



NORTH & SOUTH
Hagerstown High Schools
Class of 1957
Online Newsletter



December *2015* Edition

Bulletin Board

- **Mark your calendars now;** Christmas Party, Thursday, December 17th at the Western Sizzler starting @ 11:30. Don't forget donations for the food pantry, AND, make your reservation with Jo Ann @ jkline6160@myactv.net
- **Wreaths Across America –** Last chance to sponsor a wreath to be laid on a veteran's grave at a military cemetery – www.wreathscrossamerica.org

December Birthdays

Mike Flynn Barbara Esterly Dave Ridenour



Garry Shank

Jewel Smith

Carol Smith

Nancy Nunnamaker



Adonis



(Eat your heart out Larry Stenger!)

December Anniversaries

Dick & Susan Morton Lohman



Ron & Sharon Palmer



John & Ruth Cozzoli



Sam & Brenda Lantz



Lewis & Dianna Myers Fichter



Lynn & Delores Shaffer Rice



Garry & Stephanie Shank



Patrick & Carol Smith Daly



Classmate Submissions

Glenn Julian

"A Chattanooga Mylius Family, 14th through 21st Centuries" by Glenn M. Julian and Richard Mylius Sherman.

In the 16th century Mother's Mylius line had three generations of Lutheran pastors, when the concept of "Lutheran" was being invented. One of her ever-so-great grandfathers was ordained at Wittenberg in 1547 by Luther's friend and colleague Johann Bugenhagen.

Kirklyn Middlekauff

Thank you for all of the lovely cards and beautiful expressions of comfort and sympathy that you sent to me after Ralph's death. Those wonderful words about Ralph and me were so kind and inspiring. Thanks for the basket of flowers; it was a beautiful and thoughtful gesture.

Ralph was a great mentor to students and also those who worked with him. He touched many lives. I have moved into our new home. My address is 9724 Cobblestone Ct., Hagerstown, Md. 21740.

Carole Smith

Our nephew Stuart Smith and his wife Becky had their new baby Wade at 8 AM Thanksgiving Day! Wade showed up 5 weeks early and was admitted to NICU. All is well with Mom, Dad and the new baby. Our family was extra blessed this day. We also attended the 240th Birthday Marine Corps Ball on November 14th in Martinsburg, WV.



Editor's Comment: Oooooorah!

Terry Strock

Terry with his first turkey of the 2015 hunting season. He added another one a couple of weeks later and also added two deer to the list. The Strock freezer is full of wild game.



1990 Georgia Tech National Championship Reunion



(L-R: Terry, Bobby Ross, Cindy)

On November 12, the players & coaches of the 1990 Georgia Tech football team held a 25th reunion of their National Championship season. The Head Coach at Georgia Tech was Bobby Ross, former University of Maryland Head Coach. I was the receivers coach during that Championship Season.

Georgia Tech went 10 – 1 during the regular season and beat the University of Nebraska in the Citrus Bowl in Orlando, Fl. 45-21. Colorado finishing 1st in the AP poll. Georgia Tech was voted #1 in the National Football Coaches Poll.

John Newton

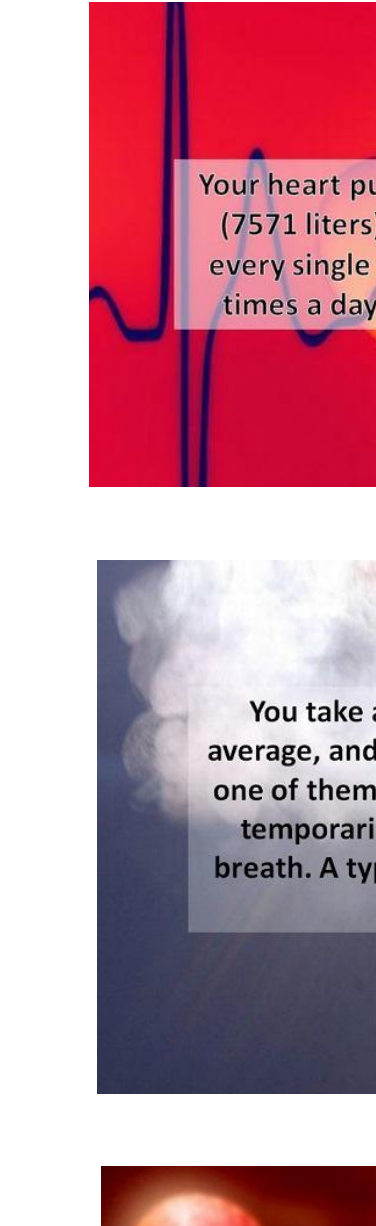
The Actors Guild of Parkersburg recently celebrated its 60th season with two shows on Thanksgiving. We narrated and sang with about 40 other performers. We had performers from the past that came in from California, New York, Maryland, and Kentucky to help us celebrate, as well as some who came in from other cities in West Virginia. I am on the Guilds Board and serving as the treasurer, and Jean is active on several committees. Jean started with the Guild in 1967 and I joined in 1973.

In October, the West Virginia Soccer Association honored me by selecting me as the WWSA Administrator of the year. That was forwarded on to US Youth Soccer Region 1 to compete against 14 other selections to compete for the Region 1 Administrator of the year. Region I consists of the following states; West Virginia, Virginia, Maryland, Delaware, Pennsylvania, New Jersey, New York, Connecticut, Rhode Island, Massachusetts, New Hampshire, Vermont and Maine. New York and Pennsylvania are large enough that they are both split East and West, for a total of 15 State associations.

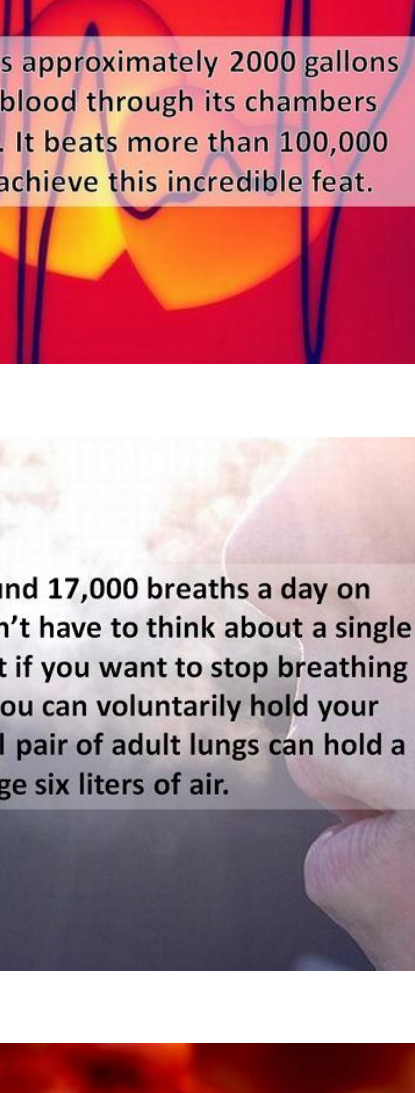
In late November, I was informed by US Youth Soccer that I was selected as the Region 1 Administrator of the Year, and would now be competing for the US youth Soccer Administrator of the year, competing against nominees from Regions 2, 3, and 4. The US Youth Soccer Award Gala will be January 15th in Baltimore, Maryland as a part of the NSCAA (National Soccer Coaches Association) convention taking place that weekend. We are hoping that this Gala will be televised on the Fox Sports Network so my family can watch, as they are located all over the country. I am floored and humbled by this recognition and very appreciative of WWSA and Region 1 for honoring me in this way.

Education Section

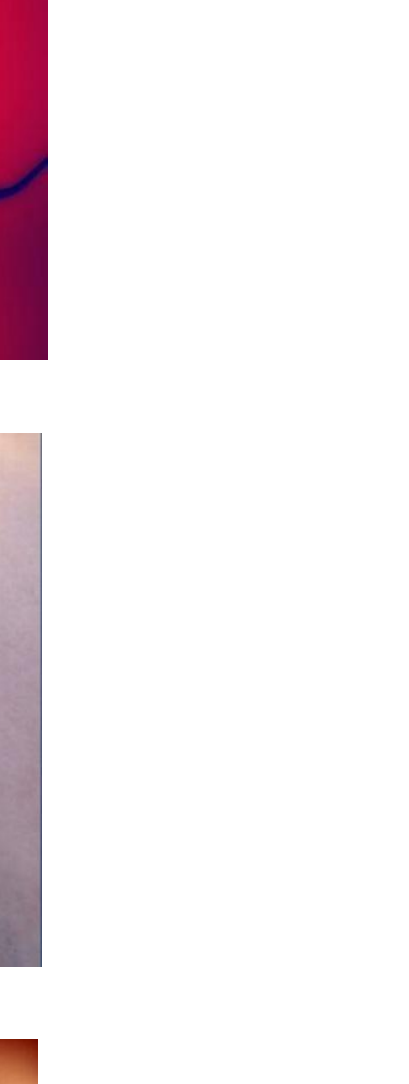
Sometimes you may feel like your body is beginning to creak and fail you on the outside, but do you ever stop to consider the incredible work that is taking place inside of it? There is so much going on and everything fits together so well, that it's almost impossible to comprehend it. This presentation will remind you that there are miracles going on inside your body every single day.



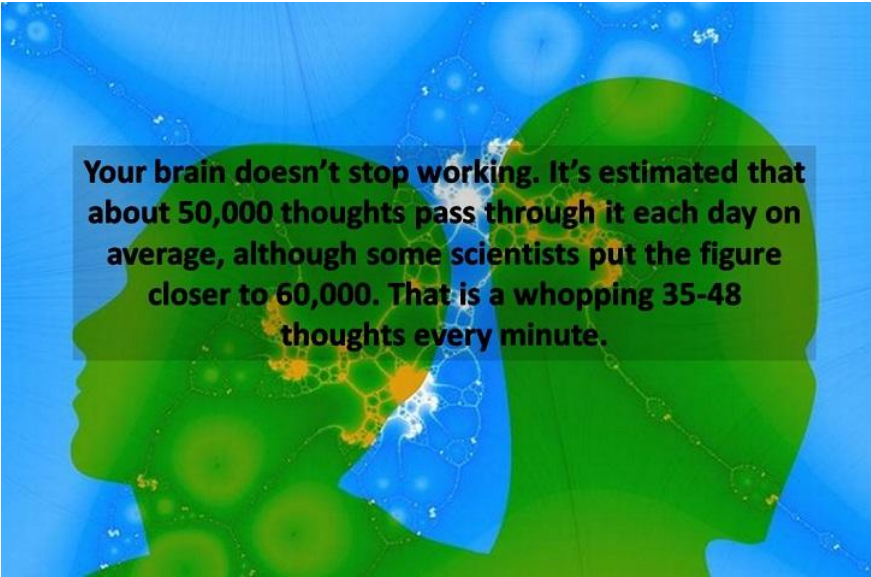
Your heart pumps approximately 2000 gallons (7571 liters) of blood through its chambers every single day. It beats more than 100,000 times a day to achieve this incredible feat.



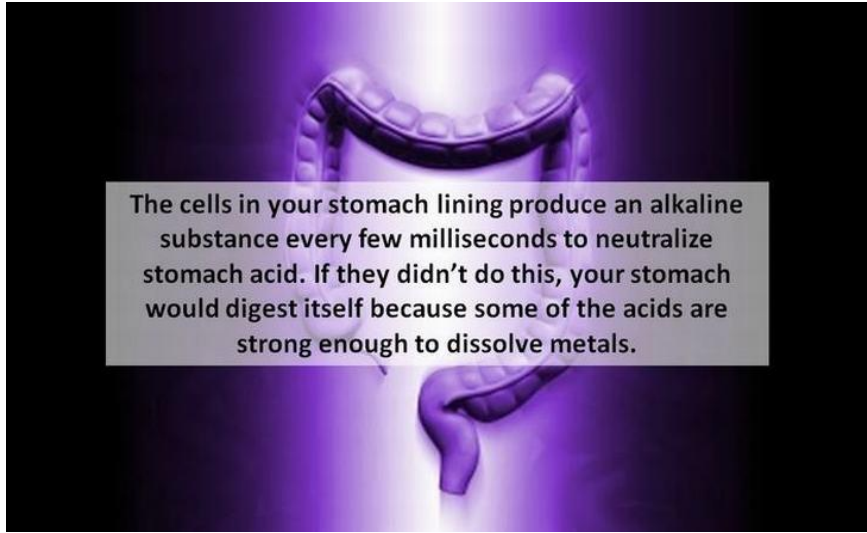
You take around 17,000 breaths a day on average, and don't have to think about a single one of them. Yet if you want to stop breathing temporarily, you can voluntarily hold your breath. A typical pair of adult lungs can hold a huge six liters of air.



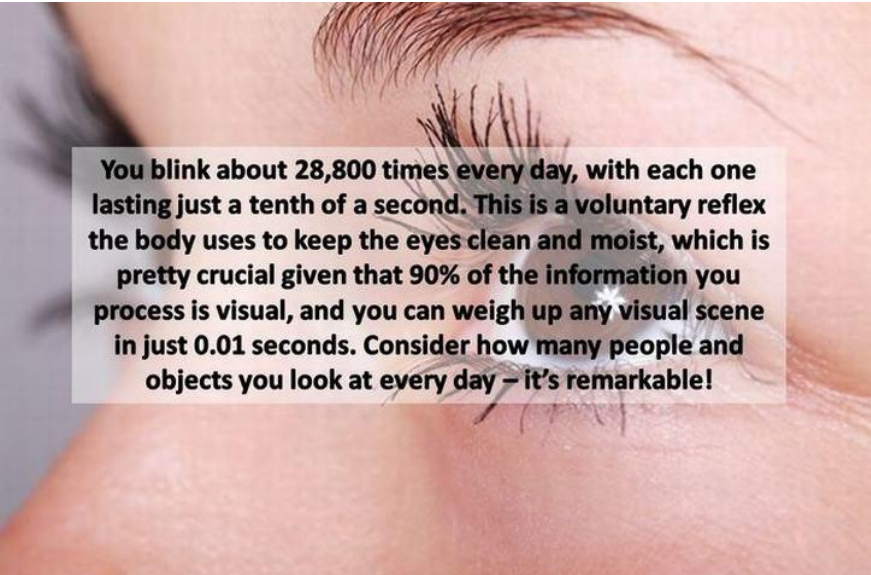
Every day your body ensures you don't contract cancer thousands of times over. Cancer is formed when cells are altered in a way which re-programs their DNA and it's estimated that tens of thousands of cells suffer cancer-causing lesions every day. But the body sends special enzymes scuttling around to inspect DNA strands for faults and fix them before they turn into tumors.



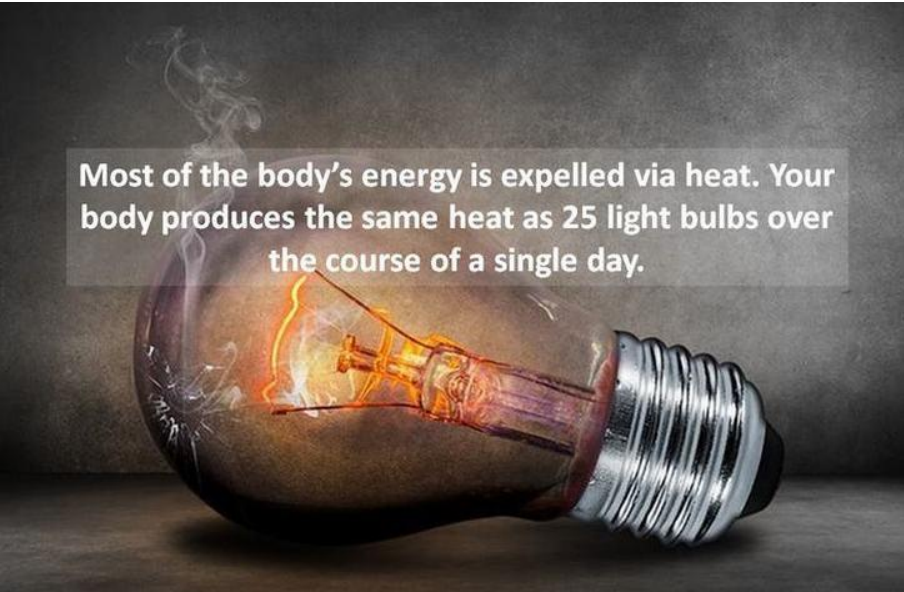
Your brain doesn't stop working. It's estimated that about 50,000 thoughts pass through it each day on average, although some scientists put the figure closer to 60,000. That is a whopping 35-48 thoughts every minute.



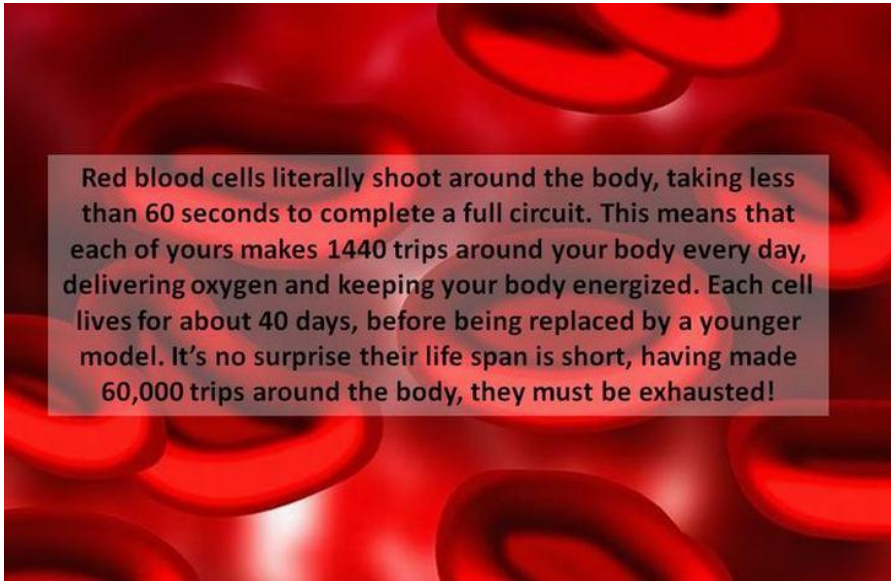
The cells in your stomach lining produce an alkaline substance every few milliseconds to neutralize stomach acid. If they didn't do this, your stomach would digest itself because some of the acids are strong enough to dissolve metals.



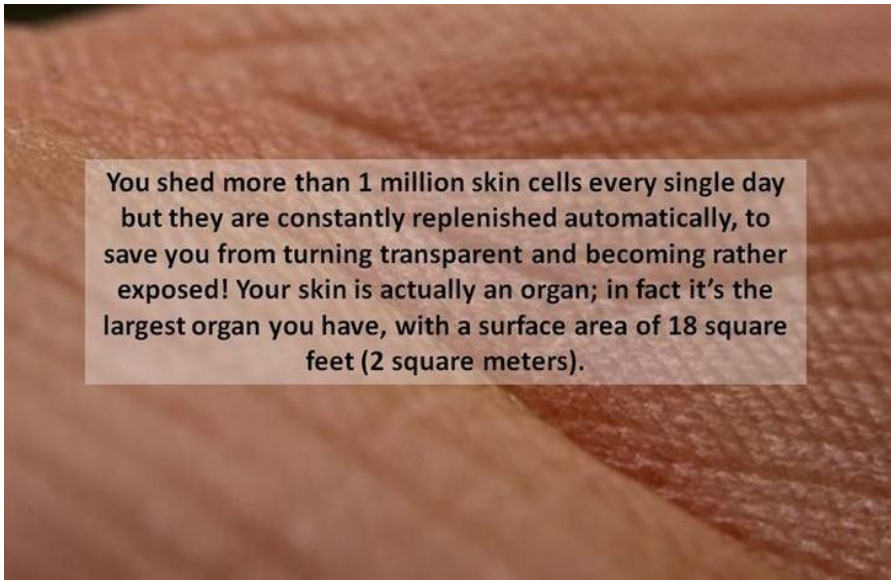
You blink about 28,800 times every day, with each one lasting just a tenth of a second. This is a voluntary reflex the body uses to keep the eyes clean and moist, which is pretty crucial given that 90% of the information you process is visual, and you can weigh up any visual scene in just 0.01 seconds. Consider how many people and objects you look at every day – it's remarkable!



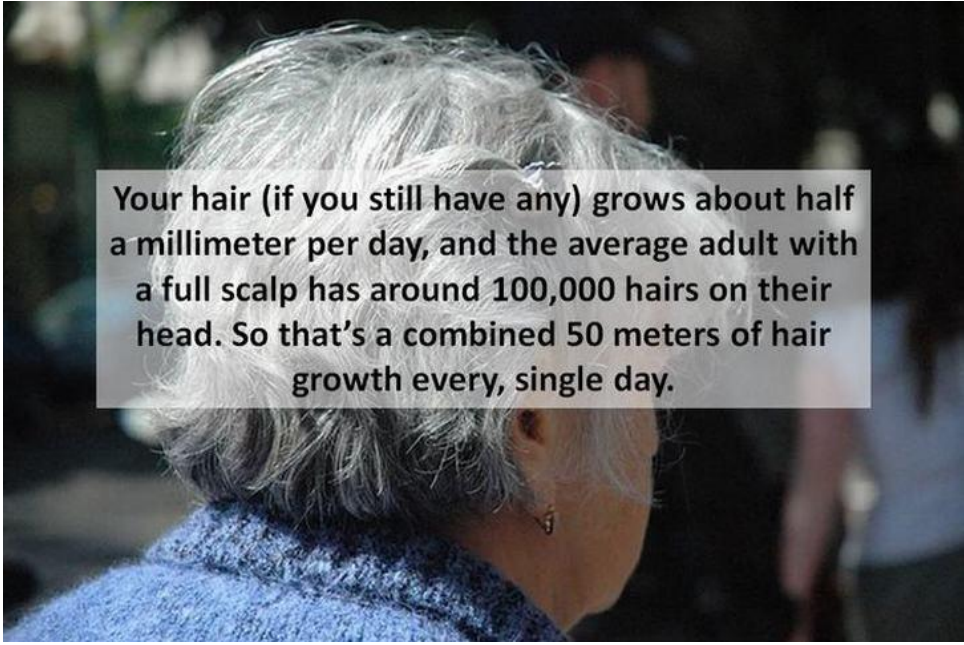
Most of the body's energy is expelled via heat. Your body produces the same heat as 25 light bulbs over the course of a single day.



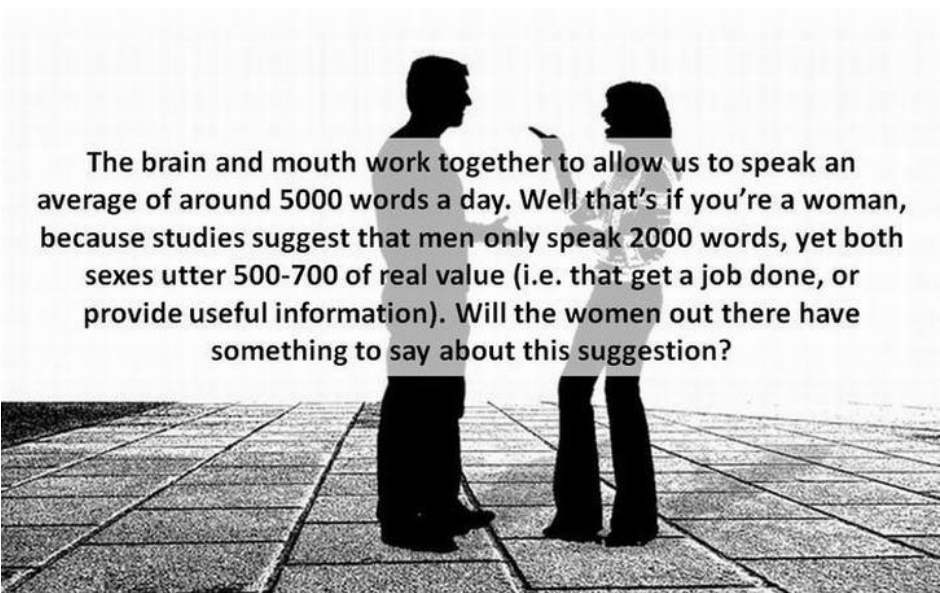
Red blood cells literally shoot around the body, taking less than 60 seconds to complete a full circuit. This means that each of yours makes 1440 trips around your body every day, delivering oxygen and keeping your body energized. Each cell lives for about 40 days, before being replaced by a younger model. It's no surprise their life span is short, having made 60,000 trips around the body, they must be exhausted!



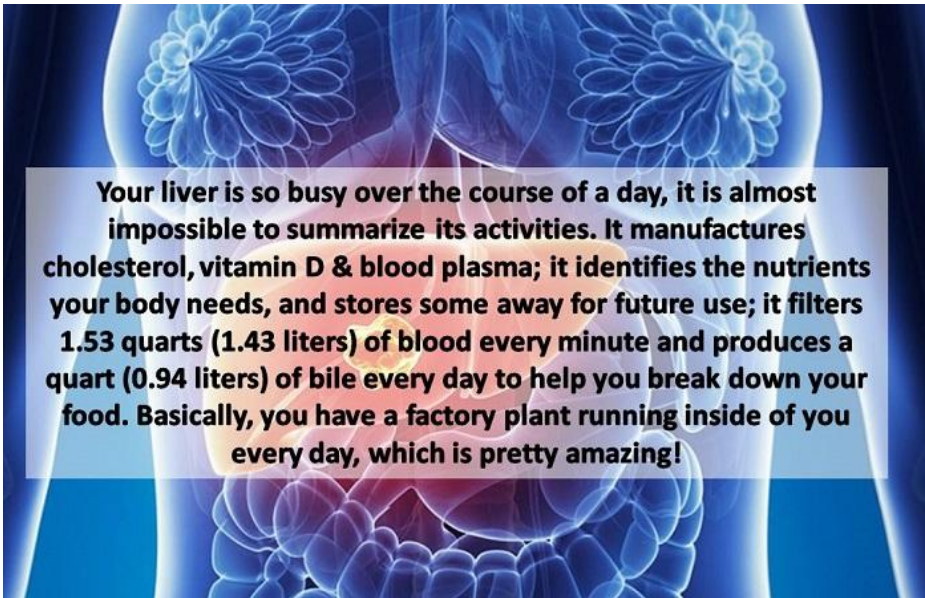
You shed more than 1 million skin cells every single day but they are constantly replenished automatically, to save you from turning transparent and becoming rather exposed! Your skin is actually an organ; in fact it's the largest organ you have, with a surface area of 18 square feet (2 square meters).



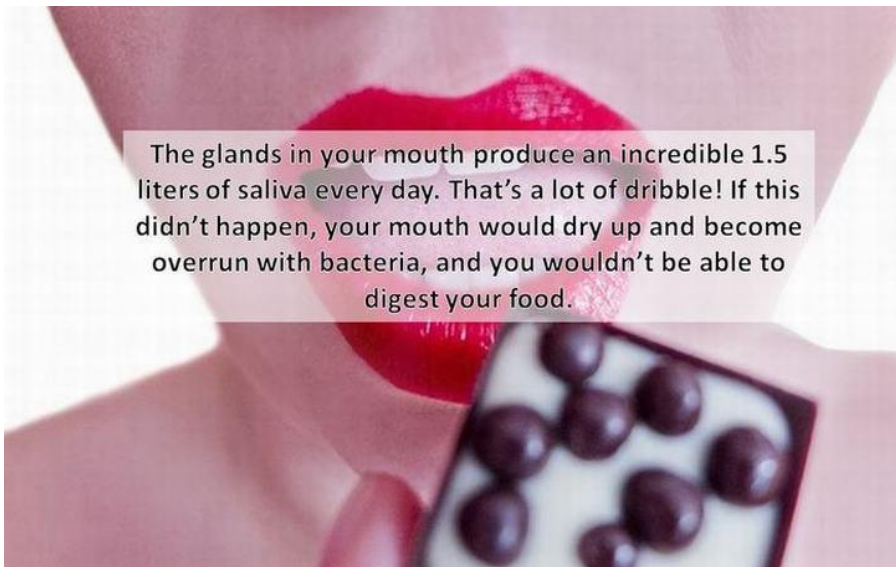
Your hair (if you still have any) grows about half a millimeter per day, and the average adult with a full scalp has around 100,000 hairs on their head. So that's a combined 50 meters of hair growth every, single day.



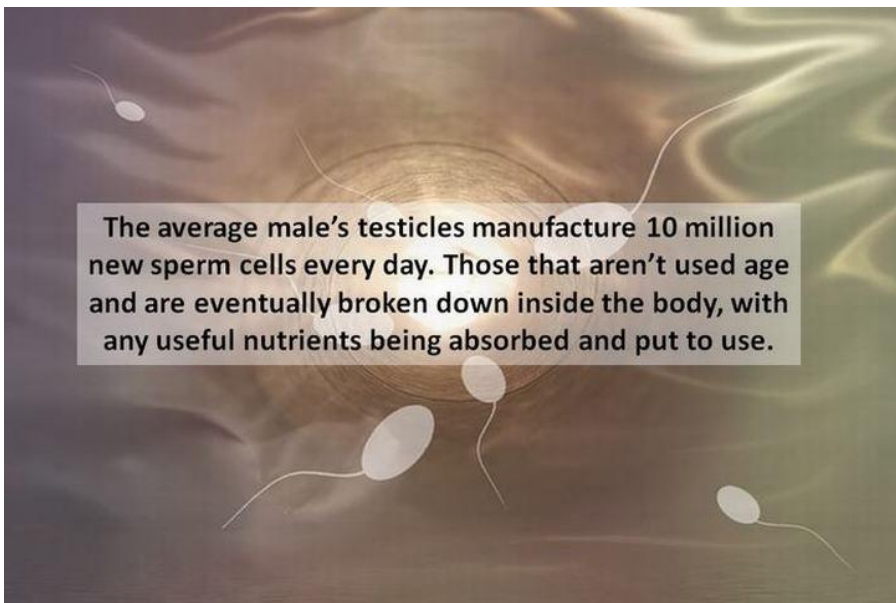
The brain and mouth work together to allow us to speak an average of around 5000 words a day. Well that's if you're a woman, because studies suggest that men only speak 2000 words, yet both sexes utter 500-700 of real value (i.e. that get a job done, or provide useful information). Will the women out there have something to say about this suggestion?



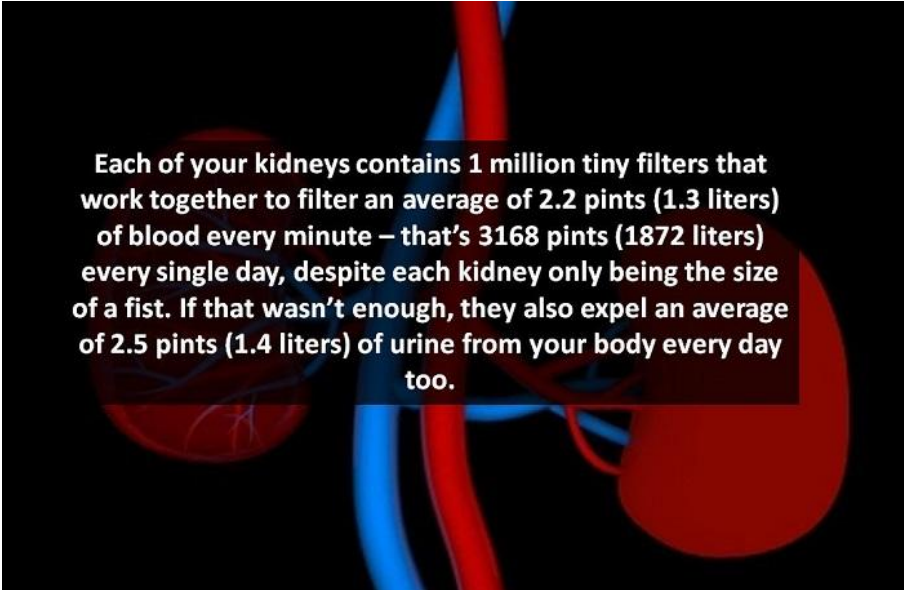
Your liver is so busy over the course of a day, it is almost impossible to summarize its activities. It manufactures cholesterol, vitamin D & blood plasma; it identifies the nutrients your body needs, and stores some away for future use; it filters 1.53 quarts (1.43 liters) of blood every minute and produces a quart (0.94 liters) of bile every day to help you break down your food. Basically, you have a factory plant running inside of you every day, which is pretty amazing!



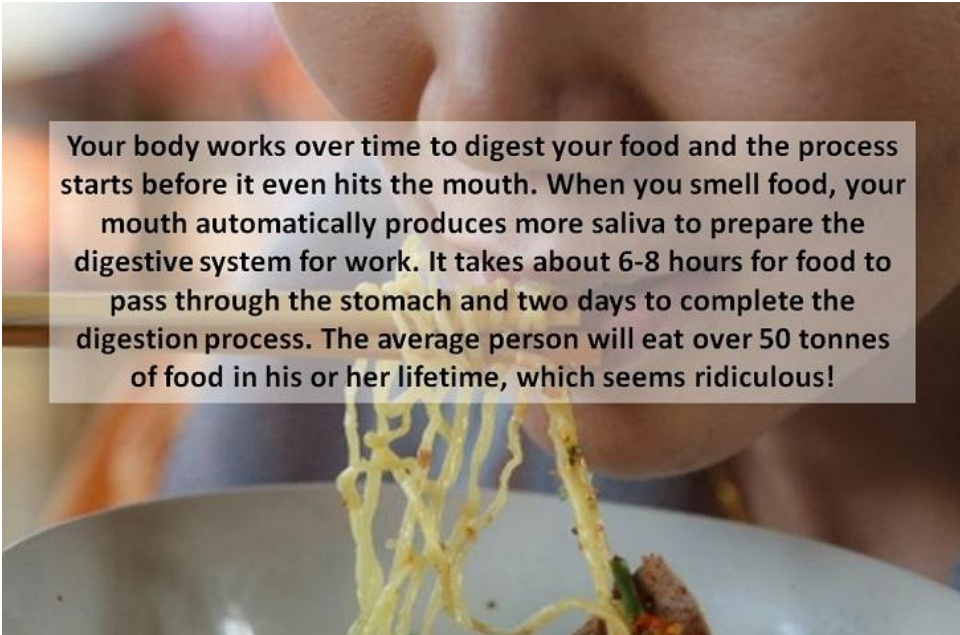
The glands in your mouth produce an incredible 1.5 liters of saliva every day. That's a lot of dribble! If this didn't happen, your mouth would dry up and become overrun with bacteria, and you wouldn't be able to digest your food.




The average male's testicles manufacture 10 million new sperm cells every day. Those that aren't used age and are eventually broken down inside the body, with any useful nutrients being absorbed and put to use.



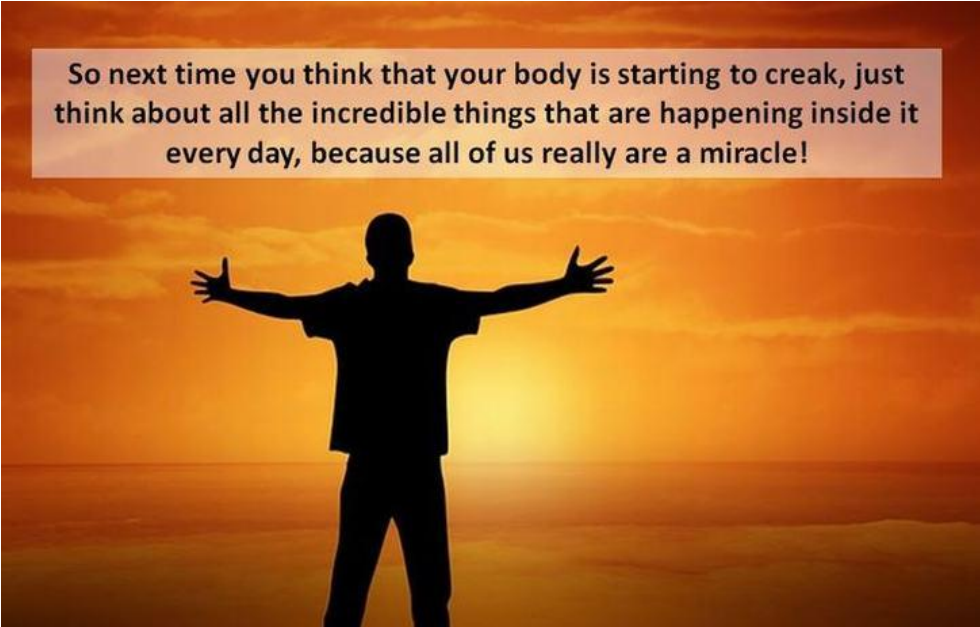
Each of your kidneys contains 1 million tiny filters that work together to filter an average of 2.2 pints (1.3 liters) of blood every minute – that's 3168 pints (1872 liters) every single day, despite each kidney only being the size of a fist. If that wasn't enough, they also expel an average of 2.5 pints (1.4 liters) of urine from your body every day too.



Your body works over time to digest your food and the process starts before it even hits the mouth. When you smell food, your mouth automatically produces more saliva to prepare the digestive system for work. It takes about 6-8 hours for food to pass through the stomach and two days to complete the digestion process. The average person will eat over 50 tonnes of food in his or her lifetime, which seems ridiculous!



And most amazing of all, your body cells are regenerating themselves every single day without any prompting. This means you have an entirely new set of taste buds every ten days, new nails every 6-10 months, new bones every ten years and even a new heart every 20 years.



So next time you think that your body is starting to creak, just think about all the incredible things that are happening inside it every day, because all of us really are a miracle!

Entertainment Section



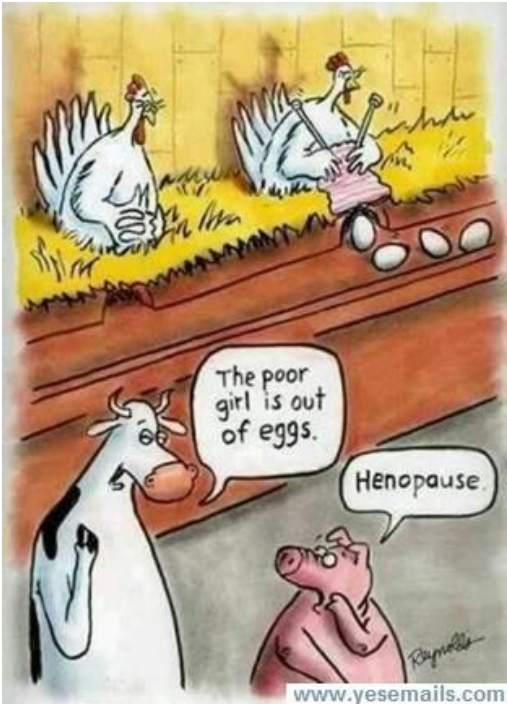
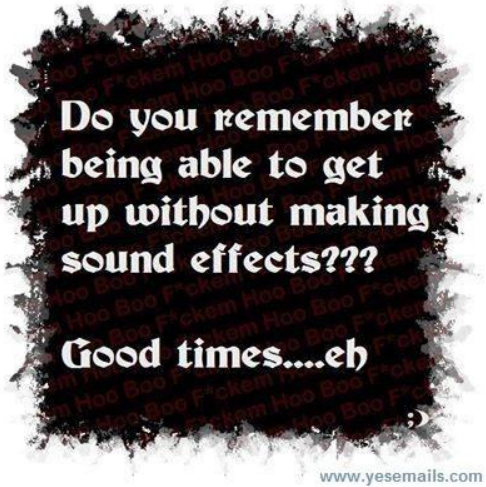
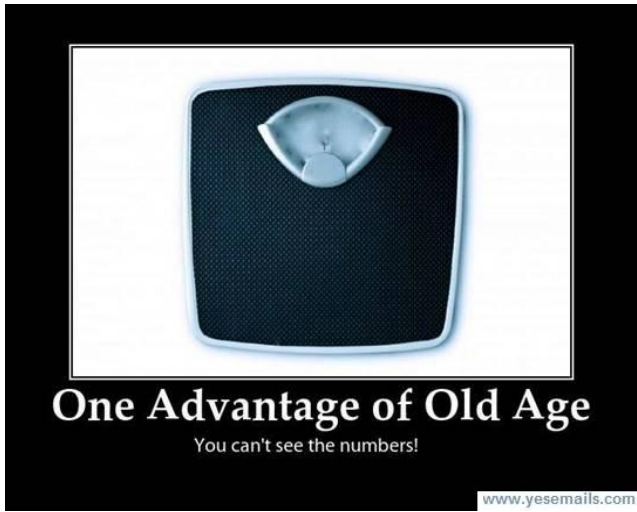
My kids will never know the joy of finding a quarter in the coin return



I'm so thankful I had a childhood before technology took over.



I had plain greek yogurt this morning, then a salad for lunch. Then I came home and ate the entire kitchen.



Feeling good
about yourself?
Ask a kid to
draw a picture
of you.

www.yesemails.com

**DID YOU KNOW THAT
WOMEN USE ABOUT
30,000 WORDS A DAY
WHILE MEN
USE ONLY 15,000?**

Yes, because
we have to repeat
everything!

What?



THE 3 STAGES OF LIFE





**I'm going to retire and
live off my savings.
What I'll do the second
day, I have no idea.**

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