

# VINTAGE TIMES



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## The Vietnam War and the Loss of Trust

By:

**Doug Junker**

*Since I was born in 1974, and therefore did not live through and experience the events I write about below, I feel a degree of uncertainty in what I have written. Garnering my knowledge and understanding from a collection of teachers, professors, textbooks, historical sources, and documentaries has proved beneficial but it fails to compare to the experiences and feelings of those who lived through the 1960's and the Vietnam Era. Moreover, it is almost impossible to provide any meaningful assessment in such a short essay. That being said, I would invite you to share your experiences and would enjoy an opportunity to increase my knowledge and understanding of such a difficult period in our history.*

When Richard M. Nixon resigned the presidency on August 9, 1974 he did so to avoid the process of impeachment. For Nixon, the process of impeachment would have been lengthy and would have exposed decades of evidence of both proper and improper political dealings. Nixon understood this and took the necessary steps to preserve his legacy, and in some ways preserve the remaining integrity of the American political system.

As a defining period in the history of the United States one could argue that the Vietnam War Era should be held in the same esteem as the American Revolution, the Civil War, or any other momentous event on record. The Vietnam War gave rise to, or influenced, the Civil Rights Movement, the hippie movement, the expansion of the American drug culture, and for the first time,

provided the average American with the justification to question the integrity of the American government. Richard Nixon was not the first president who struggled to balance the American policy of containment (regarding the spread of communism), the morality of the war in Vietnam, and the social upheaval the war was causing at home. Kennedy, Johnson, and to some extent Eisenhower, had all walked the same fine line and often struggled to find any clarity or certainty in the correctness of American policy. What set Nixon apart is what he stood for, what he meant to both American conservatives, the "Silent Majority", and the younger generation who were so passionate in their efforts to end the war and bring about social change.

For the majority of the generation who had experienced Pearl Harbor, fought and won World War II, and returned home to give breath to the Baby Boomers, it was difficult to accept the blatancy and bluntness of the various peace movements. For these Americans, Nixon's pledge to restore law and order, and his stated intentions of ending the Vietnam War in a manner that would preserve American honor, was meaningful and worthy of their support. For those active in the peace and civil rights movement, Nixon's pledges to end the war positioned him as the best hope for attaining peace. When "Peace with Honor" proved elusive and the war continued into his second term, the patience of both factions began to wear thin. The mounting pressure felt by Nixon began to manifest itself as bitterness, anger, and paranoia, the results of which would ultimately lead to his downfall.

Richard M. Nixon had served as Eisenhower's vice president, had run against, and lost to, John F. Kennedy in 1960, felt that Kennedy was unbeatable in 1964 and therefore campaigned for Barry Goldwater, and then threw his hat into the ring in 1968. Nixon was garnering a lot of support

*The Vietnam War and Loss of Trust Cont.*

as Johnson himself was beginning to suffer from the unpopularity of American involvement in Vietnam. When Johnson declared his intention not to seek re-election, the door seemed open for Nixon. Nixon, although confident, worried that his victory in the upcoming election was anything but certain and therefore, was willing to take chances. In the months leading up to the 1968 election Nixon's sources in the Johnson administration hinted at the possibility of an "October Surprise", a last ditch political maneuver designed to help Nixon's democratic rival, Hubert Humphrey, win the presidency; Nixon felt the need to take action.

Peace talks between North Vietnam, South Vietnam, The Vietcong, and the United States had begun in early 1968 but from the onset, it was clear that any peaceful resolution was going to take time. Nixon, though, began to worry that success at the bargaining table would prove detrimental to his hopes of getting elected. Due to this concern, he organized a covert effort to convince the South Vietnamese to hold firm and not accept any suggested resolution with the promise that he would negotiate harder on their behalf after he won the election. Word of Nixon's back dealing eventually got to President Johnson, who called Nixon to discuss the matter. Nixon, knowing his meddling equated to treason, flatly denied the allegations and Johnson decided not to push the issue. Nixon went on to win the presidency in 1968, put the matter behind him, and set about putting his agenda to work. Then, in 1971, everything began to unravel.

In 1967 Robert McNamara had ordered a systematic study of America's involvement in Vietnam. Along with an accounting of all military and political actions, the report included frank and honest assessments of the minimal chances of long-term success in achieving American goals in the conflict. In addition, it seemed to point to the fact that Kennedy, Johnson, and McNamara himself were all convinced success was impossible

and yet had continued the war and perpetuated a conflict that had already accounted for a significant loss of American lives. The Pentagon Papers, as they became known, were leaked to the Washington Post and the New York Times in the spring of 1971 and were released to the American public in June.

Even though the Pentagon Papers contained little or no information that could have been construed as damaging to Nixon or his administration, the fact that the information was leaked to the press was of great concern. Nixon had his own skeletons he wished to keep in the closet and he worried that proof of his meddling in the 1968 peace negotiations might be exposed. This worry fed into his anger, bitterness, and paranoia and he immediately began utilizing elements of the FBI, CIA, and the IRS to prevent leaks and to uncover damaging information on his political rivals. These activities culminated in the Watergate Scandal and resulted in the downfall of Nixon and the continued erosion of the average American's faith in the justness of his government.

We have never really recovered from Vietnam nor have we forgotten the lessons that were so painfully learned. The willingness to distrust our government, or those who have been elected to lead it, has returned to the forefront and has led to the establishment of deep divisions within our political system. The rhetoric from those that oppose President Trump has become loud, angry, and in some cases irrational and in this way, differs little to the rhetoric that was sometimes aimed at President Obama. Regardless if you consider yourself a republican or a democrat you still have an obligation to protect and preserve the values and freedoms our country was founded upon. Moreover, it is our duty to uphold the law, support the constitution, and defend the right of others to view things differently than we do.

It is only through the willingness to listen, and the patience it takes to try to understand, that real progress can be achieved.

## Wii Bowling



Wii Bowling has become a popular sport at Vintage Park. Weekly games are played, and tournaments are held once a month. These are photos from our 2<sup>nd</sup> Tournament. Staff and tenants competed for the best score. As you can see, Marjorie Mellott edged out all the competition with flare. Her winning game contained two turkeys which put her well in the lead. These tournaments are a lot of fun and we hope to have more people participate from outside of the community. Family members, friends and members of the Lenox community are encouraged to try your luck against our “Star Bowlers.” Be on the look-out for our next tournament!



Rodeo Queens Visit Vintage Park



## From Cindy's Desk....

More than half of 2018 is in the history books already! I don't know about you—but, time seems to be speeding by faster every day. I can hardly keep up...

Soon school will be starting, and we will be wondering where the summer months went...we sure have appreciated the summer aides. It will be quite an adjustment for us to send them back to school. They will miss being here, too. I know that they have all developed a fondness for each of you, and some of them have asked if they can continue to work here after school and on weekends during the school year.

Many of you have been asking for small/household items that you need for your rooms—like batteries, toilet paper, power strips, etc. We have decided to keep those items in the Country Store cabinet by Doug's office – so you can purchase them whenever you need them and not worry about running to the store. You don't have to wait until the Country Store is open, either. Just ask Doug or Melissa, and if they are here, they will let you make a purchase at any time!

### Notice

Please remember to return all dining items to the kitchen to prevent shortages during meals. We understand that cups and silverware get taken back to rooms, which we are fine with, as long as they return in a timely manner.

Check your cabinets



## Straight from the Kitchen Cupboard

By Amy Jenkins

What's the best part about summer? If you ask the tenants of Vintage Park, it's sweet corn.

As soon as it was in season requests came pouring in for fresh sweet corn. Luckily for us, Gates Sweet Corn came down to Lenox and delivered to Vintage Park. Tenants were eager to help shuck the golden ears. The sweet summer treat was the talk of the building. We even had a tenant purchase sweet corn for the community while on an outing. What a nice way to brighten everyone's day.

With the large quantity of sweet corn that needs to be prepared for a meal at Vintage Park, boiling is our preferred method, but there are many ways to prepare your favorite summer treat. For those of you who don't have a stove or grill at your disposal, try the microwave!

### How to Microwave Sweet Corn

For this microwave method, leave the ears of corn in their husks. This helps trap heat and moisture which allows the kernels to cook evenly. It also makes them easier to shuck. For 1 to 2 ears of corn cook for 3-5 minutes. After microwaving, be sure to let the ears sit for a few minutes before shucking, as they are very hot! When the silks and top leaves are cool enough to handle, peel them back. Remember, the whole point of microwaving corn is to *not* break a sweat!

### Things to Remember About Corn

- Do not add salt to the water when cooking sweet corn because the salt will toughen the corn. Add a little sugar to the water to boost the flavor.
- Sweet corn will lose its sweetness much faster if stored at room temperature compared to storing in the refrigerator.
- Do not husk before storing in the refrigerator. Husk just before preparing.
- It is best to eat corn as soon as possible after it has been picked, as the sugar in the corn starts to turn to starch, which means less flavor to enjoy!



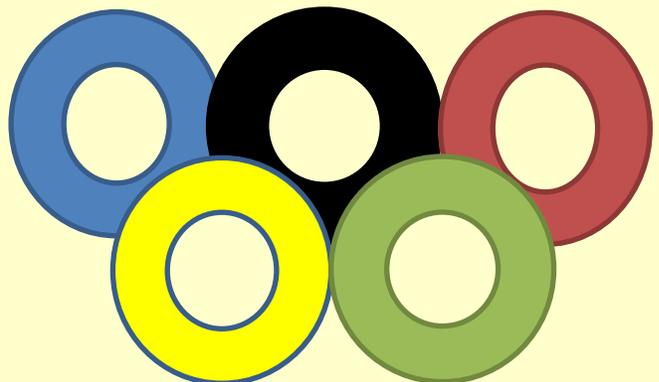
## August Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Broccoli Cheese Chicken Breast Baked Potato Catalin Carrots Bread Seasonal Fruit	2. Hot Beef Sandwich Mashed Potatoes Gravy Asparagus Frosted Brownie	3. Herb Baked Chicken Long Grain Rice Vegie Casserole Bread Lemon Poke Cake	4. Lasagna Tossed Salad Garlic Toast Oreo Rick Krispy Square
5. Roasted Chicken Cornbread Stuffing Sweet Potatoes Roll Pie	6. Philly Sandwich Potato Chips Coleslaw Chef's Choice Dessert	7. Parmesan Crusted Pork Chop Caesar Pasta Salad Italian Blend Vegetables Ambrosia Cake	8. Fried Chicken Mashed Potatoes Gravy Asparagus Bread Strawberry Cake	9. Beef Stroganoff Noodles Broccoli Fresh Baked Bread Blueberry Cream Pie	10. Cheeseburger Grilled Potatoes Summer Squash Cheesecake	11. Ham Steak Mashed Potatoes Gravy Cheddar Corn Casserole Bread Fruited Gelatin
12. Beef Pot Roast Mashed Potaotes Gravy Asparagus Roll Pie	13. Baked Chicken Breast Baked Sweet Potato Green Beans Bread Fresh Fruit	14. Country Fried Steak Mashed Potatoes Gravy Mixed Veggies Spiced Apples	15. Liver & Onions Mashed Potatoes Gravy Sunshine Carrots Turtle Pudding	16. Apple Cider Pork Loin Roasted Red Potatoes Peas Bread Pretzel Dessert	17. Boneless BBQ Ribs Cheesey Potato Casserole Key West Blend Bread Jello	18. Salisbury Steak Mashed Potatoes Gravy Pickled Beets Bread Fruit Cup
19. Paprika Chicken Cheddar Sour Cream Mashed Potatoes Mixed Veggies Roll Pie	20. Spaghetti Italian Blend Veggies Garlic Toast Snickerdoodle Fruit Crisp	21. Swedish Meatballs Noodles Green Beans Biscuit Fresh Fruit	22. Country Fried Steak Mashed Potaotes Gravy Sunshine Carrots Angel Food Cake	23.   Pirate Themed Meal	24. Grilled Pork Chop Fried Potatoes Coleslaw Bread Banana Cream Cheesecake	25. Chicken Stir Fry Rice Egg Roll Ice Cream Sundae
26. Garlic Ginger Pork Loin Parmesan Scalloped Potatoes Green Beans Roll Cherry Pie	27. Fried Chicken Mashed Potaotes Gravy Broccoli Bread Caramel Blondie	28. Savory Meatloaf Mashed Potatoes Gravy Chuckwagon Corn Strawberry Dessert	29. Broccoli Cheese Chicken Breast Baked Potato Catalina Carrots Bread Fresh Fruit	30. Hot Beef Sand. Mashed Potatoes Gravy Asparagus Frosted Brownie	31. Herb Baked Chicken Long Grain Rice Veggie Cass. Bread Lemon Poke Cake	

# Lenox Rodeo Parade



Vintage Park  
Takes 2<sup>nd</sup>  
Place!




 Staff  
Spotlights


Rachael Gard celebrates her first year as the Vintage Park Health Coordinator in August. Rachael not only brings knowledge to Vintage Park but also a great attitude and she encourages others to do the same.

Rachael is from Lenox, Iowa and lives within 200 yards of Vintage Park. Rachael has three children; Eli and Nathan, who are 8-year-old twins, and 5-year-old Madison.

Rachael has been a nurse for 20 years. She graduated from Iowa Methodist School of Nursing in 1998.

In her spare time, she enjoys reading, golfing, exercising and spending time with the kids. Her favorite hobbies are golfing and reading.

Being a nurse is her passion and working at Vintage Park allows her to do what she loves every single day. She also gets to work with some of her favorite people on a daily basis!

We are lucky to have Rachael as a leader for our staff and a nurse to care for our tenants.



Cassie Spencer celebrates her 6 year anniversary here at Vintage Park this September. Cassie works in the kitchen and her knowledge of the tenant's tastes, and desires, shine through in her cooking. Cassie is committed to making out tenants happy.

Cassie was born in California and lived there until she was 12. She then moved to Bedford, IA with her stepdad and has lived there ever since. Cassie has two children and 5 grandchildren, who all live in Minnesota. Cassie tries to visit them as often as she can.

Cassie loves gardening and spending time with her friends. She is also very involved in her church. Cassie is a talented singer and is often honored with requests to sing at weddings and funerals.

Cassie loves working at Vintage Park because of the "family" feel and the great and caring team that we have. The residents, as well as the staff, have become like a second family. Cassie stated, "If my parents were still with me, I would suggest they live here."

## Important Dates

August 5<sup>th</sup> - National Doll Day (Doll Display)

August 6<sup>th</sup> - National Root Beer Float Day

August 12<sup>th</sup>-18<sup>th</sup> - Weird Contest Week

August 19<sup>th</sup> - Trip to Aviation Museum

## **August Birthdays**

6<sup>th</sup>- Lydia Hartnet

8<sup>th</sup>- Ron Davison

10<sup>th</sup>- Margaret Gardner

24<sup>th</sup>- Leland Carmichael



Please feel free to contact us via email at anytime

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Racheal Gard, Health Care Coordinator: [nurse@vintageparkkpts.com](mailto:nurse@vintageparkkpts.com)

Melissa Butler, Life Enrichment Coordinator: [life@vintageparkkpts.com](mailto:life@vintageparkkpts.com)

## Summer Nights

e b r d h t i g s t t i r b l m h t n c	sun
b e n t g n i v i d e e w a e s s i h a	ice cream
s a c n i i b d s s h a t s e t c p s a	hot seats
s c r m r o f i n u r e m m u s r t i u	cold water
e h n e a i e n i l n a t b e n a o f o	beach
s p o l f p i l f i m h b s o e b p y d	sand castles
u t q r n e s d g u a i s c s y s u a r	sand
n b h s t r e h u b e e w t o g s d r i	crabs
b m o g c s t t o s r s o s s h i s c n	sun block
l o s f i s h a n d c h i p s u c s u i	loud kids
o k l a s n t o r d e o d e r a n t f k	surf
c o l d w a t e r o c c l p i f h d p i	swim
k r u c r p m o l t i t s d a f n s a b	fish
i . g n l m n t h g s d i k d u o l r y	life jacket
t i a l u s o k s a n o n t f r a a t k	boat
. . e s t s f b c i k i d i t o i d y r	diving
o p s s u w j d g i r l s e r i f n o b	seagulls
b o f r i e n d s s n h a i e s i a k r	speedos
l i f e j a c k e t t o c d r p a j g s	bikini
t y a s s t e l k n a c o s m c s f s n	boys
	girls
	hot nights
	cold drinks
	sun burn
	seaweed
	short shorts
	flip flops
	fish and chips
	party
	friends
	hats
	tan line
	summer uniform
	sweat
	late nights
	fun
	summer dresses
	bare feet
	bon fires

## SUMMER FUN FACTS

By Kim Morris

1. The average American drinks 2.5 cups of water daily. This is not near the recommended amount. A good basic rule of thumb is to take your body weight (in pounds) and divide it by 2. This is the number of ounces of water that you should be drinking each day. For example, if you weigh 150 pounds, you will need 75 ounces of water per day.
2. The “dog days of summer” refer to the weeks between July 3 and August 11 and are named after the Dog Star (Sirius) in the Canis Major constellation. The ancient Greeks blamed Sirius for the hot temperatures, drought, discomfort, and sickness that occurred during the summer.
3. July, the hottest summer month in the Northern Hemisphere, is National Ice Cream Month. Americans eat an average 20 quarts of ice cream a year. Vanilla is the most popular flavor, with chocolate coming in a distant second.
4. August was named after Julius Caesar’s nephew. He had received the title of “Augustus” which means “reverend”.
5. Watermelon can help alleviate muscle cramps, reduce water retention in the body, and help with healthy blood flow. The average American consumes 15 pounds of watermelon annually.
6. 200 people on average go to the emergency room every day with fireworks-related injuries in the month around the July 4<sup>th</sup> holiday.
7. On an 85-degree day, a car with the windows cracked open can reach an interior temperature of 102 degrees in 10 minutes and 120 degrees in 20 minutes.
8. It’s recommended by some researchers that approximately 5-30 minutes of sun exposure between 10:00 am- 3:00 pm at least twice a week without sunscreen is sufficient to meet Vitamin D needs.
9. The Eiffel tower, in France, actually grows in the heat of the summer. Due to the iron expanding, the tower grows about 6 inches every summer.

