

## Secret to longevity?

*Jewell believes her life longevity is due to never smoking or drinking, and always being happy.*



**Jewell Mitchell**

What is something that she enjoyed to do growing up that today's kids would never dream of doing?

*Jewell has fond memories of being outdoors with her siblings playing games such as jacks, jumping rope, and leapfrog. She believes children these days spend too much time indoors.*

Jewell is the daughter of Ben and Pansy (Brown) Richards. She was born and raised in Ottumwa, Iowa along with four brothers and four sisters. She and her husband raised five children: Ray, Roy, Pat, Luanne, and Benny. Jewell continues to enjoy painting, playing cards, and reading. She believes everyone should receive a card on their birthday, and she mails out numerous cards every month to friends and family. Jewell is an accomplished author of "My Journey," a book that recalls fond and sometimes comical memories of her life. She has many more stories that she would like to publish in the future.