



**APRIL 2021**

**Experiences with the February Freeze of 2021**

Not too many folks wrote in. I do know of some who had damage- Bob and Nena Hunt Wallace in Waco and Rodney and Gayla Miller Webb in Katy. Kay and Ralph Sparks lost power for about 4 days but spent that time with her daughter who had power. Sharon McCarthy Odell was also without power a lot of the time.

**Anne Myers (WHS 1961):** I never lost power but I'm about 150 yards from North Central Baptist Hospital and the nursing home across the street. I did lose water for about 8 hours, after 5 busted pipes and a flooded kitchen and dining room twice!!!! I will be getting new wood floors in the dining room (kitchen has tile so it wasn't hurt as bad). I also didn't have landline, TV or internet for 6 days and that was really tough. Fortunately, my next door neighbor has AT&T so she let me log on to her router so I could at least watch the news on my cell phone. It wouldn't have been so bad if I hadn't had a sick dog. Then, to make things worse, I was going to take her to the Emergency Clinic (\$\$\$) and my car wouldn't start after sitting in my garage for 6 days. Fortunately, it was nothing serious and the AAA gentleman that came out was able to fix it quickly. I got medicine for my baby and she is much better. I guess when it rains it pours.

**Malissa Starnes Baugh:** We were good! Did not lose electricity or water! I went to the grocery on Thursday before it hit and had plenty in the pantry and fridge. I did get tired of cooking!!! We were so blessed.

**Larry Thomas:** We had a plumber out, fixed leak and turned Water on. Will get on list for minor repairs in about a month.

**Mickey Lavy:** We sat by the fire, watching Netflix and ate cookies. I put on three pounds that week. This pandemic year was hard on the ole waistline too, staying in close to the cookies. And the hot tub pump froze. Otherwise, it was uneventful.

**Some foods to stockpile- (Eat this, Not that)**

- |                        |                   |                |
|------------------------|-------------------|----------------|
| pasta                  | Honey             | Eggs           |
| frozen fish            | nuts              | instant coffee |
| Dried and canned beans | Chia seeds        | Canned soup    |
| frozen veggies         | ginger            | bread          |
| Rice                   | Lentils           | Potatoes       |
| frozen fruits          | canned veggies    | maple syrup    |
| Quinoa                 | Canned tuna       | Cooking oil    |
| plant based milk       | dried fruit       | beef jerky     |
| Oats                   | All-purpose flour | Canned corn    |
| condiments             | onions            |                |

**From Our Graduates:**

**Mickey Lavy :**

"If you ask the question "who remembers Benny Haddock?"- it'll be kids from North Junior High. Benny was a fun kid who left us at an early age. I met a young lady who works in a retail business and has the same last name. When I asked, she said she had heard her dad refer to his uncle, Benny. Small world.

Benny Bradshaw is another from North Junior who was pretty young when he passed. Another fun kid with a good sense of humor. One day I read his mom's obit and realized that his younger sister is married to a friend of mine. "

Jeannie Dickerson: "it's been a hard couple of years... Had both my vaccines so maybe some light at the end of the tunnel."

Mickey Lavy: "Fellow grads: now that there is vaccine and we are in the preferred group, let's all get vaxxed and have a party. The last gathering happened without me and Melody and we wanted to be there but were really freaked out by the Virus. "

## **UPDATES:**

George Compton: Came through his shoulder surgery, spent some time in rehab, and is now at home. Home Health Care comes in often for him.

Tim Lasseter Latta: Was scheduled for back surgery on March 9 but she had some issues with asthma attacks and spent several days on oxygen while in the hospital. Her PCP has now decided she can be rescheduled for the back surgery on March 31st. Tim said she is ready to get back on the tennis courts. She is a toughie.

Phyllis Brooks: Is now on 24 hour care at this new address:

**Red Oak Health and REHAB Center**  
**101 Reese Drive**  
**Room 601 B**  
**Red Oak, Texas 75154**  
**Text: 469-383-9197**

Crozier Brown : Crozier has been moved out of ICU into another part of the hospital. He is still on a ventilator but is making small day-by-day progress. His spirit is strong and he is more alert than he has been in weeks. He has been able to breathe on his own for different periods of time. He can use both hands and can grasp a pen to make short words and thoughts. His brain seems to be quite normal and he is frustrated by not being able to speak. He is able to sit on the side of the bed (20 minutes) without support but it is very difficult for him and he is anxious to return to a prone position. He is still facing a long journey to a full recovery. Still, only one family member at a time can visit and he cannot talk, email or text. He has been able to see Rita, his wife, which resulted in a lot of smiles.

*(Just my thoughts: I think Southwest must be a fabulous hospital and I give it credit for saving Crozier's life. All who live in the Metroplex are very lucky indeed to have this hospital, doctors, nurses and staff.)*

Pat Carpenter Turner: It appears that Pat may be on dialysis from now on. They are hoping dialysis can be done at home where it will be less invasive and make her quality of life a little better.

Jerry Bridges: Jerry has a new email address.... [jlbrb@ilj.com](mailto:jlbrb@ilj.com)  
His old email address will be no more as of April.

Linda Shelby Lyons: Linda fell in her garage on March 15 and fractured some bones. She was in Hillcrest Hospital for a bit, was transferred to St. Catherine, and then released to go home on March 27. We hope for a speedy recovery!

## **APRIL BIRTHDAYS:**

**1** *Edgar Gatlin*  
**6** *Pam Wilson McCamish*  
*Nancy Guggolz Rogers*

### **How to Reduce Belly Fat:**

**Eggs**-- Eggs are the single best dietary sources of the B vitamin choline, an essential nutrient used in the construction of all the body's cell membranes. Two eggs will give you half your day's worth.

**Red fruit**- Red grapefruit, cherries, strawberries, raspberries, plums, watermelon.

**Olive oil**- eating a moderate portion of unsaturated fats, like the kind found in olive oil, avocados, and nuts, can ward off the munchies and keep you full by regulating hunger. A study published in *Nutrition Journal* found that participants who ate half a fresh avocado with lunch reported a 40% decreased desire to eat for hours afterward.

**Beans, brown rice, oats, and other healthy fiber**- Grains get a bad rap because of their carbohydrate content. But, stop thinking of grains and carbs and start thinking of healthy fiber. The right fiber sources provide your body with energy and feed lean muscle mass while keeping you full all day. Some of the best foods that melt belly fat include beans, lentils, oats, quinoa, and brown rice.

**Extra plant protein**- Plant-based protein powders are a low-sugar, high-fiber alternative to popular dairy-based supplements. A study by the University of Tampa that compared plant protein to whey found it to be equally as effective at changing body composition and boosting muscle recovery and growth. But with less sugar and a healthier fat profile, plant-based proteins will also improve your gut health at the same time as they're fueling your muscles. Hemp, rice, and pea proteins are some examples.

**Lean meat and fish**- Protein is kryptonite to belly fat, and the building block of a lean, toned belly. When you eat protein, your body has to expend a lot of calories in digestion—about 25 calories for every 100 calories you eat (compared with only 10 to 15 calories for fats and carbs). Not only that, protein is more filling. A study published in the *American Journal of Clinical Nutrition* showed that a high-protein meal, as opposed to one high in carbs, increases satiety by suppressing the hunger-stimulating hormone ghrelin.

**Leafy greens, green tea, and brightly colored vegetables**- Low-energy-density foods like vegetables are crucial foods to melt belly fat, because they add essential nutrients, filling fiber, and volume to meals, all for relatively few calories. Bright colors signal that the vegetables are rich in polyphenols, micronutrients that help to control diet-induced inflammation. Green tea carries catechins, some of which can "turn off" the genetic triggers for diabetes and obesity. And vegetables, especially the leafy kind, have a low glycemic load—meaning they fill your body up with nutrients without generating a spike in blood sugar.

**Your favorite spices and flavors** -herbs, spices, and flavorings do more than add extra bite to your food and help you reduce salt intake. Yellow mustard seeds have high levels of anti-cancer compounds called glucosinolates; cinnamon has been linked to improved insulin response, compounds in turmeric and horseradish have been shown to impact the behavior of your fat-storage genes, and ginger packs high levels of health-boosting phytonutrients. Bottom line: adding yellow, black, and brown spices to your meals means you're boosting the health benefits across the board, while also calming your tongue's desire for more salt and sugar.

**Dark chocolate** The benefits of dark chocolate keep piling up: mental clarity, lowered blood pressure, decreased appetite. A recent study found that a particular type of antioxidant in cocoa prevented laboratory mice from gaining excess weight and actually lowered their blood sugar levels. Another study at Louisiana State University found that gut microbes in one stomach ferment chocolate and boost our body's production of heart-healthy polyphenolic compounds, including butyrate, a fatty acid that decelerates the behavior of genes linked to insulin resistance and inflammation. Add fruit to the chocolate to boost fermentation and the release of the compounds!

**PICTURES from the 1975 reunion:**

**Ken Baker, Anitra Harrell, Rita Coates Burnett, George Compton**



**Joe Riley, Jeanne Holland Harman, Rita Coates Burnett, Aubrey Stringer**





**Malissa Starnes Baugh, Dorothy Bryan**



**Tom Chambliss**



**Allan Myers, Gayla Miller Webb, Jack Martin**



## **Humor:**

When one door closes and another door opens, you are probably in prison.

To me, “drink responsibly” means don’t spill it.

When I say, “The other day,” I could be referring to any time between yesterday and 15 years ago.

I remember being able to get up without making sound effects.

I had my patience tested--I’m negative.

Age 60 might be the new 40, but 9:00 is the new midnight.

I finally got eight hours of sleep. It took me three days, but whatever.

When someone asks what I did over the weekend, I squint and ask, “Why, what did you hear?”

I don’t remember much from last night, but the fact that I needed sunglasses to open the fridge this morning tells me it was awesome.

The older I get, the earlier it gets late.

My luck is like a bald guy who just won a comb.

**When I was a kid, my parents would always say, “Excuse my French” just after a swear word... I’ll never forget my first day at school when my teacher asked if any of us knew any French**

