

## TIAA holds annual business meeting

TI Alumni Association members met May 16 at the Frontiers of Flight Museum in Dallas for the annual TIAA business meeting.

They re-elected Lewis McMahan, president; Francisco Escobar, executive vice president; Janelle Richards, secretary; and Tom Boedecker, treasurer, by acclamation after Max Post read the nominating committee report.

Lewis presented an overview of TIAA, and Darla Whitaker, TI senior vice president and manager of Human Resources, provided a TI business update.

### State of TIAA

Lewis discussed present and potential TIAA membership, Dallas-area activities and events and the organization's strategic focus. He said TIAA would emphasize communications by increased use of the website and improvements in the newsletter.

One priority is to involve more former TIers and retirees outside the Dallas area, while continuing to strengthen the Dallas-area programs. Plans are under way to encourage participation of recent retirees. Lewis summarized results of the TIAA survey of former TIers, which had more than 1,000 respondents. The survey confirmed the importance of communications and will be a valuable guide for future developments.

(See page 2 for a related article about the survey.)

### Business of TI

Darla presented slides from a recent analyst meeting that showed TI's trend of record financial performance. Earnings per share increased by 33 percent over the past three years and dividends increased four times in the last four years.

TI continues to gain market share in semiconductors. With the sale of



Bill Perkins with Darwin Renner (who was honored at the meeting).

Photo by Hector Cardenas

the Sensors & Controls business, semiconductor revenues now make up 96 percent of TI's total revenues. The remainder comes from the calculator business.

TI is optimistic about future opportunities, particularly in the analog market, which represents a total available market of \$37 billion. TI currently has about 13 percent of that market and will benefit from increasing its share.

Wireless is the single largest product area for TI, producing more than \$5 billion in revenues in 2006. Darla cited the high growth potential in emerging countries with large populations, including China, India and Brazil. She said these countries are great markets for cell phones. Many people can't afford to buy a computer, but they can afford a cell phone.

Medical applications are one of TI's most exciting areas. Darla pre-

sented examples of how TI DSP technology is being used. She showed a dramatic video of experimental work being done to improve the sensitivity and flexibility of artificial limbs.

### Chart Shows TI's Growth

Darla was presented a framed photocopy of an old chart found in TI's archives by the retiree team working on the project to transfer TI's historic archives to SMU. The chart was in four sections, folded and taped together. It starts with the year 1930 and shows there were 120 employees in GSI as of year-end. As the company added its defense activities in WWII, the chart shows the buildup of people year by year in that operation (broken out for several product areas), and the same for semiconductors, beginning in 1952. Then later, M&C, consumer, industrial and other TI businesses emerged. As TI opened internation-

al operations, each subsidiary around the world is listed, showing the startup year and the number of people.

Careful study of the chart shows the history of TI, the emergence of new businesses and new geographic areas. It is a vivid reminder of the importance of TI's people in its growth. The original will be housed in SMU's archives and available to future researchers.

### Slides on TIAA Website

Lewis McMahan's and Darla Whitaker's PowerPoint presentations at the TIAA annual meeting and a PowerPoint presentation of the survey results are posted on the TIAA website, www.tialumni.org. On the home page, click on What's New. Then click on TIAA Annual Business Meeting. Under Presentations, click on State of TI, State of TIAA or TIAA Survey.

## TIAA Golf Tournament Benefits Area Seniors

By Max Post

The 8th annual TIAA Charity Golf Tournament will be held Monday, Sept. 10, at the Waterview Golf Club in Rowlett.

For golfers, this is a chance to visit with former associates and enjoy the beautiful surroundings at Waterview, while supporting The Senior Source, an organization dedicated to helping seniors.

But, it's not just about golf. A small army of retirees, most of whom are not golfers, are working to enlist sponsors and to encourage contributions by TI retirees. Because TI and the Texans Credit Union underwrite the expenses, every dollar contributed to the tournament goes directly to The Senior Source.

The Senior Source is a non-profit organization, which, for more than 45 years, has been the voice and the helping hand for thousands of frail seniors in the North Texas area.

Through its Ombudsman Program, area nursing homes and assisted living facilities are monitored for complaints; with its Senior Companion Program, hundreds of seniors are able to remain in their homes with trained assistance; and the RSVP Program matches thousands of volunteers with community needs, such as helping at libraries, hospitals, and other non-profits.

Many retired TIers are participating as volunteers with The Senior Source, and countless others have benefited from their counsel in caring for elders.

Courtney Miller, golf tournament co-chairman, announced that the format for this year's event, as in prior years, will be four man scramble. Golfers will be able to put together their own teams again this year. Courtney says, "Please clear your calendars for the afternoon of September 10 and establish your team."

To sign up for the tournament, golfers can either download the entry form from the TIAA website, www.tialumni.org, or they may call Jessica Stewart in the TIAA office, 972-995-8393, and she will mail you a copy.

Max Post, co-chairman of the sponsors and donation team, urges all non-golfers to show their support by sponsoring a sign at the tournament or by sending a contribution of any amount to The Senior Source.

Max points out that, according to AARP and the U.S. Census, the older U.S. population will more than double from 2000 to 2030, when almost one in five people will be 65 or older. Agencies serving the elderly, such as The Senior Source, are gearing up for this substantial increase in workload. TIAA contributions help The Senior Source handle today's needs and plan for the future.

To receive a contribution form, retirees can call the TIAA office or download from the website.

Molly Bogen, The Senior Source executive director, commented, "The years of support by the TI Alumni Association have been incredible. It's made the difference in the quality of the support we can provide for elders. We also appreciate the many TI retirees who have worked in our volunteer programs. They are a joy."

## Welcome to TI Alumni News

By Jon Campbell

The TI Alumni Association didn't set out to redesign our quarterly newsletter, but the U.S. Postal Service said the best solution for slow mail delivery was to use first class mail. To comply with postal regulations, we redesigned the newsletter, resulting in the TI Alumni News, formerly *TI-Alumni Connected*.

### Snail Mail Problem

Readers complained they did not receive their newsletters until up to three weeks after an issue was mailed. So we met in March with TI Mailroom and Postal Service representatives to look into the mail delivery delays and — hopefully — resolve the problem.

The newsletter had always been mailed at the presorted bulk rate, which takes longer for the Postal Service to process and has low priority. Depending on the ZIP code, a newsletter might go through four or five sorting offices. It had to be sorted by hand — a time-consuming, labor-intensive process.

To make matters worse, bulk rates increased sharply in May to reflect the labor costs associated with this type of mailing. The Postal Service advised us to change to first class mail.

### First Class Solution

We learned that we could mail first class for only slightly more than bulk rate if we redesigned our newsletter to be compatible with the Postal Service's

high-speed automatic sorting equipment. Delivery would take only two to three days vs. two to three weeks.

We needed to make several changes, including reducing the size of the folded newsletter and printing it on heavier paper than newsprint.

Another advantage of using first class mail is that newsletters sent to readers who move and file a change of address would be forwarded along with a reminder to notify TIAA of the address change. If no change of address was filed — or if the order has expired — the newsletter would be returned to us, alerting us to the bad address, whereas with bulk mail, copies are simply sent to the dead letter office and discarded.

The heavier paper needed for the high-speed sorting machines would be less likely to be damaged in transit and be more opaque, reducing "bleed through" and making the type easier to read.

### Redesigning the Newsletter

For the redesigned newsletter, our mailing cost would be essentially the same. But we needed to find out how much our printing cost would go up and whether we could afford it.

To obtain quotes, we did a preliminary overall design. The amount of space in the newsletter was judged to be just about right. We were happy with the four-page newspaper format, but had to fold it into a size compatible with the automatic equipment. So we came up

with a method that involves folding the printed sheet in half once and then letter-folding it in thirds. While not perfect, this method gave us the least severe layout problems.

We got quotes from three printers and selected the lowest quote. The increase in paper and printing costs was significant, but the communications team believed the benefits justified the expense. The TI Alumni Association Executive Committee agreed.

The folding method chosen resulted in the address panel being the top third of the back page. The address panel was upside down as you viewed the unfolded paper. The remaining two-thirds presented a layout problem. Fortunately, two of our most popular features, the Travel & Entertainment and the Where to Call columns, took up about one-third of a page each. It was decided to run these columns sideways to facilitate their being cut out for later reference.

### Renaming the Publication

The TIAA newsletter name "TI Alumni Edition of Connected" is no longer appropriate, as TI replaced the employee *Connected* with the online *InfoLink*. We considered simply calling our newsletter *Connected*, until we learned that TI created a quarterly benefits publication called *Connect*. Also, they were planning a newsletter to be called *Connection* for retirees receiving or eligible

for TI health benefits.

With such great potential for confusion, we elected to rename the TIAA newsletter *TI Alumni News*. This necessitated a new banner. Also, we revamped the Editorial Masthead to reflect Dot Adler's role as editor and added a Publisher Masthead to reflect the role of the TI Alumni Association in publishing this newsletter. For a quarterly publication, we decided to delete mentions of specific months.

This was a lot of change to implement all at once. It has taken a lot more time and effort than we anticipated. It was both exhausting and exhilarating. Both Dot and I enjoyed doing it, but we are very happy to see the first issue finished.

Ironically enough, the increased preparation time has used up most of the savings in mailing time for this issue. Most readers won't see the earlier delivery benefit — the impetus for the whole effort — until the next issue.

Are we through making changes? We don't have any planned, but we may well have learned something in preparing this issue that will prompt us to make some revisions. And we'd like to hear your comments — good or bad. What do you think of this effort? Send comments to the editor, Dot Adler, at newsletter@tialumni.org or 972-995-8393.

# CALENDAR

## Dallas-Area Alumni Group & TIAA Committee Meetings

The following groups and committees meet monthly — usually at the times and places indicated. Email or call contact person to confirm schedule.

**Ex-TI Network** — 4:30-6:30 p.m., last Tuesday, meeting at Wizard's, Central Expressway at Spring Valley Rd., Richardson. Contact Joan Nichols, j-nichols4@tx.rr.com or 214-543-2546.

**First Monday Bunch** — 1-3 p.m., first Monday, meeting at Richardson Senior Center, 820 W. Arapaho Rd., Richardson. Contact Ralph Dean, deanandcomp@sbcglobal.net or 972-235-2589.

**GSlers** — 11:30 a.m., third Tuesday, lunch at Golden Corral, 1440 E. Campbell Rd. at Plano Rd., Richardson. Contact Dick Matthews, richard.matthews@sbcglobal.net or 214-360-0068.

**North Texas Retiree Luncheon** — 11:30 a.m., second Friday at La Colina Restaurant, FM121 and FM3356, Van Alstyne. Contact Cliff Gibbs, tri-o@waymark.net or 972-742-1113.

**Reunion Club** — 10 a.m., second Saturday, meeting and lunch at Denny's Restaurant on Motor Street, Dallas. Call Gladys Jones, 214-376-9725, or Willie Demus, 214-331-2111.

**Texins Retiree Club** — 10 a.m., third Tuesday (except for July & August), meeting at Texins Activity Center, Dallas. Contact Tom Gregory, tomtengreg@hotmail.com or

972-412-9332, or Lucy Salas, 972-247-8893.  
**TIAA Activities Committee** — 1 p.m., third Thursday, at Texins Activities Center, Dallas. Contact Ed Hassler, ehassler@swbell.net or 972-231-3017.

**TIAA Executive Meeting** — 11:30 a.m., second Wednesday of odd-numbered months, meeting at Texins Activity Center, Dallas. Contact Lewis McMahan, lewis.mcmahan@gmail.com or 214-348-1636.

**TIAA Membership Development Committee** — 2-4 p.m., second Wednesday, meeting at Texins Activities Center, Dallas. Contact Bill Stearns, bill747@sbcglobal.net or 972-234-0257.

## TIAA Major Events

**TIAA Charity Golf Tournament** — Monday, Sept. 10, at Waterview Golf Club, Rowlett

**TI Retiree Big Event** — Thursday, Nov. 15, at Southfork Ranch, Parker.

## TIAA Education Seminars

**Identity Theft** — 1 p.m. Tuesday, Sept. 25, at Plano Centre, presented by David Leopard.

**What Do You Do When You Graduate From TI?** — 9 a.m. Saturday, Oct. 6, at Plano Centre.

Call TIAA, 972-995-8393, for seminar information and reservations.

## TI Tech Smart Big Heart

The following Tech Smart Big Heart activities, currently planned for 2007, are

open to Tiers, TI retirees and contractors. Please contact Crystalyn Roberts at crystalyn@ti.com or 214-480-6891 to confirm date and details.

**TI Family Weekend at the Dallas Arboretum** — Sept 22 – 25. Free admission for retirees and their families.

**Juvenile Diabetes Foundation Walk to Cure Diabetes** — Sept 29.

**TI United Way Campaign** — Oct. 8-26.

**AIDS Life Walk** — Oct. 14.

**TI Family Weekend at the Dallas Arboretum** — Oct 27 – 30. Free admission for retirees and their families.

## The Senior Source

**Senior Connection** — (Support group for job seekers 50+) — 10-11:30 a.m., first and third Thursdays at The Senior Source, 1215 Skiles St. Dallas, unless otherwise indicated. RSVP required. Contact SEP@TheSeniorSource.org or 214-823-5700.

To list a TI-related special event or monthly meeting in the Calendar, contact Jon Campbell at calendar@tialumni.org or 972-235-5148.

**Writing an Effective Resume** — Aug. 16, presented by Becky Eckelkamp, Professional Resume Writer.

**Secrets of the Hidden Job Market** — Sept. 6, presented by Janet White, Author and Career Counselor.

**Getting the Most Out of a Job Fair** — Sept. 20, presented by Karen Stocton, Employment Specialist.

**Older Worker Job Fair** — Sept. 27, 9 a.m.-1 p.m., Lovers Lane United Methodist Church-Asbury Hall, 9200 Inwood Road at Northwest Hwy., Dallas. RSVP not required. Contact Mary Brooks-Stewart, mstewart@theseniorsource.org or 214-823-5700.

**WorkSource for Dallas County Services** — Oct. 4, presented by Charlene Volpert, Center Manager.

**Job Search Seminar** — 9 a.m. – 2 p.m. Oct. 12, DeSoto Senior Activity Center, 204 Lion St., DeSoto. RSVP required. Contact Karen Stocton, kstocton@theseniorsource.org or 214-823-5700.

**Attitudes & Attire** — Oct. 18, presented by Karon Clayton, Attitudes & Attire.

**The Ins and Outs of Social Security** — Nov. 1., presented by Rosalie Alviar, Social Security Administration.

**How Does Your Job Search Rate?** — Nov. 15, presented by Jill Waterbury, Author and Career Counselor.

**Interviews – What Wows Employers** — Dec. 6, presented by Karen Stocton, Employment Specialist.

To list a TI-related special event or monthly meeting in the Calendar, contact Jon Campbell at calendar@tialumni.org or 972-995-8393.

## E-Mail Network Connects Present, Former Tiers

Dale Gentry's "Tiers Keep in Touch List" is an e-mail network that connects present and former TI and TI/Raytheon people.

There are no formal meetings — just e-mail updates that folks send to Dale to broadcast to others on his list.

Dale says the only requirement to get on the list is to be a TI or TI/Raytheon person and send your name and e-mail address to dalegentry@sbcglobal.net.

E-mail addresses are not broadcast. However, Dale will provide an individual's address to list members if they request it. "We do broadcast names of list members," he says.

If a non-list member requests a person's address, Dale will inform the person, who may respond as he or she sees fit.

"We broadcast news and information of interest to people on the list," Dale says. List members are asked to send news to share with other list members, especially those living away from the Dallas-Fort Worth area.

Newsworthy items include prayer requests, obituaries, health status, Tiers' retirement, relocation announcements and requests for help locating a person. The network does not publish information related to local TI clubs, organizations, etc. "We do not deal in politics or commercial endeavors," he adds.

# TIAA TEXAS INSTRUMENTS Alumni Association

The mission of TIAA is to provide a link between TI and former TI employees that fosters communications, programs, services and activities about and of interest to former Tiers around the world. Our vision is to be the most effective and respected alumni organization of any high-tech company in the world.

### Elected Officers

President .....Lewis McMahan  
Executive Vice President .....Francisco Escobar  
Secretary .....Janelle Richards  
Treasurer .....Tom Boedecker

### Appointed Officers

VP, Activities .....Ed Hassler  
VP, Communications .....Dot Adler  
VP, Education.....Jerry Pierce  
VP, Administration .....Hector Cardenas  
Chief Information Officer .....John Byers  
Leadership Development .....Max Post  
TI Liaison .....Kim Quirk  
Administrator .....Jessica Stewart

To contact any TIAA officer, send mail to TIAA, P.O. Box 740181, Dallas, TX 75243 or email admin@tialumni.org or call 972-995-8393.

The TI Alumni Association is funded in part by TI Human Resources and TI Public Affairs.

# TEXAS INSTRUMENTS

The TI Alumni News is published quarterly by the Texas Instruments Alumni Association (TIAA) to help connect the TI alumni community and TI.

### Editor

Dot Adler

### Layout & Design

Paula Felps  
Peggie Matthews

### Contributors

Paula Calvert  
Jon Campbell  
Hector Cardenas  
Lewis McMahan  
Ed Millis  
Doris Mott  
Max Post  
John W. Wilson

TI Alumni News does not accept advertising or inserts of any kind. Alumni interested in contributing to the publication should contact Dot Adler at newsletter@tialumni.org or 972-995-8393.

## And the Survey Says...

### TIAA Survey Gets Feedback From Former Tiers

By Lewis McMahan

The results are in from the TIAA survey of former Tiers from around the world. We received 1,072 responses, which included over 800 written comments.

Most surveys were submitted via the Internet, but we also had 85 people request written surveys be mailed to them, and 52 of those were completed.

Thanks to each of you who took the time to give us excellent feedback on TIAA — the good, the bad and the ugly.

At the May 9 TIAA Executive Committee meeting, we reviewed the results and have asked the Activities, Communications and Administration (including Membership) Committee vice presidents to make recommendations for actions by TIAA. We also covered the results at the TIAA annual meeting May 16 at the Frontiers of Flight Museum.

Here are some high level results:

Forty-two (42) percent of the responses came from the Dallas area, and 75 percent of these were TIAA members. Twenty-nine (29) percent of the respondents live in the United States but outside Texas and neighboring states. A large number appear to be from Attleboro, based on written comments.

Fifty-two (52) percent were TIAA members, so we had a good mix of input from members and non-members.

The most valuable TIAA offerings to members and non-members were updates on TI benefits, hearing about what TI is doing, and receiving the TIAA newsletter.

Forty-five (45) percent said they would consider attending a "networking event for those who were at



Lewis McMahan, TIAA president, talks about the survey results at the TIAA annual meeting.

PHOTO BY HECTOR CARDENAS

TI when I was."

The top two reasons for not joining TIAA were living too far away from Dallas (23 percent) and being unaware of TIAA (18 percent).

Members' overall satisfaction with TIAA was 70 percent, with another 22 percent neutral.

In summary, we observed that: (1) Dallas is perceived to be the focus of TIAA; (2) there appears to be a large number of non-members interested in TIAA but who need

more information; and (3) the primary interest areas are TI business and benefits updates, TIAA networking and the TIAA newsletter.

Much more information and actions will be communicated in the months to come. We look forward to sharing it and improving the organization.

Thanks again to everyone for your candid responses. They are really appreciated.

# Vern Porter and Friend Building Flying Car

By Ed Millis

Who knows what can result from asking a simple question? Vernon Porter, a TI material scientist retiree and freelance consultant knows. "Hi, Clarence. What are you working on?" changed the direction of his life.

Vernon wasn't expecting the answer he got from Clarence Kissell, a multi-talented and broadly experienced friend of Vernon's from high school days in Rylie, Texas. His answer was, "I'm building a flying automobile."

The idea of building a flying automobile was both incredibly audacious, considering past history, and an irresistible challenge to Vernon. The challenge won, and he teamed up with Clarence on the unlikely project.

Vernon was born in California, and grew up during the World War II years. His family moved to Texas, and he graduated from North Texas State College in Denton in 1958 with a BS in Chemistry. Subsequently, he went to Georgia Tech for a master's degree in Chemistry. After a year at Texas A&M, Vernon accepted a scholarship at Penn State for his doctorate in Material Science

and earned his PhD in 1965.

Between his PhD years, Vernon discovered Texas Instruments, where he was a summer development student in Central Research Labs. It was no surprise that the new Dr. Porter was invited back to TI and CRL as a full-fledged scientist.

His quarter-century at TI covered all phases of semiconductor processing and resulted in many patents, mostly in the fields of plasma and laser technology. This culminated in the ARGIS, a sophisticated laser patterning and inspection machine. It was Vernon's favorite and last project before he retired from TI in 1990 to become a consultant in industrial forensics.

In 2005, Vernon teamed up with Clarence Kissell on the formidable challenge to design and build a prototype of a flying automobile.

This dynamic duo can accomplish things quickly, like building a main wing spar in two days that passed rigorous stress tests (with "flying" colors, of course), and for less money than a CEO would spend on lunch with a customer.

Both Vernon and Clarence draw on incredible wells of knowledge from their varied experiences, and the lack of a bottomless dollar pit is

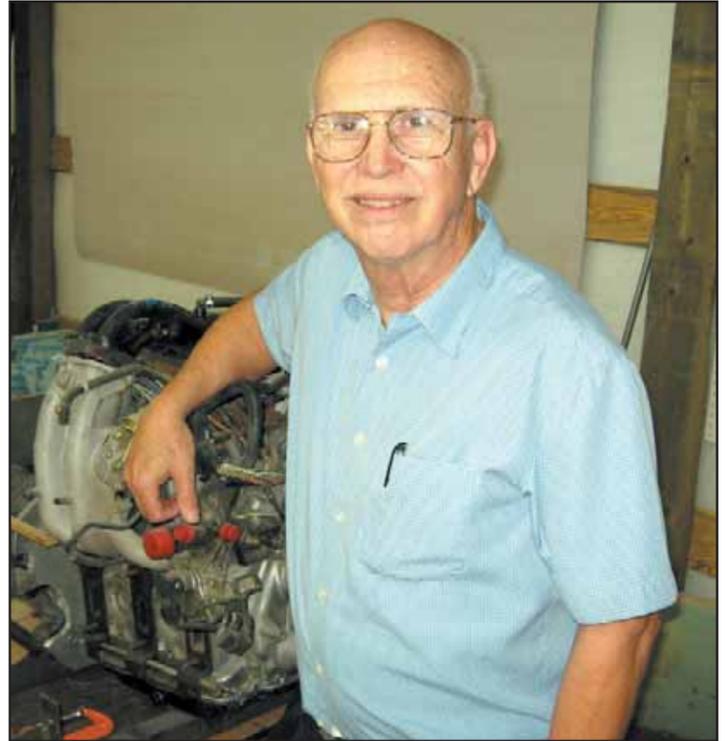
offset by clever design and the use of standard devices and parts instead of custom-made pieces.

All of this is powered by an enthusiasm that money can't buy. When asked about their specialties for aircraft/automobile designs, Vernon credits Clarence with the aeronautical expertise and himself with "the experiences of everything I ever did."

The prototype of their flying automobile (officially a Personal Air Vehicle, or PAV, per NASA) is appropriately called "the Chaparral" by its two designer/builders. The specifications are similar to other modern light planes. Their flying car will weigh about 1,800 pounds, and should cruise near 150 mph with its Mazda RX-8 rotary engine. The biggest difference is that the wings of the "airplane" can be folded away into body slots, and the "car" then driven off on the nearest road.

When asked why he thought they could build a flying car when so many had failed in the past, Vernon replied, "The secret is to maintain exactly the right balance between airplane and car. The end result must be a pretty good airplane and a pretty good car."

The self-imposed schedules for



Vernon Porter with the Chaparral's Mazda RX-8 engine.

the Chaparral are simple: first, have the prototype ready for "ground-effect" testing—flying the plane a few feet off the ground—in the fall of this year. Second, and the big one, is to have the Chaparral completed and

tested for entry in the fall 2008 NASA Centennial PAV Challenge, competing for the \$150,000 prize.

"We could use the money," quipped Dr. Porter.

## Nutritionist Advises on Weight Management

"We have to take care of ourselves to manage our weight," says Martie Whittekin, Certified Clinical Nutritionist. Speaking at a TI Alumni Association seminar April 25 at Plano Centre, she said, "Obesity is trending up dramatically among U.S. adults. The statisticians had to add a new category — states with more than 25 percent obese."

Overweight and obesity are risk factors for cardiovascular disease, certain cancers, diabetes, asthma and death. They worsen high blood pressure, osteoarthritis, gallstones, high cholesterol and triglycerides and musculo-skeletal problems.

People eat too many calories and don't exercise enough, but it isn't as simple as that. One solution is to "get a move on." Thirty minutes' walking most days reduces cardiovascular disease risk up to 40 percent.

The nutritionist recommends strength training for women, pointing out, "You can build muscle at any age." Most people do better if they do strength training every other day because muscles need recovery time. If joints are bad, swim for exercise.

Calories stick because of inactivity, raised insulin, lost muscle mass, eating infrequently or too late at night, metabolism deprived of nutrients, low thyroid, hormone imbalances and food allergies.

Portion size control is important. Options when eating out include ordering small portions, splitting portions with your eating partner and asking for a take-out bag early in the meal.

Don't eat too fast. If you eat more slowly, you eat less. Other factors in weight gain are eating for emotional/social reasons, without paying attention, eating calorie-dense foods and eating foods that don't satisfy or even ones that cause cravings. People need more vegetables and fruits in their diets, and also need to avoid processed foods.

She says "enriched" flour is marketing talk, because 93 percent of the fiber has been lost and vitamins and minerals are reduced by 80 percent.



Martie Whittekin, Certified Clinical Nutritionist, speaks at TIAA seminar.

More than 20 nutrients are removed and only six or so are added back... in inferior form. Enriched flour is easily converted to sugar in the body.

Everyone should get protein at every meal. Protein helps keep blood sugar level, builds and maintains muscle, is important for the immune system, helps keep weight normal, satisfies and controls cravings and helps prevent insulin resistance.

Fat-free food is a bad idea from the 1980s, she says. Sugar is substituted for fat to make food taste good. Fat is required in our diets for brain development; immune function; fertility; eyesight; wound healing; use of vitamin A, D, E and beta carotene; health hair, skin and nails; satiety and metabolism.

Bad fats include trans fats, damaged fats and even polyunsaturated fats like soy and corn oil. They interfere with cell membranes; increase risk of cancer, heart disease and stroke; and increase inflammation. There is no safe level of trans fats. "Partially hydrogenated" fats are the source of trans fats.

Monounsaturated fats improve cell membrane function, and decrease risk of cancer, heart disease, stroke, gallbladder disease, Parkinson's, etc. They reduce inflammation and improve metabolism. Macadamia nut oil is the healthiest oil for cooking. It has a buttery flavor, has a high smoke point

(410 degrees) and has ideal 1:1 balance of anti-inflammatory omega 3 fats to the pro-inflammatory omega 6.

For salt, the safe range is 500-2400 milligrams per day (or 1,500 if salt affects a person's blood pressure). Most adults average 4,000-5,000 mg per day, mostly from canned and processed foods. Potassium helps balance sodium and it compounds the problem that most folks do not get enough potassium-rich fruits and vegetables. Using a salt substitute in cooking is a help.

The nutritionist says there is no nutritional requirement for sugar. Annual U.S. sugar consumption per person is 164 pounds — a cup per day. Among sugar's bad effects, it raises insulin quickly (insulin stores sugar as fat), adds calorie density, raises diabetes risk, contributes to premature aging, reduces immune function, impacts hormones, and contributes to arthritis and periodontal disease.

Sugar increases blood cholesterol and triglycerides, robs the body of minerals, is a vitamin parasite, feeds Candida yeast, and stresses adrenal glands. It displaces real food from the diet and seems to be addictive.

Martie Whittekin has a radio show at 8 a.m. Saturday on KWRD, 100.7FM. Her show can be accessed live online at [www.RadioMartie.com](http://www.RadioMartie.com). The toll-free call-in number is 1-877-673-2536.

## Mystery Trail Leads to Lost TI Artifacts

By Max Post

This story begins in December 2005, when Texas Instruments announced the donation of its historic archives to Southern Methodist University (SMU) to ensure the materials would be preserved and accessible to future researchers.

Since then, a team of 16 TI retirees have volunteered their time and effort to process TI's archival collection. Volunteers delved into more than 1,400 boxes of documents, about 100 boxes of videotapes and films, and a large number of artifacts.

Among the artifacts were early transistors, integrated circuits, silicon wafers, calculators, digital watches, learning aids and other TI products.

There were many discoveries as boxes were opened. The team found TI's first semiconductor order from 1952; a 16-mm movie produced in 1958 telling of TI's success story; early GSI papers and photos; and documents laying the groundwork for TI's revolutionary single-chip DSP.

As retirees worked on the project, stories emerged about another warehouse, located somewhere south of downtown Dallas, where other artifacts — too large to fit into the existing archives area — had been stored for years. This grew like a mystery and became a challenge for the retirees to see what might be found.

Soon, plans were laid to search for the lost artifacts. Eleven retirees boarded a bus May 10 and left in search of the warehouse. To fortify for the task ahead, they stopped first at the landmark South Dallas Café and downed helpings of fried chicken, black-eyed peas and hot water cornbread.

After months of anticipation, the team descended on the warehouse, broke up into small groups and inventoried the large artifacts.

There was some melancholy and pride in seeing parts of two room-sized Advanced Scientific Computers. In 1972, the ASCs were considered the most powerful computers in the industry. Their functions can now be performed on DSPs which occupy a very small volume and use only a tiny fraction of the kilowatts it took to power an ASC computer. Some of the critical parts of the ASC were removed by team members for permanent archival storage and display.

At the end of the trail, decisions needed to be made. Now, the retiree team is working with TI to place selected historic items in educational institutions and museums, so they can be displayed and available to students and future researchers.



Retiree volunteers examine an early FLIR systems developed by TI; Pictured are: (Back row, left to right) Gene Helms, Ed Millis, Ralph Doshier, Sherel Horsley, Jon Jackson, Harvey Cragon, Larry James and Jim Peterman; (Front row) Max Post, Jim Adams and Lewis McMahan.

# Where TO CALL

Save this reference list of useful phone numbers for TI and TI-Raytheon retirees.

## TI Health and Financial Benefit Plans

TI SmartLink .....	1-800-890-2600
<i>TI SmartLink consolidates all benefit phone numbers into a 24-hour voice recognition telephone system. To talk to a live TI Benefits Center representative Monday - Friday 8:30 a.m. to 4:30 p.m. Central Time, enter or speak your Social Security number, select TI Benefits Center item from menu and then enter your Hewitt password. Or you can direct dial service providers at the following numbers:</i>	
Aetna DMO .....	1-800-772-1416
Blue Cross Blue Shield (BCBS) PPO Plan .....	1-866-866-2300
Or visit <a href="http://www.bcbstx.com/members">http://www.bcbstx.com/members</a> .	
Caremark (formerly AdvancePCS) .....	1-800-557-5749
Or visit <a href="http://caremark.com">http://caremark.com</a> .	
CIGNA HMOs (Any Location) .....	1-800-244-6224
Computershare Investor Services	
TI Stock Accounts .....	1-800-981-8676
U.S. and Canada number for Employee Stock Purchase Plan tax and account statements prior to move to UBS in 2005. ....	1-888-377-7896
Elsewhere call 1-732-491-0511.	
Employee Assistance Program - Magellan .....	1-800-888-2273
HFC LivingFree Smoking Cessation Program .....	1-877-719-9860
Medicare Benefits and Claim Status .....	1-800-633-4227
MetLife Dental Basic/Dental Plus .....	1-800-942-0854
Pacificare Secure Horizons HMO (Dallas/Fort Worth & San Antonio Areas) .....	1-800-950-9355
PNT Nutrition Network (In Dallas Area, call 972-238-1811.) .....	1-800-888-9560
UBS Financial Services .....	1-800-597-7516
U.S. number for Stock Option and Employee Stock Purchase Plan inquiries; elsewhere call 1-201-352-3944.	
Or visit <a href="http://www.ubs.com/onesource/TXN">http://www.ubs.com/onesource/TXN</a> .	
Vision One Eye-Care Discount Program .....	1-800-804-4384
<i>You may also access Your Benefits Resources (YBR) website via TI Alumni website at <a href="http://www.tialumni.org">http://www.tialumni.org</a>. (Social Security number and Hewitt password required for logon to YBR).</i>	
<b>Raytheon Health Benefit Plans</b>	
<i>TI-Raytheon Systems retirees should have Social Security and personal identification numbers available when calling.</i>	
FISERV HEALTH Medicare Plus Plan .....	1-877-559-4244
Or visit <a href="http://www.fiservhealthservices.com">http://www.fiservhealthservices.com</a> .	
MetLife Dental Customer Service .....	1-888-262-4877
Raytheon Benefits Center .....	1-800-358-1231
TDD 1-800-562-2307 or visit <a href="https://raytheon.benefitcenter.com">https://raytheon.benefitcenter.com</a> .	
Check with the Raytheon Benefits Center or website for latest benefit contact information.	

# Travel & ENTERTAINMENT

**Sept. 14 (Friday)** – Mesquite Rodeo – After a Sonny Bryan’s barbecue dinner, watch the Professional Rodeo Cowboys Association members perform in the enclosed, climate-controlled arena. Depart Texins Activity Center at 4:30 p.m. Return after the rodeo at approximately 10 p.m. Cost of bus fare, the barbecue dinner and the rodeo performance is \$22 per person. Register by Sept. 7.

**Oct. 4 (Thursday)** – “The Lion King” at State Fair of Texas – Depart from Texins Activity Center by bus at

10 a.m. Spend time seeing the fair before the 2 p.m. matinee performance. Arrive back at Texins at approximately 5 p.m. Cost will be approximately \$60 per person for show tickets (which include fair admission), bus transportation and parking. Register by Sept 21.

**Nov. 6 (Tuesday)** – Investigate Historic Pauls Valley, Oklahoma – Visit the restored Santa Fe Depot museum. Tour the Bedre chocolate factory, the home of Mrs. Field’s Pies (you can buy some!!) and the Toy and Action

Figure Museum, which received the Oklahoma tourism industry outstanding new attraction award. The tour bus departs Texins Activity Center at 9 a.m. and returns at 9 p.m. Cost of bus transportation and museum tickets is \$55 per person. Participants must register by Oct. 22.

**Dec. 11 (Tuesday)** – Prairie Lights – Get the Christmas spirit as the TIAA group drives through Christmas lights and displays in Grand Prairie. Stop at the big tent and buy hot chocolate and gifts. Then go for a walk-through of

hundreds of inflatables. The tour bus departs Texins Activity Center at 6:30 p.m. and returns around 10 p.m. Cost of transportation and entry is \$15 per person. Participants must register by Nov. 26.

Phone Jessica Stewart, TIAA, 972-995-8393, for more information or to register for above events. Make checks payable to TIAA. Mail to TIAA, P.O. Box 740181, Dallas, TX 75243.



Bus transportation from the Texins Activity Center is offered for most Dallas-area TIAA-sponsored travel and entertainment events.