

THE GOLDEN TIMES

The Michigan City Senior Center

2 on the Lake * Michigan City, IN 46360

(219) 873-1504 * Hours: 8am-4pm * Mon-Fri

Director: Tara Miller Assistants: Laura Garbacik, Laura Steele

July

2024



Ice Cream Social

Thurs, July 24th
12noon-2:00pm AND
4:00-7:00pm

Cost \$5

2 Scoops of your choice:
Chocolate, Vanilla, Strawberry
With a variety of toppings:
Sprinkles, Chocolate sauce,
strawberries, whipped cream, etc.



Hot Dogs & Hamburg- ers on the Patio

Tues, July 22nd

11:30am-1:00pm



Hot dog (\$3) Hamburger (\$4)

Cheeseburger (\$5)

All include chips and lemonade. *All proceeds benefit the Senior Center.*



Bridge Anyone?

Would anyone be interested in getting together for a casual game of bridge?

No need to be an expert—just looking for a few people who enjoy the game and want to have some fun in a relaxed, friendly setting. Let us know if you're interested, and we can figure out a time that works for everyone!

Please sign up at the front desk.

NVisionU Products for a Healthier Lifestyle Presentation

Wed, July 23rd 1:00pm

Dennis Hunter, presenter, will talk about the benefits of the Cappuccino as well as other products offered. A sample of the Cappuccino will be provided. No sign-up required.

Cappuccino:

Invigoration and Revitalization:

The cappuccino blend is marketed as a beverage that awakens senses and energizes the body.

Nutritional Benefits:

The product claims to be infused with collagen, superfoods, and vitamins, potentially supporting skin elasticity, hair and nail strength, and overall well-being.

Metabolism Support:

The product's ingredients are claimed to stimulate and balance metabolism, aiding in fat burning and weight management.

Physical Performance:

The cappuccino blend may enhance endurance and physical performance due to its blend of ingredients, according to NVisionU.

Sustained Energy:

The product's ingredients are designed to provide sustained energy levels throughout the day.

"Alive" product:

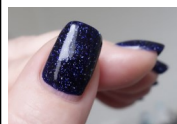
This is a liquid absorption blend of superfoods designed to support everyday vitality and provide a boost of nutrients.

Krave product:

This is a spray designed to help with appetite control.

The purchase of any products is entirely optional and at your own risk. No purchase is required, and participation does not depend on buying anything. Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. MC Seniors Inc, the Park Dept, the City of Michigan City do not endorse this or any product or it's claims.

Color Street Nail Polish Strips Class



Presented by Senior Stylist Maggie Campbell

Wed, July 9th at 10:30am

\$5/pp gives you a sample

nail to try at the session. Additional strips are available to order. Catalog of available colors is at front desk.

Get a brilliant, salon quality manicure in minutes with Color Street 100% real nail polish strips! They are super easy to apply with NO dry time. Just apply, file, and go!

Sign up & pay at front desk by Fri June 27th.



We will be CLOSED Fri, July 4th in observance of Independence Day.



JULY ~ 2025

MON

9:00am Stretch It Out!
9:45am Exercise
12:00pm Duplicate
Bridge
1:00pm Knitting &
Crocheting Bee



TUES

9am: Billiards
~~9am: BYOD Computers~~
9-1 Ceramics
9:30am Mahjong
9:30am Tai Chi (video)
~~10am 1 on 1 Comp Class~~
10:30am Mindful Mvmt
~~11am 1 on 1 Comp Class~~
12noon Five Crowns
1:00pm Euchre

WED

8:30am SHIP (by appt)
9:00am Stretch It Out!
9:45am Exercise
11:00am Pinochle
12:30pm Mexican
Train/Dominoes
12:30 Rummikub
1:00pm BUNCO

No computer classes in July.
Resumes in August.

THURS

7:30am Sunrise Yoga
9:00am Billiards
9:00am-2pm Woodcarving
9:30 Tai Chi (video)
9:30am Samba Card
Game
1:00pm BINGO

FRI

9:30 Jokers & Marbles
9:45am Exercise
10am Sing-along
10am Chess Club
10:30-12:30 Italian
12:30pm Pinochle
12:30pm Rummikub



Special Events

Tues, July 1st, 8th, 15th, 22nd: Mindful Movement 10:30am

Wed, July 2nd: Words in a Wink 1:00pm

Thurs, July 3rd, 10th, 17th, 24th, 31st: Sunrise Yoga 7:30am

Thurs, July 3rd: Blood Pressure Checks by North Shore Health 12:30pm

Thurs, July 3rd: South Shore Seniors Investment Club 11am

Fri, July 4th: CLOSED/Independence Day



Mon, July 7th: Hearing Evaluations (by appt) Call 873-1504

Tues, July 8th: Advisory Board Meeting 9:30am

Wed, July 9th: Color Street Nail Polish Session 10:30am (see front pg)

Fri, July 11th: Poetry Club 12noon (see below)

Wed, July 16th: Red Hat Anniversary Party 12noon (see pg 3)

Wed, July 16th: French Club 1pm

Mon, July 21st: Merle Miller's Popcorn & A Movie (the final episode in his series) 1pm (see pg 3)

Tues, July 22nd: Hot Dogs on the Patio (see front pg)

Wed, July 23rd: NVisionU Healthier verions of Coffee, Cappuccino & More 1:00pm (see front pg)

Thurs, July 24th: Ice Cream Social 12noon-2pm AND 4-7pm (see front pg)

Mon, July 28th: Popcorn & A Movie 1pm (see pg 3)

Tues, July 29th: Coffee with the Mayor 9:30am

Tues, July 29th: Card Making with Jamie 1pm (see pg 3)

Thurs, July 31st: Newsletter Assembly 8:30am

Thurs, July 31st-Sun, Aug 3rd: Great Lakes Super Boat Races

Sunrise Yoga on the Beach

Presented by the YMCA

Thursday mornings at
7:30am through August 28.

Rain or Shine (we'll move in-
side Sr Ctr). It's FREE and
there's no need to sign up, just
show up! Bring a towel if it's
nice out for the beach, or a mat



in the case of in-
clement weather for
inside.

POETRY CLUB

Fri, July 11th at 12noon

Please join our Po-
etry Club and
share any poems
you may have writ-
ten and enjoy those
of other members. The
group is FREE and no
need to sign up.



HAPPY
4th
of july



Root Funeral Home is a collection site for used wedding dresses and christening gowns. If you aren't going to use yours, but don't want to throw those away, please consider dropping them off at Root, 312 E 7th St, M.C.

NEWSLETTER by EMAIL



If you gave us your email address, you should have received this newsletter by email. If not, it could have gone to your SPAM folder so be sure to check. Or it's possible we don't have your email address. Also please be sure to add to your contacts list:

mcseniorcenter@myactivecenter.com

Starting with August, you will no longer receive a hard copy by mail if you were okay with receiving it by email. If you selected to receive it both ways, you should receive both going forward. If you chose to still receive only a hard copy, please be sure we are aware of that (just give us a call).

BONUS, email versions are in color!



Card Making with Jamie Tues, July 29th at 1pm

We will make 3 cards at this session (which should take about a 1-2 hours or so.) Theme TBD **Cost is \$15** and includes ALL materials to create three cards. ***If you have attended this class previously, please notify Jamie you are signing up for this session and pay her directly at the session. If you're new, sign up & pay at front desk by Wed, July 23.***

South Shore Seniors



Investment Club

meets on the first Thursday of each month at 11:00am. Prospective members are welcome to attend. Prior investment knowledge is NOT necessary—come learn with us. ***The next meetings are July 3rd & Aug 7th.***

Popcorn & A Movie

Mon, July 28th at 1:00pm

“It's a Surprise”

Sponsored by Aseracare

Free!

NEW format. We'll be showing a movie each month that we are able to get from the library. We won't decide what it is until that day based upon available selection. Also, we'd like to start a library here of movies on DVD that we can show as well. If you'd like to donate a DVD, please let the Asst. Director know. Thanks!



FREE! Merle Miller's Popcorn & A Movie **Mon, July 21st at 1:00pm** **“The Final Episode”**

Merle considers this his most epic film and hopes you'll join him on this final movie adventure.

Firecracker Fillies Red Hatters

Wed, July 16th @12noon: “Birthday Party at the Sr Center” Lunch prepared by Country Caterers. Party theme: “Favorite costumes from past parties” Some past themes: Lost in the 50s, Western Round-Up, Red/White & Blue, Circus, Crazy Hat, Mardi Gras, Hobo Theme, Pirates, Beach Party, 50s picnic in the Park, Jungle, Angels, Wizard of Oz, Roaring 20s, Hawaiian & more. **Cost \$24 Deadline for sign-up/pymt Thurs, July 3rd.**

UPCOMING EVENTS:

Wed, Aug 20th at 12noon: Lunch at Memo's, 1714 US Hwy 20, MC Menu choices: 1) Pork Chop 2) Roast Turkey 3) 8oz Chopped Steak. Each comes with choice of potato, soup or salad, drink, dessert and gratuity. **Cost \$20 Deadline for sign-up/pymt Fri, Aug 8th.**

Call Jeannie if you have to cancel, even last minute! Reserv/Pynt CHECK ONLY to: Firecracker Fillies and left at Sr Ctr in sealed envelope marked w/your name, phone #, & event. Add'l info: Jeannie at 874-7794.



FIRST TRAVEL 2025 TRIPS



Welcome New Members!

Wed/Thurs, July 16/18: Ohio Island Hoppin' Tour (featuring Kelleys Island & Put-In-Bay) \$599pp dbl occupancy. \$75 deposit due with reservation. Balance due by April 30. (Special form needed for this trip—available at the front desk.)

Wed, Oct 15: "The Rise and Fall of Miss Fannie's Biscuits" at Blue Gate Theatre, Shipshewana, IN. Mysteries have a way of following Fannie Miller, so when she makes it into the finals of the Tuscarawas County Baking Contest and contestants start disappearing, she calls on her old friend Foster Bates, a retired cop and part-time private investigator. Could it be that other finalists are somehow responsible for these disappearances, thinning out the competition? Like the couple on the verge of divorce who needs the prize money, or the three Beiler sisters always in a huddle whispering. One thing is for certain—Foster and Fannie will stay on the case until the end, and everyone involved will have learned something important about baking contests, solving mysteries and life. Pkg includes transp, lunch of family style dinner, and show. Departs 8am, Returns 4:30pm. \$128pp (minimum dinner gratuity included). Reserv/pymt MUST be received by 9/1

Travel Policies:

Reservation & Payment Policy: Reservations are accepted and held via phone. **Booking forms (available at our front desk) are required for OVERNIGHT trips ONLY.** Full payment is due in house by the due date noted. Any reservation made after the noted due date may be subject to an increased late booking fee. Payment must be mailed to:

First Travel Center, PO Box 472, LaPorte, IN 46352

(219)879-4633 or (219)326-1889

Check ONLY. No credit cards or cash. DO NOT send to the Senior Center.

Physical Limitations: If you have physical limitations that may make traveling more difficult please consult with First Travel beforehand. We can advise you of the level of activity as well as accommodations (or lack thereof). Some trips are more strenuous than others. Know your limits!

Pricing Policy: All trips are priced at current expected fuel rates & are subject to increases. Gratuity for motorcoach driver not included.

Cancellation Policy: All trips are non-refundable unless a replacement is secured.

Janet Andreotti
Amy Berdine
Mark Borman
Dina Brooks
Cecil Brown
Evelyn Brown
Beverly Carey
Theresa Carlson
Cheryl Chapman
Joseph Cole
Lori Cole
Susan Connell
Michele Eicent
Nick Elish
Kathy Fitzgibbon
Patricia Herman
Mary Hoppe
Tom Irk
Kermit Kelly
Karen Knudsen
Cozetta Lewis
Steve Lewis
Connie Lundeen
Delsue Minfield
Jane Moon
W. Faye Moore
Brett Quigley
Darlene Quigley
Israel Quiroz
Cathy Radke
Rita Rendina
Vince Rendina
Nancy Ricketts
Rebecca Lynn Schultz
Edward Scrivnor
Dena Shisher
Sue Smith
Linda Stolz
Candy Ward
Lisa Zirpolo



We are looking for volunteers for the following:

Line Dancing

If you think you could lead a line dancing class, we would love to get one started. Please see the Director if you're interested.



Wii Games

We used to have a Wii Bowling league that met each week but haven't been able to revive it since Covid. If you are Wii-savvy, and would be willing to show others how to play, we would like to offer this to other members. It's great fun! Please see the Director if you're interested.



Volunteer needed!

We're looking for a friendly volunteer to help us welcome new members to our Senior Center. The role would involve making a quick phone call to introduce yourself, answer any basic questions, and help our new members feel at home. If you enjoy connecting with people and would like to help create a warm and inviting atmosphere, please let the Director know. Your kindness can make a big difference!



Looking for interested participants for:

Hand & Foot Card Game



We have a member that would like to get a group organized to play this game (it's similar to Canasta). If you're interested, please sign up at the front desk (or call & sign up at 873-1504).

Director's Corner



Why does English say "eleven" and "twelve" instead of *oneteen and *twoteen?

It's because early Germanic languages had or were influenced by a base-12 (duodecimal) counting system.

One piece of evidence for this is that in Old Norse the word "hundrað" meant '120' (twelve groups of ten instead of ten groups of ten). This influenced English usage as well: the English word "hundred" could still be used to mean '120' until the 1400s! Today 120 is called a "long hundred" instead.

A second piece of evidence is that in the earliest texts written in Germanic languages (such as the Gothic Bible), there are notes in the margins explaining to readers that certain numbers should be read "tenty-wise", or in the base-10 counting system. These notes wouldn't be necessary in a society that already consistently counted by tens.

TĀHUNTEYĠAM

taihuntēwjam

'tenty-wise'

The final piece of evidence comes from the words "eleven" and "twelve" themselves. In Proto-Germanic, these words were *ainalif 'one left' and *twalif 'two left', in the sense of 'one left over (after ten)' and 'two left over (after ten)'. This style of counting past the base is called *overcounting*.

The reason overcounting in English stops at 12 is probably because of that early base-12 influence. *ainalif eventually became "eleven" and *twalif eventually became "twelve".

The numbers 13-19 use the "-teen" ending, which comes from "ten." This indicates that these numbers are formed by combining the number "ten" with the number before it (e.g., "thirteen" = "three" + "ten").

Happy 4th of July.....Tara

Computer/Internet/

FACEBOOK /BYOD Classes

NO CLASSES IN JULY!!



We will resume Aug 5th. See you then!



Phone System FREE

We have a phone system that we would like to donate to an organization that could use it. It has a 3-line capacity with 4 corded phones and 1 cordless. If you know of a business, non-profit, etc. that may need this, please let the director know. Thanks!

ATTENTION: Please be extra cautious during the warmer months as more and more cyclists, motorcyclists and pedestrians are out and about. Look twice and be aware of your surroundings. Remember, they have the right of way!



French Club

Wed, July 16 at 1:00pm

Join Scott Archambault as he heads up this new club for those who love everything about French culture. We'll discuss culture, language, art, travel and so much more. If you speak French, BONUS! If not, we'll work on common phrases and basic language skills to help you improve on your speaking and reading of the language. NO PRIOR language experience necessary. Come share your love of everything French with those who love it too! This club meets once per month on the third Wednesday of each month.

Trouble reading this?

DID YOU KNOW?

We have a machine that magnifies documents for anyone who has visual impairments. Just bring your documents here and use our machine. It's free.

July

- 1 William Stark
- 2 *Donna Pawlak
- 3 Jamie Sales
- 4 *U.S.A.
*Sunny Gardner
Matt Nieman
*David Sheeler
- 5 Stephen Bannwart
*Karen Benjamin
*Donna Mitchell
Linda Rice
William Shawver
*Dennis Will
- 6 *Frank Gazzolo
Margaret Gosnell
*Linda Kelly
David Squires
*Carol Wallen
Richelle Wilke
- 7 Dianne Debald
*Lynn Kramer
- 8 Brad Barclay
Jane Derbyshire
*Catherine Dickerhoff
*Connie Lundee
- 9 Debbie Gann
Lynn Gresham
*Eleanor Kruis
Dorothy Levy
Mary Lou McFadden
Marty Vouri
- 10 *Arthur Curtis
*Kathy Lubeznik
- 11 Kathy Brill
Robert Fleming
*Richard Grams
*Rosemary Nowicki
- 12 *John Connelly
Cindy DeLucca
Maruska Kelly
*Todd Saturday
- 13 *Lloyd Lombard
- 14 *Loretta Bannwart
*Cindy Batz
Mary Gish
*Earl Henderson
Jane McDonald
*(Dolores) Sue Mowat
Kris Prohl
*Rebecca Ray
*Dolores VanUlzen
- 15 *Alta Manigold
Dolly Vincent

- HAPPY BIRTHDAY!**
- 16 *Judy Collins
Ernie Dingler
Susan Fabian
Carolyn Harmon
*Robert Shikany
*Robert Solberg
 - 17 *Peggy Lawson
*Mariusz Mazurek
Ralph Raschka
Ruth Riederer
*Barbara Watts
 - 18 *Phyllis Chambers
Sandy Hayman
 - 19 *Ted Binsz
*Harold (Hy) Fryar
*John R Goldman
*Jennifer Hardwick
Mary Frances Mitchell
*Cindy Smith
Linda Williams
Sue Woodland
 - 20 William Breining
Gloria McMahon
Kay Plough
*Mike Scroggin
Teri Stach
 - 21 *Nora Akins
*Karen Caughey
 - 22 *Walt Bukva
*Betty Green
Evelyn Mitchell
*Deborah Stipp
*Diane Yettaw
 - *23 JoAnn Heiman
 - *25 Jodi Dusek
Steve Kowalczyk
*Katy White
Gloria Wigent
 - 27 *Susan Borton
Vera Lewis
*Nancy Lippens-Kennedy
Robin Tharp
 - 28 Jan Schlegelmilch
 - 29 Janice Buchwalter
Anita East
Magdalene MacEntee
*Kathleen Pagnano
*William Thompson
*Debra Williams
 - 30 Betty Doran
*Bob Dunn
Pauline Kalk
Nancy Ramion

- 31 Sheila Brown
Jane Ferris
*Darrell Garbacik
Naomi Goodman
*Felicia Jordan
*Peter Ruschak

THANK YOU DOREEN ZEPIK
FOR YOUR GENEROUS DO-
NATION TO THE CERAMICS
PROGRAM!

The Naughty List!

Continuing each month, you're on the naughty list if you haven't had your picture taken. How do you know? You have an asterisk next to your name in your birthday month. It's so easy, just stop at the front desk and let them know you need to get your picture taken for the database. They'll walk you through it! Thanks!

Thank you:
**Mary Schlunz
Delain Hahn
Helen Molinaro**
for their generous do-
nations to the Senior
Center

Thank you to the Fire-
cracker Fillies for their
generous donation to
the Senior Center in
loving memory of Mary
Lou Timbrook.

Thank you to Tri-Kappa
sorority for their gener-
ous donation to the
Senior Center

Use it or Lose It

New research on the human brain shows that the brain responds well to the right kind of stimuli (both mental and physical activity). In each issue of the Golden Times (space permitting), I'm going to be sharing some exercises for your brain. I encourage you to incorporate them into your daily life and let's keep ourselves as active & healthy as we can! This month,

"Phone Numbers"



Pick up your phone and select one number to write down on a piece of paper. Now, turn the paper over and wait for one minute and write it down again without looking. Did you forget? Pick another number and follow the same procedure except wait for two minutes. If you are having trouble remembering, try making some associations. For example, if the number is 234-6606 you might remember it by associating the first three numbers with regular counting-234, and the last four numbers by thinking-sick, sick, O sick. Be creative and keep practicing.

OOPS, We missed Carol Ray's birthday on May 8th. Hope your day was fantastic!

FYI: We now have automatic doors installed in our bathrooms! If you don't need to use the automatic door, it works just the same as before manually. If you do use the automatic feature, please allow the door to operate on it's own. Pulling or pushing on it once it has been activated will damage the mechanism. Thank you.





2025 Things to Come 2025



August

July 31st-Aug 3rd: Great Lakes Grand Prix Races
 Aug 2nd: Kabelin's Dollars for Dogs
 Aug 18th: Hot Dogs on the Patio
 Aug 20th: Tongue Twisters that Teach Book Signing & Presentation
 Aug 22nd: Chess Tournament
 Aug 27th: Metamorphosis Traveling Theatre

September

1st: CLOSED/Labor Day
 7-13th: 1st Travel/New Orleans
 10th: Hot Dogs on the Patio



November

11th: CLOSED/Veteran's Day
 13th: Thanksgiving Dinner
 27th & 28th: CLOSED/Thanksgiving



October

3rd-5th: Bridge Tournament
 9th: Trivia Challenge
 13th: CLOSED/Columbus Day
 15th: 1st Travel/The Rise & Fall of Miss Fannie's Biscuits
 23rd: Soup Day

Metamorphosis Traveling Theatre

Wed, Aug 27
 2pm

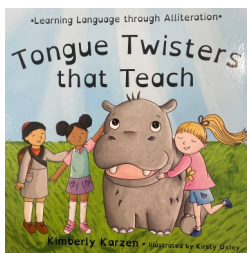


Stay tuned for this exciting new program that Judy Joseph & Douglas Moon have cooked up for you!



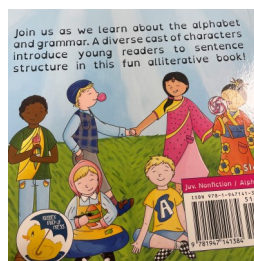
Tongue Twisters that Teach

Wed, Aug 20th 1:00pm
 Author Kimberly Karzen



Join us as author Kimberly Karzen takes us on an alliterative trip to help introduce grammar to children. She uses a creative sentence structure using the same pattern of Name, Ad-

verb, Verb, Adjective, Noun in each sentence as she takes us through the alphabet. This is a great learning book for children/grandchildren. Books are available for purchase \$10 and author will sign it if you'd like.



Chess Tourney

Fri, Aug 22nd at 10am
 Presented by the M.C. Senior Center Chess Club.
 FREE to enter. **First prize is a \$20 gift certificate and bragging rights.** Chess Club member Albert Isbell will preside over tournament. Must be a Senior Center member to enter. **Call 873-1504 to register!**



Coming in August!

Kabelin ACE Hardware sponsors
 "Dollars for Dogs"

Sat, August 2nd from 10:30-2:30

ALL proceeds benefit the MC Senior Center.

Hog dogs are \$1.00

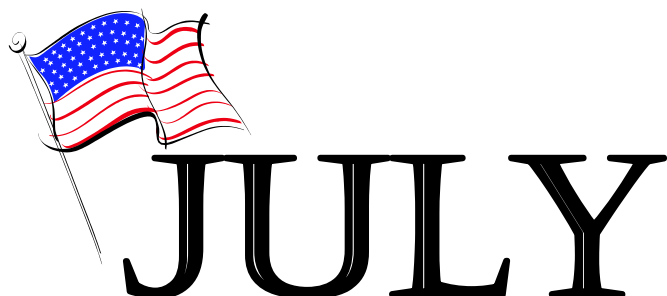
Beverages & candy also available for purchase.

Come out and support us!

*Held at Kabelin's in MC
 at the Marquette Mall location*



Or Current Resident



Happy Anniversary

Lloyd & Pennie Lombard on their 64th on July 1
Rick & Tia Miscik on their 17th on July 1
Forrest & Jan Edwards on their 17th on July 3
David & Nancy Squires on their 43rd on July 3
Dennis & Jeanne Guzman on their 38th on July 4
Karlton & Vangie Kuhn on their 62nd on July 4
John & Becky Tiedeman on their 50th on July 5
Robert & Patricia Carstens on their 40th on July 7
Larry & Jane Ferris on their 18th on July 7
Stephen & Loretta Bannwart on their 49th on July 10
Dan & Catherine Burcham 54th on July 10
Dwayne & Cathy Shaffer on their 54th on July 10
Earl & Sue Henderson on their 73rd on July 12
Mark Cichoracki & Tara Miller on their 12th on July 13
Jack & Nora Akins on their 46th on July 14
Ken & Debbie Bye on their 23rd on July 14
Frank & Ree Labaj on their 48th on July 15
Joe & Kim Haynes on their 48th on July 16
Arthur & Ann Ruhe on their 48th on July 16
Richard & Susan Brooks on their 60th on July 17
Harold (Matt) & Karen Norman on their 21st on July 17
John & Kim BaRoss on their 44th on July 18
James & Lauren Arnold on their 33rd on July 18
Jim & Chris Coburn on their 51st on July 20
Douglas & Linda Wickstrom on their 51st on July 20
Douglas & Cathy Laughlin on their 12th on July 20



Jerry & Barbara Bailey on their 66th on July 21
David Phelps & Leslie McLean on their 17th on July 24
Joseph & Lori Cole on their July 25th anniversary
Robert & Linda Eisenberg on their July 25th anniversary
Daniel & Donna Simon on their 61st on July 25
Jim & Susan Fabian on their 57th on July 27
Ronald & Anna Foldenauer on their 58th on July 29
Thomas & Jeanne (Rowan) Hickey on their 30th on July 29
Jim & Cheryl Chapman on their 56th on July 30
Tom & Holly Welk on their 47th on July 30
Thomas & Darlene Nelson on their 25th On July 30
Robert & Linda Zeidler on their 49th on July 31

Get Well Soon

Mary Lou McFadden, Karen Miller and anyone
else feeling a bit under the weather.



In Sympathy...

We wish to extend sympathy to:
Sandy Phillips on the loss of her daughter Missy Bennett;
Karen Henrich on the loss of her sister-in-law Joyce Dean; Eloise
Ponder on the loss of her husband Charles Ponder; Carol Teshima
on the loss of her husband John Teshima; Jeanne Tieken on the
loss of her husband Al Tieken; Jerry Timbrook on the loss of his
wife Mary Lou Timbrook; and to the family of Albert Allison and
anyone grieving the loss of a loved one.