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Lincoln High Newsletter

This week's topics:

1. What 's your typical day like?
2. You a snowbird? Where are you? Keeping warm?
3. Has anyone become a vegan and/or vegetarian and what were your resultant health benefits, if any?

and responses:

Gene Santoski - k9utq@solarus.net

Aloha!



My typical day (the last two months) has been going for morning walks, basking in the sun, reading, watching waves, whales, sunrises and sunsets and consuming “umbrella” drinks and beer from time – to – time!! Pretty laid back!!

NO MERMAIDS sighted yet. NO surfing for me either!

Temps have varied from 75 to 82 degrees. One month of that left before returning home to cold Wisconsin!

P.S. Forgot to mention, we're off to New Zealand/Australia for two weeks on Wednesday.

Karen King - yayaec@ymail.com

I've often aspired to be vegetarian over the years, but simply lack the discipline, I guess.

It's not that I crave meat products, though most of the family members do, so in making a holiday or celebratory meal it always includes some sort of meat protein. Maybe in part it's an homage to my father whose joy was in choosing, slicing and grilling boneless ribeyes when he and mom were in charge of those get togethers. (Just stop a moment and take in the scent of that searing steak wafting over the patio while the rest of us lounged in lawn chairs with a cold glass of chardonnay or a beer) He never even complained when mom and I begged for ours to be really, really done. Wow. Do I miss that. So in part it's not the steak but that time in our lives that I miss.

I've always admired those magazine stories complete with stunning photos of the clear-skinned, bright-eyed, extra thin, righteous looking models who haven't touched a hamburger in ten years, and I do have the knowledge and the cooking expertise to make quinoa and lentils delicious, still, I never entirely jump on that band wagon. Well, we might blame bacon just a little for my hesitation.

Certainly there's more cauliflower than roast beef in my diet these days, just as there's more water than coffee and more fruit than cake. It's just evolved that way. I have to say my blood pressure is the same as it's always been so no benefit there.

Maybe one day I'll be among a group of even -more -elderly- than -we-are today friends, engaging in tai chi on the lawn scoffing at the smells from summer grills and heading into the porch for green smoothies and steamed veggies. I can imagine doing that. But for now, since I'm the banquet maker for every event, I guess I'll just hold onto the all things in moderation principle and when the brisket is passed, leave the large portions for the young folks and double up on the broccoli for myself.

Marcie {Basler} Ortscheid '65 - marcie.ortscheid@ki.com

I get up at 4am, get ready for work and here by 5am work until 4pm go home have my dinner and fall into bed by 8pm....on the weekends have my coffee in the morning, do some house work and then meet friends for lunch or an early dinner. On Sunday do church in the morning and spend Sunday afternoon just relaxing, reading or getting together with my grandsons [if they have time for grandpa] I keep my life free of as much stress as possible, done with all the drama in my life. Love my life here in Green Bay....

Sue Schulte - sueschulte3@yahoo.com

We are snowbirds in Gulf Shores, AL. Anyone else down here? We stay until sometime in April after coming down in January. Today we went to a Mardi Gras parade in our winter coats with gloves, hats, etc. The sun is beautiful but a cold wind today. It is still warmer than back in Wisconsin and no snow!!

Lenore Haferman - lenorehaferman@yahoo.com

We stay in WI. I get to do a lot of traveling as a tour guide, and I think we have the prettiest state, and also we curl a lot, so here we stay. My typical day is very busy, Jim and I both still work full time so between helping out with the grand kids, and being busy with organizations we love it.

A.A.D.D.- KNOW THE SYMPTOMS!

Gene Santoski says - Thank goodness there's a name for this disorder.

Age-Activated Attention Deficit Disorder.

This is how it manifests among old Buckaroos:

I decide to water my garden.
As I turn on the hose in the driveway,
I look over at my car and decide it needs washing.

As I start toward the garage,
I notice mail on the porch table that
I brought up from the mail box earlier.

I decide to go through the mail before I wash
the car.

I lay my car keys on the table,
Put the junk mail in the garbage can under the table,
And notice that the can is full.

So, I decide to put the bills back
On the table and take out the garbage first...

But then I think,
Since I'm going to be near the mailbox
When I take out the garbage anyway,
I may as well pay the bills first.

I take my check book off the table,
And see that there is only one check left.
My extra checks are in my desk in the study,
So I go inside the house to my desk where
I find the can of Pepsi I'd been drinking.

I'm going to look for my checks,
But first I need to push the Pepsi aside
So that I don't accidentally knock it over.

The Pepsi is getting warm,
And I decide to put it in the refrigerator to keep it cold.

As I head toward the kitchen with the Pepsi,
A vase of flowers on the counter
Catches my eye--they need water.

I put the Pepsi on the counter and
Discover my reading glasses that
I've been searching for all morning.
I decide I better put them back on my desk,
But first I'm going to water the flowers.

I set the glasses back down on the counter ,
Fill a container with water and suddenly spot the TV remote.
Someone left it on the kitchen table.

I realize that tonight when we go to watch TV,
I'll be looking for the remote,

But I won't remember that it's on the kitchen table,
So I decide to put it back in the den where it belongs,
But first I'll water the flowers.

I pour some water in the flowers,
But quite a bit of it spills on the floor.

So, I set the remote back on the table,
Get some towels and wipe up the spill.

Then, I head down the hall trying to
Remember what I was planning to do.

At the end of the day:
The car isn't washed,
The bills aren't paid,
There is a warm can of
Pepsi sitting on the counter,
The flowers don't have enough water,
There is still only 1 check in my check book,
I can't find the remote,
I can't find my glasses,
And I don't remember what I did with the car keys.
Then, when I try to figure out why nothing got done today,
I'm really baffled because I know I was busy all day,
And I'm really tired.

I realize this is a serious problem,
And I'll try to get some help for it, but first I'll check my e-mail....

Do me a favor.
Forward this message to everyone you know,
Because I don't remember who I've sent it to.

Don't laugh -- if this isn't you yet, your day is coming!