



GLEN ALPINE HIGH SCHOOL CLASS OF '60

By Classmate Dewey E. Fox

HIGHLIGHTS

- HEALTH CARE DECISIONS
- NEW COOKBOOK
- MS. OR MR. TURKEY TAIL
- JOKES, COMICS, SAYINGS
- OBITUARIARIES
- SENIORS PERSONAL ADS
- NAIL IN THE FENCE

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I had planned on mailing this Newsletter this Fall, but I started working on it and the pages got full so I thought it would be a good time to go ahead and mail. Have a Blessed Day



Should we be thinking of a Grand Reunion for everyone that has ever graduated from old G.A.H.S.???? " Comments."

This 1960 Class Newsletter is an attempt to keep in contact of our classmates and update their happenings in life

HEALTH CARE DECISIONS

Sooner or later we have to face the issue that we are getting older. For most of us it is probably later. I, for one do not want to admit that I'll soon be 62 and believe it or not may be eligible for Social Security. "For once appointed for a man or woman to die and after that the Judgment." Our goal, of course is to be ready.

This brings up the question; How do you want to be treated when you are not able to speak to doctors for yourself? I think one of the best ways to do this ahead of time is with the "Five Wishes" booklet from the organization "Aging with Dignity." What are these five wishes?

- 1-The person I want to make care decisions for me when I can't?
- 2-The kind of medical treatment I want or don't want?
- 3-How comfortable I want to be?
- 4-How I want people to treat me?
- 5-What I want my loved ones to know?

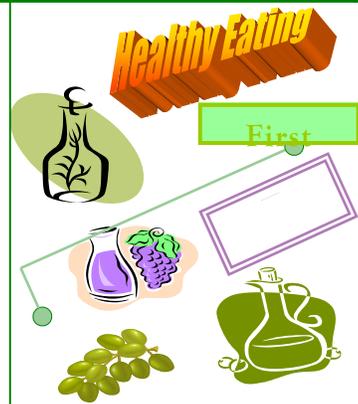
To order a copy of Five Wishes you can call 1-888-5-WISHES. I think they are about \$5.00 and maybe postage if you order one. I ordered enough that I purchased them for \$1.00 each. If you want one it will be \$2.00 including postage - just let me know. Their website is: www.agingwithdignity.org

Another option is with the N. C. Secretary of State. They call this the "Advance Health Care Directive Registry." The advantage here is that your information will be available versus the internet. The disadvantage - it does cost a few dollars depending on what directives you sign up for. Phone number is 1-919-807-2298 and their website is: www.secstate.state.nc.us and click on the heart symbol.

REMEMBER.....Inside every older person is a younger person wondering what the heck happened!

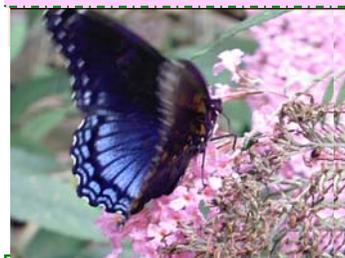
If you choose to be off this mailing list, please let me know. No questions asked.

Please send me any news you may have and your email address for faster updates.



Dewey and Martha Fox have prepared a vegetarian cookbook , with fish, for those trying to eat healthy. There are no fatty recipes in the book. The use of Extra Virgin Olive Oil, Honey, Stevia in place of refined sugar are some of the helpful healthy tips. Also has "Kitchen Tips," a little about us as well as a biblical theme. They are \$12.00 postpaid if interested. **'Copy of Cover above'.** See Page 2

Photo by Dewey E. Fox



Butterfly on Butterfly Bush

Continued happenings and messages from classmates of 1960

NEW CLASSMATES

As you know we consider any classmate that went to school with the 1960 graduating class to be classmates, regardless of what year they went to school with us.

WE WELCOME

None to Report

Do you know of any?

Let me know.

Strawberry Banana Smoothie

1 cup Silk Organic Soymilk

1/2 cup diced, frozen strawberries

1 sliced, frozen banana

1/2 teaspoon Stevia (sugar substitute)

1/8 teaspoon vanilla

In blender, combine soy milk, fruit, sweetener and vanilla.

Blend until smooth and creamy.



I send out email updates a little more often than this Newsletter, so if you have email please send me your email address: deweyfox@deweyfox.com



16 And the LORD God commanded the man, saying, "Of every tree of the garden you may freely eat;

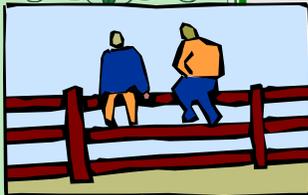
17 "but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die."

GENESIS 2:16-17

Above is a page from our healthy cookbook



"I'm not grouchy, I just don't like traffic, waiting, crowds, loud music, lawyers, unruly kids, Toyota commercials, Tom Brokaw, Dan Rather, barking dogs, politicians and a few other things I can't remember."



“NAIL IN THE FENCE”

There once was a little boy who had a bad temper. His Father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence. The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper.

The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there. "

A verbal wound is as bad as a physical one.

Obituary

Fred M. Cook

GLEN ALPINE— Fred Matthew Cook, 60, of Main Street died unexpectedly Tuesday, March 23, 2004 in Memorial Mission Hospital in Asheville.

Fred was a brother to our classmate Edith COOK Lucero and brother-in-law to Carolyn WALKER Cook another classmate of 1960.

Obituary

Junie McDaniel

Mrs. Junie Franklin McDaniel, 101, of the Carbon City Road in Morganton died Sunday April 11, 2004, at Grace Hospital.

Mrs. McDaniel; the mother of our classmate Georgia MCDANIEL Walker. We send out our sympathy to Georgia and the family.



Wells Concerned about Ms. Or Mr. Turkey Tail

Everyone has probably read or heard of the mysterious disappearance and recovery of THE TURKEY BIRD of Glen Alpine. Well, Mr. Wells of Raleigh N. C. has written an editorial on the subject which was in the April 11, 2004 News Herald. It is printed in its entirety. (Hopefully without any errors.)

The highs, lows and woes of Ms. Turkey Tail

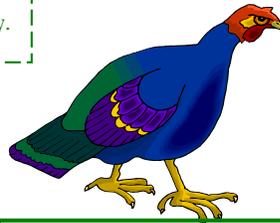
My sister, Hilda "Chicken Lady" Wells kept me up-to-date regarding the fowl theft of "Mr. Turkey Tail" from the Glen Alpine Post Office. I am delighted that the bird hadn't flown the coop forever and that recovery of the turkey was made. Any thoughts on the proper punishment of the jailbirds if caught? Tarred and feathered perhaps?

I have checked with experts in turkeyology and all inform me that "Ms. Turkey Tail" is a male. A fanned, feathered tail; strutting posture and a beard are dead giveaways I am told. Anyway I thought since the sex of the big bird was apparently wrong then the name "Ms. Turkey Tail" might be a little off, too. Maybe a contest sponsored by Glen Alpine Elementary School to rename the poor confused bird? Maybe give a big roasted turkey leg to the winner?

-Tom Wells
Raleigh



Brother "Tom" trying to figure out about the Turkey.



Ms. Turkey



Mr. Turkey

"or"

"TURKEY TAIL"
GLEN ALPINE, NORTH CAROLINA

I love the last one!

Some "Senior" personal ads seen in Florida newspapers: (who says seniors don't have a sense of humor?)

FOXY LADY: Sexy, fashion-conscious blue-haired beauty, 80's, slim, 5'4" (USED TO BE 5'6"), searching for sharp-looking, sharp-dressing companion, matching white shoes and belt a plus.

LONG-TERM COMMITMENT: Recent widow who just buried fourth husband, and looking for someone to round out a six-unit plot. Dizziness, fainting, shortness of breath not a problem.

SERENITY NOW: I am into solitude, long walks, sunrises, the ocean, yoga and meditation. If you are the silent type, let's get together, take our hearing aids out and enjoy quiet times.

WINNING SMILE: Active grandmother with original teeth seeking a dedicated flosser to share rare steaks, corn on the cob and caramel apples.

BEATLES OR STONES: I still like to rock, still like to cruise in my Camaro on Saturday nights and still like to play the guitar. If you were a groovy chick, or are now a groovy hen, let's get together and listen to my eight-track tapes.

MEMORIES: I can usually remember Monday through Thursday. If you can remember Friday, Saturday and Sunday, let's put our two heads together.

MINT CONDITION: Male, 1932, high mileage, good condition, some hair, many new parts including hip, knee, cornea, valves. Isn't in running condition, but walks well.

E-MAIL FROM, Jean Fox Pritchett