

Alumni News

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Quarterly Newsletter

January 2016

Highlands Alumni Association (HAA)
The only certified non-profit HAA organization

PREZ'S PONDERINGS

Kristine Kouw Mann ('65)

Hope everyone had a very Happy Holiday season.

It's a new year filled with hopes and dreams, peace and love. It is a time of change, of learning, and of tolerance. And it is an election year. I hope that this year is a positive one, at least in starting out: that we do not have a beginning of the New Year like the ending of the last year.

Since that last "Prez's Ponderings," the world has been turned upside down. Paris, San Bernardino: bad things have been happening. Why is it during the Holidays? A time for family and friends, for fun and rejoicing. I just don't get it. This is not the world I grew up in, nor do I want it to be the world my grandkids grow up in. Okay, now off the old soap box.

Just an update from the last "Prez's Ponderings." The ol' knees would not let me roller skate, but I did play jacks on the front porch of the home I grew up in. Here is a quote from Clint Eastwood on how he stays young: "I don't let the 'Old Man' in." This has been my mantra for almost a year: "Don't let the 'Old Woman' in." So I will try the skates, but until then, it is jacks on the front porch and not letting "her" in.

Come join us. Be a part of the Highlands Alumni Association. Go Scots!

Legacy Room News

1. The Legacy Room would like to have – if possible – the following yearbooks for its collection: 1959, 1974, 1976, 1978, 1983, 1984, 1989, 1996, 1997, 1998, 1999, 2000, 2001, 2001, 2004, and 2006 through 2015. If you would know how the museum can obtain any of the books, then please notify Diana DeCaires ('59) or Mary Anderson ('67).

2. Alumni t-shirts and sweatshirts can be purchased at the Museum. Because there is little or no cash in the Legacy Room, we recommend that you bring exact change or write a check made out to “Highlands Alumni Association.”
3. Work has started on making display space available to those classes having reunions this year. If your class is planning a reunion and want to display memorabilia from your high schools years, then notify Mary Anderson at marya195821@gmail.com.
4. We need a computer and someone who is familiar with organizing data. If you know of a former Scot who can fit the bill, please notify us.

DATES TO NOTE ON YOUR CALENDAR

Please note that all meetings of the Alumni Board are held at the SAFE Credit Union on Watt Avenue, south of Roseville Road. They start at 11 a.m.

Saturday, March 12	Alumni Board Meeting
Thursday, April 14, 6 p.m.	Twin Rivers Festival of the Arts, McClellan Conference Center 5411 Luce Avenue, McClellan Park
Wednesday, May 11	Golf Tournament, Turkey Creek GC, Lincoln
Saturday, May 14	Alumni Board Meeting
Monday, May 30	Memorial Day Parade
Thursday, June 9	Last Day of School at Highlands
Saturday, July 9	Alumni Board Meeting
Saturday, September 10	Alumni Board Meeting
Saturday, November 12	Alumni Board Meeting
Friday, December 9	Alumni Holiday Party at VFW Hall, Antelope

By the way, if you want to attend any events at Highlands, go to <http://haad-trusd-ca.schoolloop.com> to learn what's happening any day or week. Maybe a basketball game or a choir performance would interest you or your kids or your grandkids. Check it out!

HOMECOMING 2015

Where were you on Friday, October 9? I don't know about you, but about 35 of us alumni attended Homecoming. The classes of 1960 (the night before their reunion) and 1980 were well represented. Best of all, Highlands won the football game.

What about Homecoming 2016? No date has been selected (won't know until summer), but if 2016 is a reunion year for your class, maybe you and your classmates can attend the Homecoming game as a group. Attending the game is a great opportunity to meet some of today's students, who would enjoy meeting you. Meeting us alumni is a real treat for so many of them.



Two '59ers (Diana DeCaires Lansdon and Ruth Beavers Welsh) with the Highlands mascot.

Picture provided by Rodney Carson.



Members of the class of 1980 gather for a picture during halftime. Recognize anyone?

Picture provided by Rodney Carson.

GREAT FOOTBALL NEWS

Congratulations to Highlands! Five players were selected for the California Classic All-Star Football Game, to be played in Los Angeles, Sunday, January 17, 2016. They are part of the California Interscholastic Federation's Sac-Joaquin team.



Photo from the Twin Rivers Unified School District, posted on Facebook.

Pictured, from left to right: Vice Principal Nick Seiler, Anthony Vang, Avery Hall Hinton, Coach Matt Cokley, Isaiah Tenette, Jamari Bright, and Principal Darryl Hawthorne. Not pictured: player Kentrell Turner.

2015 HOLIDAY PARTY

You missed a great party! That's the consensus of those who attended the annual Holiday get-together, held on Saturday night, December 5, at the Elks Lodge in Carmichael.

Great food. A buffet of turkey and the trimmings, and pie and ice cream for dessert. Dee-Jays extraordinaire Phil Olson and Tom Bastion provided the music. Dancing the night away by many. And Santa Claus dropping by before dinner was served. (He didn't stay for dinner.)

Raffle prizes, which included specialty coffee and fine wines, were won by deserving alumni and their guests. The Scholarship Fund was the big winner: about \$780 was collected. A great way to end 2015.



Saw Diana DeCaires Lansdon
chatting with Santa Claus.

(Photo by Mike Denson)



DJ Phil Olsen spinning the CDs
next to event chair Jim Warrick.

(Photo by Mike Denson)

ALUMNI GATHERINGS

Do you want to meet with your fellow classmates throughout the year? Here are the times when you can do so:

First Saturday – The classes of '59 to '69 meet at Lou's Drive-In, on Watt Avenue, north of Don Julio Boulevard, from 11 a.m. until about 2 p.m.

Third Friday – The classes of '59 to '69 meet for lunch at Mimi's on Alta-Arden, between Howe and Ethan, at 11:30 a.m.

Last Saturday – '70s folks meet at Lou's, from 11 a.m. until about 2 p.m.

Note from Loreene Shepard, Class of 1967. Whenever you go to Lou's, remember that you can park anywhere but in the front lot. Lou's has only 8 parking spaces, which are needed for their other customers. Lou's is requesting that those attending the monthly gatherings park either in back of Lou's or next door, to the west or southwest of the pancake restaurant. Lou's is also requesting that we do not park along the chain-link fence. Anyone who does risks being ticketed. Notify Loreene if you have any questions or concerns.

Are there any other groups meeting regularly? If so, then notify Mary Anderson at marya195821@gmail.com.

Notes from Recent Alumni Meetings

The Alumni Association will purchase a yearbook every year for the Alumni Museum.

Diana DeCaires Lansdon and Mary Anderson attended the Holiday Concert that the Highlands' choir performed in the Little Theater. They enjoyed the concert, and they both are happy that music is being resurrected at our Alma Mater. Alumni will be notified when the next concert is scheduled.

A note from Board member Mary Anderson: My term on the School Site Council ends on June 30, 2016. It is a 2-year term. June 30 will, at my own choosing, be the last day that I will serve as the Alumni's liaison to Highlands itself. I encourage everyone who lives in the Sacramento area to consider being the liaison. I so enjoyed meeting the staff and the students, and I have come to appreciate the hard work a lot of the parents are doing to get their children a good education. Those of you who have offspring (children or grandchildren, nieces or nephews) attending Highlands may want to consider serving in this position, for you may be more familiar with the struggles faced by students and teachers and administrators and other parents in today's world. Think about it.

Reunion News

Class of 1976 – September 24, 2016.

Future Reunions

If you are a member of the class of 1961, 1966, 1971, 1976, 1981, 1986, 1991, 1996, 2001, 2006, or 2011 – then 2016 is your reunion year. You can have your reunion news posted on the Alumni website at www.highlandshighalumni.com or you can send the information to me at marya195821@gmail.com. The Alumni Association wants for you to know a successful reunion, and we can help you with the publicity.

Class of 1960 – 55 Years by Jeanette Null Laprezioso

We of the Highlands High class of 1960 recently celebrated our 55-year reunion. We met at the Lions Gate Hotel in McClellan Park. This was the first time many of us grads had seen the new look of what used to be McClellan AFB. There were over 80 guests, and all seemed to enjoy the event. We began with a social hour, when guests could visit, and we also checked out elementary school photos and other memorabilia. A memorial table held pictures of our “Forever Scots,” those who have passed away.

As alumni entered, each person or couple was photographed. We also had a group photo. At the end of the evening, thanks to Linda Davis’s daughters Larissa Miller-Lerch and Rosehannah Hewitt, each person was presented with an individual picture and a copy of the group photo. Steve McCurdy and his son Jonathan had gathered together CDs from past years, and they showed those on a screen.

After dinner, we introduced three of our teachers: Phyllis Godsey-Franklin, Georgia Larson, and Don McKenzie. We then congratulated 10 couples who have been married for 50 or more years, then recognized those with 40 or more years together, just about the same number.

Mrs. Larson toasted the group, concluding with a group singing of Auld Lang Syne. We then sang “All Hail,” our school song.

At this point, dancing and more visiting took place. We were lucky enough to have Phil Olson ('65) and Diane Aspensen Olson ('67) perform DJ duties. Phil is always very flexible and plays what our group likes to hear. A number of classmates visited the Legacy Room at Highlands the day before and recommended that the rest of the group find time to view the displays. Some had attended the Homecoming game and were treated to a Highlands win.

All in all, we think that everyone enjoyed the reunion.



Class of 1960's 55-year Reunion.
Photo provided by Jeanette Null Laprezioso.

HAPPEN MIRACLES DO

By Rick Moysh ('66)

It is truly a wonderful time of year. We love Christmas and the feeling in the air: the giving, sharing, love, and spirit of the season. It is a time for miracles. It is a time of year that brings people closer to each other. We are so grateful.

We would like to give you an update of our past year and half. It has been such an overwhelming experience.

This journey started when I fell at a gas station in Smithfield and hurt my shoulder and back. I tried all sorts of things to heal from that and nothing was working. That led from one doctor to another. From there, I was diagnosed as 96% of my bone marrow being cancerous. It has been a whirlwind of good, bad, and ugly. I began chemo in June/July of 2014, with minimal side effects. In October/November, I underwent a bone marrow transplant that brought me close to death. On January 28, 2015, I was declared cancer free. Even typing that brings such reverence. We are so grateful.

During the process of the transplant, my immune system was eliminated. It is still slowly building back up, but I can still feel side effects from that. With my first cold came an awful battle with pneumonia and then another near-death struggle with C-diff. Through that process, I lost more weight than battling the cancer. I am now

down to 153 pounds. I now am able to deal with the other effects of the fall that happened: 4 stress fractures to my spine and a torn right rotator cuff. It is difficult to explain to someone just how hard it has been to get to the point that I am at today. The pain has been unbearable at times. The absolute through this whole thing has been the saving grace of my wife, Janet. She is my angel, and I would not be here today without her love and service.

Seems strange, but I am so grateful for what happened. It has brought me closer to Janet, my children, and grandchildren. Do miracles happen? Absolutely!

I believe that I have the greatest family on earth! I was born of goodly parents and so was Janet. We strive to be the goodly parents that our children can be proud of. We learned from our parents the importance of family and want to pass on that example.

May you all have a Happy New Year!

Let Us Remember

These are the Scots who passed away between October 1 and December 31, 2015, or whose passings we have recently learned:

- | | |
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| 1959 - Roger (Mickey) O'Brien
(Memorial being planned for
May; will provide update.) | 1961 - George Machado,
R. Metzger,
Tom Murphy |
| 1964 - Wayne Belmore (Block H for
track and football) | 1965 - Preston Loper |
| 1968 - Paul Higdon,
Joanne Hukill | 1969 - Michael Beck |
| 1970 - Dolores Lyons,
Leonard Marques | 1972 - John Aguiar |
| 1973 - Edward Lewis | 1976 - John Lee Belts |
| 1977 - Gene Green | 1981 - Lonette Betts |
| 1984 - Terry Skinkle | |

Inform me if anyone's name is missing from the above list.

If you hear of the passing of any Highlands alumni, any Highlands teacher or administrator, or any Highlands support staff (e.g., custodians, cooks, clerical support), then notify me (Mary Anderson) at marya195821@gmail.com. We ask that you identify the source of your information, such as a newspaper death notice, a family notice, or a notice posted by the funeral home.

You are welcome to honor someone who meant something to you with a paragraph or two. That will mean a lot to the person's family, friends, and classmates.

Items for Newsletter

If you want to submit an item for *Alumni News*, you are welcome to do so. Opening a new business? Let us know so that we can check it out. Overseeing important charity work? Maybe some of your fellow Scots can contribute. Named "Employee of the Year"? A recent graduate may be inspired by your accomplishment. Whatever it is, notify your fellow alumni so that we may partake in your joy. News articles needed by Thursday, March 31. You are welcome to submit photos with your articles.