

**TRIVIA:** **Prettiest waterfalls in every state:** according to **Reader's Digest**

<https://www.msn.com/en-us/travel/tripideas/the-most-gorgeous-waterfall-in-every-state/ss-AACG9jq?ocid=spartandhp#image=2>

|                        |   |
|------------------------|---|
| <b>Alabama-</b>        | <b>Caney Creek Falls, Bankhead National Forest</b>                            |
| <b>Alaska-</b>         | <b>Nugget Falls, Mendenhall Glacier (Juneau)</b>                              |
| <b>Arizona-</b>        | <b>Havasu Falls, Grand Canyon</b>   |
| <b>Arkansas-</b>       | <b>Twin Falls, Ozark National Forest at Long Devils Fork, Big Devils Fork</b> |
| <b>California-</b>     | <b>Yosemite Falls, Yosemite National Park</b>                                 |
| <b>Colorado-</b>       | <b>Hanging Lake Falls, Glenwood Canyon</b>                                    |
| <b>Connecticut</b>     | <b>Kent Falls, in Western CT</b>  |
| <b>Delaware-</b>       | <b>Brandywine Creek Falls</b>   |
| <b>Florida-</b>        | <b>Falling Waters State Park Falls, near Chipley</b>                          |
| <b>Georgia-</b>        | <b>Amicalola Falls, Dawsonville</b>   |
| <b>Hawaii-</b>         | <b>Waimoku Falls, Maui</b>  |
| <b>Idaho-</b>          | <b>Fall Creek Falls</b>   |
| <b>Illinois-</b>       | <b>Starved Rock State Park Falls</b>  |
| <b>Indiana-</b>        | <b>Big Clifty Falls</b>   |
| <b>Iowa-</b>           | <b>Lake Macbride Waterfall</b>  |
| <b>Kansas-</b>         | <b>Cowley Lake Waterfall</b>  |
| <b>Kentucky-</b>       | <b>Cumberland Falls</b>   |
| <b>Louisiana-</b>      | <b>Kisatchie Falls</b>  |
| <b>Maine-</b>          | <b>Billings Falls</b>   |
| <b>Maryland-</b>       | <b>Kilgore Falls</b>  |
| <b>Massachusetts-</b>  | <b>Bash Bish Falls</b>  |
| <b>Michigan-</b>       | <b>Tahquamenon Falls, Upper Peninsula</b>                                     |
| <b>Minnesota-</b>      | <b>High Falls</b>   |
| <b>Mississippi</b>     | <b>Clark Creek Falls</b>  |
| <b>Missouri-</b>       | <b>Johnson's Shut -Ins</b>  |
| <b>Montana-</b>        | <b>St. Mary Falls, Glacier Nat'l Park</b>                                     |
| <b>Nebraska-</b>       | <b>Smith Falls</b>  |
| <b>Nevada-</b>         | <b>Hunter Creek Falls, (near Reno)</b>  |
| <b>New Hampshire-</b>  | <b>Diana's Baths</b>  |
| <b>New Jersey-</b>     | <b>Buttermilk Falls</b>   |
| <b>New Mexico-</b>     | <b>Sitting Bull Falls</b>   |
| <b>New York-</b>       | <b>Rainbow Falls</b>  |
| <b>North Carolina-</b> | <b>Turtleback Falls</b>   |
| <b>North Dakota-</b>   | <b>Mineral Springs Waterfall</b>  |
| <b>Ohio-</b>           | <b>Robinson Falls</b>   |
| <b>Oklahoma-</b>       | <b>Turner Falls</b>   |
| <b>Oregon-</b>         | <b>Multnomah Falls</b>  |
| <b>Pennsylvania-</b>   | <b>Ganoga Falls</b>   |
| <b>Rhode Island-</b>   | <b>Stepstone Falls</b>  |
| <b>S. Carolina-</b>    | <b>Issaqueena Falls, (Walhalla)</b>   |
| <b>S Dakota-</b>       | <b>Roughlock Falls</b>  |
| <b>Tennessee-</b>      | <b>Cummins Falls</b>  |
| <b>Texas-</b>          | <b>Hamilton Pool Preserve, (Dripping Springs)</b>                             |
| <b>Utah-</b>           | <b>Lower Calf Creek Falls</b>   |
| <b>Vermont-</b>        | <b>Moss Glen Falls</b>  |
| <b>Virginia-</b>       | <b>Falling Spring Falls</b>   |
| <b>Washington-</b>     | <b>Palouse Falls</b>  |
| <b>West Virginia-</b>  | <b>Blackwater Falls</b>   |
| <b>Wyoming-</b>        | <b>Lower Falls of Yellowstone</b>   |
| <b>Wisconsin-</b>      | <b>Big Manitou Falls</b>  |



## From Our Graduates

**Tim Lasseter Latta:** "What a great story John Anderson has to tell."

**David Dibb:** "Wow! John Anderson has covered a lot of territory. Good article."

**Clara Sue Griffis Arnsdorff:** "I had no idea John and Ursula lived in Fairfield CA. We were married there. I taught school there, and hubby was stationed at Travis AFB. Wish I had known this sooner."

**Tommye Ruth Blair Toler:** "Great story from John Anderson. He's had a very full life. I think maybe his father was Dr. Jack Anderson. I didn't know him at WHS but as an OR nurse at Providence Hospital I worked with Dr. Anderson many times. My prayers are with all who are suffering from illness or age related maladies."

**Bev Murphy Wells:** "I'm sorry to hear about Jenny Lynn's passing, I do remember her, she was a sweetheart! My thoughts and prayers to her family."

**Dick Tooker:** "RE the picture George Banik sent from North Junior, that's me in the second row, 4<sup>th</sup> from the left. I recognize a bunch of the other faces, but because I'm 77, I am unable to put names with them. %\$!!@!!"



**1<sup>st</sup> row:** ?, ?, Ralph Klatt, Malissa Starnes, Sondi Nelson, ?, Sandy Ulrich, ?, ?, ?

**Middle row:-** ?, ?, ?, Dick Tooker, ?, ?, Mickey Lade, Amy Eyssen, Carol Rowe, Anitra Harrell

**Top row-** Sissie Blair, Jan Massey, Jennie Rose Christian, ?, ?, ?, ?, Gayla Miller, ?

**Bev Murphy Wells:** "So sad to hear about Jack Odell and will keep Sharon and her family in my prayers! So many are leaving us!"

**Sharon McCarthy Odell-** "I am very grateful for the love and support showered by my Waco High friends during Jack's journey. All of you have been such blessings to me."

#### **Regarding Dallas Tornado:**

**1. Crozier Brown:** "We live only 3 blocks from the tornado's path. In fact, we were on the immediate south edge of its path. Had it not swung slightly to the NE, we would have had a direct hit. I sat on the patio listening to the Fire/Police scanner on my cell phone as well as constant sirens coming and going down the major NS and EW streets near us. Fortunately, we "only" had very high winds which blew smaller branches and leaves off the trees. Travel is severely restricted in our area. Damage is mind blowing. Schools destroyed, Home Depot destroyed, Fire Station near us destroyed and on and on and on. The area where George Bush (43) lives suffered significant damage. Dallas is blessed in that there were no deaths or serious injuries...a major miracle considering the heavily populated area that is involved. Wow! This brings back vivid memories of May 11, 1953."

**2. Randy Turner:** "No problem here. I didn't even know about it until the morning."

**3. Sharon McCarthy Odell:** "Sirens, hail, and lots of rain, but no wind here. Lucky!"

#### **Updates:**

##### **New Address:**

**Mal Kelly**

727 Artillery Range N  
Spanish Fort, Alabama 36527

**Elta Ann Owen Hogue:** Elta has been diagnosed with a bile duct tumor, stage 4 cancer. Her doctors have come up with a treatment plan for her. Elta said it is difficult to get back with everyone who has tried to contact her but please know how much she appreciates all the concern that has been shown.

**Linda Shelby Lyons:** Linda has been in a Skilled Nursing Facility near Beaumont where she has been receiving Physical Therapy and Occupational Therapy. The pain from her surgery is almost gone and she is walking although not running any races yet. She developed aspirational pneumonia and was readmitted to MD Anderson on Friday, October 25. More tests are being run. Linda is soooo ready to be home but no one knows when that might be.

#### **November Birthdays:**

- 3- Jim Monnig  
Sissie Blair
- 6- Barbara Brunett Hunt  
Gary Roberts
- 12- Carolyn Wolf Lloyd
- 18- Bob Easter
- 27- Nena Hunt Wallace



## John Thomas Davis



1960



2019

What a treat I have for you all this month! John Davis, one of my favorite friends in high school, has agreed to share part of his life with us. John was a great artist back in high school and not a thing about his talent has changed except he has gotten older and better with time! If you remember, John was managing editor of The Daisy Chain and his art work is featured all throughout our senior annual. Another thing of interest about John is that his great-grandfather was the one who first established the Silos which are now the Silos at Magnolia Market owned by Chip and JoAnna Gaines. You can read all about it at this website:

<https://wacohistory.org/items/show/97>. Following, is a condensed version of John's life and a small sampling of some of his artwork since he walked across the stage to receive his WHS diploma.

After graduating from Waco High, John moved to Austin and attended the University of Texas. John received a Bachelor of Fine Arts from Texas University in 1970 and then returned to Waco for his career. After his return, John married and raised his family while living in Waco. John and Janice, his wife, have 3 children: Jack, Fred, and Brooke. They have 4 grandchildren—all girls. John's eldest son, Jack, lives in Portland, Oregon. His middle son, Fred, lives in Austin, and his daughter, Brooke, lives in Dallas.

John's career in Waco started at Success Motivation Institute. SMI was founded by Paul J Meyer whose business became internationally known throughout the years. John was one of the artists for this most successful business. You can read more about SMI on these two websites:

[www.pauljmeyer.com/the-legacy/humble-beginnings/](http://www.pauljmeyer.com/the-legacy/humble-beginnings/)  
<http://pauljmeyer.com/the-legacy/young-leader-entrepreneur/>

After several years at SMI, John went out on his own as an artist. John is still an active artist and currently works out of his home.

John said he first knew he had talent when he was a kid at Sanger Elementary. He remembers, **"I just started drawing"**. John never had any art classes as a youngster; in fact, his first art classes were taken when he was in college. He is what is classified a "natural born artist". When asked his favorite subject to draw/paint, John quickly said, **'landscapes'**. John will see something, maybe make a few sketches or not, and then go home to paint it. Currently, John primarily works in pen/ink and acrylic. I was surprised to learn that John sees drawing more of a chore than strictly for enjoyment. However, I would dare to say there may be a whole lot more enjoyment in his talent than he realizes as John said he will probably still be painting when he dies. Jokingly he said, **"I will be in the casket, drawing on the lid."**

Regarding John's hobbies, he likes woodworking. He made a chess set which is pictured at the end of this article. John said it took him two months to carve the set. The theme of the chess pieces: Montezuma and Cortez. John's middle son Fred is the only one who plays chess and will inherit the set unless John sells it. Price would be a minimum of \$2000 as he said literally his **blood** is in this work. He laughed and said he cut himself many times while carving the pieces. John once owned a building downtown that was a woodshop

but he sold the building so his workshop is now one bench in the garage at home. I asked John if he regretted selling the building and he sheepishly smiled and said, **"Yes"**. I am certain we all have sold things we wished we had kept or kept things we wished we had sold.

John used to hunt. He said he grew up with guns but is now a Buddhist so he no longer enjoys the killing of anything. Too, he no longer enjoys going fishing as he said he **"cannot imagine having a hook in anything!"** For vacationing, John likes the beautiful area up around Portland, Oregon or Mexico.

John wishes everyone **"GOOD HEALTH"**. Keep in mind that John is still an active artist, has paintings for sell but will also do things on commission. If you are interested in getting a **John Davis original**, he can be contacted at **254-754-2232**.

I am so glad my good friend shared a portion of his life and creativity with us. It really was interesting to hear the inspirations to his perspectives on certain pieces. I hope you will enjoy his talents as much as I did.



John Davis, football – position halfback 1959/1960

The boy with his butt on the snowball is John's eldest son, Jack. **NOT FOR SALE**  
( Sorry, my flash lightens up the center)





**Live Oak Decline**- Two people are planting a new tree in front of a dead tree that has died of Oak Decline. The big cloud at the top represents God and on the ground to the left of the man standing, is a natural sapling which represents God's handiwork of "planting" a new tree. As John said, "*The order of things*".

\$350



John sold a ranch in Valley Mills several years ago. The inspiration for this painting came from that ranch and the burning of a bonfire—maybe dead brush, cooking hot dogs, or to provide some warmth on a chilly evening.

**\$250**



Portrait of John's favorite aunt. **NOT FOR SALE**





John's inspiration for this painting was a bluejay that he saw flying into the trees. When the blue did not show up so well against the background of the trees, John painted a Tick Egret instead.

**\$250**





**Two Bevos in Paradise** -- for all you **University of Texas** fans

(Please forgive—my flash makes the center show up lighter than in reality—and no, I did not do that on purpose for the Baylor or Texas Aggie fans)

**\$250**



**Montezuma/Cortez Chess Set:** Basswood, carved with exacto knife –  
\$2000 minimum (This really is incredible.)





John's son Fred and some of his friends

**Not For Sale**

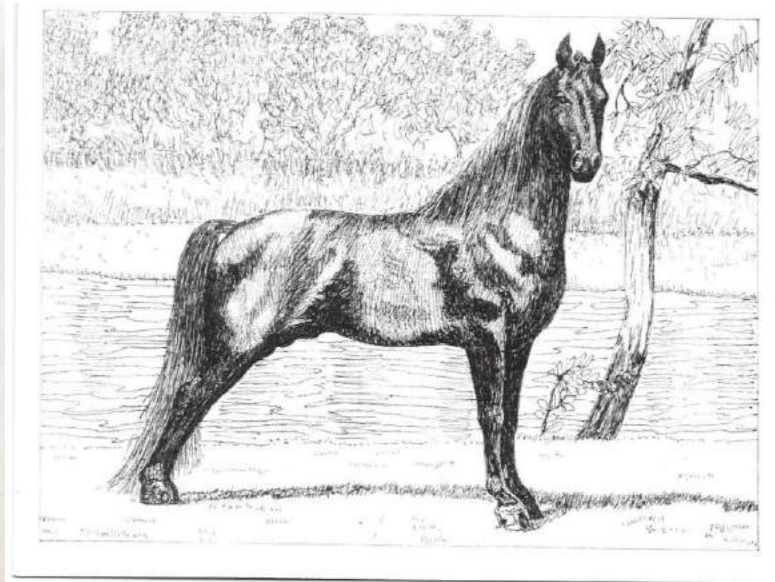


Inspiration from a painting by Julian Onderdonk valued at \$100,000 on Antique Road Show. John set the television on pause to get a good memory in his mind's eye in order to do his own rendition. Later, he did this painting.

**\$1,800**







**Have your home, office, pet or retreat  
professionally drawn in pen and ink, then  
printed on notecards within envelopes.**

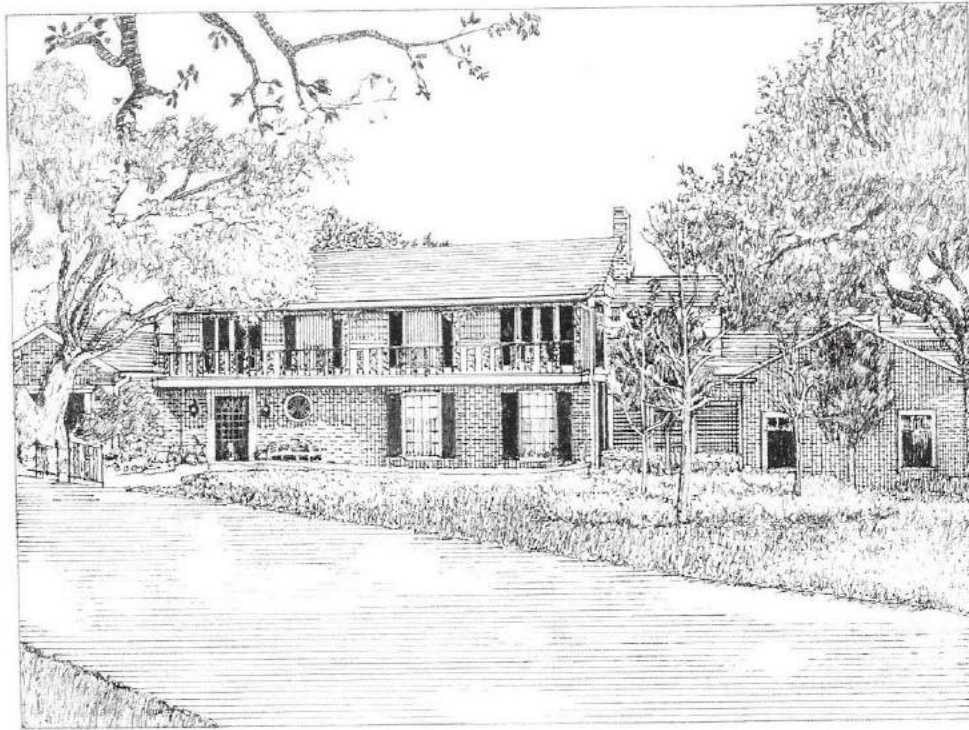
**Drawn by John Thomas Davis**

***250 notecards with envelopes  
\$265.00 plus tax***

***Set up an appointment call:  
(254) 754-2232***







These really are neat. Good idea for any realtor to give as a present to his/her new buyer....  
 - or to notify of address change, for invitation of a party at your home, etc.  
 -or for a decorator to present to his/her client after a remodeling job....  
 -or for personal notecards of your own home, lakehouse, office, childhood home,  
 Christmas cards....etc.  
 THE IDEAS ARE ENDLESS ---and the work, SPECTACULAR.

**-John Thomas Davis-**  
**254-754-2232**



## **Medical Corner:**



### **The Importance of Bananas**



Brooke Nelson, Emily DiNuzzo  
9/19/2019

You may know the silent signs of a heart attack or stroke, but preventing one is another beast altogether. Exercise and sleep are great habits that reduce your risk but don't overlook the power of your diet. According to a study, you might want to add bananas and other potassium-rich foods to your plan.

Researchers at the University of Alabama have found that eating bananas every day could help prevent heart attacks and strokes. Their study, which aimed to determine how the mineral potassium affects blood flow and artery health, examined mice who received a diet containing either low, normal, or high levels of potassium. Overall, mice given a low-potassium diet had much harder arteries than their counterparts. Mice who received high levels of potassium, on the other hand, showed significantly less artery hardening and reduced stiffness in their aorta as well.

Previous studies and data also show that a potassium-rich diet helps lower blood pressure and reduce the risk of heart disease, according to *Ragavendra Baliga, MD*, a cardiologist at the Ohio State University Wexner Medical Center. "One analysis published in the [Journal of American College of Cardiology](#) in 2011 included data from 11 studies and 250,000 people," Dr. Baliga says. "This study reported that an average increase of 1540 mg of dietary potassium per day is linked to a 21 percent reduced risk of stroke."

The University of Alabama study, however, is among the first to investigate the mineral's impact on artery health. Getting enough potassium helps maintain a healthy heartbeat, according to *Michelle Routhenstein, MS, RD, CDN, CDE*, a preventative cardiology dietitian. "When potassium is deficient, low levels can cause heart arrhythmias and potentially impair blood flow to the brain, muscles, and organs," she says. According to experts, potassium also improves your heart's function by regulating your heartbeat, digesting carbohydrates, and building muscle. The combination of these perks could do wonders for your arteries, preventing heart disease and strokes down the road.

The results of the study are promising, according to *Ali Webster, RD, PhD*, the associate director at the International Food Information Council. However, researchers need to replicate this in people to draw a definitive conclusion. "It certainly won't hurt to eat potassium-rich foods every day, unless you've been instructed to watch your intake," Webster says. "But we can't say that one specific food is going to prevent cardiovascular disease." You need to consider the whole diet as well as other risk factors, too, Routhenstein adds.

For most people, eating potassium-rich foods like bananas, sweet potatoes, beans, and dark leafy greens will contribute to a healthy diet and possibly reduce the risk for cardiovascular disease, according to Webster. Many people in the United States consume less potassium than is recommended, and the Dietary Guidelines for Americans named potassium a "Nutrient of public health concern."

While bananas have a reputation for containing lots of potassium, Dr. Baliga normally recommends broccoli, spinach, carrots, cauliflower, and other vegetables to his patients instead. So don't worry if you hate the yellow fruit, there are still plenty of ways to eat a good amount of potassium.

<https://www.msn.com/en-us/health/nutrition/if-you-dont-eat-a-banana-every-day-this-might-convince-you-to-start/ar-AAHyg1v?ocid=spartandhp>

## **Funnies:**



## **Life explained:**

On the first day, God created the dog and said, "Sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years."

The dog said, "That's a long time to be barking. How about only ten years and I'll give you back the other ten?"

And God saw it was good.

On the second day, God created the monkey and said, "Entertain people, do tricks, and make them laugh. For this, I'll give you a twenty-year life span." The monkey said, "Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the dog did?"

And God again saw it was good. On the third day, God created the cow and said, "You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family. For this, I will give you a life span of sixty years."

The cow said, "That's kind of a tough life you want me to live for sixty years. How about twenty and I'll give back the other forty?"

And God agreed it was good.

On the fourth day, God created humans and said, "Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years."

But the human said, "Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?"

"Okay," said God, "You asked for it."

So that is why for our first twenty years, we eat, sleep, play and enjoy ourselves. For the next forty years, we slave in the sun to support our family. For the next ten years, we do monkey tricks to entertain the grandchildren. And for the last ten years, we sit on the front porch and bark at everyone.

Life has now been explained to you. If you are looking for me, I will be on the front porch.

[\*\*www.whs60.org\*\*](http://www.whs60.org)