



IMPORTANT!!! From the editor.....

Beware of spam emails making it look like it comes from Amazon. It does not. I received two different spam emails like this. I contacted Amazon and if you get one, too, you need to report it to: stop-spoofing@amazon.com. Just send them a copy of the email and they will take care of it. I also contacted my credit cards to make certain they did not apply the charge. **Do not call the phone number on the scammed email nor respond to anything on the scammed email—rather, contact the phone number on the back of each credit card you possess.**

FROM OUR GRADUATES:

From Bob Easter: "We are all dealing with different losses in this stage of life. The reason I wrote what is below is one night it just hit me how quickly we are losing our friends. Sadness just poured over me until I wrote the words hoping that it would help someone else. I just needed to express mine and deal with the hurt by writing words to address the pain in a positive way. "
Bob's words:

"Where does one hide when the heart aches from losing so many dear lifelong family/friends in almost a steady drumbeat now that age has caught the dreams we once had & turned them into times of reflection? I can still hear their voices & see their faces but they are not here. So many memories flood the mind to try to help heal the hurt, & those yesterdays send sparks of delightful smiles to wipe away the tears, yet the quietness stings. One only wonders how did it happen so quickly? When you see an older lady or gentleman sitting quietly alone, know their friends can't be seen but they are there surrounding them to offer peace to replace the pain."

UPDATES:

It was reported that the graduates who attended the quarterly luncheon July 20 had a good time. Approximately 13 attended but no one thought to take any pictures. Guess everyone was too busy catching up on the past year or so.

Malissa Starnes Baugh: Had a total right knee replacement on June 22. She is in rehab continuing to improve.

Cathey White Land: Cathey is on a weight bearing cast and will see the doctor again in September.

Jeanne Holland Harman: A doctor's appointment on July 15 revealed Jeanne may finally be in the healing stage. The Doc wants her to remain free of stress and maintain a normalcy in life for one month before taking further steps.

Linda Shelby Lyons will soon be undergoing radiation at MD Anderson. She developed trigeminal neuralgia after her 15-hour throat surgery in 2019. Hopefully, the radiation will help alleviate the extreme pain she has been experiencing.

Regarding Crozier Brown:

Clara Sue Griffis Arnsdorff: What an accomplished man he was---I wish I had known all these things about him. Sorry to lose another graduate.

August birthdays:

- 3 Angie Plemons Lehman,
Cathey White Land
- 4 LouAnn Hilton Brady
- 10 John Mullen
- 19 Dill Bailey
- 21 Charlotte Suttle Kleibrink
- 22 Pat McGlaughn Dooley
- 27 Bonnie Burson Chapman
- 29 Aubrey Stringer

Medical Corner: from: **Prevention *Korin Miller***

5 Plant-Based Foods That Can Help Fight Inflammation

Inflammation is a [normal part of your body's immune response](#). Once your immune system notices that something's off, it triggers inflammation and directs it at an invading germ, chemical, or allergen to protect your health. But inflammation can [become a problem](#) when your immune system stays revved up, even though it isn't battling a foreign invader. This is called chronic inflammation, and there are plenty of reasons why this happens—infections that won't go away, stress, certain medications, and a [diet](#) high in refined carbs and sugar, to name just a few. Chronic inflammation can damage [many areas of your body](#), including your heart, joints, and brain. This damage raises your risk of conditions like heart disease, diabetes, and Alzheimer's. Adding anti-inflammatory foods to your daily diet can help—and it's pretty easy to do! Following, two top registered dietitians give us a rundown of their go-to plant-based inflammation-fighters.

Sweet cherries:

These little fruits pack a serious anti-inflammatory punch. Sweet cherries, like Bing, Lapin, and Sweetheart, have high levels of anti-inflammatory antioxidants that help fight [oxidative stress](#) in your body, says Jessica Cording, M.S., R.D., author of *The Little Book of Game-Changers*. [Oxidative stress](#), in case you're not familiar with it, can cause cell and tissue damage along with certain serious health conditions, including [cancer and heart disease](#). A study published in *The Journal of Nutrition* discovered that eating sweet Bing cherries, for example, can lower inflammatory biomarkers in your body and even help to prevent chronic inflammatory diseases like heart disease, diabetes, arthritis, and cancer.

Even more evidence to support sweet cherries' cancer-fighting power: One study published in the journal *Nutrition and Cancer* in 2019 treated breast cancer cells with dark sweet cherry extract in a lab and found that their naturally occurring cancer-fighting agents inhibited the growth of the cancer cells by 50 percent.

Tomatoes:

Tomatoes are "rich in antioxidants, especially lycopene, which have anti-inflammatory properties," says Keri Gans, R.D., author of *The Small Change Diet*. One study published in the *Journal of the National Cancer Institute* found that men who had more lycopene in their diets had a lower risk of prostate cancer, particularly aggressive forms of the disease. Another, published in *The Journal of Nutrition*, found that lycopene strongly prevented the growth and spread of breast cancer cells. To slip more tomatoes into your day-to-day, Gans recommends adding them to salads and sandwiches. You can also dip them in hummus or grill them on kabobs. Also, don't forget: Salsa is basically all tomatoes, and it makes a tasty topper on everything from chicken to tofu.

Olive Oil:

Olive oil contains a phenolic compound called oleocanthal which has anti-inflammatory benefits, Gans says. [Research](#) has even compared the anti-inflammatory effects of oleocanthal to ibuprofen. One study published in the [Journal of Epidemiology](#) suggests that oleic acid—which is the main fatty acid in olive oil—can reduce inflammatory markers in the body, which are commonly looked at to diagnose and monitor inflammatory conditions, including infections, autoimmune conditions, and cancer.

Nuts:

Nuts are rich in vitamin E, which has anti-inflammatory effects, Gans says. “They’re also good sources of plant-based omega-3s, which are helpful in fighting inflammation,” Cording adds.

Walnuts in particular have solid anti-inflammatory properties. A study published in [The American Journal of Clinical Nutrition](#) combined data from 26 trials that included more than 1,000 people and found that those who consistently ate walnuts had lower total cholesterol, lower levels of LDL (bad) cholesterol, and lower levels of a protein linked to heart disease than people who ate diets with fewer walnuts.

Walnuts also contain polyphenols (plant-based compounds) called ellagitannins that are converted in your GI tract to molecules called urolithins—and *those* have been [found](#) to help protect against inflammation.

Avocados:

Avocados have a lot going for them in the anti-inflammatory department. They’re a good source of vitamins C and E, and provide omega-3 fatty acids, Gans points out. “They also contain monounsaturated fats, beta carotene, lycopene, and manganese, which all have antioxidant properties,” Cording says.

A cool study published in the journal [Food & Function](#) in 2013 analyzed inflammatory markers in the blood of study participants after they ate a hamburger with or without about two ounces of avocado. Afterward, the researchers discovered that the avocado group had lower levels of inflammation than those who had plain hamburgers. There are a few easy ways to enjoy avocados, per Gans: Mash it onto whole-grain toast with a poached egg on top, blend into a smoothie, or slice in a salad. You can even use avocado as a mayo sub—just mash it up and smear it on.

A NEAT IDEA:



If you have a lot of small hardware on hand, here is a solution. Rather than constantly opening drawers or containers to find what you need, store the hardware in small, sturdy zippered craft bags. They are thicker than sandwich bags and are available at hobby stores. Punch a hole in the bag and hang it on pegboard. The clear bags make it easy to find what you need plus it will keep out dust, rust, and moisture. If you need to find a matching piece of hardware, just hold it up for a side-by-side comparison.

Pictures:

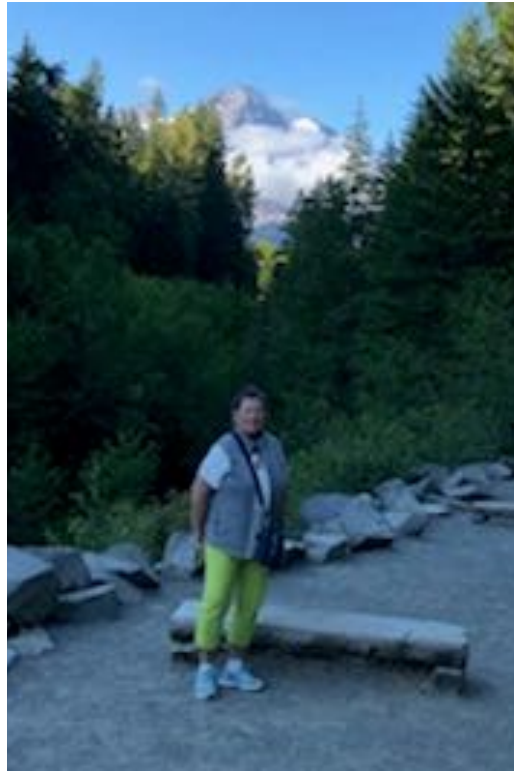


David and Anita Dibb in Greenville, SC - celebrating their 55th wedding anniversary.

On July 2, 1966 David and Anita tied the knot. 55 roses this year to commemorate the occasion. David said he really lucked out that day. Congratulations!!!



Since her trip to Washington state and Oregon, Bev Murphy Wells, our world traveler, has now added all US states to her bucket list. Do not guess the fires got in her way at all. So great to see our graduates having fun again!



Jokes:

Private School:

I graduated from a private school that I didn't like much. Once I was out of there, I had no particular desire to ever contribute to their latest fund drive or athletic events.

Sure enough, Alumni Affairs staff called my folks, got my current number and tracked me down. "So, what have you been doing with yourself?" the perky alumnus asked.

I responded, "Oh, not a lot. Just stealing cars and selling drugs." They've never called back.



Funny Church Signs:

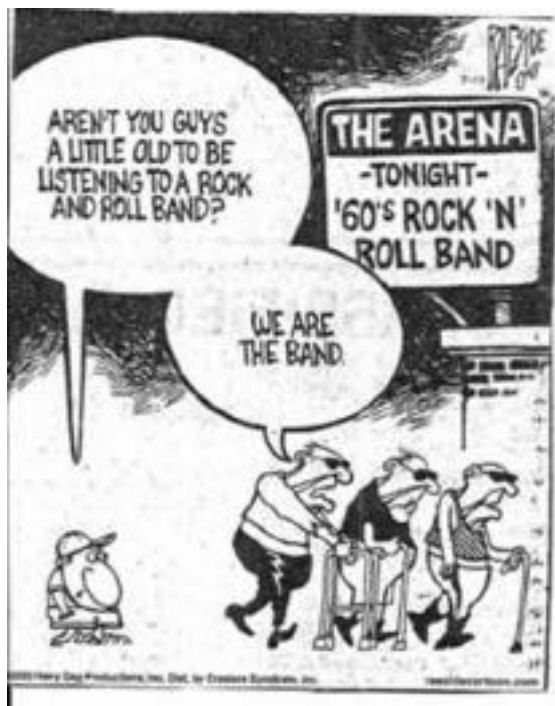


Ain't it the truth!

I JUST FIRED MYSELF FROM CLEANING MY HOUSE. I DON'T LIKE MY ATTITUDE & I GOT CAUGHT DRINKING ON THE JOB.

WHEN WE'RE YOUNG,
WE SNEAK OUT OF OUR HOUSE TO GO TO PARTIES.

WHEN WE'RE OLD, WE SNEAK OUT OF PARTIES TO GO HOME.



ONE MINUTE YOU'RE 21. STAYING UP ALL NIGHT DRINKING BEER. EATING PIZZA AND DOING SKETCHY STUFF JUST FOR FUN. THEN... IN A BLINK OF AN EYE YOU'RE 50. DRINKING WATER, EATING SALAD AND YOU CAN'T DO ANY SKETCHY STUFF, BECAUSE YOU PULLED A MUSCLE PUTTING ON YOUR SOCKS.

I just cleared out some space in the freezer sounds much more productive than I just polished off another pint of ice cream.

