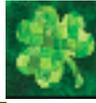
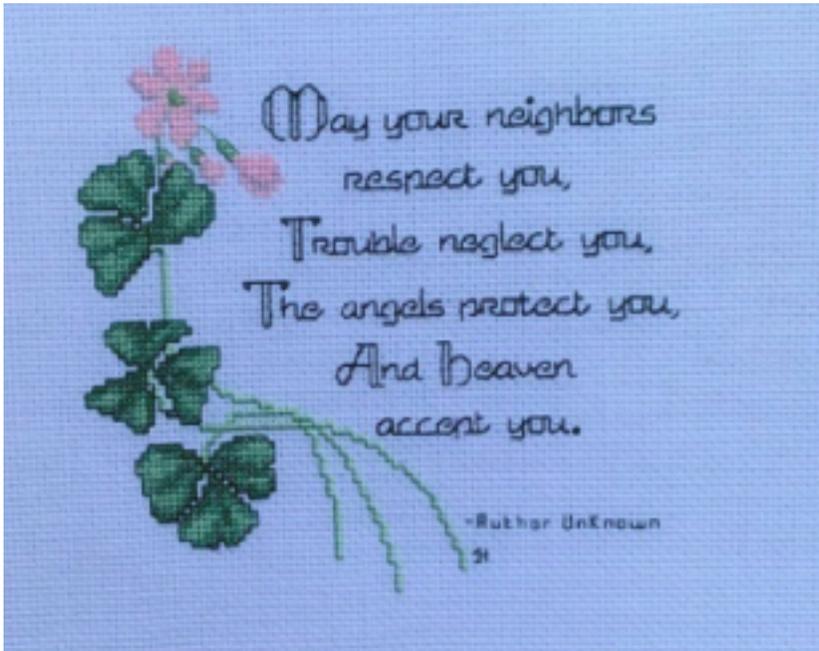


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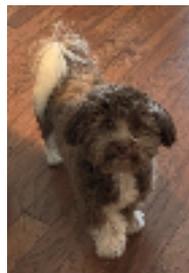


### An Irish Blessing:



### FROM OUR GRADUATES:

**Dana Sauer Keifer:** Greetings from frigid Ohio!! After all of these years, I still haven't gotten used to living here – you can take the girl out of Texas, but you can't take Texas out of the girl! I was born in Florida and raised in Texas so I'm not a snow baby! I'm Mommy to an 11-month old, 11-1/2 pound Havanese puppy. His name is Toby and he's the most precious thing in the whole world. We've been together since he was 2 months old and 2-1/2 pounds. He was so tiny – pretty much fit in the palm of my hand, I was afraid of him!!!! Needless to say, he rules the roost. He tries so hard to make friends with my 15-year old cat, but she won't have anything to do with him. That being the case, he's pretty much given up hope of her becoming friendly so he has decided tormenting her is much more fun!! And he does a pretty good job!! My previously quiet home is now full of activity and laughter. Being "cooped" up with him thru this pandemic (or as some refer to it, pandammit) has been a joy – he is sooo funny. I have a good-sized courtyard that is "his" and even he looks out there with snow piled up and 1-degree temps and asks, "You want me to go out there and do what?" He's really been a trooper! The Crier is such a fabulous outlet for remembering great times and great friends with laughter and tears. Thank you so much!



Toby (Sauer Keifer)

**Bev Murphy Wells:** Another funny story about Nena! Yes, that would be a real turnaround for Nena! Hope she is ok now. So glad her granddaughter is keeping everyone safe in Waco. In the 70's my dad worked for the police department as the City Photographer. Have always had respect for our police officers. They put their lives on

the line every day! Congrats to Betty Craig Keeling on her milestone birthday! Will be praying for Gayla with her upcoming shoulder surgery.



## UPDATES:

### Important!!!

**Robert Wilson** has a great idea. Since members in our class either turn 80 this year or have already turned 80, Robert wants the class to have a "Birthday party" to celebrate this ripe old age. He is thinking of maybe hamburgers with the trimmings for just one afternoon this spring or summer starting about 2:00 or so. That would give folks time to get back home before dark. If some wanted to spend the night, that would also be an option for them. Best of all: the hamburger meal would be **FREE!**

If you are interested, please email him your yes or no at:

[rwilson60waco@gmail.com](mailto:rwilson60waco@gmail.com)

**Jeanne Holland Harman** is trying to think of ideas that might be interesting to include in the Town Crier. I am thinking if you could send me just **one** interesting thing about yourself that I could share with others each month. I might be able to share 3 or 4 graduates' interests each month. It does not have to be much...for instance, a favorite movie, favorite television show, your favorite color or song, an interesting place you have lived or visited, an interesting hobby, a funny memory about a teacher, classmate, pet, etc. You get the idea. Dana Sauer Keifer has shared with us this month about her cute puppy, Toby. Our graduates enjoyed so much hearing what folks did after graduation, this would be a way all you have to do is tell **one** thing. Surely you have one thing that really stands out in the 62 years since we graduated. I will be anxiously waiting to hear from each of you.

[bjharman@hot.rr.com](mailto:bjharman@hot.rr.com)

**Pat Payne:** Pat wants to remind everyone just like Toby Keith and Clint Eastwood—"Don't Let the Old Man In"  
(1) [Toby Keith - Don't Let the Old Man In - Bing video](#)

**Gayla Miller Webb:** Gayla has done away with her home phone land line but her cell number remains unchanged. Gayla said she is doing great after her shoulder surgery and it has been wonderful to hear from everyone!

**Al Ctvrtlik:** Al's home phone number is no longer a working number. As of now, we do not have a current contact number for him.

**Cathy White Land** has had complications with her ankle surgery last year. She went to Duke in North Carolina to see if they could help her. She now has the name of a Doctor in Dallas who could perform the correct surgery to correct the issues. She will keep us informed.

**Darrell Gill:** Has Parkinson's along with some other health issues. His sister moved him to a facility in San Antonio as of 2-22-2022 in order to be near her. I have no contact info yet.



## MARCH BIRTHDAYS:

1 Karon Shinault Jackson  
7 Glenn Hurta  
8 Lynette Muchow Baugh

14 Clara Sue Griffis Arnsdorff  
16 Jeannie Dickerson  
17 Jane Berry Neece

19 David Dibb  
23 Mickey Lade Perkins  
25 Larry McMurray

28 Douglas Crook  
31 Malachi Kelly, Stan Lennard

## Medical Corner:

If you are like I am, you always wonder when you misplace something if you might be getting a 'bit too forgetful'. I am going to "borrow" again from the newspaper Golden Life where David Dibb writes articles. This was in the latest issue of that newspaper and I found it most interesting. To get the whole article, credit can be given to Medical News Today, [www.medicalnewstoday.com](http://www.medicalnewstoday.com) Hope you will find it helpful. It made me feel a bit better as I seem to misplace my reading glasses all the time.

## Behavioral differences between Alzheimer's and typical aging

| Behavior change  | Alzheimer's   | Aging  |
|------------------|---|--|
| Memory loss      | Forgetting things and repeating questions in a way that is unusual                        | Slowly becoming more forgetful   |
| Completing tasks | Difficulty completing familiar tasks such as buying groceries or preparing food           | Potentially needing help with new or unfamiliar things such as new technology                                |
| Problem-solving  | Difficulty following instructions such as a new recipe or keeping track of bills          | Being a little slower to react to things or juggle multiple tasks  |
| Vision           | Problems with vision and spatial awareness  | Decreasing clarity of vision that may make it harder to distinguish shapes from a distance                   |
| Timekeeping      | Difficulty keeping track of what day it is and becoming confused in an unfamiliar place   | Forgetting the reason for entering a room before remembering again   |
| Misplacing items | Misplacing items in unusual places and struggling to retrace steps                        | Momentarily misplacing items before remembering where to find them   |
| Communication    | Losing track of conversations, repeating sentences, and struggling to write down thoughts | Occasionally struggling to find the right word or needing to concentrate harder to keep up with conversation |
| Decision making  | Spending a long time doing unnecessary tasks and neglecting personal grooming             | Being a little slower in decision making   |
| Mood changes     | Experiencing low moods and feelings of irritableness, anxiety, confusion, and depression  | Sometimes feeling weary or becoming irritable when there is disruption to a routine                          |
| Socializing      | No longer participating in social activities that previously brought enjoyment            | Sometimes feeling tired and worn out by social interactions  |

### How to Know You are Growing Older:



Everything hurts and what doesn't, doesn't work.

The gleam in your eye is from the sun hitting your bi-focals.

Your little black book contains only names ending in M.D.

You get winded just playing cards.

Your children begin to look middle aged.

A dripping faucet causes an uncontrollable bladder urge.

You know the answers but nobody asks you any questions.

You sit in a rocking chair and cannot get it going.

Your knees buckle but your belt won't.  
Your back goes out more than you do.

### A NEAT IDEA



### Remove Hard-Water Buildup with a Lemon

Hard-water buildup on your faucet can be remedied with this simple, natural solution. Place half of a fresh lemon on the end of the faucet, wrap a small plastic bag around the lemon and secure it to the faucet with a rubber band. After a few hours, remove the lemon and wipe the faucet clean.

Pictures: 

**Robert Wilson** and wife pose after a wedding ceremony that Robert had performed. One of the guests wanted to take their picture. What a good looking couple!



**Bill and Jeanette Markum** celebrated 60 years of marriage on January 27, 2022. Here is a recent picture of the happy couple. Congratulations!!!!



I was doing some cleaning out and ran across these two pictures. The first is a picture of **Charles McWhorter** and **Jeanne Holland** before some dance in about 1956, maybe 1957. The second is a picture of us going out in about 1989 or so for a date after the death of both our spouses. What a difference 30+ years can make!





**JOKES**

Day 4 and they suspect nothing 🤔🤔



**I STEPPED INTO AN ELEVATOR  
TODAY & A VERY LARGE BREASTED  
WOMAN STEPPED IN WITH ME.**

**AS I WAS STARING AT HER  
BECAUSE I COULDN'T HELP IT  
SHE SAYS WOULD YOU PRESS  
ONE PLEASE, SO I DID.**

**I REALLY DON'T REMEMBER  
MUCH AFTER THAT 😬**

[www.whs60.org](http://www.whs60.org)