

On August 13, 2021, the remnants of the 1956 Pensacola High School (Florida) graduation class of 625 students met for a 65th Reunion luncheon at the Pensacola Yacht Club. Other events of this reunion included a ferry ride, picnic, viewing of the Blue Angels practice, breakfast, and evening of downtown gaiety. Cynthia, Betty, and other faithful members of the class are to be commended for their work in organizing this reunion. I was less known as I only attended this High School for my senior year transferring from Boca Ciega High School in St Petersburg, Florida. I did, however graduate tenth in this class. These were the days of black schools and white schools and where dragging the downtown main street on Fridays nights, and gathering at drive-in eating places, drive-in movies, and Sanders Beach, were the highlights of our school weeks. This was along with football games and focusing on studies to further our educations into colleges. I pursued my education at night at the local Junior College as I chose to marry and have four children within nine years, but then graduated from the University of Florida in 1967 with a five-year Bachelor of Mechanical Engineering degree. Others in the class gained higher accomplishments but I did get to see a good portion of the United States and parts of the world in my working career which still involves part-time employment.

Our class of 625 graduates fostered 308 living at 83-84 years of age, 313 who passed before us, and 4 who have not been located. Forty-three graduates attended the Reunion luncheon some with spouses or friends. Will we have a 70th Reunion? Only GOD and the Will of the 308 graduates will know that answer. But I personally hope so! In this August 21, 2021, Post on my Website "No Fear of Truth.org", I offer some suggestions for extending our longevity remembering that Gods Word says he gives us three-score and ten years but four-score by reason of strength (Psalms 90:10). But, but, but remember GOD also says 120 years is a (probable) longevity for mankind (Gen 6:3). Well, we say what is the use, the United States is in freefall with the rest of the World, the pandemic (COVID19 Flu) is rampant, inflation is increasing, lawlessness abounds, the Chinese are threatening, food shortages are materializing, colleges are teaching socialism, the Constitution and Bill of Rights are being compromised, and we being guardians of the World to promote Democracy, were run out of Viet Nam, Afghanistan, and Iraq with these Nations now teaching the United States of America socialism, communism, and authoritarianism. Who else but our generation and the next generation after us have the experience to guide the younger generations as to the difference between **GOOD** and **EVIL** - that is the main issue that I explore and discuss in my Website "No Fear of Truth.org"? If you fear or dismiss the idea of living to 88-89 years old, I remind you of the story in the Bible where Hezekiah in 2 Kings 20:1-6 had reached his end-of-life, but he appealed to God Who extended his life for 15 years as we each claim, "God is not finished with me yet" (GINFWMY). And Joshua at the age of 80 led the Israelites into the promised land of Israel. I offer you the following eight-point prescription to claiming your time of life – remember He created you at the time of the creation of the World and Universe, He made you from the womb of your mother, and He provided you with a destiny and time for your end-of-life. The only problem in that scenario is that you got in the way and allowed the World's ways to contaminate you.

But First and Foremost: If you proclaim Jesus as your Lord and Savior and are baptized three times – first when you were baptized as born again, second when you were baptized in water to shed off the old life and rise from the water into a new life, and third baptized in the Holy Spirit, you possess the opportunity of future longevity. Colossians 1:9-10 begins **our prayer** "*we have not ceased to pray for you and ask that you may be filled with the knowledge of His Will in all spiritual wisdom and understanding, so that you may walk in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the knowledge of God.*"

Second: Pray as prayer is available to anyone of us when we approach God's throne of Grace. Preparing ourselves for worship and thanksgiving is a part of this approach. Prayer does not have to be long and oratorical. The prayer of a child is sufficient for God to answer. The answer might be yes, no, or maybe. But remember prayer is from the heart and nothing to be done lightly. God has a plan and destiny for each of us that proclaim His Will and way for our lives. Remember also prayer can be anywhere and anytime, He is always available. You do not have to be in a church, chapel, or sanctuary but these places do offer distraction and quiet from what might be happening around us. But pray with fervency and action claiming your petition not in passiveness with just hopefulness.

Third: Family is a source of strength as you are responsible for their being and helped guide them to who and what they are. Reach out to them in **love** for their support and encouragement. 1 Corinthians 13 is known as the "Love Chapter" of the Bible, and it is addressed to us individually as to what God has made possible for each of us but states that '*with all of our abilities and we do not have love our gain is nothing*'. In verses 4-8 we see that **love** is patient, kind, not jealous, does not brag, is not arrogant, does not act unbecomingly, does not seek its own, is not provoked, does not account wrong, rejoices with truth, bears all things, hopes all things, endures all things, and most of all **love** never fails. In verse 13 '*we are to abide in faith, hope, and love but the greatest of these is love*'.

Fourth: A Positive Attitude is consistently required and best described about my wife Linda in our published book "Why No Fear". She maintained a **positive attitude** when given 2-3 years to live to beat all odds of age and medical prognosis to survive cancer for 13 years. She whupped the cancer with Gods promise three times "I will cure you" finally with an allogenic stem cell transplant only to have her end-of-life occur because of the collateral damage of chemotherapy with a fatal disease in her lungs. There were periods of time during pain and physical suffering when I as a man just plain wanted to or did cry and hold her tight to give her reassurances that all would be alright. With her **positive attitude** and Gods promise she beat the 2-3 years pink-slip death sentence.

Fifth: Healthcare is a major concern in our lives and has become even more of a concern at our age and with the World dealing with COVID-19 flue and now with its variants. It's not enough that our aged body has been beaten down from birth till now with every imaginable sickness and disease in our lifetime to now be faced with difficult decisions and doubts about the integrity of our Nations leadership and healthcare system. I choose not to voice my personal position on this crisis in this forum not being a doctor but do recommend reading the position of the Association of American Physicians and Surgeons (AAPS) aaps@aapsonline.org versus what I have read on the American Medical Association (AMA) website which is currently what guides most of the healthcare professionals. Also, a booklet "A Guide to Home-Based COVID Treatment – Step-by-Step Doctors Plan That Could Save Your Life" is available for downloading from the AAPS website that gives a fair exchange of information from experienced medical professionals. Being a person with hypertension as my underlying disease cause for concern, I follow information video's and articles produced by Peter A McCullough, MD, MPH, FACP, FACC, FCCP, FAHA, FNKF, FNLA, FCRSA Internist, Cardiologist, and Epidemiologist. And I invite you to read my Post of July 24, 2021, on my Website "No Fear of Truth.org" as to my Open Letter to My Doctors on what I expect in our doctor-patient relationship. This was sent after the local hospital tread on my First and Fourth Amendment Rights.

Sixth: Supplementation of my healthcare beyond prescription treatments by my family and specialist doctors is a primary need for all of us. I have often found outright opposition to supplementation from AMA trained MD's. Since 1993 I have prescribed to supplementation of primarily organic or natural

vitamins, minerals, and herbal daily additions to my body mostly guided by my age and underlying conditions with reference to research on the internet. Most often a MD will tell you not to believe the internet. Homeopathic doctors are a source of recommendations in this area of health but often hard to find. Reputable websites such as Dr Mercola are a good reference for improving your health. The booklet in the **Fifth** prescription above provides reputable information on COVID-19 flu supplementation which I have followed since June of 2020. In addition, I have nebulized 3% Hydrogen Peroxide into my lungs every morning since June 2020. I discuss this in my Post of June 12, 2021, on my Website "No Fear of Truth.org". Thomas E Levy, MD has been successfully treating and curing COVID-19 flu in Central America since the outbreak. Also, and no laugh here, I have only indulged in red wine as my alcohol of choice for the last ten years. Red wine has lots of medicinal qualities especially for the heart which I discuss in my Post of June 26, 2021, on my Website "No Fear of Truth.org". And the most important thing to remember about healthcare is to remember that God gave each of us an amazing immune system that can normally deal with most disease and sicknesses if we will just maintain it properly.

Seventh: Mind Therapy is a must for us seniors. This involves not only nutrition but keeping the mind focused on reading books, crossword puzzles, anything that makes your mind respond to relevant and more important issues other than watching TV and current Major Media News outlets. This is not a topic that I have researched other than knowing my dad suffered with two years of dementia followed by two years of Alzheimer's to die at the age of 86. I worked full-time as a mechanical engineer until the age of 82+ and part-time since then. Within the last two years I set up a Christian ministry "The Masters Builders" which occupies my mind in reading and studying Bible scripture; attending worship services and volunteering as a parking attendant at my church Omega Center International in Cleveland, Tennessee; researching and writing weekly Posts on my Website "No Fear of Truth.org" which focuses on **Truth** from a Biblical and a scientific point of view; and writing Christian songs but more importantly with my BMI publishing license bringing to Christian radio in September 2021 the song "More of You Jesus" which was first published on January 23, 2021 , on my Website "No Fear of Truth.org" having been recorded at the Lucky K Recording Studio in Pensacola, Florida. With these examples of mind therapy, I would also add exercise and nutrition as an **Eighth** prescription as in the following.

Eighth: Exercise and Nutrition are both a must to keep the body functioning as well as can be expected. Kudos to those of you who can attend exercise classes or gymnasiums. I have found that first of all to try to stick to a type of Mediterranean Diet, as well as to wipe out sugars and salts as much as reasonable. I take my supplements and prescription medicines with chocolate Boost both morning and evening, eat one meal a day in midafternoon, and minimize snacks along the way – but of course allow for the red wine in moderation. This maintains my weight along with working with my home landscape of flower beds and trees, housekeeping, and walking up to two miles a day on neighborhood streets with rolling hills or on the treadmill in inclement weather or exterior temperatures exceeding 75 deg F. The strenuous activity that I participate in is 3-4 hikes a month in our local mountains usually ranging from 4-7 miles each as a member of the Benton Mackay Trail Association made up of 700 members. July and August are off months for me because of heat but otherwise Spring, Fall, and early Summer are gorgeous weather times to enjoy Gods creation along with fellowship of 10–12 persons on each hike.

The Hike Leader for the June 9, 2021, Benton Mackay Trail Association (BMTA) hike in Georgia, was Howard Baggett, a gentleman about one year younger than me. He could outpace me and all the rest of the group and often got far ahead of us to then stop and allow our catchup. He said that after five stents in his heart hiking has saved his life. The July Newsletter from the BMTA website ([July-2021-](#)

[Newsletter.pdf \(bmta.org\)](#) displays this hike with color and photographs. Otherwise, following is the description of the hike entitled “**Strolling in the Boling**”:

Nine BMTA hikers had a great hike on a warm, humid day at Boling Park. Looking at the dismal picture of logging at the trailhead, you would never have believed how beautiful a hike we were embarking on. We covered a wide five-mile loop on four different trails with plenty of flowers and wildlife to see.

Gary Harmon was inspired to become our poetic minstrel.

Hikers Melody by Gary Harmon:

Howard the gallant leader of the hike,
Moves out like a racer on a bike.
The team of followers rapid in pace,
Anxious to complete the 5-mile race.
Time drags on in the heat of the day,
And sweat begins to get in the way.
Drink lots of water at the first,
Electrolytes added quenches thirst.
Uphill and downhill causes fatigue,
But perseverance prevents critique.
Now the creeks required to ford,
And bridges to cross are a reward.

We finally think the end is near,
But are told we are only halfway there.
So, the tiredness becomes a norm,
But hikers are required to perform.
Last bursts of strength are called upon,
Not defeated to become a champion.
God’s beauty all around is the prize,
To accomplish without compromise.
The goal of the hike is not to win,
But finish the race that we begin.

Get Exercise and Stay Healthy in the Beauty of God’s Creation.