PRESIDENT’S CORNER

Before we realize it, the shortest month of the year tends to get quite crowded with all kinds of activities and observances. For instance: Groundhog Day (Feb 2 - saw his shadow means an early spring), Chinese New Year (Feb 5 – fortune cookies are always fun), Valentine’s Day (Feb 14 - Have you bought that special card yet?) Presidents’ Day Feb 18 (Were they all born on the same day?), and --------MY BIRTHDAY! You’ll have to come to our program on February 20 to help celebrate!

Now, back to the important things. At last month’s gathering we had a good deal of fun, and got some serious work done as well, thanks to Peggy Peterson and Carlos Ortiz. People Bingo got us in the spirit and focused our attention on what was to come – time to write letters to our legislators. They’ve been elected, appointed to committees, and some can even play chairman.

If you weren’t there, here’s what you missed -- Carlos had the lists of names – we had to know who our senator/representative is, pick an issue to write a short note about requesting their help in fixing the problem, put it in an envelope with the name on the it, and give it to Carlos. At the end of the session, Carlos had 40 letters to deliver to the State Capital the following week.

Carlos will be taking up all the letters you write at home and bring to the meeting each month. Give them to Carlos on February 20 and he will take them to Austin.

Let me change hats for a moment. I am the Communications Officer for the Greater San Antonio PDK Chapter. Last night, we held our program at the Bourbon Street Seafood Kitchen-Dominion. Guest speaker was the headmaster of Great Hearts Western Hills Charter School. Interesting presentation, even more interesting Q & A. I bring this up because our featured speaker at the February program will be Dr. Brian Gottardy, NEISD Superintendent, and Deb Caldwell, Director of Government Relations and Grant Development for the district. Most of us are familiar with NEISD’s loss of student population and the loss of State funding that follows as a result of various factors – not the least of which is the siren call
of charter schools. Remember these charters are granted by the State and funded based on average daily attendance (ADA) of students. Dr. Gottardy has been a strong supporter of TRTA/NSARTA and will be retiring at the end of the spring semester. Don’t miss this informative program.

**NSARTA HEARTS FOR FEBRUARY**  
Michelle Bibb (210) 494-8197

Our FEBRUARY HEARTS OF NSARTA are Nancy Black and Lou Gibbens. Both ladies have devoted their lives to their families, churches, and students. We are fortunate that as members of NSARTA, they encourage others to work together so that good things can happen and a positive outcome is possible.

**Nancy Black**  
“I’m a sixth generation Texan, born in Wichita Falls, Texas in the north part of the state near the Red River. For me, it was an excellent place to grow up. I have lived in San Antonio for 26 years, following 23 years as an Army wife. My husband Harold and I married in 1966 and he became an Army officer in 1970 during the Viet Nam war era. When that conflict drew down, we decided that we both liked the opportunities that military life offered. We enjoyed adding new friends and co-workers into our lives. We loved the travel. We took advantage of assignments in different U.S. states and different countries. During these years in the military we had our two children, Monica and Matthew. They were teenagers when Harold decided that he was ready to retire and take up a different career. In and around our assignments, I taught elementary Spanish, English language skills in a junior college, English as a Second Language to immigrants to the U.S. and to Korean businessmen who wanted to speak American English. While Harold finished his last military assignment in the Pentagon, I began teaching high school English and History as a fulltime commitment. With a Master’s degree in English and History, I began to seriously focus on becoming an effective, structured, influential teacher.

I personally loved everything about my own first year in school. I’m told, in the years before school, I loved to be read to and that I memorized all the stories and songs read to me and sung with me by my mother and aunt and grandmothers. Mrs. Griffith and my first grade class were wonderful—quiet, artful, controlled, and formative in the best sense of the word. Mrs. Griffith taught us what formal learning was all about. She was kind, unhurried, gentle, and I was hooked on school. During my elementary school years, all my teachers were wonderful. They read to us. They sang with us. They worked math with us at the large blackboards. They occasionally surprised us with stories of wilder days in north Texas, or long, silly narrative poems that they had memorized.

I had excellent people to model my life after. In looking back, most of them were teachers. If I had been surrounded by doctors or lawyers or businessmen, I might have wanted to be one of them, but I’m so grateful for the teachers in my life. To this day, there in no one that I admire more than an excellent teacher.

I spent my first year in San Antonio getting our family settled. We had our home built in the north central part of the city. In the summer of 1993, I was hired to teach sixth grade GT English; regular, grade level English; and world cultures. It was a challenging first year, but those eleven-year-olds grew on me. After that first year, I spent the next nine years in North East ISD at Bradley Middle School, teaching world cultures. It was the best. From 2003 until I retired in 2009, I was Academic Dean of Instruction at Bradley. It was a time to share what I knew about teaching. I spent many hours on administrative tasks, but the best was always the facilitation of meaningful learning.
Since retirement, I have enjoyed expanding my own learning in areas that I always enjoyed but couldn’t find the time or energy to pursue—painting, genealogy, leadership positions in community groups where I could continue to be of service, traveling in other months than July. I’m a grandmother of three girls, fifteen, thirteen and nine. I’ve upped my volunteer work, and allowed myself time to take art classes and to give more hours to family research. I continue to make discoveries and have gained a greater appreciation for my family and others who have been part of the development of our nation. After two and a half decades, I’m surrounded by many wonderful and fascinating friends. I’m not a home-body, so almost every day has a special activity (if not two or three). I’m an active participant in life in general and I know I’m blessed.”

**Lou Koen Gibbens**

“I was born in Hamilton, Texas which is about half way between San Antonio and Ft. Worth when travelling on Hw. 281. My dad was a manager at the Central Freight office in Hamilton. I was in 4th grade when WWll broke out and we were transferred to Temple because it was a central hub for trains carrying provisions to the soldiers. My mom taught sewing classes at a Singer Sewing Center for those purchasing new sewing machines. Later she earned her Teaching Certification from Ranger Jr. College. In those days, you only needed 2 years of college to be able to teach. She taught Kinder when I was in kindergarten, and years later, my dad built a building at our home for mom to open her own kindergarten.

Just before my senior year at Temple High School, we moved to Killeen, Texas when my dad began a new job. Moving as a senior was very difficult because I didn’t know anyone and your senior year is supposed to be a ‘year to remember’. Prior to moving to Killeen, I would describe myself as a “nerdy, studious, shy, and quiet student”. I decided I was going to become “one of the fun girls”…..I didn’t want to be that quiet nerdy girl anymore. I played on the Killeen girls’ basketball team. Those days we only played half court basketball….the guards in one court, and the forwards in the other court. You had to pass the ball over midline to the forwards to score. Guess they thought we weren’t strong enough to play full court. I graduated from Killeen High School in 1953 but didn’t know where I wanted to go to college. My dad suggested we check out SWT. I had no clue where San Marcos was or anything about the college. Since I loved math, I decided to major in math and minor in physics. That was a good decision since most of my classmates were all boys.

I met John Gibbens, my future husband, at SWT. He was one of those cute football players and I already knew many of the football team through my classes. I had already met his brother, Bobby, so I knew a little bit about John. John was drafted out of college his junior year and served for 2 years. He swore that he would marry the first girl he saw upon his return to Texas. He tells the story that he “saw me across the cafeteria and knew immediately I was the girl for him”. We married in 1956 on Friday the 13th and ours was a marriage of great luck and great times. I left college and our first child, Rachel, was born in 1957, followed by Pete who was born in 1958, and finally Dan who was born in 1960. I had 3 children under the age of 4 on our 4th anniversary. To say that I was kept busy is an understatement. John was teaching at San Marcos Academy and was also their head football coach. On a side note, John and his brothers Bobby and Sid all played football at SWT, they were all captains of the team, they are all in the Hall of Honor at SWT, and their wives were all football sweethearts.

While still living in San Marcos, John began working for Civil Service at Brooks AFB. I returned to college, finally graduating in 1967 with a degree in Elementary Education with a double minor in Art and Math. We then moved to San Antonio and I was hired at Wilshire Elementary in NEISD teaching 1st grade. After a few years of teaching 1st, I decided I wanted to become a kindergarten teacher and earned my kinder certification from Trinity University. My philosophy is “if you love school and try hard, you’ll always be successful”. I wanted to be the first teacher kids had when they came to school. I wanted them to know they were loved at school and that they felt successful as they went on to higher grades. At that time, kinder teachers had 2 separate classes….a morning class and an afternoon class. Most of my classes had 30 kids in them. I made it a point to know all I could about each student, all 60 of them.
(Hearts continued)

I transferred to Montgomery Elementary when it opened in ’71 and later to Hidden Forest in ’79, where I taught for 7 years. John retired as Outdoor Recreation Director at Lackland AFB, and we moved to Mountain Home, Texas, near Kerrville. We built our home on our 17 acres we had purchased years before and raised Spanish goats.

My retirement was cut short when I was asked to teach kinder in Kerrville. I taught there for 2 years and finally retired in 1990 with a total of 22 years. Retirement was wonderful as we finally were able to spend all our time together. We loved to travel and went on several cruises. In 2013 we moved to Bulverde to be closer to the San Antonio area and our kids. Sadly, John passed away in 2015 after 59 wonderful years of marriage.

We are blessed with 3 children, 14 grandkids ranging in age from 38-18, and 12 great grandkids ranging in age from 8 to 1 month (but we have another great grandchild due in February). All but 1 of my family members live within 30 minutes of my home, how very fortunate I am to have them so close. Both of my sons played football at SWT and one went on to become head football coach at Judson. We are a family of teachers-in fact we have 3 generations of kinder teachers. Other family members teach science, history, coach golf, and my daughter, Rachel, taught kinder for 35 years in the same classroom.

I am so proud of finally joining the WWW last year when my kids gave me a computer. I am on Facebook, I enjoy keeping-up with my family through emails, and I did all this at 80+ years of age. I’m a member of Rebecca Creek Baptist Church and serve on the Food Bank Committee. I interview people and qualify them to receive food from our church pantry. I’m an active member of the Hidden Forest Lunch Group and I attend 4 family reunions each year. My daughter and I are in charge of invitations and decorations for the 1955 SWT Football Team reunions held yearly. I play Bunco and Bingo at the Bulverde Senior Activity Center, and I even modeled in a style show for the center. I don’t have any pets UNLESS you count the feral cats that come for breakfast each day. I love to take care of my greenhouse plants although I wouldn’t say I have a green thumb.

My mom taught me “If something goes wrong, find out what it is, find out what you can do to make it better, and then get it done – fix it”. I REALLY HAVE HAD AND STILL HAVE A GREAT LIFE.

TREASURER’S REPORT  Carolyn Pfeiffer 210-372-0434carolynpfeiffer48@gmail.com

As of: February 4, 2019

Amount in Checking Account is: $1,182.87

(More details to follow on February 20)

HAPPY VALENTINE’S DAY TO ALL!!!
On Tuesday, January 22, I took 40 letters to the State Capitol-Patrick(1)-Zaffirini(1)-Menendez(2)-Flores(1)-Campbell(12)-Allison(7)-Biedermann(1)-Larson(11)-Bernal(4). I also took 15 letters from me to each member of the Senate Finance Committee. The Senate Finance Committee had its first meeting on Tuesday, and they heard from Comptroller Glenn Hegar. He informed the committee that the budget income for the next 2 years would have 5-6 billion extra dollars. The Legislative Budget Board’s presentation was cut short due to time constraints. However, they did say that 230 million dollars were allocated for TRS Health-Care. Several Senate and House bills have been introduced.

Some have a COLA for retirees; others have increase contributions by both active teachers and the State. All the bills in both houses will be considered during the session. Now that the committees in both the House and Senate have been filled, we need to continue our letter writing. On February 11, the Senate Finance Committee is scheduled to hear testimony on the TRS Pension Fund. I will keep you posted.

A REMINDER----GRANTS for active teachers & SCHOLARSHIPS for graduating teachers are due @ the end of February. Hit the website www.TRTF.org for applications.

COMMITTEES: SENATE

EDUCATION
LARRY TAYLOR-CHAIR
EDDIE LUCIO-V.CHAIR
PAUL BETTENCOURT
DONNA CAMPBELL
PAT FALLON
BOB HALL
BRYAN HUGHES
ANGELA PAXTON
BEVERLY POWELL
KIRK WATSON
ROYCE WEST

FINANCE
JANE NELSON-CHAIR
JUAN HINOJOSA-V.CHAIR
PAUL BETTENCOURT
BRIAN BIRDWELL
DONNA CAMPBELL
PETER FLORES
KELLY HANCOCK
JOAN HUFFMAN
LOIS KOLKORST
ROBERT NICHOLS
CHARLES PERRY
LARRY TAYLOR
KIRK WATSON
ROYCE WEST
JOHN WHITMIRE

STATE AFFAIRS
JOAN HUFFMAN-CHAIR
BRYAN HUGHES-V.CHAIR
BRIAN BIRDWELL
BRANDON CREIGHTON
PAT FALLON
BOB HALL
EDDIE LUCIO JR.
JANE NELSON
JUDITH ZAFFIRINI

COMMITTEES: HOUSE

APPROPRIATIONS
JOHN ZERWAS-CHAIR
OSCAR LONGORIA V.Chair
CECEL BELL
GREGG BONNEN
BRAD BUCKLEY
GIOVANNI CAPRIGLIONE
PHILIP CORTEZ
SARAH DAVIS
MARY E. GONZALEZ
COLE HEFNER
DONNA HOWARD
JARVIS D. JOHNSON
RICK MILLER
INA MINJAREZ
SERGIO MUNOZ
TONI ROSE
MATT SCHAEFER

PUBLIC EDUCATION
DAN HUBERTY-CHAIR
DIEGO BERNAL V. CHAIR
ALMA ALLEN
STEVE ALLISON
TRENT ASHBY
KEITH BELL
HAROLD V. DUTTON, JR
MARY E. GONZALEZ
KEN KING
MORGAN MEYER
SCOTT SANFORD
JAMES TALARICO
GARY VanDEAVER

STATE AFFAIRS
DADE PHELAN-CHAIR
ANA HERNANDEZ-V.CHAIR
JOE DESHOTEL
R.D.”BOBBY” GUERRA
SAM HARLESS
JUSTIN HOLLAND
TODD HUNTER
PHIL KING
TAN PARKER
RICHARD PENA RAYMOND
EDDIE RODRIGUEZ
JOHN T. SMITHEE
DREW SPRINGER

PENSIONS, INVEST. &FIN. SVS.
JIM MURPHY-CHAIR
HUBART VO-V. CHAIR
GIOVANNI CAPRIGLIONE
DAN FLYNN
BARBARA GERVIN-HAWKINS
ROLAND GUTIERREZ
STAN LAMBERT
JEFF LEACH
OSCAR LONGORIA
PHIL STEPHENSON
GENE WU
HOUSE COMMITTEES CONTINUED

J. D. SHEFFIELD
CARL SHERMAN
REGGIE SMITH
LYNN STUCKY
STEVE TOTH
JOHN TURNER
GARY VanDEAVER
ARMANDO WALLE
TERRY M. WILSON
GENE WU

PROGRAM

Peggy Peterson/2nd Vice President, 210.373.3961 or rpete4321@satx.rr.com

GRAB YOUR HAT! DON YOUR BOOTS! SADDLE UP AND LET'S RODEO!!
Feel free to wear your western finery as we salute rodeo season in San Antonio this month! Yee Haw!
Continuing our focus on the current legislative session, Dr. Brian Gottardy, NEISD Superintendent and Deb Caldwell, NEISD Director of Governmental Relations will join us to discuss issues facing school districts, educators, tax payers and students in Texas.

Keep Writing Those Letters! Bring your letters to current legislators for Carlos to hand deliver in Austin. Materials will also be available for letter writing during the meeting as well. We want to keep our elected officials VERY aware that we are watching and listening!

Upcoming Events:

Big Read Book Club will discuss A Still Life by Louise Penny
🌟Wednesday, March 6 1:00-2:00 at Thousand Oaks Library (4618 Thousand Oaks, 78233).
Bring your Brown Bag Lunch & join the conversation!
Location TBA
🌟September book is America’s First Daughter by Stephanie Dray & Laura Kamoie.
Location TBA

March NSARTA Meeting - We will Spring into Action with a focus on health and wellness! Learn all about wonderful activities available to residents of Bexar County.....ALL FREE! And we might even do a little Irish Jig.....you never know!

TRTA Day at the Capitol Wednesday, April 3rd! Wear Red and make a statement for all to see! Empowered Retirees!

April NSARTA Meeting - We will Grow Our Minds this month as we welcome NSARTA Yearbook Sponsors Jake Yetterberg from Yetterberg Retirement Solutions and Pamela Neel of Pamela Neel Real Estate Group/ Keller Williams Realty. Both of these outstanding professionals will bring information focused on retiree issues.

May Pot Luck Luncheon Meeting

CORRESPONDING SECRETARY
Barbara Yates 494-6444

Get well cards were sent to Sue Blom, who had surgery; Michele Bibb, who had the flu; Sarah Villarreal, who was ill; and Lou Gibbons who was having some health problems. We hope all are feeling better.
INDEPENDENCE HILL VISIT

Chickie Backhaus has reserved Wednesday, May 1st, for NSARTA to tour the Independence Hill facilities. This wonderful opportunity comes with a delicious lunch in their dining room. Please put this on your calendar for May. More specifics will be shared in March and a sign-up sheet will be available in April.

MEMBERSHIP

It's time to start over. TRTA’s membership year for 2018-2019 officially starts in March, but NSARTA members can get a head start by renewing at this month’s meeting, Wednesday, February 20th. Don’t worry about your check; checks turned in during February will not be deposited until mid-March.

If you know retirees who have not joined or only joined at the state level, invite them to join us. Please complete the appropriate form below and bring it to the meeting with your $50.00 membership fee.

Use the following forms to renew your membership for 2019-2020. If you wish to become a Diamond member, you may get the forms needed, from Harold at the meeting.

IF YOU HAVE BEEN A TRTA/NSARTA MEMBER FOR AT LEAST THE LAST THREE CONSECUTIVE YEARS, PLEASE USE THE ANNUAL RENEWAL FORM.

---

**TRTA/NSARTA ANNUAL RENEWAL MEMBERSHIP FORM 2019-2020**

NAME _____________________________________________

ADDRESS __________________________ CITY ____________ ZIP CODE _______

PHONE __________________ EMAIL ______________________ TODAY’S DATE __________

School district from which you retired __________________ Retirement Year __________

ANNUAL RENEWAL: TRTA $35.00 and NSARTA $15.00 = TOTAL AMOUNT $50.00

Make check payable to NSARTA for the total amount of $50.00. CHECK # __________

If by mail, send to: Harold Black, 13307 Sage Heights Dr, San Antonio, TX 78230-5847
PLEASE USE THE FOLLOWING FORM FOR NEW MEMBERS OR FOR THOSE WHOSE PREVIOUS MEMBERSHIP LAPSED MORE THAN THREE YEARS AGO.

TRTA/NSARTA NEW MEMBERSHIP FORM 2019-2020

NAME ____________________________________________________________________________

ADDRESS __________________________________________ CITY __________________ ZIP CODE ______

PHONE ___________ EMAIL ___________________________________ TODAY’S DATE __________

School district from which you retired ___________________________ Retirement Year ______

TRTA: $35.00 and NSARTA: $15.00 = TOTAL AMOUNT $50.00 MEMBERSHIP IN BOTH IS REQUIRED.

Make check payable to NSARTA for the total amount of $50.00. CHECK # __________

If by mail, send to: Harold Black, 13307 Sage Heights Dr, San Antonio, TX 78230-5847

Welcome!

NSARTA
You are invited to join us in the efforts we are making to improve retirement benefits and to be of service in our community.

We meet at:
SAN PEDRO PRESBYTERIAN CHURCH
14900 SAN PEDRO AVENUE
SAN ANTONIO, TEXAS, 78232
210-494-6560

We always meet on the third Wednesday of each month. We have our social gathering at 9:30 a.m. and our meeting is from 10:00 a.m. to 12:00 p.m. Our dues are $50 - $35 of this goes to the state.

Come join in the fun!!
REGISTRATION  Pat Loewe, Eddy English

The registration desk keeps a record of each person who attends. They also distribute name tags and furnish every attendee with a raffle ticket for a drawing at the end of meetings. Be sure to stop by the registration desk and sign in, as you enter each meeting.

HOSPITALITY  Barbara Rothe  380-8150, Linda Nolder  490-1035

Many thanks to our NSARTA board members for providing refreshments at our January meeting. It’s always nice to enter the Fellowship Hall and see the table over flowing with goodies ready for us to fill our plates and enjoy. AND a “special thank you” to Jesse for having the coffee ready each month. We are so lucky to have someone like Jesse to do all the setting up/removing the chairs/tables for us.  Michele Bibb  (210) 494-8197

CHILDRENS’BOOK DRIVE  Sherlyn Valentin, Nancy Dooley, Pat Loewe,

Here are several dates to put on your calendars for those who would like to join our members who buy books and distribute books for the children of Valley Hi Elementary. Our day to attend the NEISD PTA Used Book Sale at Blossom Athletic Center will be Friday, April 12th. Mrs. Grimes, the librarian at Valley Hi, has given us the date of Friday, May 31st, to distribute books to students. Remember Sherlyn Valentin will have the list at each meeting where you can document how many books you give your grandchildren or other children each month. Thanks for your support.

STITCHERY  Ledru Barker

We really appreciate the donation of 18 quilts from Kay Rosene. The VA Hospital patients loved them. The Stitchery group also appreciates the donations received from several members. They donated used sheets, curtains, blankets, comforters, and cloth or thread they bought but didn’t use. Even items with holes or stains are appropriate because we can cut around them. Please bring them to the monthly meetings and we can take them home. Ledru Barker and Lynn East are the ones who do the sewing. As always you are invited to join us at 10 a.m. on the first Thursday (March 7) at Covenant Presbyterian Church to help us stuff the pillows so they can be sewn shut as 9” x 18” pillows. So see small cloth will work fine plus we quilt and small pieces work great.
VOLUNTEERING

Janet Pennock, japennock57@yahoo.com, 979-417-3876

Thank you to all that participated in the 2018 Community Volunteer Service Report. We had 52 members participating in the collection of hours. A total of 26,138 hours were reported to the state. We may be retired, but we make a big impact in our community. Keep recording those hours!

INFORMATIVE AND PROTECTIVE SERVICES

Adele Murphy

December 27, 2018
Jennifer Leach
Acting Associate Director, Division of Consumer and Business Education, FTC

Earlier this month, we told you about a growing scam: people pretend to be from the Social Security Administration (SSA) and try to get your Social Security number or your money. That scam is now growing exponentially. To compare: in 2017, we heard from 3,200 people about SSA imposter scams, and those people reported losing nearly $210,000. So far this year: more than 35,000 people have reported the scam, and they tell us they've lost $10 million.

Scammers are saying your Social Security number (SSN) has been suspended because of suspicious activity, or because it's been involved in a crime. Sometimes, the scammer wants you to confirm your SSN to reactivate it. Sometimes, he'll say your bank account is about to be seized—but he'll tell you what to do to keep it safe. (Often, that involves putting your money on gift cards and giving him the codes—which, of course, means that your money is gone.)

Oh, and your caller ID often shows the real SSA phone number (1-800-772-1213) when these scammers call—but they're faking that number. It's not the real SSA calling.

Here's what to know:

- Your Social Security number is not about to be suspended. You don't have to verify your number to anyone who calls out of the blue. And your bank accounts are not about to be seized.
- SSA will never call to threaten your benefits or tell you to wire money, send cash, or put money on gift cards. Anyone who tells you to do those things is a scammer. Every time.
- The real SSA number is 1-800-772-1213, but scammers are putting that number in the caller ID. If you're worried about what the caller says, hang up and call 1-800-772-1213 to speak to the real SSA. Even if the wait time is long, confirm with the real SSA before responding to one of these calls.
- Never give any part of your Social Security number to anyone who contacts you. Or your bank account or credit card number.

If you get one of these calls, tell the FTC at ftc.gov/complaint.

Time to shine up your boots for the Rodeo!
Handwashing at Home, at Play, and Out and About

Germs are everywhere! They can get onto your hands and items you touch throughout the day. Washing hands at key times with soap and water is one of the most important steps you can take to get rid of germs and avoid spreading germs to those around you.

How can washing your hands keep you healthy?
Germs can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

Handwashing helps prevent infections for these reasons:

- People often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies.
- Germs from unwashed hands may get into foods and drinks when people prepare or consume them. Germs can grow in some types of foods or drinks and make people sick.
- Germs from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.

What is the right way to wash your hands?
1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dry them.