

IRTA
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EDITOR
CAROLYN CAAMANO

ISLIP 'CONNECTIONS'

AWARD WINNING NEWSLETTER



MAY 2013



Mother's Day



Mother's Day is a celebration honoring mothers and motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on various days in many parts of the world, most commonly in March, April or May. It complements Father's Day, a celebration honoring fathers. Mother's Day is an American invention, and it is not directly descended from the many celebrations of mothers and motherhood that have occurred throughout the world over thousands of years.

Contrary to popular belief, Mother's Day was not conceived and fine-tuned in the boardroom of Hallmark. The earliest tributes to mothers date back to the annual spring festival the Greeks dedicated to Rhea, the mother of many deities, and to the offerings ancient Romans made to their Great Mother of Gods, Cybele. Christians celebrated this festival on the fourth Sunday in Lent in honor of Mary, mother of Christ. In England this holiday was expanded to include all mothers and was called **Mothering Sunday**.

In the United States, Mother's Day started nearly 150 years ago, when Anna Jarvis, an Appalachian homemaker, organized a day to raise awareness of poor health conditions in her community, a cause she believed would be best advocated by mothers. She called it "**Mother's Work Day**." Fifteen years later, Julia Ward Howe, a Boston poet, pacifist, suffragist, and author of the lyrics to the "Battle Hymn of the Republic," organized a day encouraging mothers to rally for peace, since she believed they bore the loss of human life more harshly than anyone else.

In 1905 when Anna Jarvis died, her daughter, also named Anna, began a campaign to memorialize the life work of her mother. Anna began to lobby prominent businessmen like John Wannamaker, and politicians including Presidents Taft and Roosevelt to support her campaign to create a special day to honor mothers. At one of the first services organized to celebrate Anna's mother in 1908, at her church in West Virginia, Anna handed out her mother's favorite flower, the white carnation. Five years later, the House of Representatives adopted a resolution calling for officials of the federal government to wear white carnations on Mother's Day. In 1914 Anna's hard work paid off when Woodrow Wilson signed a bill recognizing Mother's Day as a national holiday.



At first, people observed Mother's Day by attending church, writing letters to their mothers, and eventually, by sending cards, presents, and flowers. With the increasing gift-giving activity associated with Mother's Day, Anna Jarvis became enraged. She believed that the day's sentiment was being sacrificed at the expense of greed and profit. In 1923 she filed a lawsuit to stop a Mother's Day festival, and was even arrested for disturbing the peace at a convention selling carnations for a war mother's group. Before her death in 1948, Jarvis is said to have confessed that she regretted ever starting the Mother's Day tradition.

Despite Jarvis's misgivings, **Mother's Day** has flourished in the United States. In fact, the second Sunday in May has become the most popular day of the year to dine out, and telephone lines record their highest traffic, as sons and daughters everywhere take advantage on this day to honor and to express their love and sincere appreciation to mothers everywhere.



Happy Mother's Day

IRTA NEWS & NOTES

Sad News: Our thoughts and prayers go out to the Eames Family. Ron's wife Kathy has developed a lump on the left side of her neck. Test/biopsy results are still pending. Hopefully, they will be benign! Amazingly, at the same time, their 37 year old son, Darren, living in Tampa, has been diagnosed with two HUGE tumors located on the left side of his neck and in the center of his chest. Darren is now undergoing 3-4 rounds of chemotherapy. Doctors' are presently projecting 80/90% survival for Darren. Ron & Kathy have been traveling back and forth to Tampa to assist Darren in his medical battles. You can contact Ron Eames at rollandeames@comcast.net to offer your support. We wish them all well.

Priscilla Northgard: IRTA sends Get Well wishes to Priscilla who has been recovering from recent surgery with the help of the Paul Tapogna family. We are hoping she makes a complete healthy and speedy recovery.

April Breakfast: President Marilyn Gutierrez welcomed returning member Richard Weil to our regular monthly breakfast meeting along with an excellent retiree turnout at the Oconee Diner. We also welcomed Executive Representative **Ira D. Hochhauser** of Liberty Mutual. Ira shared his personal experience with Storm Sandy (not just dealing with insurance dilemmas) but also with the storm damage to his own home as well. Ira admitted he wished he had heeded the advice of safety professionals and evacuated on time but unfortunately he did not. Ira sighted many items that can be of help to us so we can be better prepared for future storms. **RC21** will also be hosting upcoming joint storm preparedness meetings and we will share that information with our members in upcoming Newsletters. Following a question and answer period interested members filled out informational assessment cards. IRTA thanked **Ira** for taking time in his busy schedule to make a presentation to our retirement members. You can contact Mr. Hochhauser if you require individual insurance advice. Email: (ira.hochhauser@libertymutual.com) P.S. Kitty Loukides was this year's lucky winner for the free Emergency Road Kit raffled off by Liberty Mutual.

ITA News: Congratulations to Judy Burton on her recent retirement. Judy will be attending our May 2nd Breakfast Meeting and as usual we will treat her to a breakfast as well as sharing our latest retirement news. The **ITA** and the **District** have settled their long-standing contractual negotiations. We commend both of them for their patience and focus in accomplishing this achievement on behalf of students, teachers and the Islip community. **School Budget Vote: May 21, 2013. Every Vote Counts. Make Your Voice Heard!!!**

Albany: NYS school districts effectively would never be without a **Teacher Evaluation Plan**, under a provision tucked into the new state budget for 2013-14. The budget, set to be enacted, dictates that school districts' Teacher Evaluation Plans would roll over each year unless renegotiated. If district officials and teachers' unions cannot agree on a new one, the old **TEP** would stay in effect.

Declining School Enrollments: Elementary school enrollments are shrinking across Long Island according to a recent study by Newsday. More than 70 percent of L.I. public school districts show declines in elementary school enrollments during the past six years and the trend shows no signs of slowing. Experts have said falling enrollments is an added complication for districts struggling with rising personnel costs, higher pension payments, unfunded program mandates from Federal and State governments, and the state-mandated two percent property tax cap. In some districts, it has led to school closures and trimming of programs and needed staff. The drop in the number of students in kindergarten through sixth grade is primarily caused by lower birthrates, a stagnant housing market, escalating property taxes, a tight job market and an aging population. The number of full-time teachers employed has dropped 3.5 percent to 36,930 in 2011-2012. **Robert Hannafin**, dean - LIU Post, said Long Island is experiencing a "perfect storm." Taxes are high on Long Island, real estate is expensive and it is difficult for younger people to replace the older population." Fewer students may also mean fewer parents to support upcoming school budgets, at a time when a sixty percent supermajority is needed to exceed a district's state-imposed budget cap.

IRTA NEWS & NOTES

Upcoming Trips: May 8th-West Point; June 3rd a Tour of Queens Museums & Tennis Ctr. Refer IRTA questions concerning upcoming trips to **Revelle Schaper** at Prs95@optonline.net or 631-581-2546.

Revelle announced the May 8th West Point Trip is filling up fast and furious so please do not delay. The Trip includes all transportation, complete tour of the visitor center, museums, battlefields and lunch at the Historic Thayer Hotel. Future trips to Scotland on July 4th as well as San Francisco in October are still in the planning stages. Stay tuned for the latest information on all upcoming trips you may be interested in.

Hi Marilyn and Carolyn: The following article appeared in the South Bay's Neighbor Newspaper on 03-20-13.

High Kicking to First Place: The Islip HS kick line team competed at the Long Island Kick line Association competition held on February 24th at Uniondale HS. For the first time since they began competing, the team placed in all three categories in which they competed. The **Lady Buccaneers** took the top spot in the dance category with their African dance and placed second in both the hip-hop and high kick categories. Coached by Kerri Friend, the 21 member team practices two hours a day, five days a week from August to February. **"The team worked very hard and I am so proud of all of them," said Mrs. Friend. From Diana Baranec**

Hi Carolyn: Just finished enjoying reading your Newsletter. Have been sharing it with **WIRTA** members and we all love it. **Phyllis Beninati**

Hello Carolyn: Thank you for the latest Newsletter. I always enjoy the updates and informative articles. Hope all is well with you. **Sue Schnebel.**

Hi Carolyn: Kudos for another great Newsletter. Thanks again for all your hard work. **Diana Baranec.**

NYSUT 2013 JOURNALISM AWARD WINNERS FOR RETIREE NEWSLETTERS

MARILYN



MARIE



CAROLYN



DIANA



CONGRATULATIONS to the IRTA Executive Board, contributing members and our dedicated secretary and Editor-In-Chief, **Carolyn Caamano**, for being recognized in 2013 by NYSUT for our hard work and outstanding 'ISLIP CONNECTIONS' Newsletter.

AWARD OF DISTINCTION -- Class-RI -- Best Publication FOR THE YEAR -- 2011-2012
Editor: **Carolyn Caamano** -- President: **Marilyn Gutierrez**

AWARD OF DISTINCTION -- Class-RI -- Best Opinion Writing Headline:
Identity Theft -- IN THE MAY 2012 ISSUE
Author: **Carolyn Caamano** -- Editor: **Carolyn Caamano** -- President: **Marilyn Gutierrez**

FIRST PLACE -- Class-RI -- Best Profile -- IN THE MARCH 2012 ISSUE
Headline: **'Getting To Know You Profile of Diana Baranec'**
Author: **Carolyn Caamano** -- Editor: **Carolyn Caamano** -- President: **Marilyn Gutierrez**

If you would like to see back Issues of our Award Winning 'ISLIP CONNECTIONS' Newsletter, go to <http://rc21.ny.aft.org/>. Click on **Membership**, and in the drop-down menu, click on **RC 21 Chapters**. The ten chapters are listed in Alpha-order. Click on **Islip**, and all of your information will be there.

Retirees, Please take time to jot down your wonderful retirement experiences and send them to **Carolyn Caamano** at ccaamano13@optonline.net or Post Office Box 655, Kings Park, New York, 11754-0655. **Photos are always welcomed.**



DID YOU KNOW?

College Loan Education Statistics

Nearly 20 million Americans attend college each year. (Source: Chronicle of Higher Education) Of the 20 million students, close to 12 million - or 60% - borrow annually to help cover costs.

There are approximately 37 million student loan borrowers with outstanding student debt today. As of the first quarter of 2012, (latest statistics) the under 30 age group has the most borrowers at 14 million, followed by 10.6 million for the 30-39 group, 5.7 million in the 40-49 category, 4.6 million in the 50-59 age group and in the 60+ category with 2.2 million borrowers for a total of 37.1 million.

Currently there is \$900 billion in total outstanding student loan debt in the United States. Approximately \$864 billion is outstanding Federal student loan debt and the remaining debt is in private student loans. Private student loans are not backed by the Federal Government.

As of the first quarter in 2012, the average student loan balance for all age groups is **\$24,301**. About one-quarter of borrowers owe more than \$28,000; 10% of borrowers owe more than \$54,000; 3% owe more than \$100,000; and less than 1%, owe more than \$200,000. Of the 37 million borrowers who have outstanding student loan balances, 14%, or about 5.4 million borrowers, have at least one past due student loan account. Of the outstanding student loan debt, approximately **\$85 billion is past due**. As of 2012 there is more than \$8 billion dollars in private loans in default.

Studies show one-third of recent college graduates, if they could do it over, would have pursued more scholarships or financial aid options, pursued a major that would have led to a higher paying job, or would have gotten a job while in college and started saving responsibly a lot earlier.

School Financing-02-08-13; Schools Are Suing Graduates for Defaulting on Loans: As more college graduates default on their student loans, some schools are taking drastic measures to ensure repayment. According to a Bloomberg report, Yale, the University of Pennsylvania and George Washington University are just some of the colleges taking student defaulters to court in recent years to try to force them to pay up. **Justin Draeger**, President of the National Association of Student Financial Aid Administrators indicated "When you borrow money, you have to pay it back." **President Obama** has proposed expanding substantially current student loan programs & adding new governmental aid to help alleviate today's college student debt.

CHANCES OF GAINFUL EMPLOYMENT AFTER 4 YEARS OF COLLEGE?

Depending on the region of the country you are in and the occupational field you have chosen approximately 50% percent of today's college graduates will find it very difficult to obtain decent jobs according to **James Gaskin - IT World**. Graduates in Technology, Science and Health Fields can do well, but a college degree means only a **1 in 2** chance of avoiding unemployment or most likely **underemployment**.

Worse, in nontechnical fields, median wages for the lucky graduates that obtain a job are below the levels in 2000. The Associated Press has analyzed government data and found last year's graduates faced the lowest employment uptake in more than a decade and this comes as college tuition keeps rising, and total student loan debt tops One Trillion Dollars. Careers that can't be replaced by technology (or haven't yet) are doing better, including **computer science, accounting, nursing, and even teaching**. Those in humanities, philosophy, anthropology, art history, and zoology were "least likely to find jobs appropriate to their high level of education." Often that meant taking jobs traditionally filled by high school graduates.

A Parents View: "I really believe every potential college student should be required to take a course entitled What Am I Going To Do With This Degree When I Graduate?" About 1.5 million recent graduates under the age of 25 remain underemployed or jobless and each year colleges turn out thousands of graduates who are saddled with **substantial** college debt looking for careers & employment in today's tough job market.



YOUR HEALTH NEWS



Does Resveratrol Provide Anti-Aging Benefits?

Resveratrol: A Polyphenol compound found in certain plants and in **red wine** that has antioxidant properties and has been studied for possible anti-carcinogenic effects.

After some debate, Harvard Medical School researchers are saying they have confirmed that compound resveratrol that's found in **red wine** does provide anti-aging benefits. The study, which was published in Science shows that resveratrol stimulates production of **SIRT1**, a serum that blocks diseases by speeding up the cell's energy production centers known as mitochondria.

Wine Rx: Researchers have also figured out which gene allows resveratrol to produce **SIRT1**, and believe that some drugs currently in clinical trials may be able to provide the same anti-aging benefits as well. "In the history of pharmaceuticals, there has never been a drug that binds to a protein to make it run faster in the way that resveratrol activates SIRT1," senior author David Sinclair, Harvard Medical School professor of genetics, said in a press release. "Almost all drugs either slow or block them." Resveratrol is a naturally occurring polyphenols antioxidant that is found in some plant products like grapes and cocoa. It is categorized as a phytoalexin, an antimicrobial compound that is produced by plants to protect them from rough environments like excessive ultraviolet light, infections and climate changes.

Of course, there continues to be controversy concerning the inherent health benefits in Resveratrol by other research experts and by no means is it recommended to everyone to go out and buy gallons of **red wine** today to **possibly** stay young at heart. **Although,** to many of our close friends and family it has been a tradition passed down to us from previous generations that a rich, distinctive and robust glass of a delicious wine in the evening can help keep one happy and healthy forever.... "salute and cin-cin"



25 Cheap Foods That Are Good For You!



BY HEALTHY HABITS

Protein: Canned Salmon, Chicken Breasts, Natural Peanut Butter, Canned Beans, Eggs, Dried Lentils, Almonds

Fruits: Frozen Fruit & Berries, Apples, Bananas, Grapes

Vegetables: Romaine Lettuce or other Hearty Lettuce, Carrots, Frozen Spinach, Canned Tomatoes, Garlic and Sweet Potatoes, Onions, Broccoli

Whole Grains: Whole Grain Pasta, Popcorn Kernels, Brown Rice, Oats

Dairy: Low Fat Yogurt

Health Tips for Seniors

BY JENNY THOMAS

As Seniors we are faced with critical physical and mental health concerns on a daily basis. With a few basic life-style adjustments it is possible to reduce many illnesses and still live a healthy and satisfying life. The following are some life style changes to consider as we age:

See A physician regularly, **Drink** lots of water daily, **Maintain** a yearly healthy weight, **Eat** more fiber, **Exercise** regularly, **Remain** mentally stimulated and active, **Be** alert and avoid falls, **Reduce** alcohol intake, **Quit** smoking, **Increase** Calcium Intake and try additional life-style tips that you can think of to stay healthy.

BE SMART - BE ACTIVE - BE POSITIVE - BE HEALTHY



Why We Celebrate Memorial Day



THE EDITOR

As the weather gradually grows warmer and another **Memorial Day** swiftly approaches, thoughts of barbecues and picnics begin to surface in our minds. Many of us look forward with anticipation to a three-day weekend, taking advantage of the extra day to do some traveling, or simply to catch up on some much needed relaxation and fun filled family time.

More often than not, we forget what **Memorial Day** really means, and very rarely do we ask ourselves why we celebrate **Memorial Day**. Of course, those of you who have served in the armed forces or have family members who have are well aware of the rich history and historic meaning of Memorial Day, some of us painfully so.

Memorial Day is a U.S. Federal Holiday observed annually on the last Monday of May. Formerly known as Decoration Day, it originated after the American Civil War to commemorate the fallen Union soldiers of the Civil War. By the 20th century **Memorial Day** had been extended to honor Americans who have died in all wars. **Memorial Day** is also a day of remembering and giving thanks to the men and women who perished and continue to this day to serve in the United States Armed Forces. The Day begins the start of vacation season, while Labor Day marks its end.

To celebrate the **Memorial Day** weekend please take the time to pause in remembrance for those who have served our country with honor and distinction by flying your flag at half-mast until noon and by visiting memorials and placing flags and flowers on the graves of our fallen heroes. Enjoy your holiday weekend and always remember;

"We live in the land of the free because of the many sacrifices of the Brave."



**OUR NEXT IRTA
BREAKFAST
IS SCHEDULED FOR
MAY 2ND 2013
(Weather Permitting)**



I'm proud to be an American, where at least I know I'm Free. I won't forget the men who died, who gave that right to me.
-Lee Greenwood-

Please continue to **RSVP** Marilyn at marilyndarz@gmail.com or Carolyn at ccaamano13@optonline.net or 516-680-7322. It helps us plan for seating and wait staff. **If you are unsure there will be an IRTA BREAKFAST, contact the Oconee Diner-631-581-2663 for the latest information. Thank You.**

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**"REMEMBER" TO JOIN US
AT OUR UPCOMING
MAY 2ND "BREAKFAST"
ISLIP OCONEE EAST DINER
START TIME: 9:00 A.M.
NEXT MONTH'S BREAKFAST
JUNE 6TH, 2013**

