

June 2022

FROM OUR GRADUATES:

Robert Wilson:

WHS 1960 --80th Birthday party will be held on **July 12, 2022** from **1-4:00 pm**.

Lake Air Towers Poolside & Clubroom
4924 Cobbs Drive
Waco, TX 76710

Please RSVP to Robert Wilson at :

(210)287-9490 text or call

or e-mail- rwilson60waco@gmail.com

Up-to-date attendees are: Robert Wilson, Mickey/Melody Lavy, David/Janie McPhail, Larry/Judy Thomas, Tommy Ruth Blair, Mary Beth Cash/Don McMahon, Aubrey Stringer/Phyliss Weiser, Linda Sue Phelps/James McKee, Betty Luedeker Gatlin, Gayla Miller/Rodney Webb, Gwen Ewing/Wayne Hodges, Nena Hunt/Bob Wallace, Greg/Linda Howell, Jim/Mimi Monnig, Ken/Scoot Baker, Judith Hamff Murphy, Tim Lasseter Latta, Melissa Starnes/Rex Baugh, Billy/Jeanette Markum, Gary Roberts/Carol Scarborough, David/Linda Ditto, Howard Dudgeon, Bev Murphy Wells
(39 signed up so far-- health permitting.)

Tommye Ruth Blair Toler: I enjoyed reading Jim's entry. He has, it seems, had a fun life, broken neck not withstanding. 🤔

Jim Cypert (whs '61) "Jim Monnig has had a very varied and eventful life. Seems like he could be the subject of a book or movie. I guess he likes to live on the edge sometimes. I suppose there is never a dull moment around him. Very interesting."

David Dibb: Jim Monnig's story was a lot of fun to read.

Anne Bateman Myers (rhs'62): . I could add a few things to Jim Monnig's story – I referred divorce cases to him as our firm specialized in real estate, and he would occasionally call me to "pick my brain" about real estate laws in Texas – he told me one time he slept through that part of law school. He is known in San Antonio as one of the best divorce lawyers here.

Tim Lasseter Latta: "Jim Monnig was always funny and entertaining. You could be sure of a good time when around Jim. He was smart although his grades were not necessarily at the top of the class (by his own admission).

If we could all go through life like Jim, with great friends and exciting not to mention dangerous adventures, what books we could write. Jim, married three times before Mimi (again, by his own admission) has now met and married the wonderful Mimi. She probably now knows that she has a whirling dervish by the tail."

Note to Jim: " *Mimi is a keeper. Here's to many more years of reading about Jim's adventures, but maybe you should hang up your boxing gloves before you lose your teeth or worse.*"

Bev Murphy Wells: Jim Morning must be part cat! What an exciting life! He enjoyed it all except for the broken neck! His pictures enhanced his article too.
Enjoyed the other novellas as well. Learning the “after life of high school” of our classmates chronicles appreciation of lives well lived and intriguing talents.
Thanks to Ambrosio for serving our country too!
Good to hear many who have physical challenges are recouping well even though not too good news for Cathey Land, hope she conquers the ankle specialist search soon!
Waiting to hear about Mickey’s New Mexico explorations.
The shared wise counsel and uplifting comments bring smiles. Looking forward to more delights we all enjoy! Thanks to all for sharing!

JUNE BIRTHDAYS

7- Janice and Joyce Player
11- Dorothy Bryan McCook
22- John Anderson
28- Rod Sommer

A NEAT IDEA



Do you get tired of rummaging through drawers and boxes trying to find the right cords and chargers for all of your electronic gadgets? One solution is to use a clear vinyl over-the-door shoe organizer. Make labels for each pocket and put every item in its own spot. Now you can find everything you need without getting frustrated.

THOUGHTS FROM WILL BUFORD:

True Riches

“You know, you can’t buy 40 again. You can’t even buy 50 again or 55. You can’t buy memories of the trip you didn’t take, the adventure you declined, the struggle you bypassed or the excitement you had no eyes to see. These memories are the coins of the spirit. They can make a 70 year-old man so rich he can truly say that life has just begun for him. Without such memories, he will be desperately poor in spirit. And that form of poverty is not covered by any sort of insurance plan.”

(Taken from a 2005 newspaper article but still appropriate for today)



1. **Anne Bateman Myers** attended whs in '60/'61 as a sophomore/junior but was in the first graduating class of Richfield in '62. Anne receives the Town Crier because she knows a lot of our classmates as she was once married to our own Allan Myers. Anne recently returned from a trip to the Baltics, Estonia, Latvia, Lithuania and Poland. She reports they really do not like Putin over there!!!! Anne said Poland wasn't as critical of Russia as they were SO supportive of Ukraine. She said flower pots lined the main streets of town and had alternating blue and yellow flowers. There were pots on the corners with blue and yellow flowers. She said: "I had a hard time getting used to their sun-up (5:00 am) and sun-down (9:00 pm) - thank goodness for blackout drapes!!"

Here are a few pictures depicting their dislike:



Signs posted at the Russian Embassy in Tallin, Estonia. There were 2 police officers patrolling to keep out the rioters.



a sign posted by a restaurant in the main square of Tallin Old Town, Estonia
It reads: **Dear Putin, Let's speed up to the part where you kill yourself in a BUNKER.**



Anne (on the right) and Donna (one of Anne's traveling buddies) enjoying a glass of wine at a Chopin concert.

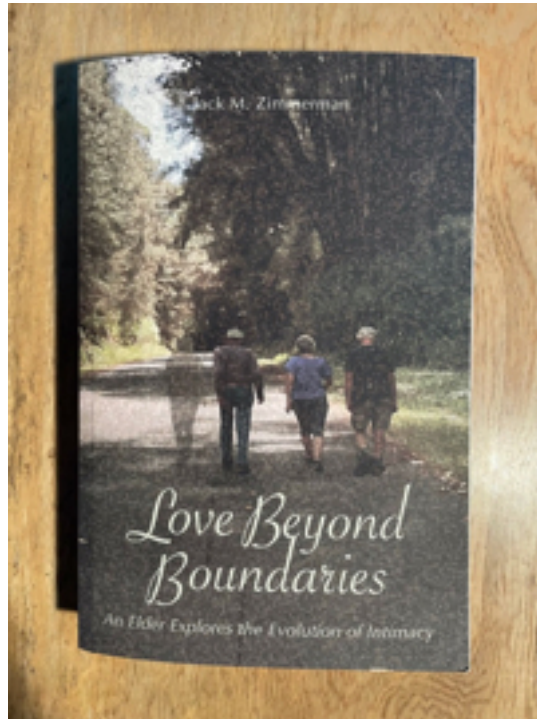


The picture of Putin was posted in Riga, Latvia



A banner on a building in Vilnius, Lithuania. The same message was painted by the mayor on the street across from the Russian embassy.

2. **David Pettus**: "A dear friend, Jack Zimmerman, recently published a book in which Sherry and I appear. It's called *Love Beyond Boundaries: An Elder Explores the Evolution of Intimacy*. Some people have told us the book has been inspiring to them. Some of the experiences and concepts described may be challenging to embrace from a conventional / traditional point of view. The cover photo is of Jack, Sherry and me accompanied by a representation of Jack's departed wife, Jaquelyn, stepping forward into...."



Description of the book can be found on [Amazon.com](https://www.amazon.com/dp/B084K1K1K1).

3. **Howard Dudgeon**:

- (a) There are still Interurban street car tracks in Waco at 22nd and Ethel and 28th and Maple.
- (b) **Mollie Adams**, the famous madam of Waco's **red light** district, is buried at Oakwood Cemetery at McLendon 16 and Sturgis 16. My father and my cousin Charles Collins were her doctors.

4. **Jeanne Harman**: **Peri Gilpin**, who played **Roz** on **Frazier**, was born in Waco, Texas on May 27, 1961. Her birth name was Peri Kay Oldham. After her parents divorced her mother remarried and changed Peri's last name to Gilpin. The family moved to Dallas where Peri was actually raised. She graduated from Skyline High School in Dallas, worked in Dallas Theater Center, attended University of Texas and the London's British-American Academy.



5. **Joe Riley**: "For some reason this strikes me as funny, although becoming truer every day, it seems."

*"Don't let aging get you down.
It's too hard to get back up."*

Medical Corner:

Six Amazing Health Benefits of Apple Peel

We all eat an apple, but some people just don't like the skin. And there are some other people who just throw the apple peels in the drain because the skin contains wax or potential pesticide residue. But if you don't eat the peel you'll lose some significant nutrients. If you toss the peel in the trash about one-third of the apple's total fiber is lost. If you peel the skin you will also eliminate most of its vitamin E and vitamin K of the apple and all of the folates in it. With apple peel, the amount of brown fat can increase in the body, causing us to burn more calories, which reduces weight. Actually, when we are born, our body has a lot of brown fat. This brown fat surrounds the body's main organs and keeps it warm. But when we age, the amount of brown fat in the body starts decreasing. According to experts, if we succeed in activating brown fat, then the weight will not increase. It can be helpful for diabetes and heart diseases.

Vitamin A, vitamin C, potassium, calcium, folate, iron and phosphorus-rich apple peel are very effective for our health in many ways. If you consume it regularly, it helps to reduce your weight along with digestion.

Other Benefits of apple peel

1. In apple peel, quercetin compound helps to protect brain cells from damage and prevents memory loss and also increases the concentration.
2. Apple peel greatly supports in regulating blood sugar. People with blood sugar or diabetes should eat an apple with the skin. It helps to keep the blood sugar level in control.
3. Apple peel reduces the risk of glaucoma. It is good for the health of your eyes.
4. The apple peel helps prevent tooth decay and cavity. Actually, apple salad is produced from the peel which is very useful for teeth.
5. Quercetin is a type of flavonoid that is found in apple peel. This not only reduces inflammation but also has properties of anti-oxidant. This element prevents the setting of the platelet so that the blood clots do not form in the arteries. Heart muscles also get relief, which also helps in reducing heart attacks.
6. One of the major advantages of apple peel is that the amount of antioxidant in it is very high, due to which it is very helpful in preventing cancer. A study published in the Journal of Nutrition and Cancer said that these antioxidants help to protect against various types of cancer such as breast cancer, prostate cancer etc.

Link: [6 amazing health benefits of apple peel | TheHealthSite.com](https://www.thehealthsite.com/health-benefits-of-apple-peel/)

Blasts from the Past:



Kay Albright and Charlie Sligh,
August 1985 25th reunion



Family Weekly of the **Waco Tribune-Herald**
May 29, 1960 **Featuring Penne Percy**

www.whs60.org