

GOLDEN TECHITE

A CHRONICLE OF
MCKINLEY TECH ALUMNI
CELEBRATING MORE THAN
50 YEARS SINCE GRADUATION

President's Message

Tech will have a new Interim Principal to replace Dr. Mary Louise Jones who is retiring on March 31, 2022. We wish her all the best as she relocates to North Carolina. Her interest and support for the Golden Techites were due to the excellent relations established by Tom Antonielli (1953) during his tenure as President. He, Evelyn Brown (Class of 1965 and our First Vice President), and I will continue working with the McKinley Tech Alumni Association (MTAA) on our respective scholarship programs and the Golden Techites luncheon in 2022. We are a team dedicated to helping our school maintain its quality of excellence in education and student development.

We can also thank others who have contributed to our efforts. One was Richard Gross, Class of 1947, who passed away on February 19th. He was most helpful in tracking down information on other Tech graduates who had relocated or died. In addition to the obituary and recent photo on our website, he added the following account to his profile on our website about his father, also a Tech graduate. "When I first entered McKinley High (Sept. 1944), I went to ask the Principal Frank C. Daniel if by chance he knew of my father, a 1920 graduate. He replied, I certainly did, and many can remember Johnny Gross as a track star at old McKinley Manual Training School when I was his Principal there. Go look in the trophy case down the hallway and you will find several trophies with his name on them."

George Izumi, Class of 1967, is another Golden Techite, who oversees our Scholarship Program. He works closely with Jerry Glenn, Class of 1972 and a MTAA Board Member, on the scholarship applications from graduating seniors. Together, 15 to 18 students will receive \$1,000 scholarships. Other awards include the Tom Antonielli Family and the Barbara Wiggins Butler (Class of 1951) scholarships.

Evelyn Brown, Class of 1965 and First Vice President, has helped increase membership in both MTAA and the Golden Techites by contacting her classmates and other classes who have celebrated the 50th anniversary of their graduation from Tech. So far, fifteen new members have joined from the classes of 1965, 1966, 1967, 1970 and 1971. MTAA's Board Members have pledged to contact their classmates. Together, we can build up membership, the lifeblood of any organization.

Please take note of the flyer on MTAA's Summer Barbecue on June 11, 2022 from 12:00 noon to 7:00pm. It is a major event and a chance to visit with your classmates. We have not held the Golden Techites Reunion luncheon since our 56th on October 5, 2019. With changes in the school's leadership, this may be the only opportunity for a reunion this year. We will, however, keep working to get a decision on a fall reunion date or one in 2023.

Tech's Girls and Boys basketball teams did very well this year. The Girls ranked fourth in the Class A tournament, going to the second round. The Boys ranked fifth and went to the second round. In football,

the team ranked fourth and lost in the first round of the playoffs. The Girls volleyball team ranked 25th in the early standings for the 2021-2022 season. I am sure they will do better next year.”

Did you know that President William McKinley favored annexation of Hawaii? The planters’ belief that a coup and annexation by the United States would remove the threat of a devastating tariff on their sugar also spurred them to action. Inspired by the nationalism aroused by the Spanish-American War, the United States annexed Hawaii as a U.S. territory in 1898 at McKinley’s urging. Hawaii became the 50th state in 1959. Hawaii’s McKinley High was founded as Fort Street English Day School in 1865. Later known as Honolulu High School, it was renamed in 1907 in memorial to William McKinley, the twenty-fifth President of the United States. He ranks 10th with eighty schools named after him. Abraham Lincoln is first with 607 schools as researched by the Thomas Fordham Institution. Hope you did not mind preparing you to compete on Jeopardy!

We look forward to seeing you at the June 11th McKinley Tech Barbecue.

Bill Butler, Golden Techites President

CDC Update

The CDC offers this advice regarding the wearing of masks.

- Well-fitting masks offer protection against all variants.
- In general, people do not need to wear masks when outdoors.
- If you are sick and need to be around others, or are caring for someone who has COVID-19, wear a mask.

If the COVID-19 Community Level where you live is

Low:

- Wear a mask based on your personal preference, informed by your personal level of risk.

Medium:

- If you are at risk for severe illness, talk to your healthcare provider about wearing masks indoors in public.
- If you live with or will gather with someone at risk for severe illness, wear a mask when indoors with them.

High:

- If you are 2 or older, wear a well-fitting mask indoors in public, regardless of vaccination status or individual risk (including in K-12 schools and other community settings).
- If you are at risk for severe illness, wear a mask or respirator that provides you greater protection.

New Members and Changes

1951 - Barbara **Baggarly** West: new phone number: **276-618-7007** - **barbusw1@aol.com**

1954 - Norman Mease, **norman_mease@yahoo.com**, Boyds, MD*

1965 - Candice Bryant, **candicecb01@gmail.com**, Washington, DC*
Jackie L. Boddie, **jlb3135@gmail.com**, Washington, DC*
Coulter Toatley, **Davetoea@gmail.com**, Reston, VA*
Carol Fleming, **Carol.Fleming4@verizon.net**, Washington, DC*
Anthony Program, **arpegam@aol.com**, Oakland, CA*
Joyce **Barnett** Montague, **Atlanta22209@yahoo.com**, Arlington, VA*
Louise **Tapscott** Syphax, **hannahltsyphax@gmail.com**, Upper Marlboro, MD*
Crystal **Brooks** Jackson, **Cfbgj1@gmail.com**, Washington, DC*
Bennetta Smith, **bdollsmith19@yahoo.com**, Washington, DC*
Charlotte **Matthews** Harris, **charlotte.harris@wright.edu**, Dayton, OH*
Ernest Green, **egrant813@gmail.com***

1966 - Jerome Bragg, **jeromeandtoni@gmail.com**, White Plains, MD* **1967**

- Alvin Coles, **alcole.dc@att.net**, New Carrollton, MD*

1970 - William Taylor, Jr., **william_taylor_jr@hotmail.com**, Farmville, VA*

1971 - Cammille **King** Taylor, **dcpsrat@gmail.com**, Washington, DC*

* - *Denotes new member*

In Memory

1944 - Nancy **Ayres** Peterson, 2/21/2022, Warrenton, VA

1945 - Shirley **Jeffery** Howard, 2/13/2022, Bowie, MD

1947 - Richard E. Gross, 2/19/2022, Chester, VA

1950 - Ida Mae **Walden** Bowers, 1/11/2022, Seminole, FL
Ross Benjamin McMullen, 12/21/2021, Wendell, NC

1957 - Elaine **Engel** Lamb, 12/28/2021, Glen Allen, VA

1965 - James B. Leonard, 3/18/2022, Washington, DC



MCKINLEY TECH ALUMNI ASSOCIATION (MTAA)

A 501(c)(3) Non-Profit Organization

February 20, 2022

EXECUTIVE OFFICERS

President

Sherry (Brock) Stanard

Vice President

Leon Segears

Secretary

Ronnelle (Johnson) Donahue

Treasurer

Earlisa Roberts

EXECUTIVE BOARD MEMBERS

Anthony Bigesby

Evelyn A. Brown

Bill Butler

Tom Antonielli

Vanessa Cox

Jerry Glenn

James Grayton

Winfred Lynch

Ralph Lucas

Eric Price

Brian Sloan

Venita Smith

La'Shay Wilkerson

MCKINLEY TECH ALUMNI ASSOCIATION (MTAA)

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Riverdale, MD 20738

mtaa.alumni@gmail.com

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Dear Fellow Techite,

On behalf of the MTAA Executive Officers and Board members it is our prayer that you and your families are healthy and safe. It has been 3 years since we have had the opportunity to come together and fellowship with one another. This pandemic has changed our lives in a profound way. One thing however, that has not changed is our commitment and devotion to our school.

As you are aware, due to the pandemic the MTAA cancelled our annual picnic and Scholarship Dinner/Dance for 2020 and 2021. These two major events provided excellent financial opportunities to raise Scholarship money for graduating seniors. Because of these cancelled events, we are asking McKinley Tech Alumni to step up and give a donation to the MTAA Scholarship Fund. We still have MTAA Facemask available for \$25.00. If you are interested in purchasing a facemask please add an additional \$2.00 for shipping charges and one will be mailed to you. If your donation exceeds \$25.00, and you wish to receive a mask, please indicate that with your donation.

In closing, to all of our classmates that have reached or about to reach your 50th Year Anniversary of your graduation, we celebrate you. You have reached the Golden Techite Status. To learn more please go to GoldenTechites.org.

We want to continue to Exemplify the McKinley Way by supporting our school and its students. Please make your tax-deductible donation to: ATTN; MTAA MEMBERSHIP, PO Box 755 Riverdale Md. 20738 or online: https://www.paypal.com/donate/?cmd=_s-xclick&hosted_button_id=XT93XRRHDCYP8&source=qr

Visit our Website and update your profile : mckinleytech-alumniassociation.com

If you have any questions, please contact me at Briansloan2@aol.com or (302) 753-0233

Once again, I want to personally thank you for being a proud alumnus and supporter of the MTAA.

In Solidarity,

Brian Sloan

Membership Chairperson

McKinley Tech Alumni Association

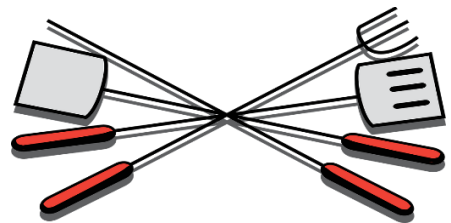
MTAA ALL CLASS ALUMNI COOKOUT

Saturday June 11, 2022

12:00 noon until 7:00 pm

Fletcher's Field Picnic Shelter #2

5628 Tanglewood Dr., Riverdale, MD 20737



Free Burgers, Hot Dogs, Snacks & Soft Drinks (WHILE THEY LAST)

BRING A DISH TO SHARE AND JOIN THE FUN

CONTACT FOR MORE INFORMATION

1959 Winfred Lynch	202-423-4483
1961 Ralph Lucas	301-350-2922
1972 Jerry Glenn	301-943-5733
1972 Leon Segears	301-928-9980
1972 Venita (Barclay) Smith	202-374-9568
1976 Anthony Bigesby	202-277-2447
1965 Evelyn Brown	301-633-8047
1981 Brian Sloan	302-753-0233

1978 Eric Price	202-714-8024
1979 James Grayton	202-439-7699
1980 Sherry (Brock) Stanard	301-343-6808
1984 Ronnelle (Johnson) Donahue	301-728-0676
1984 Lawan Dennis	202-425-4337
1953 Tom Antonielli	301-717-3031
1951 Bill Butler	703-585-3514

DRINK WATER!

By: Arnaldo Liechtenstein



Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question:

What are the causes of mental confusion in the elderly?

Some offer: "Tumors in the head". I answer: No!

Others suggest: "Early symptoms of Alzheimer's". I answer again: No!

With each rejection of their answers, their responses dry up. And they are even more open-mouthed when I list the three most common causes:

- uncontrolled diabetes;
- urinary infection; and
- dehydration

It may sound like a joke, but it isn't. People over 60 constantly stop feeling thirsty and consequently stop drinking fluids. When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process. But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

Conclusions: People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1) Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; Orange and tangerine also work.

The important thing: Drink some liquid every two hours.

2. Alert for family members: Constantly offer fluids to people over 60. At the same time, observe them.

If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Arnaldo Liechtenstein (46), physician, is a general practitioner at Hospital das Clínicas and a collaborating professor in the Department of Clinical Medicine at the Faculty of Medicine of the University of São Paulo (USP).

Spread it out to family and friends! **DON'T FORGET TO DO IT NOW!** For people over 60!

Your friends and family need to know for themselves and can help you and others to be healthier and happier.