

Favorite drinks of senior citizens: diet water and decaffienated milk



America's Heartland

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Senior citizens really know how to have fun.

Take for example, the fellow who sits in his parked car with sunglasses on, pointing a hairdryer at passing vehicles and watching them slow down.

Or the lady who goes to the restaurant and orders "diet water."

Or her friend who orders "decaffeinated milk."

Or the fellow who gets a kick out of running hysterically from the front gate of the zoo, yelling: "They're loose. Run for your lives."

Or the lady who likes going into the upscale clothing store's fitting room and yelling out to the salesperson, "There's no paper in here."

Of course, we'd be sadly mistaken if we believe senior citizens occupy their time with such triviality. I have found senior citizens to be busy and productive in their communities, their churches, and their families. And that's just the way God expects it to be.

"They still bear fruit in old age. They are ever full of sap and green" (Psalm 92:14).

I also love the line from Job 12:12 that says: "Wisdom is with the aged and understanding in length of days."

Wisdom and understanding allows seniors to work smarter and get so much done.

Why all the funny jokes about seniors? I think it's because seniors love to laugh and enjoy life. So, consider the senior who was asked by her doctor what she does for exercise.

"I told him, pushing 90 is exercise enough."

Another senior citizen said there are definite advantages to getting old and forgetful: "Every joke you hear is new. And you can hide your own Easter eggs."

Here's what an aging King David, who served the Lord so well over his lifetime, had to say when he had grown old:

"O God, from my youth you have taught me, and I still proclaim your wondrous deeds. So even in old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation, your power to all those to come" (Psalm 71:17-18).

Like David, we all need to be about the Lord's work, telling others about Him.

So, let's put aside any ideas that we'll waste our time sitting in our cars pointing hairdryers at passing vehicles. We have important work to do.

Roger Alford offers words of encouragement to residents of America's heartland. Reach him at rogeralford1@gmail.com.

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AMY McGRATH

CONGRESS

To my fellow Veterans, Service Members, and their families:

I'm Amy McGrath, and I'm running for Congress here in Kentucky's 6th District. Many of you might know about my military background, but I'm writing today to tell you how our shared experience will allow me to successfully fight for Kentuckians, especially for those who have served our country. I'd be honored if you took a moment to read my letter.

Military Veterans are unique people because they answer a call to serve. We know the great sacrifices that military service demands of us and our families. As both a Veteran and a military spouse, I know what it's like to be away from home, family, and friends for long periods of time, and I know how it feels when a loved one is doing the same. I also know the special bonds we form as we put our lives in each other's hands in joint defense and service to our country. There are countless men and women I trusted to have my back every time I took off on any of my flights, combat or non-combat.

I was honored to defend our Constitution for 20 years as a Marine. The men and women I served with came from small towns, big cities, and everywhere in between. Regardless of religion, party affiliation, or personal ambitions, every one of us joined together and went into harm's way for our country, our flag, and our common future. I believe in America and what we stand for: strength in our diversity. I am proud of our country and what we accomplish in the name of freedom—despite our differences.

Our country desperately needs our kind of teamwork. All of us are tired of petty partisan bickering, and we know that our country does its best work when we come together, find common ground, and work in good faith to make our community, our state, and our nation a better place for all Americans, not special interests.

You and I both learned that kind of teamwork from our military service.

Long after many of us take off the uniform, we continue to serve our communities. So I know you already understand my desire to serve our nation again in another capacity as your representative on Capitol Hill.

And unlike today's career politicians, I will support our nation's Veterans in both word and deed. Here is where I stand on some issues that are important to Veterans and our families:

- 1. Strengthen the VA.** I will make sure the VA delivers the healthcare and education benefits you've earned through your service and treats you with respect. I'm an avid proponent of initiatives like the Post-9/11 GI Bill (I used it!) and the VA home loan (I used that, too!) –programs that help Veterans transition from the military into productive civilian lives and careers.
- 2. Prevent the Privatization of the VA.** I will make sure the VA remains the best place for Veterans to receive care for their injuries. I use it, too. America should not outsource its responsibility to our Veterans so that private medical companies can profit from our injured and ill Veterans. We must fully fund the VA so that Veterans receive the quality health care they deserve—for life.
- 3. Invest in Preventing Veteran Suicide.** I will do more to combat suicide in our Veteran family where, every day, approximately 22 Veterans commit suicide. I am acutely aware of how Veterans struggle with purpose and meaning in their lives, having struggled with it myself after my first couple combat tours. That requires, in part, fully funding the VA.
- 4. Ensure a Strong National Defense.** I will make sure we have a strong national defense. We need a professional, modern military, ready to fight when our nation calls. I am keenly aware of what it takes to keep our military strong, professional, and combat ready to fight the complex wars we face today and tomorrow. I will be firm and frank with Congress about what our military needs to accomplish that mission.
- 5. Protect Military Members.** I will stand up for Soldiers, Sailors, Airmen, Coasties, and Marines, such as making sure Congress doesn't change the law (or make the law unenforceable) that stops payday lenders from fleecing our enlisted personnel right outside the gates of military bases, as a kickback to political donors.
- 6. The Courage to Do My Job.** I will demand we have realistic strategic goals in place before we ask our young men and women to go to war. Our current Congress has

shirked its oversight responsibility, casually consenting for 18 years to the costs of war that include the personal loss in battle of friends and comrades that you and I have all experienced. We need a Congress with the courage to debate the wars we are fighting. We owe it our military to elect a Congress that will do its job!

This is why I'm asking for your vote. I share your values. I share your loss. I share your service. I share your belief that our country needs our kind of leadership to make things better – that leaders run towards the battle, not away from it. But I need your help to run toward that battle. I humbly ask for your support in my bid to be your next representative to the U.S. Congress.

Semper Fidelis,
Amy McGrath

Erik (My husband) and I in Kabul, Afghanistan

Paid for by Amy McGrath for Congress.

Use of military rank does not imply endorsement by the Marine Corps, or the Department of Defense.

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