MESSAGE FROM THE PRESIDENT

George Evanoff, president, The University of Arizona Retirees Association

We’re already halfway through the year and your Advisory Council and Executive Committee have been hard at work on a number of projects and activities.

Lydia Baker, coordinator, Pima Council on Aging, conducted a seminar on the new Medicare law and its effects on ASRS and ADOA health insurance. It was an informative presentation and most helpful for the 130 members in attendance. The next Education Committee program, entitled “Are Our Monetary and Fiscal Policies Still Working?,” will convene on January 18, 2011, 10:30 a.m. to 12:00 noon, in the Copper Room at Randolph Park. The distinguished presenter is Dr. Gerald Swanson, professor of Economics at the University of Arizona. Please contact Pat Williamson at 325-4366 to make your reservation.

The UARA Bylaws Committee has completed its revisions. The committee, chaired by Cornelius (Corny) Steelink with members Helen Mautner, Robert Sankey and Roger Caldwell did an outstanding job. There is an article in this issue that outlines the approval process.

UARA hosted the Tri-University meeting of the retiree associations of UA, ASU and NAU at ASU’s University Club. Paul Matson, director of ASRS, was the featured speaker. He reported on the health of ASRS and gave a detailed explanation of defined contribution and defined benefit pension plans and why the ASRS’s current Defined Benefit Plan is the best for both state employees and their employers. We must remain alert because there is some concern that there may be an effort to change the contribution method from defined benefit to defined contribution.

Susan Green, chair of the Education Committee, is making arrangements for Paul Matson to make a presentation on campus this spring for our members. Watch the UARA website for the announcement about this program.

Speaking of our web site, I hope you have been watching the progress of the Communication Committee’s changes to our former site. Roger Caldwell, chair, has led a wonderful effort to make our web site one of which we can all be proud. Please check it out at uara.arizona.edu to stay abreast of what UARA is doing and to use links that might be of interest or value to you.

The Luncheon Study Committee Report is in this issue. We thank the members - Suzanne Van Ort, chair, Linda Pace, Dianne Bret Harte, Susan Green, Janice Murphy, Tom Rehm, assisted by Roger Caldwell - for a fine job.

Nancy Shiley is chairing the Tours Committee. Contact Nancy (shiley@email.arizona.edu) if you have suggestions for campus or local tours or

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Inserts

50th AZ State Legislature

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would like to assist her. We are working on several other items but they have not been completed. We will let you know when they are ready for implementation.

Last but not least, if you would like to participate on a committee or a project, please let us know. It is important that we get as many involved as we can for the health of the organization and future leadership.

George A. Evanoff

**VAN ORT AND BAUWENS HONORED**

Dr. Suzanne Van Ort and Dr. Eleanor Bauwens were presented the Marvin ‘Swede’ Johnson Award for Volunteer Service to Students during the Homecoming ceremonies for their professional contributions to the College of Nursing.

In September 2009, Van Ort and Bauwens created what is now known as the Alumni Council NursingCat Café Program. They envisioned a program that would allow Alumni Council members to act in an informal mentorship capacity as students discover various professional avenues within their field of study. This program opens the personal interaction between alumni and students while providing concrete examples of achievement and success in nursing careers. Students benefit from the encouragement and support of those who have traveled the path before them. Each month a member of the Alumni Council plans and hosts a Café in which they invite students and alumni alike. The program was an immediate success and everyone wants it to continue.

**SHARE WHAT YOU KNOW**

We all know from personal experience how talented U of A employees are. Once they retire, many have opportunities to expand those talents, explore new interests, travel to exotic (and not so exotic) places, publish a book, volunteer, receive awards, get married, become caregivers, move, participate in El Tour de Tucson, the Senior Olympics, etc. It’s fun and connecting to know more about each other and it can make this newsletter much more interesting.

Dianne Bret Harte has offered to be the contact for a news-of-retirees column for Jubilación. Please email her at dianne@email.arizona.edu or mail to P.O. Box 40380, Tucson 85717.

**UARA SCHOLARSHIPS PRESENTED**

Stardust Johnson, chair, Scholarship Committee

For the first time, in the academic year 2010/11, three UARA scholarships were presented.

Two Irving Yall Book Scholarships in the amount of $750 each were awarded to lower division undergraduate students Char Linda Haudley (psychology) and Jessica Stiles-Culver (pre-nursing). Both these students presented extensive extracurricular and volunteer activities in addition to excellent GPAs. Although making a selection of two students from an applicant pool of 47 for the Yall Scholarship was very challenging for the Scholarship Committee, it was also wonderful that for the first time we were able to make two awards. So many students are well qualified, as well as deserving and in need of financial assistance as they pursue their studies.

The Committee selected Danielle Cabral as the recipient of the UARA T. R. Rehm Graduate Scholarship in the amount of $1,000. Ms. Cabral is a student in the College of Medicine studying aspects of geriatrics and aging, focusing on Alzheimer’s and dementia. She has already pursued considerable research in the course of her studies. Again, selecting a single recipient from an outstanding applicant pool was challenging.

Please consider making a contribution to the scholarship funds either at the graduate or undergraduate level. Your gift makes a contribution to the lives of both undergraduate and graduate students and, ultimately, to our society. Contributions should be made payable to the University of Arizona Foundation, specifying either the UARA Irving Yall Book Scholarship Endowment or the UARA T. R. Rehm Graduate Scholarship Endowment (or both). Gifts may be mailed to the UARA Treasurer, University of Arizona Retirees Association, P.O. Box 42391, Tucson, AZ 85733, or they may be made online at http://www.uafoundation.org or may be sent to Dusty Johnson, Chair, UARA Scholarship Committee, P.O. Box 42391, Tucson, AZ 85733.

**CALL FOR LUNCHEON COORDINATOR**

Linda Pace has done a phenomenal job arranging for the UARA luncheons for the past six years and will do so through the spring of 2012. If you would like the opportunity to work with Linda this year, then take over making arrangements and scheduling luncheons in the fall of 2012, please call Linda at 298-8409 or the office.

**“Are Our Monetary and Fiscal Policies Still Working?”**

UARA Spring Lecturer Gerald Swanson, UA Department of Economics, will address the issue on Tuesday, January 18, 2011, 10:30 a.m. - 12:00 noon, at the Randolph Park Copper Room (across from the Doubletree Hotel). If you have not already made a reservation, call 325-4366.
**UARA BYLAWS REVISION**

Roger Caldwell, Bylaws Committee

Since 1984, the UARA has operated under its original Bylaws and Constitution. Times have changed and we are streamlining our bylaws and eliminating the constitution (only one is needed and there is a lot of duplication).

The Bylaws Committee completed its work and the final version was approved by the Advisory Council and the Executive Committee. The next steps are: 1) distribute a “Frequently Asked Questions” sheet at the January 27 luncheon (Tanque Verde Guest Ranch) and 2) UARA members vote on the revised bylaws at the April 30 luncheon (Tucson Country Club).

The changes were based on 1) modernizing the bylaws and making them consistent with our current procedures, 2) evaluating issues that member surveys have raised over the last nine years, and 3) reviewing the bylaws of retiree associations from UA peer institutions for ideas and examples. The new bylaws were designed to provide clear and concise guidance while allowing for flexibility when appropriate.

The primary changes include:
- Expansion of the UARA purpose and modification of the membership requirements.
- Formally adding the Advisory Council that has been in place for several years.
- Removing spouses as members (there are very few) unless they are surviving spouses and adding domestic partners.
- Removing names of committees to allow for flexibility.
- Modifying methods for nominations, voting, bylaw amending, and providing meeting notices.
- Adding reporting and auditing requirements.

The proposed bylaws, background information, and peer organization bylaws comparisons are available at the UARA website (uara.arizona.edu/bylaws). If you cannot access the on-line information, a copy of the proposed bylaws can be requested by calling the UARA office at 520-325-4366 and leaving a message. You can make comments or ask questions about the proposed bylaws via the UARA website (uara.arizona.edu/contact).

The Bylaws Committee members are: Cornelius Steelink, chair, Helen Mautner, Bob Sankey, and Roger Caldwell.

**REPORT OF SURVEY RESULTS**

Suzanne Van Ort, chair

**Background.** The Luncheon Survey Committee was convened by UARA President George Evanoff in August 2010 for the purpose of seeking feedback on the UARA luncheons. Committee members were Dianne Bret Harte, Susan Green, Janice Murphy, Linda Pace, Tom Rehm and Suzanne Van Ort, chair. Roger Caldwell worked with the Committee and shared his expertise in using SurveyMonkey as a data collection instrument.

**Results.** Total responses to the survey were 54, 10 from the web site and 44 from the luncheon. Given that most responses were from luncheon attendees, the results were not reflective of the total UARA membership. However, the results did confirm informal information received from members over the past several years. The committee thanks those who responded to the survey to provide direction for future luncheon planning.

**Recommendations.** The committee reviewed the results and comments on the surveys. Based on the review, the following recommendations are offered in planning for the 2011/2012 year: 1) Continue to arrange three luncheons each year. 2) Continue to schedule the fall luncheon at Skyline Country Club and the January luncheon at Tanque Verde Guest Ranch. 3) Seek a new site for the April luncheon at a central Tucson location. Suggestions include: UA’s Poetry Center, Vine Building, Student Union and Doubletree Hotel. 4) Invite a speaker who holds a leadership position at UA to give brief remarks. 5) Arrange background music that is not too loud, perhaps “canned,” to save costs. 6) Keep the luncheon cost at $20-$25. 7) Consider strategies to make attendees feel welcome. For example, have table questions or discussions facilitated by a Council member at each table. The brief (10 min.) discussions might involve topics such as interest groups or Tucson tours. 8) Give an update at each luncheon on UARA programs and activities. 9) Personalize invitations to new retirees to encourage their attendance. 10) Recognize new retirees at each luncheon.

**COMING CHANGES FOR U OF A SPONSORED EMAIL ADDRESSES**

Roger Caldwell, webmaster

The U of A began making major changes in its electronic mail systems in fall 2010. UAConnect is the new faculty/staff email and calendaring service being implemented across campus during 2010-2011 (http://uits.arizona.edu/uaconnect). To provide the most integrated, feature-rich service, University Information Technology Services (UITS) contracted with Microsoft for their Business Productivity Online Suite (BPOS), a collection of Microsoft Exchange 2007 applications.

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Retiree email accounts will be converted to a similar Microsoft product in spring 2011. There is a brief summary of planned changes below, and more details will be available in the April newsletter. Representatives of UARA are working with UITS to make final choices in how the retiree features will be implemented.

Active faculty and staff accounts - university accounts (email.arizona.edu or u.arizona.edu) and some, or all, departmental accounts (the choice is up to the department) - are in the process of being converted to UAConnect accounts. Student accounts have already been converted and use Google Apps Education Edition mail services.

The retiree account features will be similar to the active employee accounts, as we are more likely to interact with employees than with students.

The Frequently Asked Question List.
*Will I have to change my email address? No. It will remain exactly what it is now.
*How will I access the new email accounts? As UITS migrates faculty and staff email from the University-hosted system to UAConnect, members of the University community will be receiving their email.arizona.edu email via one of two different systems: WebMail or UAConnect.
*Why is the university making these email changes? There have been many changes to “electronic communication” since the current email system was developed. The new system provides more features and could be described as a “privatized system.” The university does not maintain the actual servers but pays companies for these services.
*What are the new features for active employees? Email, instant messaging, conferencing, shared calendaring, mobile-device synchronization, and more storage space.
*What are the new features for retirees? These are not final, but they will be similar to those for employees, without some employee-specific features (such as jointly accessible calendars).
*Will retirees have these new accounts for a long time and at no cost to us? Yes. The University is committed to providing email service to UA retirees at no cost to the retiree.

Look for details in the April newsletter and on the UARA website. Your email addresses will remain the same.

IDEOLOGIES DRIVING DISCUSSION ON PENSIONS
Keith E. Meredith, former chair, ASRS Board of Trustees

With the conservative victories in the recent election, we can expect a continuing emphasis on the alleged crisis in state and municipal pensions and the disasters that are unavoidable in the future. Unfortunately, these discussions are often based on biased viewpoints, faulty assumptions, and manufactured facts driven by ideology more than reason. (Please note that the same problem would exist with liberal victories, if they had occurred.) Politics and rationality are often at opposing poles of discourse. In recent months, there have been a growing number of
papers and positions that are negative to pensions for government employees and, more specifically, addressing the risks incurred by government in providing employee benefits inherent within these plans. The Arizona Chamber of Commerce called for a switch from defined benefit plans to defined contribution plans within the state. The Goldwater Institute sponsored a report that projected a dire future for pension plans in Arizona if corrective actions are not taken soon. At the time of this writing, The Arizona Republic is publishing a series of articles concerning pension plans in Arizona. The general tone of all of these articles is one of impending doom.

An examination of some of the more questionable assumptions and “facts” presented within these studies is warranted. One of the earlier papers in the news was an article entitled: “Are Public Pensions Sustainable?” A more recent article was entitled “The Crisis in Local Government Pensions in the United States.” Both opinions were authored by Robert Norvy-Marx, University of Rochester, and Joshua Rauh, Northwestern University. These opinions are both seriously flawed by basing conclusions on unsustainable assumptions, easily refuted assertions and methods that are not endorsed by nationally-recognized authorities. Examples of such deficiencies would include:

- One assumption is that, through 2020, governments would do nothing to respond to past pension liabilities via continuing contributions. This assertion has no basis in fact, given that most governments have historically paid all of their pension contributions.
- A second major assumption within these reports is that the realized rate of investment return will be equivalent to the returns from U.S. Treasuries now standing at 2.4%. They base this assertion on data that existed in early 2009 when the effects of our most extreme recession since the great depression were being realized. This is an extremely biased selection of time periods and certainly in no way reflects the historical reality of returns over an extended period of years. Remember, pension activity is based on long-term activity, not a snapshot of one period of activity.
- A third assumption is that states and municipalities will take no corrective action to respond to the most recent market downturn. Again, many states have already implemented corrections that are responsive to the stressed market in order to revive resources and improve future sustainability.

Using these inaccurate assumptions and “facts,” any study would result in a prediction of disaster in the coming years. The authors of these opinions and the politicians that reference them will often bolster their arguments by referencing pension funds such as those existing in New Jersey, Illinois and/or San Diego as examples of pension funds that already demonstrate the disasters that are going to occur. Granted, these states and cities have severe problems. However, their problems arise from inappropriate actions taken by their legislatures or boards, not from pension plan design. These are issues of poor governance. Correct that problem rather than blaming the entire design of the pension plan itself.

Why do I suspect that these articles, studies, and opinions are often driven by ideology rather than objective reason? It is because of their timing and positioning in discourse. The current timing of these publications is taking advantage of the continuing economic stress that we are all experiencing. The positioning of the papers places these flawed opinions beside arguments that are political in nature, arguments for reduced government involvement, arguments contending that all risk should be placed on the side of employees rather than a shared responsibility for risk between the employer and the employee as currently exists in Arizona, or arguments that pit one constituent group against another with the selection of groups serving a political need. These arguments are ideological more than a discussion about what is a fair and balanced plan for providing for the current and future security of our state employees.

Again, I am only identifying biases that exist in current discourse. Such bias is a concern, regardless of the underlying ideology. Always verify the veracity of stated facts and understand the implications of indefensible assumptions when evaluating these statements.

In an upcoming article, I will address issues that affect the safety of any pension plan and will review actions taken by the Arizona State Retirement System since 2004 that have proactively addressed each of these issues.

In his legislative report below, Uwe Fink highlights several of these issues vis-a-vis ASRS and provides many of the important relevant facts being ignored by the ideologs.

LEGISLATIVE UPDATE
Uwe Fink, chair, Legislative Committee

Tri-university meeting. The annual tri-university meeting of representatives of the UA, ASU, and NAU Retiree Associations was held November 8 in Phoenix at the ASU University Club. Members representing UARA were: George Evanoff, Uwe Fink, Jim Burke and Rose Marie Perrill. Paul Matson, the director of ASRS, warned us about an upcoming series of articles in The Arizona Republic regarding the pension systems in Arizona, discussed below. He gave us an excellent summary.

He also mentioned talk by some state legislators to change the retirement system from the present defined benefit (DB) plan to a defined contribution (DC) plan (wherein retirement benefits are determined by an

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individual’s total contributions plus the investment returns; at the time of retirement, an annuity is calculated from these amounts based on a person’s life expectancy. Presently 401k or 403b are plans that fit that category.

This would be a very expensive undertaking for the state, since benefits for current employees are guaranteed by contract law, but new employees would switch to a different system and thus would no longer be contributing funds expected in the corpus of the present defined benefit plan. A graph shown by Matson depicted the immense amount of state funds the state would have to contribute if such a change were enacted.

Matson summarized the attributes of the defined benefit plan: 1) less expensive per benefits received; 2) equal cost and risk sharing between the employee and the state; 3) greater retirement equity; 4) guaranteed lifetime benefit; 5) typically higher return because of professional asset allocation, greater diversification, a longer time horizon and thus risk tolerance.

On the other hand, the attributes of an individual defined contribution plan are (some of these attributes disappear if the defined contribution plan becomes an institutional defined contribution plan): 1) all risk is held by the employee; 2) the employee needs to make all of the investment decisions; 3) participants must plan for outliving their pension assets and thus greater savings are required; 4) the plan is more portable; 5) the plan is less complex.

The Arizona Republic articles on Public Pensions Systems Following is an initial response to a series of articles by reporter, Craig Harris, published in The Arizona Republic. The article notes that there are four state public pension plans: The Arizona State Retirement System (ASRS), a retirement plan for elected officials (EORP), a plan for corrections officers (CORP), and another for police and firefighters, collectively called public safety personnel (PSPRS). Additionally, the cities of Phoenix and Tucson have their own retirement system.

The articles claim that the “Arizona pension systems are becoming a soaring burden” for the state. They also mention that the Arizona Legislature “needs to seriously look at what the options are” in the words of Arizona House Speaker Kirk Adams.

The largest of the state pension systems is the ASRS, with about 92,000 retirees and 220,000 actively contributing members. In general, most retirees of UARA are members of ASRS or the national TIAA-CREF system. The ASRS system is a defined benefit plan in which the benefits are determined by the number of years of service and the average compensation of the highest consecutive 36 months in the 60 months preceding retirement. (This was recently changed to the highest consecutive 60 months in the 120 months preceding retirement for employees whose membership commences on or after July 2011. (A small number of members are also covered under the “old” system which is basically a hybrid between a defined contribution and a defined benefit system.)

The articles by Craig Harris basically paint all the state pension systems with a broad brush, stating, for example, that “Over the past decade, government agencies have been forced to pour billions of dollars into the state’s six pension systems to keep pace with the continual benefit enhancements. The added cost of these enhancements has been largely borne by the taxpayers as pension investments eroded amid stock-market declines.”

This is clearly incorrect as far as ASRS is concerned. For the ASRS system, both the employee and the employer each contribute 50% to their pensions. Thus any increase in contribution rates is borne equally by the employee and the employer. Secondly, there have been no benefit enhancements for ASRS members in the last nine years. To the contrary, for the past four years, ASRS has been petitioning the legislature to change various benefit rules such as the 80 point rule for full retirement benefits (age plus years of service greater than or equal to 80) and the formula for calculating retirement benefits. It was only during the last legislative session that these rules were changed for new employees only.

A few further points bear noting. Pension benefits are covered by federal and state law. They cannot be abridged because they are considered a contractual agreement between the employee and the employer when the employee enters service. Secondly, the funds in the trust of ASRS are protected by the State Constitution; accordingly, even the Legislature cannot legally touch them without the support of a two-thirds majority vote.

PARKING AND TRANSPORTATION SERVICES

Bill Davidson, Marketing Manager, Parking and Transportation Services

Parking and Transportation Services (PTS) has many new programs and initiatives in store for the campus community during the 2010-2011 year.

Retiree Permits. Retiree permits entitle a benefits-eligible, retired employee to park occasionally in Zone 1 and south of Sixth Street lots at no charge. Four new south of Sixth Street lots and two new Zone 1 lots on the north side of campus opened last year. At the same time, because of campus growth and construction, five of the
Zone 1 lots on the south side of campus were closed or converted last year to lot specific parking areas. Lot specific areas are not designated for retiree permits. A complete listing of the lots may be found online at: http://www.parking.arizona.edu/maps.

Retirees holding state disabled license plates or disabled placards may also park in disabled spaces throughout the campus. Disabled retirees must display their state disabled placard and the retiree permit when parking in a campus disabled space. Disabled retirees may also park free in the Park Avenue, Tyndall Avenue and Highland Avenue garages on a space available basis.

Retiree parking privileges are for the benefit of the retiree only. Non retiree permit holders attempting to use a retiree permit may be subject to a fine. The retiree benefit/privilege of holding lifetime permits will continue. It is only the renewable nature of permits that is a change, and that is for PTS management of permits. We want to manage the retiree permit process by using an expiration date. If you are in need of a retiree parking permit, please come into the PTS office at 1117 E. Sixth Street to receive a new permit. Please bring a photo ID and your vehicle registration. All permits have expiration dates!

Retirees who have returned to an active status greater than .49 FTE and are on the University of Arizona payroll are required to purchase a regular parking permit to park on campus. Call the PTS office at 626-PARK (7275) to check on the availability of permits. When you sell your car, please make sure that you remove your retiree parking permit sticker that is on your windshield.

New Leadership. Mark Napier has been appointed associate director of Parking and Transportation. Mark came to PTS from the Glendale Police Department and prior to that the Tucson Police Department, where he served honorably as captain. He replaces David Heineking, who was promoted to director of PTS here at the UA last year. Heineking had been associate director of PTS for three years and has implemented many new initiatives. His main goal is to provide alternative transportation for students and employees to get to campus effectively and affordably. Bike sharing, car sharing, and bike valet are programs Heineking has implemented. He intends to provide as many options as possible, making many of them green.

Laura Wilburn, customer service manager, recently retired after an impressive 16 year career at the UA. After a thorough search, Jeff Haws has been selected as the new customer service manager, overseeing our permit program, garage cashiering area, and customer relations. Jeff comes to PTS from General Dynamics Corporation.

Connect by Hertz Car Sharing Program. This program is designed for students, employees, retirees and campus neighbors. It’s all the perks of having a car, without having to own one. With rates as low as $8.00 per hour, hitting the road is easy. Choose a plan, book a car, pick it up and drive away - for an hour, a day, or more. Use it for an appointment or to go shopping. You will get a membership card to unlock your car, the keys will be inside waiting for you. Gas in included in your fee. No fuel costs, no insurance charges, no maintenance! Easy, go to www.connectbyhertz.com for more information.

New Bicycle Programs. PTS is happy to bring a new and exciting program to the U of A campus. In September 2010, we offered valet parking for bicycles in front of the Nugent Building. This provides students and employees a convenient, safe and secure way to park a bike on campus. No worry about having a bike lock, no looking for space at a bike rack. Just stop, check-in and go! This is just another way that PTS is working to encourage alternate transportation and to help us have a more sustainable campus. More information can be found at http://parking.arizona.edu/bikevalet.

Motorcycle spaces for Retirees. Retirees may park in campus motorcycle spaces and display their retiree permit. Permits can be encased for a $6 fee at the PTS office.

Parking Permit Rates. The U of A faces many financial challenges in the current and coming academic year. To help alleviate some of the financial burdens shouldered by our students, faculty and staff, PTS has delayed the planned increase in parking permit fees for the current academic year (2010-2011).

Delaying the parking permit fee increase does not mean that the planned increase was not necessary. An increase will still be required at some point in the future to sustain our parking and transportation programs. A sustainable campus environment is our goal; we do not want to minimize the target of decreasing the number of single occupant vehicles coming to campus. We accomplish this in part through management of our parking fee structure and by funding a wide variety of alternate transportation programs. To continue to move forward with a sustainable campus, parking fees will have to be increased at a future date.

The loss of additional revenue expected from the fee increase may result in some of the alternative transportation measures not occurring as soon as planned. For example, a substantial increase in the subsidy for the Sun Tran bus passes will not occur this year. Additionally, the purchase of larger Cat Tran vehicles and expansion of the Park-N-Ride program will be delayed. While enhancements of programs may not occur, we will not see a decrease in any of our programs or a diminishment of customer service provided by PTS.
Exercise. Change your routine! Denounce the opposition party after breakfast! The body craves movement, the brain craves variety.

If you stop exercising, you get weaker; if you stop pushing yourself mentally, you get dumber. Studies show that learning new things makes you smarter. Hold on! “How could a study show that learning makes you smarter? Is this guy just making up studies as he goes along?” Just don’t sit there. Question what you learn.

OK. One study of brain scans of undergraduates studying for an exam showed that the part of the brain doing the studying expanded. Another study involved comparing elderly elementary school volunteers with non-volunteers. After six months the volunteers did significantly better on mental tests than the non-volunteers (and they lost weight!). Learning new tasks, meeting new people, and sitting in small chairs apparently did the trick.

There are so many opportunities. In a marvelous book, Hamlet’s Dresser, Bob Smith tells of the excitement of teaching Romeo and Juliet to seniors. “Hey, that’s exactly what happened to me! Right here in the Bronx.” Having your own rich store of life experiences, reading the classics will be more meaningful than when you first read them sitting in your dorm longing for an actual life experience.

Community Colleges and Senior Centers offer courses on movies, history, crafts, computer skills, etc. Book clubs are one possibility, particularly for us men who generally retire with no friends. Folks at your Area Council will have ideas.

Travel helps: making plans, reading maps, finding good restaurants, learning Greek for “Where’s the bathroom?” Vary your schedule at home - not only denounce the opposition party at a different time, denounce it on its horrible foreign policy. Routines are thoughtless.

Doing crosswords, apparently, only makes you better at doing crosswords, not in keeping you mentally alert. You need variety and challenges. Go to Italy. Rent a car. Have it break down in a small village where no one speaks English. It is a cold and windy night and you can’t get a hotel room because you left your passport in your hotel and, alas, Italian law being what it is. (I don’t know if I’m smarter but I’m wiser.)

We all know the virtues of physical exercise and how easy it is to start tomorrow. Little effort can produce much reward. One hundred men and women in their 80s and 90s, most so frail that they needed walkers, increased their strength 118% during a ten-week exercise program, walking faster and climbing stairs more easily.

Remember Skinny in the Atlas comic book ad? The one who had that unfortunate incident at the beach when Bully kicked sand in his face and then walked off with his girl. Well, now in his seventies, Skinny could still beef up. It would take him longer because, like the rest of us, he has lost a lot of cells (which causes us to wrinkle and cut so easily). One of the problems of aging is muscle loss which, in turn, leads to difficulties in getting out of chairs and falls. Drug companies are searching for solutions; right now, the best are resistance exercises (not resistance to exercises.)

In addition to some weight work, walk! According to Blue Cross Blue Shield, walking 10,000 steps a day will help you lose weight, lower cholesterol, and reduce your risk of heart attack. Insurance companies, bless them, would save billions. Think of the fabulous impact on your mental abilities, the concentration required to count all those steps, “8,551, 8,552, 8,553, 8,550...50? Darn! One, two...”

Most of us can reach the magic figure of 10,000 steps by adding a 30-minute walk to our daily routine. That’s a lot. Work up to it. Most people stop doing exercises because they were too ambitious when they started. “30 minutes? I’ll do 40!” “Well, I did 40 yesterday so I can skip today.” Best to start with five. “Wow, that was easy. I’ll go a little further tomorrow.”

Brisk walks are best (a mile every 15 to 20 minutes) but slower offers benefits as well. Walks help lose weight but won’t do much for a body-building physique which requires weight training. It helps to walk with a friend. In the heat of summer or the cold of winter, try mall walking (leaving your credit card at home). Buy a pedometer; park further from the supermarket: your goal is 10,000 steps a day.

With all of this hype about the virtues of exercise, however, one might hear, “Hey Granma, why aren’t you out running a marathon?” The response is, “Why aren’t you out running a four-minute mile?” Some just can’t and some simply don’t want to. These folks are not “generation slackers.” Disability and illness may hamper some, and, as we age, our interests may change. “Enough already!” can be a legitimate life choice and not necessarily the product of depression. If you move into a retirement community, you can still have a good life even if you don’t play tennis, do water aerobics, or smile continuously.
But everyone can do homework. You thought you could just read this and get on with the rest of your life. Not so! I’m a teacher and assigning homework is what we do. It will make you smarter. Write a couple of paragraphs on what became of Skinny, his girl, and Bully. Send them to me at hegland@law.arizona.edu. Of course, if the makers of Animal House were doing this, Bully would be an United States Senator; I prefer to have him on lifetime parole but, hey, it’s your story.

For more law and advice, go to www.heglandlawblog.com or get Professor Hegland’s book New Times, New Challenges: Law and Advice for Savvy Seniors and Their Families.

RECOLLECTIONS OF JIMMYE HILLMAN, PART 2*

Jimmye Hillman, professor emeritus, Agriculture

*Part 1 was printed in the September issue of Jubilación.

There are a few individuals who I think mattered a lot in the University’s emergence to preeminence, some of whose names might not have caught the floodlights. My selections are almost random, but are among those who impressed me from my beginnings at the U of A. The list stops at 1960 because the explosion of the University with its medical school made it a different place.

Faculty normally drifted to the Commons coffee shop, twice daily, as coffee making in one’s office was verboten because of the cost and fire danger. One of the faculty members on the caffeine run might have been Edward Spicer. He was the power behind the reputation that made the Anthropology Department for which Emil Haury was the drawing card. “Ned,” as some knew him, was in an elite group of social scientists in the United States. I was privileged to work with him in a seminar called “The American Frontier,” during the 1950s. He made the Turner Thesis come alive and it’s no wonder he influenced academia in the Southwest and across the entire country.

Another coffee hustler was Albert Gegenheimer who for many years held the respect of the Faculty as its Chairman. I worked with him when I was serving on the committee for English proficiency. His influence as professor of English won the respect of students, and his editing of the Arizona Quarterly provided outreach to the community and other audiences. Gegenheimer paved the way for subsequent faculty chairs to deal with nasty issues like tenure, or foreigners on the payroll, or nepotism when they arose with the University Administration. (In the late 50’s, beatniks were illegal, too.) Gegenheimer assisted me when I was president of the campus American Association of University Professors (AAUP) when the famous MacEwan case threatened to besmirch the reputation of the university.

I also had the pleasure of knowing Robert H. Forbes in his latter years. Not many are alive now who watched him with straw hat, sweat dripping through his mustache, hoeing his garden beside Olive Road, land he would later donate for the Fine Arts complex. Forbes came to the Agricultural Experiment Station in 1894, nine years after the birth of the University and had a major role in its early development. His name is everywhere in the early records.

Patricia Paquita Paylore was born in New Mexico Territory and received a B.A. Degree in 1929, and a M.A. the following year. She worked all her professional life at the University, rising to the position of Acting Librarian in 1964. I worked closely with her there, and in my opinion, she should have been named Librarian. She diverted her attention to the Office of Arid Land Studies and made the university famous in a long, industrious career as editor of the Arid Lands newsletter.

G.E.P. Smith’s interest was water. “Alphabet” Smith, we called him. As professor of Engineering, he was noted for his extensive water studies, and Tucson’s first water code. He warned that politicians were misleading the people about water supplies and as early as the 1920s, he argued that there wasn’t as much water in the Colorado River as was being claimed. Then in his 80s, he lived until he was 101.

John J. Thornbur, a botanist, made the U of A famous around the world. His books Fantastic Clan: The Cactus Family, and Fieldbook of Western Wildflowers, broke new ground in botanical research and his efforts contributed almost 100,000 plants to the university herbarium. Our colleague, William Pistor, once observed “Thornbur even talks to plants!” Like many of these early professors, he had longevity, dying in 1956 at 90. Maybe it had something to do with Tucson’s clean air after all.

Theophil F. Buhrer was a scientific force in the years following his employment in 1921, when he moved into a three-gabled bungalow just north of the present Gentle Ben’s. A great teacher, even his graduate students would become great university forces (two were Bartley P. Cardon and Henry Koffler). He was a strict literalist when it came to printed text (he referred one of my publications, probably deriving from his prim, Germanic upbringing. He became the first Director of Resident Instruction in the College of Agriculture, and the leader of the first major foreign development project of the university at Abu Ghraib University in Baghdad, Iraq, in 1955.

Matthew M.R. Schneck, professor of Psychology, joined the university in 1918, went back to New York for study, and returned in 1930 as associate professor. He told his students that he was the seventh smartest man in the world. He would read them the biographies of the six who were higher on the totem pole, beginning with Einstein. He wrote a much-quoted letter to FDR in 1942, suggesting that the president needed to use the anger that

(continued on page 10)
(Jimmye Hillman continued from page 9)

the attack on Pearl Harbor provoked to motivate U.S. citizens. I served with him on several committees and found him to be quite pleasant. I include him here among these intellectual, foundational forces because his attitude and provocative ideas were those on which great universities are made. He was smart enough to retire to Carmel before it became unaffordable for professors!

Great universities must include strong fine arts and humanities faculties. Madame Elenore Altman was one of the cornerstones of the College of Fine Arts. She studied in Paris and came to the university in 1929 as a young artist. With other artists like Peter Marroney, Altman built a reputation for Tucson and U of A’s arts communities. She attracted many international artists to the faculty, which in turn attracted many renowned performers, like Lily Pons and Arthur Rubinstein.

There are dozens of others whose names go unspoken and are little recorded, who helped build the university, those whose contribution was principally in their toil. Their rewards often came only in the form of a student’s “Thank you!” I reflect on the University of Arizona’s origins and warm my heart with memories of those early names.

WHATEVER HAPPENED TO…
DIANNE BRET HARTE

Susan Green, Editor, College of Education, retiree

Is there anyone out there in the land of Jubilación who didn’t look forward each week to Lo Que Pasa? Crammed with news about your colleagues and the wider campus, the paper created a sense of community among all of us, and its success was due largely to its editor, Diane Bret Harte.

In 1979, her first UA position was handling public relations for Flandrau Planetarium but she soon moved over to News Services to take on the Lo Que Pasa. It was a natural fit for her, being a fourth generation newspaperperson. She already had experience at The Arizona Republic (working on the news desk and women’s pages) and The Tucson Citizen (editor of the Home Section). She reminds us, “It was lead type in those days, you know. No desktop publishing then.” After her years at Lo Que Pasa, she was asked to set up a Speaker’s Service which made faculty and staff speakers available to local organizations.

As retirement approached in 1997, Bret Harte joined the Southwestern Foundation for Education and Historical Preservation. In the words of its own brochure, the Foundation “supports projects which examine the marks left by those who have explored, lived in, built in, and written about the American Southwest and by those making new marks in these fields.” Its most memorable project has been the restoration of San Xavier Mission and the related publication, with UA Southwest Center and UA Press, of a magnificent book: A Gift of Angels: The Art of Mission San Xavier del Bac. The author is Dr. Bernard “Bunny” Fontana and Edward McCain is responsible for its exquisite photographs (see Arizona Daily Star, October 24).

Bret Harte has also volunteered with the UARA since she retired. Busy as she is, she is not one to skimp on another passion: travel. “I’ll go wherever I can afford,” she says with a laugh, and that has so far included Turkey (for a month and a hot air balloon ride over Cappadocia), southern Europe, Guatemala, Mexico, Costa Rica - several spots to visit a son who has worked all over Central America. When her children finished school, she advised them to stretch their wings, “I told them to go somewhere they weren’t comfortable, where they couldn’t speak the language,” and they did (though two of the four have returned to Tucson).

She followed her own advice. She volunteered to work at the Poetry Center because she didn’t care for contemporary poetry. “That is, I didn’t understand it and didn’t know what the poet was trying to say.” But her work there has led her into a greater appreciation and understanding of the art, although she admits that she still doesn’t always like it. All in all, Bret Harte is pretty content with her life. “I’ve been very fortunate,” she smiles, “and I’ve loved every job I’ve had.”

UPCOMING EVENTS

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<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location</th>
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<tr>
<td>January 11</td>
<td>UARA Advisory Council meeting; speaker from the Udall Center</td>
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<tr>
<td>January 18</td>
<td>Speaker, Gerald Swanson, “Are Our Monetary and Fiscal Policies Still Working?”</td>
<td>Randolph Park Copper Room, call 325-4366 or email: <a href="mailto:uara@dakotacom.net">uara@dakotacom.net</a></td>
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<tr>
<td>January 27</td>
<td>Luncheon, Tanque Verde Guest Ranch</td>
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<td>February 8</td>
<td>UARA Advisory Council meeting</td>
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<td>March 8</td>
<td>UARA Advisory Council meeting</td>
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<td>April 12</td>
<td>UARA Advisory Council meeting</td>
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<td>April 30</td>
<td>Luncheon, Tucson Country Club, speaker, James Moore, President, U of A Foundation</td>
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<td>May 10</td>
<td>UARA Advisory Council meeting</td>
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<td>NB: Council meetings are at 9 a.m., 1125 N. Vine (west of the Poetry Center)</td>
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JUBILACIÓN (HOO BEE LAH SEEOWN) = RETIREMENT
RESERVATION FORM FOR WINTER LUNCHEON

(Please print as you would like it on the nametag.)
Retiree/Surviving Spouse___________________________________________________

Address_______________________________________Telephone__________________

Department or unit retired from (optional) _____________________________________

Guest Name #1_____________________________________________________________

Guest Name #2_____________________________________________________________

Enclosed is a check for $____________made payable to UARA ($ 15.00* per person).
Mail check and form to: Dianne Bret Harte, P.O. Box 40380, Tucson, AZ 85717

(cut along line)

UARA WINTER LUNCHEON
January 27, 2011
TANQUE VERDE GUEST RANCH
End of Speedway

Proceed to the east end of Speedway Boulevard. Allow 20 minutes from Wilmot Road. At the end of Speedway, you will see a sign announcing Tanque Verde Guest Ranch. Turn left and continue to the parking area. Follow the crowd to the dining area. Stop at the registration desk (first building), if you need assistance.

11:30 a.m.

Arrive early or stay late and enjoy the ambiance of a working ranch.
The meal is a self-serve buffet with multiple meat entrees, vegetables, salads, breads and desserts. Coffee and iced tea are available at the table. Invite a friend.

At 1:30 there will be a talk on Demystifying Snakes at the Nature Center. There is no sign up or charge for this talk, just show up!

MAKE YOUR RESERVATIONS BY JANUARY 20, 2011

Reserve early - attendance is limited by room size; at-door registration is not accepted. No refund possible unless cancellation request is received three days prior to the event.

$15.00* per person
Questions, Attendance Issues, Cancellation Requests:
Call Dianne Bret Hart at 323-2216
No portion of this cost is tax deductible

*UARA is subsidizing $2.00 of the luncheon cost for each guest (the full price is $17.00).
Do you need a ride? Can you provide a ride? If yes, we’ll try to make accommodations. Call the UARA office at 325-4366 by January 20.
The University of Arizona Retirees Association

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Thurs. 1:00 p.m. - 5:00 p.m.

Liaisons:
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- Faculty Senate, Cornelius Steelink
- Staff Advisory Council (SAC), Sharon Bouck
- UA External Relations, Heather Lukach
- ASRS Ins. Comm., Rose Perrill
- COSCO, Janice Murphy
- Pima Council on Aging (PCOA), Governor’s Council on Aging (GCOA), George Evanoff
- OASIS, Stacey Moore
- OLLI, Susan Green

UARA Web address: http://uara.arizona.edu