



SENIOR NUGGET – AUGUST 2018

Mildred (Millie) Robbins

We feature an Atholton Charter Member, Mildred (Millie) Smith Robbins in this issue.

Millie was born August 4, 1926, on a tug boat, to George and Louisa Smith. The boat, in the middle of the Delaware River, was her father's work-place, which was close to the William Penn House.

After her Fallsington High School graduation (Pennsylvania), Millie attended Murray State College, (Kentucky) to study nursing. She later transferred to Columbia Union College (Washington Adventist University) in Takoma Park, MD. Millie graduated with a BA in Business and minors in History and Bible.

After graduating from high school, Millie and her girlfriend thought a great way to get their education paid for would be by joining the U.S. Army. The recruiters sent them home, but stated 'they would call them'! One month later, the Army called her girlfriend, but Millie's application was providentially lost. She waited another 5 months to be 'called', then pursued her education in Kentucky. The Army did her a great favor by losing her application, because she met her future husband, Frank Robbins in college. Millie and Frank were married in March 1951 and graduated in June of that year. Millie was a stay-at-home mother until son, Jim, went to first grade, then she worked twelve years in the medical field. She left that field to become Secretary/Treasurer of Columbia Excavating Inc. (Frank's company) a position she held until company closed in 2012. Millie and Frank were married over 65 years, before Frank passed away, a few years ago. She has 3 children, 8 grand-children and 9 great-grand-children.

Millie and Frank came to Atholton when the congregation moved from the Sickler property (former member) to the Atholton gym. She reiterated, in the early days each person held several positions in the church. Millie wore multiple hats of responsibility: she was first VBS Director, conducted many health fairs, was a greeter, active on the social committee, served as an assistant treasurer for both the school and the church. Millie was a head Deaconess, member of the Finance Committee, assistant Pathfinder Director and a member of the Decorating Committee. Millie served on more Nominating Committee's than she can recall. She spent many Sunday's helping prepare lunch for the workers who helped built the school and then the church.

There is more ... Millie was active in the children's division, helping out from Cradle Roll to the Junior Divisions. She even taught swimming to school students to help them obtain the honor

badge. In her “spare time”, she tended a large garden, sharing the bounty with neighbors and her Sabbath School class and was able to travel within the USA, Canada and Mexico.

When asked about her favorite Bible text, she stated 2nd Corinthians 4:8-9 was her favorite.

Millie is a gracious, and very talented woman. Her decorative paintings are masterpieces.

We wish her well as she celebrates another birthday. **God Bless You, Millie**

NATURAL REMEDIES ...

Sooth your aching back with	GINGER
Lower your blood pressure with...	POTATO. GRAPES, NUTS, POMEGRANATE JUICE
Outsmart allergies...with	LOCAL HONEY
Sharpen Memory with ...	PEPPERMINT
Lower cholesterol naturally, eat	APPLES
Depression use	LAVENDER SCENTS
Shrink belly fat, eat	MIXED NUTS (2 tablespoons daily)
Keep slim	CHEW GUM
Control blood sugar, drink	BLACK TEA

KING OF THE NUTS ALMONDS 7 daily to combat heart disease, cancer, etc.

BRAIN FOG -- Ask your doctor to do a blood test for hypothyroidism. Check RX's too

TIPS ...

Do You Know Your Blood Type? If not, ask your Doctor to include in next blood test.

Cover up scratches with	WALNUTS (remove shell first)
Cut cake layers perfectly with	DENTAL FLOSS
Spend less on groceries, use	COUPONS
Rid pans of baked-on foods	DRYER SHEET (lay in inch of water)
Keep produce longer, use	REYNOLDS WRAP for green onions, celery



HAPPY BIRTHDAY TO ALL CELEBRATING IN AUGUST

The Monthly Senior Nugget is a courtesy of Atholton's Senior Ministries