

### ASURA President's Message

*submitted by Larry Edmonds — ASURA President, 2021-2022*

*"Life isn't about waiting for the storm to pass. It's about learning to dance in the rain." - Vivian Greene*



Welcome, established and new members of ASURA, to a brand new (operating) and exciting year of business, volunteerism, and group activities. Many of us had to learn to dance in that rain as the pandemic turned many worlds upside-down or, at least, on their sides. This is exactly why the dedicated ASURA Board is working hard to get us back to more normal in-person meetings and fun activities, such as the annual pizza party. As the storm is passing, the nation, the state, the counties, and the cities are relaxing mask and social distancing rules. We would like to be able to follow suit while keeping in mind that safety is still a primary concern for our members as we move forward into summer 2021.

Included in our amazing membership are the dedicated people behind the scenes who make the association operate and who make certain that we continue to affect the ASU community as well as the community at-large. As some of you know, I taught at ASU (all four local campuses) and spent the final twelve years of my career teaching online only... no face-to-face, no Zoom. I retired just before the pandemic made it difficult to see people in person. Due to my online work "locations," I have not met most of you, but I look forward to the pleasure of getting to know every one of you as quickly as possible.

I hope that ASURA will bring much to your lives, through our seminars and other offerings, and to you bringing contributions to ASURA so we can continue to thrive and grow our own circles of new and established friends and associates.

As we add another summer onto our personal journeys, I wish everyone a safe and delightful summer and for us to all come back healthy and energized in September.

#### ASU Retirees Association

**Mailing Address:** PO Box 873308,  
Tempe, AZ 85287-3308

**Physical Address:** Community  
Services Bldg., Rm. 201, 200 E.  
Curry, Tempe, AZ

**Phone:** 480-965-7668

#### Inside This Issue

Board Members & Other Volunteers	2
Celebrating a "Third Decade of Success"	3
ASURA Office Updates	3
Welcome New Members	4
Tri-University Meeting: February 11, 2021	4
Government Liaison's Report, Summer 2021	5
ASURA Needs Your Old Books!	6
It's Time to Renew Your ASURA Membership	6
2021-2022 ASURA Scholarship Recipient	7
Volunteers Needed	7
ASURA Spring 2021 Seminars	8-10
Spring 2021 Annual Meeting	10-12
ASURA Pre-Retirement Seminars, Summer 2021	12
Donate to ASURA	13
Obituary Notifications	13-15

## ASURA Executive Board



**President**  
Larry Edmonds



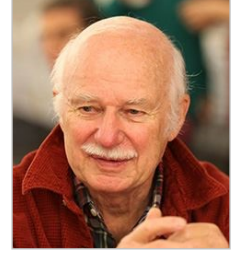
**Past President**  
Carl Cross



**Vice President**  
Kathy Gunn



**Secretary**  
Jane Carey



**Treasurer**  
Barry McNeill

### Board of Directors

**Terms Expire  
April 2022**

Jane Carey  
Larry Carlson  
Evelyn Cesarotti  
Carl Cross  
Frank Koonce

**Terms Expire  
April 2023**

Larry Edmonds  
Kathy Gunn  
Mark Henderson  
Trudy Perez  
Dave Schwalm

**Terms Expire  
April 2024**

Rojann Alpers  
Sue Henderson  
Barry McNeill  
Carol Taylor-Tassone  
Helen Ossipov

### Board Ex-Officio Members

**Alumni Association**  
**Emeritus College Liaison**  
**Human Resources**  
**University Club Liaison**  
**University Senate**  
**University Staff Council**

John Davis  
Ruth Jones  
Vacant  
Carl Cross  
Eduardo Pagan  
Carolyn Starr

## Committees

**Community Outreach**

**Adopt-A-Family:**  
Ginny Sylvester

**Scholarship:**  
Joy Shearman

**Video History Project:**  
Barry McNeill

**Events**

**Events Committee Chair:**  
Trudy Perez

**Luncheons/Special Events:**  
Trudy Perez

**Seminars:**

Pat Schneider

**Pre-retirement Seminars:**

Trudy Perez &  
Liz Badalamenti

**Travel:**

John Brock

**Finance & Fundraising**

**Finance:**

Barry McNeill &  
Carolyn Minner

**Book Donations:**

Mary Stevens

**Government & Health  
Insurance Liaisons**

**Government Liaison  
Council Chair:**

Jeri Meeks, Tara Fuchs  
Roesler (Registered  
Lobbyists) &  
Pat Schneider,

**ASRS Retirement &  
Health Insurance Liaison:**

Dick Jacob

**ADOA Health Insurance  
Liaison:**

Larry Carlson

**Membership &  
Communications**

**Membership:**

David Schwalm

**Prime Times Newsletter:**

Jeannette Robson

**E-News:**

Barry McNeill

**Obituaries:**

Becky Reiss

**Website and Database:**

Connie McNeill

## Office Staff

**Office Staff Coordinators** - Linda Van Scoy and  
Nancy Lesko

**Business Operations Manager** - Carolyn Minner  
**Technology Manager** - Connie McNeill

**Phone:** (480) 965-7668

**Fax:** (480) 965-7807

### Summer 2021 Office Hours

*(Please call beforehand)*

(Effective June 1, 2021 - until further notice)

10:00 am - 1:00 pm  
Tuesday, Wednesday & Thursday  
Closed on Monday & Friday

## Celebrating a “Third Decade of Success”

*Reprinted from the E-News, published by Barry McNeill*

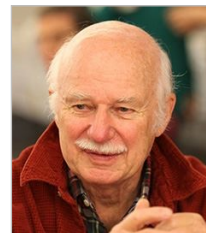
A book about ASURA’s third decade (2012-2021) has been completed. It is a companion for the first- and the second-decade histories. The digital version is available on our [website](#) in the Publications menu.

The ASURA Board approved printing 250 copies ... made possible by a generous contribution from Bill Stasi. At the Board meeting it was agreed that the books would be distributed as follows:

- You can pick up a copy from the ASURA Office. The Office is currently operating under reduced hours, see current hours on our [website](#). So, if you plan to come in, call the Office at 480-965-7668 to be sure somebody is there.
- **Or** you can ask to have a copy mailed to you by sending the ASURA office a check for \$4.00 made out to the ASU Foundation (ASURA). The office mailing address is:

ASU Retirees Association  
PO Box 873308  
Tempe, AZ 85287-3308

- **Or** you can wait to attend an in-person event and pick up a copy at the event.



## ASURA Office Updates, Summer, 2021

*submitted by Linda Van Scoy and Nancy Lesko, ASURA Office Coordinators*

### We are open for business!

We are pleased to report that the ASURA office has re-opened, albeit, with a limited schedule ... Tuesday, Wednesday and Thursday, from 10:00am to 1:00pm. Following is a list of office volunteers, along with their schedules for the summer months:



Linda Van Scoy

June	July	August
Tuesday - Linda Van Scoy	Tuesday - Nancy Lesko	Tuesday - Linda and/or Nancy
Wednesday - Bev Buddee	Wednesday - Bev Buddee	Wednesday - Bev Buddee
Thursday - Jeannette Robson	Thursday - Sharon Wielert	Thursday - Jeannette Robson



Nancy Lesko

### Other news:

- ASURA has been given scheduling authority for the 2nd floor conference room (203A). If you plan to hold an in-person meeting, please call the office to schedule a time and to reserve the room key.
- One of our dedicated volunteers, Nanci Beardsley, will not be returning as an office volunteer. We have appreciated and counted on her conscientious and dependable service. She will be missed.
- Membership renewals should be on their way, so get those checks coming our way!

We are looking forward to seeing all of you again.

## Welcome New ASURA Members

*submitted by Carolyn Minner*

Akins, Edwin	Gahan, Christopher	Maderas, Raymon	Quiros, Nayeli
Balanis, Constantine	Garcia, Gilbert	Marsh, Gayla	Reiter, Patricia
Boston, Christy	Graham, Carolyn	Marsteller, Lynn	Reuter, John
Burkhart, Karla	Groy, Thomas	Martin, Michael	Rodriguez, Margaret
Burns, Kevin	Guerra, Daniel	Martin, Steven	Ryan, Barbara
Casey, James	Hernandez, Luz	Maxcy, Stephen	Salter, Tracy
Caves, Larry	Holguin, Pete	McCormick, Joseph	Sampson, Robert
Clements, Betty	Horney, Jay	McNeil, Elizabeth	Schroeder, Judy
Colegrove, Susan	Hull, Danny	Memberto, Jean	Schroeder, Stefanie
Cornejo-Metz, Ana	Josic, Michael	Miller, Carl	Shumaker, Linda
Cornelio, Michael	Kahus, Colin	Murphy, William	Silcock, Burton
Danielson, Craig	Karoly, Paul	Navarrete, Carol	Steinmetz, Kimberly
Dasgupta, Partha	Kidd, Clayton	Ngo, Luong	Stinson, Judith
Dauber, Mark	Lacerenza, Margaret	Oestreich, Janice	Tomah, Michael
Desch, Timothy	Lewis, Adele	Oetting, Edward	Trimble, Craig
Dobrick, Thomas	Livengood, Gayla	Pettit, George	Underwood, Christal
Doty, Roxanne	Lomawaima, K	Pippel, Richard	White, James
Eisenberg, Nancy	Luera, Anita	Poe, Julia	Wittlinger, Sara
Fahmi, Noureddine	Lutes, Mary	Pokora, Syndee	Wright, Allen
Festa, Lorraine	Lyko, Thomas	Prince, John	Yazzie, Kenneth

## Tri-University Meeting - February 11, 2021

*submitted by Jan Thompson, Immediate Past President*



All three state Retirees Associations were well-represented at our lively third Tri-University meeting of the year (virtual) on February 11. President Carl Cross, Jeri Meeks and Jan Thompson represented ASURA. UARA President David Earnest, Alison Hughes and Denise Shorbe joined in from Tucson, and NAU President Rich Bowen, Betsy Kerr, John Naumann, Shannan Rice and Kathleen Zahl represented NAU.

At our November 2020 meeting the consensus was that the opportunities to share ideas and practices among our organizations would be beneficial to all, hence the decision to meet quarterly, rather than annually. That prediction was proven correct as we had productive exchanges this time on several key topics as:

- Increasing membership within our organizations.
- Level of financial/staff support from our universities.
- Legislative advocacy.
- And ideas for cooperation among our three groups.

There was continuing interest from both groups in our ASURA seminar series and ways that those offerings might be shared with UA and NAU members statewide.

One immediate outcome of the meeting was an agreement to have representatives from NAU and UA communicate regularly with Jeri Meeks and our ASURA Government Liaison Committee on pending retirement-related legislation. Also, “post-Covid ideas” for a Tri-University Retirees summer picnic in Flagstaff and a winter gathering in Tempe were enthusiastically received by all!



## Government Liaison's Report - Spring 2021

*Submitted by Jeri Meeks, Past President and Government Liaison, ASU Retirees Association*

(ASURA Legislative Liaison Committee: Jeri Meeks and Tara Roesler (Lobbyists), Pat Schneider, Martha Cocchiarella, and Larry Carlson)

The 55<sup>th</sup> Legislature First Regular Session opened on January 11, 2021 and, at this writing, is still in session over four months later. The initial 1,824 bills introduced in this session have been slimmed down considerably and little is moving forward for debate and approval at this point, as lawmakers and the Governor are focused on negotiating next year's budget. As we do every year, the ASU Retirees Association fully supports ABOR's appropriation request.



Voting regulation and election procedure bills have dominated this legislative session. There was a record number of bills introduced to adjust our current voting system. Although most of these bills didn't see the light of day, there was one signed into law that will automatically remove persons from the permanent early voting list after missing four elections (or two general elections). There were also many bills introduced that would affect election procedures. In addition to legislating, the Republican controlled state Senate has initiated the Arizona Audit, hiring the highly debated Cyber Ninjas group to conduct a specialized audit. This election audit has garnered local, state, national and international coverage as the auditor's unusual methodology is revealed and the audit's possibly pre-ordained results cause possible president-setting concern.



Introduced legislation pertaining directly to retirees and seniors was centered around the regulation and licensure of senior community residences and related nurses and staff. Signed into law is a revision to the **Family Caregiver Grant Program**, updating qualifying expenses and family member eligibility. A bill attracting scrutiny from many retiree related organizations allowed ABOR to create an optional retirement program. This bill did not move forward, but the Governor did sign a bill into law which allows the Arizona State Retirement System (ASRS) to establish one or more tax-deferred retirement investments plans for public employees. These supplemental plans would not replace the current retirement system but be in addition to it.



Affecting the University's bottom line, the Governor has signed into law a bill that will allow community colleges to offer accredited four-year baccalaureate degrees. To qualify, the community college must be in a county with a population of more than 750,000, meet regional accreditation and state licensure requirements and must be able to demonstrate a workforce need.



We are pleased to have a growing team of ASU Retiree Association Legislative Watchdogs monitoring the bills as they move through the legislative process, attending retiree related meetings and conferences and working with state and local representatives. My thanks to Tara Roesler, Pat Schneider, Martha Cocchiarella, Larry Carlson, Dick Jacob, and all of our members who bring issues affecting retirees to our attention.



Would you like to see what bills have been introduced? What legislative district you live in or who your Senator and Representatives are? The Arizona State Legislature website has all of that and more! Please visit <https://www.azleg.gov/>.

Also, would you like to be an ASURA legislative watchdog? We would love to have you! Please contact me with your interest - [jeri.meeks@asu.edu](mailto:jeri.meeks@asu.edu). Thank you!

## ASURA Needs Your Old Books!

submitted by Mary Stevens, Book Donations



- Are your bookshelves too full?
- Are you downsizing your office or your home and don't have space for all of your books?

Donate your used books to us, and we will work with our partner, Friends of the Phoenix Public Library, to sell them. We'll use proceeds of the sale to support our programs. Half of the proceeds will be used for our ASURA scholarship that goes to an ASU student, and half will be used for our Video History project. When you drop off your books, the office volunteer will give you a Gift in Kind form to complete and sign. The form is sent to the ASU Foundation, a separate nonprofit organization that exists to support ASU. The Foundation will provide you with a gift receipt for tax purposes.

You may drop off your books at the ASURA Office, Community Services Bldg., 200 E. Curry Road, room 201B, Tempe, AZ, 85281. Please call the office before you come to make sure there is a staff volunteer in the office (480-965-7668).

You do not need to box your books and it's best that you do not. When drivers from Friends picks up the books, they load loose books into large bins and deliver them to their warehouse. You may put the books in bags or load them into container(s) which you will take with you after your delivery. If you need to box your books, please leave the tops of the boxes open so you can empty the books into the bins in the storeroom and then take the empty boxes with you. An office volunteer will assist you.

1. For books that are on an ASU campus, ask Facilities Management to pick them up and deliver them to us. To accomplish this, your department assistant can complete and submit a [FACMAN service request](#) on an on-line form. Facilities will schedule a pickup date with the office assistant. Advise the office assistant to provide your name and department to the FACMAN representative who picks up the books.
2. **OR** bring your books to [our office](#). We have 2 dollies for your use. Parking is readily available by the building with 3 ramps into the building and an elevator to the 2nd floor.

If you are unable to deliver your books to our office, please contact Mary Stevens at (602) 758-3750 or [marystevens0@gmail.com](mailto:marystevens0@gmail.com) or [contact our office](#). Provide your *name, e-mail address* (if you have one), *phone number* and the *approximate number of books* you would like to donate. Mary or another ASURA volunteer will work with you to get the books transferred. Thanks so much for your donation!



## It's Time to Renew Your ASURA Membership!

Current ASURA members were recently mailed or emailed information on renewing their ASURA membership. Information on how to pay via mail or on-line can be found at the following website: ["Renew Your ASURA Membership"](#)

To join ASURA for the first time, please visit [Join the ASURA](#) ("How to Join the ASU Retirees Association"). Introductory membership is **FREE!**

## 2021-2022 ASURA Scholarship Recipient

*submitted by Joy Shearman, ASURA Scholarship Chair*

The Scholarship Committee consisted of four retiree volunteers, Co-Chair Barbara Fargotstein and Chair Joy Shearman. A special thank you to these volunteers for their commitment of checking and responding on email for two weeks: Jan Shore, Ginny Sylvester, Diane Guzy, and Jay Braun. You are so appreciated!!

We had nine applicants for the scholarship, but only five met our criteria. This year, as last year, this whole process was done electronically, due to the Coronavirus. Reaching a consensus this year was easier because we all chose the same applicant as our number one choice, which is a rare happening. After ten days of reviewing, we agreed to select Brittany Gearhart, to be the recipient of the 2021-2022 ASURA Re-entry Scholarship Award of \$10,000, with equal payments to be made at the beginning of each semester.



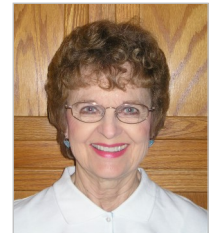
Ms. Gearhart is a single mom of two children, a five-year-old son who has autism, and a three-year-old daughter, all living with her grandparents in Mesa, AZ. Brittany will be a Junior this fall, attending Phoenix Downtown Campus, majoring in Nursing, with a goal to get an advanced degree in nursing. She brings a 4.0 GPA with her from Mesa Community College and is in ASU's Honors College.

Coming from a low income, very dysfunctional family, and losing her mother at 12 years old, Brittany has experienced the many issues that come with growing up in that kind of environment. That, along with close loses, both personal and family, due to lack of medical advancement, all shaped her and piqued her interest in the medical profession.

At 18 years old, Brittany went on a Vision Quest to search for a better life in a place that was not familiar and would be uncomfortable for her. That was NYC, where life was not easy, but she took a state funded EMT course, aced it, and worked successfully in that field for five years. Then she returned to Arizona, lived with her grandparents, and began her career path. She loves Geriatrics and wants to change the world in how the elderly are treated.

Brittany's recommenders praised her for her high level of preparedness, critical thinking, ability to prioritize and take on difficult tasks. While taking classes, caring for her children, and maintaining A's, she mentored underclassmen and volunteered as a nursing tutor. She is now doing online teaching.

One of Brittany's faculty wrote, "while Brittney is well accomplished academically, her warm and generous character is what draws you to her." Also, "I fully expect her to shine in upper-level coursework and as a graduate nurse. She is going to make an incredible nurse!"



Brittany verbally told me in a phone conversation, "I am a survivor, and I wouldn't be who I am today without all the experiences I have had!"

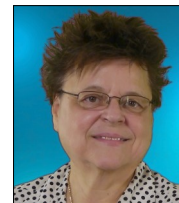
### Volunteers Needed

- ◆ **Office staff/substitutes** **Contact** - Linda Van Scoy, [lvs@asu.edu](mailto:lvs@asu.edu) or Nancy Lesko, [nclesko@asu.edu](mailto:nclesko@asu.edu)
- ◆ **ASURA Committee members:** **Contact** - Larry Edmonds, [Larry.Edmonds@asu.edu](mailto:Larry.Edmonds@asu.edu)
- ◆ **Video History Project:** Volunteers needed to view collection interviews then update with abstracts, table of contents, etc. **Contact** - Barry McNeill, [barry\\_mcneill@outlook.com](mailto:barry_mcneill@outlook.com)
- ◆ **Technology/Website Committee:** Needs help to maintain ASURA's technology infrastructure. **Contact** - Connie McNeill, [connie.mcneill@outlook.com](mailto:connie.mcneill@outlook.com)

## ASURA Spring Seminars: February and March, 2021

submitted by Patricia Schneider, ASURA Seminar Committee

Two Spring 2021 seminars were held for the members of ASURA. The February 2021 seminar featured Dr. Carol Johnston, Professor & Associate Dean, Nutrition Program, College of Health Solutions at the ASU Downtown Phoenix Campus speaking on how nutrition affects brain health. The March 2021 seminar featured Noah Arenson, co-owner of Contact Physical Therapy in Mesa, who spoke on how physical health affects brain health. The seminars complemented each other in that they both focused on our physical health and how it affects our brain health.



\*\*\*\*\*

### “Brain Health & Aging Well: A Focus on Diet” — Dr. Carol Johnston, PhD, RD (February 11, 2021) (<https://asura.asu.edu/2021FebruarySeminar>)

Dr. Johnston began her presentation by speaking on healthy diets. While there are many different diets available, she presented two diets she believes provides the best overall balance for people – The American Heart Association diet and the National Institute of Diabetes and Digestive and Kidney

Diseases diet. She continued to focus on how healthy diets reduce chronic disease risk and promote a healthy brain. Dr. Johnston stressed that reduced blood glucose, reduced blood pressure, good blood flow and reduced inflammation were all key elements in promoting a healthy brain.

Diets may seem overwhelming to people, especially when they get started on making a significant life change. Dr. Johnston outlined some key points we should all remember when evaluating what we are eating and how we can improve on our food intake.

- Eat minimally processed foods ( $\leq 3$  ingredients; particularly no added fat, sugar and sodium)
- Eat **whole** fruits, vegetables and grains
- Eat lean/low-fat animal products; include fish weekly withing your diet
- Eat smaller portions
- Avoid sugary drinks
- Limit alcohol to 1-2 servings per day



Foods that produce a greater brain integrity (based on brain imaging evidence) include fruits, vegetables, legumes, olive and seed oils, lean red meat, fish and poultry. Foods not linked to brain integrity include milk and dairy products, cream, butter, and processed meats. Bottom line is we should focus on eating more foods that promote brain integrity and lower amounts of those that don't!

Dr. Johnston went on to say that often times foods that are part of healthy diets may be low in certain vitamins. Four nutrient concerns that aging people should have are Vitamins B6, B12, C and D. Vitamin B12 and Vitamin B6 are widely found in animal products so if you start cutting back on the meats you eat, you may need to start using vitamin supplements in order to maintain daily requirements. Vitamin B12, in particular, is one that Dr. Johnston highly recommends we take as a supplement. Vitamin B12 deficiency has been associated with various neuropsychiatric symptoms and has also been reported to be a reversible cause of dementia. It is also required for nerve cell integrity. Vitamin B6 is required for the production of neurotransmitters, serotonin. Vitamin D is also a critical vitamin we need. It can be found naturally in oily fishes and via sun

(Continued on page 9)



(Continued from page 8)

exposure. However, since too much sun exposure, especially in Arizona, could lead to skin cancer, taking a Vitamin D supplement daily will help provide you with your daily requirements. Vitamin D plays a role in brain volume. Vitamin C is found in limited amounts in some fruits and vegetables but can be easily destroyed when exposed to oxygen, light and heat. Vitamin C is critical for brain health in that it helps in the development of antioxidant protect. Dr. Johnston cautioned us that we should look for vitamin supplements that carry the USP (U.S. Pharmacopeia) seal on them. While vitamins are not regulated by the FDA, this agency does have some oversight on making recommendations of reputable vitamins and supplements that are on the market. She, personally, uses the supplements you can get at Costco or Sam's Club!

In addition to diet and supplements, another element for a healthy diet and a healthy brain is proper hydration. Proper hydration is critical for optimal cognitive functioning. How do you know you are properly hydrating? Dr. Johnston provided a simple test – check the color of your urine! She provided a slide in her presentation (which can be found at the link provided) that gives examples of urine color relative to hydration. We should also be looking at the health of our gut! We should be providing sufficient fiber in our diet to promote a healthy gut. In addition to fiber, she recommends probiotic supplements which can be found in yogurts with live and active cultures or in capsule form. Prebiotics should be used to feed the probiotics. Prebiotics can be found in honey! An easy way to get both your prebiotic and probiotic is to eat yogurt with honey on it! Keeping the healthy bacteria active in our guts will keep us healthy in the long run.

Dr. Johnston finished her presentation by reviewing the four food groups – Meat, dairy, grains, fruits and vegetables emphasizing on what are the best items in each to use in our diet. She recommended we complement our diets with supplements, but do not go overboard! And finally, keep hydrated!!!

\*\*\*\*\*

### “Therapeutic Activity” -- Noah Arenson, MPT, MBA (March 11, 2021)

(<https://asura.asu.edu/2021MarchSeminar>)



Noah's presentation focused on what he called “The Four Pillars of Longevity” and stressed that all four of these pillars are needed to optimize our health. These pillars include:

- Nutrition
- Exercise
- Sleep
- Stress Reduction/Emotional Well-being

**Nutrition** is the first pillar Noah addressed. He enforced what we had heard from Dr. Johnston in the February seminar that whole foods and a plant-based diet were optimal for our health and the health of the brain. Reducing sugar is also key to promoting a healthy physical metabolism. Noah also stressed how important it is for us to stay hydrated. He also spoke on how important it is to monitor our vitamin and mineral intake whether it be through diet or supplements. He spoke about time restricted eating which focuses on our eating habits related to when we eat our daily meals. His advice is to follow our circadian rhythm to establish what works best for each individual.

**Exercise** is the second pillar. Noah stressed that exercise is critical to improving insulin sensitivity; improving brain function; improving executive function (decision making); and helps in decreasing anxiety and depression. In addition to these four benefits of exercise, Noah pointed out that “therapeutic activities”,

(Continued on page 10)

*(Continued from page 9)*

what we want to be able to do as we age, are affected by exercise. He gave some examples – being able to get off the floor without help; carry groceries, or put a suitcase in an overhead bin. There are several exercises that will help us maintain our therapeutic activities, but they should only be done safely. Key exercises he recommended are – squats and lunges; isometric (abdominal/plank) exercises and overhead reach. Again, he stressed to only do what we can safely! Squats and lunges are a great way to keep your legs in shape, but if you have knee or hip problems, squats may not be safe for you to do! Within the presentation, Noah provides a video of recommended exercises and how to properly do them safely.

**Sleep** is the third pillar. Studies have shown that we don't get enough sleep. Sleep is important, not only to rest our body, but to allow our brain to “flush out” everything from the day; to decompress. It is important, especially as we age, that we get 7-9 hours of continuous sleep and that our sleep should be regular, meaning we got bed and get up at the same time each day.

**Stress Reduction/Emotional Well-being** is the last pillar. How do we unwind or take care of our mental well-being? Noah suggested the following as ways to do this.

- Meditation
- Community, being with people
- Making sure we believe we have a sense of purpose in our life
- Exercise
- Sleep
- Nutrition

He concluded his presentation by pulling the four pillars together and emphasizing that by incorporating the concepts presented in each pillar into our life, will lead us to a much healthier and long life!

## **ASURA 2021 Annual Meeting**



**Guest Speaker: Joshua LaBaer**

**Executive Director and Professor, Biodesign Institute**  
**Center Director, Biodesign Virginia G. Piper Center for Personalized Diagnostics**  
**Interim Center Director, ASU-Banner Neurodegenerative Disease Research Center**  
**Faculty Member, Biodesign Virginia G. Piper Center for Personalized Diagnostics**

*(Continued on page 11)*

*(Continued from page 10)*

## **Opening The Meeting (2:35)**

Carl Cross opened the meeting with a nice overview of the major accomplishment for the year and yes, there were accomplishments:

- Board meetings continued to be held.
- Four Zoom seminars were held that were very popular.
- ASURA membership grew during the pandemic.
- The *Celebrating a Third Decade of Success* book was completed and is now available on the ASURA website in the [Publication menu](#).
- The Annual Report was prepared, published, and is also available in the [Publication menu](#).

## **Guest Speaker Professor Joshua LaBaer, Executive Director, Bio-design Institute (9:06)**

Professor LaBaer gave a great overview of COVID-19 and the major role that ASU has played in testing and vaccinating Arizonians. It was another talk that made you feel proud to be part of ASU.

**Q & A (31:15)** had a number of questions ranging from “Why did we not go into isolation like New Zealand” to “How dangerous are bats in spreading the virus”.

## **ASURA Scholarship Recipient Monique Rodriquez (54:00)**

ASURA Scholarship recipient, Monique Rodriquez, was introduced by Joy Shearman. She is a mother of six and told us about how she got started going to college.

## **Video History Project Clips (1:01:44)**

Carl then introduced Barry McNeill to present the annual colleague of video clips taken from the Video History Project interviews. This year the clips had a common theme: the view of ASU toward its community. The clips covered the time from the late 60’s (Chuck Backus) to the early 2000’s (Kristine Valentine and showed ASU’s gradual realization that it was important to take advantage of what the Phoenix area had to offer and to think seriously about what ASU had to offer to the community.

The clip is available in the [ASU Digital Repository](#).

## **Changing of the Guard (1:24:00)**

That brought the meeting to its final phase, the virtual handing over of the leadership gavel by Carl to Larry Edmonds. Larry thanked Carl for his leadership during trying times and then proceeded to tell a wonderful story about his relationship to Carl Hayden. The meeting wound down with the presentation of next year’s Officers:

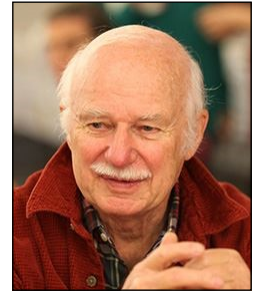
- President – Larry Edmonds
- Vice President – Kathy Gunn
- Immediate Past President – Carl Cross
- Secretary – Jane Carey
- Treasurer – Barry McNeill

*(Continued on page 12)*

(Continued from page 11)

And the new Board members:

- Rojann Alpers
- Sue Henderson
- Barry McNeill
- Helene Ossipov
- Carol Taylor-Tassone



**NOTE:** Zoom Recording of Meeting can be viewed at the following website:  
[https://www.youtube.com/watch?v=eLcUdvqZOGQ&feature=emb\\_imp\\_woyt](https://www.youtube.com/watch?v=eLcUdvqZOGQ&feature=emb_imp_woyt)

(Reprinted from <https://asura.asu.edu/2021AnnualMeeting> - Website article by Barry McNeill )

## **ASURA Pre-retirement Seminars — Summer 2021**

### **“Avoid the Medicare Confusion”**

Monday, June 21, 2021

12:00 PM - 1:00 PM; virtual via ZOOM

More information available at <https://asura.wildapricot.org/event-4349489>

### **“Social Security”**

Monday, July 19, 2021

12:00 PM - 1:00 PM; virtual via ZOOM

More information available at <https://asura.wildapricot.org/event-4350516>

### **“Human Resources”**

Monday, August 16, 2021

12:00 PM - 1:00 PM; virtual via ZOOM

Check back in early August for details.

### **Save these dates for future seminars**

- September 20 Panel
- October 18 TBA
- November 15 TBA
- December 20 TBA



## Donate to ASURA

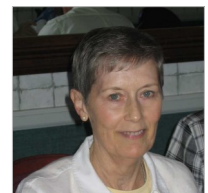


- Would you like to support the ASU Retirees Association or one of our projects? You can do so any time ... you don't have to wait for our annual membership drive. We are very grateful for an support you can provide.
- In addition to providing direct financial support to the funds listed at [asura.asu.edu/donate](https://asura.asu.edu/donate) you can help support us by [donating your used books](#).
- If you would like to include ASURA in your estate plans, please [contact the ASU Foundation](#).
- Gifts in support of ASU may be considered a charitable contribution. Please consult your tax adviser regarding the deductibility of charitable contributions.

## Obituary Notifications: January 22, 2021 to May 21, 2021

*submitted by Becky Reiss*

Please note that all obituary notices and photos, when available, are on our website at <https://asura.asu.edu/Obits2021> .



Name	Date of Death	ASU Affiliation
Angell, C. (Charles) Austen	March 12, 2021	Regents Professor of Chemistry
Ault, Dana	October 25, 2020	Director, Fiscal and Business Operations, Enrollment Services
Bennett, Maralin Payne	February 6, 2021	Wife of ElDean Bennett, Professor Emeritus of Journalism and Telecommunication (deceased)
Bernhardt, Kathy Lynn	March 29, 2021	Information Technology
Binford, Jean	April 25, 2021	School of Engineering
Boye, Jane A.	April 1, 2021	Hayden Library
Brown, Dave	January 30, 2021	College/department affiliation unknown
Brown, Ryan Thomas	May 10, 2021	Adjunct Faculty, Emergency Management Degree Program
Bryant, Leon (Serle)	February 17, 2021	Student Services
Carroll, Rachel R.	March 18, 2021	Native American Studies Department
Collins, Jack	February 18, 2021	Professor, Department of Mechanical Engineering, College of Engineering and Applied Sciences
Daniel, Barbara A.	January 29, 2021	Member, ASU Choral Union; Board member/officer ASU Lyric Opera Theater
Dehghanpisheh, Lois Elaine	May 11, 2021	Taught English as a Second Language

*Obituaries continued on page 14*

<b>Name</b>	<b>Date of Death</b>	<b>ASU Affiliation</b>
Eisenhower, Arthur John	February 3, 2021	Veterinary instructor
Ellis, Robert “Bob” Harry	March 4, 2021	Associate Vice President, University Relations
Fark, Cynthia Phillips	March 11, 2021	Database and Systems Administrator, ASU Enterprise Partners
Fries, Michael Thomas	February 6, 2021	Faculty, College of Architecture
Garcia, David Rey	April 14, 2021	Taught Dance and Choreography
Garrison, Jr., Phil	October 1, 2020	Husband of Eleanor Garrison, Professor Emeritus, College of Nursing
Giffin, Frederick C.	March 13, 2021	Professor Emeritus of History
Gomez, Pedro	February 7, 2021	Walter Cronkite School of Journalism and Mass Communication
Gonzalez, Telesfora	January 15, 2021	College of Nursing and Health Innovation
Gully, Anthony “Tony”	March 17, 2021	Professor, School of Art
Guyader, John William	January 24, 2021	Director, Information Technology
Hibbert, “Alden” Ron	February 2, 2021	Forestry Lab
Hines, Ben	January, 2021	Baseball Coaching Staff
Holt, Sr., William Don	January 20, 2021	Director, Department/College affiliation unknown
Iverson, Peter James	February 14, 2021	Regents and Emeritus Professor of History
Julkes, Bettie	April 17, 2021	Faculty Associate and Academic Counselor
Kamptner, Ken	April 21, 2021	College/department affiliation unknown
Kaye, Sanford “Sandy”	February 6, 2021	Music Instructor
Kelly, Richard Walter	January 25, 2021	Emeritus Professor of Electrical Engineering, Ira A. Fulton Schools of Engineering
Knothe, James Edward “Jim”	April 30, 2021	Director, Facilities Development
Lewis, Charles Franklin	March 26, 2021	Curator, Research Specialist Emeritus, Center for Meteorite Studies
Liddell, Paul	Late February, 2021	Associate Research Professional, School of Molecular Sciences
Lohr, Dennis	December, 2020	Emeritus Professor, School of Molecular Sciences

<b>Name</b>	<b>Date of Death</b>	<b>ASU Affiliation</b>
McCurdy, Lyle Blaine	April 7, 2021	Taught Electronic Technology
McTaggart, W. Donald	May 8, 2021	Professor of Geography
Munoz, Alexander D.	February 18, 2021	College/department affiliation unknown
Nuckols, Rosalie Evelyn	March 11, 2021	Secretary, School of Music
Phillips, Jean Nelson	December 23, 2020	College/department affiliation unknown
Prosper, Gary Wayne	January 9, 2021	Director, Support Services
Reavis, Robert Harold	April 22, 2021	Marine Biology, ASU West
Regulinski, Thaddeus	April 6, 2021	Professor, Electrical Engineering
Reinhart, Beverly	April 23, 2021	Psychiatric Nurse Practitioner, Student Health Department
Richardson, Marcia Ann	December 21, 2020	Staff accompanist
Robson, Tom	April 20, 2021	Former big league baseball player and coach; husband of Jeannette (editor of ASURA's Prime Times Newsletter)
Roy, Della M.	March 27, 2021	Researcher, School of Sustainable Engineering and the Built Environment and the School of Mechanical Aerospace, Chemical and Materials
Scirocco, Dorothy A.	January 29, 2021	Usher, ASU Gammage Auditorium
Shaw, Darby	December 25, 2020	Executive Assistant, University Senate
Shuter, Robert	May 4, 2021	Visiting and Research Professor of Communication
Stockwell, Kenneth F.	February 26, 2021	Construction and Maintenance Staff
Sullivan, Rose Ann	May 5, 2021	Professor, Interior Design
Svoboda, Diane B.	April 10, 2021	College/department affiliation unknown
Thompson, John Robert "Bob"	April 26, 2021	Professor Emeritus of Geology
Turner, Donald Wendell	February 2, 2021	Environmental Systems Analyst
Vance, Claudia Lee Blackmer Freeman	January 29, 2021	Payroll Deductions Clerk
Vinciguerra, Robert John	March 2, 2021	Department affiliation unknown
Wasileski, John Stanley	January 17, 2021	Information Technology
Westerman, John H.	March 18, 2021	Faculty, Health Care
Young, Paul H.	March 3, 2021	Professor, Electrical Engineering

Prime Times is issued three times annually by the Arizona State University Retirees Association and offers special editions, as needed. It is compiled and published by Jeannette Robson, printed by Alpha-Graphics, and mailed through ASU Mail Services. Articles are always welcome, subject to Board approval.

**Mailing Address:**

Prime Times, ASU Retirees Association, PO Box 873308, Tempe, AZ 85287-3308

**Arizona State University Retirees Association:**

ASURA has a volunteer-staffed office in the Community Services Building, 200 E. Curry Rd., Room 201B, Tempe, Arizona.

Phone: (480) 965-7668

Fax: (480) 965-7807

Website: <https://asura.asu.edu>