

MARSP

www.midlandretireded.org

Newsletter

November 6, 2008

MARSP, Box 4954
Midland, TX 79704



THANKSGIVING BLESSINGS!!!!!!

Join us for the November Meeting to celebrate patriotism and Thanksgiving. We will enjoy seasonal food and entertainment by Nancy Doss, Jana Boyd, and Doris McSparren.

Thursday, November 6th

First Baptist Church Fellowship Hall

11:30 A.M. Meet and Greet

12:00 Noon Lunch

12:30 - 1:30 P.M. Program and Business

Be sure to give an accurate and prompt reservation for you and your guests by email or telephone. A reservation for a meal is a commitment to make payment of \$5.00, even if you cannot attend.

Call Yvonne Black at **682.1858** or email her at **ymaxblack@sbcglobal.net** by Monday, November 3, for reservations.

Benefits of the Month

La Quinta Inns & Suites offers TRTA members up to 35% off prevailing room rates in Texas and 15% off prevailing room rates nationwide subject to availability. Members should refer to promotional code TRTA when making reservations - www.lq.com or call 866.468.3946.

TRTA has partnered with Enterprise Rent-A-Car in offering a 10% discount to members on rentals from an airport location and a 5% discount from a non-airport location. Call Enterprise at 800.847.3722 for reservations or visit www.enterprise.com. To receive your discount, mention this code: 65TRTA; online use code 65TRTA and enter corporate code TEX on the second page.

THE SPEAKER SPEAKS

In order to address concerns of retired teachers who had called his office, our state representative, Tom Craddick, attended the October meeting and briefly spoke to make the following points:

- He supports the continuation of the state contribution of 6.58% to the TRS fund.
- The legislature cannot and will not remove funds from the TRS funds.
- He and the governor agreed that the TRS board should be allowed to invest in the state's transportation system *only* if it felt such action was a good investment. No pressure to do so will be exerted.
- Decisions about any increase in TRS annuities will depend on available money.

Rep. Craddick invited MARSP members to call his office and to leave their names and numbers in order to receive a personal response: 432.683.3000 or 512.463.0500.

Health Corner Information- from Karron and Judy

6 Reasons to Get a Good Night's Rest

1. It maintains a strong immune system- Sleep deprivation makes you more vulnerable to disease.
2. It slows aging- Too little sleep elevates stress hormones and lowers growth hormones, necessary for cell repair.
3. It prevents diabetes- Sleeplessness increases insulin resistance, a pre-cursor to type 2 diabetes.
4. It keeps you slim- When you're sleep deprived, you have elevated appetite-stimulating hormone ghrelin in your blood and less appetite-curbing leptin, a combo that leaves you longing for junk food.
5. It helps maintain a sharp memory- Even 1 sleepless night impairs concentration and memory and can affect job performance.
6. It can make you happier- Insomniacs face a higher risk of depression, alcoholism and suicide.



Free information and resources on the Texercise program- www.texercise for free DVD with strength, balance, flexibility, endurance exercises, (shown @ Sept. Meeting). Handbook includes nutrition tips, instructions for all the information included on the DVD. Click on Resources link and order. No computer? Ask a friend for assistance.

MARSP Luncheon Meeting Minutes.....October 2, 2008

The Midland Association of Retired School Personnel met on Thursday, October 2, 2008, at the First Baptist Church Fellowship Hall. President Ann Parish called the meeting to order at 12:30.

President Parish called on Bob Watkins to give the invocation and Leonard Boyd to lead the members in the pledges to the American and Texas flags.

President Parish introduced Heather Sheppard, our UTPB scholarship winner and presented her with a \$1000 check from the membership.

President Parish then called on Roland Moreland, who introduced George Johns and Eddie and Cindy Klatt who presented "Wildest Dreams," an account of the 44th high school reunions of Lee, Midland, and Carver High Schools which was held at the White House last March.

NEW BUSINESS:

Leonard Boyd moved to approve the minutes of the September meeting. Barbara Yarborough seconded. Motion passed.

President Parish then introduced Tom Craddick, Speaker of the House, who answered questions received via e-mail about TRS.

Other guests introduced at this time were Larry Alvey, Sue Solari and new member Mary Smith.

ANNOUNCEMENTS:

President Parish reminded members about paying their \$5 to the scholarship fund.

The November program will be Thanksgiving Blessings. The December meeting will be held at Memorial Christian Church where we will bring desserts and sing Christmas carols.

Members were reminded to bring book donations of children's and adult books.

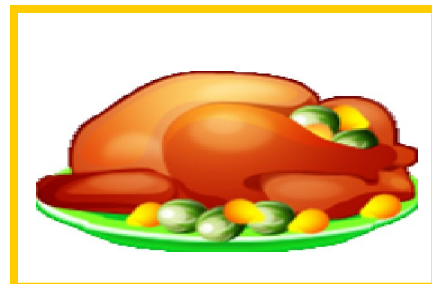
Membership directories will be mailed later this month. Thanks to MISD for printing them.

Voter registration ends Monday.

Bertha Littlejohn was awarded a free lunch for the volunteer hours drawing.

Robert and Nancy Moreland were chosen for the steps drawing.

The meeting was adjourned at 1:30.



✂

Volunteer Hours • October '08
Name: _____
Number of Hours: _____

✂

Walking Steps • October '08
Name: _____
Number of Steps: _____

PREVENTING DOG BITES



The Centers for Disease Control and Prevention (CDC) estimates that over 4.7 million people are bitten by dogs each year.

Their instincts tell them to chase prey, guard their territory, protect their young, and defend themselves when cornered.

Most dog bites are reported as unprovoked.” However, there are ways to protect yourself.. Here’s how:

Learn the warning signs:

Most warning signs you see; others you hear. They include:

- Growling, snarling or aggressive barking.
- Shyness or fear, such as when a dog crouches, has his head low, or tail between his legs. Fearful dogs can be just as dangerous as aggressive ones.
- Fur raised up, ears erect, body stiff, tail high. He’s saying, “Stay away from me, or I’ll do something drastic!”
- A dog in pain will bite anyone who touches him, even his owner.

Avoid dangerous situations:

Follow these tips to avoid coming face-to-face with a biting dog:

- Stay away from dogs who are in cars, chained or cornered. They often feel vulnerable and will fight to protect their territory.
- Never run past a dog. Joggers and children on bicycles can trigger their instinct to chase and attack.
- Don’t near a dog who is eating, chewing,

sleeping or caring for puppies.

- Never tease a dog or play too rough.
- Be careful around older dogs. They may be blind, sensitive to touch or hearing-impaired.
- Never leave infants or children alone with a dog. According to the CEC, infants top the list for dog-related deaths.
- Never try to break up a dog fight with your hands. Use a water hose, stick or throw a blanket over the dogs to disorient them.
- Keep your face away from your dog’s especially when disciplining.
- Know self-defense moves:

Many people are bitten by a dog because they unintentionally provoke or escalate an attack. If you are approached by an aggressive dog, don’t make eye contact or move suddenly. This can challenge a dog and cause him to attack. Stand motionless, like a statue. Face the dog but turn your head away. If lunged at, don’t try to overpower the dog. If you’re holding something, put it into his mouth. If you don’t have anything in your hand, put your arm up to protect your face. If you’re knocked down to the ground, don’t move or scream. Pretend that you are a turtle: curl up in a ball, face down, and cover your head with our arms. Stay in this position until the dog leaves.

:::Supplied By Protective and Informative Services

Old age is like every thing else.
To make a success of it, you’ve
got to start young.

Fred Astaire

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Send Newsletter Articles to Dorothy Thompson, 4615 Graceland, 79703
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