



MICHIGAN STATE
UNIVERSITY

SPARTAN SENIOR

A Newsletter for Michigan State University Retirees

Vol. 36 No. 2

OCTOBER EXPANDED EDITION

October 2014



From the President: These are the folks who will be working for you this year!

Your Board of Directors pays attention to your concerns. Here is a picture of your current Board taken at the September 3rd Board meeting. All MSU retirees are invited to attend Board meetings if they are interested.

**Front Row: Angela Brown, Al LeBlanc, Joe Cousins, Louise Selanders, Gale Gower, Elizabeth Thomas
Back Row: Jerry Hull, John Forsyth, Patrick Scheetz, Ron Smith, Marilyn Rotherth, Nancy Craig, and Dave Brower. Photo by Mary Lou Gifford.**

Thanks to several MSU retirees who shared their stories of transitioning to retirement. Go to: <https://www.facebook.com/MSURetirees> to read them. You do NOT have to be a Facebook user to read them. Others have not yet told their stories, so please respond via e-mail to: msura@msu.edu or leave a message at: (517) 353-7896.

Newsletter costs are coming down, thanks to so many MSU retirees who have opted for email delivery of their *Spartan Senior* newsletters. To opt out, send a request to: msura@msu.edu or leave a message at: (517) 353-7896. Paper editions of newsletters are sent to MSU retirees who need them. The subscription price is \$10 per year for newsletters sent via regular mail.

eNotices are a major source of communications with MSU retirees. Thanks to Gordon Williams for all his hard work with managing this communications tool. Please be sure the MSU Retirees Association has your correct email address. Send update requests to: msura@msu.edu

Facebook and the MSURA website at retirees.msu.edu are additional communications links. Anders Johanson manages these resources. Thanks for letting us know what messages are most important to you!

[Help make MSURA better; Make a tax deductible donation to MSU.](#)

(By L. Patrick Scheetz, MSU Retirees Association President)

MSU RETIREES ASSOCIATION

Officers and Board for 2014-2015

President	Patrick Scheetz	517-351-7538
Vice Pres	Angela Brown	517-336-0569
Secretary	Gale Gower	517-332-0194
Treasurer	Dave Brower	517-332-0473
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At-Large	Louise Selanders	517-339-9479
Office Mgr	Elizabeth Thomas	517-353-7896

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Awards	Ron Smith	517-482-3801
Budget	Dave Brower	517-332-0473
Communications	Al LeBlanc	517-655-6454
Health Benefits	Marilyn Rothert	517-393-4364
Information Technology	John Forsyth	517-332-6683
Membership	Nancy Craig	517-351-1391
Program	Etta Abrahams	207-263-7788, Angela Brown 517-336-0569

Spartan Senior Newsletter

Editor	Al LeBlanc	517-655-6454
MSU Reporter	Stan Hecker	517-332-3830
History Columnist	Milt Powell	517-351-1032

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Webmaster and Facebook Manager:

Anders Johanson 517-974-8994

E-notices Manager:

Gordon Williams 517-349-9032

Special Assignments:

Development Fund Coordinator

Chuck Webb

Old Newsboys Brenda Spackman 517-651-9101

Photographer Mary Lou Gifford

United Way Darlene Wenner 517-339-1685

(Some phone numbers were unavailable to us at the time of printing.)

If you send us a photo to print.....

We are always happy to hear from our members, and in this issue you will see some updates we have received from our members about their own activities in retirement. We also appreciate digital photo files, which we can display on our website or Facebook page, or print in our paper newsletter. ***But printing a photo file in our paper newsletter presents a special challenge. Our printer has told us that we need a big file in order to have best quality printing in the paper newsletter.*** The simplest way to do this is to set your camera or phone on maximum quality, highest resolution picture taking. In terms of file size, any file that is 450 KB or larger has printed well in the newsletter. On the other hand, small files are preferred for quick display on the internet. Some of the head and shoulders photo files that we get are as small as 13 KB. Our printer says that files of this size can make your face look like a checkerboard (pixellated) when printed on paper.

What our printer specifically requests is photo files with a resolution of 300 dots per inch (dpi) or pixels per inch (ppi). This isn't the easiest thing to find out, but if you have Photoshop Elements you can find the resolution under image size in the editor section, and if you use Windows Photo Viewer you can find it under file, properties. Although 300 dpi produces the best results, we have found that any photo file with 200 or more dpi prints quite well. At the editing stage of the newsletter, we can partially make up for very small file size by printing the photo smaller on paper. So please forgive us for hitting you with a new set of technical requirements and keep those photos coming, with the biggest, best quality files your camera or phone can produce!

—Al LeBlanc, Editor

Announcing Our New Square Dance Special Interest Group

Square dancing is a delightful blending of both physical and mental exercise, and it is as much a stimulation of the mind as the body. The dancing is not fast paced. If you can walk comfortably, you can square dance. You don't need an innate sense of rhythm, nor do you need a set of fancy square dance clothes. If you are interested, contact Ron Hamelin at 517-927-9074 or hamelin2@msu.edu

Information from MSU HR Department: Benefits Open Enrollment for 2015 Plan Year

At a Glance: What's New, Changing or Especially Important to Remember This Open Enrollment

Open enrollment takes place from October 1 through October 31, 2014, and any changes you make take effect on January 1, 2015. There are a few important things to note for the 2015 benefits plan year. Please refer to your Benefits Open Enrollment Guide for more information.

1. **Aetna dental insurance now requires premium sharing.** Due to costs associated with our dental plans, the Aetna dental insurance offered to MSU retirees is now called Aetna Premium. It has the same plan design as previous years but now requires retirees to pay a premium share. If you would like to change your dental plan, please complete the Retiree Enrollment/Change form in your open enrollment packet or complete open enrollment online.
2. **Rates have changed for 2015.** Please review the health plan contribution rates in the open enrollment guide to see your plan options and associated costs.
3. **Voluntary vision insurance available.** Retirees and their benefits-eligible dependents can purchase vision coverage through VSP® Vision Care.
4. **Health Advocate service available to MSU retirees and dependents.** MSU health plan enrollees and their family members can take advantage of Health Advocate, a patient advocacy service.
5. **Best Doctors is a service offered to MSU retirees and their families.** This confidential medical records review and second opinion service can help you make the best decisions when faced with complicated medical situations.
6. **Importance of October 31 enrollment deadline.** It is important to review enrollment materials carefully to make sure you are comfortable with the coverage and cost of the plan options you select for this 2015 plan year. Please note that after the October 31 open enrollment deadline, you will not be able to make changes to your selections again until the next open enrollment. Except in cases related to specific life-event changes, you will not be able to switch plans, add or remove dependents, cancel or add coverage, or make any other changes to your plan selections after October 31. The Retiree Open Enrollment Packet is also available online at <http://www.hr.msu.edu/openenrollment/>. If you have questions, contact MSU Human Resources at 517-353-4434, 800-353-4434 or bene-fitsinfo@hr.msu.edu.

--Bethany Balks, MSU HR Department

What's New at MSU, Fall 2014

By Stan Hecker



PARSING PARKINSON'S SYMPTOMS

The phrase of the moment: levodopa-induced dyskinesias. Read it backwards and parse it out: dysfunctional body motions started by levodopa. It's part of the involuntary motions of Parkinson's disease, an unhappy side effect of long-term treatment. The abbreviation is LID. There's no effective clinical treatment for LID, a painful and disabling condition.

New therapeutic treatments may be in the offing, thanks to research by two Spartans.

Professor Kathy Steece-Collier and assistant professor Fredric P. Manfredsson, both in the Department of Translational Science & Molecular Medicine in the College of Human Medicine, are investigating whether “silencing” the genetic machinery of specific nerve cells in the brain could prevent LID.

Their research proposal was awarded \$160,000 of the \$1.3-million which went to 30 promising research projects in the battle against Parkinson's. That's more than a tenth of the research money distributed by the Parkinson's Disease Foundation. Steece-Collier's lab has found that excess activity of calcium channels (CaV1.3, on nerve cells) may help trigger these involuntary movements. Manfredsson's research team has discovered that a reengineered virus can stop the nerve cells from making these calcium channels. The viruses are engineered to be otherwise harmless and cannot replicate. “Drs. Steece-Collier and Manfredsson are doing cutting-edge research aimed at improving the lives of Parkinson's disease patients,” said James Galligan, professor and director of MSU's Neuroscience Program. “Their project will help to develop new approaches to reducing the severity of side effects and their work will continue to put MSU at the forefront of neuroscience research of the disease.”

BEEES—SUSTAINABLE POLLINATION

The U.S. Department of Agriculture's National Institute of Food and Agriculture has awarded \$6.9 million to MSU, part of a continuing grant to develop sustainable pollination strategies for specialty crops in the United States—fruits, nuts, and berries. The research and outreach efforts being supported by this grant will provide growers with information on pollination, pollinators and management practices that will keep their crops productive year after year, he added. The grant was funded through the Specialty Crop Research Initiative, part of the 2014 Farm Bill that was signed at MSU. Rufus Isaacs, MSU AgBioResearch entomology researcher and extension specialist, will lead the project .

“This ... funding is essential for continuing the work of the team of more than 50 people across the nation who are dedicated to the goals of our project,” Isaacs said. “We have established and measured bees and crop yields in more than 100 fields at farms from California to Pennsylvania, some pollinated with honey bees, some with wildflower habitat added for pollinators and some augmented with other types of managed bees.” The team will continue to monitor the fields and compare the performance, economics and social aspects of these tactics while developing educational and decision-support information for specialty crop pollination, he added.

MSU's team includes scientists from Loyola, Franklin and Marshall College, Penn State, Florida, Vermont, The Xerces Society, UC-Davis and UC-Berkeley, the USDA Agricultural Research Service and a private company, Pacific Pollination. The project also includes a large number of collaborating farmers providing in-kind support such as their land for conducting the research, and a diverse advisory board of stakeholders.

(Continued on page 6)




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 **SPARTANS WILL.**

(What's New at MSU, continued from page 4)

FEAR OF CRIME: BAD or GOOD?

Fear of crime in the United States fueled “white flight” from big cities and become known as a quality of life issue. Crime rates have fallen throughout this century, according to national statistics. So, is fear of crime an outmoded phobia, an emotional crutch? Scholars and law enforcement experts have addressed ways to reduce this fear.

Um, not so fast. A study by an MSU criminologist challenges this longstanding theory by arguing that a healthy fear of crime is, in fact, a good thing. The study, published online in the journal *Justice Quarterly*, suggests adolescents who are more fearful of crime are less apt to become victims and offenders of violent acts. Essentially, fearful youth tend to avoid potentially dangerous people, locations and activities such as drug-fueled parties, said Chris Melde, MSU associate professor of criminal justice.

Instead of trying to reduce this fear, Melde said law enforcement agencies should focus on direct anti-crime initiatives and providing details on which crimes are most likely to occur, and where. This would help citizens become better informed on issues that could affect their routine activities and safety. “If we’re going to reduce crime and victimization, we should present people with an accurate assessment of crime and delinquency in local areas,” Melde said. “Policies aimed at fear reduction are not likely to be effective crime-reduction strategies.” Melde studied more than 1,600 youth from across the United States during a one-year period. He found that respondents who reported more fear were less likely to be involved in violent acts such as assaults, robberies and gang fights.

Interestingly, the results held for both victims and offenders. That’s because the two groups often come from the same pool of people, which is called the “victim-offender overlap.” (There are “pure” victims, but in many situations, disentangling victim from offender can come down to determining who started a street fight. That’s the overlap.) The findings relate to situations people can avoid, Melde said, and not to the types of victimization that deal with one person’s power over another, such as child abuse and domestic violence. “We should leave fear alone as a natural response to crime unless it reaches that chronic or phobic level,” Melde said. “That’s when you want to intervene.”

PLANETARIUM REOPENS; BRESLIN RENOVATIONS PLANNED

MSU evolves continuously. Facility renovations and improvements are a large part of this evolution. The renovation work at Abrams Planetarium is complete, and it's open again for public shows. This is the first substantial renovation since the planetarium opened in 1964—a half century ago. A new, digital projection system was the centerpiece of the renovations. Check it out; you can get show-times, titles, and details on the website or by calling 517-3554676.

Breslin Center will be getting a \$28-million facelift in the next few years; architects and engineers are being sought to work up the plans. According to VP Vennie Gore and AD Mark Hollis, the project will center on improving accommodations for sports fans, and also sustainability, and will be the foundation for a long-term master plan for the building. Trustee approval will be next fall, and the work is expected to be complete in the Fall of 2018. Here's the least-surprising sentence in the press release: “The project [work] will seek to minimize the impact on basketball seasons.”

For your meetings calendar.....

October 10: Special meeting of the Military History Study Group: Prof. Howard Poole, Western Michigan University, on German prisoners of war on Southwest Michigan Farms during World War II. Meeting 3:00 PM in the back meeting room at Grand Traverse Pie Co., Hagadorn Road and Grand River, East Lansing. All interested persons invited, space is limited.

Regular scheduled meetings of MSURA:

October 13: Doug Noverr on History of MSU 1970-2005

November 10: Renee Rivard on Benefits

December 8: MSU President Lou Anna Simon

All meetings in Community Room of MSU Federal Credit Union at Mt. Hope and Farm Lane. Refreshments at 1:30, program at 2:00.

News from Special Interest Groups

Knitting Group: It is autumn. That beautiful time of year before Michigan goes into the cold bleak of winter. It is that time when many of our people suffer the ravages and desolation that can be afflicted on them. It is also the time when we can most help those less fortunate. This is just around the corner so please give this some serious thought by donating yarn to our knitting group and also to get your own needles to clacking. The knitters/crocheters meet every other Tuesday from 1:00-4:00 p.m. in Rm 27 of the Nisbet Bldg. or you can knit in the comfort of your home. If interested just call Rosemary Pavlik @ (517)882-2030.

Opera Study Group: Our group recently heard a presentation by Al LeBlanc about Ivan Mazeppa in poetry and music, including a detailed examination of Peter Tchaikovsky's opera Mazeppa. To join contact Al LeBlanc at aleblanc@msu.edu or leave a message at 517-655-6454.

Military History Study Group: Our group recently enjoyed a presentation by Ron Springer about a Lansing businessman who had served as photographer on a B-25 bomber in the Pacific during World War II. Ron displayed some rare and interesting photos. To join contact Al LeBlanc at aleblanc@msu.edu or leave a message at 517-655-6454.

We invite news from all our active interest groups. However, if it needs to be published quickly, send it to our Facebook page Editor Anders Johanson, johanson@msu.edu, and our E-notices Editor Gordon Williams, gw349y@gmail.com. Please note that E-notices only appear twice a month.



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Old Newsboys Need Your Help

Over 100 years ago, a Lansing truant officer discovered that many young people were not attending school because they lacked proper footwear. Several years later, the Old Newsboys Association was organized to assist in the effort to raise money to help with the purchase of shoes for needy children. That need still exists today. Last year, the Old Newsboys Association worked with area schools to identify those children whose families needed assistance and were able to help over 6,000 young people.

This year's one-day sale is quickly approaching. It is scheduled for Thursday, December 4. Please help spread the word. Your MSURA decided a number of years ago to support this local charity. If you would like further information, please go to their web site: lansingoldnewsboys.org or contact me, Brenda Spackman at 517-651-9101. If you would like to make a contribution, you can mail it to:

Old Newsboys Association of Greater Lansing
P.O. Box 14058
Lansing, MI 48901-4058

We hear from retirees — about the Kendal at Oberlin

When Larry and I told our friends that we had decided to move earlier than originally planned to Kendal at Oberlin, the continuing care retirement community we'd chosen, friends gasped, "But you're *much* too young!" (We were 77 and 74 when we moved here a little over a year ago.) I think our friends pictured a place with an Activities Director and drooping heads around a dinner table mumbling about their failing body parts. Instead we found 87...now 89...resident-created and -run committees and interest groups to choose among. Not counting all the ways to become involved at Oberlin College, Conservatory, Art Museum, and the community, of course. The auditorium must be booked well in advance, given all the lectures, recitals, play readings, and film screenings presented there. Free bus service is provided to special events at the College and Conservatory, and for a fee, to some special outings. We managed to sign up in time to get tickets and bus seats for the Yo-Yo Ma concert at Blossom (Cleveland's answer to Tanglewood) this Saturday.

As I write this, Larry is volunteering with a group of residents at Feeding America. He plays tennis for an hour and table tennis for two hours every Monday, Wednesday, and Friday. Both of us sing in the Kendal Chorus, and Larry performed in July with the Musical Union (Oberlin's Choral Union) at Severance Hall, home to the Cleveland Orchestra. Last year he taught occasional classes as an Affiliate Scholar at the College, and may do more of that this year. He'll definitely teach a Life Long Learning class, sponsored by the local community college, in contemporary American poetry this winter. And as a member of Kendal's Life Long Learning Committee, I'll be the class coordinator. Other groups I've joined are the Art Committee, the Philanthropy Committee, and a play reading group. Larry has had two poems published in *Eureka*, Kendal's creative writing quarterly, and I've just submitted a story.

Tomorrow night we'll have a few friends here for a drink before dinner, then trot off together to the dining room, where we will enjoy an excellent meal we didn't plan or shop for or cook or clean up after! I *love* this kind of entertaining! The food is delicious, healthful, and varied. Having our lovely cottage cleaned every other week is nice, too. Not to mention the excellent health care. Many of our dedicated staff members have been here since Kendal opened 21 years ago. Best of all is the knowledge that whatever level of care either of us winds up needing, we'll be together. And since one's entry fee buys long-term care insurance, our monthly fee will never be more than we would pay for independent living. (Besides independent living in cottages, there are apartments in the main building especially for people whose mobility is limited, assisted living, and full-time nursing care.) Because Larry and I are such happy residents, we are often invited to meet and share a meal with visitors who come for a day or two to experience Kendal at Oberlin. We'd welcome you, too!

Marjorie Porter

IN MEMORIAM

JOSEPH ADNEY 1/17/2014
NICOLE ALDERMAN 3/19/2014
LAWRENCE ALEXANDER 11/7/2013
LOUIS ALKEMA 5/12/2014
SAM BASKETT 2/6/2014
TEOFILA BEAMAN 3/20/2014
THELMA BISHOP 11/1/2013
MARY BLAKE 2/3/2014
BEN BOHNHORST 6/28/2014
JAMES BONNEN 7/28/2013
RICHARD BORCHARD 7/14/2014
HELEN BROWN 5/10/2014
ROYALE BROWN 11/17/2013
ALEX CADE 8/7/2013
HAROLD CAPEN 3/9/2014
TOM CARROLL 7/24/2013
REXFORD CARROW 4/1/2014
TEASIL CASCADDAN 4/18/2014
DAVID CASSEL 12/19/2013
THEODORE CHAVIS 11/7/2013
MAURICE CRANE 6/1/2014
AUREAL CROSS 12/1/2013
GENEVA CURTIS 9/2/2013
LOIS DALEIDEN 5/15/2014
JANE DALRYMPLE 6/8/2014
AMYLOU DAVIS 10/15/2013
HARVEY DAVIS 2/27/2014
ALICE DELL 5/27/2014
EUGENE DENNIS 10/26/2013
SYLVIA DEPOTTYONDY 2/25/2014
CLELLA DICKINSON 7/3/2013
MARJORIE DICKINSON 1/6/2014
JOSEPH EVANS 1/24/2014
THOMAS FALK 3/28/2014
M JOANN FINN 6/3/2014
GROVER BRUCE FOSSUM 3/12/2014
MARY FRAHM 6/8/2014
MARTIN FUCHS 12/31/2013
BILLIE GAMBLE 4/5/2014
DOROTHY GASCHO 10/5/2013
GRACE GEIGER 2/6/2014
CONNIE GERARD 7/14/2014
EDWARD GRAHAM 4/28/2014
CORRINE HAHN 7/24/2013
JANE HARDMAN 10/21/2013
ALFRED HAUG 4/27/2014
FRANCES HEBDEN 7/21/2013
HAL HEPLER 6/20/2014

ESTHER HICKOX 12/28/2013
ROBERT HIGDON 12/25/2013
LON HOOVER 5/8/2014
RICHARD HOWE 7/30/2013
DAWN JIPSON 6/1/2014
REX KERR 7/23/2013
ELAINE KIBBEY 5/5/2014
DARRELL KING 1/12/2014
MARGARET KOOKEN 11/14/2013
ROBERT LANDICK 8/27/2013
PERRY LANIER 1/31/2014
KIRKPATRICK LAWTON 10/1/2013
BETTY LEIBY 3/7/2014
DIANE LEVANDE 7/26/2014
MICHAEL LEWIS 1/31/2014
GEORGE LOGAN 8/6/2013
NETA LOONSFOOT 12/13/2013
LESTER LOTT 9/14/2013
RONALD MATEER 7/30/2014
HOWARD MAXWELL 1/6/2014
ALDIA MAYNARD 5/7/2014
ROBERT MCMANN 8/28/2013
MATTHEW MEDICK 1/31/2014
DOUGLAS MEISTER 8/2/2013
GEORGE MERVA 10/30/2013
ROBERT MESSNER 11/13/2013
BARBARA MESTEMAKER 2/28/2014
DEBRA MORAY 2/8/2014
MARY MURPHY 11/21/2013
CLARE MUSGROVE 4/5/2014
PATRICIA NEUMANN 10/18/2013
EILEEN NORTMAN 2/19/2014
LEO NOTHSTINE 10/29/2013
MARGARITA NOYOLA 3/19/2014
VADA O'DONNELL 7/25/2013
HERBERT OLSON 8/28/2013
LUCILLE OSTER 1/16/2014
EUGENE PATTERSON 7/19/2014
DORIS PEARSON 5/10/2014
VIRGINIA PERKIN 1/7/2014
GEORGE PETERS 7/8/2014
LAUREL LEE PHINNEY 3/11/2014
H PIONTKOWSKI 1/19/2014
PAMELA POPE 2/4/2014
ALFRED PSHEA 10/28/2013
DAVID RALPH 11/6/2013
H OWEN REED 1/6/2014
JUANITA RENTSCHLER 7/25/2014

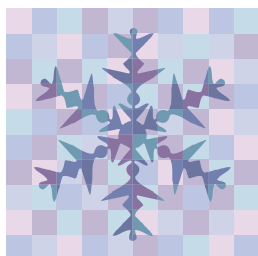
BERTHA ROGERS 4/8/2014
 LOUIS ROMANO 9/30/2013
 SYLVIA JEAN ROSS 11/6/2013
 HAROLD SADOFF 5/13/2014
 STACIA SCARBOROUGH 4/3/2014
 JOAN SCHROEDER 2/18/2014
 SHIRLEYETTA SERNICK 3/9/2014
 HENRY SILVERMAN 11/27/2013
 KENNETH SINK 8/22/2013
 NEIL SNEPP 10/11/2013
 LINDA SPENCE 8/26/2013
 CAROLYN STEVENS 10/13/2013
 NORMAN STEWART 11/29/2013
 BARBARA STINNETT 7/6/2014
 ELSIE STONEHOUSE 1/14/2014
 HOWARD STOUTD 8/12/2013
 JOHN STUBER 7/12/2014
 GEORGE SZYPULA 7/20/2013
 ALVIN THELEN 7/6/2014
 K TREBILCOTT 1/19/2014
 RUTH TUCKER 4/26/2014
 DUANE ULLREY 1/24/2014
 GULAMHUSSEIN VALJI 12/1/2013
 CARL VEITH 4/25/2014
 JON VREDEVOOGD 11/21/2013
 JOSEPH WALDMEIR 9/12/2013
 JAMES WANG 9/13/2013
 ANN WATKINS 11/17/2013
 WILLIAM WEIL 12/21/2013
 W DONALD WESTON 5/20/2014
 PHYLLIS WHETTER 7/20/2013
 FREDERIC WICKERT 7/15/2013
 RICHARD WIGGINS 2/8/2014
 JOHANNES WILBRINK 9/1/2013
 J ELAINE WILLIAMS 11/8/2013
 ANNABELLE WILSON 8/8/2013
 ROBERT WRIGHT 1/1/2014
 BERNADINE YOUNG 9/19/2013
 DOROTHY YOUNG 12/23/2013
 BETH ZINMAN 2/14/2014



Florida Retirees Power Up for a Great Year

The Florida arm of MSURA has announced its officers for the coming two years. They are Walter Hapkiewicz, President, Gene Garrison, Secretary, and Marshall Hestenes, Treasurer. The club meets once a year on the first Monday in March for a luncheon at the Bradenton Country Club in Bradenton, FL. Contact: hestenes@msu.edu

The above list includes deaths of MSU retirees and spouses between July 1, 2013 and June 30, 2014.



Thank you, Bob Wenner!

We thank Bob Wenner for his years of service as Treasurer of the MSU Retirees Association. Bob is fortunately a patient man, is a master of detail, is unflappable, and a team player. These fine qualities were needed to be successful in his job, and that is why we will continue to appreciate Bob Wenner and the job he did for us!

We Hear from Retirees

Send your news to MSURA President L. Patrick Scheetz at Scheetz@msu.edu or leave a message at (517) 353-7896.

I am responding to your request regarding enjoying myself. Actually I am having a great time but it is really a continuation of my career at MSU. I am still doing research and helping some graduate students and faculty. I can lend a "listening ear" even though I might not understand all the details. Also I have been involved with a team of 10 researchers in collecting, codifying and deriving mathematical solutions for the diffusion equation. We welcome others to help. We have a website: EXACT.UNL.EDU.

—Dr. James V. Beck, Retired Professor of Mechanical Engineering, MSU

I saw the recent edition of the "Spartan Senior" and decided to respond. I 'retired' from MSU in 2003 after 25 years. I moved to Indianapolis to start another forensic science program at IUPUI, and then became Chair of the Department of Chemistry and lasted 8 years, and then I RETIRED. Since then I have been busy. I am revising my two textbooks and one tradebook in forensic science, playing tennis a couple of times a week, delivering Meals on Wheels with my wife and volunteering at the Indianapolis Museum of Art in their Conservation Science Lab, where I do analytical chemistry in support of the paintings conservators. My wife and I have also been traveling a lot, especially to see our grand sons. I also get time to myself to read, which I love to do. What advice would I give others:

1. Every retirement is different. You have to make it yours. Someone else's idea of retirement may not fit you.
2. Whatever your retirement is going to be - you should have a plan. Many people retire without one and are lost. Some go back to work because they don't know what to do with themselves.
3. I think it is nice to give back to the community, but it is not for everyone. Don't feel pressured to do so.
4. It sure beats work!!!

We make it back to East Lansing at least once a year. Our financial advisor is there. We have friends that we go to the Stratford Shakespeare Festival with each year. We have come back to see plays at Wharton (The Phantom and Les Mis).

Thank you for the newsletter. It is a nice lifeline to the folks back at MSU. When we got to Indy 10 years ago, people asked me if I was going to root for the Hoosiers or the Boilermakers. I always tell them: I bleed green. Always will be a Spartan.

—**Jay A. Siegel, Ph.D.**, Consultant in Forensic Science

A Note on Volumes and Numbers of the Spartan Senior Newsletter

In earlier years we published a local edition that went only to nearby subscribers, and an international edition that went to everyone. The practice was to give volume numbers and issue numbers only to the international editions, because they were the only editions going to everyone. Last year our board decided to combine the local and international editions, with every edition now going to every subscriber. We will now give a volume and issue number to every issue of the newsletter, beginning with this issue.

United Way Campaign Update

The 2014-15 United Way Pledge Forms should soon be arriving in your mail box. Please take a minute and consider making a contribution to help the MSU Retirees meet their goal for the 2014-15 campaign year. I especially want to thank the following volunteers who graciously helped with the mailing of this year's pledge forms: Janice Hoffman, Nancy Craig, Lana Dart, Ron Smith, Rebecca Baughan, Nina McMillan, Scott McMillan, Dave Brower, Angie Brown, Liz Thomas, John Forsyth, Virginia Angell, Joan Gilliland, Diane Smith, Bob Wenner, Pat Eisele, and Sue Eisele.

—Darlene Wenner

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