



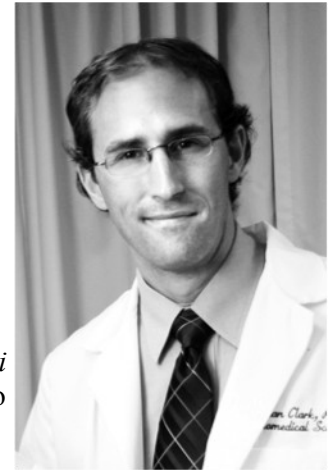
A newsletter from the Ohio University Emeriti Association

November 17, 2011

SARCOPENIA ≠ DYNAPEIA

*Brian Clark, PhD, Executive Director,
Ohio Musculoskeletal & Neurological Institute*

(Presented by John Howell)



A mysterious title, “Sarcopenia ≠ Dynapeia,” which was published in the last *Emeriti News*, will be the subject of Brian Clark, PhD, when he speaks on the research of the Ohio Musculoskeletal & Neurological Institute at our November 17th luncheon.

Dr. Clark is the executive director of the Ohio Musculoskeletal and Neurological Institute in the Heritage College of Osteopathic Medicine, where he is associate professor of physiology in the Department of Biomedical Sciences. He earned his BS in biology from the University of Western Carolina and both MS and PhD degrees in Exercise Physiology from Syracuse University. He has published more than 50 articles in the past 10 years, has received grant support from agencies such as NIH and NASA, and has sat on grant review study sections for numerous federal agencies, including NIH and the Department of Defense.

His most recent grant, and one presently being used to fund research in which some of our members could participate, is for a \$620,000 grant from the National Institutes on Health to conduct research on the neurological and muscular mechanisms of muscle performance. This involves subjects 18-30 years of age, as well as other subjects who are 60+. (That’s where we come in.) All subjects who are accepted after screening are paid for their time while participating in the research. The methods used are sophisticated neurophysiologic techniques, including transcranial magnetic stimulation (TMS), a noninvasive technique.

Dr. Clark will have other good news to report, including a new grant totaling more than \$26 million in support of his research. Where will the money come from? Will there be a new building? Come and find out.

EMERITI LUNCHEON

Thursday, November 17, 2011
11:30 AM - 1:30 PM

Menu

Corn Chowder
Roasted Beet Salad with Orange & Sage Vinaigrette
Fresh Garden Salad
Sliced Turkey Breast
Sausage Stuffing
Glazed Ham with Assorted Bread for Sandwiches
Mashed Potatoes
Pumpkin Pie & Fresh Fruit
Beverages

\$14.00



BALLROOM

RESERVATIONS must be made to attend the luncheon. You **MUST** call Ruth Nostrant at 593-5194 by Friday, **November 11**. You may pay by cash or by check made payable to OU Emeriti.

You can add your name(s) to the Regular Attendees List and not have to call each month unless you cannot attend.

EMERITI BOARD 2011-2012

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A Message From The President - GEORGE WECKMAN

We are so lucky! The Ohio state retirement systems are great. Our pensions are secure. Unfortunately, many people today are not so blessed, and things look grim for future retirees. Isn't it ironic: Just as people are living longer there is less money available for them to live well in old age. Elders in my family are running out of savings and worrying about how to adjust their budgets. Good financial planning decades ago has foundered on the shoals of this recession.

The defined benefit pensions we enjoy are being replaced by defined contribution plans in many sectors. That's thought to be desirable because it relieves employers of massive future obligations and gives employees the freedom to plan their own financial future. But most people are not good at limiting present expenditures in order to have money in the future. Ethicists have always argued for long-term values over immediate gratification, and they have always been ignored. Counting on Americans to save enough for retirement voluntarily is like asking them to give up ice cream, pizza, and beer in order to pay the dentist.

As I am thankful for my good fortune, I feel sorry for those who suffer now and later. I think we all should try to help colleagues, friends, and family to face this financial peril. It isn't easy. We are seen as fat cats in some circles, condescending to the less fortunate. And the advice of elders is regularly dismissed by younger folk. They think they know better, or feel that they can't afford to cope with anything beyond their current distress. Nevertheless, I suggest we preach saving, and lend a helping hand when possible.

Let's also do what we can to preserve Ohio's retirement funds, even as they must be modified to recognize new demographics. This involves lobbying, petitioning, and pressuring legislators, and even electing new ones who support the current pension programs.

George

Notes on the October Luncheon Presentation on The Future of Journalism Ethics by Andy Alexander, Scripps Howard Visiting Professional in the School of Journalism

For two years Andy was the ombudsman for the *Washington Post*. In this role he was the representative of all its readers, following up on complaints as well as compliments. He was considered, by the *Post* newsroom, as their equivalent of Internal Affairs.

During the two years, he received 141,000 emails and phone calls, of which 40,000 were legitimate and had to be followed up. The feeling he got from all these was that ethics in journalism had declined over the years.

In reality, ethics in journalism has never been higher. In the 1970s, for example, at the *Post*, it was not uncommon for those in the business and sports sides of the newspaper to receive gifts from various groups with whom they had contact. Now there is a code of ethics that all must sign to prevent this.

We are now in a pivotal moment for ethics, creating challenges, in part, by the move to a digital age. Many stories on-line have links that can become sales pitches. There is a tendency for the "not wrong for long" approach, which suggests that a reporter can make an error because it can be easily corrected on-line. Finally, the new "user-created content" aspects (such as iReporters) are not necessarily balanced and are not carefully accuracy - checked.

In spite of this, Andy is optimistic about the future of ethics in journalism. There is greater variety in the ways of delivering messages (print, on-line, blogs, video, games) but there is also a greater attempt to be as balanced and accurate as possible.

Ed Baum

BENEFITS NOTES

Weckman, Woolley and Carlson joined representatives from 13 Ohio public universities attending the quarterly meeting of the Ohio Council of Higher Education Retirees (OCHER) in Columbus on September 20, 2011.

Items learned:

Member contributions -- Ohio state legislation to change from Defined Benefits to Defined Contributions is being delayed while six accounting firms compete for a contract to analyze the state pension plans and make recommendations to the Ohio Retirement Study Council (3 from House, 3 from Senate, 3 appointed by Gov. Kasich). Public regional hearings are to be held, but none have actually been scheduled. The political likelihood of shifting to Defined Contributions will probably be affected heavily by the vote on Issue 2 concerning the repeal of Senate Bill 5. A vote of NO on issue 2 will repeal the bill.

STRS Assets – The STRS pension fund account increased 22.5% in 2010-11. However, it has lost 4.5% market value since June 2011. The market value was \$62.6 billion as of August 31. Assumptions that investments will return 8% when averaged out over many years have proven accurate but now are under review, perhaps dropping to below 5%.

Health Care – You should have received a new Express Scripts prescription ID wallet card in a mailing from them. The new card can be used now. You are strongly advised by STRS **NOT** to opt out of the Medicare Part D drug insurance program. If you do, you may lose other health insurance as well. Members with Medicare currently on the Medical Mutual Plus Plan (Medicare Part B only) will be moved to the Aetna Medicare plan or can choose the Medical Mutual Basic plan. Details will be coming in a late October mailing. The Aetna plan will pay for memberships at exercise gyms that work with Aetna including the Athens Rec Center. The Health Care program is estimated to be out of funds by 2025 to 2028. Reductions in STRS subsidy for health premiums (already starting gradually in 2012) will help to extend that date some. However, further adjustments are being planned so that by 2016 health care funds may last longer.

Art Woolley

IN MEMORIAM

MARY THAYER, 93, died peacefully October 5, 2011, at The Lindley Inn in The Plains. A graduate of the Yale School of Nursing in 1943, Mary worked in various community health settings. She was a professor of nursing at Hocking College, and nursing director at Planned Parenthood of SE Ohio. Mary was predeceased by her husband, Calvin G. Thayer. She is survived by 2 sons, 3 daughters, 9 grandchildren and 4 great-grandchildren.

HARRIET TONG, 84, died October 7, 2011, at Kimes. In 1971 she received the first PhD awarded in Comparative Arts at OU. She taught Art History and Comparative Arts at Athens and Lancaster, and was also the Coordinator of the Galbreath Chapel at OU till she retired in 1999. Harriet is survived by her husband, James Tong, 3 daughters and 4 grandchildren.



PARKING


Emeriti Faculty and Staff can receive tags for parking without charge beginning in December. These tags will be good for two years and can be renewed in the month of December when they expire. With these tags parking is permitted in Dark Green and Purple lots at any time. After 5 PM and on weekends parking is permitted in other university lots when the tag is exhibited.

The Parking Services Office at the University Garage on Factory Street is open from 7:30 AM to 4:30 PM Monday - Friday. During the month of December anytime is good except for first thing in the morning when contractors & vendors are purchasing permits to get to their job sites. The office will be closed for the University holiday dates of December 23 & 26.

EMERITI VOLUNTEERS

The Volunteer Coordinators are very grateful to the Emeriti who have volunteered at the Dairy Barn and the Kennedy Museum. Thanks to all of you! And beginning in November, each time you volunteer for a time slot (once, twice, three times?), your name will be put in our hat for a drawing at the end of that month. You might be the lucky one to win a free lunch at the next emeriti luncheon! Better odds than the Ohio Lottery, but remember “You cannot win, if you do not play”

Judith Daso

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7 YOUNG FRANKENSTEIN <i>Performing Arts</i>	8 Emeriti Volunteer <i>Dairy Barn</i>	9 Emeriti Volunteer <i>Kennedy Museum</i> The Athens Village <i>Brown Bag Lunch</i>	10 AFAN Meeting	11	12
13	14	15 Emeriti Volunteer <i>Dairy Barn</i>	16 Emeriti Volunteer <i>Kennedy Museum</i> OUWC Meeting	17 Emeriti Board Meeting EMERITI LUNCH <i>OU Inn</i>	18	19
20	21	22 Emeriti Volunteer <i>Dairy Barn</i>	23 Emeriti Volunteer <i>Kennedy Museum</i>	24 	25	26
27	28	29 Emeriti Volunteer <i>Dairy Barn</i>	30 Emeriti Volunteer <i>Kennedy Museum</i>	1 DECEMBER	2	3

UPCOMING EMERITI LUNCHEON PROGRAMS

December 15: Music for Christmas and Beyond

Yvonne Crist, Soprano & Harolyn Brient, Piano

January 19: Exoplanet Science: A Search for a New Earth

Keith Hawkins, Honors Tutorial College Junior

EMERITI PARK MATTERS

The following emeriti were recognized at the October luncheon for their park maintenance in 2011: Richard Dean, Linda and Joe Berman, Sue Foster, Norm Garber, Gary and Kathy Schumacher, Don Shamblin, Bob Smith, and Jan and Joe Tucker. Join us on Wednesday mornings during the next park maintenance season, starting about mid-April. Watch the Emeriti Calendar then for times.

An Emeriti Park Committee is being formed to advise the Emeriti Board and Ohio University Administration on park development matter. If interested in serving, contact Richard Dean, deanr@ohio.edu or 593-8487.

THE NUTCRACKER

December 11, 2011

Join us for a matinee of this Christmas Holiday tradition, presented by Columbus Ballet Met. Beautiful costumes, the delightful music of Tchaikovsky and amazing dancers will be a treat for your eyes and ears.

Itinerary

Leave OUCU E. State St. Office at 11:00. Stop for a rest. Arrive at OHIO Theatre at 1:30. Show begins at 2:00. Board bus for Home Town Buffet at 4:00. Arrive back home at 8:00.

COST \$89

Covers transportation, show & supper.
Rest stop on your own.

We need 25 ballet lovers by **November 9**.
Call Bill Coffey, 597-2845.

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