

From graduates and friends:

Carol Barry (Palm Harbor, FL): "I was so impressed with that beautiful bench Jim made. I had a dear friend who had that talent. He used to build stunning furniture for our church."

Bev Murphy Wells: What a talent Jim Cyfert has with woodworking. I'm always amazed at all the talent there is within the confines of WHS. Thanks for the phishing contact. What sad news about Janene's (Jett) daughter Addi. Pat (Carpenter) looks great after all she's been through and we're hoping Dave (Pettus) will stay safe in Hawaii. Of course, we're all praying for Linda (Lyons).

Don Phillips: I saw my picture from the September 2021 Town Crier from the 1980's reunion. I didn't know it existed. Brings back pleasant memories. Thanks for the inclusion.

Cynthia Copeland Studenko: It is so interesting to see some of the great adventures so many of our classmates have had; and while it is sad to hear of the passing of so many, it is good that we can remember them and the times we enjoyed together.

Regarding Russell Keeling:

Janene Loftis Jett: "So very sorry to hear about Russell Keeling. As you said, he was a favorite of many of us. It does not surprise me that he lived a rich, full life. His first wife, Betty Craig, was also a favorite of mine. "

Carolyn Wolf Lloyd: "I'm so sorry to hear of this also. Russ was also one of my favorite friends. He had a remarkable life. I'm glad he continued to sing. He had a beautiful voice. I'm sure he will be greatly missed in his community."

Linda Phelps McKee: "So sad to hear about Russ. He was a great guy and I enjoyed knowing him in high school. Prayers for the family."

Hal Johnson: "Sorry to hear about Russ. A terrible loss of such non-assuming and modest man who served his country proudly. It was an honor to have known him in Waco and during our years @ Texas A&M Gig 'em."

Pat Payne: "All our losses hurt but this one really hurt me. Both Aggies and VN vets. Unbelievable man."

Jim Monnig: "He was a really great guy."

Stan Lennard: "Yes, it is sad, but I know he is in the presence of Jesus. I was blessed to reconnect with my childhood friend a couple of years ago via phone. I was/am so impressed with his credentials, but I was especially blessed to have grown up with him as a true friend for many years, to go swimming with him at the Fish Pond in company with his dad who loved to playfully dunk us, to have been greeted as we entered the door to our church by his smiling father who shook our hands, to have played run through the line in our back yards where we took turns tackling each other as the one tried to run over the other while kneeling on the ground! What a friend. He is missed and loved."

Bev Murphy Wells: "My condolences to Russ' family. When I read his "story" a while back, I marveled then about Russ' accomplishments and was forever grateful he served our country with dignity and honor. In rereading his accomplishments, I'm awed once again. He was the epitome of what this country was built on. We are all privileged to have known him and to have him part of our class and who deserved our merited respect. Rest well dear Russ!"

Clara Sue Griffis Arnsdorff: "I just reread the 'life story' of Russ which he submitted a few months ago. I know he led the fullest life possible, and I share the sense of loss all of our class feels with his passing. His career was distinguished, and one which deserved to be rewarded. It is interesting to read of the stories of USAF graduates, and to wonder if we ever crossed paths or shared the same 'base' at some point during the last 50+ years. Guess we will never know that.

Regarding Ann Pierce Hayes:

David Walsworth: ““Seems like we are losing a lot of our classmates but I guess that comes with age”

Bev Murphy Wells:“Heaven is sweeter...what a lovely tribute. The photos were touching and stirred memories. My sincere sympathy to Ann’s loved ones.”

Tommye Blair Toler: “More sad news. We all need to live like it’s our last day on this earth because it may well be. Keep your love ones close.”

UPDATES:

Jim Monnig: Jim reports that he recently had a 99% blockage in what they call the “widow maker”. He got a stint on September 10 and said that 63 years of smoking and red meat was apparently not real healthy. Jim returned to work on Sept 13 and the gym the latter part of September.

Linda Shelby Lyons: Linda has been released from MD Anderson after battling Covid . Currently she is at a nursing home in Beaumont trying to get the strength to return home. She has had a tough time but is one tough girl!

Terrell Reagan is recovering from a broken hip a few months back. He reports he has about 2 months to go for full recovery.

Cathey White Land: Is having some complications with her ankle surgery (arthrodesis) and would appreciate prayers.

Betty Luedeker Gatlin’s mother died on Friday, September 24. Funeral services are in Waco tomorrow with visitation tonight at Grace Gardens. For more information:

[Rena Luedeker Obituary \(1924 - 2021\) - McGregor, TX - Waco Tribune-Herald \(legacy.com\)](#)

October Birthdays:

| | |
|----|--------------------------------|
| 6 | Randy Farrar |
| 7 | Gregory Howell |
| 9 | Marvin Schutza, David Rosen |
| 15 | Betty Barkley Flowers |
| 17 | Bev Summey Gritter |
| 18 | John Ferguson, David Walsworth |
| 21 | Ken Baker |
| 25 | Ralph Klatt |
| 26 | Anitra Harrell Henrion |
| 29 | Tim Lasseter Latta |

A NEAT IDEA:

Emergency Cash Stash

You never know when you'll need a bit of emergency cash (or maybe just some fun spending money). Inside an empty tin can is the perfect saving spot. Stash it in the back of your pantry for a rainy day.



MEDICAL CORNER:

MENTAL HELATH FACTS: www.thegoodbody.com

It's easy to forget how much our mental health contributes to our well-being. Just like all muscles, the brain needs to be exercised and cared for to ensure you are performing and feeling your best. (Regarding #6-I did some of that with my recent heart issues.)

- 1 Learning a new language or playing a musical instrument gives your brain a boost.
- 2 Getting lost in a book can lower levels of cortisol and other unhealthy stress hormones by 68%.
- 3 Maintaining good relationships with friends and family can reduce harmful levels of stress which can boost your immune system.
- 4 Drinking coffee can reduce the risk of depression, especially in women.
- 5 Smelling rosemary may increase alertness and improve memory... so catch a whiff whenever you want to be on your best.
- 6 Swearing can make you feel better when you are in pain.
- 7 Writing in a journal can make you a happier person. Whether you want to express gratitude each day, learn to live more mindfully, or simply track your fitness journey, there are lots of ways to incorporate journaling into your everyday routine.
- 8 Chewing gum makes you more alert, relieves stress, and reduces anxiety levels.
- 9 Yoga can boost your cognitive function and lower stress.
- 10 Walking outside or spending time in green space can reduce negative thoughts and boost your self-esteem.

PICTURES:

During the Memorial Service of Russell Keeling, two pictures were shown of Russ with his planes. I am including those pictures because I thought it adequately depicted our “**Top Gun**” Pilot.





[Elizabeth Bentley](#) (our website guru) entered this piece of pottery in the 2021 State Fair of Texas and won Best of Show in adult ceramics. She had been wanting to create a piece that incorporated a tree branch so after finding the right branch, she made a clay pattern of this design, painted it, fired it twice then added the branch and some African trade beads. Voila! Her creation won Best of Show. Elizabeth also entered 4 other pieces which each won a first place blue ribbon. No idle hands for Elizabeth!! Kudos, Elizabeth, take a bow!

[Bev Murphy Wells](#) sent a picture celebrating her 79th birthday with her two children. Bev said about the festive event:

"My daughter, Darla KayLee brought me to Madeira,Fl to see the ocean (I just love to stare at it watching the clouds float by and watching the sun sink in the horizon while listening to the ocean "talk" as the tide rolls in...it's calming to me) and my son, David, surprised me by driving down from Charlotte. They took me to dinner in Gulf Port at a really nice Italian restaurant and then flooded me with gifts. I am blessed and I'm grateful I made it to 79!"



1985 reunion

Gary Roberts, Jack Smith

Anitra Harrell Henrion, Gayla Miller Webb



1985 reunion

Pam Utley Brown, Judith Hamff Murphy, Rita Coates Burnett, Penne Percy Peacock

Humor:



People who wonder whether the glass is half empty or half full miss the point. The glass is refillable.

I've got salad for dinner.
Actually fruit salad.
Well, mostly grapes.
Ok all grapes.
Fermented grapes.
Wine.
I've got wine for dinner.

Hi! My name is StopThat...

But sometimes they call me GetBackHere!



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