



Dallas Life Council

Mary Lou Adcock, President
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President's Message



Spotlighter May, 2020

Hello Everyone! We are already past the 1st quarter of the year...Unbelievable how time flies when you're having fun! We have had some organization changes. Dot Alder has moved from Secretary to Chair of Bentley Assisted Living on the Christian Care Center campus. She was already volunteering there and it was a better fit for her. The Secretary position is currently vacant. Kudos to Bob Carroll for volunteering to fill in temporarily.

We still have three socials scheduled at the **Dallas Athletic Club**, 4111 Athletic Club Drive, Dallas:

- Wednesday, July 15**
- Wednesday, September 2**
- Wednesday, December 2**

Attention! We had to cancel May 6 at the Circle Grill. Other socials **MAY** need to be canceled or post-poned...depending on the circumstances regarding the Coronavirus epidemic we currently find ourselves in. Hopefully, that will be in the rear view mirror by then and we can go forward with our plans. As the dates get closer, **please call the Hotline (214-464-8425) for up to date information.**

On February 28, volunteers met at the **Children's Cancer Fund** charity in Dallas to fill gift boxes for children in the hospital suffering from Cancer. We also presented a \$200 donation from Dallas Life, plus personal donations from Rojean Cull and Warren Bassham, bringing the total to \$390. The pictures of volunteers are below.



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.

Still love news of SWBT/ATT...*Jeanine Verinder* A donation for the "Spotlighter" and to remember James Mason for all the work he did for Pioneers. Wishing everyone a very happy and healthy 2020...*Mary Lou Hall* Sorry to be late in sending my "Spotlighter" donation. Enjoy the "Spotlighter" so much; appreciate each one who has a part in getting it to us...*Peggy Tipping*

Just F.Y.I... By:

Judy McCallum-Lee.



Australian dogs – Must be walked at least once a day or owners may be fined up to \$2700. The government minister said the law is acknowledging that animals are sentient and feel emotion and pain.

“People never believe in volcanoes, until the lava overtakes them.” Philosopher: George Santayana

Trusting caller ID? – Anyone at all can download an app that lets people lie about their phone number and alter their identity.

Hang up if someone claiming to be from the Social Security Administration calls you. They will not call you unless you are expecting to hear from them regarding an issue. If concerned, you can call them back on 1-800-722-1213. They will not ask for your Social Security Number. They have it.

Consumers are tired - of being saturated with ads from paid influencers promoting products they don't use themselves. Advertisers have been burned by influencers who can buy fake followers: 1,000 YouTube followers can be bought for \$49 and fake Facebook and Instagram followers for even less.

Believed to be fakes or duplicates – Some 392 million of Facebook's 2.45 billion are monthly active users. FB says it has removed 5.4 billion bogus accounts so far through November, twice as many as in 2018. Financial Times

Amazon customer arrested – for not returning a second TV wrongly delivered to his address.

Old time rock 'n' roll - Half of the top-grossing concert tours in North America last year were led by artists who were 60 or older. The top three slots were held by artists in their 70's: the Rolling Stones, Elton John, and Bob Seger. Others were Paul McCartney, Billy Joel, Cher and Fleetwood Mac.

When in Milan – An old law makes it a finable offense to frown in public. A new law bans selfie sticks.

On a Paris train platform – Since 1910 it's been illegal throughout France to kiss on a train platform because public displays of affection can cause delays.

In Amsterdam – Known for liberal marijuana and prostitution regulations, public drinking and singing in the streets has recently been outlawed.

Another Swiss observation – The government ruled, incorrectly, that coffee is “not essential to life,” and that the nation's emergency stockpile could be abolished.

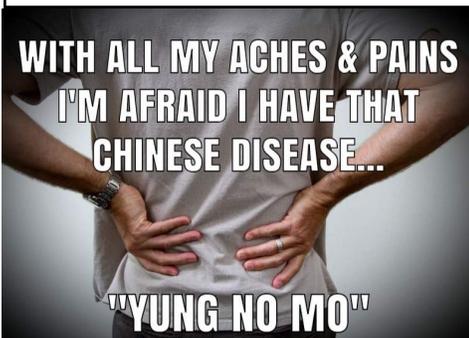
Cheers! - 97,112 gallons of red wine spilled into a creek in Sonoma county, CA after a blending-tank door popped open.

A New Jersey restaurant owner's good deed – was to include a free roll of toilet paper with take-out orders.

“Do not let what you cannot do interfere with what you can do.” John Wooden

Sales were up 19,500% - as of March 9 at Amazon for allergy, sinus, and asthma products.

“We're going to know – for better or worse - whether we have enough of what it takes.” Dr. Anthony Fauci



An Illinois Congresswoman called last week and asked how it was possible that her flight from Detroit left at 8:30 a.m., and got to Chicago at 8:33 a.m. I explained that Michigan was an hour ahead of Illinois, but she couldn't understand the concept of time zones. Finally, I told her the plane went fast, she bought that.



Dallas Life Council DAC Meeting & Luncheon 2020



Wayne & Terri Niswamder



Steve Landon



Jeanene Clark & Tana Conner



Judy McCallum-Lee and David Noblet



Dot Alder, Mary Lou Adcock, Lavern Odom, Judy McCallum-Lee & Norma Travis

BREAKING NEWS!
Wearing a mask inside your home is now highly recommended. Not so much to prevent Covid-19 but to stop eating.

Dallas Life Council DAC Meeting & Luncheon 2020 (cont;d)



Rojean Cull



Warren Bassham



Walt Minchew



Lavern Odom



Bob Carroll

Right:
Helen
Smith



Tom Parker & Sharon Duarte



Loretta Cherry & Faye Spencer

UPCOMING LUNCHEONS

Dallas Athletic Club

July 15 September 2 December 2

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.



Elders, old but not out. Excerpts, but not legal advice, from a law firm:

According to a study by the National Institutes of Health, you will die 7 ½ years sooner if you embrace destructive ageism typecasting. When you pay no attention, you will walk faster, heal quicker and be less likely to develop dementia. And per the American Medical Assoc. dementia rates continue to fall significantly.

You might be surprised to know that:

at 65 Colonel Sanders received his first Social Security check and started traveling around with his chicken recipe and founded Kentucky Fried Chicken.

at 76 Grandma Moses started painting because she couldn't embroider any longer with her arthritic hands.

at 81 Benjamin Franklin signed the Constitution of the United States

at 66 Noah Webster first published his dictionary.

And before you buy into older American stereotypes, check these statistics:

97% of Americans over 65 are not in nursing homes.

91% of Americans 85 and older are not in nursing homes.

90% of Americans 65 and older do not have Alzheimer's.

Over 50% of Americans age 85 and older go about their everyday activities and need no help.

Only 25% of Americans over 70 say they are lonely while 43% of those the 45-49 report being lonely.

Have you heard older people are an economic burden, well:

People over 50 make up 35% of the population yet contribute 43% of the total U.S. GDP— a \$7.4 trillion contribution by that decrepit over 50

How come we choose from just two people to run for president
& over fifty for Miss America?

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.		214-534-4816
Treasurer	Loretta Cherry	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	469-672-121
	Pam Myers	214-803-942
	Annie Wartsbaugh	469-658-5799
	David Noblet	214-236-3404
	Whitney Wolf	214-738-997

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

**NOT TO BRAG
OR ANYTHING
BUT I CAN FORGET
WHAT I'M DOING
WHILE I'M DOING IT.**



Just for Grins



Another year has passed, And we're all a little older. Last summer felt hotter, And winter seems much colder.. I rack my brain for happy thoughts, To put down on my pad. But lots of things, That come to mind, Just make me kind of sad. There was a time not long ago, When life was quite a blast. Now I fully understand, About "Living in the Past". We used to go to friends' homes, Football games and lunches. Now we go to therapy, to hospitals, And after-funeral brunches. We used to have hangovers, From parties that were gay. Now we suffer from body aches, And sleep the night away. We used to go out dining, And couldn't get our fill. Now we ask for dogie bags, Come home and take a pill. We used to travel often, To places near and far. Now we get backaches, From riding in the car. We used to go out shopping, For new clothing at the Mall. But, now we never bother...All the sizes are too small. That is how life is, And now my tale is told. So, enjoy each day and live it up...Before you're too darn old!

My sister, Paula, and her husband, Chris, had just finished tucking their young ones into bed one evening when they heard crying coming from the children's room. Rushing in, they found Tommy crying hysterically. He had accidentally swallowed a 5pence piece and was sure he was going to die. No amount of talking could change his mind. Trying to calm him, Chris palmed a 5 pence coin that he happened to have in his pocket and pretended to remove it from Tommy's ear. Tommy, naturally, was delighted. In a flash, he snatched it from his father's hand, swallowed it and demanded cheerfully - "Do it again, Dad!"

A man from Little Rock, Arkansas was awarded \$14,500 and medical expenses after being bitten on the buttocks by his next door neighbor's beagle. The beagle was on a chain in its owner's fenced-in yard, as was the man. The award was less than sought because the jury felt that the man who, at the time, was shooting the animal repeatedly with a pellet gun might have provoked the dog.

An Air Force cargo plane was preparing for departure from Thule Air Base in Greenland. They were waiting for the truck to arrive to pump out the aircraft's sewage holding tank. The Aircraft Commander was in a hurry, the truck was late in arriving, and the Airman performing the job was extremely slow in getting the tank pumped out. When the commander berated the Airman for his slowness and promised punishment, the Airman responded, "Sir, I have no stripes, it is 20 below zero, I have a bang on my head, I'm stationed in Greenland, a dog ran off with my coat and I am pumping sewage out of airplanes. Just what are you going to do to punish me?"

'*****

You are driving in a car at a constant speed. On your left hand side there is a valley and on your right hand side there is a fire engine travelling at the same speed as you. In front of you there is a galloping pig which is the same size as your car and you cannot overtake it. Behind you there is a helicopter flying at ground level. Both the giant pig and the helicopter are travelling at the same speed as you. What must you do to safely get out of this highly dangerous situation? Get off the merry-go-round - you're drunk!

Freya was driving her Chevrolet Vega home in New Mexico when she saw an elderly Apache woman walking along the side of the road. She stopped the car and asked the woman if she would like a lift? With a silent nod, the woman climbed into the car. Freya tried in vain to make conversation with the Apache woman. The old Apache looked closely at everything she saw, studying every little detail, until she noticed a red gift bag on the seat next to Freya. "What's in the bag?" asked the old woman. "It's a bottle of gin that I got for my husband." The Apache woman was silent for another minute or two. Then speaking with the quiet wisdom of an elder, she said, "Good trade."

SINGLE FEMALE seeks male companionship, ethnicity unimportant. I'm a very good looking girl who LOVES to play. I love long walks in the woods, riding in your pickup truck, hunting, camping and fishing trips, cozy winter nights lying by the fire. Candlelight dinners will have me eating out of your hand. Rub me the right way and watch me respond. I'll be at the front door when you get home from work, wearing only what nature gave me. Kiss me and I'm yours. Call (404) 875-6420 and ask for Daisy. Over 15,000 men found themselves talking to the Atlanta Humane Society about an 8-week old golden Labrador retriever dog. Men are so easy....

FAYE'S FAITH CORNER



By: Faye Spencer
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 Dr., Garland, TX 75043, faith-
 fulfaye@TWC.com



I have seen better days, but I also have seen worse. I do not have all my wants, but I do have all my needs. I woke up with a few aches & pains, but I woke up! My life may not be perfect, but I am thankful it is good.

If anything, I've learned staying in place is a blessing. I have a home, I have love, I have food and I have faith that things will get better.

Today the devil whispered in my ear. "You are not strong enough to withstand the storm." I whispered "6 feet back Satan."

Stay Safe, Love & Hugs, FAYE



15 days containment I'M FINE
 THANK YOU

13:20

A Home Schooling Mom posted that her kid called her on the phone from his room and told her he missed the bus and won't be in today.

You can either have a nice day or you can help your child/grandchild with their math homework. You can't have both

Prayer List

Kitty Kemp Jeanene Verinder

In Loving Memory

DRISKELLA, WANDA J	12/27/ 2017
FARRY, MADELINE	3/5/2019
COMPTON, SCOTTY E	9/4/2019
BAUER JR, EUGENE J	9/14/2019
GRIFFIN, JAMES H	10/2/2019
MORRIS, BETTY	10/9/2019
TURNER, EDWARD F	10/12/2019
DAVIS, CURTIS L	10/14/2019
CORNISH, ROBERT E	10/14/2019
STROOPE, DORIS G	10/17/2019
ARREDONDO, DAVID A	10/21/2019
WYATT, ROBERT O	10/23/2019
LYNCH, BERNADETTE J	10/25/2019
GONZALEZ, TIMOTEO F	10/25/2019
FONTENOT, ALICE O	10/27/2019
DAVIS JR, RUSSELL W	10/29/2019
DOUBLIN, PAULA L	11/1/2019
GORRELL, CAROL L	11/4/2019
MCNELLIS, MARTHA	11/13/2019
HERNANDEZ, JESSE	11/16/2019
HOOD, JACK E	11/20/2019
DUTT, CHARLES L	11/21/2019
SHARP, KENNETH W	11/21/2019
GILLEY, JONNIE R	11/23/2019
MITCHELL, DONNA A	11/27/2019
AWTREY, THOMAS W	11/29/2019
ALLEN, LYNDA S	12/2/2019
HENRY, DIANE R	12/9/2019
STOCKLEY, CYNTHIA C	12/11/2019
DAVIS, VERA M	12/13/2019
SHERRARD, LENA B	12/13/2019
GRAY DADE, DEIDRAH L	12/20/2019
MILLER, HUBBARD C	12/20/2019
RUSH, STEPHEN W	12/23/2019
REID, ORA MAE	1/6/2020
BURKS, BETTY	1/20/2020
KASPROWICZ, DANIEL E.	1/26/2020
PACKWOOD, RUTH NUNN	1/31/ 2020
PYLES, NINA (LIZ) WERNIG	2/03/2020
WHITE, RONALD GLENN	2/11/2020
HOWARD, JACK DIGBY	2/ 2020
KINCY, RONALD LEE	3/3/2020
MCCOY, JAMES GLENN	3/14/2020
GARRETT, LORETTA	3/15/2020
COBURN, JOY JUANITA	3/25/2020
STOREY, EVELYN MURIEL	4/1/2020
GARZA, ROLAND W., Pearl Garza Fracchia's brother	4/2/2020



NONPROFIT ORG

U.S. POSTAGE

PAID

RETURN SERVICE REQUESTED

The Spotlighter

Loretta Cherry, Editor

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lorettacherry76@gmail.com



Alternate country rocker Stephen Pride (Charlie's brother) formed a band and helped kick start the coming insurgent movement of country music. He has a wide range of songs which you will love.

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

July 15, 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 July 9, if unable to keep your reservations. Our Club has to pay for no-shows (\$20)! Thank you.

Volunteer hours: _____ Partner: _____