



The Westbrook Chatterbox

What is Love? According to the dictionary, love is defined as an intense feeling of deep affection or a great interest and pleasure in something. Look at those words... intense, deep, great. Such powerful words! It conveys strong emotion.

We often use the word love for things that don't really matter. Think about it. I love ice cream or I love that TV show. Do we really have that strong of a pleasure or interest? Do we have intense feelings about these things?

I'm just as guilty of this as anyone else. But I have come to decide that love needs to be used for the really important things like people. I love my friends and family. People are what really matters. They should inspire intense feelings of deep affection.

Love should inspire us to treat people well. To not put them down but build them up. To not name call but acknowledge them for who they are. To not criticize them for wrong but praise them for the good. To not bully them emotionally, mentally or physically but to listen to them and guide them gently.

The Bible gives us the ultimate guidelines for love. In I Corinthians 13:4-8, the Bible say:

*Love is patient and kind; love does not envy or boast; it is not arrogant or rude.
It does not insist on its own way; it is not irritable or resentful;
it does not rejoice at wrongdoing, but rejoices with the truth.
Love bears all things, believes all things, hopes all things, endures all things.
Love never ends.*

I don't know about you but that is a lot to live up to. I am not always patient or kind, especially when a person has wronged me. I've been known to envy others for things they have that I don't. I've been rude to those I love because they didn't do what I wanted them to do for me. I often want my own way and I can get irritable when I don't get my way. I have to admit that I have taken pleasure when bad things happen to others who I feel deserve it.

However, that is not who I should be or who I want to be. I want to rejoice in truth. I want to put others before me because I love them more than myself. I want to believe in the good in people and not concentrate on the bad. I want to have hope that people will ultimately do the right things. We have to endure day to day life, but it can be so much better when we endure them through the eyes of love. Love never ends. That means I should never stop trying to love others. I've heard it said, "The Bible doesn't say I have to like someone but I do have to love them."

Do I love others as I should? Do I want to be the bigger person? When I see people in need, do I show them love or do I turn away?

To love is not the easiest thing. It requires purposeful thought and selfless actions. It requires me to be interested in others and not myself.

I want to exhibit a Biblical love. I want to be put others first and I want to be the person God created me to be. I cannot be that person without loving. I challenge you to truly love each other. Let go of petty differences and try to find the common ground. Don't focus on the irritating things others do but take the time to try and understand them instead.

I Corinthians 13:13 says: *So now faith, hope, and love abide, these three; but the greatest of these is love.*

This month let's strive to prove to ourselves and others that love truly is the greatest.

Until Next Month –
Janelle

The Day the Music Died

From Wikipedia, the free encyclopedia

On February 3, 1959, American rock and roll musicians Buddy Holly, Ritchie Valens, and "The Big Bopper" J. P. Richardson were all killed in a plane crash near Clear Lake, Iowa, together with pilot Roger Peterson.^{[a][1][2]} The event later became known as "**The Day the Music Died**" after singer-songwriter Don McLean referred to it as such in his 1971 song "American Pie".

At the time, Holly and his band, consisting of Waylon Jennings, Tommy Allsup, and Carl Bunch, were playing on the "Winter Dance Party" tour across the Midwest. Rising artists Valens, Richardson, and vocal group Dion and the Belmonts had joined the tour as well. The long journeys between venues on board the cold, uncomfortable tour buses adversely affected the performers, with cases of flu and even frostbite.

After stopping at Clear Lake to perform, and frustrated by the conditions on the tour buses, Holly chose to charter a plane to reach their next venue in Moorhead, Minnesota. Richardson, suffering from flu, swapped places with Jennings, taking his seat on the plane, while Allsup lost his seat to Valens on a coin toss. Soon after takeoff, late at night and in poor, wintry weather conditions, the pilot lost control of the light aircraft, a Beechcraft Bonanza, which subsequently crashed into a cornfield, killing all four on board.

The event has since been mentioned in several songs and films. Various monuments have been erected at the crash site and in Clear Lake, where an annual memorial concert is also held at the Surf Ballroom, the venue that hosted the artists' last performances.

Background

In November 1958, Buddy Holly terminated his association with The Crickets. According to Paul Anka, Holly realized he needed to go back on tour again for two reasons: he needed cash because the Crickets' manager Norman Petty had apparently stolen money from him, and he wanted to raise funds to move to New York City to live with his new wife, María Elena Holly, who was pregnant.^[3] Holly signed up with General Artists Corporation (GAC) because "he knew they were planning a British tour and he wanted to be in on that".^[4]

For the start of the "Winter Dance Party" tour, Holly assembled a band consisting of Waylon Jennings (bass), Tommy Allsup (guitar), and Carl Bunch (drums), with the opening vocals of Frankie Sardo. The tour was set to cover twenty-four Midwestern cities in as many days—there were no off days. New hit artist Ritchie Valens, "The Big Bopper" J. P. Richardson, and the vocal group Dion and the Belmonts joined the tour to promote their recordings and make an extra profit.^{[5][6]}

Winter Dance Party Tour schedule, 1959

The 1959 tour began in Milwaukee, Wisconsin, on January 23, with the performance in Clear Lake, Iowa, on February 2 being the eleventh of the twenty-four scheduled events. The amount of travel required soon became a serious problem. The distances between venues had not been properly considered when the performances were scheduled. Instead of systematically circling around the Midwest through a series of venues in close proximity to one another, the tour erratically zigzagged back and forth across the region, with distances between some tour stops exceeding 400 miles (640 km). As there were no off days, the bands had to travel most of each day, frequently for ten to twelve hours in freezing mid-winter temperatures. Most of the Interstate Highway System had not yet been built, so the routes between tour stops required far more driving time on narrow two-lane rural highways than would now be the case on modern expressways.

GAC-Super Productions, the organization that booked the tour,^[7] later received considerable criticism for their seemingly total disregard for the conditions they forced the touring musicians to endure:

They didn't care. It was like they threw darts at a map ... The tour from hell—that's what they named it—and it's not a bad name. — *Buddy Holly historian Bill Griggs*^[8]

The entire company of musicians traveled together in one bus, although the buses used for the tour were wholly inadequate, breaking down and being replaced frequently. Griggs estimates that five separate buses were used in the first eleven days of the tour—"reconditioned school buses, not good enough for school kids".^[8] The artists themselves were responsible for loading and unloading equipment at each stop, as no road crew assisted them. Adding to the disarray, the buses were not equipped for the harsh weather, which consisted of waist-deep snow in several areas and varying temperatures from 20 °F (−7 °C) to as low as −36 °F (−38 °C). One bus had a heating system that malfunctioned shortly after the tour began, in Appleton, Wisconsin.

Later, Richardson and Valens began experiencing flu-like symptoms and drummer Bunch was hospitalized for severely frostbitten feet after the tour bus stalled in the middle of the highway in subzero temperatures near Ironwood, Michigan. The musicians replaced that bus with another school bus and kept traveling.^[9] As Holly's group had been the backing band for all of the acts, Holly, Valens and DiMucci took turns playing drums for each other at the performances in Green Bay, Wisconsin, and Clear Lake, Iowa, with Holly playing drums for Dion, Dion playing drums for Ritchie, and Ritchie playing drums for Holly.^[10]

On Monday, February 2, the tour arrived in Clear Lake, west of Mason City, having driven 350 miles (560 km) from the previous day's concert in Green Bay, Wisconsin. The town in northern Iowa had not been a scheduled stop; tour promoters hoped to fill the open date and called the manager of the local Surf Ballroom, Carroll Anderson (1920–2006), and offered him the show. Anderson accepted and they set the show for that night. By the time Holly arrived at the venue that evening, he was frustrated with the ongoing problems with the bus. The next scheduled destination after Clear Lake was Moorhead, Minnesota, a 365-mile (590 km) drive north-northwest—and, as a reflection of the poor quality of the tour planning, a journey that would have taken them directly back through the two towns they had already played within the last week. No let-up after that was in sight, as the following day after having traveled from Iowa to Minnesota, they were scheduled to travel right back to Iowa, specifically almost directly south to Sioux City, a 325-mile (520 km) trip.

Holly chartered a plane to fly himself and his band to Fargo, North Dakota, which is adjacent to Moorhead. The rest of the party would have picked him up in Moorhead, saving him the journey in the bus and leaving him time to get some rest.^[9] Their gig in Moorhead was to have been a radio performance at the station KFGO with disk jockey Charlie Boone.

Flight arrangements

Anderson called Hubert Jerry Dwyer (1930–2016), owner of the Dwyer Flying Service in Mason City, to charter the plane to fly to Fargo's Hector Airport, the closest one to Moorhead.^[11] Flight arrangements were made with Roger Peterson, a 21-year-old local pilot described as a "young married man who built his life around flying".^[12]

The flying service charged a fee of \$36 per passenger for the flight on the 1947 single-engined, V-tailed Beechcraft 35 Bonanza (registration N3794N^[13]), which seated three passengers and the pilot.^[14] A popular misconception, originating from Don McLean's song about the crash, was that the plane was called *American Pie*; no record exists of any name ever having been given to N3794N.^[15]

The most widely accepted version of events was that Richardson had contracted the flu during the tour and asked Jennings for his seat on the plane.^[16] When Holly learned that Jennings was not going to fly, he said in jest: "Well, I hope your ol' bus freezes up." Jennings responded: "Well, I hope your ol' plane crashes", a humorous but ill-fated response that haunted him for the rest of his life.^[17] Valens, who once had a fear of flying, asked Allsup for his seat on the plane. The two agreed to toss a coin to decide.^[11] Bob Hale, a disc jockey with Mason City's KRIB-AM, was emceeing the concert that night and flipped the coin in the ballroom's side-stage room shortly before the musicians departed for the airport. Valens won the coin toss for the seat on the flight. Valens is apocryphally said to have remarked, "That's the first time I've ever won anything in my life."

In contradiction to the testimony of Allsup and Jennings, Dion has since said that Holly approached him along with Valens and Richardson to join the flight, not Holly's bandmates. In a 2009 interview, Dion said that Holly called him, Valens, and Richardson into a vacant dressing room during Sardo's performance and said, "I've chartered a plane, we're the guys making the money [we should be the ones flying ahead]...the only problem is there are only two available seats." According to Dion, it was Valens, not Richardson, who had fallen ill, so Valens and Dion flipped a coin for the seat. In his interview, no mention is made of Jennings or Allsup being invited on the plane. Dion said he won the toss, but ultimately decided that since the \$36 fare (equivalent to \$330 in 2021) equaled the monthly rent his parents paid for his childhood apartment, he could not justify the indulgence.^[18]

Take-off and crash

After the show ended, Anderson drove Holly, Valens, and Richardson to nearby Mason City Municipal Airport,^[19] where the elevation is 1,214 feet (370 m) AMSL. The weather at the time of departure was reported as light snow, a ceiling of 3,000 feet (900 m) AMSL with sky obscured, visibility six miles (10 km), and winds from 20 to 30 mph (32 to 48 km/h). Although deteriorating weather was reported along the planned route, the weather briefings Peterson received failed to relay the information.^[20]

The plane took off normally from runway 17 (today's runway 18) at 12:55 am CST on Tuesday, February 3.^[21] Dwyer witnessed the southbound take-off from a platform outside the control tower. He was able to clearly see the aircraft's tail light for most of the brief flight, which started with an initial 180 degree left turn to pass east of the airport, climbing to approximately 800 feet (240 m) AGL. After an additional left turn to a northwesterly heading, the tail light was then observed gradually descending until it disappeared. Around 1:00 am, when Peterson failed to make the expected radio contact, repeated attempts to establish communication were made, at Dwyer's request, by the radio operator, but they were all unsuccessful.^[12]

Later that morning, Dwyer, having heard no word from Peterson since his departure, took off in another airplane to retrace Peterson's planned route. Within minutes, at around 9:35 am, he spotted the wreckage less than six miles (10 km) northwest of the airport.

^[12] The sheriff's office, alerted by Dwyer, dispatched Deputy Bill McGill, who drove to the crash site, a cornfield belonging to Albert Juhl.^[22]

The Bonanza had impacted terrain at high speed, estimated to have been around 170 mph (270 km/h), banked steeply to the right and in a nose-down attitude. The right wing tip had struck the ground first, sending the aircraft cartwheeling across the frozen field for 540 feet (160 m), before coming to rest against a wire fence at the edge of Juhl's property.^[12] The bodies of Holly and Valens had been ejected from the fuselage and lay near the plane's wreckage. Richardson's body had been thrown over the fence and into the cornfield of Juhl's neighbor Oscar Moffett, while Peterson's body was entangled in the wreckage.^[12] With the rest of the entourage en route to Minnesota, Anderson, who had driven the party to the airport and witnessed the plane's takeoff, had to identify the bodies of the musicians.^[23] County coroner Ralph Smiley certified that all four victims died instantly, citing the cause of death as "gross trauma to brain" for the three artists and "brain damage" for the pilot.^{[24][25]}

Aftermath

María Elena Holly learned of her husband's death via a television news report. A widow after only six months of marriage, she suffered a miscarriage shortly after, reportedly due to "psychological trauma". Holly's mother, on hearing the news on the radio at home in Lubbock, Texas, screamed and collapsed.^[5] Within months of Holly's death, official protocols were implemented to ensure that the names of victims of traumatic incidents are not released by authorities until after their families have been notified.^[5]

Despite the tragedy, the "Winter Dance Party" tour continued. Fifteen-year-old Bobby Vee was given the task of filling in for Holly at the next scheduled performance in Moorhead, in part because he "knew all the words to all the songs".^[26] Jennings and Allsup carried on for two more weeks, with Jennings taking Holly's place as lead singer.^[27]

Featured Resident – Lee Roberts

Lee Roberts was born in Lathrop, MO to George and Wilma Roberts. He was the third of four boys. When he was very young, the family moved to a farm in Kidder, MO. Growing up, he helped his dad on the farm. They grew corn and soybeans as well as raising cows and sheep. They used horses to pull the plow. His brother and him would ride a horse to school – three of them on one horse. He enjoyed swimming in the pond, riding his bicycle.

Lee attended a one room schoolhouse for four years. One teacher taught all eight grades. In fourth grade, Lee started attending school in Kidder. He liked school and his favorite subject was recess. He graduated from Kidder High School.

When Lee was fifteen, he asked out Norma Orr, a girl from school. There wasn't much to do in Kidder. Most of their dates were going to the movies either in Cameron or Hamilton. The couple got engaged at Christmas in 1953. The couple married in 1955.

When Lee graduated, he went to work for a farmer for a short period of time. In 1954, he went to work for General Motors in Kansas City. It was an eighty mile drive each way.

The newlyweds moved to the Northeast part of Kansas City. They lived in the same apartment building as Lee's brother. They enjoyed playing cards, Wahoo and dancing. However, Norma did not like living in the city and so the couple moved back to Kidder in 1956. Lee got meningitis and was hospitalized for ten days. Norma could not visit him. All she could do was slip notes under the door.

Lee recovered made a full recovery. In 1957, they welcomed their only child, Gary, into the family.

The family moved to Pleasant Valley, MO, in 1959. They got involved with the Pleasant Valley Civic Organization. Lee was on the board for most of the thirty years that they were involved, He and Norma ran the Bingo game for about eleven years.

Gary began to play little league baseball when he was eight. Lee was on the coaching team and moved up to coaching baseball as Gary got older. He played through high school. The family traveled all over for baseball tournaments

Lee retired from General Motors in 1984. He spent part of his time doing lots maintenance work for the Pleasant Valley Civic Organization. He also loved to garden. He grew corn, green beans and other vegetables for many years. Every Friday evening, they would get together with friends and play pitch.

The couple did some traveling over the years. They visited Florida, Indiana and Lee's favorite, Colorado. He really enjoyed the time they spent in the mountains and at such attractions as Yellowstone and the Grand Canyon.. For their 50th wedding anniversary, Lee and Norma went to Las Vegas; Lee isn't much of a gambler, but Norma really enjoyed it. They didn't attend any of the shows but did lots of sight seeing. The couple also spent a lot of time in Branson, MO.

Lee's health started declining and the house and yard became too much for Norma to handle on her own. The couple realized they had to do something.

In September 2022, they moved to Westbrook Villas from their house in Pleasant Valley. Lee was amazed at how easily the other residents accepted him and Norma. It felt like a good fit almost immediately. He says that the stiff is very thoughtful and he likes the activities especially cards and the music programs.

When asked about something he has learned in his life, he responded with Life is life. You can either be a part of it or you can be miserable. Lee also said that he is just plain old Lee. Norma said that he is super patient and very thoughtful.

Besides their son, Gary, the couple has a daughter-in-law (Rhonda), two granddaughters, two great granddaughters, a great grandson and a great great granddaughter. Lee and Norma also finished raising their niece, Cheryl, who is like a daughter to them.

FEBRUARY



Fun and Games in February

February is bringing some fun with it. Every week, there will be a jar on the table in the Social Room. It will be filled with different items each week. Your job is to figure out how many items are in the jar. There will be pieces of paper to write your guess on and then place it in the basket. The person who comes the closest without going over will win a prize (If there is a tie, we will put the names in a hat and draw the winner. . The prize will be different each week I'll put it out on Tuesday morning and collect the guesses on Thursday afternoon. I hope you all will wander down to the Social Room and participate.

On Sunday, February 12th, our **KANSAS CITY CHIEFS** will be playing the Philadelphia Eagles in **Superbowl LVII**. If you would like to have a watch party, you can meet up in the 1000 hall entryway and watch it together on the big screen. If there is a group that would like to do this, please let me know and I will even provide some game day snacks. I will need to know no later than Thursday, Feb. 9th.

On February 14th, we will celebrate Valentine's Day with a happy hour. This is always a good time. So come on out and wear as much red, white and pink as you can.

We have three Thursday night activities this month. The Country Music Makers on the 9th, The Overtones (a 14 piece brass band- who are truly fantastic) on the 16th, and then Tom Lay (a country singer and guitar player who also tells corny jokes. One of my favorites.) will be here on the 23rd.

Lastly, I will be serving refreshments once a week during an activity. Please check your calendar for the

The soldier serving overseas and far from home was annoyed and upset when his girl wrote breaking off their engagement and asking for her photograph back. A creative fellow, he went out and collected from his buddies all the unwanted photographs of women that he could find, bundled them all together and sent them to her with a note stating the following: "Dear Mary, I can not remember which one is you ... please keep YOUR photo and return the others!"

Grocery Store Trip

Need a ride to Price Chopper or WalMart?

The Firehouse bus may be the answer.

On the 1st Thursday of the month the bus will go to Price Chopper and Dollar Tree and the third Thursday will be WalMart and Aldi. We will pick you up at your home and help you back inside with your bags afterwards.

Call to get on the list.

816-635-0444

Valentine's Day Jokes

A gentleman entered a busy florist shop that displayed a large sign that read, "Say It With Flowers". "Wrap up one red rose," he said. "Just one?" the florist asked. "I'm a man of few words," he replied.

- Q. What did the Valentine card say to the stamp?
- Q. What did the paper clip say to the magnet?
- Q. Do skunks celebrate Valentine's Day?
- Q. What did the bat say to his girlfriend?
- Q. What did the light bulb say to the other?
- Q. Why did the cannibal break up with his girlfriend?

- A. Stick with me and we'll go places.
- A. I find you very attractive.
- A. Sure, they're very scent-imental.
- A. You're fun to hang around with.
- A. I love you a whole watt.
- A. She didn't suit his taste.

It's that time of year again. It's Tax Season. Once again, I will be doing taxes through AARP. This is my 27th year doing taxes. If you are interested in my doing your taxes, please let me know. You will need to have all your forms of income (1099-SSA, 1099-R, 1099-INT, 1099-DIV or 1099-B), plus any charitable contributions and unreimbursed medical expenses (co-pays, medical or dental bills, prescription medication, chiropractor, insurance premiums) if you have enough to itemize. Once you have everything gathered, put them in an envelope with your name, date of birth and phone number. I'll take them home, complete them and bring them back to you for your signature. Then I will electronically file them for you. You can choose to have any refund, if one is due, either mailed to you or direct deposited. The best part is since I do them through AARP, the cost to you is nothing. It's a free service and I do this as a volunteer. I do ask that you allow me three or four days to get them completed as I do this in my spare time. I look forward to another busy tax season.

7 Heart Benefits of Exercise

One of the very best gifts you can give your heart is physical activity. In fact, pairing regular exercise with a healthy diet, maintaining a normal weight and not smoking is a great protection plan against coronary artery disease and vascular disease, Johns Hopkins research has found.

Not convinced such simple steps could be so powerful? These four lifestyle factors reduced the chance of death from all causes by 80 percent over the eight-year period that more than 6,200 subjects were tracked.

“For certain heart conditions, exercise can be as powerful as some medications,” says Johns Hopkins expert Kerry Stewart, Ed.D.

Understanding just how physical activity benefits your heart can be strong motivation to get moving to get moving more. Here's what to know.

Exercise lowers blood pressure. - Exercise works like beta-blocker medication to slow the heart rate and lower blood pressure (at rest and also when exercising). High blood pressure is a major risk factor for heart disease.

Exercise is key to weight control. Especially when combined with a smart diet, being physically active is an essential component for losing weight and even more important for keeping it off, Stewart says—which in turn helps optimize heart health. Being overweight puts stress on the heart and is a risk factor for heart disease and stroke.

Exercise helps strengthen muscles. A combination of aerobic workouts (which, depending on your fitness level, can include walking, running, swimming, and other vigorous heart-pumping exercise) and strength training (weight lifting, resistance training) is considered best for heart health. These exercises improve the muscles' ability to draw oxygen from the circulating blood. That reduces the need for the heart—a muscular organ itself—to work harder to pump more blood to the muscles, whatever your age.

Exercise can help you quit smoking. As smokers become more fit, they often quit. And people who are fit in the first place are less likely to ever start smoking, which is one of the top risk factors for heart disease because it damages the structure and function of blood vessels.

Exercise can stop or slow the development of diabetes. Johns Hopkins research has shown that when combined with strength training, regular aerobic exercise such as cycling, brisk walking, or swimming can reduce the risk of developing diabetes by over 50% by allowing the muscles to better process glycogen, a fuel for energy, which when impaired, leads to excessive blood sugars, and thus diabetes.

Exercise lowers stress. Stress hormones can put an extra burden on the heart. Exercise—whether aerobic (like running), resistance-oriented (like weight training) or flexibility-focused (like yoga)—can help you relax and ease stress.

Exercise reduces inflammation. With regular exercise, chronic inflammation is reduced as the body adapts to the challenge of exercise on many bodily systems. This is an important factor for reducing the adverse effects of many of the diseases just mentioned.