

The Trojan Trumpet - Class of 1960

Quarterly Newsletter 12th Edition

Oct., 2013

- *Class of 1960 has an open lunch gathering in Moses Lake.*
- *New Auburn High School Building is progressing well.*
- *New health care tips, for healthier living.*



AHS Class -Oct 2013"

"Class luncheon"

Tuesday, October 1st marked the first gathering of AHS classmates, living in remote locations outside Puget Sound, not necessarily Washington. The reunion committee posted a notice on the website for about thirty days, and the luncheon was open al classmates, but it was going to be in Eastern WA. Mary(Forsi) and Mike Ahmann hosted the lunch at their home with help from Bob Hocking. Ahmanns live in Moses Lake, and the setting was perfect for this picnic/lunch. Thank you so much for opening your home to us. I think +20 classmates came from near and far location for a lunch that was scheduled for 1 to 5:30, but it actually lasted for some to about 9:30 (us included), no regrets.

It was such a nice, classy (no pun intended) function, we were able to renew aquiantences that we hadn't communicated with for years. Someone once told me, that a true friend is someone you may loose contact with for extended periods --- but when you do finally get together it's like you never were apart and communication immediately contiunes from where you last saw each other. I personally found that to be true at the lunch.

Classmates came from Lewiston Idaho, Lake Curlew, Oroville, Othellow, Ephrata, Yakima, Auburn, Moses Lake, & some were traveling and stopped by.. This was one of those events that I left with, "I'm sure glad I went".

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Class Luncheon - continued--

One of the discussions someone brought up was "Why does our class enjoy each others company so much", when others classes don't take the time to make any sort of contact. I don't know that we ever answered that question, but we solved so many other of the worlds problems for those few hours. Fun fun fun.

That last question was; "shall we do another one of these mini gatherings next fall", answer was unanimosly, yes. So watch the website for future information, and also go to the Class Pictures Section of the website and enjoy the new pictures.

The New Auburn High School



Recently, while driving through Auburn, I realized it had been a while since I had been on Main street. But every time I do, I'm amazed at the changes that are going on. On this trip what blasted my attention was the NEW high school under contruction at the old location of Auburn Jr. High. at about "H" or "I" street and Main St. Some of you may have lived in that area back in the 50's. So I couldn't resist, I stopped my truck and snapped a picture with my smart phone. I asume that the new school will have all the latest in technology, design/safety and will cater to a better education for today's student. I guess that is what they call progress.

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New High School - continued---

The new structure being built that is eight or ten times the size of the old Jr High in footprint and has three floors above ground instead of two. Gone are the days of nostalgia and care free living. I guess shortly after the new school is completed, they will tear down the Auburn High School that has been there since 1950. I guess it would be a good time to go get a picture of you & yours in front of the old school or not. I personally am fully supportive of progress and change to keep pace with current needs.

A few years ago I had a long time (35 yrs) employee retire, and in the process of thanking him for his dedicated service to our organization, I asked him, 'what drove his decision to retire', at that time. He told me that as a young man he always dreamed of flying airplanes, and as he matured he was a fighter pilot during the war, then after the war he completed his education so he could design airplanes, and he did that for 35 years. Then suddenly he realized the planes he flew and some he designed were in museums, and that's when he realized he should retire, before he ended up in a museum. I guess the logic is the same when we consider old buildings, but our goal should be to out last those historical structures, and we have?

EASY MAGICAL WAY TO CLEAN YOUR WINDOWS!!!

This is the best way EVER to clean your windows!!! No drying is needed, and you won't have any spots or streaks on your window! You can clean 2 big sliding glass doors and 8 large windows in minutes!!!

Here are the ingredients you need to use: 1/2 gallon warm water 1 Tablespoon of liquid "Jet Dry" 2-3 Tablespoons of liquid laundry detergent or dish washing soap. Mix all of the ingredients above.

Spray your windows down with your hose to get them wet then wipe or brush on the solution onto your windows, then immediately hose it off. That's all there is to it and you're done. The remaining water just sheets off and you don't need to dry it off!

Some Late Cancer Information,

By Johns Hopkins

AFTER YEARS OF TELLING PEOPLE CHEMOTHERAPY IS THE ONLY WAY TO TRY AND ELIMINATE CANCER, - JOHNS HOPKINS IS FINALLY STARTING TO TELL YOU THERE IS AN ALTERNATIVE WAY TO MANAGE IT ...

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastro-intestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.

9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.

10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.

11. An effective way to battle cancer is to STARVE the cancer cells by not feeding it with foods it needs to multiple.

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines will become putrified and leads to more toxic buildup.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Flor-ssence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, unforgiving and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

Cancer Cells feed on:

a. Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Note: Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses but only in very small amounts. Table salt has a chemical added to make it white in colour. Better alternative is Bragg's aminos or sea salt.

b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk, cancer cells will be starved.

c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.

d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells.

To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).

e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water: --best to drink purified/filtered water, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

The best hiding places a burglar never thought of;

Excerpts taken from, [home defense](#), [power4patriots](#) |

If you want to hide something in your home and increase the likelihood that it will not be found by a burglar, hide it where you think they won't look! Whether it's cash, important documents, weapons, jewelry or anything else you value most in your home, hide it so well that an invader might be looking directly at the container in which it's hidden and not even consider trying to find it there.

One known fact is, if a burglar really wants to get into your home, he will be able to accomplish his mission. To prepare for that possibility, you need to have some of your most valuable possessions, hidden in places where an invader either won't look or won't recognize it as likely place for valuables. Let's take a look at some of those hiding places.

Kitchen Capers

One of my favorite places to hide small items such as cash and jewelry is in a can of soup. Open the can from the bottom, enjoy the soup, rinse out the can thoroughly, put your items in the can, replace the can bottom, and place the can at the bottom of a stack of other canned goods. Even if the burglar goes to the trouble of looking at the cans, he'll notice that the top is still on that particular can.

Above many kitchen cabinets is a walled-in area called a bulkhead. If you remove one or more of the wall cabinets, you can cut an opening and hide items in an area that's likely to be about 12 inches high, 10 inches deep and as long as the cabinets.

You've heard of cold, hard cash, right? Well, that's what you'll have if you put your cash in a ziplock bag, put two pieces of Styrofoam around it (such as what steaks are packaged in) and then wrap the whole thing in aluminum foil and place it in your freezer.

Do you have any plants near your kitchen window? Perhaps they'd like an imaginary friend. Add a fake plant to the group and bury cash in a ziplock bag in the fake soil.

Family Room Fun

Picture this. Sandwich your cash or another thin valuable between two pieces of cardboard backing within a difficult-to-reach picture frame. Even if the thief pulls the frame from the wall and looks at the back of it, he's unlikely to rip out the cardboard to examine it further.

Select the one or two heaviest objects in your house, such as an entertainment center or a piano, and place cash in an envelope under it. It's unlikely a burglar will expend enough energy to try to move those huge items.

If you have books in your family room, there has to be at least one that you know you will never read. Hollow out most of the pages of the book and place cash or jewelry in it. **Is it Safe?**

If you keep a safe at home, a burglar will certainly give it his attention. At the very least, **make sure it's bolted to the floor** so that they can't carry it off.

Bank on It

Bank on It

Keep a sealed envelope in a drawer near your computer that's marked "Bank Safe Deposit Box." Inside – where the thief is sure to look after ripping open the envelope – is your fake list of jewelry items, personal documents, etc. If the burglar believes your jewelry is in the bank, he might give up looking for it more quickly.

Miscellaneous Places

Here are a few final places you might want to consider for hiding valuables from thieves:

- Inside a hallowed out-candle
- Inside a figurine
- Inside a laundry detergent box
- Inside ironing board padding
- Inside the hollow legs of an ironing board
- Inside a Christmas decorations box
- Inside an otherwise empty shampoo or hairspray bottle
- Inside a water-tight plastic bottle in a toilet tank
- An envelope taped to the bottom of a cat litter box.

Don't Even Think about it

The last place you want to hide valuables is the first place that burglars look, so avoid...

- Sock drawers. Very possibly the dumbest place to hide something. You might as well mail money in advance to the burglar.
- Back of a wardrobe closet. Unless you live in Narnia, not a good idea.
- Inside a shoebox. Seriously?
- Inside a soup can that's sitting on a bedroom dresser. Right item, wrong location.
- Inside a laptop. Any pride you feel at successfully opening up a laptop and hiding cash in it will dissipate quickly when you realize the laptop was stolen.
- Medicine cabinet, clothes pockets, briefcase and underneath a mattress. All bad ideas.

Downsides to Hiding; There are more places like outside the home and in kids stuff, but felt those place impractical or not applicable, and then there's the issue of memory, "where did I put it?". Make sure other family members know where these items are as well.

Advice From Down On The Farm

Your fences need to be horse-high, pig-tight and bull-strong.

Keep skunks, lawyers and bankers at a distance.

Life is simpler when you plow around the stumps.

A bumble bee is considerably faster than a John Deere tractor.

Words that soak into your ears are whispered not yelled.

Meanness don't happen overnight.

Forgive your enemies; it messes up their heads.

Do not corner something that you know is meaner than you.

It don't take a very big person to carry a grudge.

You cannot unsay a cruel word.

Every path has a few puddles.

When you wallow with pigs, expect to get dirty.

The best sermons are lived, not preached.

Most of the stuff people worry about ain't never gonna happen anyway.

Don't judge folks by their relatives.

Remember that silence is sometimes the best answer.

Live a good, honorable life. Then when you get older and think back, you'll enjoy it a second time.

Don't interfere with something that ain't bothering you none.

Timing has a lot to do with the outcome of a rain dance.

If you find yourself in a hole, the first thing to do is stop digg'in

Sometimes you get, and sometimes you get got.

The biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every morn'in.

Always drink upstream from the herd.

Good judgment comes from experience, and a lotta that comes from bad judgment.

Lett'in the cat outta the bag is a whole lot easier than putt'in it back in.

If you get to think'in you're a person of some influence, try order'in somebody elses dog around..

Live simply, Love generously, Care deeply, Speak kindly. Leave the rest to God.

Don't pick a fight with an old man. If he is too old to fight, he'll just kill you.

Most times, everythang just gets down to common sense.

Humor Section-----

Does This Hit Close To Home;

The longer you've been married, the quicker the comments are and the more unusual they become!

An elderly, long married couple was at home slouched on the couch watching TV. Of course husband had the remote and was switching back and forth between the "fishing channel" and the "porn channel".

The wife became more and more annoyed and finally said:
"For god's sake, Harold! Leave it on the "porn channel", you already know how to fish!"

Irish blonde...

An attractive blonde from Cork , Ireland , arrived at the casino. She seemed a little intoxicated and bet twenty thousand dollars in a single roll of the dice.

She said,"I hope you don't mind, but I feel much luckier when I'm completely nude." With that, she stripped from the neck down, rolled the dice and with an Irish brogue yelled, "Come on, baby, Mama needs new clothes!"

As the dice came to a stop, she jumped up and down and squealed. "Yes!Yes!I won,I won!" She hugged each of the dealers, picked up her winnings and her clothes and quickly departed.

The dealers stared at each other dumbfounded.

Finally,one of them asked,"What did she roll?" The other answered,"I don't know-I thought you were watching."

MORAL OF THE STORY

Not all Irish are drunks, not all blondes are dumb, .but all men....are always men!

Wise Italian Grandfather

Why Italian fathers and grandfathers pass their hand guns down through the family.

An old Italian man is dying. He calls his grandson to his bedside,

Guido,I wan' you lissin ame. I wan' you to take-a my chrome

plated..38 revolver so you will always remember me."

"But grandpa,I really don't like guns..How about you leave me your

Rolex watch instead?"

"You lissin ame, boy. Somma day you gonna be runna da business, you

gonna have a beautiful wife, lots a money, a big-a home and maybe a

couple of bambinos."

Global Facts About Sex;

At any given moment:

FACT: 79,000,000 people are having passionate sex -right now.

FACT: 58,000,000 are kissing passionately.

FACT: 37,000,000 are relaxing after having hot sex.

FACT: There is 1 old senior reading their email.

You hang in there, sunshine!!

The Jewish ELBOW

A Jewish grandmother is giving directions to her grown grandson who is coming to visit with his wife.

"You come to the front door of the apartment. I am in apartment 301. There is a big panel at the front door. With your elbow, push button 301. I will buzz you in. Come inside, the elevator is on the right.

Get in, and with your elbow, push 3. When you get out, I'm on the left. With your elbow, hit my door bell."

"Grandma, that sounds easy, but, why am I hitting all these buttons with my elbow?....."

"What..... You coming empty handed?"

Pregnant Prostitute

Doctor asks a pregnant prostitute, "do you know who the father is?"

She replied, "For cryin' out loud, doc! If you ate a can of beans, would you know which one made you fart?"

Understanding Communications;

Two Irish nuns were sitting at traffic light in their car when a bunch of rowdy drunks pulls up alongside of them. "Hey, show us your tits, ye bloody penguins!" shouts one of the drunks.

The Mother Superior turns to Sister Immaculata, "I don't think they know who we are - show them your cross."

So Sister Immaculata rolls down her window and shouts, "Screw off ye little fookin wankers, before I come over there and rip yer balls off!"

Sister Immaculata looks back at the Mother Superior and asks, "Was that cross enough?"

Sorry - Another blonde story;

A blonde gets home from work early & hears strange noises coming from the bedroom.

She rushes upstairs only to find her husband naked lying on the bed, sweating and panting.

'What's up?' She asks.

'I think I'm having a heart attack,' cries the husband.

The blonde rushes downstairs to grab the phone, but just as she's dialing,

her four-year-old son says, "Mummy Mummy Aunty Shirley is hiding in the closet,

and she has no clothes on."

The blonde slams the phone down and storms back upstairs into the bedroom

right past her husband. --- Rips open the closet door and sure enough, there is

her sister totally naked and cowering on the floor.

'You rotten Bitch', she screams. 'My husband's having a heart attack, and

you're running around naked playing hide and seek with my kids.' ?????

Buying a new pet;

A woman went to a pet shop and immediately spotted a large, beautiful parrot. There was a sign on the cage that said \$50.00. The woman said "Why so little?

The owner looked at her and said, "Look, I should tell you first that this bird used to live in a house of prostitution, and sometimes it says some pretty vulgar stuff."

The woman thought about this, but decided she had to have the bird anyway. She took it home and hung the bird's cage up in her living room and waited for it to say something.

The bird looked around the room, then at her, and said, "New house, new madam."

The woman was a bit shocked at the implication, but then thought "that's really not so bad."

When her two teenage daughters returned from school, the bird saw them and said, "New house, new madam, new girls."

The girls and the woman were a bit offended but then began to laugh about the situation considering how and where the parrot had been raised.

Moments later, the woman's husband Keith came home from work.

The bird looked at him and said, "Hi Keith."

A Few Short Ones;

I'd just come out of the shop with a roast beef sandwich, large chips, ear of corn & a jumbo sausage. A poor homeless man sat there and said 'I've not eaten for two days.' I told him, 'I wish I had your will power.'

A fat girl served me in McDonald's at lunchtime. She said 'sorry about the wait'. I said, 'Don't worry, you'll find a way to lose it eventually'.

I walked past a black kid sitting at a bus stop as I went into the bank. When I came out, he looked at me and said 'Any Change?' I said, 'Nope, you're still black'.

A 10-year old Irish boy stands crying at the side of the road. A man passing by asks 'What's wrong, lad?' The boy says 'Me ma died this morning.' 'Oh bejaysus,' The man says. 'Do you want me to call Father O'Riley for you?' The boy replies, 'No tanks mister, sex is the last thing on my mind at the moment.'

Japanese scientists have now created a camera with such a fantastic shutter speed that it is now possible to take a photograph of a woman with her mouth closed.

I hate all this terrorist business. I used to love the days when you could look at an unattended bag on a train or bus and think to yourself, 'I'm going to take that.'

Man in a hot air balloon is lost over Iowa. He looks down and sees a farmer in the fields and shouts to him, 'where am I?' The farmer looks back up and shouts back, 'you're in a basket you dumb shit!'

I had a big lead in a trivia competition at a local bar until the last question which I got wrong. The question was where do women have the curliest hair? Fiji was the correct answer ... hell, how did I know they wanted the name of a country?

I've learned that pleasing everyone is impossible, but pissing everyone off is a piece of cake.

Heaven Doesn't Profile.

Saint Peter is sitting at the Pearly Gates when two guys wearing dark hoodies, and sagging pants, arrive.

St. Peter looked out through the Gates and said, "Wait here. I'll be right back." St. Peter goes over to God's chambers and tells him who is waiting for entrance.

God says to Peter: "How many times do I have to tell you? You can't be judgmental here. This is heaven. All are loved. All are brothers. Go back and let them in!"

St. Peter goes back to the Gates, looks around, and lets out a heavy sigh. He returns to God's chambers and says, "Well, they're gone."

"The guys wearing hoodies?" asked God. "No. The Pearly Gates."

Better than a Flu Shot!

Miss Beatrice, the church organist, was in her eighties and had never been married. She was admired for her sweetness and kindness to all. One afternoon the pastor came to call on her and she showed him into her quaint sitting room. She invited him to have a seat while she prepared tea.

As he sat facing her old Hammond organ, the young minister noticed a cut glass bowl sitting on top of it. The bowl was filled with water, and in the water floated, of all things, a condom! When she returned with tea and scones, they began to chat.

The pastor tried to stifle his curiosity about the bowl of water and its strange floater, but soon it got the better of him and he could no longer resist. 'Miss Beatrice', he said, 'I wonder if you would tell me about this?' ----->

Testicle Therapy

Two women were playing golf. One teed off and watched in horror as her ball headed directly toward a foursome of men playing the next hole.

The ball hit one of the men. He immediately clasped his hands together at his groin, fell to the ground and proceeded to roll around in agony.

The woman rushed down to the man, and immediately began to apologize. 'Please allow me to help. I'm a Physical Therapist and I know I could relieve your pain if you'd allow me, she told him.

'Oh, no, I'll be all right. I'll be fine in a few minutes,' the man replied. He was in obvious agony, lying in the fetal position, still clasping his hands there at his groin.

At her persistence, however, he finally allowed her to help. She gently took his hands away and laid them to the side, loosened his pants and put her hands inside

She administered tender and artful massage for several long moments and asked, 'How does that feel' now?

It really feels great, he replied; -- but I still think my thumb's broken!

Absolute silence !!!!

Pointing to the bowl.

'Oh, yes,' she replied, 'Isn't it wonderful? I was walking through the park a few months ago and I found this little package on the ground.

The directions said To place it on the organ, Keep it wet and that it would prevent the spread of disease.

Do you know I haven't had flu or been sick since.