

# STARS 'N' STRIPES

THE RESIDENT NEWSPAPER OF THE IOWA VETERANS HOME  
By the residents, for the residents.

## MISSION STATEMENT:

"To disseminate information regarding veterans care, entertainment and goodwill."

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Marshalltown, Iowa 50158

## What Would Happen If Things Were Rationed Like They Were During WW II?

*By Ken Wilson*

When you get older and have time to reflect back and you will when you get my age you wonder what would be the results if something dramatic that happened years ago happened again? Well it will never happen under the same conditions even if we did it tomorrow. But let's let our minds roll and say "What if?"

What if we got into a situation again where tires, gasoline, food, cell phone traffic and many other things were regulated. What would happen? Do you suppose that with all our privacy fences and back yard decks to keep us away from our neighbors and Middle Class teenagers that have never seen want, could we muster enough community spirit to unite with neighbors to grow liberty gardens? How many of the "Baby Boomers" or their children would know how to garden, let alone how to can and freeze.

What would our middle class teenagers, who have never experienced economic hardship, do if no one under age 18

could have their own car? Or they could have a car with only 2 gallons of gas per month. Would they stop squealing their car tires if they could get only one pair per 2 years? What about men and women with their BIG toy trucks (I don't mean monster trucks either just Silverado's, F-250's and Ram's) and the gas guzzling SUV's we never seem to remember until the next gas crisis comes; then they sit in front yards along with boats with their 'For Sale' signs flying in the wind.

Would modern Moms switch back to cloth diapers instead of throw a ways? What about NO PLASTIC BOTTLES (which should be in effect now) just glass bottles only-not throw away dishes or plastic silverware because they use too much petroleum. Could we tolerate limited mileage on our trucks and cars?

Well it is an interesting thought. As in WWII some people will always cheat. But I wonder could the masses tolerate rationing? Maybe some day we will find out. It may be sooner than we think.

# Smoking

By Ken Wilson

I like to use the word "smoking" in an article title or byline because it instantly causes smokers and non smokers to put up their defenses. This is an editorial which means it is my views but it does contain some facts. The first fact is **the military did NOT cause anyone to smoke**. They **NEVER** ever in basic training told anyone that they should smoke. They allowed time for the ones who came in smoking, a chance to do it. The ones that became smokers in the military **did it to be "one of the guys", "cool" or "tough guys"**. The **ONLY** thing the military did was to make cigarettes cheap. However they made everything in the PX cheap. Everything from Coke to groceries to household goods, etc. So the excuse of the military made me smoke and drink is bunk. **YOU** made yourself smoke and drink, SEE? This also means that if they did not make you smoke or drink you can stop with appropriate help **which is available here**.

When I was on the No Smoking policy committee which was designed to make a policy in case the state required No Smoking, even though some of the **EMPLOYEE SMOKERS** were willing to stop smoking to set an example it never came to fruition. We pretty much decided after the committee met (those of us that were **REAL** world thinkers) that it would take legislation to ever get it activated.

So along comes the No Smoking Law in Public Places and they exempt IVH because legislators and IVH Administration are afraid of the uproar it will cause. But

just ask for something from administration of a personal nature or a more homey nature and you immediately get the quote "Remember we are health facility also." So we are a smoking and a health care facility. **CAN YOU EXPLAIN** that to me in logical terms that make sense? We got our legislated chance and knocked it out with an exemption!! I swear to God some days that state governments motto is "If it makes logical sense get rid of it!" So we exempt ourselves then turn right around and pay for oxygen and breathing treatments and inhalers!! Unbelievable.

I am sure it was the Veteran's groups who lobbied against this one even though other states have it. They **haven't** been noted for their health care knowledge when it comes to smoking and drinking.

Take a good look of a picture from the lung from a smoker and you will get the picture. We had one to put on the bulletin boards and staff thought it was too awful looking to post. Oh I forgot one other excuse. **We fought for the right to smoke**. More on that some other time but **one's persons rights ends when their responsibility falls short**. Well now we will have to wait for VA to **require No Smoking**. They are almost there in their hospitals. It will come. Then administration will enforce it but at least they didn't have to be leaders and take a stand.

I have spoken with several employees who have quit. **NO IT WAS NOT EASY**. They cannot believe how much better they feel.

# *The Quotable Jefferson*

*Submitted By Mark Kressig*

## **On Debt:**

"Debts is a most fearful evil." "The maxim of buying nothing without money in our pocket to pay for it would make our country one of the happiest upon earth!"

"Be assured that it gives much more pain to be in debt, than to do without any article whatever which we may seem to want!"

## **History:**

"History in general only informs us what bad government is!"

"We are certainly indebted to those who think our revolution worth of their pen, and who will do justice to our actions and motives!"

"It is truly unfortunate that those engaged in public affairs so rarely make notes of transactions passing within their knowledge. Hence history becomes fable instead of fact. The great outlines may be true, but the incidents and coloring are according to the faith or fancy of the writer!"

## **Party Spirit:**

"Politics & party destroy the happiness of every being!"

## **In Debt:**

"The accumulation of "So inveterated is the rancor of party among us, that nothing ought to be credited but what

we hear with our own ears.... Little is to be believed which interests the prevailing passions, and happens beyond the limits of our own senses!"

## **Political Dissension:**

"There are many who think that not to support the Executive is to abandon Government!"

"When the government fears the people, you have liberty. When the people fear government you have tyranny!"

"Revolution is as necessary to democracy as the spoon is to the stew, for if you do not stir it often and regularly the scum will rise and stay at the top!"

"I have ever though religion a concern purely between our god and our consciences, for which we were accountable to him, and not to the priests. I never told my own religion, nor scrutinized that of another. I never attempted to make a convert, nor wish to change another's creed... It is our lives, and not from words, that our religion must be read!"

"If the American people allow private banks to control the issue of their money, first by inflation then be deflation, the banks and corporations that will grow up around them, will deprive the people of their property until their children will wake up homeless on the continent the fathers conquered!" Thomas Jefferson

## Statehouse Issues



*By Mark Smith,  
State Representative*

Dear Friends at IHV:

I wanted to reflect in my column this month on a couple of important issues related to veterans. First is a thank you note I received from the Iowa Veterans Commission. It was sent to every member of the Iowa Legislature and here is what it said:

"To Representative Mark Smith: The Veterans of Iowa through the Iowa Veterans Council, wish to thank you for your efforts in support of Veterans' Issues during the Second Session of the Eighty-Second General Assembly.

There is considerable evidence that 2008 was the most successful year for Veterans in the legislature since the 1950's. –Donald W. Roeple, Secretary – Treasurer of the Iowa Veterans Council" This council includes the Paralyzed Veterans of America, Marine Corps League, Ex-POWs, AMVETS, Veterans of Foreign Wars, Disabled American Veterans, and Viet Nam

Veterans of America.

This is quite an honor to have been part of this historic legislative session which did this kind of expansion of services to Iowa's veterans.

Second, Larry Larson of Marshalltown's Harry C. Harter VFW Post 839 was recently named State Commander. On August 9, 2008, I attended his three hour "homecoming." Over the past 27 years, Commander Larson has been an important and vocal advocate for Iowa's veterans, both here at IVH and across the state. It is invaluable to our community and to IVH to have Larry serve in this role. The Harry C. Harter Post has produced three State Commanders, which is an honor for a community that has the longest and best record of serving veterans: Marshalltown.

Best wishes for a wonderful September. My schedule is to be at IVH on September 28 at 9 a.m. for our next "town hall" meeting in the Malloy LRC.



# Editorials & Opinions

## DISCUSSIONS ON SMOKING

When discussing whether to go Non-Smoking or not, the first thing you hear is the American legion and VFW and other veteran's service organizations will pull their services back and quit coming to IVH. First of all they WON'T quit. They are a service group and residents would raise a stink if they quit. Many of the service groups are Auxiliaries and most women don't smoke nor have they been in the military so their bias is different.

Would the service organizations "raise hell about it?" Most definitely **they always have** when it comes to smoking a little less on alcohol, but usage of that at IVH is covered by IVH being on state property. **IT IS A HEALTH CARE ISSUE** not a service organization rights issue. The major service groups want VA Hospital access quick and cheap but will not help cut cost by eliminating smoking oxygen requirements, breathing treat-

ment, and inhalers. If they protested VA's hospitals going Non-Smoking they lost!

Have you ever been to a meeting here where administration or staff ever said "Maybe if we went Non-Smoking the smokers who were forced to do it **would benefit from it so much after 6 months that they wouldn't believe how much better they felt**" Some people have to be pushed a little when it comes to proper health care.

When the Public Smoking Law was being voted on, we should have been **bold and leaders** and said **NO** to exemption instead of taking the neutral, middle of the road approach. There is only two things in the middle of the road, dashed white lines and dead raccoons! KLV



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**Deadline is 21st of each month. Distribution is 28th of each month.**

## PARENTAL QUOTATIONS FROM THE 50'S AND 60'S

1. Eat your vegetables and you will grow up big and strong.
2. And what did you do in school today?
3. Clean your plate, and you will get desert.
4. Eating potato chips is not healthy.
5. Be thankful for what you have to eat.
6. Don't put your elbows on the table.
7. Sit up straight young man/lady.
8. Don't pick your nose at the table.



**MAKE SURE TO STOP  
BY AND CHECK OUT  
THE 6TH ANNUAL DON  
LAUGHLIN MUSIC FES-  
TIVAL SATURDAY SEP-  
TEMBER 6, 2008 LO-  
CATED AT THE IOWA  
VETERANS HOME  
MALLOY SOUTH PARK-  
ING LOT.**

## *Tidbits by Marie*

*By Marie Molloy*

A 44- pound stray cat was found in New Jersey. Hundreds of people wanted to adopt it from the Animal Rescue League. It's name is Pounder says the owner who told the league after the cat became a media sensation. The Guinness Book of World Records say the biggest cat on record weighed 46 pounds and 15 ounces would; you want to foot the bill on either one? Guaranteed recipe for weight—gaining: eat well, sleep well, and get no exercise.

## ***Poetry***

### **"Angel"**

Margaret Warnell always has a smile.  
When she came to Open Gym we would  
talk and laugh for awhile.

Never once did she ever complain,  
And once she told me a joke an I ask  
her to explain.

Everyone loves her because her  
personality is just that way.

And it's a blessing to see her each and  
everyday.

Margaret would sometimes say that she is  
getting old,

And my reply would be that she couldn't  
do that with a heart made with gold.

This poem is not only for Margaret be-  
cause it's for her family too.

It's to let you know that those of us that  
work in Open Gym Are praying for you.

By Henry Hubbard

# Farmin' Like It Used To Be

By Ken Wilson

## FARM DOGS

**T**he farm dog was part of the family. If it was a puppy it was just like a young child. If it was 3-4 it was just like a emotional teenager. If it was old it was just like grandma and grandpa, cuddly but not too much ambition!

My grandparents had a fenced in yard (not a lawn, it is always a "yard" in the country). There was a swinging gate hinged from the top. The first two dogs I knew used it well. The later dogs came about when the yard fence was taken out by us grandkids because it made lawn mowing easier and it was not needed anymore anyway.

The first dog we had was when I was 10 and had started living with my grandparents was Pal. Pal was old!! GOD he looked 20 but I know dogs don't usually live that long. He was black with a white stripe down his forehead with a white belt around the front of his body in front of the forelegs. He might have gone out to the dairy cows every now and then to perform a very low tone lazy bark, yes I said bark as he did not have the lung capacity for two barks. He did not have the physical stamina to follow it up with a chase so he usually barked when the barn gate was shut! He was a loving old dog. I don't recall him dying. Maybe my grandparents didn't want me to see that and hid him after he died.

The next dog was Shep. He was younger when we got him but I don't remember him coming. He could very well have been a stray. He was golden haired with a white stripe down his face. He was very active and used the yard gate when anyone came in. We had a unique farm drive way. The minute you got in 1 1/2 car lengths it veered left and right to accommodate an island that was about 5 feet high where the farm well stood. Shep used to love to chase cars around that island because it gave him NASCAR banking on the inside lane!! They never left the farm yard which was good as it lead out to U.S. Hwy 6.

Our last and final dog was a spaniel type stray we called Red. I guess I don't have to tell you his coat color. We all loved him but my younger brother was his best bud. One day he was wandering around in the tall grass of the calf pasture when my cousin was mowing down the grass with a sickle mower. Yeah, you guessed he didn't see the dog and Red came out of the field with the left front leg missing below the first joint. He went under the front porch and never left for 3 days. When he came out he was starting to heal. Yes the old farm dog; just family.



## Questions About IVH

By Ken Wilson

The 6 years I have been at IVH, I have heard that IVH is one of the top 3 Veteran's Homes in the U.S. **I have some fair questions to ask about that.**

1. Why are we noted as being one of the top three?
2. Did we pass some certification criteria by the National Association of Veteran's Homes?
3. What were the criteria?
4. What are we strong in?
5. More important, what are we weak in so we can improve?
6. Is it just administration and staff that are saying "Top 3"?
7. If we were in the "Top 3" are we still there?
8. How can we get an unbiased **outside** opinion?

These are some interesting questions to have answers to, and I wonder if we will get the answers. I doubt there is any commandant, CEO, superintendent, or project supervisor that has been to all Veteran's Homes or to all of their Websites. I assume most administrators compare their Veteran's Homes to those in the region.

I bring these questions up because we are e-mailing **all** Veteran's Homes that have Websites to see what their Smoking Policies are. We want to see if they are in effect and plan to publish them in the **Stars "N" Stripes**.

## IVH Hand Hygiene Audit Results June 2008

Infection Control, we need your help. If you see an employee who hasn't washed their hands with soap and water or used the waterless hand sanitizer prior to resident contact,



please ask them to wash their hands. The results of the June 2008 Hand Hygiene Audits showed that only 58% of the employees washed their hands prior to providing cares to residents. This is not acceptable! With flu season just around the corner, we all need to do our part in keeping everyone healthy and stopping the spread of germs. The June 2008 Hand Hygiene results showed:

**What we do well:** We wash our hands after contact with body fluids/non-intact skin, touching soiled equipment, and wear and remove gloves appropriately.

**What to work on:** We need to wash our hands more when performing clean and aseptic procedures and before and after resident and equipment contact.

**Plan:** Encourage residents and visitors to ask employees to wash their hands prior to providing care to residents.

## *GETTING TO KNOW YOU*

### *— OUR STAR VOLUNTEERS —*

*By Rose Elsbecker*

**I**t is with pleasure to introduce to you this month Della Airey. To many of you, Della needs no introduction, as you knew her when she worked as an LPN on Malloy 2 South for 9 years, sharing the same smile as you will see her today, until she retired in 1990. Since that time, Della has served as a volunteer here at the Veterans Home, both in the Chaplain's office and also acting as the VAC Representative for the VFW Auxiliary for IVH. Della enjoys assisting with Mass, helping to get as much possibly ready beforehand, and doing whatever possible to make it a more comfortable and enjoyable experience for the residents. As the VAC Rep, it is Della's responsibility to manage monies sent by the state for the various function at IVH, such as purchasing much anticipated prizes for bingo or supplies for the ever popular ice cream social.

As always, Della goes out of her way to stretch the monies as far as possible, shopping in places as one of the "dollar" stores, carefully searching for cost effective items that are important to the veterans and that will best to make it will attest to that. They have an average attendance of 135-140 residents at the monthly Bingo held in the Malloy LRC. Any of you residents out there may be interested in knowing, if you haven't heard already, bingo prizes include a \$5 prize for blackout. So, if you're looking for something to do, why not come on

down and join the fun? You're welcome anytime. Della was born right here in Iowa, not too far away, just down the road a piece in Ankeny, Ia. At the time, Della tells me, you Della Airey knew everybody. She



graduated with 24 in her high school class. Today, they number 75 in kindergarten alone, with a population of about 39-40,000 people in the area. But they haven't forgot their roots. Della played basketball for Ankeny High, back in those days. Just last year, Della had the honor of presenting her old basketball sweater and emblems to the school for their alumni display. Another player presented with her old basketball uniform, yet another donated the shoes that she held on to for memorabilia all those years! It must have been quite an experience. Not only that, but later, Della went on to enter the Nurse Cadet Corps in Marshalltown, at the old Mercy Hospital, where she again played basketball against the city teams in Marshalltown. Della and her first husband, Ernest Casey were married in Jan 27,1947, and became the proud parents of three lovely children, two boys, Mike and John and a daughter Ann Marie. On July 8, 1998, Ernest passed away due to heart problems. Ann Marie lost her battle with cancer in 2000.

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# Jane Jech

Iowa House

**August 21, 2008**

My life is pretty busy but a week ago I had the rare opportunity to just sit and play the piano and sing old songs like "Let Me Call You Sweetheart" with some of you in the Canteen. What fun! Barry High jumped right in on "Name that Tune & Movie" and Burton Steiner, Gerald Robinson and Arlene Otto could have sang any of those songs without me! Mike Groh added to the mix too. I've heard he can really entertain you with his guitar and singing.



Maybe with a little pressure from all of you we could get Doug Freeman to sing with us too (yes he sings)! I'll be back!

I have so enjoyed getting to know many of you and am looking forward to meeting many more of you like the guys in the Canteen and the Masons who are from Parkersburg and live on the 3<sup>rd</sup> floor. If you ever need some uplifting - go talk to them. They are some of the most positive people I have ever met!

As I seek to be your next State Representative I'm working with your Resident Council to set up times / forums beginning in September when we can get to know each other better and discuss issues that are important to Iowans. You have the life experiences to provide valuable insights! I visited with our U.S. Congressman, Tom Latham, last night and asked him to join me sometime in October. He is anxious to do so. **My first Forum will be on Wednesday, Sept. 17<sup>th</sup> at 3:00 in the Malloy LRC. Bring a friend!**

***Showing Respect for Vets***

**Jane Jech / Candidate for State Representative**

# HOW TO LOOK COOL ON RAGBRAI

By Staff Writer

The **ONLY** reason to go on RAGBRAI is **NOT** to ride a bike but to look cool. Cooler than an iceberg. If you would like to go to a town with a RAGBRAI stopping place and get out of your car and blend in, I will tell you how (I have actually thought about this). First you would go to "EXPO" day at the front end and pick up these plastic cards that show each day with a severity graph, mileage timetable, and surface map. You would then try to determine the rough hills from this or just go up to a rider and say "What part did you think was the worst?" This would give you ammunition for talking to all the rest!

Next time you saw a rider you just say, the hill south of Albion was a real b—h!" In order to fit in you must have a pair of bicycle shoes with pedal cleats on the bottom. This is a must! The cleats will arch the front of your shoe up just like a pair of women's 4 inch heels in reverse.

If possible **NO** socks but if you must they should be black. Next you must liquefy your buttocks so they can be poured into a pair of spandex bike shorts when they be left to harden. Shirts, if you want to be the coolest, don't wear one. Start tanning in December of the year prior year right up within an hour of the start. You will be then as tan as a Hershey Bar but you might melt on the hottest day. If you must wear a shirt, buy a quality one but take it home and lay it on a plastic paint drop cloth there after spilling every color of paint you own in your garage from interior house paint to lawn chair spray cans. Oops I missed exterior house paint. AH, yes, here comes the helmet. Everybody wears one for safety, which is cool, but to be cooler you must have one

that is pointed in the back with the flames on the sides that resemble the afterburner of an F-16. Absolutely no pig snouts or ears or flopping goose wings either.

If possible ride with a team that has like uniforms. The bigger the team the better. Having like uniforms prevents the EMS from being able to identify you if you are lying on the side of the road because an impatient driver ran over your head. This probably doesn't make sense to you, but **NOTHING** on RAGBRAI ever makes sense! Well that is the human part.

And now for the bike disguise. If you really want to ride and do not want to look like a first time you have to cool down the bike. It **CAN-NOT have fenders or a chain guard!** This will make you stand out immediately! **NEVER EVER USE A KICKSTAND** even though it would put your bike closer to the food stand so you could watch it but it also makes too much sense. While riding on RAGBRAI you **NEVER** want to make sense. By not using a kickstand you can prop your bike on a picnic table bench and guarantee you will "tick" someone off that wants to sit there! Make sure nothing goes below the surface of the top of the wheel if you are using pannier bags make sure the hangers fasten to the seat or handlebars only. Even if this causes you to have a bent hanger which rubs the top of the tire, so be it, at least it's cool. Index shifters are out. You **MUST** be able to screw up the gears, chain, and rear derailleur **BY YOURSELF**. Always use cleat style pedals even if you don't wear the shoes as everyone will be observing your bike for coolness once you are off it. Go to a RAGBRAI rest stop either the year before or several days before you intend to infiltrate. Pick out a real cool brand name bike. If you chose Trek you can get it here in Marshalltown.

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## ***Nutritionally Correct***

*Submitted by Jane Linnenbrink, RD/LD*

### **Weight-loss goals: 10 tips for success**

Weight—loss goals can mean the difference between success and failure. Well-planned weight-loss goals keep you focused and motivated. They provide a plan for change as you think about and transition into your healthy lifestyle. But not all goals are helpful. Unrealistic and aggressive weigh-loss goals—for example, losing 20 pounds each week or fitting into your high school jeans—undermine your efforts. They're difficult, if not impossible, to meet. And if your goals are beyond reach, you're more to feel frustrated and discouraged and leave your weight-loss plans by the wayside.

So how do you create weight-loss goals that will help, not hinder, your weight-loss efforts? These 10 tips can get you started.

**Personalize your goals.** Set goals that are within your capabilities and take into account your personal fitness level, health concerns, available time and motivation. Tailoring your expectations to your personal situation helps you set achievable goals.

**Aim for realistic weigh-loss goals.** Healthy weight loss occurs slowly and steadily. Aim to lose 1 to 2 pounds a week. To do this, you need to burn 500 to 1,00 calories more than you consume each day more rapidly usually means los-

ing water weight or muscle tissue, rather than fat.

### **Focus on the process.**

Make your

goals "process goals," such as exercising regularly, than "outcome goals," such as losing 50 pounds. Changing your process—your habits—is the key to weight-loss. Make sure that your process goals are realistic, specific, and measurable. For example, set out to walk for 30 minutes a day, five days a week.

**Think short term and long term.** Short-term goals keep you engaged on a daily basis, but long-term goals motivate you over the long haul. Your short-term goals (for example, running 30 minutes every day) can become stepping stones to reaching long-term goals (running in a marathon).

**Write it down.** When planning your goals, write everything down and go through all the details. When and where will you do it? How will it fit into your schedule? What do you need to get started?



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**Pick a date.** Timing is crucial, of ten making the difference between success and failure. Choose a definite start date and don't put that date off for anything. Be sure to account for life circumstances that might hamper your efforts, such as work or school demands or relationships problems. You may need to resolve some issues before starting.

**Start Small** it's helpful to plan a series of small goals that build on each other instead of one big, all-encompassing goal. Remember that you're in this for the long haul. Anything you undertake too intensely or too vigorously will become uncomfortable and you're more likely to give it up.

**Plan for setbacks.** Setbacks are a natural part of behavior change. Everyone who successfully makes changes in his or her life has experienced setbacks. Identifying potential roadblocks and brainstorming specific strategies to overcome them can help you stay on course.

**Evaluate your progress.** Review your goals each week. Were you able to successfully meet your goals last week? Think about what worked and what didn't. Make plans for how you will reach your goals this week. new lifestyle. This information is courtesy of Mayo Clinic, Rochester, MN.

**Reassess and adjust your goals as needed.** Be willing to change your goals

as you progress in your weight-loss plan. If you started small, you might be ready to take on larger challenges. Or, you might find you need to adjust your goals to better fit your weight-loss plan. If you started small, you might be ready to take on larger challenges. Or, you might find you need to adjust your goals to better fit your new lifestyle. This information is courtesy of Mayo Clinic, Rochester, MN.

## ***HOW TO LOOK COOL ON RAGBRAI***

*Continued from page 11*

By the time most riders train, they and the bike weigh between 8-16 ounces. (just kidding folks). You must have the drop style handle bars with tape that matches your shirt. You will **NEVER** use them, but you **MUST HAVE THEM—21 speeds**. 10 speed has long been out of favor. 10 speed are considered a Schwinn single speed for paper routes If you really want to pull this off in style, get a European custom frame with Campy brakes with a derailleur and drill out the rear derailleur and brake levels and the seat even, it leaves an imprint like a waffle on your butt!! Really want to look cool? **Like I did**. Find some trees and a big old church to block the sun, get a Coke, sit in a lawn chair and count the fools as they go by!

# IVH on RAGBRAI

*By Jim Elliott, Performance Improvement*

Several folks from IVH or with IVH ties spent the last week of July riding across Iowa on their bicycles. We had a great time seeing the state, eating great food (especially pie) and meeting new people. The weather was not too hot but was challenging as we had a head wind nearly every day. And the day from Tama-Toledo to North Liberty was rainy and windy and cool. The route was hilly, especially the first two days.

The second day from Harlan to Jefferson was reported to be the seventh hilliest day of all time on RAGBRAI. Our group stayed with friends and family of IVH employees and we would like to thank Dan Steen, Ardella Dirks, Darcy Lunsford, Shellee Jordebek, and Gary Aldrich for helping to arrange great accommodations. We were even able to sleep inside with air conditioning several nights. Shellee Jordebek's husband, Jeff spent the week as our support driver and we could not have had a better one. He was always ready to help us get up in the morning and get going. "Get going you guys, cause you're burning daylight," was his daily mantra. Most days we did manage to hit the road by 7:30 AM, but it just depended how the day started. And we always stopped for breakfast before we put in too many miles.

Among the many foods we saw offered were pancakes, Belgium waffles, breakfast burritos, breakfast pizza, pork chops, BBQ pork, beef and turkey, pie

and home-made ice cream, watermelon and lots of different beverages.



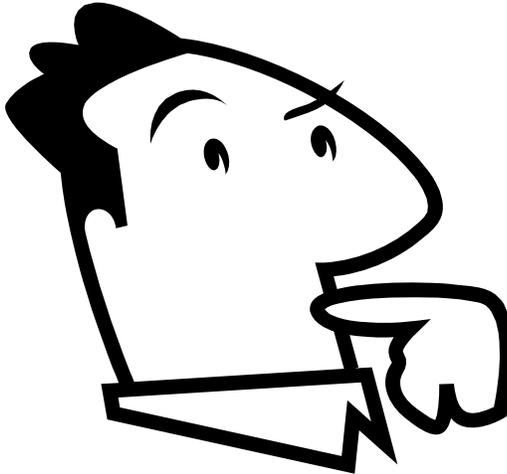
We had some IVH folks who rode the day from Jefferson to Ames including Jon Bauer and Jim Jenness. Greg Bergeson did a great job of support and helped make the day a success for Jim and Jon. The day from Ames to Tama-Toledo, I had great fun as I pulled Shellee Jordebek's son Garrett for several miles in his trailer. He loved all the new folks he got to talk to and he really charmed all the ladies that he met. After Garrett left us we traveled on to Albion where we met several folks from IVH who were serving food in the city park. That day was an extra challenge for the early risers as someone had scattered tacks along the route and over 100 people got flat tires. No fun at all to have a flat tire happen to you. Our group was lucky though as we had started later and had no tacks.

The last day in to Le Claire was hilly but, short and we made it and celebrated on the banks of the Mississippi with thousands of other successful travelers. It was good to get home on Saturday night but we are already making plans for next year's trip.

## Thinking Out Loud

By Ken Wilson

- 1) My old pet peeve: People standing in front of the elevator doors and when you try to get off, they look like it's your fault.
- 2) Want to see something funny? Watch a smoker go into the smoke room after taking his oxygen off, cough about 10 times and ask someone for a cigarette because he can't afford them. This place is full of sad laughs.
- 3) Am I the only one that gets tired of the predictable food menus after 6 years?
- 4) I watched RAGBRAI riders come through Albion. What a hoot!!
- 5) The woodworking cycle came around early this time. Hoorah!! I like that sort of thing.
- 6) They always talk about people "looking down" from heaven. What about the people in Hell? Do they see the bottom of their car, their dog's butt and all the grass that has accumulated under their mower deck since they died 10 years ago.
- 7) Here's my definition of "It's Common Sense" means the person who said it has done it before and knows you haven't!!!
- 8) I don't think there is anything more unique to Iowa and interesting than



RAGBRAI! I used to run a bike shop out of my home for 10 years and I just love to see the different bicycles. Enjoying the people is a good thing also because most of them are very friendly.



# The Civil War Returns To IVH





*Photos by  
Bill Eilers*

# Chapel Events for September

## Videos for September are:

From a series called Quiet Triumphs. This series was aired on Odyssey, the interfaith cable television channel. Emmy Award Newscaster, Mary Alice Williams has conversations with celebrities who have faced hardships and made it to the other side.

September 2 Quiet Triumphs Hugh: Downs

September 9 Quiet Triumphs: Sandy Duncan

September 16 Quiet Triumphs: Linda Ellerbee

September 23 Quiet Triumphs: Patricia Neal

September 30 Quiet Triumphs: Jo Marie Payton Noble

Tuesdays at 3:00 PM

## **Star Volunteers**

*Continued from page 9*

Della married Floyd Airey on September 7, 1991, then unexpectedly lost her husband to a heart attack a short time later. Della still enjoys her sons and their wives, her granddaughters, her great granddaughter, her nieces and her nephews and has a lovely photo gallery of her extended family to show for it. She herself has fought a brave battle with cancer, and as ever, is determined to overcome. We are happy to report that things are going well at this time.

Della tells us that she enjoys crocheting and is an avid sports fan. She tells us that she loves both basketball and baseball. Did you know that she also played basketball for three years for Lennox, during her prime as a guard on the Marshalltown team?

If you're a sports fan, you may have some interesting stories to share with each other. What's your story? When asked if there was anything that she would like to share with readers, Della's comment was that the most important thing, was that she could do as much as possible, whatever she could, in order to make the stay for the veterans at IVH as comfortable and enjoyable as possible, because of what they've done for us and our country. Della says it well, when she says "I think it gives me a lot of satisfaction that I have done something for them, because they've helped save the country for me." Yet we all agree, you can't do anything at the Veterans Home that the residents don't thank you ten times over themselves.

We thank you, Della for your dedicated service, and join you in a salute to the

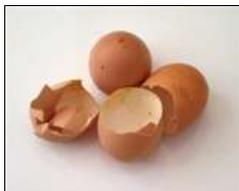
## Midwest Phrases

By Ken Wilson

Taken from Charles Earle Funk's "A Hog on Ice"

### A Bad or a Good Egg

A bad egg figuratively is like a bad egg literally—a person, or an egg, that externally appears to be wholesome and sound but, upon closer acquaintance, is found to be thoroughly rotten. By some strange chance this slang usage did not develop until about the middle of the past century, though even Shakespeare called a young person an "egg," as when, in *Macbeth*, the murderers, seeking Mac duff, encounter and slay his young son, with the words, "What you egg! Young fry of treachery!"



A good egg, the converse of a bad egg, did not come into popular use until the early part of the present century, and it seems to have first been British university slang, probably first used at Oxford.

### A Reminder From : Fred Lembke: Vocational Counselor Come Join Us

The Human Resource Director with the City of Marshalltown, Sarah Meuburger, will be talking to all interested Iowa Veterans Home residents in the basement of Heinz Hall in the "Living in Balance" classroom (HO26) on Wednesday, September 17th at 10:30 am. She will be giving an overview of current job openings with the city, what positions they hire for and what kind of skills and qualifications are needed for those positions. Any questions please contact Fred Lembke at ext. 526 or Dave Winjum at ext. 419

## Billiard Parlor Pool Table's and Chairs



### Improving Your Vocabulary

Do you know the definitions of these words?

1. Miserly
2. Ignominy
3. Equivocal

Answers on back page.

# What's New In The Peterson Library

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## Books

The Assassin/ Coonts, Stephen  
 Back on Blossom Street/ Macomber, Debbie  
 Chasing Darkness/ Crais, Robert  
 Fearless fourteen/ Evanovich, Janet.  
 Foreign Body /Cook, Robin  
 Killer View /Pearson, Ridley  
 Moscow rules /Silva, Daniel  
 Oceans Apart /Kingsbury, Karen  
 One of Those Malibu Nights /Adler, Elizabeth  
 Redemption /Smalley, Gary / Kingsbury, Karen  
 Rejoice /Kingsbury, Karen / Smalley, Gary  
 Remember /Kingsbury, Karen / Smalley, Gary  
 Rogue /Steel, Danielle.  
 Sail /Patterson, James / Roughan, Howard  
 So Brave, Young, and Handsome /Enger, Leif  
 Swan Peak /Burke, James Lee.  
 Tribute /Roberts, Nora.  
 The Wednesday letters /Wright, Jason F.  
 When the Heart Cries /Woodsmall, Cindy

## Compact Discs

Chuck Berry's Golden Hits /Berry, Chuck  
 Ode to Freedom /Beethoven, Ludwig van  
 /Bernstein, Leonard  
 Piano Masterpieces/Cramer, Floyd  
 Statler Brothers Live and Sold Out /Stat-

ler Brothers

Sunset on the Range /Sons of the Pioneers

Unstoppable /The Oak Ridge Boys

## Compact Discs - Non-Musical

The Bourne Sanction /Lustbader, Eric Van  
 / Davidson, Jeremy

Chasing Darkness /Crais, Robert /  
 Daniels, James

Fearless Fourteen /Evanovich, Janet /  
 King, Lorelei

Odd Hours/Koontz, Dean / Baker, David  
 Aaron

So brave, young, and handsome /Enger,  
 Leif. / Woren, Dan. / Random House Audio  
 Publishing.

Tribute /Roberts, Nora / Dyck, Jennifer-  
 Van

The Whole Truth /Baldacci, David /  
 McLarty, Ron

## DVDs

An American Haunting

Apollo 13

Avengers '67

Avengers '67

Backdraft

Ben-Hur

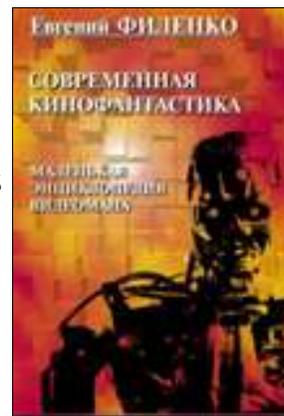
Betty Boop & Friends

Beyond Tomorrow

Big Bad Wolf

Blade Trinity

Bug



Cabin Fever  
The Chair  
Cigarette Burns  
Cloverfield  
Darkwolf  
Dead Alive  
Cigarette Burns  
Cloverfield  
Darkwolf  
Dead Alive  
Destination Moon  
Devil's Rejects  
Donnie Darko  
The Entrance  
Facing the giants  
The Final Patient  
Flightplan  
Frailty  
Frosty the snowman  
Godsend  
Good Will Hunting  
The Hills Have Eyes  
The Hitcher  
I am legend  
I Wake Up Screaming  
The Illusionist  
The Insatiable  
The Invasion  
It Waits  
Jesus of Nazareth  
Juno  
Left In Darkness

Legend of Cougar Canyon  
Legends  
Letters from Iwo Jima  
March of the penguins  
Message in a bottle  
Mission Impossible 3  
The Mist  
The Mummy  
Night Stalker  
The Notebook  
Perfect Creature  
Premonition  
Resident Evil: Extinction  
The Revenge of Frankenstein  
Rocketship X-M  
Rudolph the red-nosed reindeer  
See No Evil  
Seven  
Skeleton Man  
Soul Survivors  
Stir of Echoes  
Target Earth  
The Return  
The Thirst,  
Transformers  
Ultraviolet  
Underworld  
The Visitation  
Walk to remember  
Wolf Creek



# TIME CAPSULE TRIVIA

*Submitted by Sue Sumpter/Reprinted with permission from Reminisce Magazine*

From the decades spanning the 1920s to the 1960s, try to guess what year these historic events took place. The answer is given below, but no peeking!

1. The Beatles celebrate their first hit record on the United States charts, *I Want to Hold Your Hand*.
2. Frank Sinatra Jr. is kidnapped in Nevada but released unhurt after his famous father pays a \$240,000 ransom. The FBI quickly arrests three suspects and recovers most of the money.
3. Alfred Hitchcock's *The Birds* has moviegoers looking to the skies anxiously after leaving the theater.
4. Pitcher Sandy Koufax of the Los Angeles Dodgers throws a National-League-high 306 strikeouts in the regular season and then strikes out 15 Yankees in the first game of the World Series, which the Dodgers sweep.
5. The CBS Friday night lineup of *Route 66*, *The Twilight Zone* and *The Alfred Hitchcock Hour* continues to lead other networks in the ratings.

ANSWER: the correct year is 1963

## Gerhardt's Stories

### **PRAYING TO HAROLD !!!**

**A DADDY WAS LISTENING TO HIS CHILD SAY HIS PRAYER "DEAR HAROLD." AT THIS, DAD INTERRUPTED AND SAID: "WAIT A MINUTE, WHY DID YOU CALL GOD 'HAROLD' ?**

**THE LITTLE BOY LOOKED UP AND SAID: "THAT'S THE WAY THEY CALL HIM IN CHURCH. YOU KNOW THE PRAYER WE SAY: "OUR FATHER, WHO ART IN HEAVEN, HAROLD BE THY NAME."**

### **BARBER SHOP CLOSING** **FOR VACATION**

The IVH Barber Shop will close for vacation Sept. 5 and will re-open Sept. 22.

Don't forget that the IVH Beauty Shop cuts men's hair, too!



## *Native American Proverbs*

*By Terry "Graywolf" Maus*

Only after the last tree has been cut down; Only after the last fish has been caught; Only after the last river has been poisoned; Only then you realize That money cannot be eaten.

Cree Indian Prophecy

Don't be afraid to cry. It will free Your mind of sorrowful thoughts.

Hopi Proverb

Seek Wisdom, not Knowledge. Knowledge is of the past, Wisdom is Of the future. Lumbee Proverb

White men have too many Chiefs.

Nes Perce Wisdom

Don't let yesterday use up too much of today.

Cherokee Wisdom



## *National Veterans Awards*

For the 2008 National Veterans Creative Arts Competition, 3,166 veterans from 113 VA facilities across the country entered the competition. There were 5 different categories of creative arts: art, creative writing, dance, drama and music.



Steve Julius submitted a song under the category "vocal solo jazz" and received a certificate of participation.



Keith Williams submitted a song under the category "vocal solo religious" and also received a certificate of participation.



Don Laughlin submitted a song on his harmonica under the category instrumental solo Broadway" and placed 2<sup>nd</sup> nationwide and received a silver medal.



Don Laughlin, Steve Julius, Keith Williams and Bill Eilers submitted a song under the category "vocal group comedy" and placed 3<sup>rd</sup> nationwide and each received a bronze medal.

## Ohhh Those Senior Citizens!

By Larry Box/Dack 4

### Retired Guy

Working People Frequently Ask Me. "What Do Retired People Do To Make Their Day Interesting" I tell them how the other day I went down town, and into a store. I was only in there 5 minutes. And when I came out there was a police officer writing out a parking ticket. I said to the police officer: "Come on officer, how about giving a retired person a break"? He ignored me and continued writing the ticket. I called him a "Grump" as he inserted the ticket under the wiper blade. "I'm surprised you didn't ticket that damaged windshield" I called out. "I bet that reminded you of doughnuts this morning." So he wrote a third ticket. The more I verbally abused him the more he wrote tickets. This went on for 20 minutes and he wrote 8 tickets then he left. And I walked over to the

corner & caught my bus home. I've got to try & have a little fun each day now that I'm retired you know.



\*\*\* this is how the story was written\*\*\*

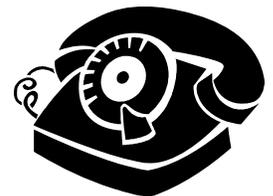
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THIS PAPER,  
YOU ARE  
WELCOME TO  
WRITE FOR  
THIS PAPER!**

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# *Cartoons and Humor*



*Do you ever wonder why Mc Cain and Obama seem to go back and forth? It's as if they are in a non-ending tennis match???*

B. Eilers



*To get across flood waters for the next go around, just lease this carrier by calling: 1-800-Carrier.*

B. Eilers

# Quiet Reflections



Photo By: Bill Eilers

## Answers to Improving Your Vocabulary

1. Miserly—Stingy, greedy for money and unwilling to share
2. Ignominy—Disgrace and dishonor, something disgraceful
3. Equivocal—Ambiguous, difficult to interpret

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A newspaper is not just for reporting news, it's to get people mad enough to do something about it. -- *Mark Twain*

