

EHS Missing Link '56

Sometime in 2021 and beyond!
John Carr Editor

Website
www.ehs56.org

Well, we're back again and at it one more time...I'm trying something new, I am going to put down my thoughts as I go along so it may not have any logical system. Also including notes from you.

April 12: Supposed to get J&J shot; found about blood clots just before going. Went April 16, got Pfizer, and supposed to wait 15 minutes for reaction to shot...they asked me to leave after 10 minutes.

April 17, they found a 'Brazil variant' of coronavirus in Iowa. I was wondering when they kill it; will it be a 'Brazilian whacks job'?

April 19 – Mevelyn

Dear Editor (AKA J Carr) The always interesting and welcomed EHS Link '56 was delivered to me today! The day is cloudy but warm in South Texas...my kind of day that I am able to enjoy because I do not need to go anywhere and no one is coming...AHHHH...AND then to have the very enjoyable reading material arrive extends my JOY to the FULLEST! I sat right down and devoured it for lunch! Thank you for the delightful "read!" The history of the IOWA STATE FAIR... always a FAVORITE IN MY MEMORIES. Was very interesting as was all the rest! The only parts that brought questions were on page 1 column 1, it lists the "PHC"... sorry, and I'm not familiar with those letters or their meaning (Physician Health Care)

And then on the last page, the ending line (Capitol, Pioneer, SE 14th Street, and Plantat, Maybe that's a typo or a secret code??? Just wondered since I lived by SE 14th Street! (continued next column)

At any rate, the newsletter came at a perfect time and on a perfect day for my enjoyment...AND I THANK YOU...knowing it's not a simple task! With Gratitude, Mevelyn Richardson, '56. (The "ion" from Plantation skipped to the next page, which wasn't used. I covered up the touch screen, with cardboard and now I don't have the problem.) I don't believe Rosie is the only fan of *the link* but she may be the most enthusiastic.

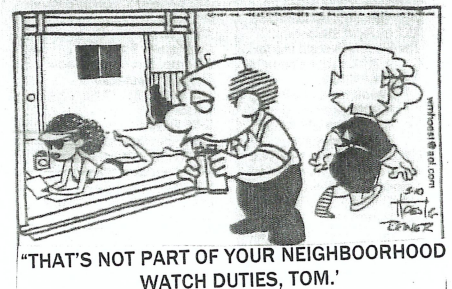
EHS '56 – 65th year luncheon
Arrangements have been made to have a fall picnic at the Copper Creek Lake Park shelter in Pleasant Hill (4390 E. University) on the west side of the lake. This is an outdoor venue with picnic table and with room to social distance (face masks optional) and restroom facility steps away from the shelter. The date is Wednesday, September 15th at 11:30 a.m. The menu will consist of fried chicken, potato casserole, baked beans and dessert. Water will be provided. The cost is \$5.00 per person.

Because so many people have different phone numbers than we have on file, if you plan to attend, you must call Bob Trotter at (515) 276-9374 and leave a message with your name, phone number, and number of reservations.

It is imperative that we know the number of people attending no later than Tuesday, September 7th, so we can order an adequate amount of food. Hope to see many classmates for a nice lunch and socialization, it's been awhile!!

April 19 – From Tom Lettington: If you have time on your hands some rainy afternoon and would like to be "exposed" to the life and times of Tom Lettington, feel free to visit my personal web site at <http://www.tfl.net>. There are still a few broken links here and there and some stuff that I have forgotten is even up there. Some of it, though, is interesting and informative, especially the contents on the subject of Climate Change. Enjoy – or not!

I visited Tom's Web Site and found he had started a neighborhood watch in his area long before most of the country. He's always had an eye for that sort of thing:



4-20...went outside to check on the freeze warning and there was so much smoke, I thought there was a fire, then I checked my watch and it was 4:20.

April 22 – After the smoke cleared it was Earth Day.

Happiness is volunteering at a Senior Center and seeing the seniors smile, with or without their teeth.

April 30, 1904 – First hamburger
St. Louis World's Fair
May 10, 2010 – Toronto, Canada.
World's largest Hamburger' 590#.
(And that's no bull.)

What's the cows' favorite Glenn
Miller song?
In the Moo(e)d.

Ray Treadway: Celebrated 60th
wedding anniversary here in
Greensboro NC (Oct 2020)
That's Ray's note from last issue,
however, someone ask me if his
wife was there, too! (You'd think
after all that time she wouldn't
mind being seen with him in
public.)
May 5th. The case of the missing
wife. Just as I was preparing to get
in touch with Della Street to have
her check with Perry Mason about
Paul Drake looking into the
situation with Ray Treadway, I
received a note from him thanking
me for the latest issue of the *link*.
"My wife Carolyn and I are living
in a retirement community near
Olympia, WA not far from two
daughters and two grandchildren in
Seattle." ...mystery solved.

5-17 – May Day! May Day! That's
usually the cry we hear on April
15th, but as you know by now, if
you file taxes, the filing time was
extended. Originally the date was
May 1, 1913, moved to May 15 in
1918, and April 15 in 1955. (May
Day! May Day! goes back to the
1920s.)

In 1643, the colony of New
Plymouth, Massachusetts, imposed
the first recorded income tax in
America.

Syntax: the government will tax
anything they can!

I don't see the glass as half-full or
half-empty, I see it as a glass
somebody else has already put their
lousy germs on.

Scholarship Information

Thanks EHS Class of '56 for your
generosity! Lyle Simpson informed
us that our scholarship fund has
reached \$34,569.56. Scholarships
from our class will now be given
yearly to a deserving student from
this point on.

This year the EHS Alumni Associ-
ation and Foundation awarded
#200,00 in scholarships to 50
exceptional graduating seniors.

May
Thank John Carr for keeping us up
to date and in touch. In the last
news link letter, John mentioned
Drive-Ins in the Des Moines area
in our hay days. He forgot to
mention the West-Vue and the
Town Drive.

Thank you for the work that you
do also in keeping us "ole folks"
together.

Stay safe, be happy and enjoy the
time the Food Lord is giving us.

Your distant friend and classmate

Sheryl A. Polson

Thanks for the heads up. I
checked, The Town was in Altoona
and was renamed Starlight.
The West-Vue was on the corner
of 86th and Hickman, where the
Perkins is now.

Sheryl called it the news link letter,
I may put out an issue of nothing
but prints and photos and call it
the art link letter. (OMG, he didn't
just say that!)

Change of address, phone numbers
or updates:

Janeene Carlisle

1201 SE Mill Pond Ct Unit 147
Ankeny IA 50021-6568

(Haven't heard from her, maybe
she's still locked up?)

7-4-21

Hi John,

Finally getting to sending the new
phone numbers. It's 515-965-4473.

Thanks for all you do,

Janeene

Donations for the newsletter
expenses should be sent to:

Bob Trotter

5625 Lakepoint Circle

Johnston, IA 50131

Telephone: 515-276-9274

Email: trctrotter@aol.com

Contributors since the Spring 2021
newsletter:

Lyle Norman

Lyle Simpson

Shirley (Lowder) Warrick

Mevelyn (Wooderson) Richardson

Judy (Holden) Howard

Sheryl (Sporae) Polson

Roy Treadway

Eugene Davis

Donna (Mattis) Wright

Mary Lou (Katzman) Goodman

John Carr

(We poked a little fun at Bob last
issue, but just to let you know, he
does help Connie around the
house:

Recent deaths

Darwin B. Smith (10-2020)

Robert (Bob) H. Cisna (10-2020)

Daryl Waters (11-2020)

Larry D. Anderson (2-2021)

G. Eugene Clark &-2021)

If any family members of a
deceased classmate receives this
mailing, please let Bob Trotter or
myself know so they can be
properly recognized in the next
publication.

I'm still at:

2317 E. 11th St

Des Moines IA 50316

We gave you Tom Lettington's
personal web site, his address is
17055 Oculito Court, San Diego,
CA 92127.

EHS email is

tlettington@san.rr.com.

Every McDonald's should have a
flag they fly at half mast when the
ice cream machine is broken.



If you haven't noticed my plans for a chronological newsletter lasted about 30 seconds and now that all the information that is a necessity to relate to you is done, you are stuck with me trying to fill another page for you edification.

If you are shy or easily offended at our age, please don't read the following limerick that I made up for a man named William who claimed he didn't know what a limerick was:

Wee Willie Winkle,
Unzipped his pants to tinkle,
When he looked down,
He made a frown,
For all he saw was a wrinkle.

EXERCISE FOR PEOPLE OVER 70

Begin by standing on a comfortable surface, where you have plenty of room on each side.

With a 5-lb potato bag in each hand, extend your arms straight out from you sides and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and hold your arms straight for more than a full minute. After you feel confident at that level, put a potato in each sack.

I missed going to the gym the other day; that makes three years in a row:

- 17 things Epsom salt can do around the house. (Epsom salt is not really a salt but a mineral compound of magnesium and sulfate.)
 - Soothe sore muscles (bath).
 - Exfoliate skin.
 - Homemade hand wash.
 - Treat insect bites/poison ivy.
 - Clean your face.
 - Remove splinters.
 - Lip balm.
 - Tile cleaner.
 - Insect killer.
 - Relieve constipation.
 - Fertilize lawn and plants.
 - Draw out toxins/reduce swelling.
 - Boost your laundry.
 - Kill foot fungus/remove odor.
 - Sunburn treatment.
 - Hair conditioner.
 - Soften your hands.
- (The Alternative Daily)

There are no bad ideas, just the lack of will to execute them.

Once again, we will try to smarten you up with a list of healthy foods:
Sweet Potatoes: a good source of potassium and fiber. Mix with olive oil, roast, sprinkle with spices.

Mangoes: a cup is about 2/3rds of a day's vitamin C, 10% vitamin A.

Plain greek yogurt: Twice the protein of regular yogurt.

Broccoli: loaded with vitamin C, carotenoids, vitamin K, and folate.

Wild salmon: rich in Omega 3. May help reduce risk of strokes and heart attacks.

Oatmeal: half a cup (dry) has 4 grams of fiber that helps reduce cholesterol.

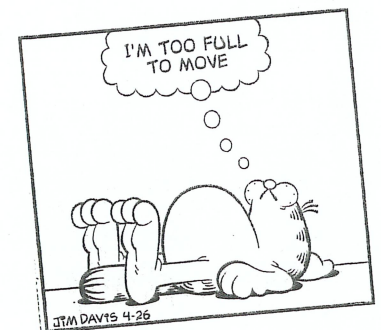
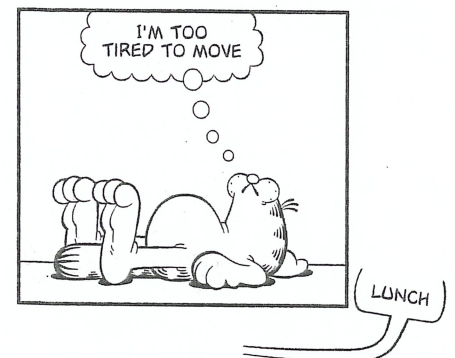
Garabanzo beans: all beans are rich in protein, fiber, magnesium, potassium, and zinc. But garbanzo (chickpeas) stands out because they are so versatile. Add them to salads, stews, curries and soups.

(cont.next column)

Watermelon: It's a heavyweight in the nutrient category. About 2 cups has 10% of a day's vitamin A, 25% of a day's vitamin C, a nice shot of potassium, and a healthy dose of lycopene, all for only 90 calories.

Butternut squash: steam a sliced squash or buy peeled, diced butternut squash ready to go in the oven, a stir-fry, or a soup. Lots of vitamin A and C and fiber.

Leafy greens: kale, collards, spinach, mustard greens, and Swiss chard. Stand-out leafy greens loaded with vitamins A, C, and K, folate, potassium, magnesium, calcium, iron, and fiber, Sauté in a bit of olive oil with minced garlic and season with ground black pepper and red wine vinegar.



Hope to see a lot of you at the luncheon (with or without mask), if not, have the best of holidays, stay safe, and keep in touch with each other to help make sure we are all doing well.

JC the missing link

EHS '56 FALL

LUNCHEON

CALL BOB FOR

RESERVATIONS

515 276-9274