

## **FEBRUARY 2024**

### **From the editor:**

In sending out the January newsletter, email contact with Ronnie Morris was returned. If anyone happens to know where Ronnie is, please let me know. I tried calling Ronnie, but his phone number has been disconnected. He has two addresses in our directory- **Bronson, Florida** and **Williston, Florida**. I have written to the Bronson address but received that it is undeliverable & unable to forward. We hate to lose track of any graduate. Your help in locating Ronnie is appreciated.

jh

### **From our graduates:**

**Larry Thomas:** "It's sad when we lose one of our class members. It's also very sad to read about the death of the adult children of our friends."

**Clara Sue Griffis Arnsdorff:** "I wish I could be with you next month---we are frozen in here in NE, with a high of zero degrees today (Jan.15) ---and more due for the next few days. I feel so bad for Texas right now, as I know you are having really cold weather now also. I hope yours moderates soon. We have about 8" of snow on the ground right now. Fortunately, we have wonderful young men to clear our driveway and sidewalks--I haven't been out of the house since Thursday.

My husband Gordon fell and required surgery back just before Halloween---bleeding on the brain, which, fortunately was repaired successfully with little damage to his 'brain'--but he also fell out of bed due to a nursing staff in rehab which was sorely unqualified. He's now in rehab for that but is improving nicely. Hopefully he will be home for warmer weather soon. We are having a 'stair lift' installed as we have a two-story house, and that's a bit to navigate as he recovers. I must admit I will enjoy it also."

### **Updates:**

**Ken Baker:** Ken and Scoot Baker have moved to Frisco to be closer to their son, Kevin. Update your directory-- Their new info is:

7420 Rolling Brook Dr. Apt 208

Frisco, TX 75034

New Email is: [Kenandscootbaker@yahoo.com](mailto:Kenandscootbaker@yahoo.com)

Phone: 512-595-9248

**From Ken:** "Scoot and I have relocated to Frisco to be near our kids...Kevin lives here in Frisco about a mile away...Michelle lives in Bedford about thirty minutes away. We live in assisted accommodations, plus Scoot is in memory care. I no longer have a car so can't easily get to Waco for Waco High functions...I will miss that. My new phone number is 512-595-9248 and my address is 7420 Rolling Brook Drive, Apt 208, Frisco, Tx 75034. We are comfortable but are going through old age adjustments. Please tell all howdy and to drop a line occasionally. Cheers...Ken and Scoot"

**Judith Hamff Murphy:** Flooding in San Diego: Judith's house is okay. She said the dry creek behind her house was really flowing but the sun came out and was drying things up. She is continuing with sports med PT. She is up and around taking care of things with recuperation of ankle.

**Re: Lynette Muchow Baugh's passing:** I was informed that Lynette was cremated. There will be no service, but something is being planned in March. I will inform you when information on that is received.

## **Top 10 New Years Resolutions:**

Research shows these are the top 10 resolutions people usually make:

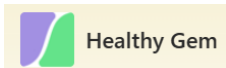
- |                              |  |
|------------------------------|--|
| 1 Diet or eat healthier.     | 7 Read more                              |
| 2 Exercise more              | 8 Find another job                       |
| 3 Lose weight                | 9 Drink less alcohol                     |
| 4 Save money/spend less      | 10 Spend more time with Family & friends |
| 5 Learn a new skill or hobby |  |
| 6 Quit smoking               |  |

## **February Birthdays:**

- |    |                                |
|----|--------------------------------|
| 1. | <b>Don McClellan</b>           |
| 4  | <b>Al Ctvrtlik</b>             |
| 9  | <b>John Davis</b>              |
| 10 | <b>Tommye Ruth Blair Toler</b> |
| 16 | <b>Kay Phillips Sparks</b>     |
| 18 | <b>Norma Cissell Smith</b>     |
| 25 | <b>Jeanne Holland Harman</b>   |



### **Medical Corner:**



**Story by Lauren Kirkbride**

## **[20 Of The Best \(And Worst\) Foods For Alzheimer's And Dementia \(msn.com\)](#)**

*For a more in-depth explanation, please refer to the link above*

1. white flour is harmful
2. processed meats are harmful
3. **milk is good- helps heal the brain**
4. canola oil might worsen your memory
5. **coffee- even decaf, can help stave dementia**
6. **apples create new neurons**
7. high salt diet leads to cognitive decline
8. **cheese might prevent cognitive decline**
9. popcorn's butter flavoring harms the brain
10. **lamb** is more healthy than other red meats
11. margarine is **not** better than butter for your brain
12. fried foods contribute to Alzheimer's

13. soda, even diet, is the worst drink for dementia
14. olive oil might help prevent memory loss
15. orange juice can help prevent memory loss
16. berries have dementia-fighting antioxidants
17. dark chocolate helps to protect the brain
18. salmon slows down cognitive aging
19. kale may protect your memory
20. wine (in moderation only) can help reduce the risk of dementia



1. **John Anderson** was able to attend the 250<sup>th</sup> anniversary and reenactment of the Boston Tea Party which was held in Boston this year. Actors dumped about 2000 pounds of tea into Boston Harbor. If you remember, the original Boston Tea Party protesting the Tea Act of 1773 took place on December 16, 1773 when more than 92,000 pounds of tea were dumped. The Boston Tea Party became one of the leading reactions for the American Revolution. Several years later in appx. 1848, the British sent a “spy” (actually a botanist disguised as a Chinese merchant) to steal tea plants....which he did. These stolen plants were planted in mountainous areas in Ceylon, now Sri Lanka. John said to look on a tea bag today because it could be from Ceylon. John also reports a great book is **FOR ALL THE TEA IN CHINA**, telling the story of the steal.
2. **Howard Dudgeon** trivia: There was only one known US survivor of the Little Big Horn, June 25-26, 1876. It was Captain Myles Keogh's horse **Comanche**. He lived until November 7, 1891 and was given a funeral with full military honors. His remains were sent to the University of Kansas Natural History Museum and preserved where his taxidermy mount can be seen today.  
There have been four horses to get funerals with full military honors, **Comanche, Black Jack, Chief** and **Sergeant Reckless**. Black Jack participated the funerals of JFK, Herbert Hoover, LBJ and General MacArthur. Chief was the last horse mustered into the US Army. Sergeant Reckless was a pack horse that served the US marines in Korea.
3. **General Movie Trivia:**



#### 10 most influential movies of all time

The Notebook 2004  
When Harry Met Sally 1989  
Roman Holiday 1953  
Brokeback Mountain 2005  
Casablanca 1943  
Breakfast at Tiffany's 1961  
Slumdog Millionaire 2008  
Ghost 1990  
Gone with the Wind 1939  
Titanic 1997

## Humor

### *'Ain't it the truth' Quotes:*

**"Some people wonder all their lives if they've made a difference. The Marines don't have that problem."** -Ronald Reagan

**"I have wondered at times what the Ten Commandments would have looked like if Moses had run them through the U.S. Congress."** - Ronald Reagan

"If you want to know how old a woman is, ask her sister-in-law." (Eva Gabor)

- "At age 20, we worry about what others think of us... at age 40, we don't care what they think of us... at age 60, we discover they haven't been thinking of us at all." (Ann Landers)

- "When your friends begin to flatter you on how young you look, it's a sure sign you're getting old." (Mark Twain)

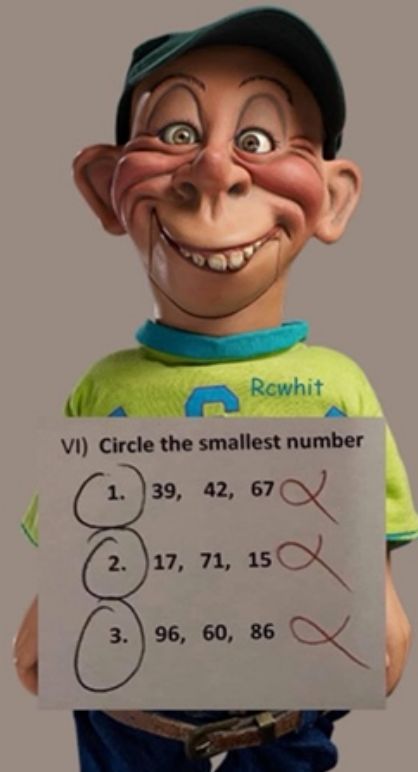




WHEN YOU'RE DEAD,  
YOU DON'T KNOW  
YOU'RE DEAD. THE PAIN  
IS ONLY FELT BY  
OTHERS.

THE SAME THING  
HAPPENS WHEN  
YOU'RE STUPID.

I still think I got it right  
and the teacher's wrong.



**I NEVER USE TURN SIGNALS**



**IT'S NOBODY ELSE'S BUSINESS  
WHERE I'M GOING**

As you get older, you've  
got to stay positive.  
For example, the other day  
I fell down the stairs.  
Instead of getting upset,  
I just thought,  
"Wow, that's the fastest  
I've moved in years!"

When I get old I don't want people thinking  
"What a sweet little old lady"...  
I want 'em saying  
"Oh Crap! What's she up to now?"



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