



MICHIGAN STATE
UNIVERSITY

SPARTAN SENIOR

A Newsletter for Michigan State University Retirees

Vol. 37 No. 1

AUGUST-SEPTEMBER EXPANDED EDITION

2015

Save these dates!

- > **Monday, August 17, 2:45 PM: Tour of MSU Horticulture Demonstration Gardens** (See article on page 10.)
- > **Thursday, September 10, 6:00 PM open house, 7:00 PM program: Documentary film screening will honor former MSU football greats** (See article on page 6, display announcement on page 9.)
- > **Monday, September 14, 1:30 PM for refreshments, 2:00 for program: Provost June Youatt on campus climate and diversity over the years**
- > **Tuesday, September 22, 10:30 AM: MSURA/StraightLine Financial Advisors Student Scholarship Golf Outing** (See article on page 6, display announcement on page 10.)
- > **Monday, October 12, 1:30 PM for refreshments, 2:00 for program: How the Employee Assistance Program Can Assist MSU Retirees and their Families: What It Is, Where It Is, How to Schedule**
- > **Monday, November 9, 1:30 PM for refreshments, 2:00 for program: Renee Rivard, Director of Total Compensation and Wellness**
- > **Monday, December 7, 1:30 PM for refreshments, 2:00 for program: John Revitte interviews Pauline Adams in demonstration of oral history interviews and projects.**
- > **Monday, February 8, 1:30 PM for refreshments, 2:00 for program: Ron Flinn on History of the MSU Campus**
- > **Monday, March 7, 1:30 PM for refreshments, 2:00 for program: Suzanne Cross on American Indian Women's Heart Health Awareness Healing Through [Culture and Art Shawl Collection](#)**
- > **Monday, April 11, 2016, 1:30 PM: Gary Hoppenstand and Etta Abrahams on Films of the Cold War**
- > **Monday, May 2, 2016, registration 11:30, lunch 12:00 noon: Annual meeting and luncheon with entertainment by Bill McHarris.**

This lists all of the events that are presently finalized. There are more to come. Look for them in the Spartan Senior newsletter, MSURA's E-notices, our MSURA website, and our MSURA Facebook page.

This is the start of our new publication year. Please see and use the Spartan Senior subscription form on page 11.

MSU RETIREES ASSOCIATION

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

President's Message



Angela Brown

Welcome to a new year. Thank you to MSURA members for electing me as President for the 2015-16 year. With your support and involvement, I look forward to reconfirming the mission of the organization and representing the interest of our members. Thank you in advance to the 2015-16 Officers, Board members, committee chairs and volunteers who have pledged to work on your behalf; Rick Vogt, Vice President; Dave Brower, Treasurer; Secretary, Gale Gower; Past President, Patrick Scheetz; Members-At-Large Nancy Craig, Louise Selanders, Jerry Hull and Mike Gardner; Office Manager, Liz Thomas; Newsletter Editor, Al LeBlanc; Trish Horn, eNotices and Anders Johanson, Website and Facebook Operations. Also special thanks to committee chairs and volunteers Marilyn Rothert, Jacqueline Babcock, Etta Abrahams, MaryLou Gifford, Brenda Spackman, John Forsyth, Brenda Spackman, Darlene Wenner, Chuck Webb, Ron Smith and Joe Lessard. Special interest groups have been expanded for your enjoyment. Chairing the groups this year are Laurena Hoffmeyer, Rosemary Pavlik, Al LeBlanc, Bob Wenner, Ann Booren, Al and Beth Cafagna, Cathy Estrada, Heather Mactaggart, Tim Potter, Dan Chegwidan, Ron Hamelink, Shari and Jim Conroy, and Fred Honhart. A complete description of their interest group and contact information is listed on the MSURA webpage.

As you can see it takes a lot of people to run a quality organization, but many more volunteers are required. There are numerous opportunities to get involved, run for office, or volunteer for a project. We need your help to keep this association active and vibrant. Please contact me or the office staff if you would like to serve. Member interest forms will be available at all monthly speakers meetings and in the newsletter. We need your help. Your program Committee Chairs have been hard at work planning an exciting and informative year of activities and speakers. We kick on the year with a university message from Provost June Youatt. Lisa Laughman and Jonathan Novello will inform retirees on services available from the Employee Assistance Program in October. November will be our annual benefits update from Renee Rivard. This is always a very popular program so come early to get a seat. In December, we have a very special program; Professor Emerita Pauline Adams will be interviewed by Professor Emeritus John Revitte on the oral history of teaching at MSU. In February, Ron Flynn, retired Director of MSU Physical Plant will discuss his new book about the history of buildings at MSU. In March, Professor Emerita Suzanne Cross will share her Healing through Culture and Art Shawl Collection to bring awareness of heart health to women. Professor Cross was with the MSU School of Social Work and is a member of the Saginaw Chippewa Indian Tribe of Michigan. In April, Crowd favorites, our own Etta Abrahams and Gary Hoppenstand will continue their discussion of films of the Cold War. We will end the year with our annual luncheon featuring a lively afternoon of Ragtime piano presented by Professor Emeritus of Chemistry and Physics/Astronomy, Bill McHarris. Additional information on these programs will be featured in the newsletter and the website. Finally, MSURA has partnered with other groups for two very special events. MSURA is working with University Archives & Historical Collections and Maya Washington, daughter of Gene Washington, to present *An Evening with Through The Banks of the Red Cedar, A Critical Conversation and Preview of the Upcoming Documentary Film*. On September 22, 2015 the first MSURA/Straightline Golf Outing will be held. This will be a very fun event with lots of chances to win really good prizes, including a car. Additional information about both of these events is in the Newsletter.

Editor's Note: There are many worthy goals for an association like ours, but surely one of the most important ones is that this association will stand up and serve as a watchful, effective advocate for the best interests of retirees. In the past our Health Benefits Committee has worked cooperatively with MSU Health Team and MSU Pharmacy management to suggest ways to streamline pharmacy service, and our newsletter has published articles to educate retirees on changes in pharmacy procedures and the best ways to work with the pharmacy. It has recently been suggested to our Health Benefits Committee that the MSU Pharmacy be encouraged to develop a drive up window capability, establish open hours seven days a week, and make it possible for customers to check on the status of refills or new prescriptions without having to wait to speak to a pharmacist. (See related article about updates to the MSU Pharmacy phone system on page 4.) Last year our newsletter inaugurated the new Clinical Questions column in which MSU physicians answer questions that are relevant to retirees. We are continuing with these health based initiatives, and invite any suggestions you might wish to make. Send suggestions for Clinical Questions to Spartan Senior Editor Al LeBlanc at aleblanc@msu.edu or 517-655-6454 and any matters for the Health Benefits Committee to committee Chair Marilyn Rothert at 517-393-4364.

Clinical Question: Who needs a colonoscopy?

Welcome to this new section in the Spartan Senior. Please submit clinical questions to Al LeBlanc, Editor of the Spartan Senior, aleblanc@msu.edu. We will select from your questions top priority topics most relevant to seniors, provide a summary of current evidence from the medical literature, and make specific recommendations or take away points. Looking forward to hearing from you.

Clinical Questions Editors: **Raza Haque, MD**, MSU Associate Professor and specialist in geriatrics, and **William Wadland, MD, MS**, MSU Professor emeritus and former chair of Family Medicine in the College of Human Medicine.

Key Questions: Who needs a colonoscopy? How often do you need one? Is there an age beyond which colonoscopy is no longer appropriate?

Summary of the Evidence: Colonoscopy is mainly used for the early identification of colorectal cancer (CRC). It is also very usual for the diagnosis of lower intestinal diseases such as ulcerative colitis. CRC remains the second leading cause of cancer death in the U.S. with lung cancer as number one (1). Screening for CRC reduces mortality through early detection of cancer at a more treatable stage. Screening can identify and remove adenomatous polyps that may lead to cancer.

Most clinicians and health insurers including Medicare rely on the screening recommendations of the U.S. Preventive Services Task Force (USPSTF), an independent, volunteer panel of national experts on prevention and evidence-based medicine (2). The panel recommends several options for CRC screening taking into consideration the fact that the incidence of CRC increases with age and trace amounts of inconspicuous blood in the stools may be due to early cancer. There is consensus to start CRC screening at age 50 years. Guaiac Fecal Occult Blood Test (gFOBT) relies on a chemical indicator to detect occult blood in the stool. Samples are taken from three different bowel movements and placed on filter paper cards, which can be done easily at home. There are dietary restrictions (such as not eating red meat) prior to collecting the samples since the test is very sensitive and will detect other sources of blood. The Fecal Immunochemical Test (FIT or iFOBT) detects antibodies directed against human hemoglobin in the lower intestinal track. There are no dietary restrictions for this test and only one sample is needed. If either of these tests is positive, then a colonoscopy is necessary to identify the source of occult blood. The FOBT approaches require no cathartic laxative preparations such as magnesium citrate to clear the intestinal track and are inexpensive and non-invasive. However, the collections must be done annually.

Colonoscopy (advancing 120 cm. into the lower intestinal track) and flexible sigmoidoscopy (advancing only 60 cm into the lower intestinal track) both require a full preparation of cathartics to clear the gastro-intestinal (continued on page 7)

MSU Pharmacy Interactive Voice Response System Update

The HealthTeam Pharmacies recently updated the Interactive Voice Response (IVR) System to operate in a collaborative manner with the current pharmacy platform software. Several advantages exist with this new program including local control and stability. Operationally, the pharmacies anticipate less down time with the new system. On the rare occasion that the IVR may become nonoperational, the pharmacies and University will now maintain some control of the system resulting in less reliance on an offsite vendor.

Communication within the new IVR system is enhanced in several ways. There is an option to connect to a pharmacy staff member at several points during the automated process. Simply pressing “0” will transfer a call directly to an individual who can respond to individual questions and concerns. Another upgraded feature includes the ability to check the status of the prescription order in an automated fashion. This allows for a quicker response, eliminating the need to be put on hold while a pharmacy staff member checks the profile. Furthermore, outbound messaging options are now enhanced for customers that may want to know when their prescriptions are available for pick-up. These options include text, phone and e-mail messages. The customer can select one or all three methods of contact for completed orders. Reminder messages for prescription orders that are not picked-up are sent one week after they were filled. A final reminder message will be sent prior to the pharmacy returning a filled prescription to stock if it is not picked up.

In the coming months, other opportunities will be made available through the enhanced IVR system. As new programs are offered, information will be communicated through the Spartan Senior newsletter. The HealthTeam Pharmacies strive to gain organizational success and excellent service and have a commitment to continuous quality improvement through innovative solutions. Customer suggestions and recommendations are always welcome to help meet these goals.

Michigan Pharmacy Technician Licensure

On September 23, 2014, Michigan passed Public Act 285 (“Act”), which requires pharmacy technicians who perform certain functions to be licensed in the State of Michigan. Previously, individuals working as pharmacy technicians were not required to be certified or licensed to perform duties essential to their position. In considering this new licensure requirement, the Michigan Senate found that pharmacy technician licensure was important to protect patient safety, minimize the diversion of controlled substances, and allow pharmacists to focus on patient care.

The act goes into effect on October 1st, 2015 and will quickly affect pharmacies throughout Michigan. Pharmacy managers must ensure that pharmacy technicians employed or otherwise under their control are properly licensed in order to be compliant with the terms of the Act.

Because of the ongoing commitment to excellence in pharmacy care, the MSU HealthTeam Pharmacies began requiring all technicians to be certified through a national competency examination several years ago. This certification is now a primary requirement for licensure. Well ahead of the effective date for the new law, the pharmacy technicians within the HealthTeam are now licensed or have submitted their applications through the State of Michigan.

Scholarship Fund Nears Goal!

Our Development Chair Chuck Webb reports we now have gifts and pledges totaling \$48,645 toward our initial endowment goal of \$50,000. With less than \$1500 left in meeting our initial goal of \$50,000 we need you to make a gift to the endowment. Please act today. Simply visit www.givingto.msu.edu/1923 and give online.




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Many of our alums and friends leave gifts to Michigan State University in their will. The MSU Office of Gift Planning can help you explore how you can remember and support the college, department and/or Spartan athletic, cultural or academic program of your choice. What are you passionate about?

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MICHIGAN STATE UNIVERSITY
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 **SPARTANS WILL.**



MSU Retirees Association Board, 2015-2016, Photo by Mary Lou Gifford

Tour of MSU Gardens Set for August 17

Renata Reibitz, Perennial Manager of the MSU Demonstration Gardens, will lead a tour of the gardens on August 17 from 2:45 to 4:00 PM. The tour will include the DeLapa Perennial Gardens, the Amien Carter Annual Trial Gardens and the 4-H Children's Garden. Attendees are asked to make a \$ 3.00 donation for each person attending, including children. Those who wish to attend should respond to Etta Abrahams abrahams@msu.edu before Thursday, August 14. Please specify how many adults and how many children will be coming. Please put "Gardens RSVP" in the subject line of your message. If you prefer to respond by telephone, call 517-353-7896 and leave a message. Be sure to say you are responding for the garden tour. In the event of rain, the backup date will be August 19 at the same time. Attendees should meet at "Wilbur the Peacock," the large topiary, in the center of the garden. The garden is located at 1066 Bogue Road, East Lansing. See <http://www.hrt.msu.edu/directions-parking-maps/> for directions and a map.

Film Preview on September 10 Will Honor Former MSU Football Greats

You are invited to attend a critical conversation and a short preview of the upcoming documentary film "Through the Banks of the Red Cedar," honoring MSU's 1965 national championship football team and the people who played on that team. MSURA is joining with MSU University Archives and Historical Collections to sponsor this event in the main auditorium in Conrad Hall. Archival materials will be available for viewing at the 6:00 PM open house, and the program will begin at 7:00 PM. See the full page display announcement on page 9, and be sure to RSVP to secure your place at this free event.

MSURA and StraightLine Financial Advisors Partner on Golf Outing to Benefit MSURA Scholarship Fund

Michigan weather is usually at its best in late September, and September 22 at 10:00 AM will mark the opening of our golf outing at Forest Akers West to benefit the new MSURA undergraduate scholarship fund. See the display announcement on page 10- for more details and instructions on how to register for this event.

Who needs a colonoscopy, continued

track, are given with mild conscious sedation, and have potential risk of injury and possible perforation of the intestine. A full discussion of the various options including the risks and benefits should take place with your physician before choosing the best one for you. The following are specific recommendations based on the USPSTF guidelines as of 2014 <http://www.uspreventiveservicestaskforce.org/BrowseRec/index/>

Recommendations:

All adults should be screened for CRC beginning at age 50 years and stopping at age 75 years.

If life expectancy is less than 10 years, screening for CRC is not recommended.

Findings support CRC screening with the following approaches: colonoscopy every 10 years, annual screening with sensitive FOBT, or flexible sigmoidoscopy every 5 years with mid-interval sensitive FOBT sampling.

The evidence is insufficient to recommend computer tomographic colonoscopy as an option for CRC screening.

If polyps or other conditions are detected on the screening examination, the frequency of repeat colonoscopy depends on the pathology from biopsy samples as recommended by the specialist performing the colonoscopy.

It is important to review the various options for CRC screening with your primary physician before deciding which best fits for you.

References:

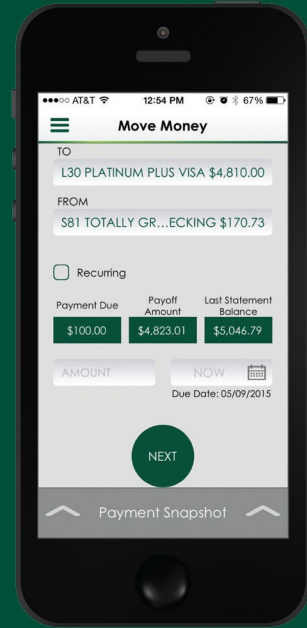
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American History Interest Group Proposed

Interested in American History? How about joining an interest group that focuses on American History? We could read some books together, book-club style, or just chat about things we have read or events that interest us. I have been reading a lot about founding fathers and have found them really interesting so would like to be able to talk with others about them. If you are interested in joining such a group, send me a note. I propose weekly meetings at Schulers or some similar café. Time and place to be determined by the people who join.

Mary Kennedy (517) 420-3825
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Professors Get on the World War I Bandwagon

Anniversaries of pivotal events in World War I continue to pass with little notice. One hundred years before the date on my desk calendar bloody fighting for Gallipoli was in its third month and Americans were debating whether to continue their neutrality after last May's fatal attack on the "Lusitania" by a German submarine. Yet the "Great War," as we called it before we learned to number them, was an earthshaking event, the first in a series of global conflicts, enhanced by new technologies of killing and their widespread use on noncombatants. I have wondered how these events affected colleges and universities, especially our own Michigan Agricultural College (MAC). So this is the first of two articles that will examine the impact of World War One on American higher education generally and, in closer focus, on the MAC. The project has been shaped by resources I've found – in this case Carol Gruber's Mars and Minerva: World War I and the Uses of the Higher Learning in America and the weekly issues of the MAC Record, the college's official all-purpose newspaper, from 1913 – 1920 (<http://onthebanks.msu.edu>). I've also used the handy online research tool invented by the late Professor Carl Page's son Larry which, e.g., enabled me to see the complete text and signatories of the German Intellectuals' "Manifesto" referred to below.

Higher education was rapidly transformed in the late nineteenth century. The religiously focused classical curriculum seemed inadequate to prepare the specialists and managers needed in an increasingly urban, industrial and scientific society. These and other factors, says historian Carol Gruber, ". . . made American educational theorists receptive to the influence and example of university developments in Europe, particularly in Germany." Some nine thousand American scholars had studied in Germany before the Great War. Many of them, like Andrew Dickson White at Cornell, were inspired by German institutions with their rigid standards of scholarship, emphasis on scientific disciplines, creation of new knowledge through research, and preparation of experts and expertise to guide modern social institutions.

This high regard for German tradition was weakened as hostilities sharpened and treaties were broken in the summer of 1914. When Germany invaded neutral Belgium, Britain declared war and the continent was entirely engulfed in war. Two months later a group of 93 German scientists, intellectuals, and artists, including twelve Nobel laureates, issued a "Manifesto" defending Germany's actions: Belgians were killed only when they [insurgents perhaps] shot at the invaders; since France and England were prepared to violate Belgian neutrality, "It would have been suicide on our part not to have *preempted* this." (my italics)

American scholars were outraged at what they saw as shameful neglect of the intellectual's duty of critical thought and impartial scholarship. Yet some continued to support Germany, some held France and England equally or partially at fault, and nearly all argued, through the first three years of the war, that the United States should remain neutral.

Nevertheless, when America entered the war on the side of the Allies they quickly discovered reasons to use force against "Prussian autocracy." Now it seemed war could promote American ideals by bringing democracy to the people oppressed by European Empires. Even a socialist like John Dewey came to support America's participation because he thought the necessary economic discipline of war would weaken capitalism. Private property, he wrote, ". . . has already lost its sanctity . . . industrial democracy is on the way."

The leaders of modern universities were already committed to a goal of providing technical knowledge and leadership at every level of government. They were ready, even before America's declaration of war, to deploy resources to the war effort. Carol Gruber cites dozens of formal resolutions and policy statements to that effect. The Columbia Trustees declared their "loyal support of the University to the Government of the (continued on page 11)

*University Archives & Historical Collections
and MSU Retirees Association
present*

AN EVENING WITH
**THROUGH THE BANKS
OF THE RED CEDAR**

**A CRITICAL CONVERSATION &
PREVIEW OF THE UPCOMING DOCUMENTARY FILM**

Featuring Clinton Jones, Gene Washington, and Special Guests,
with Filmmaker Maya Washington and Moderator Jack Ebling

SEPTEMBER 10, 2015

**6 pm Open House
7 pm Program**

**Conrad Hall
888 Wilson Road
East Lansing, MI 48824**

*Join us for a celebration of the College Football Hall of Fame induction of Clinton Jones and the 50th Anniversary of the 1965 National Championship team. Enjoy a preview of the highly anticipated documentary, *Through the Banks of the Red Cedar*, following the journey of MSU and College Football Hall of Famers Clinton Jones, Bubba Smith, Gene Washington, George Webster, and teammates during the historic era. Archival materials from the University Archives & Historical Collections will be on display for the public with an open house at 6 pm followed by the program at 7 pm. Free Admission by RSVP.*

RSVP Online:

www.throughthebanksoftheredcedar.com/events/criticalconvo

Or Call: (517) 353-7896

MSURA/Straightline Student Scholarship Golf Outing



Tuesday, September 22, 2015

MSU Forest Akers West

Registration and Practice: 10:00 a.m.

Lunch provided: 11:00 a.m.

Tee time: 12:00 Noon = Shotgun start

Awards ceremony and complimentary hors d'oeuvres at conclusion of event with CASH Bar

Sign up early to guarantee a spot

Scramble Team: (4-5 players each team)

Own ball teams: (4 players each team)

- Putting contest
- Beginners and Experienced Golfers Welcome
- Bring your own foursome OR foursomes will be assigned
- MSU Retirees and Spouses and guests invited

Prizes:

- ❖ Best scramble & own ball: individuals & teams
- ❖ Closest to Pin: men and women
- ❖ Closest to **SPARTY** Helmet: men and women
- ❖ Longest putt: men and women
- ❖ Win a car with a hole-in-one
- ❖ Awards Ceremony at the conclusion of the event: complimentary hors d'oeuvres with **CASH Bar**

THANK YOU STRAIGHTLINE

for generously underwriting this entire event!

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Reservations:

Email: Amy Pisano

apisano@straightline.com

or call: 248-269-8366

Sign up early to guarantee spot:

First come first confirmed

Specify scramble or own ball

Questions:

Contact Patrick Scheetz

(517) 927-0852

Scheetz@msu.edu

***Participants make checks payable to:**

Michigan State University for the **MSURA Endowed Student Scholarship**

Mail to: MSU Retirees Association

Suite 22 Nisbet Building

1407 S. Harrison Rd.

East Lansing, MI 48823-5239

OR bring checks to the event

***All proceeds will benefit the MSURA Endowed Student Scholarship fund. Any amount paid above \$65 will be considered a tax-deductible contribution to Michigan State University.**

Professors get on the World War I Bandwagon

United States in all measures of national defense” And Harvard was at work to insure that all their facilities “. . . may be used to the fullest advantage in the event of war.” The neutrality and reasoned impartiality of the previous three years had vanished overnight. The Higher Learning in America was now, in Gruber’s words, “On the Bandwagon.” Next time, “Aggies go to War”

Milt Powell
mbp434@comcast.net

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Make check payable to **MSU Retirees Association**. Mail to: Dave Brower, MSURA Treasurer, Suite 22 Nisbet Bldg., MSU, 1407 S. Harrison Ave., East Lansing, MI 48823-5239.

HOW TO MAKE GIFTS TO SUPPORT THE MSU RETIREES ASSOCIATION

Your association is financially stable because many individuals have chosen to make charitable contributions to the association. These donations are used to pay for the programs and services budgeted by your board of directors. Most expenses incurred by the association are for communication to MSU retirees and their spouses through the newsletter, the website and special bulletins when it is urgent to forward information. Newsletter subscriptions are the other source of income to the association.

Make your charitable contributions to a University Development account as described below. ***This is the only way your gifts can be tax deductible.*** Your gifts also will count toward university donor recognition clubs and societies. You may also make gifts to this account in tribute to deceased or living loved ones or former colleagues.

To make a donation by mail, make your check payable to MSU—Retirees Association, AB272, enclose your name and full address, and mail to: University Advancement, 535 Chestnut Road, Room 300 , Michigan State University, East Lansing, MI 48824.

**MSU RETIREES ASSOCIATION
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Lessons on Investing – Did you know?

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This is our first ad for the MSURA in this format and as always we are delighted to be a part of your lives. Each ad will have a lesson that can be used for financial planning or will just provide useful information.

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From StraightLine Higher Education Services



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