



NHHS & SHHS

Class of 1957 Online Newsletter



2019 Spring Edition

BULLETIN BOARD

- ❖ *“Get Well” wishes to all of our classmates and their family members who are unfortunately confronted with illness or injuries.*
- ❖ *“Condolences” to our classmates, spouses and family members on the passing of a classmate or family member.*

HAPPY BIRTHDAY!

MARCH BIRTHDAYS

Dick Baker, Ann Corderman, Becky Goetz, Sylvia Harshman, Dick Hykes, Terry Strock, Dick Troup, Dave Unger, Rosalie Wolfe

APRIL BIRTHDAYS

Vickie Brenner, John Newton, Jerry Norris, Betty Norris, Becky Scuffins, Fanny Selser, Gail Sweeney

MAY BIRTHDAYS

Claudia Barnhart, Jack Coffelt, Sandra Couchman, Dick Messersmith, Bobbi Musser, Larry Weber, Dorothy Kinch, Doris Holsinger, Jerry Hess

HAPPY ANNIVERSARY!

MARCH ANNIVERSARIES

Paul & Dixie Bohn, Ron & Barbara Carbaugh Young, Ron & Elaine Finniff Smith, Ron & Virginia Lashley Hartman

APRIL ANNIVERSARIES

Pete & Linda Baker Lemon, Richard & Rory Hykes, Dick & Susan Messersmith, Jerry & Shannon Norris, Dave & Sylvia Harshman Ridenour, Dave & Jean Unger.

MAY ANNIVERSARIES

Harold & JoAnn Copenhaver Kline, Carl & Rose Marie Gearhart, Frit & Barbie Hill

[If I missed anyone, Gomen nasai (ごめんなさい)!]

80th Birthday

A number of you have sent in your “old” pics and some are classic. If you haven’t sent in your early years pics, please do it soon. A note describing the pic would be helpful. Email to: rtcianelli@gmail.com, or snail mail with SASE (if you want the pic returned) to 1472 Westcliff Dr., Pasadena, MD 21122.

Spring Luncheon

72 folks attended the Spring luncheon. 10 of whom were Class of '58 folks. Wow, for the past two luncheons, the place overflowed! Good Show classmates and thanks to Jo Ann’s persistence and patience. The group was so large, a group pic would have taken several hours to organize (like herding cats). So, you have a ‘group of group pictures’ below. Now, aren’t you sorry you missed it? We only had one copy of Sybil’s new book but everyone enjoyed the jacket cover.





For those of you who could not make the Spring Luncheon, mark your calendar for the 2019 Summer Luncheon on [June 20th](#) and the Christmas Luncheon on [December 19th](#). *“What happened to the September Picnic?”* Well, if you will recall, we will be celebrating our 80th Birthday on [September 13th & 14th](#). So, put a big asterisk on your calendar for those two days. Invitations will go out in plenty of time for you ladies to get all dolled up and you guys, well

John Newton



John was inducted into the WV Soccer Hall Of Fame.

Editor's Comment: Congratulations John, you do the Class of '57 proud!

Gary Stenger



Gary Stenger started making trucks for kids in 2007. The trucks are made out of maple, pine, basswood, and walnut. They are sanded (no sharp corners) and put together without nails or screws, and completed with a natural finish. The wheels are the only part he doesn't make, they come from Maine.

The first year he donated 25 trucks to "Toys for Tots". And over the years he has made and donated over 600 trucks to various children organizations. He recently completed 50 trucks for the National Institute of Health (NIH). Each child

undergoing treatment at NIH has a mailbox with a key and the staff will place a truck in each one to delight the children.

Editor's Comment: Congratulations Gary! Wow, Wow, Wow, think of all the youngster you have made happy over the years! You make us proud!

Terry & Judy Isminger Gossard & Bob & Arlise Weaver Cianelli

"It's A Small World After All." We were singing that in Tucson, AZ in February when we met for lunch. Terry & Judy spend a couple of months during the winter in AZ every year. Arlise & I went for 8 days to have a family gathering with our daughter Angie, her husband Bob and our grandsons Colin & Brady, both of whom are attending the University of Arizona, and their college buddies. We were hoping for warm weather but. . . . Unfortunately, Sandra Couchman could not join us for lunch because she was a bit under the weather.



There were only two days that it didn't rain or SNOW in Tucson!!!!

Even so, it was worth it to go to events, dinners, etc., etc. with a group of young college age men and women. It was a real treat. I know you will find it hard to believe....., but I can assure everyone, I certainly was not as mature or knowledgeable when I was their age, WOW!

EDUCATION SECTION

Robert Westphal

When the doorbell rang on the Friday before Christmas last year (2017), my dogs rushed past me towards the door and twisted a loose rug so that I fell backwards and cracked the back of my skull heavily on the wooden counter of our granddaughter's pretend kitchen. It hurt a lot, I saw stars, but I thought I was all right; however, the next day I was a bit confused, had a concussion. I realized this when I showed

up at the eye doctor's office and realized I was scheduled for the following day, not this one. Head injuries can be dangerous, so off I went to the ED for the requisite CT scan to check for fractures and/or bleeding, pretty standard procedure if one has a concussion after a blow to the head.

After a shorter than usual wait, I had my CT scan. The physicians' assistant in the ED, a very capable young man, told me that there was no skull fracture, no evidence of bleeding. In a very matter of fact but sympathetic way, he then informed me that there was a mass inside my skull that didn't belong there, an "incidental finding", that I needed to have another test, a magnetic resonance imaging (MRI) of my head to more clearly identify this growth for neurosurgical evaluation. It was now 3 days before Christmas, and I didn't want to spend any more time waiting for a chance to get an MRI

The next several weeks were complicated and confusing. Inside my skull, unsuspected until this event was a tumor of the lining of the brain, a meningioma, confirmed after a capable neurosurgeon cracked open my head and put it back together. It had spread around some, eaten a hole in my temple and some other places, but wasn't malignant in the cellular pathological sense. Working all this up had led to other incidental findings which had to be pursued as well. Most of that year, 2018, was given over to all this. Now it has turned to 2019, with lots of snow and ice here in the Northeast. I recently sprained an ankle, and my mobility has been limited, tough duty for a guy who used to walk 2 miles a day. Needless to say, I am very careful. And when I think about it, my dogs did me a favor!

Our esteemed Class Editor for Life, in view of all the other things we have going on, thought it might be worth a brief article to point out the severe dangers of falls to our increasingly elder age group. I never really thought of myself as elderly until this past year, but we are quite vulnerable.

Falls are the most common cause of traumatic brain injury around the world. In the U.S., 1 in 4 adults over 65 y/o suffer a fall per year. Three million older adults are seen in ERs annually for falls, 1 in 5 of which leads to serious injury, such as a fracture (commonly femur) or head injury. 800,000 elderly per year are hospitalized, usually with head injuries or hip fractures.

In addition to the personal toll of death or injury, falls are very expensive for us. We in the U.S. spend over \$50 billion per year on falls; \$9 billion from Medicaid, \$12 billion from private insurance/out of pocket expenses, and \$29 billion from Medicare. A lot of money! The personal and family costs of time, effort, talent, and productivity are also very high. For uncertain reasons, the incidence of falls has increased 30% from 2007 to 2016.

Medicines taken for pain, sleep, depression, anxiety, all add some risk to the fall equation; and, of course, alcohol consumption. Our tolerance for all of these things decreases as we age. Your doctor can help you find alternative meds, in many cases, if yours might have such an effect. There are many programs offered by medical and other community services in which an expert can carefully look at your living quarters with attention to eliminating potential risks...loose rugs, carpet twists, stair railings, shower handles, pet toys and other obstacles.

There are many ways to improve prevention, including physical exercise. Have your vision evaluated regularly. Do Tai chi, or yoga to help improve strength and balance. Always be aware of your risk at any given moment, especially in the dark, navigating to bed or bath. A lot of information, including what I just wrote, can be found online. You can start, as I did, by going to: www.cdc.gov/falls. The Center for Disease Control is a wonderful health resource for all of us, filled with lots of data and sound medical information. As the Dispatch Sergeant said at the opening of every Hill Street Blues show, "Hey, be careful out there!"

Did you know. . . .

'A SHOT OF WHISKEY' - In the old west a .45 cartridge for a six-gun cost 12 cents, so did a glass of whiskey. If a cowhand was low on cash he would often give the bartender a cartridge in exchange for a drink. This became known as a "shot" of whiskey.

BUYING THE FARM - This is synonymous with dying. During WW1 soldiers were given life insurance policies worth \$5,000. This was about the price of an average farm so if you died you "bought the farm" for your survivors.

IRON CLAD CONTRACT - This came about from the ironclad ships of the Civil War. It meant something so strong it could not be broken.

RIFF RAFF - The Mississippi River was the main way of travelling from north to south. Riverboats carried passengers and freight but they were expensive so most people used rafts. Everything had the right of way over rafts which were considered cheap. The steering oar on the rafts was called a "riff" and this transposed into riff-raff, meaning low class.

COBWEB - The Old English word for "spider" was "cob".

SHIP STATE ROOMS - Travelling by steamboat was considered the height of comfort. Passenger cabins on the boats were not numbered. Instead they were named after states. To this day cabins on ships are called staterooms.

SLEEP TIGHT- Early beds were made with a wooden frame. Ropes were tied across the frame in a crisscross pattern. A straw mattress was then put on top of the ropes. Over time the ropes stretched, causing the bed to sag. The owner would then tighten the ropes to get a better night's sleep.

SHOWBOAT - These were floating theatres built on a barge that was pushed by a steamboat. These played small towns along the Mississippi River . Unlike the boat shown in the movie "Showboat" these did not have an engine. They were gaudy and attention grabbing which is why we say someone who is being the life of the party is "showboating".

OVER A BARREL - In the days before CPR a drowning victim would be placed face down over a barrel and the barrel would be rolled back and forth in an effort to empty the lungs of water. It was rarely effective. If you are over a barrel you are in deep trouble.

BARGE IN - Heavy freight was moved along the Mississippi in large barges pushed by steamboats. These were hard to control and would sometimes swing into piers or other boats People would say they "barged in".

HOGWASH - Steamboats carried both people and animals. Since pigs smelled so bad they would be washed before being put on board. The mud and other filth that was washed off was considered useless "hog wash".

CURFEW - The word "curfew" comes from the French phrase "couvre-feu", which means "cover the fire". It was used to describe the time of blowing out all lamps and candles. It was later adopted into Middle English as "curfeu" which later became the modern "curfew". In the early American colonies homes had no real fireplaces so a fire was built in the centre of the room. In order to make sure a fire did not get out of control during the night it was required that, by an agreed upon time, all fires would be covered with a clay pot called-a "curfew".

BARRELS OF OIL - When the first oil wells were drilled they had made no provision for storing the liquid so they used water barrels. That is why, to this day, we speak of barrels of oil rather than gallons.

HOT OFF THE PRESS - As the paper goes through the rotary printing press friction causes it to heat up. Therefore, if you grab the paper right off the press it's hot. The expression means to get immediate information.

There, don't you feel smarter now?

Betcha Didn't Know ...

The liquid inside young coconuts can be used as a substitute for Blood plasma.

No piece of paper can be folded in half more than seven (7) times.

Oh go ahead .. I'll wait...

Donkeys kill more people annually than plane crashes or shark attacks.

(So, watch your Ass)

You burn more calories sleeping than you do watching television.

Oak trees do not produce acorns until they are fifty (50) years of age, or older.

The first product to have a bar code was Wrigley's gum.

The King of Hearts is the only king WITHOUT A MOUSTACHE

American Airlines saved \$40,000 in 1987 by eliminating one (1) olive from each salad served in first-class.

Venus is the only planet that rotates clockwise. (Since Venus is normally associated with women, what does this tell you?) (That women are going in the 'right' direction...?)

Apples, not caffeine, are more efficient at waking you up in the morning.

Most dust particles in your house are made from DEAD SKIN!

The first owner of the Marlboro Company died of lung cancer.

So did the first 'Marlboro Man'.

Walt Disney was afraid OF MICE!

PEARLS DISSOLVE IN VINEGAR!

The ten most valuable brand names on earth: Apple, Coca Cola, Google, IBM, Microsoft, GE, McDonalds, Samsung, Intel, and Toyota, in that order.

It is possible to lead a cow upstairs...But, not downstairs.

(Why in the hell would you want to take a cow upstairs?)

A duck's quack doesn't echo, and no one knows why.

Dentists have recommended that a toothbrush be kept at least six (6) feet away from a toilet to avoid airborne particles resulting from the flush.

(I keep my toothbrush in the living room now!)

Turtles can breathe through their butts.

(I know some people like that, don't YOU?)

ENTERTAINMENT SECTION

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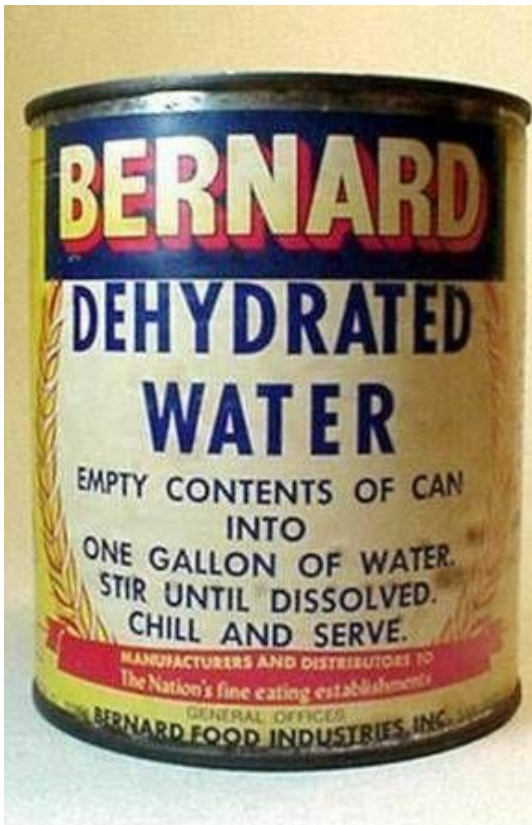
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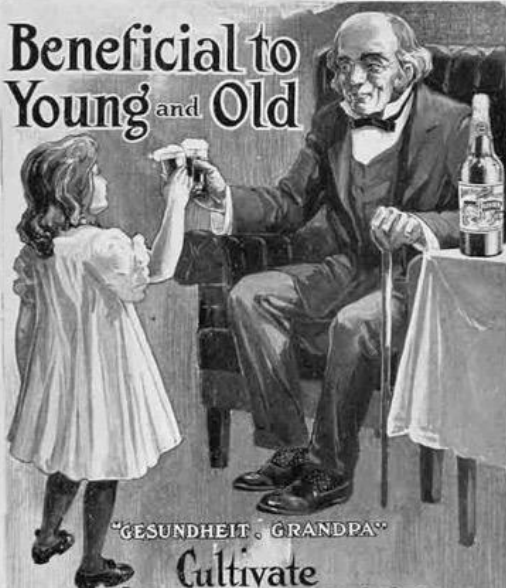
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THERE MUST BE A REALLY GOOD STORY BEHIND THIS.



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Birdfeeder

