

# MARSP

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

## Newsletter

### September 2013

September 5, 2013  
MARSP  
Box 4954,  
Midland, TX 79704



#### MARSP LUNCHEON MEETING MINUTES

May 2, 2013



President Dunn welcomed everyone, and George Cooper, Chaplain, gave the invocation for the luncheon. Next, our president thanked everyone who offered their services including Orin Wade, who provided the music, and the Disciple's Women Ministry at Memorial Christian Church, who provided the meal. A thank-you was added to the board who provided potted plants for table decorations to be given for door prizes.

At 12:30 p.m. President Dunn introduced Loyce Phillips, Past President of TRTA District 18, from Big Spring, who has been a strong leader in her community, district, and state. Mrs. Phillips installed the following officers: President Nancy Young, First Vice-President Jean Alvey, Second Vice-President Pat Adams, Secretary Karen Burden, Treasurer Joe Hayes, and Historian Patty Alexander. Deanna Dunn, immediate past president, will be the mentor for the new board and work in an advisory capacity. Mrs. Phillips asked for a "yes" vote from the organization to aid and assist the new officers as their needs arise, and everyone agreed to do so upon their taking the reins after June 30th. Karron Pearson presented President Dunn with a "Thank You" gift from members to show appreciation for donation of her time in serving the Midland Chapter.

President Dunn presented a report of the TRTA State Convention at Corpus Christi for the "60<sup>th</sup> Jubilee by the Sea." Our six representatives noted a fantastic convention presided over by our own Maridell Fryar. They were honored to see her sworn in for the next two years to serve Texas retired teachers. Martha Kallus, Foundation Liaison, collected \$500 to donate to the TRTA Foundation in honor of Maridell. Pictures from the convention were provided on the screen above during the luncheon.

Next was the presentation of State Certificates of Service and Appreciation. Loyce Phillips was presented a Certificate of Appreciation for installing new officers, a Bell Ringer Award and Gold Membership Award to our local unit, a Certificate of Appreciation to *Midland Reporter Telegram* received by their representative Meredith Moriak, Silver Star Award to Kathy and Mike Landrum, Community and Local Service Award to David Kleinbeck, 21<sup>st</sup> Century Awards to the following: Karen Burden, Margie House, Kathy and Mike Landrum, Anita Patton; Appreciation Award to Pat Adams, Dorothy Baird, Betty Merritt, Karron Pearson, Patti Watson, Nancy Young, Mike Landrum, and a Health Care Award to Mike Landrum.

A total of 55 membership gifts was presented including potted plants, food coupons, and numerous other gift certificates. Souper Salad provided free meal coupons for everyone in attendance, and Logan's offered many appetizer coupons. Members appreciated the generosity from our community and members.

Nancy Young reported to the group the volunteer hours shown on the enlarged check to be presented to the Midland Chamber of Commerce. Retirees offer many hours of service to our city of Midland. This year the total combined volunteer service equaled more than three million dollars in value.

President Dunn adjourned the meeting at 1:35 p.m.

Dorothy Baird, Secretary



### Please Come to the September Meeting

Don't forget to put Thursday, **September 5**, on your calendar. This is the date for the next meeting of MARSP. The luncheon will be held in the Fellowship Hall of First Baptist Church. The program for the September 5 meeting is "Around the World with Janna." She is the owner of Janna's Cruise & Travel and will offer tips about the right time to travel and the best price as well as other useful information. Meet and greet begins at 11:30 a.m. followed by lunch at 12:00 noon. The cost is **\$5.00**, and your reservation is your commitment to pay, even if you cannot attend.

Call Anita Patton at **432-697-1602** or e-mail her at [apatton123@sbcglobal.net](mailto:apatton123@sbcglobal.net) by Monday, September 2



## MARSP SENDS CARDS TO ITS MEMBERS

Even in the summer time when we do not meet regularly, our organization sends cards to members and their families. The past summer Get Well cards were sent to Zoe Carter, Janet Haney, Dorothy Thompson, Pat Adams, Linda Tervooren and Betty Bagwell. A sympathy card was sent to Kerry Kay Cook upon the loss of her mother. Essie Haisler died and her family was also sent a sympathy card. Other sympathy cards were sent to Pat Southerland whose husband Bill died, Sandy Hammontree whose mother died, and Darlene Hicks who lost her husband John. Jeri and Bud Evans lost their son Richard, and Sharon Welch and her husband lost his sister. A card was also sent to Janelle Dozier's family upon her death. She was a long-time member of MARSP.

A thinking of you card was sent to Janie Lou Greenlee. She is a member of the Mitchell County unit and has been active on the district level. She is having open heart surgery and has had several open heart surgeries in the past.

A congratulatory card was sent to Dan and Martha Kallas upon the celebration of their 50th Wedding Anniversary. Included in the card was the clipping from the newspaper about their anniversary.

Maridell Fryar was sent the newspaper clipping about the passage of SB 1458. Her support and guidance were instrumental in helping MARSP get behind the support of that bill.

If you know of a member who would appreciate a card, you may contact Patti Watson at pnw1000@gmail.com or call her at 697-1170.

Patti Watson, Friendship Chairperson



### TIPS TO PREVENT DANDRUFF

In addition to regular shampooing, try these steps to reduce your risk of dandruff: 1. Manage stress. It can trigger dandruff or make it worse. 2. Cut back on hair sprays, styling gels and mousses. They can build up on your hair and scalp, making them oilier. 3. Eat a healthy diet. Nutrients such as zinc, B vitamins, and essential fatty acids may help prevent dandruff.

Karron Pearson, Health Chairperson

Health Tip of the Week, Mayo Clinic Housecall, Vol. 14, Issue 9, February 27, 2013



### BOOK DRIVE IS ONGOING

As of August 5, 1,637 books have been delivered to area agencies that cater mostly to children.

The book drive continues through December of 2013, so we still need to look for new and gently used books to donate. If you would like to donate but do not have a source for books, you may give a cash donation, and books will be bought for you. We are also still collecting Campbell Soup labels and Box Tops for Education. You may give those to Pat Adams at the monthly meetings or send them to her at:

**3604 W. Louisiana  
Midland, Texas 79703**

These box top and soup labels will be given to schools for playground equipment and other needed supplies. This book drive is a state project, and MARSP has been a major contributor of books since the project began. Please clean your closets, look at garage sales, and ask friends for new or gently used books for children.

Pat Adams, Book Chairperson



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**



If you have articles of interest or news for the newsletter, we appreciate your input. You may e-mail your articles, news items or suggestions to [joyce.whitley@gmail.com](mailto:joyce.whitley@gmail.com) or send them to Joyce Whitley, 1210 W. Golf Course Road, 79701. Your suggestions are always welcome.

### **Volunteer Hours—May-August, 2013**

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

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

### **Did You Exercise Regularly May-August, 2013?**

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

**Yes** \_\_\_\_\_ **Approximate Hours** \_\_\_\_\_

**DATES FOR MARSP  
LUNCHEON MEETINGS**

All meetings are at First Baptist Church Fellowship Hall at 11:30. Reservations need to be made by the Monday before the meeting.

September 5

October 3

November 7

December 5

January 9 (Second Thursday)

February 6

March 6

April 3

May 1

E-mail Anita Patton at

[apatton123@sbcglobal.net](mailto:apatton123@sbcglobal.net)

Future Changes and Updates Are Posted At  
[www.midlandretireded.org/index\\_2.html](http://www.midlandretireded.org/index_2.html)

**MARSP SCHOLARSHIP**

Our MARSP Scholarship went unclaimed in June. The NEW deadline is Friday, October 18, 2013. It is available to relatives of MARSP members who are going to college to earn a teaching certificate or further their knowledge in the field of education. It is also available to college students who may have been mentored by a MARSP member.

The complete guidelines and application forms can be found on the MARSP website at [www.midlandretireded.org](http://www.midlandretireded.org).

Diantha Dawkins, Scholarship Chairperson

**Friends**

**are the Most important ingredient  
in the recipe of  
Life**



**ARE YOU DRINKING DIET SODA? DO YOU KNOW THE SIDE EFFECTS IT HAS ON YOUR BODY?**

Although weight-loss articles often suggest drinking diet soda in place of full-calorie counterparts, health experts warn that the long term side effects may not be worth the short term benefit of consuming fewer calories.

**LOSS OF CALCIUM-** According to the American College of Sports Medicine,(ACSM) high levels of phosphates from diet soda leeches calcium out of the bones. Daily consumption of diet sodas makes you 3-4 times more likely to suffer a stress fracture and at an increased risk for osteoporosis.

**DEHYDRATION-** Caffeine from diet soda triggers the kidneys to increase urine production, which results in an increased loss of water in the body. Dehydration leads to dizziness, headaches, racing heartbeats, and even death.

**ASPARTAME-** This low-calorie sweetener is found in most diet drinks. The FDA says it's safe; however, several side effects involving the ears, eyes, chest, skin, neurological system, gastrointestinal system, and metabolic system as well as psychological conditions have been linked to its use. Hugo Rodier, MD, author of "Sweet Death," suggests that drinking diet sodas lead to weight gain.

**BENZENE-** In 2005 the FDA reported that the carcinogen benzene was present in all soft drinks containing benzoate salts and ascorbic acid. The World Health Organization confirms that benzene causes cancer and that no safe level of exposure to benzene can be recommended.

**EFFECTS-** People who regularly consume diet drinks may experience increased sugar cravings triggered by the drink's artificial sweeteners, according to the Mayo Clinic. Though diet sodas contain fewer calories than regular sodas, they may encourage poor food choices in other areas.

**EXPERT INSIGHT-** Adults who drink one or more regular or diet sodas may face a higher risk of developing metabolic syndrome, type 2 diabetes, kidney stones, and chronic kidney disease, according to the Mayo Clinic. Data from the Framingham Heart Study revealed a link between diet soda drinkers and heart disease and Type 2 diabetes. These drinkers tend to follow diets high in fat and sugar and low in fiber. They also tend to lead a more sedentary lifestyle.

**BOTTOM LINE-** Drinking soda to lose weight may reduce calories but offers no nutritional benefits and could lead to negative health consequences over time. The ACSM recommends drinking water or mixing juice with water at a 1:1 ratio.

Drink water and lower your disease and cancer risks today,

Karron Pearson, Health Chair

## MEMBERSHIP NEWS



Current MARSP membership is 317. This is a good number but not as good as last year as we closed the year with over 400 members. After reading the newsletter, consider giving your copy, along with a personal invitation to join MARSP, to a friend who is not a member. In order for your name to be included in the yearbook, dues must be paid by September 15. Dues of \$40.00 should be mailed to MARSP, Box 4954, Midland, TX 79704. A membership form can be produced from our website :

<http://www.midlandretireded.org/webmembership.pdf>

Thank you in advance for your continued work in promoting the ONLY organization dedicated to the welfare of retired education personnel.

Jean Alvey, Membership Chairperson

## IT PAYS TO BE A SENIOR CITIZEN



When the Member Benefits Committee met to review member benefits, it was brought to everyone's attention that there are many senior discounts (55 and over) that can be very beneficial to our MARSP members. Not all may be available in this area, but hopefully you will be able to benefit from some and help keep more cash in your pocket. If the following do not offer the discount locally, tell a manager about our group's membership number in Midland!!

The following restaurants offer a 10% discount:

Arby's, Burger King, Chick-Fil-A, CiCi's Pizza, Denny's, Golden Corral, Fuddruckers, Gatti's Pizza, Jack in the Box, Long John Silver's, McDonald's (on coffee) Sonic, Subway, Taco Bell (5%), Wendy's.

### Retail and Apparel

Beall's offers 20% off on the first Tuesday of each month.

Big Lots offers 10% off.

Kohl's offers 15% discount on Tuesdays.

Ross Stores offer a 10% discount every Tuesday.

Stein Mart offers 20% savings off red dot clearance items the first Monday of every month.

Virginia Connor, Member Benefits

## TEXAS RETIRED TEACHERS FOUNDATION



All members are urged to stay informed about the successful programs of the Texas Retired Teachers Foundation. The Foundation publishes *The Ledger* quarterly and tells about programs supported by Foundation donations. Access to *The Ledger* may be found at [www.trtf.org](http://www.trtf.org) or in reviews posted regularly on our local website.

The most recent publication reports on the emergency West Relief Fund. There were a number of TRTA and TRS members affected by the blast. Three grants have been given at the time of publication. Other programs that help Texas educators or former school personnel include the "Helping Hands," "Classroom Assistance Grants," "Student Scholarships," and the "Legacy Program," which is promoting a positive image of Texas public education. Information and applications forms may be retrieved from the website.

Donations are always accepted by the Foundation. You may name them in honor or memory of colleagues or friends. November is Foundation Month, and we will be asking for a donation at that time to be given from our local unit.

To learn more about the programs, check out the website at [www.trtf.org](http://www.trtf.org) and sign up for the newsletter.

Martha Kallus, Foundation Liaison

## POINTS TO REMEMBER REGARDING YOUR SOCIAL SECURITY NUMBER



You do NOT have to give your SSN to a private business.

If you do give your SSN to a business, get a copy of its privacy policy.

If you are required to give your SSN to a government agency, you must be provided with a disclosure statement.

NEVER give out your SSN or other personal information over the phone or by e-mail.

Report ID theft to your local police department.

File an ID theft complaint on the Federal Trade Commission's website at [www.ftc.gov](http://www.ftc.gov) or call (877)ID THEFT.

Sharon Welch, Informative and Protective Services