health Care,
Partners in Primary Care
Medicare-Advantage Care
Center
7527 State Ave.
913*355*6986



Give Food. Give Time. Give Money.

Thanks to you, we are feeding 1 in 8 people in our community who are hungry.

Keep making a difference.

Learn more at **www.harvesters.org**



I'm Just Goofy Over The Record!



Have *The Record* delivered to your mailbox each and every week with a 1-, 2- or 3-year subscription.

**Take it from me,
a *Record* subscription just makes
perfect sense!**

Turner, Argentine &
Rosedale community
news... relax, we've got it
in *The Record*!

RECORD SUBSCRIPTION FORM

Name _____

Address _____

City _____

State _____ ZIP _____

Home Phone _____

Daytime Phone _____

CHECK A SUBSCRIPTION LENGTH

☐ 1-Year Subscription
\$15.00

☐ 2-Year Subscription
\$28.50

☐ 3-Year Subscription
42.00

CARD NUMBER

EXP. DATE ____/____/____

Name as it
appears on card _____

Signature _____

Please make checks payable to: *The Record*

Mail to: The Record
PO Box 6197
Kansas City, KS 66106

- ◆ News and Features on local people and places – information that hits home to YOU and your community.
- ◆ Community Events – dates, times & locations... news you can use.
- ◆ Area Schools – sports, activities and issues that affect parents, students and the community.

Holiday Healthfrom page 3

perspective and concerns. It's also encouraging to help them focus on goals and not limitations to maintaining independence and quality of life.

Q. How do you treat diabetes?

A. Treatment is usually a combination of prescription drugs and lifestyle modifications, such as diet and physical activity.

A Problem. Some of the biggest barriers to proper treatment are access to healthy food, safe places to exercise, affordable medications, and transportation to appointments to ensure their diabetes isn't worsening. Many of my patients live with financial strain or are navigating multiple health issues at once. Even access to family support can play a big role in a patient's treatment.

A Solution. At Oak Street Health, we have care teams that include social workers, behavioral health specialists, and community health workers who help patients navigate these obstacles. Whether it's connecting someone with a food pantry or helping them get the most out of

their Medicare benefits, we meet patients where they are and build from there. Access to continuous glucose monitors (CGMs) and education on how to use them is another big factor in helping patients monitor their blood sugar.

We talk about what they're eating, how they're feeling, whether they can afford their medication, and what kind of support they have at home. Every care plan is built around the patient's reality. For one person, it might mean adjusting their insulin regimen because of their work schedule. For another, it might mean focusing first on mental health before even talking about diet.

Our behavioral health specialists help patients manage the emotional toll of chronic illness. We offer wellness classes and social activities that give patients a sense of community and support, because physical and emotional health go hand-in-hand.

Learn More. To learn more about Oak Street Health or to schedule a visit, call 855-252-6756. To find a location near you, visit oakstreet-health.com/locations.

• Dr. Roberts is a board-certified Family Medicine specialist.

A story from my childhood



When I was in primary school in Nsukka, a university town in south-eastern Nigeria, my teacher said at the beginning of term that she would give the class a test and whoever got the highest score would be the class monitor.

Class monitor was a big deal. If you were class monitor, you would write down the names of noise-makers each day, which was heady enough power on its own, but my teacher would also give you a cane to hold in your hand while you walked around and patrolled the class for noise-makers. Of course, you were not allowed to actually use the cane. But it was an exciting prospect for the nine-year-old me. I very much wanted to be class monitor. And I got the highest score on the test.

Then, to my surprise, my teacher said the monitor had to be a boy. She had forgotten to make that clear earlier; she assumed it was obvious. A boy had the second-highest score on the test. And he would be monitor.

What was even more interesting is that this boy was a sweet, gentle soul who had no interest in patrolling the class with a stick. While I was full of ambition to do so.

But I was female and he was male and he became class monitor. I have never forgotten that incident.

If we do something over and over again, it becomes normal. If we see the same thing over and over again, it becomes normal. If only boys are made class monitor, then at some point we will all think, even if unconsciously, that the class monitor has to be a boy. If we keep seeing only men as heads of corporations, it starts to seem 'natural' that only men should be heads of corporations.

— Chimamanda Ngozi Adichie

Simmons Senior Housing
an income-based 55+ Community
@ 1404 S 37th St
Spacious loft apartments available
CALL: 877-939-2457

Laundry facilities on-site
Access to off-street parking
Easy access to buses
Storage space available

Income limits apply
We accept vouchers
"Equal Housing Opportunity"

Cross-Lines Retirement Center
an income-based 55+ Community
@ 3030 Powell Ave
Renovated 1BR apts available
CALL: 844-988-1214

Laundry facilities on-site
Access to off-street parking
Easy access to buses
Community space available

Income limits apply
Rent based on income
"Equal Housing Opportunity"



FRESH NEW CAREER

**WE ARE HIRING CDL
YELLOW BUS DRIVERS**



Great Pay, Flexibility, Benefits

- 🌸 We'll help you get your CDL license.
- 🌸 We welcome seasoned and licensed drivers!

**Text "Jobs" to
(669) 444-4815 or
Scan to learn more.**



**Questions or want to discuss our open positions
call Stephanie at 913-724-5437 ext. 107.**