



# MSU RETIREES ASSOCIATION

## SPARTAN SENIOR NEWSLETTER

November - December 2017

VOL. 39, NO. 3

### Nov. speaker to share how vet studies may help human visual loss

Inherited retinal diseases are an important cause for vision loss and blindness and occur in both humans and dogs. Recently gene therapy approaches have been developed and have reached clinical trials for a number of these conditions. Studies to develop gene therapy to treat dogs with these blinding conditions have been important in bringing these treatments from the kennel to the clinic. Simon Petersen-Jones will review some of the work performed at MSU to help develop these therapies.

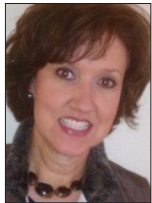


Dr. Simon Petersen-Jones

**When** Monday, Nov. 13, 2017  
**Time** 2 p.m., refreshments at 1:30 p.m.  
**Where** Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing

### MSU grad, author to share 'Journey of the Letters' at Dec. meeting

In her presentation of "The Journey of the Letters," Teresa K. Irish takes audiences on a captivating, life-affirming journey. Her skillful, engaging storytelling blends humor and history to leave audiences laughing, crying, enriched and inspired. A heartfelt tribute to America's history, freedoms, and family values, as well as a call to citizenship in today's world, Irish's program reaches across generations and reminds us of the importance of human connections. With over 240 prior venues and numerous enthusiastic reviews, this is a program you won't want to miss.



Teresa K. Irish

**When** Monday, Dec. 11, 2017  
**Time** 2 p.m., refreshments at 1:30 p.m.  
**Where** Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing

## MSU retiree Paul Kindel works to make open land available for future generations

Paul Kindel stayed true to his midwestern and Big Ten roots when he joined the Michigan State University faculty in 1963. But the move took the Milwaukee-area native and University of Wisconsin (UW) alumnus seven years, and he arrived by way of Germany.

After earning a bachelor of science degree in chemistry from UW in 1956, Kindel first went to Cornell University, where he earned a doctorate in biochemistry in 1961. Then he was off to the Max-Planck-Institut für Zellchemie in Munich, Germany, on a National Institutes of Health postdoctoral fellowship.

It was there, Kindel recounts, that Garth Hansen, then the chairperson of MSU's biochemistry department, stopped while traveling through Europe and Africa to recruit him as an assistant professor.

"I was fortunate that I never had to look for a job," Kindel says. "One nicely ended up coming to me, and after 20 months in Germany I came right to MSU."

And MSU is where Kindel remained until his retirement as professor in 2000. He stayed, he says, for three reasons: a wonderful department, excellent colleagues, and his family's happiness.

"I had a little trouble retiring because I was enjoying teaching and research (primarily focusing on the structure of plant cell walls and their potential commercial use) so much," he says, but noting that throughout his academic career he had maintained the interest in outdoor activities and appreciation for nature he had developed in boyhood.

"Land preservation—how much land should be permanently preserved in a natural state and as farmland—is an important issue worldwide," Kindel says, adding that, in his opinion, land protection thought, plans, and accomplishments haven't nearly kept pace with land development.

"I knew I wanted to do something in that area when I retired and that feeling grew stronger with time."

In 2000, Kindel participated in a bus tour of land preservation activities in east coast states that were—and still are—at the forefront of



# MSU RETIREES ASSOCIATION

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## PRESIDENT'S MESSAGE

Rick Vogt

On behalf of the MSU Retirees Association, may your holidays be happy and filled with memories and good times with family and friends.

We have another great lineup of speakers to inform and entertain you this year at the monthly MSURA membership meetings. Bring a friend! The meetings are the second Monday of each month, 1:30 p.m. at the Community room, MSUFCU branch at Farm Lane and Mt Hope roads.

Looking for something fun to do? Checkout MSURA's Special Interest Groups on the MSURA website, retirees.msu.edu. Give the group's coordinator a call to get more information.

Shout-out and special thank you to Dan Mackey, Joe Galardi, Howard Poole, Karen Kafantaros and Patty Oehmke for presenting to retirees at October's MSURA events.

BIG thank you to Al LeBlanc for his service to MSURA as newsletter editor.

Happy Holidays!

## Financial seminar set for Nov 14

Back by popular demand! The MSU Retirees Association has invited StraightLine to lead a 2-hour discussion on topics that include a review of financial markets, investment management and estate planning. Please join our speakers at MSU Federal Credit Union's Farm Lane branch on Tuesday, Nov 14, at 1 p.m. for excellent, up-to-date information and an opportunity to get answers to your questions.

## October Meeting Recap



At the October membership meeting Dan Mackey and Joe Galardi from MSU Human Resources, shared health benefit updates, while Patty Oehmke, IM Sports East Associate Director, provided information on AARP programs being hosted at IM Sports East.

# Golf outing raises \$22,500 for scholarships

The 3rd Annual MSURA/StraightLine Student Scholarship Golf Outing took place Tuesday, Sept. 19, 2017, at MSU Forest Akers West Golf Course. Sixty-eight golfers participated and more than \$22,500 was raised for the MSURA Endowed Student Scholarship Fund. A special THANK YOU to StraightLine who not only served as our co-sponsor, but their staff provided guidance and volunteer time throughout the planning process and onsite the day of the event. It was their suggestion to add the TnT Golfapalooza air gun for a long drive on a par 5 and an air gun on a par 3 to hit a tennis ball into one of three holes on a dinosaur. (You had to be there to experience this event and the fun reactions!)

We also want to thank our other major sponsors: Anonymous, BlackRock, Dean and Jodie Ann Cady, Clerical-Technical Union of MSU, Dean Transportation, Driehaus Capital Management, Duetsche Asset Management, Financial Strategies Group (Mark Carter), Iroquois Industries, Ivy Investment, Barry Kimble, MSU Alumni Association, MSU Federal Credit Union, MSU Police Department (for providing an officer to meet and greet), Roger Phillips, Pzena, Danielle Scheetz, Kim Seymour, Straightline, and VanEck Investment Management.

We can't forget our door prize donors: Applebees, Jacqueline Babcock, Bigby, Boston Pizza-Eastwood Towne Center, Angela Brown, Capital Prime, Centennial Acres Golf Course, Claddagh Irish Pub, College Fields Golf Club, Coral Gables Restaurant, Nancy Craig, Douglas J-Okemos, Eagle Eye Golf Club, El Dorado Golf Course, Flap Jack Restaurant-Frandor, Forest Akers Golf Course, Gardner's Gallery, Glazed and Confused Bakery, Grand Hotel Golf Course – The Jewel, Grand Traverse Pie Co., Great Lakes Ace Hardware-Frandor, Hawk Hollow Golf Course, Lansing Symphony, La Senorita Restaurant, Al LeBlanc, Maru Shushi and Grill, Meijer-Lake Lansing, Meijer-Okemos, MSU Dairy Store,



Past presidents Angela Brown and Patrick Scheetz and Brown's husband, Greg, share a moment before they tee off at the 3rd Annual MSURA/Straightline Student Scholarship Golf Outing.

MSU Fastbreak Club, MSU Retirees Association, MSU Theatre Department, MSU Union Spirit Shop, MSU Women's Basketball Program, NCG Cinemas, On the Rocks, Pizza House, Red Lobster, Rule Eye Care, Janet Scheetz, Patrick Scheetz, Soup Spoon Restaurant, Jim and Brenda Spackman, Spagnuolos, Spartan Hall of Fame Café, State Farm Insurance-Tom DeVries – Okemos, State Room Kellogg Center, Student Book Store, Tasty Twist-East Lansing, Timber Ridge Golf Course, Bob and Darlene Wenner, Wheatfield Valley Golf Course, and Woody's Oasis. Please let these businesses know you appreciate their support.

Members of the planning committee included: Steve and Beth Mosshart and Patrick Scheetz, (Co-Chairs); David Brower (Finance); Mike Gardner (Volunteer Coordinator); Jacqueline Babcock (Sponsors Coordinator); Cheryl Pell (Documents Designer); Nancy Craig and Mike Bisaro (Door Prizes); Amy Pisano (Registration); Al LeBlanc, Anders Johanson and Trish Horn (Communications); and Trish Horn, Rick Vogt, Jason Fisher, and Bruce Smith (Photographers). Photos from this event can be viewed on the

MSURA Facebook page at: <https://www.facebook.com/MSURetirees>.

We love the feedback when we hear comments like those of Jeff Brodie, MSU HR Management Analyst, "My entire team thought the outing yesterday was FANTASTIC! Great Job!! Well worth the \$100 admission charge!"

Beneficiaries of the annual MSURA Endowed Scholarships are children or grandchildren of current MSU employees or MSU retirees. The current estimated total in this endowed scholarship fund is \$95,500, which is almost enough to support two (2) MSU student scholarships annually. This is a lasting contribution on behalf of MSU Retirees.

For more information about the MSURA Student Endowed Scholarship Fund and/or to contribute visit [www.givingto.msu.edu/1923](http://www.givingto.msu.edu/1923); Additional contributions are most welcomed from MSU retirees and very much appreciated by the MSU students who benefit from these scholarships. Scholarship recipients and their parents are invited to attend the Annual Membership meeting and luncheon of MSURA in May. —Patrick Scheetz

# MARK YOUR CALENDARS



Please cut out this calendar and use it to help you keep track of MSURA activities!

**MSURA MONTHLY MEMBERSHIP MEETINGS** are at the MSU Federal Credit Union Community Room, Farm Lane & Mt. Hope Road, 1:30 p.m.–Refreshments, 2 p.m.–Program

DATE	SPEAKER	TOPIC	EVENT	LOCATION
Monday, Nov. 13, 2017, 1:30–3 p.m.	Simon Petersen-Jones, Myers Dunlap Endowed Chair in Canine Health, MSU College of Veterinary Medicine	Ophthalmology Research in Veterinary Medicine & Its Implications for Human Health	MSU Retiree Association Membership Meeting	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Tuesday, Nov. 14, 2017, 1–3 p.m.	Steve Turi, Steve Mosshart, Michael F. Basaro, Lee Reimann, Andrew J. Melnick	Financial Planning Update	StraightLine Financial Seminar	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Tuesday, Nov. 14, 2017, 10 a.m. to Noon	AARP/MSU Department of Recreational Sports and Fitness Services	Fraud Watch Network	Please check eNotices for details	IM Sports East, Multi-Purpose Room
Monday, Dec. 11, 2017, 1:30–3 p.m.	Teresa Irish, Author & Speaker	A Thousand Letters Home, the Journey of the Letters	MSU Retiree Association Membership Meeting	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Tuesday, Dec. 12, 2017, 10 a.m. to Noon	ARP/MSU Department of Recreational Sports and Fitness Services	Medicare 101	Please check eNotices for details	IM Sports East, Multi-Purpose Room
Monday, Jan. 8, 2018, 1:30–3 p.m.	Ron Flinn, Author	Rendezvous with MSU: Building a Campus Aligned with MSU's Evolving Mission and Stature	MSU Retiree Association Membership Meeting	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Tuesday, Jan. 9, 2018, 10 a.m. to Noon	ARP/MSU Department of Recreational Sports and Fitness Services	Life Reimagined	Please check eNotices for details	IM Sports East, Multi-Purpose Room
Monday, Feb. 12, 2018, 1:30–3 p.m.	Regina Cross, Director of Travel, MSU Alumni Office	Travel Opportunities and Tips for the MSURA Community	MSU Retiree Association Membership Meeting	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Tuesday, Feb. 13, 2018, 10 a.m. to Noon	ARP/MSU Department of Recreational Sports and Fitness Services	AARP Home Fitness Program	Please check eNotices for details	IM Sports East, Multi-Purpose Room
Monday, March 5, 2018, 11 a.m.	June Youatt, Provost * Executive VP for Academic Affairs	MSU Happenings and Events	36th annual luncheon of the MSU Retirees Club of Florida	Pier 22 Restaurant on the Manatee River near downtown Bradenton
Monday, March 12, 2018, 1:30–3 p.m.	Roger Baldwin, MSURA Vice President	New Visions or Retirement and the "Age-Friendly" University	MSU Retiree Association Membership Meeting	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Tuesday, March 13, 2018, 10 a.m. to Noon	ARP/MSU Department of Recreational Sports and Fitness Services	Getting to Know Apps	Please check eNotices for details	IM Sports East, Multi-Purpose Room
Monday, April 9, 2018, 1:30–3 p.m.	Bob Hoffman, Public Relations Manager, Wharton Center	What's Up at Wharton: New Initiatives and a Preview of the Upcoming Season	MSU Retiree Association Membership Meeting	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Tuesday, April 10, 2018, 10 a.m. to Noon	ARP/MSU Department of Recreational Sports and Fitness Services	Good Form Walking	Please check eNotices for details	IM Sports East, Multi-Purpose Room
Monday, May 7, 2018, 11:30–2 p.m.	TBA	Luncheon: MSURA Elections & Business Meeting	MSU Retiree Association Annual Meeting	MSU Kellogg Center, Room TBA
Tuesday, May 8, 2018, 10 a.m. to 2 p.m.	ARP/MSU Department of Recreational Sports and Fitness Services	CarFit & Car Seat Check	Please check eNotices for details	MSU Pavilion, Farm Lane & Forest Road
Tuesday, June 12, 2018, 10 a.m. to Noon	ARP/MSU Department of Recreational Sports and Fitness Services	Identity Theft & Cyber Security	Please check eNotices for details	IM Sports East, Multi-Purpose Room



Please support our sponsors. They do a lot to help us defray the cost of printing and mailing of this newsletter.

# Yes, meat lab sells meat, but teaching, research take priority

## WHAT'S NEW AT MSU



BY STAN HECKER

**T**he MSU Meat Lab does a lot more than sell sausage.

The retail store, west of the Dairy Store, is only the visible part of a substantial academic operation in the finest tradition of a land-grant institution.

Meat Lab retail business is conducted in a few hundred square feet of space: a windowless cinder-block room with a counter-top, a telephone, and a cash register, next to an office with a parking-lot view.

The real Meat Lab is sixty-seven thousand square feet of classrooms, a lecture hall, offices, gleaming processing space, and all manner of expensive and spotless industrial and scientific equipment in highly filtered and cold work areas. The three-story complex in the south-central section of Anthony Hall even includes offices for the “circuit inspector” (supervisor) overseeing United States Department of Agriculture (USDA) inspectors in south-central lower Michigan.

A few specks of dirt on the floor merited immediate attention from cooling and ventilation staffers, who appeared within twenty minutes of a service call.

Let's start with teaching. The Meat Lab is allied with two academic departments: Animal Science and Food Science and Human Nutrition. Both departments use the Meat Lab for lectures and laboratory teaching. Students learn industrial sanitation; how to process beef, pork, and lamb from carcasses to packaged retail cuts; and how to



The meat lab is a little hard to find. It is located off the west side of parking lot behind the MSU Dairy Store off Farm Lane. From the parking lot, go through the brown door to the right of the loading dock. To your left up the stairs, through the door and turn left again. You have arrived at the Meat Lab.

make processed meat products. The Meat Lab employs 5-17 students at any given time.

“A few of our students follow careers in the industry,” said Jennifer Dominguez, Manager of the Meat Lab. “They can pick and choose their path. There are far more good vacancies than qualified candidates.”

“We try to train professionalism, the highest standards, and a work ethic, whatever their career,” she said.

Dominguez came from a cow-calf farm background, graduated from MSU, spent five years in the industry, then five years as a USDA inspector before returning to campus to manage the Lab.

The Meat Lab also provides classroom specimens for dissection in medical and veterinary colleges, in other anatomy classes, and even in mid-Michigan's high-school science laboratories.

The Lab supports research:

suppose your bio-engineering project needs to assess the pressure and capacity limits of mammalian or avian veins or arteries. Your work might begin in the Meat Lab where samples will be prepared to your project specifications. Whether the study centers on muscle tissue, the eyeball, the foot, the feathers, the intestines, the heart, or any other body part, the Meat Lab can provide samples for teaching and especially samples for animal studies in areas such as nutrition and genetics.

The teaching, research, and support allow the Meat Lab our favorite “outreach”: an excellent array of high-quality meat and poultry products for our tables.

“Retail sales teaches the students about value-added work in making special cuts of meat, sausage, and jerky, and, of course, about customer service,” said Ryan Varner,

Please see MEAT LAB on page 10

# CLINICAL QUESTION

Welcome to this column in the Spartan Senior. Please submit clinical questions to Rick Vogt, editor of the Spartan Senior, [vogtrick@comcast.net](mailto:vogtrick@comcast.net).

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. We look forward to hearing from you.

## CLINICAL QUESTIONS EDITORS

**Raza Haque**, MD, MSU Associate Professor and geriatrician, and **William Wadland**, MD, MS, MSU Professor emeritus and former chair of College of Human Medicine-Family Medicine.

## KEY QUESTION

A 75-year-old woman has one episode of sharp right upper abdominal pain with nausea and bloating lasting 60 minutes after a large meal. She has no further symptoms. Her doctor ordered an abdominal ultrasound showing gall stones. Her doctor said it would be fine to just 'watch and wait' without surgery since she had no further symptoms and the stones were small. When is gall bladder surgery indicated?

## SUMMARY OF THE EVIDENCE

The gall bladder is a small pear shaped organ located under the liver. It delivers about 3-5 cups of bile per day, which helps with the digestion of fatty foods.

Eating foods especially with fat content triggers a release of bile to the ducts connected to the small intestine. Gall stones are hardened digestive fluids formed in the gall bladder which block the flow of bile to the connecting ducts. Typical symptoms of a 'gall bladder attack' or acute biliary colic are sharp pain in the right upper quadrant of the abdomen that may go to the back or right shoulder, nausea, and bloating lasting about 30-60 minutes after a meal.

Symptoms may be associated with mild fever and jaundice if there is a blockage of the common bile duct (1,2). Over 10 percent of the U.S. population will have gallstone disease during their lifetime (3,4). Most persons (2/3's) with gallstone disease are asymptomatic or have 'silent' gallstone disease, but between 15-25 percent of these persons will become symptomatic during a 10 year period and merit gall bladder surgery or cholecystectomy (4). The probability of having persistent gall bladder symptoms increases with age (30 percent for persons older than age 70 years).

Factors that increase the risks for gallstone disease are obesity, diabetes, pregnancy, estrogen use, hemolytic disease such as sickle cell disease, cirrhosis, family history in first degree relative of gallstone disease, Native

American ethnicity, rapid weight loss, and increasing age (4).

"Silent gallstones" without symptoms is, indeed, a 'therapeutic dilemma'(4). "Watchful waiting" is acceptable in most situations but under the supervision of a physician who has made a diagnosis of gallstone disease with an abdominal ultrasound. Further tests may be necessary to rule out infection, hepatitis, pancreatitis, gallbladder dysfunction, and bile duct obstruction.

Other diseases need to be ruled out such as duodenal or gastric ulcers, liver infection, or even acute myocardial infarction which can mimic pains similar to a 'gall bladder attack (5).' Persistent

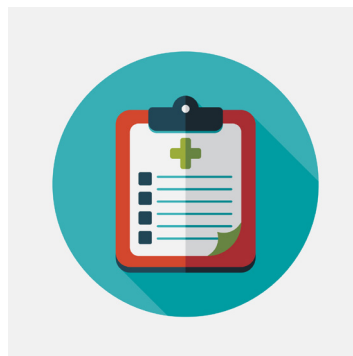
right upper quadrant pains lasting more than six hours with tenderness over the gall bladder on examination, fever, and an elevated white blood count are characteristics of acute cholecystitis or infection of the gall bladder. Suspected acute cholecystitis requires urgent evaluation with an ultrasound or scan of the gall bladder and removal of the gall bladder or

cholecystectomy (laparoscopic is now preferred versus open approach) within 72 hours of symptom onset. Gall stones may move from the gall bladder into the cystic duct of the gall bladder into the common bile duct (choledocholithiasis) causing obstruction and jaundice.

Many of these stones will pass (73 percent) but some will obstruct and cause inflammation of the pancreas and liver. Other procedures such as an endoscopic exam and radiologic studies of the bile duct system by a gastroenterologist (with a gastroscope or endoscope) prior to gallbladder surgery or radiologic studies during surgery (intraoperative cholangiography) may be necessary to evaluate for common bile duct for obstruction (5).

## RECOMMENDATIONS:

Older persons who experienced a 'gall bladder attack' or biliary colic (30-60 minute episode of right upper abdominal pain with nausea and bloating) that does not persist and is now without symptoms should see their



Please see CLINICAL QUESTION on page 11

such efforts. At the end of the tour, the clear message for tour participants, Kindel says, was “now it’s time for you to do something.”

And he’s done just that on several levels: as a past volunteer with and board member of the Meridian Township Land Preservation Advisory Board and presently as the first and only chair of the Ingham County Farmland and Open Space Preservation Board and as president of the board of the Mid-Michigan Land Conservancy (MMLC).

The Ingham County effort, which Kindel describes as “an excellent program,” is funded by a 10-year millage passed in 2008 and has protected just over 4,700 acres from development by purchasing conservation easements from owners who legally commit to keep their land natural or in farmland, or both, in perpetuity.

MMLC, a charitable, nonprofit land conservancy, or trust, covering Ingham, Clinton, Eaton, Jackson, Hillsdale, Shiawassee, and Ionia counties, is financed through memberships, donations, and grant funds. It prepares conservation easements with landowners desiring to preserve their land and also accepts donations of or may purchase lands with particular biological significance, not only to preserve them but to also open them for public enjoyment.

“MMLC owns four properties that have been opened to the public as natural areas for passive outdoor enjoyment, such as hiking and bird watching,” Kindel says, including the Bunker Nature Preserve, a 130-acre parcel several miles southwest of Mason that opened last fall with a mile-and-a-half loop trail through native prairie, wetland, and forest habitats. The goal for the property, he adds, is to blend land preservation with public access.

Pursuing preservation of natural lands and farmland is a big part of Kindel’s labor of love on behalf of the environment, but he notes that his volunteer work takes a substantial portion of his time. Nonetheless, he says he enjoys it and that it’s a job made easier by his wife, Judy, who he describes as “a very avid and effective supporter.”

When time permits, the Kindels enjoy traveling, gardening, camping, day hiking, and visiting their far-flung offspring—a son in Hong Kong, a son in England, and a daughter in Wisconsin—and their grandchildren.

*Editor’s note:* For more information about the mission of the Mid-Michigan Land Conservancy and how to get involved, visit [www.midmilandcons.org](http://www.midmilandcons.org).



**Paul Kindel**

## **Flinn to kick off 2018 speaker meetings**



**Ron Flinn**

Ron Flinn will share highlights of his book “Rendezvous with MSU: Building a Campus Aligned with MSU’s Evolving Mission and Stature” at the Jan. 8 meeting. The book was published by MSU Press earlier this year.

**When** Monday, Jan. 8, 2018

**Time** 2 p.m., refreshments at 1:30 p.m.

**Where** Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing

## **Upcoming AARP/IM Sports East Programs for MSU Retirees**

**Nov. 14, 2017** 10 a.m. – Noon  
Fraud Watch Network  
RSVP online at <https://aarp.cvent.com/fwnmsu1114>

**Dec. 12, 2017** 10 a.m. – Noon  
Medicare 101  
RSVP online at <https://aarp.cvent.com/medicaremsu1212>

## **Old Newsboys go on sale Dec. 7**



Old Newsboys go on sale Dec. 7, 2017. Money raised goes to buy shoes for needy children in the Lansing tri-county area.

# Retirees play big part in MSU United Way

Did you know one of every three working families struggles to meet their monthly budget of housing, food, clothing, childcare, transportation and healthcare. One in three!

Add in one small emergency, such as a flat tire or ill child, and that family is suddenly in financial crisis even though they work and make daily decisions about their budget. The unfortunate reality is that the cost of living is expensive and most struggling families cannot save enough for emergencies.

Fortunately there is hope and help for those on the edge of crisis. This is why we encourage you to support the work of the hundreds of local organizations by investing in the MSU Community Charitable (United Way) Campaign. We understand that our contribution makes a more significant impact by uniting together with thousands of "Team MSU" employees and retirees than it would alone. Plus,

MICHIGAN STATE  
UNIVERSITY

COMMUNITY CHARITABLE CAMPAIGN

this is one significant way of living out our land grant mission of MSU.

Last year MSU retirees donated more than \$58,000 to the campaign. This amounted to about 18 percent of the total MSU pledges and donations. As an MSU retiree or surviving spouse you will soon receive a letter from the MSU Retiree Campaign chairperson and the MSU Community Charitable Campaign co-chairs asking you to continue, or even consider increasing your generosity by giving to local charitable organizations.

Thank you for your past and continued support of the campaign.

## MSURA has interest groups

MSURA has a number of Special Interest Groups. If you would like to be part of the group, contact the group coordinator. See the MSURA website at [retirees.msu.edu](http://retirees.msu.edu) for more information. If you have an interest but do not find it here, we can start one. Email Pam Marcis at [marcis@msu.edu](mailto:marcis@msu.edu).

**Bike Riders** Contact Tim Potter at [potttert@msu.edu](mailto:potttert@msu.edu)

**Bowling** Contact Patrick Scheetz at [Scheetz@msu.edu](mailto:Scheetz@msu.edu)

**Dire Human Needs Overseas Group** Contact Bill & Linda Schoenl at [schoenl@msu.edu](mailto:schoenl@msu.edu)

**Family Genealogy** Contact Cathy Estrada at [cje1026@yahoo.com](mailto:cje1026@yahoo.com)

**Flying Club** Contact Fred Honhart at [honhart@msu.edu](mailto:honhart@msu.edu)

**Knitting** Call Rosemary Pavlik at (517)882-2030

**Local Jazz Events** Contact Albert & Beth Cafagna at [cafagna@msu.edu](mailto:cafagna@msu.edu)

**Motorcycle** Contact Dan Chegwiddden at [chegwidd@msu.edu](mailto:chegwidd@msu.edu)

**MSU Faculty/Staff Golf Activity** Contact Robert Wenner at [wenner@msu.edu](mailto:wenner@msu.edu)

**MSU Retirees Club of Florida** Contact Marsh Hestenes at [hestenes@msu.edu](mailto:hestenes@msu.edu)

**Quilting** Contact Ann Booren at [boorena@msu.edu](mailto:boorena@msu.edu)

**Scrapbooking** Contact Laurena Jenkins Hoffmeyer, [hoffmey3@msu.edu](mailto:hoffmey3@msu.edu)

**Sherlock Holmes/Greek Interpreters Society** Contact Shari & Jim Conroy at [jconroy45@gmail.com](mailto:jconroy45@gmail.com)

**Square Dancing** Contact Ron Hamelink at [hamelin2@msu.edu](mailto:hamelin2@msu.edu)

**Tennis** Contact Heather Mactaggart at [mactagga@rhs.msu.edu](mailto:mactagga@rhs.msu.edu)

**US Military History Discussion Group** Contact Al LeBlanc at [aleblanc@msu.edu](mailto:aleblanc@msu.edu)

**85%**  
of grandchildren  
ages 18-24 want to have  
conversations with their  
grandparents about money  
and savings.



## Share Your Knowledge

Your grandchildren are listening. Share your financial experiences with them, including the benefits of your MSUFCU membership.

Family members of MSUFCU members are eligible to join. Refer a new member and you'll each receive a gift.

[msufcu.org](http://msufcu.org)  
517-333-2424

**MSUFCU** MICHIGAN STATE UNIVERSITY  
FEDERAL CREDIT UNION  
Building Dreams Together



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Income  
for You  
Now.

## Support for **MSU** Students and *Programs* Later.

### **DO YOU HAVE A LOW-YIELD ASSET SUCH AS CDs?**

*Would you like to increase your income from those assets?*



**Office of Gift Planning**  
University Development  
Michigan State University  
Spartan Way

535 Chestnut Rd., Room 300  
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(517) 884-1000

[giftplanning.msu.edu](http://giftplanning.msu.edu)

Establish a charitable gift annuity (CGA) to turn it into a gift that provides you support **now** and support for MSU students and programs **later**.

#### **CGA BENEFITS TO YOU INCLUDE:**

- Fixed and guaranteed income payments for life
- Charitable tax deduction
- Future support for MSU designated per your wishes

#### **REQUIREMENTS TO ESTABLISH A CGA INCLUDE:**

- \$10,000 minimum to establish a CGA for MSU
- You must be at least 60 years old to receive payments

Contact the Office of Gift Planning for an illustration of how a charitable gift annuity can help you now and provide support for MSU later.

**SPARTANS WILL.**

assistant manager.

“Bringing food to the table is the whole point of our lab and departments: sales can’t overshadow the learning,” he said. “Even so, to help keep the place operating, we sometimes provide wholesale meat to local butchers and vendors. They really appreciate the quality of MSU meats.”

“The key point is that we pretty much sell only the by-product of education and research functions,” he said. “We can’t devote ourselves to staffing a retail shop, many of our supplies are provided by various Michigan companies, and we can’t compete with local outlets.”

Varner grew up in Michigan’s livestock industry, was a student employee in the Meat Lab, graduated from MSU’s program, then worked five years in the industry, before joining the Meat Lab’s staff six years ago.

Beyond the mechanics and standards of bringing meat to the market, the students learn inventory concepts, stock consolidation, all kinds of packaging, and other basic supply chain concepts.

Dominguez follows trends in food service. She reports that her retail customers for heart, tongue, liver, the wildly

misnamed “sweetbread” (thymus), and other organ-food are a loyal and surprisingly high-volume subset of her retail customers. It’s a growing sector of the Lab’s volume.

“We would like to use or sell most every part of our product,” Dominguez says.

The Meat Lab supports teams and clubs at MSU. Did you know there’s a Spartan Meat Judging Team? The team competes in judging quality and yield Grade of carcasses based on USDA standards. They learn how to evaluate, place and justify the reason they placed the classes. Identifying if cuts of meat are cut according to specifications is also part of the judging team’s competitions. The Meat Lab supplies cuts, carcasses and classes for the team practice.

The Lab is a retail outlet for the Avian Science Club which brings their locally-raised turkeys through the Meat Lab before Thanksgiving as a fund-raising activity.

On occasion, Animal Science laboratory students raise chickens “competitively” on various diets to learn about poultry diets. The Meat Lab processes the chicken and weighs the parts uniformly as they do for a variety of research samples.

## Donations to MSURA encouraged

Rather than charge a subscription fee for our newsletter, MSURA’s Board of Directors has voted, instead, to encourage our members to make an annual financial, tax-deductible donation to Michigan State University and designate your gift to the MSU Retirees Association, Account AB272. Any gift you make will also count toward your University donor society. Your donation will pay for programs services, materials, mailings and office expenses budgeted by your Board.

### DONATION FORM

To make a donation to MSU by mail, to benefit the MSU Retirees Association, **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

*Want to donate to MSURA? Awesome! Fill this form out!*

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## MSU Florida Retirees luncheon date set

The 36th annual luncheon of the MSU Retirees Club of Florida will take place on Monday, March 5, 2018. This year, there is a new venue for the luncheon, Pier 22 restaurant, which is located right on the Manatee River near downtown Bradenton. The speaker will be Provost and Executive Vice-President for Academic Affairs June Youatt. Provost Youatt always gives an interesting and informative overview of all the exciting things going on at MSU. The event will begin at 11:00 am with a social hour, followed by lunch and Provost Youatt’s talk. At the end, door prizes will be awarded. All MSU retirees who are in Florida on that date are encouraged to attend. Save the date. Details on the lunch choices and a reservation form will be in the January Newsletter.



Experience orchestra, jazz, opera, choral, band and more—all season long—in remarkable MSU venues and theatres.

**TICKETS & INFO: MUSIC.MSU.EDU/EVENTS**

## 11/6 Monday

### **Carnival of the Animals, Music of Camille Saint-Saëns**

JOANNE AND BILL CHURCH WEST CIRCLE SERIES  
7:30 p.m. Fairchild Theatre, MSU Auditorium  
Four grand pianos on stage showcase every genre of Saint-Saëns, a brilliant pianist. *Generously sponsored by Mike and Midge Morrow*

## 11/15-11/17, 11/19 Wed. Thurs. Fri. Sun.

### **Hansel and Gretel by Engelbert Humperdinck**

MSU OPERA THEATRE  
7 p.m. Wed./Thurs., 8 p.m. Fri.,  
3 p.m. Sun., Fairchild Theatre,  
MSU Auditorium

*Note: no Saturday performance in November*

## 11/28 Tuesday

### **Dmitri Berlinsky, violin**

ARTIST-FACULTY SERIES SPONSORED BY WKAR  
7:30 p.m., Fairchild Theatre, MSU Auditorium  
With International Chamber Soloists, a unique group of extraordinary young string players from all over the world.

*Generously sponsored by Jim and Geri Potchen*

## 12/8 Friday

### **Jazz Orchestras and Jazz Drummer Harvey Mason**

MSUFCU JAZZ ARTIST IN RESIDENCE  
8:00 p.m. Fairchild Theatre, MSU Auditorium

## 12/9 Saturday

### **Handel's Messiah**

MSUFCU SHOWCASE SERIES  
8:00 p.m. Wharton Center  
Singers share the stage with the MSU Symphony Orchestra to perform this powerful holiday tradition.  
Tickets: (517) 432-2000, whartoncenter.com

## 12/16 Saturday

### **A Jazzy Little Christmas**

MSUFCU SHOWCASE SERIES  
8:00 p.m. Fairchild Theatre, MSU Auditorium  
Celebrate the season with the MSU Professors of Jazz and friends as they present their festive favorites. *Generously sponsored by Craig and Lisa Murray; Wolverine Development Corporation, Joseph Maguire*

## CLINICAL QUESTION, continued from page 6

physician and undergo evaluation with an abdominal ultrasound and exclude other conditions.

If your physician decides that the gall stones are small (< 3 cm.) and no other conditions are present, it is appropriate to 'wait and watch' under physician supervision since the majority of persons with asymptomatic ('silent') gall stones will not need surgery (5).

Persons who experience persistent right upper abdominal pains for over 4-6 hours with mild fever, nausea, bloating, and, at times, jaundice should be evaluated urgently at a hospital emergency room for acute infection of the gall bladder or acute cholecystitis.

A diagnosis of acute cholecystitis requires surgical removal of the gall-bladder or cholecystectomy within

72 hours of onset of symptoms. Laparoscopic technique is the preferred approach according to studies (5). The best approach depends on the individual circumstances as determined by the operating surgeon.

Persons who have evidence of large gall stones (>3cm.), recurrent and persistent symptoms, evidence of gall bladder dysfunction, and chronically obliterated bile ducts on scans may be considered for elective surgery in consultation with specialists in gastroenterology and surgery (5).

Persons with gall bladder stones that have complications such as stones in the common bile duct or pancreatitis should have surgery after the common bile duct is cleared and pancreatitis is resolved (5).

## REFERENCES:

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### Lessons on Investing – Did you know?

StraightLine is a fiduciary that was chosen by MSU to provide professional advice and management to both employees and retirees at MSU. Our experienced advisors and dedicated research staff allows us to offer unbiased information to the MSU faithful. We present the following for your review:

#### Straight to the Point

**Market Update** - While markets have continued to do well, we've seen a notable shift in leadership. For much of the first half of the year high growth momentum stocks, led by the tech sector, greatly outperformed. However, over the past few months, and more notably in the last few weeks, we've seen a rotation in leadership that favors value stocks and first half laggards such as financials and energy. Additionally, we've seen small cap stocks outperform larger companies, which again is the opposite from earlier in the year. Part of this change in our opinion is due to the natural mean reversion (things even out over time) that we typically see in markets, and part of it is due to the renewed focus on the so called Trump Trade, which is based on the passing of corporate tax reform.

**Investment Implications** - In our domestic allocations we have generally favored value stocks for much of the year, so this reversal is certainly welcomed. This also highlights the difficulty in trying to time short-term movements within markets, as many investors didn't expect to see growth stocks do so well early in the year and had abandoned financials and energy after their first half disappointment. In the near term we believe that there is more room for this reversal in fortunes to run, and will be watching closely for any possible movement on tax reform prior to the end of the year.

Our quarterly newsletter (StraightTalk) walks through the macro information that we are utilizing in respect to our near term strategy. Please contact us if you are interested in receiving these newsletters or discussing our macroeconomic views.

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