

August 2019

I am so grateful to each of you who share a part of your lives with our graduates in the SHOW and TELL segment. Also, the Town Crier would cease to be in existence without input from each of you who contribute by sending pictures, jokes, items of interest, and whatever you happen to find in your efforts of decluttering. Thank you so much for answering my pleas and for coming to my rescue. Everyone has got a story to tell and everyone has a talent. Maybe you are a good cook, maybe you are great at speaking, or teaching, or working with your hands. Help keep the Town Crier alive. **"I'm listening"**and **I want to hear from YOU.**

Love to all !!

jeanne

Our Class Officers: 1960

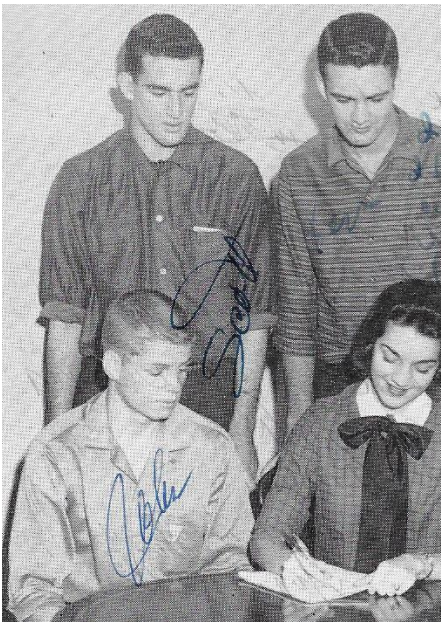
President: John Anderson

Vice-President: Ken Baker

Secretary: Betty Vaughan

Treasurer: Scott Horne

and... Our class officers enjoying themselves at our 2010
reunion:



John



Ken

Betty



Scott

Trivia:

20 Beach Towns to visit this summer: by Country Living

<https://www.msn.com/en-us/travel/tripideas/20-beach-towns-you-need-to-visit-this-summer/ss-AAI4C6?ocid=spartandhp>

Traverse City, Michigan
Gulf Shores, Alabama
Chatham, Massachusetts
Ogunquit, Maine
Tybee Island, Georgia
Beaufort, North Carolina
Long Beach, Washington
Key West, Florida
Cannon Beach, Oregon
Chincoteague, Virginia
Newport, Rhode Island
York Beach, Maine
Cape May, New Jersey
Isle of Palms, South Carolina
Carmel-by-the-Sea, California
Rye, New Hampshire
Mystic, Connecticut
Galveston, Texas
Ocean City, Maryland
Lewes, Delaware

VERY IMPORTANT!!!

David McPhail needs to hear from you asap regarding your desires concerning the 60th reunion in October of 2020. If you are interested in attending, please respond to him now. Otherwise, he might think you have no desire for a 60th reunion. He needs you, too!

dmcphail@charter.net

August Birthdays:

3 Angie Plemons Lehman
4 LouAnn Hilton Brady
9 Mary Frances Rodriquez
19 Dill Bailey
21 Charlotte Suttle Kleibrink
22 Pat McGlaughan Dooley
27 Bonnie Burson
Denny O'Neill
29 Aubrey Stringer

From Our Graduates:

From Bev Murphy Wells:

I went to Rik Spencer's Celebration of Life on June 29. The Greenwood Presbyterian Church sanctuary held 204 people and it was packed and there was standing room only in the foyer. Rik had been Associate Pastor at the Greenwood church for 11 years. He had retired from that church and was currently pastoring another church in Boggstown so there were other representatives from other churches where he had pastored too. Rik tried to retire several times but he kept stepping up to the plate when he was called back. After the service, there were snacks/drinks served. Rik always loved coming back to the Greenwood church on Sundays for all the snacks. Judy knew our class's thoughts and prayers were with her.



From Randy Turner:

Randy reports that Tommy Mayfield who began Sanger Elementary with many of us and attended West Junior before moving from Waco with his parents, has moved back to Texas. Tom spent much of his working life as President of Moody National Bank in Galveston. He retired to North Carolina but moved back to Dallas last October. Tom and his wife Jaynie Campbell (Martha's younger sister) moved to be near their daughter, a MD with UT Southwestern Medical Complex. Tommy - now TOM- is rapidly and hungrily learning the evolution of Waco and his former schoolmates over the past 70 years.

Challenge from Mickey Lavy:

"Who can give a direct quote of a teacher from WHS 1960? Something that somehow impressed you.--

Here's a starter: "C'mon back class....." Katherine Hughes

Here's a tougher one-- State the teacher name and the occasion: "Very funny joke. Clean it up."

Okay....will anybody take Mickey's challenge? Anybody got a clue?

From Bob Easter

"In 2018 my personal health was a mess with an ER gall bladder removal and three concussions with the last concussion being a serious brain bleed which did cause some issues but thankfully things are back to normal with no permanent loss of memory. I kept myself close at home until we found out what was causing the falls and concussions. It was a medication reaction which can cause seizures. My wife Carolyn figured it out. The only time the falls occurred was when I was sleeping and had taken the medication for pain.

Our first great grandson was born a week or so ago and we will be going to Florida soon to meet him. This is the first trip we have taken in several years and I am pretty excited to be able to go on this one."

UPDATES:

1. David Peeples- had a bad infection, was hospitalized for awhile, but is now back home. He is still battling leukemia and has been having some issues with his blood counts.
2107 Morrow
Waco, Tx 76707-2867
2. Linda Shelby Lyons: surgery at MD Anderson has been changed to August 28th
She has been having many tests in Houston preparing for this complicated surgery. Four specialists will be involved: Throat surgeon, Dentist, Plastic surgeon and Vascular surgeon.
9874 N Hwy 6
Crawford, TX 76638-2745
3. Kay Phillips Sparks: recently had reconstruction surgery on a thumb joint. The procedure is called *Thumb Carpometacarpal Arthroplasty with ligament reconstruction and interposition costochondral arthroplasty*. The cast is now off but the PT begins.
537 N 60th
Waco, TX 76710
4. Robert Wilson: started PT on July 23 for his broken humerus. The doctor is taking the PT slowly as his pain is only wanted at level 3. Little Red broke this bone 8 weeks ago and had not moved the arm per doctor's orders. He is still not driving.
14410 Watermill
San Antonio, Tx 78217
5. Tom Kittlitz: new address:
255 Liz Lane
Gap, PA 17527
6. Phyllis Brooks: reports her tumor has shrunk from 13.7 to 2.4. She will begin maintenance every 3 weeks with another scan in 3 months. This has not been easy or without complications but she says she is feeling good, back to her quilting, and thanks you for your prayers.
121 Sperry Lane
Red Oak, Tx 75154-4055
7. Elta Anne Owen Hogue: has been in the hospital for about 10+ days with doctors trying to pinpoint her exact problem. Surgery is going to be required but no other details are known at present.
104 Hillside Dr
Aledo, TX 76008-3917
8. Cynthia Kirkland Mazza: still fighting CMMA leukemia and in need of prayers.
116 Hampton Ridge
Madison, MS 39110



The Foods We Eat can effect your Brain & Aging

Per Bob Easter :

"After recovery from concussions, I did extensive medical research for the type of foods to eat for the brain and aging. I have written a 5-page report describing in detail the foods which will help you age and improve your brain. No pills or medications are necessary. The report is full of informative information plus a detailed matching list of the best foods to eat compiled from the Mayo Clinic, Brain MD, American Heart Association, Live Strong and The 150 Healthiest Foods on Earth.

I would love to share the report with you. Email me: beaster1@austin.rr.com

Most everyone knows I am a serious organic gardener. I believe a lot of health issues are caused by our food choices of nutrition and commercial processing of different chemicals/insecticides in many of our foods. One only has to read of the insecticides and pesticides used on our foods today. 100 years ago, we did not have those damaging products on our food source. I do think our DNA plays a part for our health in life. But, I also believe we must take responsibility for the foods we choose. I grow bundles of organic produces using only certified organic practices.

Also, our lifestyles have changed. We have stopped sweating. We used to work outside or in factories and homes without air conditioning. . There are documented health benefits of sweating to help the body. Google health benefits of sweating and see what medical experts say.

Do you know that one thing on the long lists of Super and Healing foods is **Dark Chocolate?** Dark Chocolate does have certain health benefits.

I believe it is my responsibility to keep myself well and the doctors to help heal me when I am not. I take that responsibility seriously. One example: my orthopedic doctor wanted to replace a knee. I asked him for options, and he said," **You can lose weight and exercise but none of my patients listen to me and do that**". Well, I did and that was four years ago. I am about 40 lbs lighter and I exercise. I still have arthritic pain sometimes but I can live with it rather than have complications from a knee replacement."

Open this link and see the worst foods with the most insecticides-

<https://www.eatthis.com/foods-most-pesticides/>

Go Organic!!!."

Here is an example from the 5 page report. These are some selected quotes from Dr. Maria Cinnarizine, MD, Internal Medicine-Pediatrics; Medical Director of UCF Health:

"We should consider eating like our grandmothers and great-grandmothers did. If it didn't resemble a food, they didn't eat it." Choose foods that come "from a garden, tree or root."

Medical evidence suggests that 50 to 75 percent of suffering can be eliminated with a healthy diet.

The best food choices contain superior nutritional properties from antioxidants and anti-inflammatories to cancer inhibitors and blood sugar regulators."



This month I am very excited to feature our elected class Vice-President, Ken Baker. Ken surely did not let any grass grow under his feet on his journey through life towards retirement. I feel certain he had no idea when he was graduating from WHS all the different turns and curves that would be coming his way. Ken has had a wonderful partner by his side the whole way and amidst all his hard work, I am sure you will agree that he has lived quite an exciting life. Also, Ken will be helping David McPhail this next year with plans for our 60th reunion. Now, kick back-- it's time to enjoy Ken's journey.....

KEN BAKER



1960



2018

"Dear Classmates,

I am honored by being featured as a senior class officer...thank you. Since I have no noteworthy talents like others who have been featured in PAST newsletters, I will simply give you a 60 year capsule of what I've been doing since graduating from Waco High.

After graduation from Waco High I attended Texas A & M University where I was a member of the Corps of Cadets. Texas A & M was the doormat in the Southwest Conference in football during my four years there. We rarely won a game. Nonetheless, the weekend football games brought a much-needed break from the humdrum of daily studies and Corps life. We had Corps trips to Houston, Fort Worth, Dallas and Austin...these involved formal marches through the downtown streets of the cities prior to our games with Baylor, Texas, TCU, SMU, Rice, and University of Houston. Often a big social bash would occur following the games. Most of us had blind dates which really proved interesting. During my junior year, I had a blind date with a Baylor freshman...she was a last-minute substitute for a promised hot date. Neither of us was impressed with the other. Yet, something led me to ask this young coed for another date...that was in 1962, and I've been dating her ever since. We did formalize the arrangement by getting married in January 1964 and she became Scoot Baker. In May 1964, I graduated with a degree in Accounting and was commissioned a Second Lieutenant in the USAF.

In June 1964, I entered active duty at Kingsley Field, Oregon where my duties included paying the troops and other accounting activities. The trip from Texas to Oregon was exciting for Scoot and me. We were like a couple of kids...we stopped at each state line so we could take photographs to prove we were there. After two years in Oregon, I was selected to attend Michigan State University graduate school. After thirteen months of intense studies, I graduated in August 1967 with an MBA in Managerial Accounting. It was great

to get the education at government expense, but to do so my commitment to serve in the USAF was increased from the original four years to over seven.

In September 1967 I reported to my next assignment, a one-year remote assignment to Ubon Royal Thai Air Force Base located in northeastern Thailand. Our mission there was in support of the Vietnam War. We had four squadrons of F-4 fighter aircraft which were flying day and night. My duties were to pay the troops and local nationals in cash monthly. To do this required that I fly to Bangkok monthly to acquire the cash...I'd strap on a pair of pistols, and drag a couple of foot lockers to stow the money with me on each flight. Fortunately, I never had to fire the weapons. Other duties included providing accounting services for the non-appropriated activities which included the Officers Club, NCO Club, and Airman's Club. This required much of my time as these activities lacked accounting disciplines to maintain integrity. During my off-duty time, I taught accounting and management courses for the University of Maryland to help pass the time. I earned the rank of Captain on Christmas Day of 1967.

After a year in Thailand, I was assigned to Westover AFB located near Springfield, Massachusetts. My new assignment was to a Lt. Colonel billet, which carried tremendous responsibility. I was the accounting and finance officer with responsibility for paying military personnel at eight Air Force bases spread throughout the northeastern United States. As a young Captain, I experienced every management problem that could come along and I aged accordingly. After being apart for the past year, it was surely nice to have Scoot with me. Scoot and I had purposely delayed any attempts to have children during the early years of marriage...but now it was time. However, our efforts were to no avail so we had various fertility tests run and then decided to explore the possibilities of adoption. After several months into the process, we were given the most adorable baby girl...Michelle was and is still beautiful with long dark hair.

The two years in New England passed rapidly and I was ordered to a new assignment at Sheppard Air Force Base near Wichita Falls, Texas. We loved our time in Massachusetts but were so happy to be moving to Texas to be closer to family and friends. I was assigned to the technical training division where I was in charge of the Accounting and Finance Officers Course. Compared to the overwhelming assignment in Massachusetts, this job was a snap. Not long after arrival, we visited with the Homes of St. Mark Adoption Agency in Houston and completed paperwork to adopt a son. About a year later in 1972, Kevin was given to us. Kevin was born prematurely and weighed only four pounds and five ounces. He was bald and we called him "Baby Kojak". That young baby is now six feet three inches tall and weighs about 200 pounds.

After serving three years at Sheppard AFB (1970-1973), it was time to move again. At this point, we had decided to make a career in the Air Force...the pay was poor but life was good and we were having fun. The Air Force provided me a leadership laboratory...each new assignment brought new challenges and opportunities. It was time for a career broadening assignment and I got one. I was sent to Texas A & M to teach senior AFROTC Cadets and serve as Assistant Commandant with responsibilities for parades, commissioning, and cadet discipline. At this time (1973-1976) A & M was growing rapidly. We had only 8,000 male students in 1964 when I graduated. Women were now allowed to enter the college and student population had more than doubled...today the population is over 50,000. After three years at A & M, it was time to move on. I was now a Major in rank and ready for a Major Command assignment.

We left College Station in 1976 and headed to Honolulu, Hawaii where the Headquarters for the Pacific Air Forces (PACAF) was located at base nearby. For my first two years in Hawaii, I presented weekly briefings to the Commander and his staff about the status of many key issues. As a young Major, presenting information that I really knew little about to a group of General officers always kept my adrenalin flowing. My duties also included preparing personalized books for all the trips the commander made within the Pacific theater. My third year in Hawaii, I was assigned to the Pacific Communications Command as

Director of Financial services. This organization was housed in the same building with PACAF HQ, so no relocation of family was necessary. In this position I had budgeting responsibilities for all the USAF communications squadrons spread throughout the Pacific. Staff assistance visits took me to faraway places in the Philippines, Korea, Guam, Okinawa, and Japan.

After three years (1976-1979) it was time to move again...but what a climate shock this next move was. We went from Paradise which had no winters, to Griffiss AFB in Rome, New York where the region got an average of 150 inches accumulation of snowfall annually. My job there was similar to the one I left in Hawaii. I was now the Finance Director for the Northern Communications Area which included Communications Squadrons located in the northern tier of the United States and in Europe. After an exciting year of hiring and training employees, the job became routine and was no longer a challenge. I had been promoted to Lt. Colonel and was restless for new opportunities. Scoot and I desired an assignment to Europe and in 1981 our dreams came true. At the end of my second year in New York, we were on our way to RAF Alconbury in England.

RAF Alconbury was located about 100 miles northeast of London. I was assigned Commander of the Comptroller Squadron with responsibilities for all budget, finance, management analysis, audit and data processing activities. This job was very challenging and I enjoyed it very much. I was honored by being chosen the "Best Comptroller" from among all the bases in the United States Air Forces in Europe. One of the many great joys we had while in England was living in an old home built in the 1600's. It was in the village of Holme located about 15 miles from RAF Alconbury where I worked. We were the only Americans living in this village so you can imagine how much curiosity was generated. Being this close to Europe provided us with many travel opportunities...we could ferry our car across the channel and drive to places we had only dreamed about, and cheaper air travel from London allowed us to visit Italy, Greece, and Russia. After three years in England (1981-1984), I now had twenty years of active Air Force duty and could retire to pursue other career opportunities. The Air Force had been good for my family. We all grew from the cultural experiences. I had been honored with four Meritorious Service medals and an Air Force Commendation Medal.

Beginning a career in July 1984 as a civilian was a new experience for me. We wished to live in Texas closer to family and chose Lufkin which was about equidistance from both sets of grandparents. Within a few weeks, I was lucky to find employment with Lufkin Industries, INC. I went to work in the accounting department as cost accounting supervisor where my main duties were automating the company's product cost system. Ten months later, I was promoted to data processing manager...my responsibilities and my salary increased significantly. Five years later, I became manager of accounting, audit, and special projects. During this time, Scoot completed her college requirements...remember, way back in 1964 she gave up college life to become my bride and move around the world with me. She graduated with honors from Stephen F. Austin University and became a speech and communications teacher in Central, Texas where she was awarded "Teacher of the Year" for all schools in Angelina County. The long working hours and high stress associated with my job at Lufkin Industries was beginning to wear on me. With my Air Force retirement and Scoot's salary and the fact that my youngest was about to graduate from college, I decided to resign my employment with Lufkin Industries to begin a new career in education (1994).

I taught accounting courses for two semesters at Stephen F. Austin University part-time, while taking courses to become certified to teach government and economics to high school students in Texas. In August 1994, I was employed by Huntington High School where I remained for nine years before retiring in 2003.

Our nineteen years in Lufkin brought so many joys and also heart aches. Both Michelle and Kevin had reached adulthood, left our nest and had become high achieving citizens. Both mine and Scoot's parents

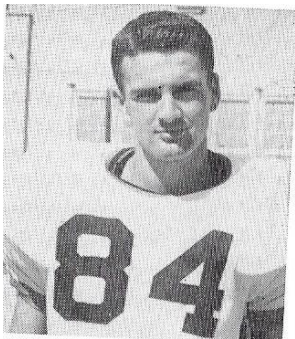
had died and relocated to heaven. Our livelihoods which had been centered upon family were changed significantly. We had reached that point in our lives that we needed a social rejuvenation. With that in mind, Scoot and I decided to retire from economic employment and relocate to the active resort community of Sun City near Georgetown, Texas.

For us, Sun City was the perfect place to retire. It was an age-restricted Dale Webb retirement community that provided facilities and many diverse opportunities for active retirees to enjoy life. We felt that Sun City had the youngest, old people in the world. Most everyone tossed away their egos from the past and accepted each other as equal...the main thrust by most was to enjoy the remaining years of our lives. We spent fifteen years having fun with fun people. But, life sometimes plays a trick on you. My back decided to degenerate and Scoot's memory began to fade. With that in mind, we relocated to the Wesleyan, an independent retirement community in Georgetown, Texas. It is home to about 300 elder citizens who enjoy an active life style while learning to cope with the disabilities that come with old age.

Many of you have lots of grandchildren and, perhaps, great-grandchildren to brag about. Scoot and I have only one grandson, Keaton (13 years old). We are proud of our children. Michelle, our daughter and the mother of Keaton, is a math and science teacher in Bedford, Texas and is married to John Coulter who is a fraud investigator for Bank of America. Kevin, our son is the head women's basketball coach at the University of Texas at El Paso.

Well folks, you now know what I've been doing since our graduation in 1960. David McPhail is working hard to make our 60th class reunion a reality. Please make plans now to join us in another great celebration.

CHEERS, Ken Baker"



1960 Tiger Football Team- Position- End



Ken's senior year at Texas A & M. He was Cadet Major of First Group Staff in the Corps of Cadets. (as a side note, Ken says the Commander of First Group Staff was WHS graduate, Cadet Lt. Colonel Russell Keeling.)



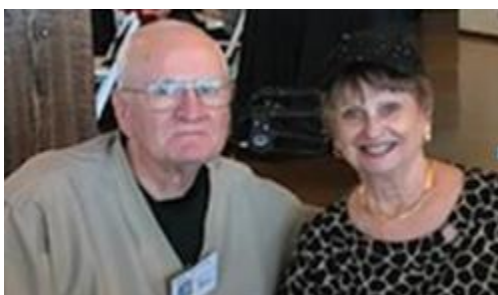
Scoot and Ken following his commissioning as a second lieutenant in the USAF...May 1964



Ken at his retirement from the USAF...July 1984



Ken in 2015 at our 55th reunion



Ken and Scoot at the 58th reunion—2018

Humor:



www.whs60.org

Be sure to utilize our website. If you are in need of an address, our directory is current as of July 2019.