June 2021

FROM OUR GRADUATES:

David Dibb: "Personally, although I enjoy Brussel Sprouts, I think the Bluebonnets provide more health benefits. They lift the spirit, remind us that a beautiful Spring still follows a difficult Winter, and remind us that God is still in charge of both the wide panorama of life and the smallest of details. They are good for the heart, reduce chronic pessimism, and help us stay immune to the effects of age (by bringing back fond memories of Springs past). We don't have them here in South Carolina, so thanks for the pictures."

Jeanne Holland Harman: "I have really been enjoying a series called <u>A PLACE TO CALL HOME</u>. I have utilized my local library to obtain the DVD discs of all 6 seasons. If you are not using your local library, consider doing so. It is a great service to the community... especially for seniors. It has allowed me hours of pleasure during my recuperation."

Terrell Reagan: Terrell said he has read everything in the link that follows and he qualifies: http://wacohistoryproject.org/remember.htm

Updates:

Betty Luedeker Gatlin has postponed her knee surgery.

Cathy White Land had a triple arthrodesis on her foot/ankle on May 24. She would appreciate prayers so she can meet the special challenges that she will have regaining her mobility.

Tim Lasseter Latta reports that her back surgery was successful. She is doing well, is back at work part-time and the last week of May started physical therapy to address a muscle weakness that showed up. All is good she said, but I doubt she has returned to the tennis court where she so desires to be.

Jeanne Holland Harman has experienced pericardial effusion and pericarditis after her heart procedure and is still trying to resolve all issues related to the problem.

June Birthdays:

7 Janice Player Howell and Joyce Player Dorsey

11 Dorothy Bryan McCook

28 Rod Sommer

Some purchases that buyers almost always regret

accordina to



Extended warranties

Boats

Timeshares

Over the top weddings and pricey engagement

rings

Camping gear so often not ever used again

Video cameras

Exercise machines

Expensive kitchen gadgets

Swimming pools

Hot tubs

Piano

Fine china

Products sold by door-to-door salesmen

Luxury cars

Get rich quick schemes

Plastic surgery Season tickets

High-end gym memberships

Expensive watches
Unaffordable housing
Clothes that do not fit

A Neat Idea:



No-Rattle Ceiling Fan

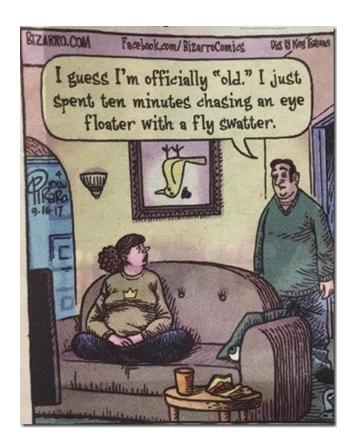
If the screws that hold the light globe to your ceiling fan tend to work loose and then hum/rattle, slip a wide rubber band around the neck of the globe where the screws grip it. The rubber band prevents the screws from loosening and eliminates most of the noise.

Karon Shinault Jackson has completed another quilt that is a masterpiece. She made this for her grandson. The report on her labor of love:

"Stars and Arrowhead Trails" was made for my youngest grandson, Blayne Jackson. I assembled the stars, the arcs and the borders and then put it away for several years. Covid19 gave me the incentive and the time to sew the remaining 80-plus sashing blocks, each of which had 25 pieces. Even so, that took about two months. Joining the arcs to the stars and the stars to the borders and sashings took even longer. I am quite happy with the end result and think Blayne will be too."



Senior Humor:







"I've crunched the numbers in your retirement account. It's time to figure out who will be wearing the mask and who will be driving the getaway car." YOU KNOW YOU'RE
GETTING OLD
WHEN A RECLINER
AND A HEATING
PAD IS YOUR IDEA
OF A HOT DATE

I'M AT THAT AGE WHERE
MY MIND STILL THINKS
I'M 29, MY HUMOR
SUGGESTS I'M 12 WHILE
MY BODY MOSTLY KEEPS
ASKING IF I'M SURE I'M
NOT DEAD YET.





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