

MOUTHPIECE

THE VOICE OF THE FRISCO AREA RETIRED SCHOOL PERSONNEL

Do you remember when it was the greatest thing in the world to receive a Valentine from everyone in your class - especially that **ONE SOMEONE**? You spent the whole night before the party making your Valentine box with felt and fur and glitter and sequins and whatever else your mom had in the craft closet. It had to be perfect to receive the notes of love and friendship, and it had to be the box that everyone ooh-ed and ahh-ed over!

I hope that was your experience, because that wasn't true of all of your classmates. My mother **MADE** me give each child a Valentine because that's who she was. Had it been up to me, the girls who were mean to me one particular year wouldn't have gotten one. They certainly didn't give me one. But Mom always took the high road, and for that I am thankful.

All that to say, on February 2nd at our meeting, you will have the opportunity to fill out one of those silly little Valentines and hand it to someone at the meeting, or take it home and give it to a neighbor. Such a small gesture can be all it takes to make someone smile and be reminded that they are loved and appreciated.

So, make your way to the Valentine's Table and throw some love around!
Write as many as you'd like - there will be plenty!!
Oh, by the way - Will you be my Valentine?



29 and HOLDING

- 5 ROCHELLE CHAMBERS
- 5 BRYAN STEWARD
- 9 BETSY DASTE
- 17 DIANNE ANDERSON
- 26 CHRISTINA WAGNER

KAROL'S KOMMENTS

Membership!

Heads Up!!!

It's almost here..... March Membership month is right around the corner! March is the first month we can begin paying our 2026-2027 dues!

There will be incentives and prizes to win IF you pay in March!! More information to come soon!

-Vickie

DATES TO REMEMBER
February 2nd - FARSP Meeting
CTE Center
9:30 visit
10:00 meeting



Our February Program



FREEING YOUTH FROM SEX TRAFFICKING

You don't want to miss our
February program!

The Chief Operating Officer of Traffick911, Cheryl Brasuell,
will be enlightening us on the tender topic
of child sex trafficking.



Cheryl Brasuell • Chief Operating
Officer

Since 2009, Traffick911 Advocates have been building trust with
trafficked youth and helping them as they heal from trauma.



Here's the plan!

Clean out your closet!

Bring what you collected

to the meeting and hang it up on the racks.

Go shopping! - FOR FREE!

The rest will be
shipped to Africa!

IMPORTANT!

**PLEASE HAVE YOUR CLOTHING SET UP IN THE FOYER BY 9:15.
WE WILL SHOP BEFORE AND AFTER THE MEETING.**

Let me call you sweetheart at...



FARSP
FUNdraiser
Monday, February 2
Lunch outing after the meeting.



KELLY'S
CRAFT TAVERN
FRISCO, TX

We will receive a portion of sales from food purchased that day as long as you mention FARSP! Order in or order to go! There will be surprises during the lunch outing so don't miss out!



**Join us
for
lunch
after
the
meeting!**

**GET PAID FOR
EATING!**



Care Crew

The "Care Crew" has been reaching out to our members that need our help or our attention and they are appreciative! Please let us know if you know of someone in need. There are forms on the check-in table, you can follow the link below, OR, you can email Paige directly.



<https://www.surveymonkey.com/r/P66HHZP>

Paige Almond

469-964-2206 paige.almond@sbcglobal.net



SAVE FLYER

Understanding your TRS Retirement Benefits

We invite you to attend a VIRTUAL retirement seminar hosted by the Texas Retired Teachers Association (TRTA) with a presentation by the Teacher Retirement System of Texas (TRS)!

Whatever your years of school experience, you are invited to attend! To register today, go to the link below.

Come learn more about:

- General review of TRS benefits available
- Focus on retirement information
- Eligibility, tiers and calculation of benefits
- Retirement plans and death benefits
- Employment after retirement and insurance

For more information, contact:

GWEN CRAIG gwen.craig@yahoo.com
214.493.8412

DISTRICT 10 RETIREMENT

EDUCATION SEMINAR

SATURDAY, JANUARY 31, 2026

10:00 A.M. - 12:00 P.M. (CST)

There's
still
time!!

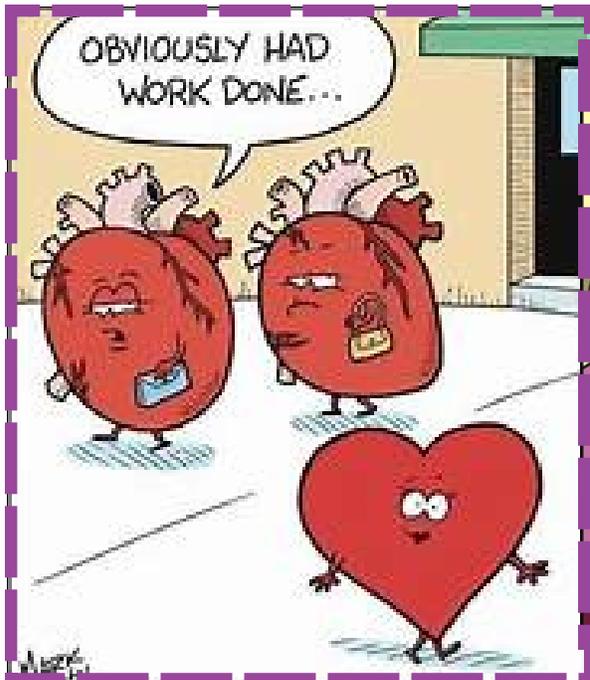
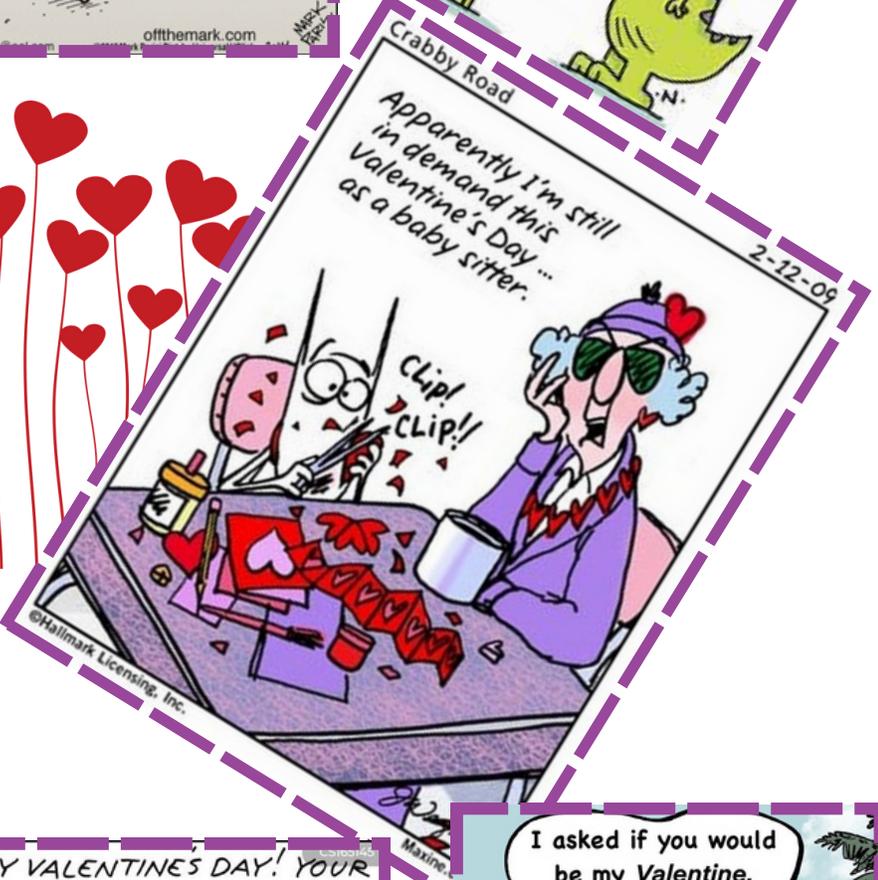
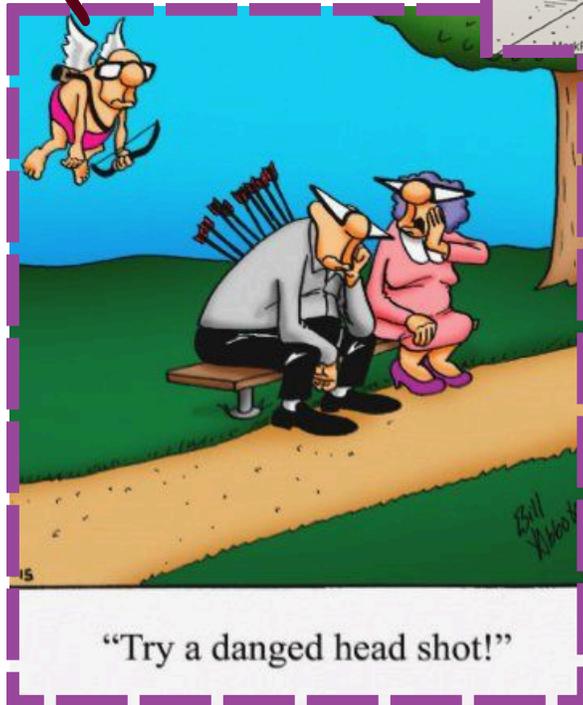
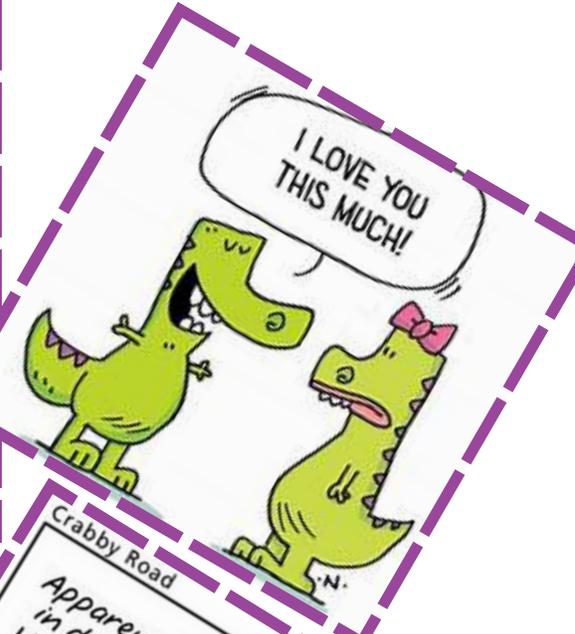
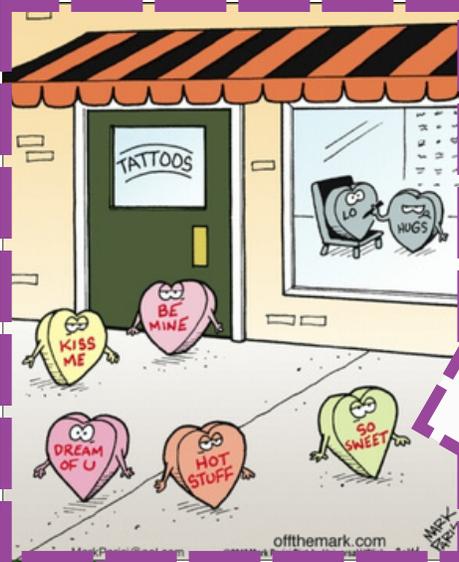
To register, visit www.trta.org/retirementseminars.



-Teri

Do you
know
anyone
who is
retiring?
Pass this
on!!

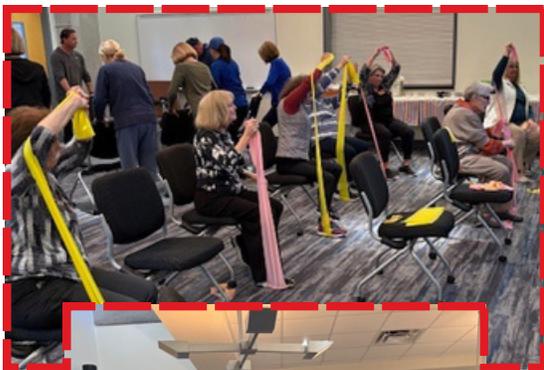
FEBRUARY FUNNIES



WHAT HAPPENED AT OUR JANUARY MEETING?

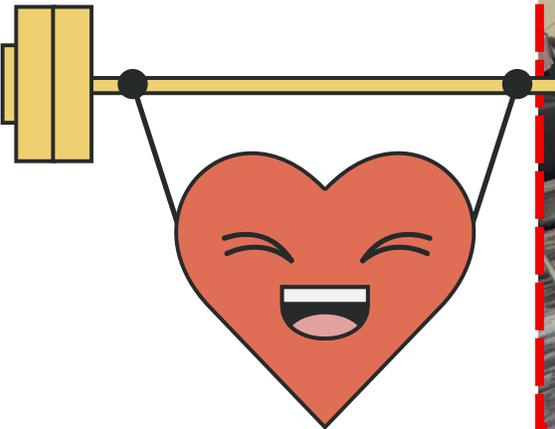
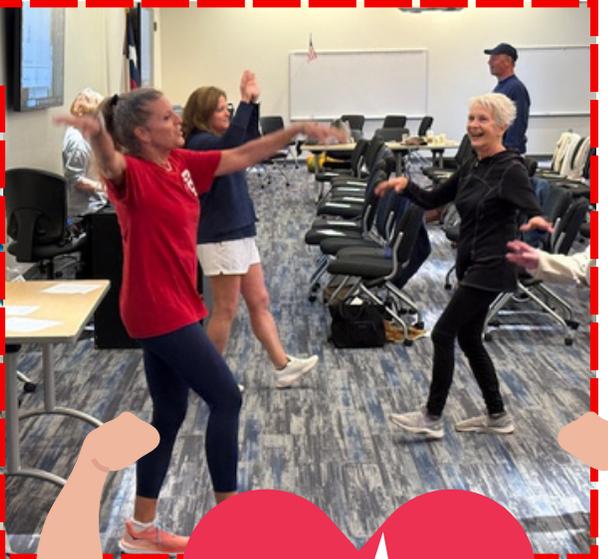


WE GOT FIT!!



FISD TRAINERS IN THE HOUSE!





2 THINGS TO DO IN FRISCO IN FEBRUARY

Trick-A-Trout 2026

 Get "hooked" on fishing at Trick-A-Trout!

Date & Location
Sat, 07 Feb, 2026 at 08:00 am (CST)
Warren Sports Complex
7599 Eldorado Pkwy, Frisco, TX 75033, United States

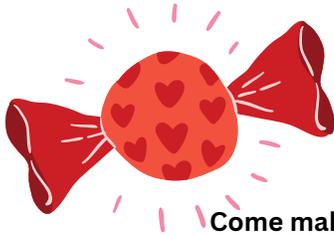


Trick-A-Trout is our FREE annual kid fish event and a perfect way for Frisco families to introduce kids to the fun of fishing. The lake at Warren Sports Complex will be stocked with approximately 3,500 rainbow trout (9–12 inches) from Texas Parks and Wildlife's Neighborhood Fishin' Program.

No registration required, just show up and fish! Kids 16 and under do not need a Texas fishing license.

Reel-y Important Info:

- Kids-only fishing event for anglers 16 and under
- Adults may assist but should not fish until after 11 a.m.
- After 11 a.m., the general public is welcome to fish until the trout stop biting
- Adults 17+ must have a valid Texas fishing license
 - Daily bag limit is five trout per person
 - Bring your own fishing gear and bait
 - Snacks, drinks, and chairs are encouraged
 - Restrooms available on-site



Come make memories, reel in a big catch, and enjoy a classic Frisco tradition! ✨

More details at PlayFrisco.org/TrickATrout.

Dallas Open - Women's Tennis Classic

Date & Location
Fri, 06 Feb, 2026 at 06:00 pm (CST)
Ford Center At The Star
9 Cowboys Way, Frisco, United States



Dallas Open - Women's Tennis Classic

✨ Discover the extraordinary at Dallas Open - Women's Tennis Classic, where magic meets reality in ways you've never imagined! 🏠 Set in Ford Center At The Star nestled in bustling Frisco, TX, this event promises to be a landmark occasion. 📅 Taking place on February 6th, 2026 at 06:00 PM, it's going to create an atmosphere where every moment becomes a cherished memory. ✨ Immerse yourself in an experience crafted with attention to every detail, designed to surprise and delight at every turn. They have worked tirelessly to ensure this event exceeds all expectations, bringing together elements of entertainment, innovation, and pure joy. 🎉 Don't miss your chance to be part of this remarkable journey!

15

Valentine's Day Traditions

From Around The World

Roses are red, violets are blue, here's how the world celebrates valentine's, now how do you?

1 Japan

Valentine's Day is about pampering the guys! Women give chocolates to men, and hope they return the gesture later in the year.



February 14th is one of 12 "love" days that fall on the 14th of each month. Women give gifts to men, then men return the favor on "white Day" 1 month later, but if the gift isn't returned, singles celebrate White Day by eating "Black Noodles"-a dish that mourns and celebrates single life.

2 South Korea



3 Scandinavia

Men send anonymous poems to women. The notes are signed with 1 dot for each letter in the man's name. If the woman guesses who her admirer is, he rewards her with an egg on Easter. If she guesses wrong, she owes him the egg on Easter.



Slovenians walk through a field barefoot, even if it's frozen. They celebrate a holiday for love later in the year.

4 Slovenia



5 Estonia

Valentine's is all about your friends. Instead of giving your partner a gift, you celebrate friendship.



The Welsh give love spoons on January 25th. It gives a new meaning to "spooning" with the one you love.

6 Wales



7 France



The French used to call out to each other to pair up for romance. The women who didn't find matches would gather together at the end of the day and burn photos of the men who rejected them.



Love seekers visit the matchmaker statue in a temple to find love. (We wonder if Hogwarts has a hat for this?)

8 China



9 Germany



The Germans celebrate by "pigging out" Statues of pigs are combined with flowers and traditional gifts as a sign of luck.



If you believe in fate or luck, celebrate like a Brazilian. Place the names of the people you like into a hat and randomly select one, it could be the person you end up marrying.

10 Brazil



11 Italy



When in Rome, visit St. Valentine's.. skull. You can see it on display and thank him for the wonderful traditions we celebrate today.



Iraqi Kurds celebrate Valentine's Day with a 'feast of love', decorating red apples to represent the original love story: Adam and Eve. It diverges from the biblical tale in that an apple is believed to bring prosperity and love, not the end of earthly paradise.

12 Kurdish Iraq



13 Romania



Romanians give 14 February a miss too and wait until the 24th to celebrate Dragobete. It's a celebration of spring and love, and the day when the birds (supposedly) start building their nests. Young girls collect snow to use in love potions. Boys sing songs about spring.



In Great Britain on Valentine's Day Eve, women used to pin four bay leaves to the corners of their pillow and eat eggs, with salt replacing the removed yokes, by Which They Can dream of their future husbands.

14 Great Britain



15 Finland



In Finland Valentine's Day is called "Ystävänpäivä", which means "Friend's Day". Unlike many other countries where Valentine's Day is mainly a day of "Romance", in Finland it is also the day when close friends send cards and gifts to each other.



COMPUTERS, CRAFTS, GAMES, SOCIAL ACTIVITIES MAY HELP PROTECT MEMORY



Playing cards, board games and chatting with friends are good for your brain health.

What you are doing right now may help protect your memory. A new study finds that computer use – whether checking Facebook, sending emails or paying bills online – seems to be particularly effective for keeping your brain sharp. Playing cards or board games, reading magazines, knitting or painting, and chatting with friends are also good for your brain health.

The study of about 2,000 men and women age 70 and older participating in the long-running Mayo Clinic Study of Aging showed that those who used the computer at least once a week were 42 percent less likely to develop memory and thinking problems than those who rarely logged on.

Those who engaged in a variety of other activities were 23 percent less likely to develop memory problems than those who were less engaged in fewer activities. The results show the importance of keeping the mind active as we age.

Researchers followed the study participants for an average of four years and tested whether they developed mild cognitive impairment, a condition that is often – but not always – a precursor to Alzheimer’s disease. Here’s what they found:

- At least once a week Reduced risk
- Computer use 44 percent
- Reading magazines 30 percent
- Crafts (e.g., knitting) 16 percent
- Playing games 14 percent



**LOVE
YOURSELF**

Ronald Petersen, M.D., director of the Mayo Clinic Alzheimer’s Disease Research Center, noted that even the men and women in the study who carry a gene that makes them more likely to get Alzheimer’s disease had a reduced risk of memory problems if they regularly used the computer and took part in social activities. The other types of activities weren’t linked to a lower risk of memory problems for those with the gene.

Other studies have found that spending time with friends, for example, reduces the risk of depression and decreases blood pressure. If you isolate yourself and stop engaging with others, who will be your social support?

-an article from AARP

Health Report - Coach K.



S F K L B I D G W B T E
H A A Z D Z O P G K Q P
Q R O M A N C E H R T R
J U Z Y D K E L H R J I
D X E I I B N T A S E K
V Z H S D O I E H E U P
M J S I I K H B U F Q E
A C P S R T J E G O T R
R U S P E E O M A E P I
C A D E Y P V U P R R S
P G W T J U B O F I T E
E S K B F X E N L Q Y D

HUG

LOVE

PASSION

CUPID

HEART

ROMANCE

DESIRE

KISS

SWEETHEART



COMPLETE THE LOVE LINES

Roses are red, _____ are sweet.

My Valentine is _____ than chocolate.

Love is like a _____ in the heart.

I feel _____ when I get a Valentine.

Cupid shot me with a _____.

Chocolate tastes better when shared with _____.

My heart beats faster when I see _____.

Valentine's Day is perfect for _____.

I would give _____ to my crush.

A heart-shaped _____ is my favorite treat.

I love _____ more than anything.

_____ makes every Valentine's Day special.

A romantic date always includes _____.

_____ is sweeter than candy hearts.

I feel like a _____ when I'm in love.



HAPPY
Valentines
DAY

ENJOY COLORING!

