



MAY 2021




From the Editor:

Our graduates greatly enjoyed the Show and Tell segment that highlighted a graduate and what he/she did after high school. It has been temporarily stopped because of lack of participation. That can be reinstated at any time if anyone changes his/her mind. I will work with you any way possible. You can write it, you can give me the details and I will write, or I can call you and we can come up with something together. It can be long or short...it is entirely up to you. You will always get to okay exactly how it will be sent to our graduates. So, please think about it and reconsider if you wish to be featured.

Correction: Anne Myers was in the 1962 WHS class. I had reported 1961.

From our Graduates:

Bev Murphy Wells: So happy for Baylor, graduates, and Waco, Texas!  Scott Drew is a good 'ole Indiana boy, it was good to see his dad, Homer at the game too. His dad use to be head coach at Valparaiso University and Drew was his assistant, and I know he learned a lot from his dad, about the game and about being a good coach. They played at Lucas Oil Stadium in Indy and I went there many times to see the Colts play and when my daughter was a Colts cheerleader. It's a beautiful stadium. Yes, Go Bears! Fantastic!

Jeanell Buida Bolton: "Sorry I don't have much to write about except for selling my Georgetown house, being marooned in the snowstorm for four days, being sheltered by younger son's in-laws for about a month, and now going through the difficulty of moving into a new house along with Younger Son and his family. Have no idea when the tumult will subside. And all this in the face of an ever-threatening pandemic. Ah, well....what happens, happens."

Joe Riley: "You are right to remark that we graduates are becoming rather quiet. There have been some somber news items among so many of our high school classmates. Covid and just plain age has been upon us. Yes, let's look for some bright spots, such as the flowers that bloom in spring. Hopefully we still have some blooms left in us, also."

David Dibb: I am always surprised how accomplished our classmates are.

Clara Sue Griffis Arnsdorff: "I am so sorry to hear about the losses the past few days---we are thinning too fast. I too am doing my best to distance and mask up to prevent spread of this disease. Husband and I both had it in Oct., and we have both had the vaccine---but I still hesitate to shop at the grocery store or anywhere else. It is just not worth the risk. Cases in NE haven't been on the rise----yet---but the variants are alarming, and I just want to stay safe for myself, my family, and those with whom I come in contact. Stay safe and enjoy your Spring in Texas. I miss the bluebonnets---we are just beginning to have warm weather, and my daffodils are blooming".

Jim Maxwell: "Thanks for your words of caution re COVID-19 and please, please include them in all your future communications. I, too, am scared of COVID and will continue all precautions even though we are vaccinated — too many unknowns!"

Bev Murphy Wells: "I have been praying for Phyllis all along. I know she has great faith though. She has endured so much and is an inspiration to all of just "to keep on keeping on." Phyllis is a true champion of life's ups and downs. I know she has her daily struggles and needs our thoughts and prayers. Will continue to lift her up."

Mary Ann Shillings Mercer: "I have both shots but continue to take all precautions. Life is too precious."

David Walsworth: David was recently diagnosed with liver cancer. Treatment is in progress. David says he feels fine.

Regarding Pat Malone:

Tommye Ruth Blair Toler: I'm sorry to hear that. Patrick and I were in band at West Junior. He played cornet and I saxophone. He lived near my home and we practiced together often.

Jeannie Dickerson: So sad to hear of the loss of a dear friend, Pat Malone. We had many fun times growing up with other friends at church. He was a wonderful minister and song leader. Prayers are lifted for his family. Pat is victorious over death.

Sharon McCarthy Odell: I am very sorry to learn about Pat Malone's passing. He was another pre-school friend - several of us attended Mrs. Duncan's together.

Gwen Ewing Hodges: Condolences to all who loved Pat. So sorry to hear of yet another loss to our class.

Tim Lasseter Latta: How appropriate that a true Man of God such as Pat should leave this earth on Easter Sunday. He was so willing to lead the WHS song at reunions. Such a nice person.

Bev Murphy Wells: Pat was a jovial person and so well liked. He was right where he needed to be as a minister. Extending my thoughts and prayers for his family.

Regarding Beth Freeman:

!! Watch a beautiful 23-minute tribute of her life here: !!
[Tribute for Mary Elizabeth \(Freeman\) Holliday | Wayne Boze Funeral Home](#)

Bev Murphy Wells: Sorry to hear about Beth. She was well liked and I remember her well. I applied by sympathy message to the funeral home's on-line service. My prayers are with her family.

Malissa Starnes Baugh: So sorry to hear this! We are losing so many!

Kay Phillips Sparks: I am sorry to hear about Beth. Thanks for letting us know about her passing.

Pat McGlaughn Dooley: What comes to mind is "When the roll is called up yonder" such a sweet person.

Jeanell Buida Bolton: A life well spent❤️

Tommye Ruth Blair Toler: Another life well-lived.

Jim Maxwell: So sorry to hear of Beth Freeman Holliday's death. We were friends since Sanger Avenue days and reconnected on Facebook. My sympathy and condolences to her friends and family.

Gwen Ewing Hodges: So sorry to hear this/ our numbers are sadly shrinking too fast. Condolences to Beth's family.

Jeannie Dickerson: So sorry to hear of Beth's passing. I am also thinking of Phyllis and praying for comfort for her and glad that she has someone to care for her 24/7.

Regarding Sandi Wooten Overholser:

Bev Murphy Wells: So sad about Sandra. Sandi was a joy; Loved talking with her at the reunions. I know she is at peace and her loved ones will miss her dearly. We all will miss her! Praying for family.

Kay Phillips Sparks: This is really sad news. It's bad enough that we are losing classmates, but I hate that we are losing them to Covid or complications from it.

Tommye Ruth Blair Toler: Oh I'm so saddened to learn of Sandra's death. I remember her well from high school. I sat with her at the last reunion I attended and enjoyed talking with her so much. COVID is not something to take chances with. Get your vaccines, wear a mask, and don't gather in large groups indoors.

Tim Lasseter Latta: I liked Sandi so much. She was such a sweet and fun person. I had a couple of phone conversations with her before and after her dear friend Kay Albright died. They were so close. So sorry she is gone. This is a real shock.

Gwen Ewing Hodges: Sad times for so many!

Malissa Starnes Baugh: Sandra had been fighting it all for a long time and had a birthday recently! We are losing so many!

A Neat Idea:

To keep your cleaning supplies upright, hang them from a short tension rod inside your cabinet. This tension rod organization is also a great place to hang dish-drying towels and rubber cleaning gloves.



May Birthdays:

- | | |
|-----------|---------------------------------|
| <u>2</u> | Terrell Reagan |
| <u>5</u> | Carol <u>Leskin</u> Allen |
| <u>11</u> | Carol Adams Scarborough |
| <u>13</u> | Tom <u>Kittlitz</u> |
| <u>15</u> | <u>Darell</u> Gill |
| <u>23</u> | Janene Loftis Jett, David Ditto |

DO YOU REMEMBER THESE?



Medical Corner: (according to **Eat This, Not That**)

Benefits of Brussel Sprouts:

There are so many delicious ways to cook up Brussel Sprouts. Between roasting them with different flavors or frying them up in a pan, Brussel sprouts are a tasty cruciferous vegetable that can do a lot for your body's health. But what *exactly* happens when you eat Brussel sprouts with your dinner or a tasty snack with a glass of wine? A few registered dietitians speak on all the amazing reasons why you should eat Brussel sprouts regularly.

They can help with preventing chronic disease. "Brussel sprouts are super healthy," says [Lisa Young, PhD, RDN](#) is author of *Finally Full, Finally Slim*. "A member of the Brassica family (along with broccoli and cauliflower), they are low in calories and rich in nutrients, including fiber, vitamin K and vitamin C. Vitamin K is good for blood clotting and bone health while vitamin C is an antioxidant which helps prevent chronic diseases including cancer and heart disease by protecting the body from free radicals."

They're great for heart health. "This low -carbohydrate dark green vegetable provides the consumer with a number of nutrients and positive health outcomes, but the most fascinating is the fatty acid content," says Trista Best, RD with [Balance One Supplements](#). "Brussels sprouts are one of the only plant sources of omega-3 fatty acids. They provide this nutrient through the alpha-linoleic-acid (ALA), which is an essential fatty acid that cannot be made by the body and must be taken in through the diet."

"Like all omega-3 fatty acids, ALA is a cardioprotective fatty acid that is found in the outer membrane of every cell in the body," says Best. "Its presence is important for immune function, healing, lung and heart health. Therefore, when you consume Brussel sprouts you are providing your body with a healthy plant fatty acid and simultaneously protecting against acute and chronic illnesses." Just half a cup of cooked Brussel sprouts provides you with 135 milligrams of ALA fatty acid," says Best. "Its low carbohydrate nature also makes this vegetable ideal to add bulk to a low-calorie diet for weight loss."

Your immune system will be stronger. "Eating Brussel sprouts may help strengthen your immune system," says [Amy Goodson, MS, RD, CSSD, LD](#). "One half-cup serving of cooked Brussel sprouts provides 81% of your daily vitamin C needs. Vitamin C is a powerful antioxidant, helps with tissue repair, and aids in keeping your immune system strong."

You'll feel fuller longer. "Brussel sprouts are high in dietary fiber, which slows down the digestion process and promotes appetite-suppressing signals in the body," says Mackenzie Burgess, RDN and recipe developer at [Cheerful Choices](#). "In turn, this leads to feeling fuller and more satisfied for longer. To further boost this satiety effect, pair cooked Brussels with a protein like roasted chicken, salmon, or lentils."

They can help reduce inflammation. "Brussel sprouts are a great source of minerals, fibers, vitamins, and antioxidants make them a nutritious part of your diet," says Shannon Henry, RD for [EZCare Clinic](#). "They may also have additional health benefits that include a lower risk of cancer, reduce inflammation and improve blood pressure and blood sugar level. It also helps in weight loss."

They'll assist with your gut health. "Brussel sprouts are a fantastic source of soluble fiber, especially for those who are following a lower-carb diet," says Rachel Paul PhD, RD from [CollegeNutritionist.com](#). "Soluble fiber feeds beneficial gut bacteria, and help us to go to the bathroom (number 2) easier."



Texas Bluebonnets



PICTURES: More of 1975 - our 15 year reunion

David McPhail, Beverly Summey



Rita Coates Burnett, Jeanne Holland Harman, Bill Harman, Ken Baker, Scoot Baker



Kay Phillips Sparks, Gwen Ewing Hodges, Ken Baker

The reunion picnic in 1975:



Donna Braswell, Dorothy Bryan

Jim Nash, Gayla Miller, George Compton, Mickey Lavy



Boyd Hampton

Humor:

People say 60 is the new 40. The cop who just pulled me over didn't agree.

**WHEN I GROW UP
I'D LIKE TO BE A
RETIRED LOTTERY
WINNER.**



No one can afford to be sick anymore.
At \$15.00 a day in the hospital, it's too
rich for my blood.



The year was 1955 -

On Growing Old:

#1 - Talk to yourself, because there are times you need expert advice.

#2 - Consider "in style" to be the clothes that still fit.

#3 - You don't need anger management, you just need people to stop pissing you off.

#4 - Your people skills are just fine. It's your tolerance for idiots that needs work.

#5 - The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."

#6 - These days, "on time" is when you get there.

#7 - Even duct tape can't fix stupid, but it sure does muffle the sound.

#8 - Wouldn't it be wonderful if we could put ourselves in the dryer for ten minutes then come out wrinkle-free and three sizes smaller?

#9 - Lately, you've noticed people your age look so much older than you.

#10 - You thought growing old would take a lot longer.

#11 - Aging has slowed you down, but it hasn't shut you up.

#12 - You still haven't learned to act your age and hope you never will.

And one more:

You're growing old when "one for the road" means taking a pee before you leave.

