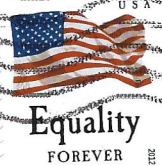


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The Next Stage

The Huntsville Division Alumni Association
P.O. Box 4185
Huntsville, AL 35815-4185

REMINDER: YEAR AFTER YOUR NAME ON LABEL
SHOWS THE YEAR THROUGH WHICH YOU'RE PAID.
PLEASE CHECK TO MAKE SURE YOU'VE PAID '13 DUES!

THANKS!



Armed Forces Day: May 18
Memorial Day: May 27

*Thank you ALL Armed Services/Vets!
We appreciate your sacrifices (and
your families') and service to our
great country. Lauds to you all.*



Cecil Stokes (pd 13)
3134 Constellation Dr.
Huntsville, AL 35802



VOLUME 18, ISSUE 2

THE NEXT STAGE

MAY 11, 2013

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We join the families in mourning the loss of
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Cooper Tilghman: Who worked in Program Management.



They will be dearly missed by us all, as they each touched our lives.
Death leaves a heartache no one can heal.
Love leaves a memory no one can steal.

The Next Stage is the quarterly newsletter publication of the Huntsville Division Alumni Association, Inc. Distribution: approximately 175. Editor: Patti Wilson.

Its address is POB 4185; Huntsville, AL; 35815-4185.

The 2013 HDAA Board consists of President Cecil Stokes, Vice President Ron Clements, Secretary Helen Mitchell, Treasurer/Membership Charlie Thomas, and Directors: Bill Barnes (13), John DeHaye (13), Joyce Royston (13), Gene Thomas (13), Jerry Webb (13), Nita Boyd (14), John Grider (14), Charlie Thomas (14) Sam Vance (14), Patti Wilson (14), Carroll Bobb (15), Paulette Hamblin (15), Paul McFall (15), Don Royston (15), Don Wilson (15). Ex-officio members of the Board are: Jim Lee/Historian, and Cecil Stokes/WebMaster.

For Internet information:

MyFamily.com (contact Cecil for details)

*See you at the Green Mountain
Nature Trail Saturday, June 1st!*

Bulletin BOARD

Items About Friends...

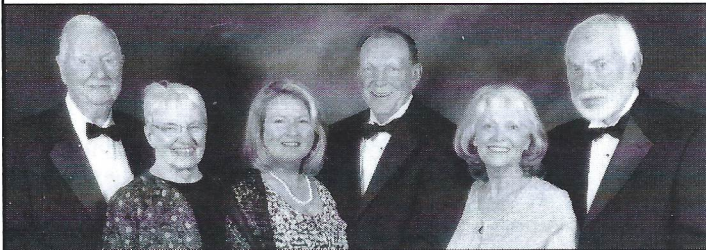
Jim and Jeanne Hightower recently celebrated their 60th wedding anniversary and Jim's 80th birthday at the Valley Hill Country Club with family and friends. An elegant meal was served as the event was thoroughly enjoyed by all. Some sage advice was offered to all regarding our Seasons of Life: Time passes far too quickly, and we are in the winter of our lives before we know it. Live your hopes and dreams when you can, for you have no promise that you will live to see all the seasons of life. Live for today. Life is a gift from God, and how you live it is your gift to Him. *Wonderful advice, Jim and Jeanne...and, thanks to YOU both for being such an inspiration to us all. Congratulations!*



Introducing **Mark and Rhonda Hood Locker**, recently married in St. Croix (U.S. Virgin Islands), enjoying a week-long honeymoon on the beautiful island. *Congratulations and best wishes for a long, happy life to you both!*

Foots/Angele McCauley and Don/Patti Wilson recently shared a fun cruise in the Eastern Caribbean (St. Thomas, Grand Turk, Puerto Rico, Half Moon Cay)

along with other friends from Huntsville. Though none are really beach/sun people, the weather cooperated beautifully, making it an exceptional trip for all. Patti and Cindy were able to check an item off bucket lists by horseback riding on the beach, as well as swimming on horseback in the ocean. Remarkable! Life is good.



Shown L-R: Foots and Angele McCauley, Cindy and Bob Huntley, Patti and Don Wilson. Guys look great, don't they?!!



Hard to tell who's who, but you get the idea

Walt/Sue Terry were invited to attend Homer Hickam's award presentation of the Clarence Cason Award in Nonfiction Writing. *Congratulations, that's quite an honor!*

Cecil Stokes indicated that some of the old Huntsville Division phone directories have been put on MyFamily.com, in the event you would like to see where someone worked. Please note that home phone numbers will probably be outdated. If you need to be re-invited to the MyFamily.com site, contact Cecil, the website manager. We are currently trying to upload the newsletter to the website, but appear to have some difficulty with the editor's PDF master file. When this is rectified, the newsletter should be available on the MyFamily.com website...with photos in color. *Keep your fingers crossed!*

Please keep the following folks in your thoughts & prayers: Pat Barnes (bad back), Jim/Sue Ferrara, Faye Jones (hip replacement), Doris Osmer (eye surgery), Bill Schwarz (arrythmia corrected with meds), Mary Ann Williams (heart surgery). We know there may be others we have missed. *Wishing a complete, speedy recovery to one and all.*

SPRING BREAKFAST EVENT!



Don Royston, left, hosted an outstanding breakfast at Brookdale Place, Jones Farm. The 51 attendees thoroughly enjoyed Kurt Lineback's delicious fare: breakfast casserole, bacon, sausage, hashbrowns, fresh fruit, fruit juice, coffee, biscuits and gravy. The service was excellent, the table settings very nice, and folks enjoyed being able to linger and visit without feeling pressured. *Thanks, Don, for all your planning. And, thanks to Jack Hagler for making the contact at Brookdale.*

Attendees: Bill/Amma Barnes, Pat Barnes, Kathy/Bazz Bazzell, Billy/Mary Jo Beal, Nita Boyd, John/Joyce Brown, Tom/Carole Bryant, Bernie/Jackie Cobb, John/Linda Dehaye, Jim/Misha Gasaway, John Grider, Jack/Helen Hagler, Jim/Cathy Hamner, Faye/David Jones, Andy/Rosa Karabinos, Foots McCauley, Paul McFall, Helen Mitchell, Bob Overall, Barbara Plonka, Jake/Betsy Reep, Dendy Rousseau, Don/Joyce Royston, Cecil/Shirley Stokes, Charlie/Anna Thomas, Gene/Iva Thomas, Glenn Webb, Harold/Earlene Webb, John L. Williams, Don/Patti Wilson, Sam/Liz Zeman. *It was great seeing folks we hadn't seen in a long while. Hope we see you next year!*

In a recently held linguistic competition held in London, England, Samsundar Blagobin, from Guyana, was a clear winner, with a standing ovation lasting over 5 minutes.

Final Question: How do you explain the difference between COMPLETE and FINISHED in a way that is easy to understand?

His astute answer: When you marry the right woman, you are COMPLETE. When you marry the wrong woman, you are FINISHED. When the right one catches you with the wrong one, you are COMPLETELY FINISHED!

He won a trip to travel the world in style, and a case of 25-year old Eldorado Rum. Very smart man!

Life is too short for negative drama and petty things.
Laugh heartily, love truly, forgive quickly.

Health Care Advance Directive

Every adult can write a health care advance directive, such as a living will or health care power of attorney, to make his or her advanced-age health care preferences clear and legally binding. Family members should know what YOU want to occur when you are unable to decide/speak for yourself. Focus on two questions: 1) who can best serve as your health care agent or proxy to make health decisions for you if you are unable; and, 2) what guidance can you give your proxy and others involved with your care about how you would want decisions made (i.e., what would matter to me most at the end of life? What are my fears? Is quality or quantity of life more important to me?). Then, document your answers to these questions.

The only legal document you need is one that appoints a health care agent, proxy, or representative—the terminology varies by state. Forms are available through online resources, or by contacting a local attorney.

Quite often, Health Care Advance Directives can be obtained at a local hospital, where a form can be printed for you. Keep in mind that each state has particular wordage which is required, and this might be changed frequently. So, it's important to ensure your directive is kept current, or it might be ineffective.

Your family members, primary physician, and any physicians and health care facilities involved should all be aware of this current directive. After all, would you rather have a say in the most important decisions of your life, or leave them to chance? It's your life...take charge.

(Excerpt from AARP Bulletin, May 2013)

Don't tell me I'm burning my candle at both ends.
Tell me where to get more wax!

(Thanks to Jerry Webb for sending this.)

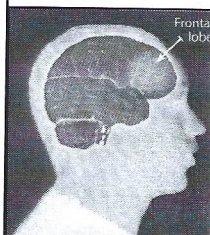
FYI
For Your Information

Message from the Mayo Clinic: Drinking water at a certain time maximizes its effectiveness on the body: 2 glasses of water after waking up helps activate internal organs; 1 glass of water 30 minutes before a meal aids digestion; 1 glass of water before taking a bath helps lower blood pressure; 1 glass of water before going to bed may help avoid a stroke or heart attack.

Additional uses for those coffee filters you use every day:

- Cover bowls/dishes when cooking in the microwave.
 - Clean windows, mirrors, chrome, since they're lint-free.
 - Protect fine china by separating dishes with a filter.
 - Filter a broken wine cork by pouring wine through filter.
 - Place in cast-iron skillet to absorb moisture, prevent rust.
 - Hold tacos! Convenient wrapper for messy foods.
 - Line a plant pot with filter to stop soil leaking from pot.
 - Use in a plate to soak up grease from fried bacon, chicken, French fries, etc. Soaks out all the grease!
 - As a sewing backing, filters are easy-to-tear backing for embroidering or appliquéing soft fabrics.
 - Strain soups/stocks or to tie fresh herbs to put in soups.
 - Use them to sprout seeds. Dampen filter, place seeds inside, fold filter, place in zip-lock bag until seeds sprout.
- OH! And, they are great to use in your coffee maker, too!

9 Ways to keep Mental Decline at Bay



The frontal lobes of the brain help make decisions and solve problems. Mentally stimulating activities may help keep these functions intact.

Research has shown that mental abilities tend to slightly decline with age, even without dementia: perceptual speed (how quickly you become aware of/process information), spatial ability (ability to follow directions correctly while driving/walking), as well as verbal ability (how well you understand/produce spoken words). Although decline may be inevitable, there are ways to minimize it. To keep your brain at its optimal functioning level regardless of the changes the years have caused, follow these suggestions:

- 1) **Be selective with your attention**—it's the process most valuable to aging. Minimize distractions.
- 2) **Stimulate your brain**—any activity that requires problem solving skills (word/number puzzles, cards, board games, etc.).
- 3) **Recognize and treat depression**. There are many symptoms besides sadness: changes in sleep patterns/appetite, irritability, lack of interest in things you used to enjoy. Get tested/treatment from your doctor.
- 4) **Get/stay physically active**. Whether you walk, bike, swim, take a class at a gym, or do yard/housework, it all contributes to a healthier brain!
- 5) **Eat Healthy**. Restrict intake of saturated fats (high-fat meats/dairy), trans fats (cookies/crackers). "Good" fats include olive/canola oils, fatty fish (salmon/mackerel).
- 6) **Interact regularly with others**. Volunteer, join a church group, or (a favorite) babysit your grandchildren.
- 7) **Get adequate nutrition**. Malnutrition and vitamin deficiencies (especially B12) are easily rectified.
- 8) **Use tools that compensate for decline**. Write things down, make lists, make notes (doc visits), and ask things to be repeated/explained if not understood.
- 9) **Get enough sleep**. Your body/brain need sufficient sleep to function properly. If you aren't sleeping right, ask your doctor about ways to improve sleep habits.

ATTITUDE IS IMPORTANT, too. Part of dealing with cognitive changes is acceptance. Age-related changes do occur, but it doesn't mean you have dementia. You can learn new things, it just may take longer!

What You Can Do:

- See your doctor to determine whether a medical condition or medications may be responsible.
- Ask for a referral to a neuropsychologist for testing, if there's a questions of normal aging or dementia.
- Seek testing/treatment if depression is suspected.
- Manage blood pressure/cholesterol, and follow your doctor's lifestyle recommendations.

(Excerpt from Focus on Healthy Aging, Mt. Sinai School of Medicine)

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