

VINTAGE TIMES

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The Dust Bowl

**By:
Doug Junker**

The first European explorers who ventured into the high plains of the American continent marveled at the vastness of the treeless prairie and were awed by the people and animals that flourished among the grasslands. For centuries the native grasses of the “Great American Desert” had provided nourishment for bison, antelope, deer, elk, and the American Indians who followed the herds and thrived by wasting nothing. By the 1850’s a widespread movement to subjugate and remove the Plains Indians was well underway and new land in present day Texas, Oklahoma, Kansas, Colorado, and Nebraska became available to settlers. The federal government, eager to populate the area and fulfill America’s “Manifest Destiny”, allowed homesteaders to move into the Nebraska and Kansas territories. The ensuing fight over whether the new territories would enter the Union as free or slave states resulted in armed conflict in Kansas and helped propel the nation towards civil war.

The onset of the Civil War, in 1861, removed any concerns the federal government had about appeasing the Southern States and preserving the balance of “free” and “slave” power in Congress. The 1862 Homestead Act opened millions of acres for settlement and promised 160 acres to “any adult who had never taken up arms against the federal government of the United States”. Further Congressional acts, the Timber Culture Act of 1873, Kinkaid Amendment of 1904, and additional homestead legislation, expanded both the territory open for homesteading and the size of the parcels able to be obtained. Initial settlement efforts were supported further by the completion of the Transcontinental Railroad in 1869. The railroad provided safe passage west and reliable shipment of goods to and from the new

territories; both factors that led to much of the Great Plains being settled by the onset of the 20th Century.

Early agricultural efforts in the region centered upon ranching. The ample grasslands, along with access to large herds of Texas cattle, made ranching the obvious choice for how to best utilize the new land. This began to change in the 1890’s as ranchers experienced several years of drought and severe winter weather that decimated the herds and made profits hard to find. Slowly more acres were cultivated and efforts to grow wheat were aided by Russian Mennonites, who introduced varieties of hard red winter wheat into the area. The new crop flourished in the semi-arid climate of the High Plains and proved that money could be made from farming in the territories. Early farming successes, aided by a decade or so of better than average rainfall amounts, led to expanded immigration and yet more acres being tilled. The number of acres being farmed increased steadily until the onset of World War I, when the demand for wheat fueled unprecedented growth in American production and the American farm economy.

World War I, along with the Russian Revolution, caused dramatic decreases in European wheat production while, at the same time, created a huge demand for wheat and food stuffs. The American farmer, newly equipped with gasoline powered machinery and benefiting from ample rainfall, was well suited to meet the growing demand. Between 1900-1920 the number of cultivated acres in the High Plains doubled. The Armistice of November 1918 ended the war and brought with it a distinct decline in wheat prices. Many farmers had attempted to take advantage of the boom caused by the war and had purchased land to expand their production. Now, with debts to pay and prices in decline, many farmers responded by cultivating more acres and growing more wheat. The increase in wheat production, aimed at generating enough income to pay off debts, led to the number of cultivated acres tripling between 1925-1930. Then in 1930, the rains stopped.

The Dust Bowl Cont.

Farmers on the High Plains had benefited greatly from higher than average rainfall totals in the 1920's. The ample supply of rain led many to grasp onto the notion that "rain always follows the plow". The sudden end to the precipitation quickly dispelled this myth. By the early 1930's many farmers on the High Plains were suffering from drought. Crops planted in the dry soil would fail to germinate. In other instances, a promising rainfall would cause the seed to sprout, grow, and begin to flourish before succumbing to drought or the large swarms of locusts that would fly in and consume anything green. Some farmers went years without producing a crop and their efforts to farm the dry ground had turned the soil into a fine dust that was easily picked up and stripped away by strong winds. The resulting dust storms ravaged the Midwest and, in some cases, made living in the area impossible.

On May 9, 1934 a massive 2-day dust storm blew large amounts of High Plains topsoil east. In Chicago over 12 million tons of dust fell and by the 11th of May the dust cloud had made its way to New York, Boston, and Washington D.C., where Hugh Bennet, the director of the newly formed Soil Erosion Service, was addressing Congress in hopes of obtaining the funding that was needed to ease the suffering of the Dust Bowl farmers and to take the necessary steps needed to stop the dust. Congress, no doubt influenced by the image of Midwestern topsoil blowing outside their window, passed the legislation and almost immediately, government agents traveled to the Dust Bowl region to see what could be done.

To help control the impact of the winds, the Civilian Conservation Corps planted a shelter belt of trees that ranged from Canada to Abilene, Texas. To provide financial relief and food for hungry Americans effected by the Great Depression, the government enacted programs to purchase livestock from effected farmers. These programs resulted in the purchase, slaughter, or extermination of over 6 million hogs and whole herds of cattle. Farmers in the Dust Bowl region received education and

training on anti-erosion techniques such as crop rotation, strip farming, contour plowing, terracing, and instruction on how to reintroduce the native grasses that would help hold the soil in place. By 1938, the amount of blowing soil was down 65% and number of acres taken out of production was greatly increased due to the estimated 3.5 million residents of the Plains States who had left in search of better opportunities in places such as California.

The generation of Americans who suffered through the Dust Bowl and the Great Depression never forgot the lessons learned during the 1930's. Their willingness to learn from their mistakes allowed them to grasp onto the new farming practices that would allow them to raise crops and families while still protecting the land upon which they lived. Current farming practices in the High Plains are based upon a heavy reliance on irrigation. Center pivot irrigation systems, large enough and distinct enough to be easily identified out the window of any airliner, pump water onto the thirsty crops and provide what normal weather patterns do not. The water used to keep crops green, and farmers in business, is drawn from the Ogala Aquifer, a vast reservoir of groundwater. Irrigation has allowed many acres, that have been fallow since the late 1930's, to be returned to production, but at a price. In recent years there have been isolated dust storms reported in parts of Texas and some experts hypothesize that the constant irrigation will deplete the Ogala Aquifer by 2050 thereby returning the area to Dust Bowl conditions and economic, along with, environmental ruin.

The American farmer has always succeeded due to the willingness to work hard, the determination not to give up, and the innovative spirit needed to find solutions to the challenge of raising crops and making profits. Let us also hope that they possess the wisdom to take the necessary steps to ensure that the history of the Dust Bowl, does not repeat itself.

June Birthdays

June 13th- Eleanor Cantieri
June 23rd- Darlene Peterson



Riddle of the Month....

Q. What do you call it when your parachute doesn't open?

Answer to last month's question:

Q. What kind of tree can you carry in your hand?

A. A Palm Tree

Maintenance Matters

BY DON COX

Spring is finally here. Boy are we wet, lots of rain. We have been working on the raised gardens and flower pots around the building. Things are really looking nice. Bird houses and feeders have been put up and the birds are singing away. Glenn and Don have been mowing and working on the landscaping. We have planted at least 25 new shrubs to replace winter kill.

The expansion project is in full swing. Mud, tape and texture are on and we have begun the painting process. Soon flooring, vanities, mirrors and toilets will follow. New doors are being installed. Also, new alarms and fire safety strobes are also being installed. Looks like we will be using it very soon.



Please feel free to contact us via email at anytime

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SPRING CLEANING...

By Cindy Cox

Well—Spring is FINALLY HERE! In fact, as I am typing this (May 15th) the weatherman says it will be almost 90 degrees today. A few days ago, it was 45 and rainy/dreary...4 days later the temperature has doubled. Iowa is like that

We are working to get all of our spring cleaning done. We have washed the windows - inside and out—throughout the building. We have cleaned out flower pots and flower beds and planted new flowers and replaced dead shrubs. We've patched holes in the parking lot and sprayed for bugs. We have put up some new birdhouses and replaced the flag. The lawn has been mowed twice already.

Tomorrow we are doing our semi-annual kitchen “deep clean” ... where we pull out all of the heavy kitchen equipment and clean it out, and clean behind and under it. We turn the dining tables and chairs upside down to clean underneath. We take everything out of drawers and off the shelves and clean them, too. We even clean the walk in cooler and freezer! It is a team effort—but, everyone feels really good (and it looks sparkling!) when we finish. 6 months later....we do it all again!

We sent out a survey to families of our residents awhile back, soliciting feedback on our culinary services. To date—we have received ZERO response(s). So...we are going to try another way to get some feedback. We will be putting survey forms and pencils

on each table in the dining room, periodically, for a while. We would like you to comment on the menu items served that meal—along with any remarks you have about the meal service.

Vintage Park's culinary services has had some changes recently (Cassie took a different job and Erika has joined our team, we have new spring menus from our dietitian - with some menu items that are popular and some that are not...) and a few curveballs (for example - we served 14 guests at our Mother's Day brunch last year....expected about 20 guests this year....but served 58!. That is fantastic response—but, we were a little under-prepared for that large a showing!). So, we felt it was a good time to ask our favorite people (YOU!) to help us figure out what is working and what we need to improve upon. So—let us know what you think!

Thank you for choosing Vintage Park to be your home. We are honored to serve you!





Kentucky Derby Party



An Afternoon of Style & Fun



Alzheimer's and Brain Awareness Month

By Kim Morris

June is Alzheimer's and Brain Awareness Month. Throughout the year Vintage Park holds fundraising events with the proceeds going to the Alzheimer's Association. Most recently we held the 1st Vintage Park Track Meet and were able to donate \$1,000 to the Alzheimer's Association. I thought it would only be fitting this month to give you some facts on Alzheimer's disease and how the Alzheimer's Association uses our donations.

Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Approximately 200,000 Americans under the age of 65 have younger-onset Alzheimer's disease (also known as early-onset Alzheimer's).

Alzheimer's worsens over time. Alzheimer's is a progressive disease. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Alzheimer's is the sixth leading cause of death in the United States.

Alzheimer's has no current cure, but treatments for symptoms are available and research continues. Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort under way to find better ways to treat the disease, delay its onset, and prevent it from developing.

Funding for Alzheimer's care, support, advocacy and research comes from individual donors and from organizations whose work is aligned with Alzheimer's Association mission.

Donations help to accelerate the Alzheimer's Association's mission to eliminate Alzheimer's disease and to provide the best care and support to those living with Alzheimer's.

The national Alzheimer's Association organization reports that 77 percent of their total annual expenses go to care, support, research, awareness and advocacy activities.

In aggressive pursuit of its vision of a world without Alzheimer's, the Alzheimer's Association made its largest-ever research investment in 2018 with grants of over \$30 million to 131 scientific investigations. As the world's leading nonprofit funder of Alzheimer's research, the Association is accelerating the field toward a world without Alzheimer's.

Since 1982, the Alzheimer's Association has invested over \$435 million in more than 2,900 scientific investigations worldwide.

Information from this article provided by the Alzheimer's Association. For more information on Alzheimer's disease facts, research, and support go to www.alz.org

**Dr. Kopp Visits
June 6th
&
June 20th**

**Dr. Licandro
June 4th**

Straight from the Kitchen Cupboard

By Amy Jenkins

Summer is fast approaching, and I can't think of a better time to talk about the nutrient rich benefits of dairy products. After all, ice cream is a dairy product!

Did you know that most dairy products contain 9 essential nutrients that can help you manage your weight, reduce your risk of high blood pressure and reduce your risk of cancer?

Dairy products such as cheese, yogurt or a glass of milk are convenient and cost-effective ways to increase your protein intake.

Not only are dairy products healthy, but they are "udderly" delicious. Be sure to enjoy some dairy products this month in honor of National Dairy Month. The Vintage Park kitchen always has skim and 2% milk available for all meals, the ice cream cooler in the coffee shop is always stocked and the salad bar is frequented with yogurt. There are plenty of opportunities to stock up on this nutrient rich superfood at Vintage Park.

Until next time, keep it saucy and play with your food!

Around the World with Amy June 20th



Join us as we travel to Louisiana for some Cajun cooking.

Father's Day BBQ June 15th

Grilled Hamburgers & Brats
Potato Salad
Baked Beans
Ice Cream

Activities at a Glance

By Melissa Butler

Last month we celebrated our mothers with a brunch and special music. All the ladies received, fresh from the flower shop, corsages to wear on their special day. This month, it is the men's turn. For Father's Day we will be doing a cookout with grilled hamburgers and brats. Make sure to mark your calendar for the Saturday before Father's Day so you can join us. Activities for the guys special weekend include horse racing, racing cars and throwing darts. It's like the saying goes.... boys and their toys. It should be a fun weekend and we look forward to seeing lots of family members.

Summer begins on June 21st and we are celebrating with our annual Luau. The Luau will be held June 26th with a talent show to follow lunch. We will have more fun things planned throughout the day to celebrate the summer season. Be sure to dust off your Hawaiian shirts and grass skirts for our special day.



Talent Show

June 26th
1:30pm



Come share your talents with us. This is open to tenants, staff, family members, friends and community members.

Dip Nails

June 11th

Kady Butler Russell will be in the coffee shop doing dip nails for any tenant who would like to try them. She is offering this service free of charge. Mark your calendars so you can try the new craze!

June Lunch Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30. Beef Pot Roast Roasted Potatoes/Carrots Gravy Roll Pie						1. Smokehouse Ribs Potato Salad Baked Beans Bread Seasonal Fruit
2. Beef Pot Roast Roasted Potatoes/Carrots Gravy Roll Pie	3. BLT Sandwich Macaroni & Cheese Pea Salad Seasonal Fruit	4. Honey Mustard Chicken Baked Potato Carrots Bread Strawberry Cake	5. Herbed Pork Loin Pasta Salad Broccoli Garlic Toast Fruited Gelatin	6. Meatloaf Vegetable Blend Bread Pudding Parfait	7. Pur Southern Catfish Filet Garden Blend Rice Bread Seasonal Fruit	8. Chicken Fajita Pasta Bake Corn Bread Ice Cream
9. Bacon Wrapped Pork Loin Candied Yams Peas Roll Pie	10. Lemon Pepper Tialpia Filet Long Grain Rice Parslied Carrots Bread Berry Crisp	11. Swiss Steak Mashed Potatoes Gravy Corn Fresh Baked Bread Frosted Chocolate Cake	12. BBQ Chicken Breast Pasta Salad Yellow Squash Melon Wedge	13. Glazed Ham Baked Potato Green Beans Bread Strawberry Gelatin	14. Herb Roasted Chicken Mashed Potatoes Gravy Seasonal Veggies Bread PB Choc Chip Blondie	15. Grilled Hamburgers & Brats Potato Salad Baked Beans Ice Cream
16. Roast Turkey Roasted Red Potatoes Gravy Creamed Peas Roll Pie	17. Marinated Pork Loin Baked Sweet Potato Carrots Bread Pudding Parfait	18. Hamburger Potato Baked Beans Seasonal Fruit	19. Tortilla Crusted Chicken Breast Fiesta Rice & Beans Banana Cream Pie	20. Roast Beef Mashed Potatoes Gravy Corn Bread Cheesecake	21. Pur Breaded Cod Filet Pasta Alfredo Vegetable Blend Garlic Toast Rainbow Cake	22. Baked Ham Fried Potatoes Broccoli Bread Seasonal Fruit
23. Fried Chicken Mashed Potatoes Gravy Creamy Coleslaw Roll Pie	24. Spaghetti & Meatballs Seasoned Peas Fudge Brownie	25. Seasoned Pork Chop Candied Yams Vegetable Blend Bread Fruit Crisp	26. Luau Smoked Pork Grilled Pineapple Squash Melon	27. Smothered Chicken Garden Blend Rice Broccoli Bread Sherbet	28. Battered Fish Fried Potatoes Green Beans Bread Pineapple Upside Down Cake	29. Smokehouse Ribs Potato Salad Baked Beans Bread Seasonal Fruit

Out of Amo

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