

## JANUARY 2025

I want to wish everyone a healthy and happy New Year. May 2025 be a good year for all of us!

I recently read a list of traits that people have as they grow older yet do not lose their 'spark' in life. This might be good for us to try to incorporate into our lives in 2025 and beyond. We are all growing older and need all the help we can get....at least, I know I do! This is the list:

1. Stay curious
2. Prioritize relationships
3. Embrace Change
4. Have a positive outlook
5. Stay active
6. Practice gratitude
7. Laugh often
8. Focus on health, not vanity
9. Maintain a sense of purpose
10. Forgive easily
11. Embrace our age
12. Avoid toxic relationships
13. Cultivate inner peace
14. Have strong boundaries
15. Practice self-care
16. Stay socially engaged
17. Keep stress in check
18. Eat nutrient-rich foods
19. Celebrate life

If you want to read more information regarding this list, click on the following link:  
[Traits of People Who Grow Older Without Losing Their Spark](#)

### From our graduates:

**Clara Sue Griffis Arnsdorff:** "I love hearing the news, but lament the passing of so many WHS graduates...

John Anderson's travels are wonderful to hear, and I am so glad he and his wife are traveling---that is great. I am envious.

Winter has arrived in Nebraska--with low temps in the teens. We have not had snow yet, but I know it is coming soon. Winters here are always an adventure.

My husband Gordon has contracted Guillain Barre Syndrome and has no use of his lower body. He is in long term care for now---we hope for a reversal, but who knows. He still has his 'wits about him' and hasn't lost his sense of humor. He is close, so I visit daily.

I still sell on Ebay and enjoy searching for antiques and collectibles. I am also involved with our local community theatre---not on stage--but I help with publicity which gives me a chance to use my BU degree. It is always a changing scene but has given me a chance to broaden my horizons and connect with many people who wouldn't fit into our 'normal' category. I love that part of the experience.

Enough--the holidays give me a chance to think back on life and how mine has evolved and grown."

**John Anderson:** "This is a card from South Africa- Namaqualand- a narrow strip of land that for 2 weeks is covered with wildflowers (more than the entire continent of Australia x3!) The God that made this place 5 billion years ago must have been experimenting with colors-paints.

The South Pacific was interesting. Battleground of our Pacific war in WWII (Guadalcanal, Coral Sea, Leyte Gulf, Iwo Jima). When I think of war I wonder WHY? Today we have weapons that make our "old" weapons look like clubs, peashooters, sling shots. Just a few bombs can (will?) destroy our world."

Back to the USA now - Spent 2 weeks in California then came to Boston. Now except for the pines, all the trees are bare- ruined choirs where late the sweet birds sang."



*Wildflowers/Namaqualand – Western Cape*

**Bev Murphy Wells:** Saying goodbye to a child would be the most heartbreaking event in anyone's life so my heart goes out to the McMurray family especially during this time of year.

And saying goodbye to another classmate is also sad especially during the holiday season so prayers are extended to the family and loved ones of Kathryn who we remember well. We have lost so many this year!

[Re: John 3:16](#)

**Linda Phelps McKee:** "Thanks for posting this, Beverly. Merry Christmas and I hope 2025 is a wonderful year for all of us."

**Debbie Holland Ryan:** (RHS 1972) "I love the breakdown of John 3:16! Great explanation!"

**Greg Howell:** "Very good. Too bad the whole world doesn't know this simple truth. We have to keep telling all who will listen. Merry Christmas to all."

## **UPDATES:**

Shelly Frierson, (Kay Sparks daughter), found a home for Kay's cat, "Katie". It was through Central Texas Animal Advocates Facebook. We hope Katie will adjust well and vice versa.

**Good news from Betty Luedeker Gatlin:** Betty reports that Nathanael, her grandson who was the burn victim, is doing great, looks wonderful and will soon be fitted with his first prosthetic arm. He is spending 4 days a week at home and 3 in Galveston for continuing burn treatment. He is planning to go on with his life just as he had planned before the accident. Betty said Nathanael is being home schooled the days he is at home.

**Anitra Harrell Henrion** has a new address:  
14221 Vintage Preserve Parkway #4007  
Houston Tx 77070

## **JANUARY BIRTHDAYS:**

- 4 Malissa Ruth Starnes Baugh, Betty Craig Keeling**
- 10 Betty Luedeker Gatlin**
- 12 Nanci Stiteler Felice**
- 16 Vince Tusa, Steve Brown**
- 17 Ken Lipscomb**
- 19 Betty Barrett Reaties**
- 25 Don Busby, Bernie Regian, Pat Gabler Kemper**
- 26 Don Clyde Blackburn**

## **Some Improvised Dialogues in Movies that became famous:**

1. **"Here's looking at you, kid."** Casablanca 1942 Humphrey Bogart while teaching Ingrid Bergman to play poker offset said it many times that he actually used it in a scene. The writers liked it so much they had him use it several more times so that it became his character's catchphrase.
2. **"You're gonna need a bigger boat"** Jaws 1975- Roy Scheider when he first sees the huge shark that is terrorizing the citizens of Amity Island.
3. **"Like tears in rain"** Blade Runner 1982- Rutger Hauer when playing the dying replicant.
4. **"You can't handle the truth"** A Few Good Men 1992- Jack Nicholson who came up with the phrase on the spot instead of "you already have the truth".
5. **"I'm walkin' here"**- Midnight Cowboy 1962- Dustin Hoffman's honest reaction after actually escaping being hit by a taxi while performing the scene.
6. **"You talking to me?"** Taxi Driver 1976- Robert de Niro while his character is fantasizing in a mirror of different scenerios when he would need to draw his gun.
7. **"Here's Johnny"** The Shining 1980 - Jack Nicholson playing his character using an axe to break through a bathroom door.
8. **"I love you"-- "I know"**- Star Wars episode V- The Empire strikes Back 1980- After Carrie Fisher as Leia professes her love for him, Harrison Ford felt his character would not be so sentimental to say 'I love you too', responded with "I know" instead.
9. **"Hu-thuth-thuth-thuth-thuth"** (*The Silence of The Lambs* 1991) The sounds made by Anthony Hopkins describing the tastiness of a man's liver he once ate along with "fava beans and a nice chianti."



### **MY LUCKIEST THING**

**Howard Dudgeon** has a wonderful idea! He wants to know what folks consider the luckiest thing that ever happened to them. That should help to foster some "feel-good messages" for our graduates. So, get on board and start thinking of the luckiest thing that ever happened to you....and share with us. Howard will be first. This was the luckiest thing that ever happened to him:

"My grandfather graduated from the University of Texas medical school in Galveston in May of 1899.

The same day he graduated he had a ruptured appendix. The only doctor capable of doing that operation was one of the professors who taught him at the medical school. No one else was known or could be there in time to save him. His professor saved him.

So the luckiest thing that ever happened to me happened over 42 years before I was born."

## **PICTURES:**

**Hal Johnson:** "What I do in my spare time: Being retired, I have to put meat on the table. Harvested this dude 0750 hrs - 11/30/24."



Hal stays quite busy being responsible for 'putting food on the table'. In addition to hunting, he also fishes. In this picture he and two TCU buddies are at Trading House Lake just south of Waco. Hal reports a Great fishing guide out of Waco if anyone wants to catch limits of crappie in 3 hrs. It is great to see our graduates enjoying themselves...even if it is hard work. Haha





This past November 11, 2024, Retired Lt. Colonel Ken Baker, a resident of the Parkview senior living community in Frisco, was among several veterans who was honored at their Veterans Day ceremony. Included in the festivities was a special pinning for all resident veterans, celebrating their service and sacrifices. Ken served 20 years with the U.S. Air Force.

## HUMOR:

I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.

Employment application blanks always ask who is to be called in case of an emergency. I think you should write, "An ambulance."

**The sole purpose of a child's middle name is so he can tell when he's really in trouble.**

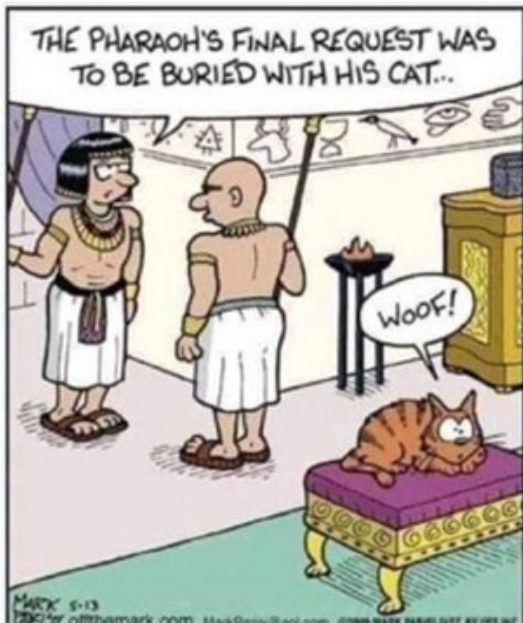
Did you ever notice that when you put the 2 words "The" and "IRS" together it spells "Theirs?"

**Aging:** Eventually you will reach a point when you stop lying about your age and start bragging about it.

**You know you are getting old when everything either dries up or leaks.**

People say 60 is the new 40. The cop who just pulled me over didn't agree.





**"You left the toilet seat up."**



**May you always have  
Love to share,  
Cash to spare,  
And friends who care.**





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