

OSURA

News



THE OHIO STATE UNIVERSITY

November 2022

2200 Olentangy River Road, Columbus, OH 43210 | P.O. Box 14433, Columbus, OH 43214
614-292-2281 • 1-800-762-5646 • osura@osu.edu • osura.osu.edu



OSURA members were honored and delighted to welcome 16th President of The Ohio State University, Kristina M. Johnson, the perfect prelude to our Provost, and the conference day filled with old friends and excellent sessions.



Keynote Address

Dr. Melissa L. Gilliam, Executive Vice President and Provost, The Ohio State University

By Paul Bueger

Provost Melissa Gilliam described the six strategic priorities for the Office of Academic Affairs. These priorities are in response to the goals that President Kristina Johnson has laid out for OSU as a 21st century Land Grant University. These six priorities incorporated in the academic plan are:

Faculty Eminence with a goal of adding 360 net new faculty. Strategies include providing additional funding for early career scholars, recruiting post doctoral fellows who will transition to faculty, providing support for families of new faculty, especially dual-career families.

Student Academic Excellence is accomplished by continuing to recruit top students; updating the general education program with fewer requirements and more flexibility for the students; helping students earn a degree debt free, in part by improving their financial literacy.

Outward Engagement serving Columbus, Ohio, and the world. Among the strategies is strengthening the regional campuses which experienced declining enrollment during



Dr. Melissa Gilliam

the pandemic. Another highlight is engagement with the arts exemplified by the new arts district, a new vice provost for the arts, and cataloging the art collection across campus.

Inclusive Excellence is achieved through promotion of both shared values (DEI) and civil discourse. The Civil Discourse Project helps students in the difficult process of discussing contentious ideas.

Technology and Digital Innovation is where data and AI play a prominent role

in identifying help that individual students need in furthering their education. Online courses provide student education and promote lifelong learning.

Operational Excellence is achieved through redesigning the organizational structure to align with academic priorities and collaboration across all units of the University.

Her encouraging words in response to a question about the future of Program 60 are of interest to retirees who want to continue their engagement with the academic life of the University.

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for Joining Us for the
2022 Annual Fall Conference

Mark your calendar now:
Wednesday, September 20, 2023

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Liz McPherson

Jerry Newsom

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Doug Torrance



FROM: The President

Greetings to my OSURA colleagues. I hope that you have noticed in the October OSURA News that we have earned Scarlet status as an outstanding Alumni Society for 2022.

At the November 8 OSURA Executive Board meeting, the Executive Director of STRS Ohio, William (Bill) Neville will present a brief and accurate summary of the financial state of STRS.

Hurricane Ian created significant damage in Florida and the Carolinas, amounting to many billions of dollars and causing at least 123 fatalities. I sincerely hope that the redevelopment efforts in the coastal communities will account for climate change and the rising sea level. Residents of Central Florida, as well as those in the coastal areas, need flood insurance, and many do not have it.

Ohio is not a bad place in which to be living!

Hallan C. Noltmier
President of OSURA

Welcome New Retirees

Linda Sue Bloomer
James Cancer Hospital

Joan Schaefer Calhoun
Health System –
Shared Services

Meesim Louise Cheung
James Cancer Hospital

Velva Renee Cochran
Health System –
Shared Services

David J. Dalhart
FAES – Agricultural
Technical Institute

Loretta Damron
Ross Heart Hospital

Michael E. Davis
FAES – Academic Departments

Gail A. DeBay
Ross Heart Hospital

Fritz Graf
Arts and Humanities

Richard Paul Gunther
Social and Behavioral Sciences

David Lee Hall
Dentistry

Steven Kent Harrison
FAES – Academic Departments

Michael Stephen Hiatt
Chief Information Officer

Joanne Frances Holland
Engineering

Mette P. Ibba
Natural and Mathematical
Sciences

Frederick M. Kapetansky
Health Sciences

Jeffrey Michael Kipnis
Engineering

Jennifer Annette Leasure
University Hospital

Laurence Vincent Madden
FAES – Academic Departments

Candy Joy McBride
FAES – Academic Departments

Mary Elizabeth McDonald
James Cancer Hospital

Stephen Andrew Moore
Business

Amy Jo Moreland
Ambulatory Services Hospital

Terrell Alan Morgan
Arts and Humanities

Christine Ballengee Morris
Arts and Humanities

Tammy Lyn Morrison
James Cancer Hospital

Randolph Lyle Moses
ERIK – Research

Jay Hardy O'Flynn
Ambulatory Services Hospital

Howard A. Paskett
James Cancer Hospital

Susan Van Pelt Petry
Arts and Humanities

Howard Lincoln Show
Health System –
Shared Services

Janet Weiss Sorrels
Chemistry and Biochemistry

Laura Renee Stehura
Human Resources

Jacqueline Kay Yakubowski
Facilities Operations and
Development

The James Cancer Diagnostic Center

Presenter: Scott Rowley, DNP, Advanced Practice Provider Manager

By Elizabeth McPherson

The James Cancer Diagnostic Center will become the “front door” for the The James Cancer Hospital and Solove Research Institute, providing patients direct access to diagnosis and treatment. Hopefully, this will result in earlier detection of malignancies or rule out cancer for those with

only a suspicion of cancer. All was ready for a grand opening when COVID occurred, and the project was paused in February 2020. But by May of 2020, grim morbidity and mortality data resulted from delays in diagnosis and treatment due to pandemic-restricted medical contact. As a result, in June 2020 a mini diagnostic center was started on the fifth floor of The James.

The clinic is unique in that self-referrals are accepted as well as conventional referrals. Patients can be seen the same day or the day after initial contact. This visit can be in-person or via video. Patient intake is conducted by advanced-practice nurse practitioners and physician assistants. Before a comprehensive initial visit, all available patient information is collected. If indicated, testing and biopsy are done on-site and a referral is made to the appropriate specialty. Half the patients seen are diagnosed with a malignancy. The other half are referred to a specialist who can treat their non-cancer health problem or they need no further follow-up. As of now this complete process takes place in less than two weeks, but time is improving.



Scott Rowley

Transforming Central Ohio's Waste into Resources

Presenter: Kyle O'Keefe, Director of Innovation and Programs, SWACO

By Margaret Hickie-Grimm

This was a great talk with information-sharing and updates on the latest in recycling.

The goal for Franklin County is 75% waste diversion by 2032. Franklin County is at 51% in 2022. Franklin County sanitary landfill has 1 million tons of waste each year. All trash goes there. Every 5 years they check to see what is in the landfills. 27% of what is in there is compost (15% food waste). 25% is stuff that could be recycled (ie cardboard, glass). 24% are things like mattresses, tires, and construction materials.

Reducing reliance on landfills is a key component. Recycling is essential. 80% of all recycling stays in Ohio and is made into new items. There are several companies who turn recycling into new items, from glass to cardboard, to mention a few. The number of items that are now available to be recycled is increasing. Yogurt containers and pizza boxes, not heavily stained with grease, can now be recycled, just to name a few. Plastic grocery bags cannot be recycled, but they can be returned to the store for recycling or repurposing. The reason is simple: it clogs the machines.



Kyle O'Keefe

Please refer to the website recycleright.org. It's an easy-to-use and up-to-date website on the latest in recycling. Let's work together to make Ohio green!

The Changing Face of College Athletics

Presenter: Gene Smith, OSU Senior Vice President and Athletic Director

By Doug Torrance

Gene began by stating that the Athletic Department was in good shape, with 36 sports and 1,000 athletes. He noted that there are four things they focus on every single day.

1. Make sure they get their degree (the most important).
2. They come here to compete and win.
3. Want them to grow as people – we recruit character, then talent. Help them to deal with this complex society.
4. Help them to find a career and get a job.

He then discussed the expanded Big Ten Conference with the addition of USC and UCLA in 2024, which was done mainly for money, as athletics are self-supporting. \$2.5 million is spent on Ohio Stadium every year. Safelite Auto Field came about as they paid us \$2.5 million/year for those naming rights on the playing field. This money will pay for maintaining the stadium.

Most people do not realize they oversee the Blackwell Hotel, Nationwide Arena, and the OSU Golf Course. He enjoys coming to work every day and has been



Gene Smith

an Athletic Director for almost 40 years. He is now more worried about safety on game-day Saturdays, with so many active-shooter incidents recently.

Gene then discussed the NCAA's Name, Image, and Likeness (NIL) policy. He feels student athletes deserve to be paid, as other students with talents can earn money. He pointed out that these athletes need to be knowledgeable about contract management, as they need to know what they are signing up for and follow through, or there could be legal action. They also need to watch their behavior on social media. The University does look at these NIL

contracts to make sure there are no problems. NIL helps athletes mitigate any debt they accrue.

As an example, he showed an Ohio Beef Council video with Cade Stover, an OSU football player who lives on a farm. There is also a Chipotle video with TreVeyon Henderson. The Women's Ice Hockey team did a commercial for Logan Heating Services.

Full scholarships are available to athletes in six sports: football, men's basketball, women's basketball, women's volleyball, women's gymnastics, and women's tennis. The Alston fund for academic support has provided each of our athletes \$5,980. It is difficult to be a student athlete, as some of their personal lives are sacrificed, and they need to learn how to manage a lot of demands and use good time management.

Gene concluded by pointing out that they are careful in handling student athletes who want to transfer to and play at OSU. He does not want to take away a spot from players who started a sport at OSU and worked their way up.

Old Bones from a Frozen Continent

Presenter: David Elliot, Academy Professor, Earth Sciences

By Hallan Noltmier

Antarctica is 1.5 times the area of the USA. The Transantarctic Mountains and the Ross Island were the focus of Richard Goldthwaite during the 1957-58 International Geophysical Year. The OSU Institute of Polar Studies (IPS) was established in 1960 and became the Byrd Polar Institute.

Wegner proposed Continental Drift to explain similarities of distribution of Permian and Triassic animal and plant fossils. Expeditions from OSU began in the early 1960s. In 1965, Colin Bull invited Elliot to join an expedition to Beardmore Glacier to focus on lavas and Graphite Peak (at the Permian/Triassic boundary). Elliot's colleague, Barrett, found a fossil, which encouraged the NSF to fund more research. At Coalsack Bluff in 1969, Elliot found more bones of *Lystrosaurus*, proof of continental drift. In 1970 Collinson and Elliot found bones of *Thrinaxodon*.

In 1970 Coalsack Bluff and Mt. Kirkpatrick were visited by New Zealand geologists. Later, Elliot and Collinson visited the same area, finding more bones and a loose bone fragment, a knuckle bone identified by Bill Hammer.

Return visits were supported by helicopter to assist loading. Hammer published a paper in *Science*, 1994, on *Cryophorsaurus* and others, such as *Prosauropod*. *Cryophorsaurus* was delivered to Bill Ausich for the Orton Museum in 2018.



David Elliot

The Aging Heart

Presenters: Sitaramesh Emani, MD, Associate Professor of Medicine, Cardiology; Carl V. Leier, MD, Professor Emeritus, Cardiology

By Carl V. Leier

Most cardiovascular diseases (conduction, valvular, coronary, etc.) increase with age. Today, we will discuss one of the most common maladies and one that is linked closely with advancing age: diastolic dysfunction.

Diastolic dysfunction oftentimes leads to heart failure and is then referred to as heart failure with PRESERVED ejection fraction, HFpEF. Ejection fraction is the amount of ventricular blood volume ejected with each beat of the heart; normal is >50%.

Heart failure risk increases with age and most (>60%) are caused by diastolic dysfunction. As we approach age 80, the risk of heart failure is >15%. With diastolic dysfunction, the left ventricle loses its ability to relax normally and fails to dilate between beats. And so, for any given volume, the pressure must increase within the ventricle and then, in the pulmonary vessels and right heart.

The principal signs and symptoms are dyspnea (shortness of breath) and edema (swelling of feet, legs, and hands.) Other symptoms might include



Sitaramesh Emani, MD and Carl V. Leier MD

fatigue, pulmonary congestion (cough), atrial fibrillation and a sleep disorder or apnea. The symptoms range from none (asymptomatic) to mild to marked-severe. The diagnosis can be challenging, but the physician can use several laboratory tests to arrive at the diagnosis of HFpEF or diastolic dysfunction.

The specific cause(s) of HFpEF remain elusive, but certain conditions lead to its development. These include systemic hypertension, obesity, diabetes, renal dysfunction, atrial fibrillation, coronary artery disease, systemic arteriosclerosis (hardening of arteries) and advancing age. The treatment is directed at controlling/reducing these contributing factors and the increased volume and

related symptoms. The new diabetic medication, sodium-glucose cotransporter (SGLT2, empagliflozin), is under study and appears to be of clinical benefit.

The next entity we'd like to discuss is stress-induced cardiomyopathy or Takotsubo's cardiomyopathy (and other names). This entity is of recent vintage. I saw my first case in 2003; I'll briefly discuss her case. Typically, it occurs in women (>85%) over the age of 50 years under extreme stress, who present as an acute anterior myocardial infarction with loss of anterior systolic function. In a matter of days-weeks, this loss of function returns to normal in >85%. It is rarely complicated by syncope (passing out), serious arrhythmias, and cardiogenic shock. Since it occurs in older women, mild coronary atherosclerosis may be present. For 80-90% of these patients, their survival rate is normal with a recurrence rate of 10-15% in 10 years of follow-up. The mechanism(s) of this most interesting entity remain elusive.

Dr. Emani and I thank you for your kind attention.

Adventures in Broadcasting

Presenter: Christopher Purdy, Broadcast Manager/ On-Air Host, WOSU Public Media/Classical 101

By Jerry Newsom

You know his voice if you listen to WOSU. You've seen his face if you attend Columbus Symphony pre-concert talks. Christopher Purdy is a central Ohio icon. His talk to OSURA was classic Purdy, with his sometimes funny and sometimes moving descriptions of his experiences in the world of music. Initially hired at WOSU to shelve CDs for ten hours/week, on Purdy's second day on the job the usual announcer was not there and the

CD-shelfer was told to host the program, and thus his career was born. His description of hosting the CSO concert at Carnegie Hall from a large broom closet two blocks away brought laughter from the audience. The arts scene in Columbus, from the new buildings on campus to the musicians in the Columbus Symphony to the acoustics in the Southern Theater ("Everyone wants to play in the Southern") were described in glowing



Christopher Purdy

terms. He made clear that WOSU is a jewel to be treasured, with the new WOSU building a tribute to the importance of the station to the Ohio State community. Stories of the impact of music, from 9/11 memorials to saving a child with birth defects, left a lasting impression on those of us lucky enough to have heard Christopher Purdy.

The Future of Waterman Agricultural Farm and Natural Resources Library

Presenter: Andrew “Dewey” Mann, Ph.D., Director of Waterman Agricultural and Natural Resources Laboratory, Interim Director of the Chadwick Arboretum

By Meg Teaford

The booklet on the Waterman facility begins “A treasure is hidden in plain sight,” and this talk highlighted what a treasure OSU has in Waterman. The facility, located at the corner of Lane Avenue and Kenney Road on west campus, is 99 years old. Over 260 acres, it was originally six separate farms: a rural setting in an urban community. It is now home to the following:

- The new Franklin County Extension office
- 188 research plots used by faculty and graduate students
- A student farm where students can experiment with new ideas
- 260 dairy cows who are milked twice a day
- A woodlot and natural area which is used by the ROTC program as well as for training medical students on rescue efforts in remote areas
- The Garden of Hope, a joint project between nutrition and the James Cancer Hospital
- The Controlled Environmental Agricultural Research Complex (CEARC) that recently opened and will extend the growing season into the winter months

Dr. Mann also spoke about the opportunities for collaboration with the OSU Innovation Center across the street on Lane



Avenue. Two new partnerships were also announced earlier in the week: Ohio State has been chosen as the home for the George Washington Carver Science Park Terrestrial Laboratory, a unique collaboration for aerospace and agriculture through the Stars Labs program. (<https://news.osu.edu/the-ohio-state-university-chosen-as-research-home-for-starlabs-george-washington-carver-science-park-terrestrial-laboratory/>). The second is a new \$2 million agricultural innovation systems program in partnership with Nationwide Insurance to tackle climate change (<https://news.osu.edu/ohio-state-and-nationwide-announce-agtech-innovation-hub/>). Tours of the facility for groups of 15-20 can be arranged.

A Ritchie Boy

Presenter: Linda Kass, Author

By Shirley McCoy



Linda Kass, a Bexley native and owner of Gramercy Books, creatively shares the story of her father and mother in this novel that is half historical, half family saga. Set in the time period around WWII, Kass, inspired by true events, tells of Eli Stoff, one of many young immigrant Jewish boys

recruited and trained by the U.S. Army at Camp Ritchie in the Appalachians of Maryland, to serve as intelligence officers.

This highly-classified secret group, 15,000 in all, were already fluent in the language and customs of the enemy and learned how to interrogate POWs after 3-6 months of training. Teams were dispersed in different Army units of the Allies, they were there on D-Day, helped liberate Paris, then into Germany where the concentration camps were found as well as other battle areas. You may have learned of them in a past 60 Minutes episode.

Kass's second novel is a compilation of chapters from different characters' perspectives that are linked to Eli Stoff. Each is a portrait of a time in their lives enduring a war-torn world sharing of conflict, consequences of loss with an interplay of truth and invention to tell their story.

As you may have surmised, her father was A Ritchie Boy.

Calendar of Events

COMMITTEE MEETINGS

November 1 (Tuesday) Benefits Committee

Time/Place: 9:30 a.m.,
Longaberger Alumni House

November 8 (Tuesday) Board Meeting

Time/Place: 9:30 a.m., Rockow Room,
Longaberger Alumni House

November 16 (Wednesday) Membership Committee

Time/Place: 10 a.m. at Diane Selby's.

MONTHLY ACTIVITIES

November 10 (Thursday) Walking/Hiking Group

Challenge Level 2-4

Everyone welcome. Join us for a walk at Scioto Grove Metro Park, 5172 Jackson Pike, Grove City.

Time/Place: 10:30 a.m. – Meet at Hickory Picnic Area Parking Lot B (near restrooms)
Arranger: Sandy Bell (sib9716@outlook.com, cell: 740-833-6374 – Walking/Hiking SIG)

November 10 (Thursday) Photo Society

Program: *Improving Composition of your Photographs* presented by Leonardo Carizzo

Member Theme: Fall Mood

All OSURA members are welcome to join us. Limit images to three. Send digital files in a Power Point file (alternately in .jpg 96 or 72 dot/inch format) to jhuston1@columbus.rr.com
Time/Place: 7 p.m., Barnett Center, OSU Campus
Cost: None
Arranger: Nancy Verber (nwverber@gmail.com – Photographic Society SIG)

Registration Instructions

- 1. Registrations requiring payment:** Registrations can be made by going on-line to osura.osu.edu or by calling 614-292-2281 or 1-800-762-5646. Your registration is not complete until payment is made, so have your credit card ready. Checks are no longer being accepted.
- 2. Registrations NOT requiring payment:** Registrations will be made through the Arranger's email provided in the description of the event.

CHALLENGE LEVELS

- 1** Light – may include a few stairs.
- 2** Moderate – may include a few sets of stairs.
- 3** Moderate + – may include climbing many stairs and/or uneven terrain.
- 4** High – may include lots of walking, climbing stairs, hilly walkways and/or extended weather exposure.

November 17 (Thursday) Lunch Bunch

9/11 and Beyond: Shirley Brooks Jones, professor emeritus OSU, will present her experience on an airplane bound for Columbus on September 11, 2001, and what she and the other passengers have done since to thank the people that helped them.

Time/Place: 11:15 a.m., MCL Cafeteria, Kingsdale

Cost: On your own, order through cafeteria line starting at 11:15 a.m., program at approximately 12 noon.

Contacts: Steven D'Ambrosia (steven.dambros@gmail.com) & Elenore R. Zeller (zellerej@prodigy.net – Social Committee)

Book Club

A virtual *You Are There* play will present *The Doctors Blackwell: How Two Pioneering Sisters Brought Medicine to Women—and Women to Medicine* by Janice P. Nimura, which is a portrait of the first women doctors in the U.S. as they faced and overcame many obstacles (including male dominance in medicine) that constantly thwarted their progress. Compare their lives to now where medical school classes are over 50% women—what a change they pioneered!

Contact: Lee Hill (hill.30@osu.edu – Book Club SIG)

SPECIAL EVENTS

November 7 (Monday) Jameson Crane Sports Medicine Institute Tour

2835 Fred Taylor Dr. #2000
Challenge Level 1-2
REGISTRATION REQUIRED

The Jameson Crane Sports Medicine Institute is the Midwest's largest and most advanced sports medicine facility. It's the home of innovation and discovery in helping people improve their athletic performance, recover from injury and prevent future injuries. Come see for yourself.

Meet by: 11 a.m., at the Institute – 2835 Fred Taylor Dr. on the OSU Campus
Return: 12 p.m.

Cost: No cost

Registration/Refund Deadline: Register at OSURA.CulturalArts.Travel@gmail.com or Rcurrin6209@gmail.com by October 28.

Arranger: Ron Currin (Rcurrin6209@gmail.com) – Cultural Arts Committee)



OSURA Endowment

Of all the University funds, the OSURA Endowment Fund is most vitally important to our Retirees Association. It produces interest that ensures long-term support of activities that enrich our members' lives. The endowment also allows advocacy and overview of higher education and our pension issues. Since membership dues cover less than half of OSURA's day-to-day operating costs, endowment income is vital.

PLEASE consider donating to OSU Endowment Fund: #605419

December 1-2 (Thursday) Oglebay Overnight Trip

Wheeling, WV

Challenge Level 2

REGISTRATION REQUIRED

We'll stay overnight at the lodge; have a self-guided tour of Good Zoo, Mansion Museum, Glass Museum, and the Schrader Environmental Center. Then we'll enjoy a dinner buffet, dinner show, breakfast buffet, and a guided tour of the Festival of Lights.

Meet by: December 1 at 8:45 a.m., Tremont Center (Tremont Road, opposite Upper Arlington Library)

Return: December 2 at 4:30 p.m.

Cost: Single-\$304, Double-\$257, Triple-\$241, Quad-\$233; cost includes transportation, lodging, baggage handling, dinner buffet, dinner show, breakfast buffet, tours, snacks, lunch, and tips.

Registration/Refund Deadline: Register at osura.osu.edu or call 614-292-2281 by Oct. 28.

Arrangers: Alabelle Zghoul and Judith Brandt (alabelle.zghoul@gmail.com – Travel Committee)

December 17 (Saturday) BalletMet – *The Nutcracker*

Challenge Level 2

REGISTRATION REQUIRED

Treat your family to this enchanting story.....perfect for ballet and theatre lovers of all ages. This wonderful performance is bursting with moments of laughter, delight, and magic.

Time/Place: Box office opens at 12 noon. Seating is general, so plan to arrive early for best seats. Performance begins at 2 p.m., Ohio Theater, 39 E. State St.

Cost: \$25.20 (admission ticket)

Registration/Refund Deadline: Register at osura.alumni.osu.edu or call 614-292-2281 by December 8. Credit card preferred. Tickets will be held at Will Call.
Arranger: Marilyn Blackwell (blackwell.4@osu.edu – Cultural Arts Committee)



In Memoriam

Sharon Kay Armbruster

September 29 | Associate
Director of Contracts
and Grants, 78

Phyllis J. Bailey

October 1 | Athletic Dept, 96

Joseph F. Cheswick

September 15 | Maintenance, 81

Gordon M. Clark

September 11 | Engineering
and OSURA, 87

Gerald S. Fenberg

September 8 | Athletic Dept, 84

Allen Firestone

September 4 | Dentistry, 79

Alyce Polcyn Fogarty

September 25, 2017 | Nursing, 92

Bernice Hall

September 11, 2021 | County
Extension, 96

Ether Belle Hunter

September 19 | OSUMC, 96

Patricia Ann Morgan

September 10 | Athletic Dept,
88

Rubee Moxley

September 8 | Social Work, 88

Norton Herbert Neff

September 5 | Medicine, 87

Jean Eileen Sykes

September 19 | Fisher College
of Business, 70

Les C. Zartman

September 16 | 71

Searching for Habitable Worlds and Life with JWST

Presenter: Scott Gaudi,
OSU Professor of Astronomy

By Elizabeth McPherson

“to seek out new life and new civilizations, to boldly go where no man has gone before”

The mission of the Starship Enterprise came to mind during this presentation. But life as we know it will not be easy to find. There are no nearby planets for supporting robust life. For example, Venus seems like a reasonable possibility; its size and location in our solar system are similar to Earth, but measurements indicate this planet is outside the habitable zone for life. The habitable zone is a swath of space around a sun such that a planet orbiting in this space would be a candidate for supporting life. These zones are calculated, by those who know how to do such things, using data from the multitude of telescopes sent into space. We may have to go much farther than our solar system to find a suitable planet in a habitable zone.

Water is necessary to support life and it must be in a form that can be utilized. The planet's temperature and atmospheric pressure determine if water is a gas, liquid, or solid. Surface temperature is a product of multiple factors. One is luminosity of the planet, which is determined by



incoming radiation from the star it is orbiting and how much of that radiation is reflected by the planet's surface. The term for this is “albedo” — the proportion of the incident light or radiation that is reflected by a surface, typically of a planet or moon. The amount of radiation the planet receives is dependent on the orbit around its sun, the sun's properties, and the density and makeup of the planet's atmosphere.

More information than ever before about atmospheres can now be collected. The James Webb Space Telescope (JWST) is uniquely positioned to interpret atmospheric composition of distant planets. Images by JWST contain “pale blue dots” and “small dark shadows” whose light wave lengths can be analyzed to determine atmospheric elements. So, stay tuned—more to come.

Visiting your Quarry Trails Metro Park

Presenter: Ryan Mader, Park Manager – Quarry Trails Metro Park

By Mary Jo Fresch

Ryan Mader, a 17-year employee of Metro Parks, opened this new park on November 30, 2021. A Metro park is now within 5 miles of every Franklin County resident. Located on the former limestone Marble Cliff at Dublin Road and Trabue, the park is the 20th in the Metro system. When the area was a quarry it was the largest in the U.S. from 1913-1985. Started in 1840, it produced 3 million tons of stone per year by 1928. The nearby San Margherita area was founded by Italian immigrants who were the primary stonecutters, coal miners, and charcoal makers. Some of the limestone can be seen in Ohio Stadium, Statehouse, and LeVeque Tower. Two parcels, 118 acres and 62 acres, were purchased using Land Grant funds and a 10-year

Franklin County tax levy. The Parks worked with Wagenbrenner Development, a company that is building a variety of mixed-use properties edging the park. Ryan shared the many activities at the Park - walking/biking trails, fishing, kayaking, and the soon-to-be Via Ferrata (a vertical climbing wall on the quarry cliffs). This wall will be the 4th one in the U.S. and has 1,040' of cable and vertical climbing. A sledding hill, dog park, and shelters are in the plans. Much wildlife can be seen (Bald Eagles, Trumpeter Swan, Osprey, coyote, white tail deer, various reptiles, fish, and amphibians). To encourage Osprey nesting over the next couple of years, the Park built a special platform. While there are a variety of native trees and



plants, Ryan is working to eliminate many of the invasive plants. A memorial tree or bench can be purchased through the Park's website. Some of the discoveries made are fossils and the 1800s White/Britton 396-plot cemetery. When visiting, be sure to visit the natural waterfall off Dublin Road!

A Deeper Look at Tai Chi for Falls Prevention

Presenter: Sifu Mike Grigsby, Martial Arts Instructor

By Darian Torrance

There is no way to get away from getting older, so it's vital to work on keeping our bodies flexible and healthy. Tai chi, which not only keeps bodies in working condition, also prevents falls.

Mike Grigsby outlined eight areas that connect our minds with our bodies, described by Peter M. Wayne in "Harvard Medical School Guide to Tai Chi."

Wayne found that awareness is knowing what is going on inside your body. Intent is a focus on what you're doing. Structural integrity of the body involves basic movement and essential coordination. Anchored in earth means even if your body cannot be better, it can maintain. Rounding out Wayne's list are relaxation, strength and flexibility, breathing and social interaction.

Why is tai chi so good in preventing



Mike Grigsby

falls? Grigsby's own theory involves a simple question. How many times did you fall today? Thousands of times, he said, because every step is a controlled fall. You don't even think about walking, that is, until a banana peel comes along. Suddenly you realize all weight is on your forward foot and you're falling.

Grigsby's secret method is tai chi walking, which involves keeping all our weight on our back foot as we step. If you do find yourself on the way down, Grigsby's Fearless Falling (fearlessfalling.com) training involves three rules.

1. Tuck chin to chest when you feel yourself falling. Ideally, pull your arms in.
2. Sit down as close to your feet as you can. You must practice so you can control it.
3. Roll, to eliminate getting an enormous shock on spine.

Don't need to do perfectly to survive, Grigsby said. However, these rules can mean the difference between broken and bruised.

Where is Ohio (American) Politics Going?

Presenter: Herb Asher, OSU Professor Emeritus of Political Science

By Donna Lamb

Holding up a recent copy of *Sports Illustrated*, Dr. Asher asked us what came to mind when we looked at the two quarterbacks' pictures on the cover and of other famous people currently in the news such as Queen Elizabeth II. We were reminded of how influential the media is in the formulation of our opinions. With so many information sources available, it is a challenge to sort out fact from opinion, and from fiction. It seems that much of society doesn't even seem to make the effort. The most outrageous news gets the most coverage.

We may think that things took a turn in 2015, but history has shown that even when people knew about untruths, they didn't speak up. Some who are in a situation where speaking up could cost

them their elected office, they occasionally gloss over untrue statements made or don't speak up at all.

Dr. Asher gave examples of politicians in current campaigns who don't do their homework and make statements that are untrue. He used one example of a politician who recently made, as he put it, an "unforced error" in telling a group of youth, when asked, that he didn't care about the Ukrainian situation. Unfortunately, it was in Northeast Ohio where a very large Eastern European contingent live. His comment was not appreciated. Too often, the voters tend to "forgive" their candidates and vote for them anyway. Dr. Asher summarized his presentation by pointing out one of the greatest challenges facing honest

politicians is speaking truths rather than using shock value which gets many people's attention and votes. In summarizing Dr. Asher's presentation, one of the seemingly impossible challenges in Ohio (and America) is to help the public separate fact from fiction when choosing our government representatives.



Dr. Herb Asher

Lunch in the Ballroom – With the Men’s Glee Club

Summary by Bob Ward, Director with comments by Sally Dellinger

First the commentary...

To say we enjoyed the performance by the OSU Men’s Glee Club would be a huge understatement. As always, Bob Ward and the MGC not only provided everyone great music but also a look inside at what is involved in bringing a performance to fruition. Bob showed everyone in attendance that he is a teacher first and foremost. Who knew that sounds could come through hand signals without any audible instruction? Learn again with this summary. – Sally Dellinger

Procession:

Buckeye Battle Cry

Presentation Theme: In music, the quality performance we seek is a direct result of the educational process we create.

Demonstration Point #1:

Left brain/Right brain

The left brain handles reading, writing, and calculations. MGC singers come from challenging academic curriculums. The right brain is more visual and deals in images more than words. The MGC conductor must help the students mentally prepare for music making by using exercises that awaken the creative brain.

Demonstration Point #2:

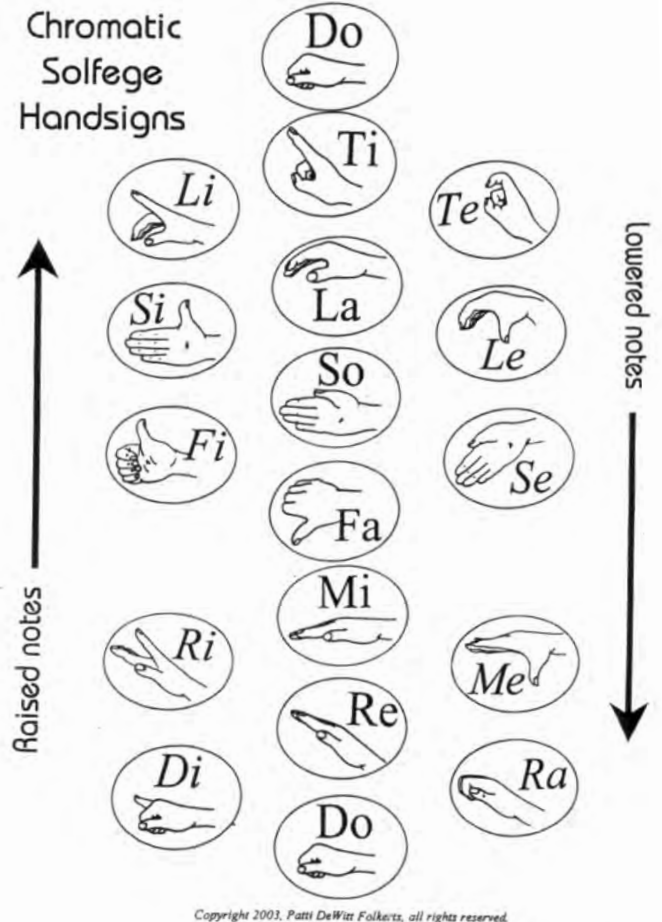
Awakening the singing voice

You don’t dance like you walk and you don’t sing like you talk. The MGC conductor must help the singers awaken the singing voice. This includes raising the soft palate, breathing for singing, connecting the voice with the breath.

Demonstration Point #3:

Musical literacy is of paramount importance.

No English teacher would say, “No need for you to learn to read words. You can simply listen to the book on tape.” Similarly, singers must be taught to read notes and rhythms for themselves. Every rehearsal must be planned with the following thought in mind: “What will today’s rehearsal do to help them improve their basic musicianship?” The MGC will demonstrate some of the aural skills we use to teach and promote improvement in musical literacy.



Demonstration Point #4:

A place for every singer and every singer in their place

Formations—where each singer stands—is important to musical success. MGC will demonstrate how different standing formations impact ensemble tone and intonation.

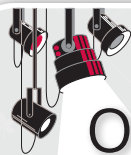
Demonstration Repertoire:

Awakenings – Joseph Martin
Sally Gardens – John Rutter
Music in the Air – arr. Ryan Murphy
Carmen Ohio



Above: The OSU Men's Glee Club brought the perfect 2022 lunch presentation. Below: Robert Ward, Director Extraordinaire





OSURA Spotlight

Meet Carol Newcomb Alutto!

I was born in and raised in a Chicago suburb. At the end of the block was a dairy farm. Neighboring homes had gardens, dogs, cats and other pets – including 2 horses! Very different from today.

I was married while in college, where I majored in History and English. My husband's job took us to Omaha, and I worked as a hospital lab receptionist and was trained as a phlebotomist (a medical technician who draws blood). I worked in every patient unit and had a totally different learning experience.

We moved to Chicago where Northwest Community (a 500-bed hospital) recruited me to run the phlebotomy and receptionist groups. Besides hiring and firing, training, and budgeting, I was asked to do floor planning and other duties for which I had no training. There was a good deal of rapid “learning by doing.”

Career changes found us in Buffalo where I earned an MBA and Ph.D. from S.U.N.Y at Buffalo (UB). I loved the big university environment. Ultimately, I was hired to lead the Center for Management Development (CMD) at UB and did so for 18 years. In the process we developed the College's first computer training labs, a Center for Entrepreneurship, the first Executive MBA program and a variety of national training programs.

My husband and I ultimately separated, and I decided that I had my fill of long snowy winters, even though Buffalo and its citizens really did know how to handle it all. We could get 20 inches of snow in a day and only be slightly “inconvenienced”!

Early in 1997, OSU's Fisher College of Business recruited me to become its Director of Executive Education. It was an opportunity to be involved in nationally recognized programming. With a great team,



Carol Newcomb Alutto

we created a top 10 ranked Executive MBA Program, tripled the College's programming throughout the U.S. and expanded resources to support students and faculty.

I also was lucky enough to fall in love with Joe Alutto. We have now been married for 22 years. Our blended family consists of four daughters as well as 14 grandchildren. Holidays are filled with noise and love at our home!

I retired in 2012 and quickly realized that I missed meeting new people. A

friend got me involved in the Columbus Metropolitan Club, and I was asked to serve on the Board and later as chair. In my time with CMC, we created a new development plan. Gifting opportunities included “Legacy in Civic Engagement Funds”. These funds now provide CMC with a base to continue programming and staff even in difficult times.

I have always enjoyed painting and the arts but never had much time for them. Retirement allowed me to take painting lessons at the Mac in Worthington. I was fortunate to exhibit paintings in student shows. I am now part of a painting group that meets once a week and receives guidance from artist Jim Glover. It is as much a social group as well as an opportunity to learn from each other!

I started coming to OSURA events and was asked to serve on the Benefits Committee. It is a great committee that explores retirement investments and policy affecting OSU retirees. OSURA invited me to coordinate the dinner series. When Joe was provost and interim president at OSU, I had a chance to meet many outstanding academic leaders at OSU. So, arranging speakers has been a joy.

All in all, it has been and is a satisfying life. A highlight was receiving OSU's Distinguished Service Award in 2021. I have enjoyed working with and knowing so many interesting and talented people and having the opportunity to do different things.

OPERS Report

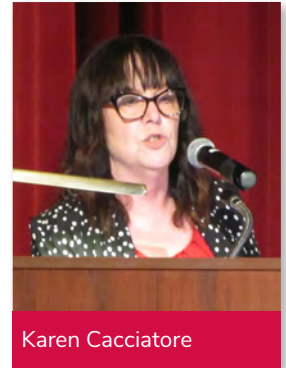
Presenter: Karen Cacciatore

By Darian Torrance

Karen Cacciatore, OPERS Educator, gave a presentation during the 2022 OSURA Fall Conference which reviewed many of the facts and data from the OPERS Annual Report. Highlights from her presentation include:

- The majority (81.5%) of OPERS' revenue in 2021 came from investment income.
 - Employee contributions in 2021 were \$1.56 B
 - Employer contributions were \$2.19 B
 - Investment income was \$17.13 B
- OPERS is considered a “mature” retirement system.
- OPERS is the 13th largest pension plan in the United States and the largest pension fund in Ohio.
- Most OPERS' retirees stay in Ohio (89%).
- OPERS is good for Ohio. For every dollar in retirement benefits, \$3.48 is returned to the economy.
- OPERS paid in \$6.77 B in pension benefits in 2021; \$3.87 B was from investment income.
- Health Care expenses paid in 2021 were \$853 M.

- Pension funded ratio at the end of 2021 was 84%.
- Health care funded ratio at the end of 2021 was 110%.
- Health care fund solvency at the end of 2021 was 25 years (to 2045).
- Currently, there are 1.2 active members for every retiree.
- OPERS' retirees live an average of 84 years for males and 87 years for females.
- OPERS has 79 retirees 100 years or older.
- Retirees will receive a 3% Cost of Living Adjustment (COLA) on their anniversary date in 2022.
- OPERS provides a lump sum death benefit to survivors of a Traditional Pension or Combined Benefit plan member. This amount ranges from \$500 to \$2,500, depending upon their years of service. To receive the benefit, notify OPERS when a member passes away.



Karen Cacciatore

STRS Report

Presenter: Gary Russell

By Jerry Newsom



Gary Russell

Inflation is rampant, with consumers caught in a cost squeeze. Yet health-care premiums for STRS retirees in the popular Aetna Medicare Advantage plan will drop by 16% in 2023, after years of hardly any increases. Aetna Medicare premiums went from \$92/month in 2017 to \$53/month in 2023. Low claims on our insurance (we retirees generally are a

healthy lot for our age) contributed to improved finances for the health-insurance fund, which allowed for premium reductions. The presentation by Gary Russell, Deputy Executive Director for Member Benefits at STRS, ranged from retiree demographics (e.g., 216 beneficiaries are age

100 or older) to future uncertainties (Federal subsidies for STRS health insurance seems likely to be cut, but the amount is uncertain). While the main topic for the session was health care, the questions focused on STRS generally. Retirees are concerned by the controversy surrounding the STRS Board. Russell explained how the financial condition of STRS a decade ago left the Board with no choice but to reduce and then suspend the cost-of-living adjustment (COLA), upsetting many retirees. More recently there was an attempt by a small group with no track record of managing pension funds to take over some STRS investments; when this group tried the same thing with OPERS, they were quickly dismissed but they received more support from some members of the STRS Board. Dark money seemed to play a major role in the recent STRS Board election. To keep our money that is invested with STRS safe, we must make sure “the guard rails are in place.”



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