

The Educator

NDRTA

A Publication of the
North Dakota Retired
Teachers Association
www.aptnd.com/rta

Spring 2006

Editors: Clarence Corneil, Tami Wahl

What is *The Educator*? The Educator is an educational & fact-filled publication, and another way to offer members additional information and services. Let us know what you think! Send comments, questions, interesting bits of information you would like to see in The Educator to: NDRTA PO Box 447 Bismarck, ND 58502-0447 or email to: rta@aptnd.com

North Dakota Retired Teachers Association to Award Scholarships

The North Dakota Retired Teachers Association (NDRTA) will be awarding two, \$500 scholarships to students enrolled in North Dakota institutions who are pursuing a degree in education. Students eligible must be entering their third year academically in their respective institution in August, 2006 for the Fall/Winter semester/quarter and must meet additional requirements set by NDRTA. The application deadline is May 15, 2006, with the scholarship winners announced in August, 2006.

If you know of someone who meets the criteria, they may obtain a 2006 NDRTA Scholarship application by calling the NDRTA state office at 701-221-7766, or visit NDRTA on-line at www.aptnd.com/rta

Spring Workshops Offered

NDRTA and AARP will be hosting 5 Spring Workshops this April & May. Join fellow retired teachers & AARP members for this information series on NDRTA & AARP legislative issues, association programs, and an intro to the Staying Sharp program. Attendance is free & all are welcome to attend - contact the appropriate representative below at least 3 days prior to date for your reservation.

April 18, 2006	Bismarck, ND	Elks Club
Contact:	Larry Rosenow	223-7691
April 18, 2006	Grand Forks, ND	Ramada Inn
Contact:	Rosemary Wharton	772-4086
	Gerald O'Connor	772-1708
April 24, 2006	Valley City, ND	Sabir's Dining
Contact:	Dennis Nathan	845-6280
April 27, 2006	Dickinson, ND	Elks Club
Contact:	Dee Rieker	264-1030
May 15, 2006	Minot, ND	Holiday Inn
Contact:	Beatrice Bettermann	838-4232

NDRTA is the voice of Retired Teachers in North Dakota!
NDRTA is the only organization that works exclusively for North Dakota's 5000 plus Retired teachers.

NDRTA...North Dakota Retired Teachers Association

NDRTA's purpose is to promote the personal, social and economic welfare of its members, promote participation of retirees in service to their communities and to promote improvement of education for children in North Dakota.

**MARK YOUR
CALENDARS.
YOU DON'T WANT
TO MISS THESE
GREAT INFORMATIVE
WORKSHOPS!!**

Tentative Workshop Agenda

Grand Forks

12:00 pm Lunch
12:35 pm Music Program/Local Unit Meeting
1:10 pm NDRTA

Bismarck

11:30 am Lunch
12:15 pm NDRTA
1:15 pm Local Unit Meeting

Valley City

12:00 pm Lunch
1:00 pm Local Unit Meeting
1:15 pm NDRTA

Dickinson

12:00 pm Lunch
12:30 pm NDRTA

Minot

11:30 am Lunch
12:00 pm Local Meeting
12:15 pm NDRTA

Calendar of Events

- May 11, National Day of Service-AARP Volunteering
- New Payroll Deduction for members' dues must be received by June 15
- 2005-2006 membership year ends June 30
- Local Unit volunteer hours due into the State Office by the end of June
- August 20-23, NRTA Leadership Conference - Washington, D.C.
- September 6-7 NDRTA State Convention - Minot

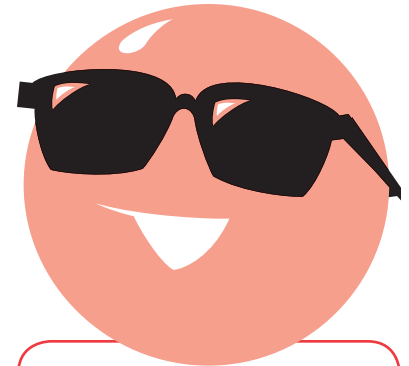
Welcome New 2005-2006 NDRTA Members

Barnesville, MN:	Fred Dahnke	Hunter:	Helmuth Habermann
Bismarck:	Darlene Bender	Jamestown:	Julie Helgaas
	Glenn Bertsch		George Helmstetler
	Fran Cornell	Luverne:	Carmen Svenningsen
	Jim Cornell	Medina:	Janet Well
	Alice Evenson	Milnor:	Leone Kramer
	Jerrold Gusaas	Milton:	Virginia Brazil
	Virginia Jestnes	Minot:	Ramona Buettner
	Ann Locken		Delane Disrud
	Howard Loftesnes		Melody Kuehn
	Larry Rosenow		Audrey Lilly
	Flora Schulz		John Sandeen
Devils Lake:	Anne Green		Gary Walhaug
Dickinson:	Bonita Ficek	Moorhead, MN:	Gail Greiff
Fargo:	Barbara Brosowske	New England:	Cheryl Foeltz
	Charles Gad	Northwood:	Sandra Gabrielson
	Jane Hella		Dennis Overby
	Leo Myxter	Osnabrock:	David Monson
	Jeanette Trosen	Pittsfield, MA:	John Moore
Fessenden:	Barbara Ahlberg	Portland:	Diane Johnson
	Jerome Ahlberg	St. Thomas:	David Hanson
Grand Forks:	Ginny Bollman	Valley City:	Constance Horsager
	Ron Elgin	West Fargo:	Duane Lura
	Pat Henry		Jayne Robinson
	Doug McPhail		Walter Robinson
	Eileen Nelson		Lora Mae Stark
	Jean Olson	Williston:	Ann Gudmunsen
	Irene Thelan		Diane Kittleson
Halliday:	Elaine Incognito		Jean Lewis
Hazen:	Joan Kaelberer		Jack Olson
	Gontran Langowski	Wing:	Gene Kotaska
Hettinger:	Ada Cornella	Wishek:	Linda Woehl
Horace:	Joy Reski		

Living Longer and Longer

In 1900 the average life expectancy in America was 49 years. Now the average life expectancy for men is 75 years and 80 years for women!

Studies indicate that if you live longer, you will live longer. Men who reach age 65 will on average live to 81 years. Similarly, women who reach the age of 65 typically live on to age 84.



SUNLIGHT...

Ten to fifteen minutes of sunlight per day will release vitamin D that lies dormant in the skin until ultra violet rays activate it. Vitamin D is thought to protect against Non-Hodgkin's Lymphoma, breast and colon cancer. It also improves the chances of surviving melanoma. Also, 400 IUs a day of vitamin D can be effective.

Don't forget to put sunscreen on daily to avoid overexposure.

Why is it that people say they "slept like a baby" when babies wake up like every two hours?

Alzheimer's disease

About 350,000 people develop Alzheimer's each year! They join 4.5 million other Americans who suffer from severe memory loss.

You can fight Alzheimer's! According to a ten year study of 1800 women and men who had fruit or vegetable juice at least three times a week, 75% of the participants showed reduced risk of memory loss or dementia.

Your Life Depends On It!

Americans must change their lifestyle. The increasing number of overweight or obese people throughout the country is an issue that can't be ignored. The sedentary ways promoted by media and the advertising that proliferates there encourage unhealthy eating and habits.

A long-term study of 4000 adults over 30 states concluded that 7 out of 10 women and 9 out of 10 men will become overweight as they get older and 1 in 3 will become obese!

Experience!

Experience is a hard teacher because they give the Test first and the Lesson afterwards.
-Vernon Law

Teacher...“Ohhhhh”...Jokes!

She was engaged to a boyfriend with a wooden leg but broke it off.

A chicken crossing the road is poultry in motion.

If you don't pay your exorcist, you get repossessed.

With her marriage, she got a new name and a dress.

When a clock is hungry, it goes back four seconds.

The man who fell into an upholstery machine is fully recovered.

You feel stuck with your debt if you can't budge it.

Local Area Network in Australia: the LAN down under.

Expired Drugs

By law, expired medicine must be 90% potent at its expiration date! A drug can lose its effectiveness by 100% with a small change in its chemical stability! Age, heat, exposure, etc. will cause the drug to lose potency! Throw expired drugs away!!!



BELIEVE IT OR NOT!

An after dinner mint can cause heartburn! A mint relaxes the muscle that keeps the valve at the top of the stomach closed. This can cause reflux.

Also, believe it or not caffeine foods/drinks, such as chocolate, pop and coffee affect this same muscle!

SUGAR! SUGAR! SUGAR!

How much sugar should you have in your daily diet? If you have a daily diet of 2000 calories, you can enjoy about 10% of your calories from sugar. That equals about 12 1/2 teaspoons of sugar or 1 can of pop which equals 10 teaspoons of sugar. By the way, the average American eats or drinks 31 teaspoons of sugar each day!

Being Wise...

Everyone is wise, until he speaks!

-Irish Proverb

Did you know!

Milk loses the strength of such nutrients as vitamins A, B2, C, D, and E and amino acids if they are exposed to light in glass or plastic translucent containers. Buy your milk in containers that block out light, such as the wax cardboard containers!



Red Wine

Drinking 4 glasses of Red Wine (4 oz.) each week could cut the risk of Prostate Cancer by 50%. The study involved over 1400 men at the Fred Hutchinson Cancer Research Center in Seattle.



Appreciation...

School teachers are not fully appreciated by parents until it rains all day Saturday!

The Art of Teaching...

The mediocre teacher tells.

The good teacher explains.

The superior teacher demonstrates.

The great teacher inspires!

- William Arthur Ward



Teaching...

The only reason I always try to meet and know the parents better is because it helps me to forgive the children.

- Louis Johannot

Diabetes Explosion!

In 1980, 5.8 million people had type 2 diabetes. In 2004, 13.8 million people had type 2 diabetes. By 2030 it is estimated that there will be 22 million with this condition.

Type II diabetes is caused almost entirely by being overweight and not exercising.

Vitamin D may combat the onset of type 2 diabetes according to a 20 year study of 81,700 women at Tufts University. Vitamin D may lower the risk by as much as 28%.

Up to 45% of people who are diagnosed with diabetes have some degree of diabetic retinopathy, the most common cause of blindness in adults.

Knowledge...

Everybody is ignorant, only on different subjects!

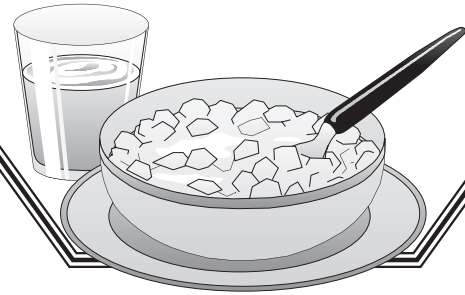
- Will Rogers

Vitamin B6

Vitamin B6 protects human DNA from tumors and may help to block colon and colorectal cancer. Take a multivitamin with (2 mg) vitamin B6. Also include a few servings of foods that contain vitamin B6, such as beans, tuna, bananas, turkey and broccoli.

Breakfast...

Many studies have come to the conclusion that people who eat breakfast are slimmer and have lower cholesterol levels. They also have better memory recall than those who skip breakfast.



*No Sense Being Pessimistic....
It wouldn't work anyway!*

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NDRTA
PO Box 447
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