

APRIL 2020



CORONAVIRUS:

More than three in five working Americans report feeling lonely. Now that the country is facing a disease outbreak that demands measures like “social distancing,” working from home and quarantines, that epidemic of loneliness could get even worse. - The New York Times

“We’re now officially in a pandemic,” said Eric Klinenberg, a NYU sociologist. “But we’ve also entered a new period of social pain. There’s going to be a level of social suffering ... that very few people are discussing yet.” - Vox.com

The WHO recommends people who are in isolation to stay connected with loved ones, friends, family and colleagues via email, social media channels or by phone if accessible. - Fox Business

FROM THE EDITOR !!! Fellow Graduates: !!!

I had received this report from Richard Tooker on March 12. It was going to be in the April “update segment” of the Town Crier. Unfortunately, things turned out differently for Richard but I wanted you to see his determination regarding his health issues. Also, in the very last two sentences, he had a message to all of us.

Yes, we all can help each other anytime one of us might have a health problem. It means SO MUCH to know that others care. I have received many comments regarding Richard that I will be sharing in a separate message at a later date.

Now, Dick’s last message to his classmates:



(sent 3-12-2020)

“I’m home from the hospital and doing pretty well, considering the beating my body has taken. I almost bought the farm. The ER docs told Victoria that had she gotten me there 5 minutes later, I probably would have died from the infection that somehow got hold of me.

Came home last Friday, 3/6, after 5 days in intensive care, one day in a regular room, and 6 more days in rehab. Just now getting back on my computer. I was scheduled for another 5 weeks of outpatient rehab beginning today, but I opted out because of the Coronavirus. I’m right in the sweet spot to get it – old, recently extremely ill, multiple underlying conditions, a badly compromised immune system (which turned out to be the core problem I’ve had all year), and a lifelong predilection for respiratory problems. Plus, the patients who go to rehab are almost all old and sick, too. I don’t feel like playing Russian roulette with my life. I believe I have the discipline to rehab myself. I’ve been through it before, so I know what I have to do.

Hopefully, this is all now in the past, and you won’t need any more updates from me. I’ll let you know if anything turns out otherwise. Tell everyone I thank them from the heart for their prayers and good wishes. They helped sustain me through this.”

On Coronavirus:

From Stan Lennard: Stan lives in Snohomish, WA where the coronavirus hit many at a nursing home about 19-20 miles from Stan's home. I asked Stan how they were and this was his reply: "We're OK. Lots of anxiety in our region with school and business and sport activity closures. Working moms will be very inconvenienced with school closures, some extending well into April. We just hope our governor will reopen business in our state soon while the public will continue to employ the mitigation practices being learned across the country, putting an end to the epidemic. I hope Texas and Texans are doing well."

Crozier Brown

"Here is the link to information directly from the CDC. Definitely credible....

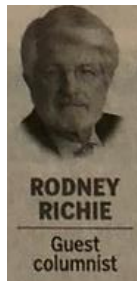
Feel free to share the link.... I think it has everything one wants or would need to know..."

[https://www.cdc.gov/coronavirus/2019-](https://www.cdc.gov/coronavirus/2019-ncov/about/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2Fabout%2Findex.html)

[ncov/about/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2Fabout%2Findex.html](https://www.cdc.gov/coronavirus/2019-ncov/about/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2Fabout%2Findex.html)

Regarding Dr. Rod Richie's article on the Coronavirus sent to Joe Riley:

Joe Riley: "I'll let Rod Richie know (you sent it out.). He'll be pleased. I suggested to him that he send it to the Waco Trib. He used to be a regular on their Board of Contributors." (It was printed in the Waco Tribune Herald on 3-22-2020)



Clara Sue Griffis Arnsdorff: Thanks to Joe for the info----the description of the original and updated kits was especially interesting. We are at home---ordering groceries and making do as best we can. Virus is limited in NE so far, but there are cases being reported now... Stay safe

Karon Shinault Jackson: Thanks to Joe Riley for sharing this information from someone we trust. We can read this information for ourselves in black and white, minus the energies that the news media insert into broadcasts.

David McPhail Thanks for sharing. Janie & I are obeying the rules as much as we can. We ordered food plus Janie picked up at the local HEB. We continue our walks in the neighborhood but avoid others (not many roaming around).

Russell Keeling: Great summary on Covid-19, Thanks! Although the virus is not in our area (yet), Lloy & I are doing a good job of hunkering down, with minimal exposure to the outside. We're well-supplied, especially considering extra supplies in the RV; and trips to the grocery store are few & far between. Most stores now open early for seniors & compromised individuals to get through the door before regular folks. No school, so lots of kids outside walking dogs, visiting, etc. Lloy & I feel OK about going for drives - citrus blossoms popping out everywhere - roses doing the same. Hope all's well in central Texas.

Carolyn Wolfe Lloyd: Great information. Thanks. Stay safe.

Charlotte Suttle Kliebrink: Thanks, very good info.

Tommye Ruth Blair Toler: Thanks, Joe, for this information and thanks, Jeanne, for sending it to us. Everyone stay safe. I'm finding lots to do at home and, in a way, I'm enjoying some free time. No need for makeup, dress up, or hair styles. Ha Ha. I hear that lots of restaurants are now taking to go orders and then bringing your food to your car in the parking lot. That sounds like a great idea! Also there are several delivery services and curbside pickup at HEB, Walmart, etc. Hang in there y'all. This too will end.

David Dibb: Great info. Thanks for sharing.

Malissa Starnes Baugh: Great! Very Informative!

Regarding Dave Walsworth:

Dave Walsworth: We are settled and enjoying all the new digs! Winter is far from over here. But today (March 1) is sunny and 52 degrees so it's not always bad. And, while we aren't near Lackland where the Coronavirus folks are quarantined, the Center for Disease Control (CDC) is about a 30 minute drive from us.

David Dibb: Enjoyed the article immensely. Civil Service and Logistics might not sound too exciting, but it keeps those planes in shape for people like Russ Keeling to fly. I was at Wright-Patterson TDY for about 6 months during the time David was there (but we didn't cross paths.). I was a USAF Captain on a logistics team, trying to answer a Congressional inquiry, which was, roughly, "With all the gazillions of dollars we've spent on electronics and electronic warfare countermeasures on existing aircraft, can any of it be adapted to the new aircraft (i.e., B-1), and save some money?" To no one's surprise, the answer was, "No." And, the only reason I would leave San Antonio for the Atlanta area would be for family. San Antonio is our favorite Texas city to visit.

Malissa Starnes Baugh: Wonderful to hear David's story and enjoyed the pictures!

Norma Cissell Smith: THANK DAVE AND SHARON FOR THEIR YEARS OF SERVICE AT THEIR CHOSEN PROFESSIONS. WE HAVE HAD SOME SUPER TALENTED PEOPLE IN OUR CLASS OF 1960.

!!!! Most important message from David Rosen:

"After reading issues of the Town Crier over the years, I have seen that many of our fellow classmates suffer from common pain issues. My motorcycle accident while at WHS caused me years and years of unbearable back pain, which began about ten years after we graduated. Finally, I got relief after being treated about six or seven years ago with an ml830 cold laser...and have been almost back pain free for the past six years (face it...at our age we are never pain free, everywhere). I was so impressed with the cold laser that I opened a small, appointment only pain clinic here in Waco about a year ago. Since I am still a full time 30 year-RN (my second career), I treat pain patients by appointment only. If you have time to include this message for fellow students, have them look at my web site and read about the cold laser. I'll be happy to visit (about pain) with any 1960 graduate (including spouses) and give a couple of free treatments to see if the laser will help their pain. With the laser, there is no heat, no shots, no surgery, and no invasive procedures."

Thanks,

David Rosen

Web: www.paintreatmentwaco.com

email: daroe42@yahoo.com

APRIL BIRTHDAYS:

1	Edgar Gatlin
6	Pam Wilson McCamish, Nancy Guggolz Rogers
18	Randy Turner



www.whs60.org

23 Foods to boost your immune system

(according to **Eat This, Not that**) The link below will explain why the following foods are beneficial
<https://www.msn.com/en-us/health/nutrition/23-foods-experts-say-will-boost-your-immune-system/ss-BBZJFH?ocid=spartandhp>

Red bell pepper
 Black elderberry syrup
 Bone broth
 Sweet potatoes
 Blueberries
 Yogurt and kefir
 Grapefruit
 Roasted chickpeas

Oil of oregano
 Shiitake mushrooms
 Sunflower seeds
 asparagus
 Green tea
 Broccoli
 Anise
 Popcorn

Eggs
 Clementines
 oily fish
 hemp seeds
 turmeric
 pumpkin seeds
 garlic

As you know, Bob Easter grows organic vegetables. This is what he has to say regarding healthful foods:

Now is the time to start a health program to build a much strong immune system. As you and others are aware, I am a strong believer in healthy eating and grow many of these vegetables in my organic garden.

I want also to be very clear. I am not giving medical advice or advocating anyone to start a healthy eating change without *checking with their doctor*. Some medications can have a reaction to certain chemicals found in these vegetables, herbs and grains.

I am a Big Fan of **The 150 Healthiest Foods on Earth** by Jonny Bowden, Ph.D., C.N. S. This book, in my opinion will change your mind, clear up misconceptions and challenge anyone to look at food in a total new way. Once taken to heart these vegetables, fruits, grains and herbs will boost your immune system. Some actually help fight cancers. The ones I am listing will turbocharge the immune system. But there are plenty more in this book and it will help you

to have a healthier body. These are all Super Stars. BTW: Stop cooking vegetables too long. Also avoid high heat.



- 1) Broccoli. Women especially need to be eating this for certain cancers. It is highly recommended by the American Cancer Society.
- 2) Swiss Chard. Learn to cook this Super Star with spinach, onions, and garlic. It is delicious.
- 3) Spinach. Raw or cooked. Stir fry is the best with garlic and onions too. Cooking vegetables for too long decreases nutrients. Cook on lower heat.
- 4) Kale. I prefer Dino Kale
- 5) Carrots. Cooked carrots are actually more nutritious than raw.

- 6) Brussels Sprouts. Member of the cabbage family.
- 7) Cabbage. Cabbage and Brussels Sprouts have cancer fighting abilities.
- 8) Beets. Heart Healthy
- 9) Mushrooms. Add mushrooms to many dishes. BTW some types are much healthier than other mushrooms.
- 10) Onions, Garlic. Cannot say enough about Garlic or Onions. Use in every dish possible. Cancer fighters
- 11) Oatmeal. Purchase organic rolled oats. Never instant. No need to cook. Just dash oats into bowl, pour hot water in the bowl and let it sit for a few minutes. Add your favorite nuts, raisins or dried cranberries. Super healthy Enjoy.

Regarding Decluttering from Judith Hamff Murphy:

I have spent the better part of this year decluttering, so I have a few words of experience to add to the great ideas in your last newsletter:

Last spring I decided to declutter my house since I want to live here as long as I'm physically and mentally able. Recognizing that I'm never going to be any younger, there was lots of stuff around that I didn't want or need for my current lifestyle. I thought I'd be all done in a couple of months. I went full speed ahead--often working several hours a day. A month or so later my body "hit the wall", so to speak. After my physician assistant's assurance that nothing major was wrong with me—I'd just "over-done it", I saw my chiropractor, massage therapist, podiatrist, and physical therapist. That kept me busy for awhile! After various treatments I'm well again, thank goodness. As a reward for my efforts, I have found two handbags, two jackets, a nice pair of earrings and a new place on a family room wall for my favorite metal sculpture that Tom and I bought about 1971.

Lots of articles and books have been written recently with tons of advice on decluttering/down-sizing. I strongly recommend the "Time Boxes" suggested 20-minute a day approach. As your article noted, just a few minutes every day soon add up to sizable results. And be sure to treat yourself to a dose of Maria Kondo's "keeping only things that spark joy!"

On Decluttering from David Dibb:

Treasure or Clutter?

Sermons on "*You can't take it with you*" often remind us, "You never see a hearse pulling a U-Haul trailer". Maybe not, but I came close.

When my wife's sister, Peggy, passed away, we had the task of settling her estate and putting her house up for sale. But Peggy was a collector. Department 56 village buildings, Thomas Kincaid paintings, Lladro figurines from Spain, Andre' Sadak bird and animal porcelains, fine jewelry, and teddy bears. Every drawer, shelf, and closet in the house and garage was full. She was frugal in many areas, and generous to her church, but over the years she collected many beautiful things.

The sisters and sister-in-law divided up the jewelry, and everyone found a few pretty porcelains and paintings, but when that was done, there was a lot left over. It seemed a shame to just load it all up and take it to Goodwill.

So we pulled a U-Haul trailer with dozens of Peggy's unclaimed Lladros, teddy bears, Sadaks, and Dickens Village pieces, 600 miles from Pensacola to Florence. When we got home, we pulled everything out and selected a few "keepers" for our family. The rest we put on display in our living room and invited friends over to "shop" (free). The entire teddy bear collection went to one thrilled little girl. We made many ladies and their daughters and granddaughters very happy, and we are still receiving thank-you notes we wish we could share with Peggy.

And we have been going through our house, thinking how to give away things other people can use or grandkids might like now, rather than "later".

FROM OUR GRADUATES:

Sondi Nelson Pace: "Had a ♥ attack on 3/4, open ♥ surgery on 3/11, was discharged yesterday (3/24), just as the "no visitors " rule was imposed @ hospital, and am now recovering @ home, with wonderful care from Ray, Karen & Keli.

Bob Easter: Super Star Fruits to Boost your immune system. Keep healthy. by Jonny Bowden, Ph.D, C.N.S author of 150 Healthiest Foods on Earth. This is only a snap shot of the benefits of these fruits. It is not Medical advice. Please look up the full benefits. You will be amazed.

- 1) **Avocados:** Eyes, Heart, Skin
- 2) **Blueberries:** The King of Fruits. Actually grows new neurons in the brain. Brain, Memory star.
- 3) **Cherries:** Anti-inflammatory, anti-cancer compounds
- 4) **Coconut:** heart, colon cancer/high blood cholesterol
- 5) **Guava:** Prostate/Breast Cancer/Potassium helper
- 6) **Kiwi Fruit:** Blood thinner, most nutrient dense of all fruits/Vitamin C booster too.
- 7) **Raspberries:** Fights cancer cells, highest fiber foods on planet/bone builder
- 8) **Strawberries:** Chemicals to fight Cervical/Breast cancer/prevents growth in liver cancer cells

Updates:

!!! RETRACTION !!!: I must retract some info I reported regarding **Norma Cissell Smith**. Her white blood count was up due to a bout of pneumonia, not the Non-Hodgkin's. Norma has seen her doctor and her white blood count is now down as she continues to recover from pneumonia.

Bob Easter has a new email address: Bob@easterandeaster.com

Dave Pettus: "Well, It almost looked as if Sherry and I might make it to the 60th, because we have a meeting in Austin this fall; but the meeting is October 24, so it's a near miss! However, we'd love to see some classmates in Austin while we are there (probably October 22-25, and maybe also connect with some classmates in Waco for a couple of days either before or after the meeting.

Thought for years we'd make it to the 40th, but ended up being responsible for a concert here on the Big Island with the Spencer Davis Group; but it turned out that the group's drummer, Tom Fillman, was also a WHS grad (!), so we sang "Spirit of Waco" for everyone who wanted to hear it, and everyone else too."

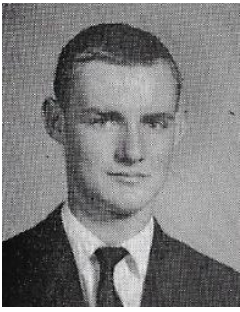
Bev Murphy Wells: "So sorry to hear about Virginia Fletcher. I remember her well. Yes, we are losing too many!"

Sharon McCarthy Odell: Has a new email address- sharon@the-odells.com

Phyllis Brooks: "Pam and I had a discussion with the oncologist the latter part of February and we agreed that I will be without chemo infusions in March and April with a follow up visit now on April 10. The latter part of April I will have a PET SCAN to see what has taken place these two months without the chemo. I know it is a gamble but I want to see what miracles the Lord has in store for me. The mess has been shrinking and that has been a blessing. The second week I began to have the same problems I had a year ago--possibility of fluid buildup and pain when yawning. The appointment would have been this Friday the 27th but due to the Corona virus the clinic had to move the appointments. I am feeling good and will begin sewing/quilting in another week. Thank you again for your uplifted prayers."



Bill Alexander



1960



2020

Bill Alexander has an exciting story to tell us regarding what all he has done since graduation from Waco High.

I only wish all our teachers could read about the successes of the students they taught so many years ago. I think the faculty would be so pleased and proud of the influences they made on so many of our classmates.

Following is Bill's experience along the road of life in his own words.

"A few weeks after graduation, classmates John Schwetman, Tom Hafford and I loaded up a canoe at the mouth of the Bosque River in Cameron Park and headed down the Brazos. We camped on beaches or islands and ate mostly canned food we brought along. Thirteen days later we reached the Gulf of Mexico. We camped on the beach, spent a couple of days canoeing in the surf, and then called my dad to come get us. All the way home Dad complained about how bad we smelled.

That fall I enrolled at Rice University intending to be a math or physics major. It turned out that in the beginning I was not ready to succeed at a competitive place like Rice, as my first semester I made a D in freshman calculus. I caught up, and even made the Dean's List as a math/physics major in the spring of my sophomore year. However, by then, I had discovered that real math was not nearly as much fun as Martha Leuschner's plane geometry. Also, real physics was not as much fun as weights and pulleys in Gus West's class, so I changed majors. I took some more math as electives, and graduated in 1964 with a degree in Philosophy.

I then joined the Peace Corps. I spent two years teaching high school math and general science at a boarding school outside the town of Tamale in Northern Ghana, in West Africa. In some ways my assignment was easier than most Peace Corps Volunteers' (PCV's). The first time I met the headmaster (principal), he was expecting me, handed me my schedule for the first semester, and had a small bungalow waiting for me and my fellow PCV, Steve. Our bungalow had an indoor toilet and sometimes running water, sometimes electricity, but no water heater. Again, this was better than many PCV's around the world.

I taught mostly fifth form (roughly equivalent to our HS seniors) and lower sixth (college prep) math. This was one of the best high schools in Ghana; the kids were bright, highly motivated, and a delight to teach. I am not being modest when I say that when I walked into my lower sixth classroom, I lowered the average IQ. I also helped coach the track team.

No matter how comfortable the accommodations, I was still in an alien culture with different customs and food, and a constant background of speech in dozens of languages I didn't know. Although English is the official language of Ghana and my students were all proficient in English, they spoke their native languages

among themselves. Walking down a street or in the market I seldom heard English. There are 57 different languages and dialects spoken in Ghana, a country the size of Alabama. We were taught a little Twi, which is the most widespread of these languages, but Twi is not spoken in the north where I was stationed. The result is certain alienation common among PCV's. I was lonely at times, especially when Steve bailed after five months and went back home.

The bright spots of the experience far outweighed the problems. There was a smattering of an international community in Tamale; I made friends from Canada and England, and had great care from a Hungarian doctor the time I got dysentery (you do NOT EVER want to get dysentery.) In particular there was a large Russian contingent; there were two Russian science teachers at my school, and one of them, Victor, and I became good friends. His wife was the translator for a team of Russian geologists based in town. I spent some evenings in their camp, playing volleyball and watching movies in which the USA was the arch villain. (Years later Rosemary and I visited Vic and Lena in Russia.) During school breaks I traveled all over Africa with friends, visiting game parks, historical sites, and out of the way places such as Timbuktu. After my two years I went home by way of Europe, staying six weeks exclusively in Northern Europe where it was cool.

Joining the Peace Corps was one of the best decisions I ever made; it changed me in important ways. First, it radically changed my view of the world; most of the world's population live in what we call the "third world" which consists of places just as real and just as important as ours, full of people just as smart and able and hardworking and ambitious as we are. Secondly, I came home with a radically changed view of my own country; it seemed insular and dominated by consumerism. It changed my view of myself, teaching me new strengths and confidence in my ability to thrive in unfamiliar situations.

Back in Texas in the fall of 1966, I enrolled in UT graduate school in English. Living in Austin, I experienced displacement and alienation similar to what I felt my first few months in Ghana. Besides the shock of casual affluence, while I was away, the 60's had happened, at least in Austin. Drugs were everywhere, students were protesting everything, cops were beating students, and Jimi Hendrix had redefined the national anthem.

After two semesters as an English major, I found one more thing I did not want to spend my life doing. I dropped out and moved back in with my parents in Waco, not knowing what to do next. I was rescued by a cousin, a space scientist who needed someone to read the telemetry data streaming back from experiments he had aboard various spacecraft and satellites. I taught myself enough computer programming to read his tapes and do elementary analysis of his data, and found my calling.

I went back down to UT and changed my graduate major to Computer Sciences. I had to start with undergraduate courses, so it took six years to earn a PhD in CS in 1974. Oh, and while this was going on I fell in love with and married Rosemary, the sister of our WHS classmate John Schwetman.

My first job after graduation was teaching CS in the math department at Boston University. One other professor and I created a CS program from scratch. Because we were teaching the whole curriculum by ourselves, this was the hardest I have ever worked. One semester I taught four courses myself and a fifth jointly with the other prof. After two years the administration saw the huge demand for CS courses and started hiring additional faculty.

Living in a big eastern city was a new experience for both Rosemary and me, but we soon came to like Boston. Boston has so much art and history and I could even walk from BU over to Fenway Park for a Red Sox game. Rosemary finished her PhD from UT in English long distance. After five years the CS program was established, and in 1979 I took a job at Los Alamos National Laboratory in Northern New Mexico.

Los Alamos is my favorite place I have ever lived. It is perched on the side of an extinct volcano at 7000 feet. It is surrounded on three sides by national forest while the fourth side looks out across the Rio Grande Valley to the Sangre de Christos Mountains behind Santa Fe. I learned two new skills, downhill skiing and backpacking. For many years after we left, I went back every summer to backpack with a friend in one of the many wilderness areas in NM and Colorado.

The job was exciting at first; LANL had the world's most powerful scientific computing center, four large rooms filled with the most powerful supercomputers of the day. (Neat toys to play with). But ultimately it was a government job in a government institution, plus after a while I was not learning anything new.

In 1984 I was recruited by a research consortium in Austin called MCC, and we moved back to Texas. MCC was the best job I ever had. Surrounded by super bright people from all over the world (our potluck dinners were fantastic) and working on cutting edge computer science research, I simply loved the people and the problems. I mostly worked on a super reliable, high speed, distributed database design (think running a stock exchange). It was called "Bubba" because our foreign colleagues thought the term was funny. Unfortunately, MCC folded after seven years. I need to backtrack: While in Los Alamos Rosemary and I had two sons, Will, and two years later Randall. Will suffered serious brain damage during birth, a condition called cerebral palsy. Because of Will's special needs, when MCC ended I needed a job in Austin with good medical benefits for a company that was not going to fold. Although I was not thrilled about working for a giant corporation, IBM seemed the best fit, and I worked there until retirement in 2009. It worked out better than I had feared. I was in a group doing mostly interesting performance analysis of both hardware and software systems.

These last eleven years have been among the happiest of my life. I read a lot, exercise every day, socialize with friends, watch sports on TV and movies with Rosemary. She and I both enjoy excellent health, which allows us to do pretty much anything we want. We take one 'big' trip each year with another couple, most recently to Greece, and shorter trips including an annual pilgrimage to Big Bend National Park.

I look forward to seeing you at our 60th!"

Bill Alexander



Bill's fifth form math class - Northern Ghana



Sixth form class in front of a termite mound right outside the classroom door - Northern Ghana



Backpacking in Colorado



On top of Chief Mountain, elevation 13,050 ft. (Colorado)



Bill and Rosemary- together for 46 years



Bill and Rosemary in Greece

PICTURES:

Our world traveler, Bev Murphy Wells, has just returned from a trip to Israel and Petra. I usually pass along only pictures that have our graduates included; however, with some of these pictures I have chosen to make an exception. Enjoy!

Bev, Mike Huckabee, and David, Bev's son



United States Embassy, Jerusalem



Aqaba Jordan

Red Sea is in the background. Egypt is across the Red Sea Jordan, Egypt, Saudi Arabia and Israel all converge to where the Red Sea is located. Most believe this is where the Israelites crossed the Red Sea from Egypt's side into Canaan, what is now Israel.



Petra

Bev said, "This was like going to Raiders of the Lost Ark. Petra is supposed to be one of the modern day's Seven Wonders of the World. We rode a chariot back up."

Food for Thought:

every day may not be good,



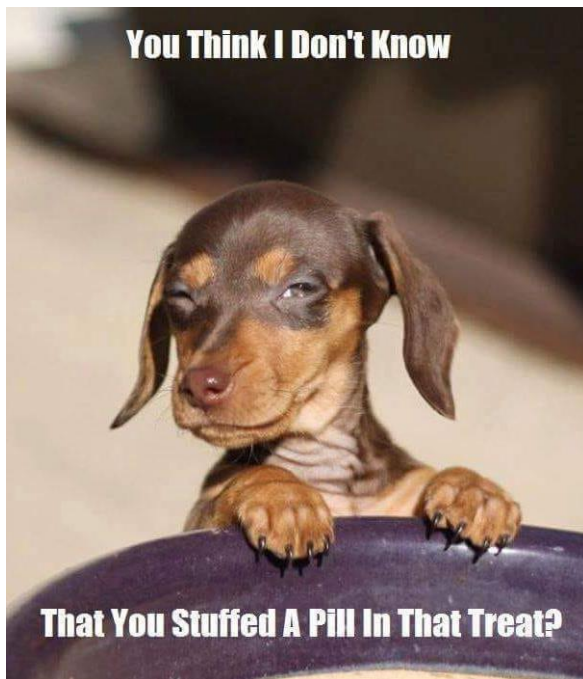
but there's something good
in every day.

Flatter me, and I may not believe you.
Criticize me, and I may not like you.
Ignore me, and I may not forgive you.
Encourage me, and I will not forget you.
William Arthur Ward, author

"KNOW THAT YOU ARE THE PERFECT AGE. EACH YEAR IS SPECIAL AND PRECIOUS, FOR YOU SHALL ONLY LIVE IT ONCE. *BE COMFORTABLE* WITH GROWING OLDER."

– Louise Hay

JOKES



Commerative jewelery to always remember 2020.

I ASKED MY GRANDPA, "AFTER 65 YEARS, YOU STILL CALL GRANDMA DARLING, BEAUTIFUL, AND HONEY. WHAT'S THE SECRET?" HE SAID, "I FORGOT HER NAME 5 YEARS AGO AND I'M SCARED TO ASK HER."

