

# The LIBERTY LEGIONNAIRE

2nd Quarter 2004

Still serving our  
Community



P.O. Box 417  
Liberty, MO 64068  
roberthbakerpost95.com

## Annual Post 95 Cook-out

May 18<sup>th</sup> is the date for the annual Post 95 Cook-out. The dinner is set for 6:30 P.M.. The Post is providing and cooking the Hamburgers, Hot Dogs, and Brats; just bring a dish to share.

This is a great time to come out and see what your Post is doing. The only business we do this night is the election of Officers for the 2004-2005 year. The rest of the time is for socializing and having fun.

Please call Commander Paul Ellison at 792-5785 by May 16<sup>th</sup> to **RSVP** so we know how much meat to purchase. We are doing a lot for our Community and having fun doing it, come on out and see. **See ya there!!**

Printed by Veterans  
for Veterans like:

## Avenue of Flags and More

May is a busy month and the Post has many activities planned.

Look for our booth at the "Spring on the Square". We'll be up on the sidewalk in front of the old Commerce Bank, we will have a Flag to raffle and Veteran information to hand out.

That morning, we will have a Flag Disposal Ceremony at 8:30 A. M. in front of the Rooney Justice Center. If you have not witnessed this, you may want to, and bring friends and family.

Moving on to Memorial Day. The big event will be the Avenue of Flags. We have over 250 full size American Flags that line the roads of Fairview/New Hope Cemeteries. Since we don't have lighting, and are afraid of

vandals, we put the flags up early each morning and take them down about dusk each night of the week-end. Perhaps, you'd like to help? At least **come out and see the Flags!**

Again this year, on Memorial Day, we'll visit 5 different Rest Homes with our Memorial Day presentation. These people were just like us at one time, now they are in need of visitors. Since they can't get out to a Memorial service Post 95 takes it to them. What happiness they get from our short visit. You are welcome to join us at one or all of the services.

"Our success multiplies each time we lead someone else to success." **Susan Collins**

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**Put the Glass Down**

Provided by Tim Coulter

A lecturer was giving a lecture to his student on stress management. He raised a glass of water and asked the audience, "How heavy do you think this glass of water is?" The students' answers ranged from 20g to 500gm.

"It does not matter on the absolute weight. It depends on how long you hold it. If I hold it for a minute it is OK. If I hold it for an hour, I will have an ache in my right arm. If I hold it for a day, you will have to call an ambulance. It is the exact same weight, but the longer I hold it, the heavier it becomes."

"If we carry our burdens all the time, sooner or later, we will not be able to carry on, the burden becoming increasingly heavier." "What you have to do is to put the glass down, rest for a while before holding it up again."

We have to put down the burden periodically, so that we can be refreshed and are able to carry on.

So before you return home from work tonight, put the burden of work down. Don't

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carry it back home. You can pick it up tomorrow.

Whatever burdens you are having now on your shoulders, let it down for a moment if you can. Rest and relax. Life is short, enjoy it!!

**Words to live by..**

Provided by Tim Coulter

Accept that some days you're the pigeon, and some days you're the statue.

Always keep your words soft and sweet, just in case you have to eat them.

Always read stuff that will make you look good if you die in the middle of it.

Drive carefully. It's not only cars that can be recalled by their maker.

Eat a live toad in the morning and nothing worse will happen to you for the rest of the day.

If you can't be kind, at least have the decency to be vague.

It may be that your sole purpose in life is simply to serve as a warning to others

Never put both feet in your mouth at the same time, because then you don't have a leg to stand on.

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Nobody cares if you can't dance well. Just get up and dance.

When everything's coming your way, you're in the wrong lane.

Birthdays are good for you; the more you have, the longer you live.

You may be only one person in the world, but you may also be the world to one person.

Some mistakes are too much fun to only make once.

Don't cry because it's over; smile because it happened.

We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colors but they all have to learn to live in the same box.

A truly happy person is one who can enjoy the scenery on a detour.

Happiness comes through doors you didn't even know you left open.

**We always need items for the newsletter!!**

**Salute to World War II  
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citizens. Some will accuse us of isolationism. I answer them by saying 'darn tootin.' Nearly a century of trying to help folks live a decent life around the world has only earned us the undying enmity of just about everyone on the planet.

It is time to eliminate hunger in America. It is time to eliminate homelessness in America. It is time to eliminate World Cup soccer from America.

To the nations on List 1, a final thought. Thanks guys. We owe you. To the nations on List 2, a final thought. Drop dead.

God bless America!! Thank you and good night.

My personal thought is that the UN should move to Jerusalem. Since that seems to be the major birthplace of most religions, and the root of most of the world conflicts, it would be a great place.

I respect your right to disagree and will fight for that right. - Mose

## God Bless our Troops!

### Commander's Corner

I came across this quote by Charles Baudouin that we can apply to our work in the American Legion. "To be

ambitious for wealth, and yet always expecting to poor; to be always doubting your ability to get what you long for, is like trying reach east by traveling west. There is no philosophy which will help a man to succeed when he is always doubting his ability to do so and thus attracting failure. No mater how hard you work for success, if your thought is saturated with the fear of failure, it will kill your efforts, neutralize your endeavors and make success impossible"

When we as a group decide to embark on a project (that is harder than we have been used to doing), go into it with an open mind and a positive attitude that we will succeed. That alone will not make the project a success but be supportive of the ones doing the work. Then when a favorite project you want to do will be seen in a more favorable light.

Keep in mind that you can work on projects and even take the lead. This will make you proud to be an American Legion member. I have seen many take on projects that they said early that they couldn't do. Come on out to our meetings if you haven't been coming on a regular basis.

Remember that the more we have working on any committee the easier and more we all can get done. When just a few do most of the work they tend to get burned out, and then less and less get done. Get involved, we are always doing something worth while.

Post 95 needs you to be an active member. We miss you.

**????**

A teacher was giving a lesson on the circulation of the blood. Trying to make the matter clearer, she said, "Now, class, if I stood on my head, the blood as you know, would run into it, and I would turn red in the face."

"Yes," the class said. "Then why is it that while I am standing upright in the ordinary position, the blood doesn't run into my feet?" A little fellow shouted, "Cause your feet ain't empty."

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### It's just sand!!

Provided by Sam Leonard

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with an unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed. "Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life.

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The golf balls are the important things -- your family, your children, your health, your friends, and your favorite passions-- things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house, your car.

The sand is everything else -- the small stuff." If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls.

The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you "Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18 holes.

There will always be time to clean the house, and fix the disposal. Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked," he

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said. "It just goes to show you that no matter how full your life may seem, there's always room for a cup of coffee with a friend."

### Spring on the Square activities

As you remember Spring on the Square last year was cancelled due to the May 4<sup>th</sup> tornado.

We'll this year that ain't a gonna happen! Post 95 will be there first with a Flag Disposal Ceremony at 0830 in front of the Rooney Justice Center, then with an information booth for the remainder of the day.

If you have not seen our Flag Disposal you are missing a "touching" event.

Our booth will be in front of the old Commerce Bank building so stop and say "hello". We will also be raffling off a 20 foot flag pole set. Chances are a buck each or 8 chances for 5 bucks. This is a great set, so if you need a flag pole here's your chance to win one.

Come on out and support your Community and your Post.

"People who look down upon other people don't end up being looked up to." **Robert Half**

### REGULAR ROUTINES

by Rev Donna L Warren

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We are creatures of habit and routine. Each morning the alarm sounds, we push the snooze button to squeeze out a few more moments. When it goes off the second time, we get out of bed on the same side, plant our feet on the ground, and shuffle off to the bathroom, climb into the shower and begin by shampooing our hair as we have always done. Next if we are a man we shave, if a woman we carefully apply our makeup. Next it is off to the kitchen where we eat our favorite breakfast. In some cases, we even look at the morning newspaper, looking for the usual Sunday sales ads. We then get into our car, drive down familiar streets and arrive at church. Walk down the aisle and sit in our usual seat, where we have sat last week, the week before that, and every week for as long as we can remember.

We like familiar our routines. We prefer familiar grounds to unknown territory. We shop in the same grocery store, as we know that the salsa is on aisle 4, the chips are on aisle 9 and the ice cream on the last aisle - 14. Our routines and habits for life are as predictable as the evening weather forecast on a rainy day. We are strategic planners who

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like to know exactly what a day will hold, we fancy familiar people and places. We find ourselves unsettled and even upset when things do not go our way. The sudden unexpected, intrusive curve balls have the ability to throw us for a loop.

We go to church to hear the Word of God read and proclaimed. Yet, when we hear it, we do not allow it to sink in and affect our lives. We are desperate for the Savior to solve our problems, yet we are not sure we want to follow Him, We ask Him for help, yet when we hear the instructions, we walk away sad.

If we truly wan to change, we must surrender some of our habits and routines, and prepare for those things that interfere with the normal things and habits. We must become flexible, as life is never a rigid path, there will be detours. Sudden health problems, changes in our work space, a leaky roof in our homes, the familiar grocery store rearranges the aisles. The one stable thing in our lives is that God loves us, no matter what.

### **Recipe Time**

My wife found another one I like, of course I like 'em all!,  
Mose

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1 lb ground beef  
1 cup sour cream  
1 15 oz can Spanish rice  
1 4.5 oz can chopped green chilies, un-drained  
¼ teaspoon salt  
3 cups cheddar cheese, shredded  
Approximately . 10 flour tortillas  
Preheat oven to 350 F. Pour hot enchilada sauce in 13x9 baking dish. Brown ground beef in frying pan and drain. Add sour cream, chilies, salt, and 1 cup of cheese. Stir together. Spoon approximately. 1/3 cup of the ground beef mixture down center of each tortilla. Roll up tortillas and place seam side down in baking dish. Pour mild enchilada sauce and Spanish rice over top. Sprinkle with remaining cheese Bake uncovered for 30 minutes or until cheese is melted and enchiladas are heated through. May serve with sour cream.

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### If Only....

Would not it be great to turn on the ole' TV tonight and see the President (any President) give the following speech:

My fellow Americans: As you all know, the defeat of Iraq's regime has been completed. Since congress does not want to spend any more money on this war, our mission in Iraq is complete. This morning I gave the order for a complete removal of all American forces from Iraq. This action will be complete within 30 days. It is now time to begin the reckoning.

Before me, I have two lists. One list contains the names of countries that have stood by our side during the Iraq conflict. This list is short. The United Kingdom, Spain, Bulgaria, Australia, and Poland are some of the countries listed there. The other list contains everyone not on the first list. Most of the world's nations are on that list. My press secretary will be distributing copies of both lists later this evening.

Let me start by saying that effective immediately, foreign aid to those nations on List 2 ceases immediately and indefinitely. The money saved during the first year

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alone will pretty much pay for the costs of the Iraqi war. The American people are no longer going to pour money into third world hell holes and watch those government leaders grow fat on corruption.

Need help with a famine? Wrestling with an epidemic? Call France. In the future, together with Congress, I will work to redirect this money toward solving the vexing social problems we still have at home. On that note, a word to terrorist organizations. Screw with us and we will hunt you down and eliminate you and all your friends from the face of the earth. Thirsting for a gutsy country to terrorize? Try France, or maybe China.

To Israel and the Palestinian Authority. Yo, boys. Work out a peace deal now. Just note that Camp David is closed. Maybe all of you can go to Russia for negotiations. They have some great palaces there. Big tables, too. We will still stand by Israel in whatever you work out.

I'm ordering the immediate severing of diplomatic relations with France, Germany, and Russia. Thanks for all your help, comrades. We are retiring from

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NATO as well. Bon chance, mes amis.

I have instructed the Mayor of New York City to begin towing the many UN Diplomatic vehicles located in Manhattan with more than two unpaid tickets to sites where those vehicles will be stripped, shredded and crushed. I don't care about whatever treaty pertains to this. Pay your tickets tomorrow or watch your precious Benzes, Beemers, and limos be turned over to some of the finest chop shops in the world. I love New York.

A special note to our neighbors. Canada is on List 2. Since we are going to be seeing a lot more of each other, you folks might want to try not pissing us off for a change. Mexico is also on List 2. President Fox and his entire corrupt government really need an attitude adjustment. I have a couple of extra tank and infantry divisions sitting around. Guess where I'm gonna put 'em? Yep, border security. So start doing something with your oil. Oh, by the way, the United States is abrogating the NAFTA treaty - starting now.

It is time for America to focus on its own welfare and its own

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May 29<sup>th</sup> the World War II Veterans memorial will be dedicated in Washington D.C. Post 95 will have a salute to World War Veterans here in Liberty. This occasion will take place at 10:00 A M in the family life center of the Liberty United Methodist Church located at 1001 Sunset Avenue.

Sixth District Representative Sam Graves will be the keynote speaker. This is a program that is open to the public so tell you family, friend, and neighbors the more the merrier. We will issue a certificate of appreciation to all W. W. II veterans in the Liberty area. Veterans do not have to be a member of a veteran's organization to receive the certificate but we do need to know the name of the veteran in order to print the certificate before the date of the program. We need to know your name as early as possible. World War Veterans come on out and let us thank you for your service, and get a chance to visit with your fellow veterans.

Light refreshments will be served after the ceremony

### **Band of Brothers**

Recently, the History Channel ran the series "Band of Brothers". This is the story of E or "Easy" Company of an outfit of the 101<sup>st</sup> Airborne. Being a Sub-Sailor, I'm not good with all the "outfits" of the Army.

As I watched, I could not help but wonder what I would have done in that situation. The hardships of being at war is bad enough with people shooting at you, but the bitter cold at the "Bulge". The cold alone would have done me in.

I have nothing but respect for you WWII and Korea Vets and any ground troops. I had a "rack" to go to every night. And I was telling the "Chief" Paul Payne, the only time I had to sleep on the ground was when I had to much to drink on liberty. That was a young and foolish times of a Sailor's life.

I want to thank all of you WWII vets for all of your efforts. Because of you the World is a better place. Some country's have forgotten that, but we won't.

### **All Vet's Picnic**

The Blue Springs Post, Stanley Pack Post 499, is holding their Sixteenth Annual All Vet's

Picnic on June 12<sup>th</sup>, with the gates opening a 11:00 AM. If you have never been to this event, you should go!

They invite al Honorable Discharged Veterans as well as current active duty personal. They serve food from noon until 4:00 PM and it's free!! They receive lots of donated food, soft drinks, and beer from various suppliers. They will take donations and will have raffles to support the event.

They will hold a Flag Disposal Ceremony at 3:00 PM and it's a good one.

To get there, take I-70 to south on Adam's Dairy Rd. Then follow Adam's Dairy to US 40. Turn left on US 40 for a few hundred yards. Look for their "Cruiser" out front. It's a great location that they have there. I'm sure you'll run into someone you know. See you there.

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### HOW TO STAY YOUNG

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him/her.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.



10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER: Life is not measured by the number of breaths we take, but by the moments that take our breath away.

### WHAT IS A GRANDPARENT?

Sam Leonard found this; it was taken from papers written by a class of 8-year-olds

Grandparents are a lady and a man who have no little children of her own. They like other people's kids.

A grandfather is a man grandmother.

Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard or run. It is good if they drive us to the store and have lots of quarters for us.

When they take us for walks, they slow down past things like pretty leaves and caterpillars.

They show us and talk to us about the color of the flowers and also Why we shouldn't step on "cracks."

They don't say, "Hurry up."

Usually grandmothers are fat, but not too fat to tie your shoes.



They wear glasses and funny underwear.

They can take their teeth and gums out.

Grandparents don't have to be smart.

They have to answer questions like "why isn't God married?" and "How come dogs chase cats?"

When they read to us, they don't skip. They don't mind if we ask for the same story over again.

Everybody should try to have a grandmother, especially if you don't have television, because they are the only grown ups who like to spend time with us.

They know we should have snack-time before bedtime and they say prayers with us every time, and kiss us even when we've acted bad.

A 6 year old was asked where his grandma lived. "Oh", he said, "she lives at the airport, and when we want her we just go get her. Then when we're done having her visit, we take her back to the airport."

Kids do say the darnedest things!!

**We served our Country...,**

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