



Spotlighter



May 2018

President's Notes

Well, it appears that Spring has sprung and as always in Texas, Spring weather is short lived with the HOT stuff just around the corner. I think "Mother Nature" has been playing tricks on us. One day it is nice and warm the next it is cold and wet. I think she is saying "It's Spring! No its not -- just kidding". Then a few days later she does it again. Then says "got you again", etc.

I hope everyone is well. Now you need to get ready for summer: have your air conditioners checked and don't forget the car's. Get your yard in shape and plant those annual flowers as they will provide color through the coming hot days. Be sure to get your car's cooling system checked. I can't think of anything worse than a car that over heats when you are headed to the pool with those grandchildren.

Now, to my favorite subject, security. Be extremely careful what personal information you share on places like Facebook, Linked, Twitter, etc. Let me share a little story from my Good Sams camping club. One of our chapter's treasurer received an e-mail from the chapter president with an invoice attached for software services totaling \$4,000.00. Our investigation found that the perpetrator had pieced together the information necessary to pull this off from the chapter's WEB site, the officer's Face book account and a couple of church's WEB sites. Thank goodness the treasurer didn't have \$4,000.00 to send them and asked questions.

If you want the scare of your life, go to GOOGLE and search for your phone number or your address and see all the information that it finds about you. It's enough to make you never use the internet again.

With so many people turning to the internet for everything from groceries to clothes, to medicines, to home buying, etc., be very careful that ANYTIME you connect to a WEB site you use https: not http:(https:// www.anysite.com). The https encrypts all data passed over the internet so hackers cannot intercept your data. This is mandatory if you are doing anything that involves money in any way. Starting with internet explorer 10 https is the default protocol.

Dallas Life Pioneers Council is looking for a few good people that are willing to spend a few hours a month helping us run our council. It's not much work and doesn't take much time and is very rewarding. I not only serve as your council President, but also lead the Talking Books repair team here in Dallas. I have a ball getting to see friends and doing good in our community and for the residents of Texas. You don't even have to drive into /across Dallas for our monthly meetings, we have a bridge line that allows us to meet via conference call.

Every family has one weird relative.

If you don't know who it is, then it's probably you.

Letters to the Editor



Loretta Cherry, 515 W. Red Bird Lane, Duncanville, TX, 75116, ljcherry@swbell.net

I do like to read about my fiends. Thank you for your effort in publishing the newsletter...*Jack Hood*
 Please keep 'em coming. Your doing a good job. Hope this check helps...*JT & DeAnna Virdell* My sister and I enjoy reading the "Spotlighter". It helps us keep up with what is going on and to keep up with our long time friends (especially Jeanene Clark). I'm sending a check to help with expenses. Thank you...*Ann Woley and Barbara Jackson*...Thanks for the "Spotlighter"...*Dick & JoAnn Miller Moore* Enjoy keeping up with group so much. Especially enjoy knowing of those who have passed...*Darnell Daniel* Thank you for the pleasure/information in the "Spotlighter". Here's a little "cash fromCash" to help with the expense...*Mary Cash* Still loving "Spotlighter" even after 24 years of retirement...*Jeannine Verinder* Thank you for the updates. Always enjoy...*Gene Mantzke* Also heard from *Nate McNeal, Warren Bassham, Jean Hearn and Sharon Duarte*. Sorry we have had no recent event so there are no pictures in this issue.

Just F.Y.I...

Continued By:

Judy McCallum-Lee.

Re-uses for plastic shopping bags – cover paint trays instead of paying \$1 for paint tray liners, protect plants from frost by wrapping bags around them overnight and removing in the morning, use as gloves for oily/greasy work or cleaning toilets or drains, packing material, etc.

“Things turn out best for the people who make the best of the way things turn out.” *Coach John Wooden*

New Medicare Card - In a long-overdue move to protect your privacy, the government is mailing new cards to all people with Medicare. The new card will have a unique number rather than your Social Security number and signature for everyone to see and should arrive between April 2018 and April 2019. You can start using the new card immediately, but your old card will work through December 2019.

The IRS spent \$20 million - to use private collection firms to collect \$6.7 million in 2016 and 2017.

Recent studies indicate - that although they are more likely to be harmed by the ordeal of surgery than helped, nearly 1 in 3 older Medicare patients who are very ill undergo surgery in their last year of life, 18% in their last month. *USA Today*

US disasters cost \$306 billion in 2017 – the most ever. Included were 16 weather and climate disasters causing losses of \$1 billion or more each.

9,009 Non-stop Miles - were flown during the maiden voyage of Qantas airline from Perth, Australia, to London’s Heathrow Airport.

Using a stylus – to text on a smartphone can help reduce hand pain.

Snuggies are not clothes – The U.S. Court of International Trade has ruled that Snuggies are blankets, and not clothes. Allstar Marketing Group has spent 6 years battling the government over the designation of their wearable polyester blankets as clothes; blankets are subject to an 8.5% import duty as opposed to 14.9% for pullover apparel.

Selfie statistics - at least 73 people around the world died while taking “extreme selfies” in the first eight months of 2016 compared to a total of 39 in 2015 and 15 in 2014. Most fell from buildings or mountains; others posing on train tracks or with firearms. Men accounted for 76% of the deaths.

Free apps for better buying – SnipSnap - you can scan retailer and restaurant coupons and save them to your phone. With Walmart Savings Catcher, you can scan a Walmart receipt within seven days of purchase and the app checks for lower advertised prices and credits the difference to you on an e-gift card.

Online search engines with privacy protection. Google is the default search engine for most people, but does not have a great record for privacy. *DuckDuckGo* and *Ixquick* do not track your IP address or search history. *Yippy* automatically blocks adult content and does not collect personally identifiable info, although it does use cookies and may collect anonymous info about your computer. *Kim Komando, Komando.com*

Ireland’s GDP grew in 2015 from an estimate of 7.8% to 26.3% largely driven by U.S. corporations moving their headquarters to the country for a lower corporate tax rate. *NY Times*

“The only way to keep your health is to eat what you don’t want, drink what you don’t like, and do what you’d rather not.” *Mark Twain*

CAUTIOUS RIDER
TO HER RECKLESS DEAR
LET’S HAVE LESS BULL
AND A LITTLE MORE STEER.
Burma Shave



AT&T Pioneers Disaster Relief Fund

In 2017 the Pioneers Disaster Relief Fund committee sprang into action for 18 major disasters. While we are thrilled to support the AT&T employees and retirees in their time of need, we do regret that the Fund had to open for these tragedies.

Mother Nature was challenging this past year, and our hearts go out to those employees and retirees as they struggled and the many who continue to struggle to rebuild from the hurricanes, tornadoes and fires of 2017. In support of these events and the individuals and families impacted; the fund distributed \$418,000 to approximately 800 recipients.

Our current goal is to replenish the fund and hopefully be ready for this summer if needed.

Anyone can contribute to the AT&T Pioneers Disaster Relief Fund by going to the Disaster Relief Link and by doing so allowing the fund to continue to support our AT&T employees and retirees in need. To donate, go to <http://attpioneers.org/disaster-relief/>. When you click on the link and then on **click here**, use the AT&T Global Login User ID and Password that you use to access your retiree benefit and company information. Or just make a check payable to: AT&T Pioneers Disaster Relief Fund Then mail to: AT&T Disaster Relief Fund, 5680 Greenwood Plaza Blvd., Suite 550-S, Greenwood Village, CO 80111. Or you may mail to me at Loretta Cherry, 515 W. Red Bird Lane, Duncanville, TX 75116 and I will process.

The AT&T Pioneers National Projects and Program Committee provides oversight for the AT&T Pioneers Disaster Relief Fund.

Have you missed any of the **tips** from the DMN Watchdog, Dave Lieber, lately? Here are a few good ones.....

A standard “heads up” is that the IRS will NOT call you so be alert for scam calls. However it came to light recently that at least one taxpayer did receive a legitimate call saying he was to be audited.

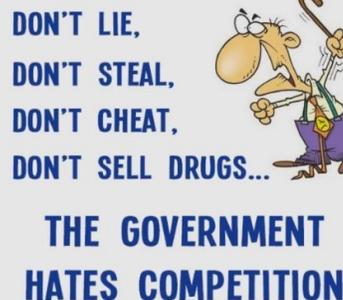
After some recent ATMOS gas explosions, a local attorney’s advice was to purchase a methane gas detector for your home. The Watchdog took his advice and got his at Amazon for \$30. The Watchdog mentioned he already had carbon monoxide detectors around his home.

Another reader said he discovered that the robocaller only rings three times – maybe the auto dialers are set for only 3 rings.

Criminals are calling DirectTV customers, and the DirectTV real number shows up on the Caller ID, through Caller ID spoofing. The crooks know the customer’s name, address and account number. They’re told they can get a special discount but they have to pay upfront via a \$300 Amazon gift card. It sounds legitimate. Always call a company to double-check a too-good-to-be true offer. Also, generally anything involving payment by gift card is a scam.

A recent widow began receiving calls from a Medicare Assist program. On checking it out, it did not exist.

Another reader was told her flu prescription cost \$120 at Kroger. She opened up the free GoodRx App on her smartphone and it showed a Kroger coupon. Her bill dropped to \$52. For more info on this App, go to GoodRx.com.



- ◆ Today a man knocked on my door and asked for a small donation towards the local swimming pool. I gave him a glass of water.
- ◆ A recent study has found that women who carry a little extra weight, live longer than the men who mention it.
- ◆ Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?



CFL (Compact Florescent Light) Safety and Recycling

CFLs contain 4 mg of mercury. As long as the bulb is intact, the mercury is safely contained. Avoid contact with a broken bulb.

If you break a CFL, air out the room for 15 minutes. Approach the cleanup carefully, following the Environmental Protection Agency's [recommended procedure](#).

The EPA recommends that you bring old CFLs to qualified recyclers, rather than disposing of them in trash cans or curbside recycling bins.

You can bring old CFLs to The Home Depot (as well as other places) for free recycling. Visit the [Eco Options website](#) to learn more.

If you're concerned about the mercury content in CFLs, consider LED bulbs. Since LEDs don't contain mercury, they don't have the same cleanup constraints, but are just as energy-efficient.

Habits and addictions with Smartphones, tablets, monitors.

5 average number hours spent on phone every day

89% of people check their phones within an hour of waking up.

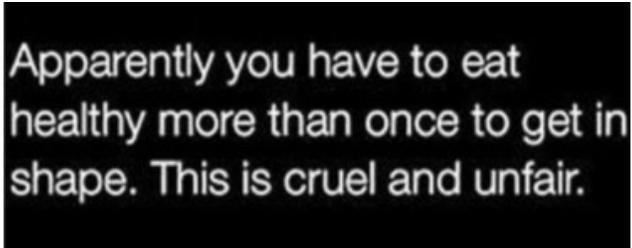
45% U.S. kids ages 10-12 have their own smart phone with a service plan.

47 average number of times we check our phones every day.

19 average number of minutes that pass between checking our phones.

91% people who accept legal terms and conditions online without reading them.

A 2017 University of Texas study found that the mere presence of our smartphones, face down on the desk in front of us, undercuts our ability to perform basic cognitive tasks.....Results from various technology studies....



Apparently you have to eat healthy more than once to get in shape. This is cruel and unfair.

Protecting your Facebook data

If you've ever downloaded an app through Facebook, you should examine your privacy settings. Log in via your browser, click the downward-facing triangle at the top right, hit Settings and select Apps. Check the apps and sites listed – this should confirm what profile information you have agreed to let them see. At a minimum, those apps will get your name, profile picture, cover photo, gender, networks, username, and user ID. Others might get far more, including your friends list, Likes, and current city. You can get rid of an app by clicking the “X” next to its name, or click through to see its privacy policy.

Planning a trip? - Watch Out For These Hotel Scams

Fake Wi-Fi networks – scammers set up Wi-Fi networks that use your hotel's name. Ask the front desk what the correct connection is, and never enter your credit card information into a Wi-Fi network that prompts you to do so.

Pizza delivery deal – a fake flyer for pizza or another food is slid under your door. When you place an order, your credit card info is stolen. Check with the front desk for recommendations or search the Internet for eateries that deliver.

Late-night call from the front desk – scammers call to say there is a problem with your credit card and ask you to provide it again. Then they steal your account info. Go to the front desk to check to see if there is a real problem.



UPCOMING LUNCHEONS

September 11 Spring Creek Barbecue *See note below
 December 11 Dallas Athletic Club

James Mason—817-562-3257 Site & Program
 Charlie Sorrels for reservations, 972-530-1492

DAC LUNCHEON RESERVATIONS ARE ESSENTIAL TO INSURE FOOD & DINING SPACE!

*Please note that the September luncheon will not be at DAC!

Since our turnout at the DAC has been rather low the past couple of years, we thought we would see if there is interest in something different for our September 11 luncheon get together. We decided to just try a meet at Spring Creek Barbecue and keep it simple – reservations are not necessary, no entertainment, go through the serving line, purchase your lunch (sorry coupons only good between 5 and 9pm) and head to the Banquet Room.

We hope you can join us. So mark your calendar for Tuesday, September 11 and meet at **11:00 am** (that's when the doors open):

Spring Creek Barbeque, 270 N. Central Expy, Richardson, TX 75080, 972-669-0505, <https://springcreekbarbeque.com/>

FYI, for now we do plan to have our December 11 luncheon at the DAC.

Talking Books

Group meets on Wednesday at Pinnacle Park, 4331 Communications Dr., Dallas, 75211 to repair recorders for the blind and severely handicapped. Call **Chuck Hayes, 972-723-8579**, for additional information.



2018 EXECUTIVE BOARD

Pres.	Chuck Hayes	972-723-8579
1st VP	Charlie Sorrels	972-530-1492
2nd VP	Whitney Wolf	214-341-4151
Past Pres.		
Sec.	Judy McCallum	214-543-4749
Treas.	Loretta Cherry	972-741-6962

Other Executive Board Members

<u>Hotline:</u>	Mary Lou Adcock	972-722-2000
<u>Special Projects:</u>	Gail King	972-564-5317
	Jeanene Clark	817-267-8239
<u>Education:</u>	Charlie Sorrels	972-530-1492

CHANGE OF ADDRESS OR DEATHS

Call **1-800-416-2363** to report address changes or deaths to the Benefit Group.

Call the Pioneer Hotline at **214-464-8425** or Charlie Sorrels at 972-530-1492 to report the death of a Pioneer.

Call **972-780-1110** to report address changes for the **Spotlighter**.

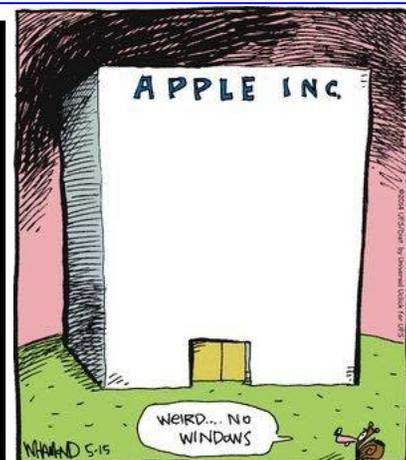
Important Telephone Numbers

Hotline	214-464-8425
AT&T Connect	1-877-722-0020
Pensions & Savings	1-800-416-2363
Long Term Care	1-800-247-3020
Life Insurance	1-877-722-0020
Care Plus	1-877-261-3340
Retiree Discount Information/Contacts:	
Eligibility:	1-888-251-0645
Wireline Voice & U-verse	
	1-877-377-9010
Wireless	1-800-331-0500
Benefit	1-877-722-0020



Health Forms You Must Have

Recent studies indicate that only 45% of adults 65 and older have a living will, designated healthcare proxy, or other document that spells out their end-of-life wishes if they're unable to speak for themselves. Make sure you document your desires. The best place to get the appropriate legal forms and explanations is from your doctor.





Just for Grins



An Italian tourist asks a blond man: "Why do scuba divers always fall backwards off their boats?" To which the blond man replies: "If they fell forward, they'd still be in the boat."

A New Jersey Congressman called to make reservations, "I want to go from Chicago to Rhino, New York ." I was at a loss for words. Finally, I said, "Are you sure that's the name of the town?" "Yes, what flights do you have?" replied the man. After some searching, I came back with, "I'm sorry, sir, I've looked up every airport code in the country and can't find a rhino anywhere." "The man retorted, "Oh, don't be silly! Everyone knows where it is. Check your map!" So I scoured a map of the state of New York and finally offered, "You don't mean Buffalo , do you?" The reply? "Whatever! I knew it was a big animal."

Here is an exercise for seniors to build muscle strength in arms and shoulders. It seems so easy, so I thought I'd pass it on to some of my friends. Just don't overdo it. Begin standing on a comfortable surface, where you have plenty of room to each side. With a 5-LB. potato sack in each hand, extend your arms straight out from your side, and hold them there as long as you can. Try to reach a full minute, then relax. Each day you will find you can hold this position a little longer. After a couple of weeks move up to a 10 LB. sack, then a 50 LB. sack, and eventually try to lift a 100 LB. potato sack in each hand, and hold your arms straight for more than a full minute. After you feel confident at that level, put a potato in each sack.

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80 and then about her new husband's occupation. "He's a funeral director," she answered. "Interesting," the newsman thought. He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living. She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director. The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers. She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

Sarah, Rosemary, and Anne went to a restaurant together to celebrate old times. "I'll take some Tom Yum soup" said Sarah to the waiter. "Nah" said the waiter waving his hand "you probably won't like it, it's way too spicy! Why don't you try the Garden Vegetable Soup?" "Alright," said Sarah. "You know better than me, after all you are the waiter!" "And how about you Ma'am?" said the waiter turning to Rosemary. "I think I'll take the poached fish," said Rosemary, after carefully examining the menu. "I don't really think you'll like it," said the waiter, "it's very bland. Why don't you try the Rib Steak with Garlic Marinade?" "OK, I'll take that instead," said Rosemary. "And how about you?" said the waiter turning to Anne. "I don't know, I can't decide," said Anne looking up from the menu, "what do you recommend?"

"Recommend?" said the waiter with a surprised look on his face, "who has time to recommend stuff smack in the middle of dinner hour!"

THE MIDNIGHT RIDE OF PAUL FOR BEER
LED TO A WARMER HEMISPHERE.
Burma Shave



FAYE'S FAITH CORNER



By: Faye Spencer 972-240-7836,
5324 Pensacola Dr., Garland, TX 75043,
faithfulfaye@TWC.com



A gentleman and a young lady were talking about the struggles of work and their ambitions when she told of an incident that reminded her of why she does what she does.

The young lady is a personal teacher to 3 separate autistic kids, 2 boys and a 13-year-old girl. The young teacher just started in this field after graduating collage a few months ago. The two boys can be violent at times and she has been bitten, slugged and slapped once.

She said that the job had stifled most of her emotions to the point of being listed by her doctor as suicidal. Apparently she went for evaluation and the doctor saw such an improvement in the last 6 months she was no longer suicidal and was removed from that list.

The 13 year old girl's mother had told this young teacher about how she had noticed real laughter and emotions she had never seen before in her daughter all because of the teacher being in the girl's life for the last 6 months and she couldn't thank her enough. She said she would follow the young teacher anywhere she went if she were to leave the place she is working.

Imagine how it must feel to make such a difference in someone's life and future like that. That is probably how an angel feels at the end of the day.

The young teacher says that it's hard at times but hearing from that mother makes it all worth it.

Love, Faye

Potential Hazards of Prolonged Sitting are cardiovascular disease, diabetes, obesity, muscle and joint problems, some forms of cancer including breast, colorectal, endometrial and ovarian. Some hints to sneak more movement into your day: When watching TV, stand up and move about during commercials – march in place or tidy up the room. Set up an exercise bike or treadmill for use when catching up on TV. Keep a pair of light dumbbells next to your chair and lift them while watching TV. Set a reminder to get up and move around the room at least once an hour. Stand up or stroll while talking on the phone. When reading a book, get up and move around at the end of each chapter. Walk your dog an extra block.

In Loving Memory

MCMULLEN, EMILY B	Oct 18, 2016
GREISSINGER, DONALD F	Dec 30, 2017
VARGAS, LYNDA D	Jan 09, 2018
MARTIN, TWILLA	Jan 12, 2018
BEDSOLE, CURTIS	Feb 23, 2018
JONES, ANTONIO D	Feb 26, 2018
MITCHELL, KATHLYN K	Feb 26, 2018
SMITH, M L	Feb 28, 2018
POWERS, DORIS	Mar 02, 2018
BLAKELEY, JAMES A	Mar 03, 2018
LEE, CHARLES V.	Mar 6, 2108
BLAYLOCK SR., JOHN G.	Mar 7, 2018
NEEL, ROBERTA	Mar 09, 2018
WAGGONER, JOYCE M	Mar 10, 2018
SIMS, JUDITH A	Mar 12, 2018
DOMINGUEZ, MARY BETH, DAUGHTER LARRY REGH	Mar 15, 2018
DARR, JOYCE NELL	Mar 17, 2018
SAVOY, LARRY E	Mar 18, 2018
JACKSON, CLARENCE	Mar 22, 2018
SAIZ, DIANA J	Mar 24, 2018
OLSEN, DOROTHY	Mar 25, 2018
HOLLON, JIMMY D	Mar 27, 2018
WISDOM, JOHNNIE MAE	Mar 29, 2018
CRAWFORD, SALLIE	Apr 1, 2018

Prayer List

Roy Draper

Karen Turner



The Spotlighter May 2018



NONPROFIT ORG

U.S. POSTAGE

PAID

RETURN SERVICE REQUESTED

The Spotlighter

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TO BE ANNOUNCED

Directions to Dallas Athletic Club—From the North: Take I635 east & exit on La Prada, turning right. Club is one mile on the right. From the South: Take I20 east to I635 north & exit on Oates turning left; go right on Galloway. At La Prada, turn left. Club will be on right.

RESERVATION COUPON

Dallas Athletic Club

December 11, 2018

Social Hour 10-11 am; Lunch 11 am

NAME: _____ SPOUSE/FRIEND _____

TOTAL # RESERVATIONS _____ TELEPHONE # _____

Mail coupon for reservations to Charlie Sorrels, 2819 Hickory Bend Dr., Garland, TX 75044. Please notify Charlie, 972-530-1492, as soon as possible but no later than December 5, if unable to keep your reservations. Our Club has to pay for no-shows! Thank you.

Volunteer hours: _____ Partner: _____

