

# THE OFFICIAL "VOICE OF THE '76 TORNADOES"

NEWSLETTER OF ORANGE HIGH SCHOOL ALUMNI

April 2007  
Volume 1, Issue 3

Created by the Newsletter Committee of OHS '76 Alumni

## Health Alert! Go See the Doctor!



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### Newsletter Committee

Carl Coleman (Oct 2006 Editor)  
Stanley A. Dabney II (April 2007 Editor)  
Graphics/Design)  
Kim Simpkins (copy reviewer)  
Tia Waller (July 2007 Editor)  
Cyndie Webster (Jan 2007 Editor)

Hello my fellow Tornadoes, I hope to bring to you enlightenment and reeducate or merely to point out to everyone aspects to consider about their health. As we approach the prime of our lives we must remember that we need maintenance like any well engineered machine. Let's look at it as preventative maintenance. I would like to bring to you, tips and aids to prolong the aging process. However, remember to sustain longevity, one must obtain what I call "The Inner Triad." That is to maintain the equilibrium of spiritual, physical, and mental strengths. Once obtained, all of your desires are accomplishable. Since this is the first of many to come, let's revisit the check ups we should have completed.

Men and Women, although we tend to think we are invincible we must keep abreast of the following:

**Eye exam:** If your vision doesn't require correction and you are under age 50, an eye exam every three to five years will suffice. If you wear corrective lenses or are over 50, you should have eye exams every two years or so. Men with diabetes, high blood pressure, or a family history of vision problems should be examined at least once a year. During eye exams, your doctor will check for glaucoma (increased pressure in the eye that leads to vision loss), macular degeneration (deterioration of the retina), and cataracts (clouding of the eye lens).

**Dental exam:** At least once a year, your dentist should check the health of your teeth, gums, tongue, and mouth, and check for oral cancer. Smokers and tobacco chewers may need more frequent visits.

**Blood pressure measurement:** An inflatable cuff wrapped around your arm can detect high blood pressure,

hopefully long before linked complications, such as heart attack and stroke, ever occur. Before age 50, your blood pressure should be taken every two to five years. At age 50 and older, it should be tested annually. If you have a family history of high blood pressure, heart or kidney disease, or stroke, or you have diabetes or are overweight, you should be tested annually.

**Cholesterol test:** A blood test that measures cholesterol, including LDL ("bad" cholesterol) and HDL ("good" cholesterol), can help to evaluate your risk for coronary heart disease. Beginning at age 20, you should be tested every five years -- assuming that your results are within desirable ranges (readings between 80/50 and 130/85 are considered normal, in general). If your cholesterol level is above these ranges or you have a family history of coronary heart disease, you should consult with your physician about testing more frequently.

**Colon exam:** Doctors use a variety of tests to detect growth (polyps) or cancerous lesions inside the colon. They most commonly use a flexible sigmoidoscope or colon X-ray, and screening typically begins at age 50. If results are normal, further exams are generally recommended every three to five years. If you have a family history of polyps, colon cancer, or ulcerative colitis, you may need more frequent screenings. In some cases, a more invasive and pricier test called a colonoscopy may be required.

**Prostate exam (men):** The common digital rectal exam (DRE) is a direct examination of your prostate gland to check for unusual growth or

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"SO HARD TO BE A  
 TORNADE!"

Year Book Memories

MOST STUDIOUS  
 Donna Lanier, King Lee



MOST LIKELY TO SUCCEED  
 Darlane Clements, Michael Stade



Congratulations!

**Winner's Circle II**

**OUTSTANDING STAFF CONTRIBUTION**  
**TIA JOHNSON-WALLER**

PRESENTATION: AL SARNESE; PRESIDENT, SOUTH CENTRAL BUSINESS UNIT

Our people in staff positions often "work in the shadow" of line Supervisors or Managers who get most of the credit, but it is often the staff work that helps our line managers to be successful. Nothing could be closer to the truth in the case of this Outstanding Staff Contributor. She is truly the "go to gal" for our Southeast Business Unit. She is acknowledged, company-wide, as an expert in our payroll, billing and reporting systems with the ability to identify and solve problems that "drive the rest of us nuts." But beyond simply understanding the systems, she is highly skilled in analyzing operational and financial problems confronting the branch office and getting us pointed in the right direction. She is equally comfortable in identifying the source of a payroll mistake as in discussing service solutions with a major client. In the words of Mike Lenhart, who she assisted in his interim responsibilities on the West Coast this year, "she possesses the strongest technical competence regarding the fiscal administrative system of the corporation that I have witnessed during my 11 year association with U.S. Security Associates. Frankly, my temporary mission in California was a huge challenge that never would've been accomplished without her very special and professional assistance."

But beyond all the technical competence, is perhaps her most important quality, that is a "can-do" "never say no" attitude. In addition to completing her own responsibilities, during the last year she accepted last-minute requests to assist branch offices, literally spending weeks away from her home and family, to help bring three offices and two recent acquisitions up to speed in a relatively short period of time. Her work in California to assist Mike Lenhart, was just another example of her responsiveness and dedication.

On the personal side, our Outstanding Staff Contributor is married to Kenneth, has two children, Bruce 30 and Dante 28, and one grandchild, Mia, 17 months old. In her spare time (although there can't be much of that) she enjoys reading, traveling, decorating and gardening.

Congrats are in order for Tia Johnson-Waller (Stizza). In March she was presented an award for outstanding dedication and contribution by a staff member from her employer. This is a singular award "Outstanding Staff Contribution" is given annually by US Security Associates - the nation's second largest US owned physical security company which employs about 24,000 people nationwide. Her efforts have not gone unnoticed by her peers or her former classmates. Way to go Tia !



Happy Birthday!!!!

March

- Cyndie Webster - 7<sup>th</sup>
- Helena Rogers Lowther - 9<sup>th</sup>
- Ronald (Sid) Cook - 13<sup>th</sup>



May

- Cynthia Wylie (Kelly) - 21<sup>st</sup>
- Marty Blackwell - 28<sup>th</sup>

Please send your Birthday information to the following email address [voicetornado76@yahoo.com](mailto:voicetornado76@yahoo.com) .

April

- Evelyn Barrios -15
- Grantley Bailey - 21<sup>st</sup>

Thanks for your response!

On behalf of Carl Coleman, we would like to thank all that responded to the future participation and formation of the scholarship committee. We have the great 8 to begin the Committee:

- Cyndie Webster
- Terese Boswell Pierce
- Davette Jackson Goode
- Kim Simpkins Jones



- Stanley A. Dabney II
- Linda Baskerville Lewis
- Lisa Taylor
- Carl Coleman

It will be a milestone for us to contribute to the opportunities of our youth and their future. Keep tuned for further details.

Bon Appetit



Who's who?



Answer on page 8

Thanks to June Morgan (McRae), she will be keeping your palette watering with scrumptious recipes with future issues. Thanks June!



Spring Greens and Roasted Chicken

6 main-dish servings

Start to finish: 20 minutes

Ingredients

- 1 2-1/4-pound purchased roasted chicken, chilled
- 1 5-ounce package mixed spring greens (about 8 cups)
- 2 cups fresh sliced strawberries, or blueberries
- 4 ounces Gorgonzola or blue cheese, crumbled (1 cup)
- 1/2 cup honey-roasted cashews or peanuts
- 1 lemon, halved
- 3 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Directions

1. Remove and discard skin from chicken. Pull meat from bones, discarding bones. Shred meat (you should have about 3-1/2 cups).
2. Place greens on a platter. Top with chicken, strawberries, cheese and nuts. Drizzle with juice from lemon and oil; sprinkle with salt and pepper. Makes 6 main-dish servings

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## Health Alert

*Go See the Doctor!*

tumors. The prostate specific antigen (PSA) test measures the amount of a protein secreted in the blood. Higher-than-normal levels can also indicate cancer. While there is no official consensus, you should begin annual testing at age 40. If you are of African descent or have a family history of prostate cancer, it's a good idea to begin screenings earlier.

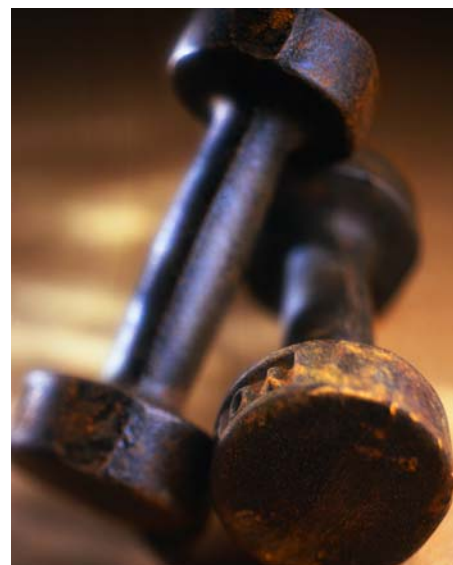
**Testicular exam (men):** Doctors suggest monthly self-exams of your testicles for unusual changes or growths. However, these can't substitute for a doctor's examination. Testicular cancer, the most common malignancy among American men between the ages of 15 and 35, is usually curable, especially when detected early. Men between the ages of 15 and 35 should have a testicular exam at every physical examination, at least every two or three years. Doctors may not automatically perform this test, so you should request this exam or other tests listed here if they are not offered during a physical.

**Mammogram exam (women):** Experts have different recommendations for how often you should have a mammogram. For women older than age 50, regular mammograms (every 1 to 2 years) are recommended. For women between the ages of 40 and 50, the benefits of mammogram are not as clear. Talk with your health professional to determine when to start and how often to have a mammogram. Some organizations recommend mammograms every 1 to 2 years while others recommend mammograms every year. Most organizations recommend that women have their first mammogram at age 40. Your health professional may recommend testing more often if you have risk factors for breast cancer. Any woman with a personal or family history of breast cancer is recommended to have yearly mammograms.

**Ovarian exam (women):** There are no

reliable screening tests for ovarian cancer. Ovarian cancer is confirmed and staged by biopsies that are taken during laparotomy surgery. Some initial exams and tests are done before surgery if ovarian cancer is suspected. These tests include: Your medical history to check what symptoms you have and what your chance of developing ovarian cancer is. A physical exam, including a pelvic exam and Pap test. An ovarian lump may be felt during a pelvic exam. A bimanual rectovaginal exam may also be done to feel the pelvic organs. A complete blood count (CBC) to check for anemia and other abnormal blood values. A chemistry screen to check for liver and kidney problems. A human chorionic gonadotropin (hCG) level may be done to rule out pregnancy or an ectopic pregnancy. A cancer antigen 125 (CA-125) level to measure a protein found on the surface of many ovarian cancer cells. A pelvic and transvaginal ultrasound to look for an ovarian lump. Additional tests may be done before surgery to determine if other areas of the body are involved. These tests include: A pelvic or abdominal CT scan or MRI to check for the spread of cancer. A chest X-ray to check for the spread of cancer.

**Pap smear exam (women):** It is important to have your first Pap test within 3 years of starting to have sex or by age 21. You may be able to stop having regular Pap tests after you are 65 to 70 years of age, if you have had 3 normal Pap tests in a row, and you do not have a high risk of cervical cancer. Women who do not have a uterus may not need a Pap test if the uterus was not removed because of cervical dysplasia or cervical cancer. You may need more frequent Pap tests if you have more than one sex partner or have had an abnormal Pap test in the past. Talk with your health professional about how often you should have Pap test. These are the basics for maintaining good



<http://www.menshealth.com> and  
(women)  
<http://www.womenshealth.about.com>. Let's make sure that we have accomplished all of the aforementioned before we continue to add to our repertoire of life. I will be back next issue with some dieting or as I describe it as eating clean tips. "Keep the power in the storm, Tornadoes Forever."

Stanley A. Dabney II



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*Vacation in Orlando*

A few of us got together in March, and had a wonderful mini-vacation in Orlando, Florida! What a great idea it was when Artie decided that we rent a vacation home so that we would all be together. The vacation home was beautiful, with 6 bedrooms/4 baths to accommodate us. We had a screened in pool and Jacuzzi too!



Artie has proven to all of us that he is a 'closet' chef!!!! And now his secret is exposed! He cooked gourmet meals for us the entire weekend, even breakfast!!!! He made all those baked treats showing in the picture below, while we were asleep the night before... and the brownies were 'to die for'!!!! So were the cookies and apple cobbler for that matter! 😊



*Disney World,*

*Where Dreams Come True!*



Artie, Cyndie & niece - Jade, Quentin/Terese & son - Tion, Davette/Richard & daughter - Kiera, and Cyndie's youngest sister Carla and kids (Kyhan & Starr) converged on Orlando. Those of us flying from NJ just missed that big snow storm that hit NJ the day after we left.



We were joined by some of the old gang from Orange who now live in Orlando... Penny Folsom Dabney and her daughter Mariel and their newest addition to the family, Kamryn! Also, Evelyn Barrios and Nettie Barrios Jackson joined us. We truly enjoyed ourselves!!!!



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## Understanding your Finances

### Personal Financial Planning Top things to know

#### 1. Narrow your objectives.

You probably won't be able to achieve every financial goal you've ever dreamed of. So identify your goals clearly and why they matter to you, and decide which are most important. By concentrating your efforts, you have a better chance of achieving what matters most.

#### 2. Focus first on the goals that matter.

To accomplish primary goals, you will often need to put desirable but less important ones on the back burner.

#### 3. Be prepared for conflicts.

Even worthy goals often conflict with one another. When faced with such a conflict, you should ask yourself questions like: Will one of the conflicting goals benefit more people than the other? Which goal will cause the greater harm if it is deferred?

#### 4. Put time on your side.

The most important ally you have in reaching your goals is time. Money stashed in interest-earning savings accounts or invested in stocks and bonds grows and compounds. The more time you have, the more chance you have of success. Your age is a big factor -- younger people (who have more time to build their nest egg) can invest differently than older ones.

#### 5. Choose carefully.

In drawing up your list of goals, you should look for things that will help you feel financially secure, happy or fulfilled. Some of the items that wind up on such lists include building an emergency fund, getting out of debt, and paying kids' tuitions. Once you have your list together, you need to rank the items in order of importance

#### 6. Include family members.

If you have a spouse or significant other, make sure that person is part of the goal-setting process. Children, too, should have some say in goals that affect them.

#### 7. Start now.

The longer you wait to identify and begin working toward your goals, the more difficulty you'll have reaching them.

#### 8. Sweat the big stuff.

Once you have prioritized your list of goals, keep your spending on course. Whenever you make a large payment for anything ask yourself: "Is this taking me nearer to my primary goals -- or leading me further away from them?" If a big expense doesn't get you closer to your goals, try to defer or reduce it.

#### 9. Don't sweat the small stuff.

Although this lesson encourages you to focus on big-ticket, long-range plans, most of life is lived in the here-and-now and most of what you spend will continue to be for daily expenses - including many that are

### Identifying goals

*You probably won't achieve every financial goal. But you can go farther than you think.*

What are your top three financial objectives?

Most people, when asked that question, answer with general goals, such as achieving financial security.

The fact is, many of us haven't thought much about which financial objectives really matter most. Instead, we muddle through our financial lives, spending to meet the day-to-day expenses that dominate our attention.


That approach risks leaving your most important objectives unfulfilled.

That's what this lesson is all about: helping you identify the financial goals that matter most to you and making sure they happen.

That's not as easy as it sounds, since financial goals continually collide with one another. Paying for a child's braces may rob money that would otherwise go into his college fund, for example. And saving effectively for your kids' college can wipe out any hope of putting aside adequate money for your own retirement.

That's why to get what you want most you must 1) decide which goals will take priority and 2) work toward



the lesser goal  s only after the really important ones are well provided for.

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## Finance Continued

Fortunately, you have at least one ally in meeting your long-range goals: time. That's an advantage because of the power of compounding - the fact that even a small amount of money can earn interest, and that each year that interest gets applied to a growing sum of money.

Suppose, for example, you put aside only the cost of a single candy bar - about 65 cents - each day. Invested in a tax-deferred account paying 5 percent a year compounded monthly, that string of savings would grow to \$3,073 in just 10 years and to \$16,470 in 30 years. For other examples of the way that money can grow over time, try [CNNMoney.com's Savings Calculator](http://CNNMoney.com). To put the power of compounding on your side, you have to start early. Suppose there are two siblings who both invest in Individual Retirement Accounts earning 8 percent a year. The sister starts at age 20, and for the next 10 years she stuffs \$3,000 a year into her IRA. At age 30, though, she stops and never adds another penny. Her brother waits until age 30 to get started, but then dutifully salts away \$3,000 a year for the rest of his life. Which sibling do you think will be better off? In this case, the early bird will always be ahead. The sister reaches age 65 with over \$642,000, while her brother will have a little under \$518,000 - about 20 percent less. Of course, it's far better, to start early AND keep it up. If both siblings started saving \$3,000 a year in an IRA at 20, and kept it up until retirement, each would end up with nearly \$1.2 million. The point is that to put time on your side, you need to decide early which of the many possible financial goals are really worth pursuing -- and start working toward them.

To get started, make a list of all the things that you'd need to feel secure, happy or fulfilled. These can range from the weighty (getting out of debt) to the luxurious (a Lamborghini). You don't need to prioritize them yet.

But you should try to put down all of the money-related things that will really get your motor started. And if you have a spouse or significant other, do this exercise together! Here are some common goals you may want to consider:

- Accumulating enough savings to handle an emergency situation
- Buying a house
- Getting out of debt -- and staying out
- Ensuring that your parents are comfortable and well taken care of in their old age
- Paying for your children's college education
- Amassing enough wealth to retire comfortably

Once you have your list in hand, push on to the next section where you'll determine which of these goals are most important to you.

Tia....



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*Class Meeting*



We would like to get together in the near future to have a class meeting to organize various activities and committees. Please provide feedback of your thoughts or interests to [voicetornado76@yahoo.com](mailto:voicetornado76@yahoo.com) by May 15, 2007.

**"SO HARD TO BE A TORNADO!"**

**Poem from our '76 Peal**

By

Regina Rennick

**Step into... Our World**

Our World...

A world of triumphs and defeats  
A world of mistakes, and learning from  
our mistakes  
A world of pain, and being made  
stronger as a result of our pain

Our World...

A world of teen-age accomplishments,  
and adult challenges  
A world of frustrations and anxieties,  
and also---  
A world of love and fulfillments

A world of learning to cope with and  
understanding ourselves;  
So as to better cope with and  
understand other people.  
A world of growth and development.

OUR WORLD  
OUR LIFE  
OUR BEING

**Answers to Who's Who!**



Evelyn Barrios



Mike Slade



Karen (Penny) Folsom



Quentin Pierce



Laura Joseph



Harold Griffin

**In Closing.....**

Our next issue will be published in July by Tia Johnson-Waller (Stizza). Please submit anything you'd like to contribute to our new email address at [voicetornado76@yahoo.com](mailto:voicetornado76@yahoo.com) by June 30, 2007.