

Thought for the Day

My parents (Douglas and Ruth Ann Sheedy) worked in education. As a principal my dad liked to deliver a "Thought for the Day" each morning over the intercom. I recently found one of those pieces on an old cassette tape.

[One Day at a Time](#)



My father was principal at Harlandale High School in San Antonio, Texas from 1967 to 1970. In 2009 he attended the fortieth reunion of the Class of '69. A [video clip](#) from that event. He was eighty-two at the time. He died a few months shy of the fiftieth reunion, which he planned to attend.

[Obituary](#)