

# AHS Class of 63

## March - April

### 2019 Newsletter

#### *Calling Down Birds Edition*

*March at the Outpost.* Snow still coming down but we are still thrilled. Srsly \*as they say in coolkidspeak\* we can call down spring any time we want ... 'just as easy as an expert birder calls down birds. We are confident some of you birders out there have done that. Yes? We're not talking about duck hunters—no no...they use some kind of gawdawful sounding kazoothinger. Nope. Calling down birds is something you can do with just your own self. Here, try it: put your finger on your lips and suck \*we'll wait while you get done with being silly over 'finger' and 'lips' and 'suck' coming too fast at your inner teenager\* ... *voila!* you shrieked just exactly like a huffy little wren setting off a bird alarm. It's what they do. It's their job. The tiniest birds in the forest can pack the mother of all decibels: "SNAKE HERE!" "YIKES! HAWK!" Heckuva racket. No bird in the area can resist coming down to see what's up. And then they all pitch in squawkin' and shriekin' until whatever varmint it was that threatened everybody's serenity moves on. And good riddance to 'ya. \*Chippy-shriek-squawk-Nyaaaa\* 'Makes for great birdwatching theater. So if you can pitch a fit and shriek like a fussy wren, you're in for a treat—even a fake alarm brings out all the featherbrains for miles around because they don't know the diff, so here they all come just a-flyin'. \*We will resist bringing up Person 1's tweets as an allegorical sidebar. Oh. Just did.\* Neat trick, eh.



## SPEAKING OF TREES ...

*... a lame segue but it's all you're gonna get...we completely forgot about the lovely Christmas note from JoAnn Morris Matthews and, working the theory that it's always Christmas SOMEWHERE \*work it work it\* here is a flashback to the gathering at Christmas just past at the Waterloo clubhouse...and JoAnn's note, quite belatedly relayed:*

"Merry Christmas! We enjoyed a Christmas Happy Hour with many AHS graduates.

"It is a tribute to our class that we have enjoyed cooperation, coordination, and great networking efforts to remain bonded after so many years. For a HS class of 600+, that is an achievement!"

JoAnn 



Colleen & Allan Stark

Jimmy Raup, Nancy Williams,  
Shirley Z. Scott, (back of Mary

Frances  
Luedeke

Guerrero), Kelly (Marguerite)



Jimmy R, Steve Goodwin, Danny Kohler  
John Vinson, Jimmy Collier



Kathy Carr Hobbs, Nancy  
Taylor, Shirley Z Scott



Nancy T., Susan Roberts, J.R.(!), Marcy  
Howard, Mary Ann Miegs, Brenda Klein,  
Claudia M. & JoAnn Morris Matthews



Bill Campbell & PKM Kelly

# *ROOM 265: THEN AND NOW*

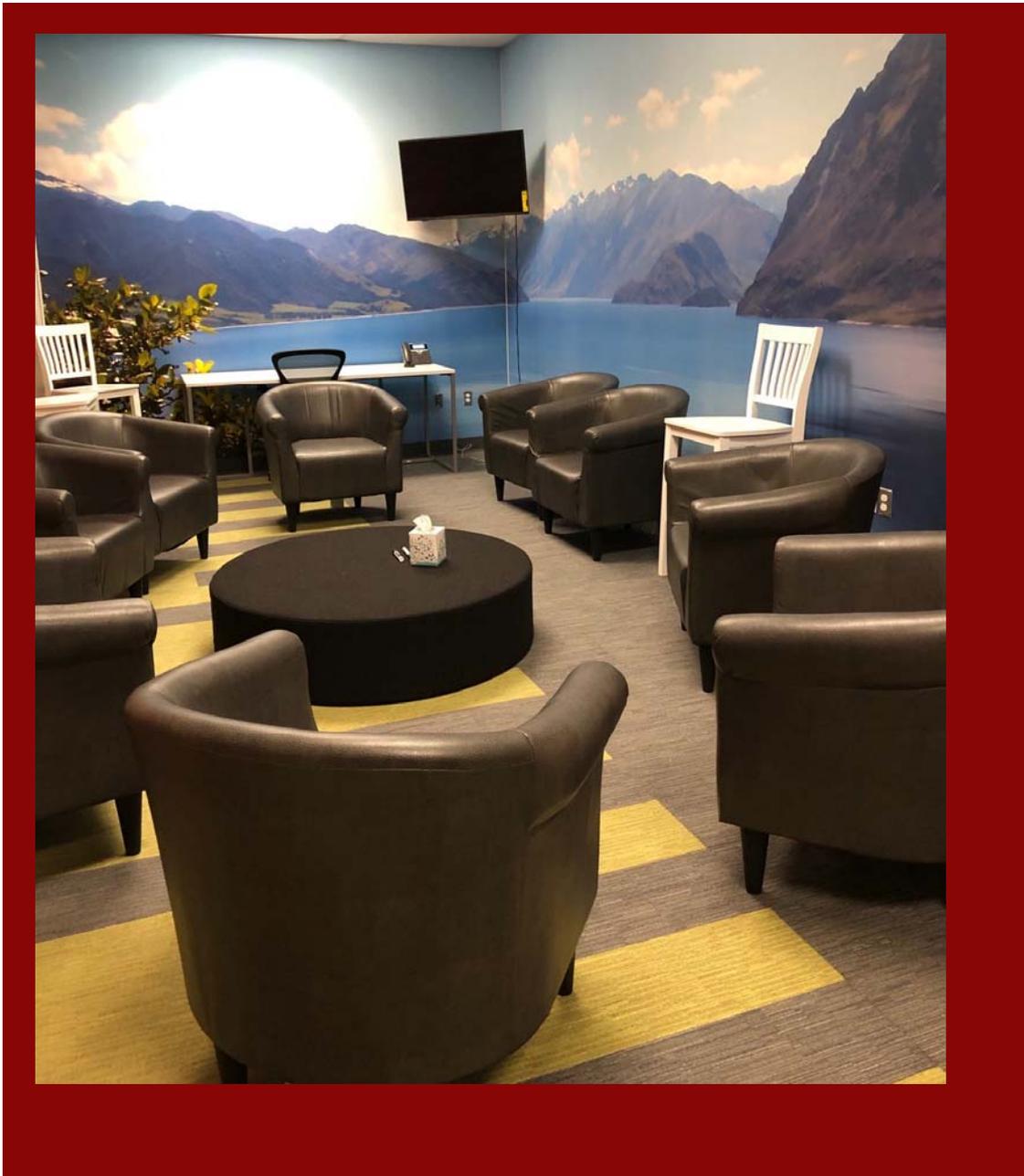
MAY 2018





MARCH 2019





The Class Legacy Project  
Renovating Room 265 -  
The AHS Crisis Counseling Center

Nothing could be more amazing than the change in how this

room looks and feels — it's the stuff of hard earned miracles...a few thousand dollars from the Class of 63 and hundreds of volunteer hours put in by PTSA Pres Elizabeth Kalbacher to make it come together. This class raised \$15,000 to make a difference in the lives of kids who need a place to talk and figure out a better path. A place that the Class of 63 wanted to have fixed up and made right, just for them. It's not just a room, it's a beautiful space that takes the edge off of talking about hard things. And there's food in the pantry for kids who missed breakfast, and money in the 55th Fund Maroon Bank when a counselor finds a need.

Here are some words from the crisis counselor Sherri Patton-Grubb to fill in more of the picture:

**What are the students saying?**

"It's really great! The first time I went in it had no life, now it feels so good to be in there."

"It feels like a space where I can talk."

**What do other counselors and community partner groups (social workers, therapists) say?**

"It's amazing!" (heard a lot)

"It is so energizing to have such a welcoming space—in so many schools I am in a closet, or have no regular spot at all."

## **Who comes to get help in this room?**

"A case study: David (not his real name) is a 16 year old sophomore. When he was a freshman he went to live with his father for the first time in his life. Prior to that he was living with his great aunt, due to his mother's substance abuse resulting in David's physical abuse and neglect. Although David is a bright and caring young man, who can be very endearing, he has a difficult time trusting authority figures, and often runs away from home and gets into fights.

"David participates in a weekly group (all boys) led by a therapist from Safe Alliance. In this group members learn to set safe boundaries and establish trusting relationships. These skills help David and his peers to be calmer in the classroom, and help them communicate more effectively with their teachers and classmates, which helps everyone's learning. These skills also help David to navigate challenging situations in which he previously engaged in "fight or flight," but which now keep him from being removed from his classroom.

David's early childhood experiences taught him that the world, including school, is an unsafe, unpredictable place in which he needed to be constantly on guard in order to protect himself. Individual therapy, and group therapy such as the Expect Respect group by Safe Alliance in AISD, is helping him learn that he can engage others in safe and nurturing relationships.

There are many Davids in all of our schools. Some studies suggest as many as 2 of every 5 students have experienced multiple adversities at home and at school.

## **What kinds of classes and groups meet here?**

Right now we have:

Grief and Loss group, for students who have experienced the death of a loved

one;

Safe Alliance Expect Respect Groups, 2 groups, 1 for young men and 1 for young women who have experienced dating abuse and/or domestic violence;

Peer to Peer Leadership Group which focuses on healthy relationships and decision making.

Beginning soon we will have a focused writing group for students with ADHD to help learn skills for focusing and getting started on projects.

We will also very soon have an afternoon program called Certified Peer Support, provided through a partnership between Integral Care and Via Hope, in which a college age mentor will be available to talk to students about their challenges and help connect them with the appropriate supports when necessary.

We also have 2 master's level Social Work interns from the UT School of Social Work who use the space between and around group times to see a small caseload of students for individual support.

**So that's what goes on in the "real world" of this room every day. It's a lot. And there are not enough words invented yet to thank Sherri Patton-Grubb, who is doing the work of creating a new beginning for every Maroon who walks in the door.**



*We are also in great debt to Sherri for emailing the ersatz queen/editor with answers to the hundred questions about how it all goes in Room 265. AND, if you hadn't made the connection, Sherri is Jean Doremus Grubb's daughter-in-law, so she's also part of the family of the Class of 63. How lucky can we get?*





01 Bonnie Montgomery Carol (46)

02 Sidney Brient Lock (46)

03 Mike Bown (45)

03 Carlton Edwards (45)

06 Menota Fields Edwards (45)

07 Cathy Foust Seddon

07 Harper Clark (45)

08 Allan Stark (45)

09 Malcolm Flournoy (45)

10 Judy Cleveland Huppert (45)

12 Scarlett O'Dell Reimer (45)

13 Phyllis Gerloff Guthrie (45)

24 Joe Alexander III (45)

29 Brenda Rogers Warner (45)

31 Sue Dodgen Vasser (45)



04 Jimmy Wilson (45)

04 Warren Webb (45)

12 Mike Butler (45)

16 Linda Holliday Boyd (45)

16 Becky Maufrais Leggett (45)

18 Camey Spaulding Stewart (45)

18 John Yeager (45)

18 Mary Ann Mellenbruch Meigs (45)

21 Kelly (Marguerite) Jarrell Luedeke (45)

23 Charlie Morton (45)

25 Shirley Zenkner Scott (45)

28 Chuck Newell (45)

30 Larry Burk (45)

*Didja have a birthday? Did we miss it? We don't just make it up, you hafta send it in. We like remembering your birthday, even if we post it a month behind we eventually get it all done, bless our heart. So help us out and do the right thing!*

*Just hit reply :)*



LOYAL  
FOREVER,  
Y' ALL.

