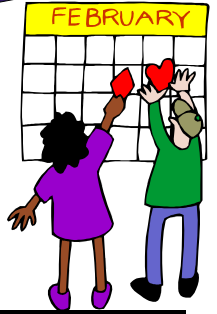


# MARSP Newsletter

## February 2014

[www.midlandretireded.org](http://www.midlandretireded.org)

February 6, 2014  
MARSP  
Box 4954, Midland, TX 79704



### MARSP LUNCHEON MEETING MINUTES

January 9, 2014

The regular meeting of the Midland Association of Retired School Personnel was held on January 9, 2014, at 11:30 a.m., at the First Baptist Church, President Nancy Young presiding. George Cooper gave the invocation followed by the pledge to the U.S. flag. Luncheon music was provided by Orin Wade at the piano. Lunch was provided by Valerie Watkins and her staff at First Baptist. Table decorations were provided by Karen Burden, Nancy Stewart, and Deanna Dunn.

President Nancy Young welcomed all members and guests and then introduced guest speaker, Dr. Ryder Warren, MISD Superintendent. Dr. Warren talked about several issues that are facing the district at this time, including a growing enrollment. At this time MISD has approximately 23,500 students. He also spoke about HB 5 which deals with credit requirements for high school graduation. Dr. Warren reported on the progress of the most recent bond issue which provides for 3 new elementary schools and upgrades to several others. Midland will have 27 elementary schools by the fall of 2015.

#### Business Meeting:

Nancy Young reported that the TRTA Convention is scheduled for April 13-15, 2014, in Arlington, Texas. The 4<sup>th</sup> quarter VOICE has information and registration fees. Tours of the Dallas area can also be scheduled.

Nancy also asked members to use the post cards on the tables to write thank you notes to Representative Tom Craddick and Senator Kel Seliger for their support of SB1458. These will be sent to the respective offices in one envelope.

Nancy reported that the MARSP Board approved a donation of \$100.00 to First Baptist church to help with the cost of food that had been prepared for the December meeting. That meeting was cancelled because of weather and some of the food could not be frozen.

Ann Parish, chairperson of the nominating committee, did not have a report at this time. She encouraged members to accept a position if asked.

First Vice-President, Jean Alvey, reported that membership is currently at 365. She asked members to turn in their Each One Bring One recruitment forms to be turned in to state for a drawing. She also announced that dues for 2014-2015 which will be \$50.00. The Diamond Plus option was also discussed.

Second Vice-President, Pat Adams informed members that the speaker for the February meeting will be Jimmy Patterson who has written a history of Midland. She also read thank-you notes from recipients of books that members have donated. She reported that 4,679 books have been delivered. This report will be sent to state on Feb. 1, 2014.

Joe Hayes, MARSP treasurer supplied each table with copies of the treasurer's report ending December 31, 2013. There was no discussion so the report will be filed for audit.

(continued on pg. 2)



### Please Come to the February Meeting

Don't forget to put **Thursday, February 6**, on your calendar, the date for the next meeting of MARSP. Meet and greet begins at 11:30 a.m. followed by lunch at 12:00 noon. The program will be Jimmy Patterson, a Midland author, whose topic will be *A History of Character: The Story of Midland*. The cost is **\$5.00**, and your reservation is your commitment to pay, even if you cannot attend. Jimmy will begin speaking at 12:30 p.m. If you don't want to join us to eat, you are welcome to come and listen to Jimmy speak.

**Call Anita Patton at 432-697-1602 or e-mail her at [apatton123@sbcglobal.net](mailto:apatton123@sbcglobal.net) by Monday, February 3, 2014.**

(con't from page one) Martha Kallus, Foundation Liaison, reported that the state met its goal of \$100,000. Patti Watson, Friendship Chairperson, asked members to contact her with information on members who might need a card.

Ann Parish reported for Janet Haney, Retirement Education Chairperson, that the retirement seminar will be held at Abell Junior High on February 1, 2014. Members were asked to help stuff folders on Friday, Jan. 31, 2014 at 4:20 p.m.

Scholarship chairperson, Diantha Dawkins, reported that the scholarship fund has \$325.00. Members were encouraged to donate and inform family members of the scholarship which is given to help pursue education careers.

Karron Pearson and Jennifer Cooper drew names for door prizes. The winner for exercise hours was Jean Alvey. The winner for volunteer hours was Darlene Olson.

The meeting was adjourned at 1:40 p.m. Karen Burden, Secretary

~A Note from the President ~



Our January meeting was well attended. It was nice to see some new faces and I know we all enjoyed visiting with one another. It is always a special time when good friends can share a happy time.

The post cards written to Senator Kel Seliger and Representative Tom Craddick were mailed Thursday, January 10. Thanks for your time thanking them for their support and for their continued support for retired school personnel.

Remember to keep in mind the TRTA convention in Arlington, April 13-15, 2014. *The Voice* has the registration information as well as the agenda for the convention. Any tours you might like to take are also listed but registration for those are sent separately from the convention registration. This is Maridell's last convention to conduct, and as all of you know, she does a professional, excellent job in keeping the convention running smoothly and on time. The convention offers much information to members.

The Retirement Education Seminar is scheduled for Saturday, February 1 at Abell Jr. High. Janet Haney has worked to organize the seminar along with District XVIII members. **MARSP members that are available are asked to help stuff envelopes for the seminar at Abell Jr. High, 4:20 p.m. January 31 at Abell Jr. High.**

The New Year 2014 will have us busy turning in reports, electing new officers, attending the convention, beginning a new membership campaign, district spring leadership training conference....AND these are not all at once. Information regarding events will be announced. The greatest of all is our luncheons where we can enjoy a delicious lunch, become aware of TRTA news and visit with friends. See you in February and invite a friend to be with us.

Blessings,  
Nancy Young

MEMBER BENEFITS



As you know, your TRTA membership gets you many bonuses. One of those benefits is in place to protect you from identity theft. Identity theft is on the rise as in the recent Target break in, and CSIdentity Protector is ready to offer you protection against having your identity stolen. You may call 877-274-7401 and mention that you are a TRTA member and you can be enrolled for only \$9.00 per month. The service provides credit reports and monitoring. It also provides non-credit loan activity, public records monitoring, criminal record monitoring, internet monitoring, etc, as well as \$25,000 theft insurance. You may also go online at [www.amba.info/idtheft.html](http://www.amba.info/idtheft.html) to enroll or get more information.

Another benefit offered by AMBA is a discount on flowers. You may call 1-800-FLOWERS or go to 1-800-FLOWERS.com. Use the code AMBA and you will receive a 15 % discount.

The inside back cover of your yearbook lists many discounts offered to TRTA members. Be sure to look over those and familiarize yourself with what is available. It just might help you save some money.

Virginia Conner, Member Benefits

**Volunteer Hours - January 2014**

**Name:** \_\_\_\_\_

**Number of Hours:** \_\_\_\_\_

**Did You Exercise - January 2014**

**Name:** \_\_\_\_\_

**Number of Hours:** \_\_\_\_\_



### Volunteer Hours

This is your last chance to turn in volunteer hours for 2013. Please call or text Jennifer Cooper at 432-238-3736 or email her at [j.cooper@suddenlink.net](mailto:j.cooper@suddenlink.net) by January 28 to add your hours to our count. The report is due to the state February 1, so please report your hours. Remember that babysitting grandchildren counts, as does performing any form of service for which you are NOT paid.

Jennifer Cooper, Community Volunteer Services



By Tim Lee

TRTA/MARSP members interested in email updates on issues pertaining to pension, health insurance, Social Security, and other hot topics should sign up for *Inside Line*. This email update is written by Tim Lee, TRTA Executive Director, and offers fact and opinion on the issues facing current and future education retirees.

Go to <http://www.trta.org> and click the *Inside Line* icon like the one above. Then follow the directions.

The TRTA Call Your Legislator Hotline:

1-888-674-3788

TRTA Legislative Hotline:

1-877-880-1651



### RETIREMENT EDUCATION SEMINAR

Abell Junior High  
Saturday, February 1, 2014  
9:00 a.m. to 2:00 p.m.  
Light Lunch Served

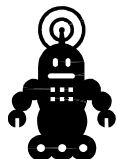
Volunteers are needed on Friday afternoon to help put together packets for the Saturday seminar. If you find yourself with nothing to do, or you would just like to make a contribution to this very worthwhile event, please come to Abell Junior High School about 4:20. Your help will be greatly appreciated.



### Book Collections

Our book collections for 2013 has ended with a total of **4679** books delivered to the children of Midland. Thank you to everyone who contributed, helped stamp, and/or deliver the books. Special thanks to Sharon Welch for taking care of publicity. Now we begin collecting for 2014 as this is an ongoing state project. We are still collecting box tops for education and Campbell soup labels.

Pat Adams, Book Chairperson



### Robocalls Won't Go Away

If we could conjure a holiday miracle, we'd ask for a new kind of phone — one without robocalls and their ever-changing crop of scams.

Lower credit card interest rate? Mortgage relief? "Free" vacations, medical supplies or home alarms? Changes in your health benefits or bank account? These are bait in current top robocall rip-offs, but new schemes constantly evolve, all seeking your personal or financial information. This year likely ended with another record for these automated and often illegal annoyances, said Federal Trade Commission official Lois Greisman, who oversees the National Do Not Call Registry.

"Our law enforcement actions have already halted billions of robocalls, but with today's technology, tens of millions can be blasted each day — at a per-minute calling cost of less than 1 cent," Greisman says. The fact is, certain kinds of robocalls are legal and useful. Airlines can call with an automated alert that your flight has been canceled, for instance, and schools can phone with a message that students are being sent home early because of snow. Nonprofit membership organizations, including AARP, can call members with pertinent information, such as upcoming events about retirement planning, Social Security, or consumer scams. Flat-out commercial pitches are illegal unless you've given permission in writing. When these kinds of calls come in, your caller ID usually displays "spoofed" numbers — outright fakes or those stolen from legitimate organizations or citizens — or just says "unknown."

And it's usually not personal. Although lists of real phone numbers are sometimes used, typically a sequence of phone numbers is programmed — say, dial X numbers with Y area code over Z period — and computerized systems start calling. The scammers often don't know who owns those numbers, whether they're on the registry, or even if the numbers are actually in operation.

### Here's how to protect yourself

Don't help them harass you. If you "press any key" as instructed — either to "opt out" or to be transferred to someone (if only to complain about the call) — you're logging your number as working ... and ripe for future calls. Hang up without pressing any key.

Block robocall numbers. To do this, contact your phone service provider. But think twice before paying for this protection, since the numbers displayed on caller IDs are changed frequently. Learn about a promising free alternative at [nomorobo.com](http://nomorobo.com).

File complaints. Although most caller ID-displayed numbers are spoofed, report them to [ftc.gov/complaint](http://ftc.gov/complaint) or call [888-382-1222](tel:888-382-1222) toll-free. You'll be helping the FTC identify violators.

Sharon Welch, Informative and Protective Services



## Sleep Apnea

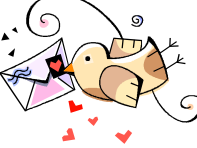
You don't have to be overweight to have sleep apnea, says Julia Schlam Edelman, MD. The chronic condition - which involves shallow or missed breaths during sleep - is most common in people whose airways are partially blocked by fat tissue. *However*, It can occur in thin people who have narrow jaws or throats, as well as women in midlife whose throat muscles have weakened. If you suspect sleep apnea, talk to your doctor. Sleep apnea is associated with heart problems and other complications.

Julia Schlam Edelman, MD, is a clinical instructor at Harvard Medical School, Boston, and a gynecologist in private practice in Middleboro, Massachusetts. She is author of *Successful Sleep Strategies for Women* (Harvard Health)

Karron Pearson, Health Care

BottomLine, Volume 34, Number 23, December 1, 2013

Please send MARSP Newsletter articles to Joyce Whitley or Carole Miller, 1210 W. Golf Course Road, 79701 or joyce.whitley@gmail.com. We always appreciate your input and value your suggestions.




### Cards Sent to Members

We like for our members to know that we are thinking of them in times of sickness, grief and/or extra stress in their lives. Recently, thinking of you cards were sent to Pat Adams, Linda Hall and George Harris. Get-well cards were sent to Maridel Fryar and Janet Haney. A card of congratulations was sent to Doc and Gayle Dodson upon the occasion of their 50th Wedding Anniversary. Christmas cards were sent to Max Floyd who prints our newsletter every month and James Davis from the MISD print shop for printing our year-books. A sympathy card was sent to the family of Fannie Reeves upon her death, to the family of George Harris upon his death and to Pat Erwin upon the death of Bobby Dunn. A thinking-of-you card was sent to Sandy Hammontree.

If you know of someone who needs or would like a card, please contact Patti Watson at [pnw1000@gmail.com](mailto:pnw1000@gmail.com) or call her at 697-1170.

Patti Watson, Friendship



### Eating Onions With a Friend

Your breath may be a tad fierce, but your body will thank you for eating lots of strong smelling onions. Research from Cornell University in Ithaca, NY found out that pungent onions are more effective in helping ward off cancer than less-stinky varieties. The study found the Western Yellow and pungent yellow onions, and shallots were particularly effective against liver cancer cells. The Western Yellow and pungent yellow onions also had the greatest effect on colon cancer cells. Compared to other foods, onions are high in flavonoids, which help fight cancer in addition to being anti-bacterial, anti-viral, anti-allergenic, and anti-inflammatory.

Researchers at the University of Bern in Switzerland had previously found that onions may help prevent osteoporosis. So add onions to soups, salads, casseroles, meat/vegetable dishes, as well as sandwiches as often as you can. Just remember the breath mints afterwards!

Karron Pearson, Healthcare

Karron Pearson, Healthcare



## News from Texas Retired Teachers Foundation

You may remember that November was Foundation month. MARSP sent a donation in honor of Ann Andrews, a long time member of our organization. We received the following note from Beth Unite.

*Good afternoon everyone!!*

*It is a fabulous day! TRTF has met its goal of raising \$100,000!!!*

*Congratulations to you all on a very successful campaign. This morning after going through the mail, TRTF donations totaled \$99,750! When I shared the wonderful news with Tim, he quickly and graciously donated \$300, giving TRTF the final contribution needed to reach the \$100,000 goal. Thank you, Tim!*

*The heartfelt support and generosity from TRTA members has been overwhelming as there is a genuine desire to "help our own." Local units and districts have done an incredible job of sharing the good deeds of the Foundation, and many of you have spoken at local unit meetings as well, contributing to the overall success of the appeal. What an amazing effort made by all!*

*I look forward to seeing you all in a few weeks!*

*Take care,  
Beth*

**Beth Unite**  
**Foundation Coordinator**  
**Texas Retired Teachers Association**  
**313 E. 12th Street, Suite 200 | Austin, TX 78701**  
**[800.880.1650](tel:800.880.1650) ext. 102 | [512.476.1622](tel:512.476.1622) | fax [512.476.1003](tel:512.476.1003)**



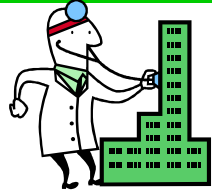


### Dirty Laundry Secrets

Here's a eye-opening fact: Research shows that you're more likely to carry fecal germs on your hands after you handle laundry than when you leave the bathroom, says Charles Gerba, PhD., University of Arizona Microbiology professor and expert on household germs. That's because infant and toddlers clothing is often soiled with fecal matter as a result of improper cleaning. And it's not only the young children. The average pair of ADULT underwear contains about one-tenth of a gram of the stuff. "It's hard to see, but it's there, Gerba says. In one study, he found these E.coli germs on about 20% of household washing machines. The diarrhea-causing rotavirus is also a frequent visitor to laundry rooms. Previously people washed their clothes in steaming hot water and hung them out in germ-killing sunlight to dry. Nowadays we wash clothes on cooler settings and avoid the hot cycle of the dryer to save energy. So to keep germs from spreading in your laundry, first wash uncontaminated clothes such as outerwear. Then wash all undergarments, soiled baby clothes and bedding in HOT water with chlorine bleach or an oxygen-based bleach alternative. Either of these will deliver a knockout blow to germs. As a added precaution, dry underwear and baby clothes in the dryer on the hottest setting for about 45 minutes to blast any surviving germs on the clothes. OR, if you want to cut down on your utilities bill, go old school and hang your clothes out on a line to dry.

Karron Pearson,

Health care article from *Better Homes & Garden*



### Flu Vaccine Offers EXTRA Bonus

**Flu vaccine reduces heart attack risk, reports William Schaffner , MD. Recent Australian research found that people who had not been vaccinated against influenza and got the flu were almost twice as likely to experience a heart attack over a two-year period as people who had received the vaccine. Likely reason: The flu can cause severe inflammation that leads to rupture of arterial plaque and the formation of potentially dangerous blood clots.**

Karron Pearson, Healthcare

William Schaffner, MD, is professor of medicine in Infectious diseases, Vanderbilt University School of Medicine, Nashville. BottomLine, Volume 34, Number 22. November 15, 2013.



### MEMBERSHIP NEWS

Our January meeting was such a pleasure, as usual! We got to see people we hadn't seen in a month or maybe several months. People were greeting and asking each other about their Christmas, their health or maybe their kids. Then we enjoyed the best bargain in Midland, a tasty five dollar lunch prepared by the kitchen staff at First Baptist Church. An informative program was given by our school superintendent, Dr. Ryder Warren, followed by a short business meeting.

If that wasn't enough reason to belong to MARSP, we can look back on a very successful legislative season. TRTA members across the state rallied to convince the legislature to pass a bill to make our pension fund actuarially sound, resulting in a raise for over 200,000 members. The real possibility of a raise for everyone exists in the near future.

It didn't happen by magic. We can't just lie back and leave our future in the hands of others. We all have to do our part.

The next challenge is with TRS-Care. We will soon face a serious funding shortfall and will need everyone to "help maintain this vital health care coverage," in the words of Tim Lee.

**Next month bring a fellow retiree to the meeting. Maybe he or she will realize what a great group of people we are and decide to join us!**

### DIAMOND PLUS:

Diamond Plus is a new permanent membership card for continuing members. If you are interested in this you will find information on [www.trta.org](http://www.trta.org). When it is time to renew your membership, choose Membership, join TRTA, where you will find three easy ways to pay. (If you check it out now you will find the old prices.) In 2014-2015 dues will go up to \$50; \$35 for the state and \$15 for the local.

### Please add these new members to your directory.

Kathy Favor  
2512 Castleford Rd.  
Midland, TX 79705  
432-682-1949

Jo Hayes  
3615 W. Storey  
Midland, TX 79703  
432-697-4237

Helen Whitehead  
4103 Dyer Circle  
Midland, TX 79707  
432-553-3924

Linda N. Hall  
4415 Northcrest #1115  
Midland, TX 79707  
432-685-4051

Shari P. Maxi  
2308 Humble  
Midland, TX 79705  
432-682-2148