



Dallas Life Council

Mary Lou Adcock, President
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75087mary.lou.adcock@sbcglobal.



President's Message



Spotlighter

February 2020

Hello Everyone! We have just completed a very successful 2019 led by **Judy McCallum-Lee**. Her leadership has been invaluable and we will continue to lean on her for advice. Judy may be small in stature but she has left some very big shoes for me to fill. Believe me when I say, I have her on "speed dial."

I am extremely honored to be the President of the Dallas Life Council in 2020...and I am beyond thrilled to have the men and women on board that will help me guide the Council. **Bob Carroll** will serve as 1st Vice President and **Warren Bassham** will step up to the plate as 2nd Vice President. **Judy McCallum-Lee** will keep us all in line as the Past President. **Pearl Garza Fracchia** will handle the finances as our Treasurer and **Dot Alder** will be the Council's Secretary. Volunteering as Chairs for specific projects are: **Loretta Cherry**, Spotlighter Editor, **RoJean Cull**, Entertainment, **David Noblet**, CASA, **Nate McNeal**, Talking Books, **Charlie Sorrels**, Education, **LuAnn Eakin**, liaison for Midlothian Nursing Facility, **Annie Wartsbaugh & Pam Meyers**, VA Hospital Volunteers, **Whitney Wolf**, Face Book posts, **Gail Ford & Jeanene Clark**, our go-to gals for miscellaneous tasks. I will continue to update the **Hotline** (214-464-8425).

We are planning a productive and fun-filled 2020 starting with four socials at the Dallas Athletic Club, 4111 Athletic Club Drive, Dallas:

- Wednesday, March 4
- Wednesday, July 15
- Wednesday, September 2
- Wednesday, December 2

The dates listed are all that were available when I called the DAC in November.

- Two additional socials are scheduled at the Circle Grill, 3701 N. Buckner Blvd., Dallas:
- Wednesday, February 5
 - Wednesday, May 6

Please feel free to call, text (214-212-8701) or email me at mary.lou.adcock@sbcglobal.net



Letters to the Editor

Loretta Cherry, 515 W. Red Bird Lane, Duncanville, TX, 75116, lorettacherry76@gmail.com

Check out our WEB site at <http://south-region.attpioneers.org/texaspride/>. You will see this newsletter in color. Plus many articles from other Councils in Texas Pride.

I enjoy the paper. Enclosed is a check for the Pioneer paper. You are doing a great job. Merry Christmas...*Mary Turner* Attached is my donation for the "Spotlighter". Thanks for all the group does and best wishes for the future...*Louise Heder* Thanks for the updates...*Gene Mantzke* Here is a donation to keep the good work going. I'm also so glad to get my copy and can't wait to read it when it comes...*Carol Clement* Enclosed is a check for the Pioneer paper. Enclosed is a donation for the newsletter. I always enjoy getting it and seeing photos of everyone at all the activities & luncheons. Take care...*Susan (Stephens) Ryder* Thanks for keeping us informed. Love to get the paper. Keep up the good work...*Jean Hearn* Thanks for continuing to send the "Spotlighter". I love getting it though I know very few people anymore. Hope life and health are all good for you. I wish you the best in 2020...*Mary Nelson Clifford* Also heard from *Wanda M. Smith*.

Just F.Y.I... By:

Judy McCallum-Lee.



Internet population has grown by 7.5 percent since 2016 and now includes over 3.7 billion humans. The U.S. alone spits out 2,657,700 gigabytes of internet data every minute.

“Blessed is the man who having nothing to say, abstains from giving us wordy evidence of the fact.” *George Eliot, Inews.co.uk*

“Free speech and paid speech are not the same thing” – A thought expressed by more than 250 Facebook employees in a letter to Mark Zuckerberg.

Emotional Support Animals on U.S. airlines have soared 56% in one year to 751,000. And animal-related incidents from barking to biting to other accidents have increased by 84%. *WSJ*

At TSA checkpoints last year travelers in a rush to catch flights left \$960,105 in unclaimed cash in bins, a 10% increase from the previous 12 months.

London sunbather in shock when a frozen corpse (a stowaway who died at high altitude) was ejected at 3500 feet from a plane lowering its landing gear before arriving at Heathrow Airport. The rock-hard body landed like a bomb only 3 feet from the chap sunbathing in his garden, creating a crater and shaking neighboring homes.

Recently in the Grand Canyon two people fell over the rim to their deaths while taking selfies.

Refrigerating bread will actually make it go stale faster, but you can keep it fresh by freezing in a plastic bag with all the air squeezed out.

I ordered a chicken and egg off the internet to see which comes first.

Robocallers have been fined \$208 million since 2015 by the FCC and collected only \$6,790. The Federal Trade Commission has been awarded \$1.5 billion through court judgments since 2004, and collected only \$121 million. *Wall Street Journal*

Only 28% of kids in the U.S. ages 6 to 12 played team sports on a regular basis last year, down from 45% in 2008. But annual youth sports business revenue has doubled to \$15 billion thanks to new costs such as private coaching. *Axios.com*

“The Baby Bust” - In 2018, the crop of newborns was the lowest since 1986 – about 3.78 million, continuing a downward trend that some are now labeling “the baby bust.”

The median out-of-pocket cost of the 49 top-selling prescription drugs increased by 76% between 2012 and 2017. Sixteen drugs more than doubled in price over the 7-year span.

It’s also a good idea - to ask your pharmacist for the best price.

Auto-brewery syndrome – a rare condition that causes a body to brew alcohol when fungi or bacteria in the gut convert carbohydrates from food into ethanol. Patients have the exact same implications of alcoholism: the smell, breath, drowsiness, gait changes, etc. The treatment is antifungal medications. *Reported on CNN.com*

Fake News?—It could be a good idea to check out provocative news before emailing or sharing. Some good fact checking websites are: Snopes.com, FactCheck.org, Hoax-Slayer.net, PolitiFact.com, and Truthorfiction.com.

Let me never fall into the vulgar mistake of dreaming that I am persecuted whenever I am contradicted.”

Ralph Waldo Emerson



The only reason I

would take up walking is so that I could hear heavy breathing again.

The advantage of exercising every day is so when you die, they'll say, “Well, she looks good doesn't she.”

Every time I start thinking too much about how I look, I just find a Happy Hour and by the time I leave, I look fine!



Dallas Life Council Social & Meeting
DAC December 2019



Bill & Jerry Miller



J. T. & DeAnna Virdell



Tommy, Marianne & Rachel Walker



Terri & Wayne Niswander



Faye & David Spencer & Linda Lodge



Paul Ott & Rojean Cull

**Dallas Life Council Social & Meeting
DAC December 2019 (cont'd)**



Selma Dawson & Skippie Walker



Mae Valentine



Fay Chitty



Gracie Packwood, Jody Bergman, Jim Mason, & Sandra Mason



Rita McClendon



Linda Lodge, Dot Alder & Glenna Bursey



Danny & Joyce Danielson

UPCOMING LUNCHEONS

Dallas Athletic Club

March 4 July 15 September 2 December 2

Circle Grill

February 5 May 6 at 11 am

Please make reservation for all luncheons by calling Mary Lou Adcock, 214-212-8701 or email her at mary.lou.adcock@sbcglobal.net

Talking Books

Group meets on Wednesday at Pinnacle Park, 4331 Communications Dr., Dallas, 75211 to repair recorders for the blind and severely handicapped. Call Nate McNeal, 972-279-6508 for additional information.



Presentation to The Bridge for help with homeless in Dallas



2020 EXECUTIVE BOARD

Pres.	Mary Lou Adcock	214-212-8701
1st VP	Bob Carroll	214-577-7213
2nd VP	Warren Bassham	972-824-7266
Past Pres.	Judy McCallum-Lee	214-543-4749
Sec.	Dot Alder	214-534-4816
Treasurer	Pearl Garza Fracchia	214-803-9650

Other Executive Board Members

<u>Hotline:</u>	Mary Lou Adcock	214-212-8701
DAC Entertainment:	Rojean Cull	214-327-8808
Education:	Charlie Sorrels	972-530-1492
<u>Special Projects:</u>	Gail Ford	972-564-5317
	Jeanene Clark	817-267-8239
	LuAnn Eakin	469-672-1121
	Pam Myers	214-803-5942
	Annie Wartsbaugh	469-658-5799
	David Noblet	214-236-3404
	Whitney Wolf	214-738-2997

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** to report the death of a Pioneer.
Call **972-741-6962** 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
Affinity Partners	Go to www.attpioneers.org , scroll down & click on Pioneer Affinity Partners

I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to go there.

If you are going to try cross-country skiing, start with a small country.



Just for Grins



A lady was picking through the frozen turkeys at the grocery store but she couldn't find one big enough for her family. She asked a stock boy, "Do these turkeys get any bigger?" The stock boy replied, "No ma'am, they're dead..."

A truck driver was driving along on the freeway and noticed a sign that read: Low Bridge Ahead. Before he knows it, the bridge is right in front of him and his truck gets wedged under it. Cars are backed up for miles. Finally a police car comes up. The cop gets out of his car and walks to the truck driver, puts his hands on his hips and says, 'Got stuck, huh?' The truck driver says, 'No, I was delivering this bridge and I ran out of gas.'

IMPOSSIBILITIES IN THE WORLD

- 1) You can't count your hair.
- 2) You can't wash your eyes with soap.
- 3) You can't breathe when your tongue is out. Put your tongue back in your mouth, sure you can still breathe, you fool.

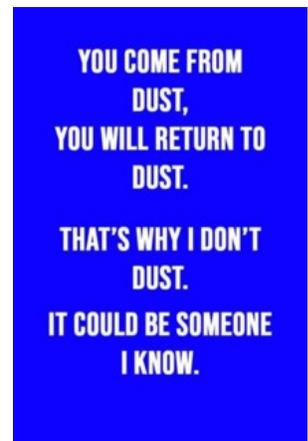
Ten (10) Things I know about you.

- 1) You are reading this.
- 2) You are human.
- 3) You can't say the letter "P" without separating your lips.
- 4) You just attempted to do it. You are an idiot!
- 6) You are laughing at yourself.
- 7) You have a smile on your face and you skipped No. 5.
- 8) You just checked to see if there is a No. 5.
- 9) You laugh at this because you are a fun loving person & everyone does it too.
- 10) You are probably going to send this to see who else falls for it.

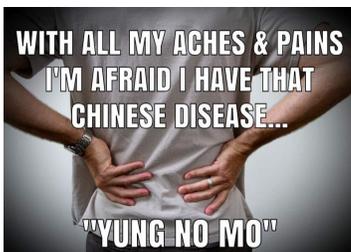
You have received this message because I didn't want to be alone in the idiot fool category.

"Do not regret growing older. It is a privilege denied to many."

Always laugh when you can - it's cheaper than medicine!

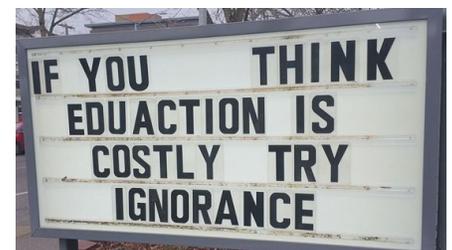


Big Frank was having his hair styled at the hairdresser's when a lorry smashed into a car, outside. Draped in a cape, his hair divided with aluminum clips, Frank, an ex-paratrooper corporal raced out to the car and found the driver unhurt. The lorry driver, however, was slumped over the wheel, unconscious. Big Frank lost no time in applying his army acquired CPR techniques, including mouth-to-mouth resuscitation. The lorry driver recovered consciousness several times, but kept passing out again. Soon the ambulance arrived with the paramedics and took over, and Frank returned to his barber's seat. "I just don't understand why he kept passing out," he said to the hairdresser. "I did everything they taught me." "Well, put yourself in the lorry driver's place," said the hairdresser. "He's driving down the street without a care in the world. The next thing he knows, he's waking up to see some big guy in a green cape with a head full of wires pounding on his chest and kissing him. You'd pass out too'



We all get heavier as we get older, because there's a lot more information in our heads

I like long walks, especially



FAYE'S FAITH CORNER



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



As the sun rose, a dew drop became aware of its surroundings. There it sat on a leaf, catching the sunlight and throwing it back out. Proud of its simple beauty, it was very content. Around it were other dew drops, some on the same leaf and some on other leaves round about. The dew drop was sure that it was the best, the most special dew drop of them all. Ah, it was good to be a dew drop.

The wind rose and the plant began to shake, tipping the leaf. Terror gripped the dew drop as gravity pulled it towards the edge of the leaf, towards the unknown. Why? Why was this happening? Things were comfortable. Things were safe. Why did they have to change? Why? Why?

The dew drop reached the edge of the leaf. It was terrified, certain that it would be smashed into a thousand pieces below, sure that this was the end. The day had only just begun and the end had come so quickly. It seemed so unfair. It seemed so meaningless. It tried desperately to do whatever it could to cling to the leaf, but it was no use.

Finally, it let go, surrendering to the pull of gravity. Down, down it fell. Below there seemed to be a mirror. A reflection of itself seemed to be coming up to meet the dew drop. Closer and closer they came together until finally...

And then the fear transformed into deep joy as the tiny dew drop merged with the vastness that was the pond. Now the dew drop was no more, but it was not destroyed.

It had become one with the whole.

Love, Faye

Our mission: Inspire human progress through the power of communication and entertainment.

Our values: Live true. Think big. Pursue excellence. Inspire imagination. Be there. Stand for equality. Embrace freedom. Make a difference.

Our values represent who we are, how we act and how we interact with others. No matter the culture differences in each of our businesses, these values are universal. They are the standard to which we hold ourselves and the image we portray to the world.

Every time I hear the word 'exercise', I wash my mouth out with chocolate.

In Loving Memory

SCHMAUSS, BRIAN	Apr 16, 2019
CLEVELAND, JAKISHA	Jul 08, 2019
BETTCHEER, DONALD R	Jul 30, 2019
FRANK, REBECCA E	Jul 30, 2019
BROOKS, DOROTHY	Jul 31, 2019
MARDER, DANIEL J	Aug 12, 2019
FLOWERS, MURIEL L	Aug 20, 2019
GAUNTT, PHILIP J	Aug 29, 2019
ROSE, JACK V	Aug 30, 2019
SPEARS, GARY R	Aug 30, 2019
WATKINS, SANDRA L	Sep 04, 2019
BROWN, SHEILA	Sep 05, 2019
IMHOLT, COLLEEN E	Sep 06, 2019
KROMER, JOHN W	Sep 07, 2019
BOULLARD, PHILLIP J	Sep 13, 2019
BAUER JR, EUGENE J	Sep 14, 2019
RANDLE, ROL	Sep 15, 2019
SNOWDEN, LORETA	Sep 16, 2019
SALTER, WANDA J	Sep 19, 2019
HOLCOMB, JOHN H	Sep 30, 2019
FRANKLIN, CARL JOHN	Oct 20, 2019
WYATT, ROBERT (BOB)	Oct 23, 2019
AYERS, JAMES EDWARD	Oct 27, 2019
MCNELLIS, MARTHA JANE	Nov 13, 2019
CALDWELL, FRED LEO	Nov 14, 2019
HOOD, JR., JACK EDWARD	Nov 20, 2019
MASON, BETTY	Nov 29, 2019
MASON, JAMES	Nov 30, 2019
KIOWSKI, JOHN THOMAS	Dec 4, 2019
HOLLOW, SHELLEY ANN	Dec 14, 2019
RASMUSSEN, FRANCES ANN	Dec 26, 2019

Prayer List

Kitty Kemp

We appreciate the donations recently received in memory of Leslie Millison, Jr. and James and Betty Mason. These donations will be used to help support our community projects.

Our "In Memory Fund" is administered by Mary Lou Adcock, 214-212-8701, mary.lou.adcock@sbcglobal.net, 709 Monterrey, Rockwall, TX 75087.

RETURN SERVICE REQUESTED

The Spotlighter

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972-741-6962
lorettacherry76@gmail.com



Brad Ackland’s repertoire features over 200 songs by the likes of Frank Sinatra, Dean Martin, Bing Crosby, Ella Fitzgerald, Nat King Cole and more, Brad will take you back to the music of the classic American songbook. You will enjoy this performance so be sure to plan on a wonderful time as you enjoy friends. Don't you dare miss it.

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

March 4, 2020

Social Hour 10-11 am; Lunch 11 am

NAME: _____ SPOUSE/FRIEND _____

TOTAL # RESERVATIONS _____ TELEPHONE # _____

Mail coupon for reservations to Mary Lou Adcock, 709 Monterey, Rockwall, TX 75087. Please notify Mary Lou, email her at mary.lou.adcock@sbcglobal.net or call 214-212-8701, as soon as possible but no later than February 27, if unable to keep your reservations. Our Club has to pay for no-shows! Thank you.

Volunteer hours: _____ Partner: _____