

# *PostScript*

SDSU Retired Faculty/Staff News



The “TELEVISION WORTH WATCHING” Issue

Fall/Winter 2022

Volume XXXV No. 3



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**Cover:** *The Conrad Prebys Aztec Student Union*



*Holiday Luncheon, 2021*

## **PRESIDENT'S MESSAGE** *Nancy Farnan, College of Education*

In the Summer 2021 edition of *PostScript*, Lucille Wendling wrote about when and how our association began. She wrote, "SDSU-RA was formally established at a general membership meeting in March 1986," which means this is our 35<sup>th</sup> year. Her article includes a lovely picture of herself with two grandchildren. If you don't remember reading it, I encourage you to do so because there is a rich history upon which the San Diego State University Retirement Association is built.

Also in the last issue, I recognized the important role our Board members play in keeping us vibrant and moving forward. My words did not do justice to the work they do for us, with an emphasis on the word *us*--retired faculty and staff, spouses and partners, members of auxiliaries, honorary members, and scholarship awardees. While our members may be separate from the university through retirement, as the chant goes "We are SDSU."

Our scholarship donations continue to support SDSU students who have a relative employed by SDSU or one of its auxiliaries. We can provide these scholarships because of you, our members; and the students and their families are very appreciative. We honor each year's awardees at a luncheon; and they are always appreciative of the scholarship and are without exception excellent students with impressive accomplishments and goals. Awardees are named with brief bios every year in *PostScript*, where you can see they are a very impressive group! We have traditionally honored them every year at a spring scholarship luncheon where we also conduct an annual Business Meeting, but in 2021 because of the pandemic and a shift in dates when the university awards scholarships, we held

the luncheon in September.

You likely have noticed that, because of the pandemic, costs have risen for many goods and services, including for our association's activities. Supply chains have been compromised nationally and internationally, in some cases causing shortages of materials and, in a domino-like reaction, personnel. It is interesting to look at the U.S. Bureau of Labor Statistics, particularly as it affects our region (See [https://www.bls.gov/regions/west/news-release/consumerpriceindex\\_sandiego.htm](https://www.bls.gov/regions/west/news-release/consumerpriceindex_sandiego.htm)).

(Thanks to Patrick Papin for suggesting this link to relevant information.) We try to schedule our events with costs in mind, but also with consideration for creating a positive experience for members.

In addition, while we will continue relying on email and regular mail, we are working to design our website to conduct association business and provide information to members. An example of this is that now we have a website option, in addition to paper mailings, for renewing memberships and providing scholarship donations.

Our latest event was the December 9, 2021, Holiday Luncheon at The Claim Jumper. Sixty-five members replied to the invitation. The Activities Committee made it a memorable event, and those who attended had an opportunity to catch up with one another and make new friends. For the first time, we had attendees from another CSU Retirement Association, California State University San Marcos. (Thanks to Kim Reilly for making this connection!) We look forward to future opportunities to get together! Many people worked behind the scenes to make this holiday gathering special; and Ann LePage, who arranged to have a Toys for Tots kettle available for donations, reported that those in attendance gave a total of \$663.00 to this organization. Anne reported that the organization was thrilled with our donation, which contributes to their ability to provide toys to children whose parents cannot afford to buy them gifts for Christmas.

I wish you all a happy and safe holiday season and Happy New Year and look forward to seeing you in 2022!♦

## NEW MEMBER SPOTLIGHT Nikhil Varaiya

SDSURA welcomed 232 recent retirees to the association in 2020/21. Our member total is now 460 and the new member roster is on page 13. In this issue we are spotlighting four new members—Nikhil Varaiya, (this page), Bobbie Gray, (page 5), Trina Hester, (page 9) and Susan Cayleff (page 11). In our next issue, we will feature new members Marla Mumford, Gina Balistreri, and Norma Ojeda. Thank you all for sharing your stories.

**PostScript (PS): What did you do as your career at SDSU? When did you retire?**

**Nikhil Varaiya (NV):** I retired August 2020; am currently in my second year as a FERP faculty member. I was Director of Graduate Programs, College of Business Administration, San Diego State University, August 2011 to 2019; Chairman, Department of Finance, College of Business Administration, San Diego State University, August 1991 to August 2008; Professor of Finance: College of Business Administration, San Diego State University, August 1990 to present; Associate Professor of Finance: College of Business Administration, San Diego State University, August 1988 to August 1990.

**PS: Where did you grow up and what brought you to San Diego? If you are from San Diego, what kept you here?**

**NV:** I came to the US from Mumbai, India as a graduate student in 1975. I attended the Univ. of Washington (UW), Seattle; completed an MBA & Ph.D. (Finance) in 1983 and taught at Southern Methodist Univ. in Dallas and came to SDSU in 1988. I was introduced to SDSU by a former classmate at UW who had been teaching in the Finance Dept. at SDSU. I came to SDSU for an interview in early 1988. As we stepped off the plane my wife said “we are not going anywhere” else and we are still here! SDSU was formative in my academic career and I have thoroughly enjoyed my tenure here. What’s not to like about San Diego!

**PS: Do you have a hobby, special interest or volunteer activity you would like to share?**

**NV:** Reading and hiking; favorite hiking places in San Diego: Lake Hodges, Sunset Cliffs, Point Loma.

**PS: What was the last book you read? Do you recommend it? If so, why; or if not, why not?**

**NV:** I have been part of a book club for nearly twenty years. A recent book we read was *Klara & the Sun* by Kazuo Ishiguro. It’s a futuristic novel (probably in the science fiction genre) about AI. Klara is a robot who is an ‘Artificial Friend (AF)’ to a young girl who has a debilitating disease. Klara is the narrator and companion to the girl. You forget that Klara is a robot who exhibits more maturity, precociousness, and empathy than the humans in the book!

**PS: Do you have a favorite quote? If so, why is it your favorite?**

**NV:** Serenity Prayer: God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. As I get older (& wiser?), I find that the ‘Things I can change’ are fewer & fewer!

**PS: What are you looking forward to in retirement—any special plans; or if you’ve been retired, what have you enjoyed doing?**

**NV:** As a FERP faculty I will be teaching in the Spring semester so my wife, Manisha and I will have more flexibility to travel during fall. Last spring, we spent time in Death Valley and then late spring in Yosemite. We thoroughly enjoyed the hiking and stay at both places. Two countries on our travel list in the near future are Japan, and Morocco.♦



Nikhil Varaiya

### To the Membership: FYI

#### NEW FEATURE—*ROGUE SPELL CHECKERS AND VOICE DICTATIONS GONE BAD*

*Ron Young, Spanish*

Due to some slight dyskinetic challenges I rely more and more on voice dictation and the spell checkers on my iPhone, iPad and computer (windows 10 and 11) for text messages, e-mails and longer writings. As some of you have seen, the results don’t always turn out the way they were intended.

For example, I was writing an e-mail note to get copies of pictures from our Day at the Races in Del Mar to post on our web site. I dictated, “Yes, please send me Nancy’s Day at the Races pictures.” I looked up at my computer screen to find “Yes, please send me Nancy’s death racist pictures.” Whoops.

If you would like to share some examples of your experiences for this column of: SPELL CHECKERS AND VOICE DICTATIONS GONE BAD, send then to me at [ryoung@sdsu.edu](mailto:ryoung@sdsu.edu).

Give context if necessary: what was intended (if not obvious) and what was actually sent (or almost sent). I will edit for “adult” language using the first letter of the offending word(s) followed by the letters x.♦



## TELEVISION WORTH WATCHING

Em Cummins  
College of Education

In mid-March, 2020 we welcomed our two granddaughters (12 and 14) from Princeton, NJ for a weeklong visit. Little did we know when scheduling their trip that it would coincide with the onset of COVID, which compressed the boundaries of our lives and restricted most of our planned activities.

During the days we were forced to find ways to pass the time without visiting the Zoo, SeaWorld, or going to the beach. Even our beautiful park on Mission Bay was cordoned off to exclude both cars and pedestrians. So we spent our time reading books, doing jigsaw puzzles, playing board games, and—of course—cooking.

During the evenings we watched more TV together than ever before. Much to our surprise, one of their favorite programs was “The Great British Baking Show,” which neither of us had ever seen. This turned out to be one of the noteworthy unintended consequences of our pandemic compliance.

The program operates on a weekly elimination process to find the best all-around baker from the contestants, who are all amateurs. The season opens



Maya and Quinn with Grandmother Georgia

with 12 bakers gathered together under a tented kitchen located somewhere in the English countryside. Their number is decreased each week as their “bakes” are evaluated by two judges. Although the bakers are all Brits, they are diverse in age, gender, ethnicity and sexual preference.

The contestants are not celebrities but real people, unpretentious and engaging as they go about their work. And what makes this great TV is the mutual kindness shown by the participants. No one gets nasty or cutthroat with each other. There is no trash talking. *Au contraire*, they help each other

even while competing and are genuinely sad when something goes wrong and a rival is eliminated. They also express joy when a contender does well, even when it means they will fall back in the ratings.

Finally, it is their shared stories that bind the contestants together. Without all those weekends together under the hot tent, covered with flour and working side-by-side, there would be no community. If everyone baked their cakes at home, showered and rushed over to the studio to have them judged, there might be story swapping but no story sharing—no real participation in the drama of each other’s lives.

For us grandparents, watching this show with our granddaughters was a sheer delight as we each selected our favorite bakers and tried to predict winners and losers. We were all in the viewing together, much like the contestants in the show, and our evenings brought us closer together.

This show was the perfect antidote to the 24-hour news cycle. It is the TV equivalent of a warm bubble bath.

(Full disclosure: while this story is fully authentic, I confess to plagiarizing a few lines from a review of the TV show by Cynthia Rigby, a professor of theology at Austin Theological Seminary.)♦

## TELEVISION BRINGS ADVENTURE INTO MY LIVING ROOM

Nancy Farnan, College of Education

I’ve always loved being outdoors, whether as a child playing outside; as a young Girl Scout camping and relishing the forest sights and smells; or as an adult loving to walk in the mountains, desert, or coast, all of which I can get to with relative ease from my home base here in San Diego. I also love outdoor adventures, mostly vicariously; so I watch shows on National Geographic, National Geographic Wild, and Discovery—shows like *Running Wild with Bear Grylls*. When I say “vicariously,” I mean from the comfort of my living room sofa. If you too enjoy the outdoors and challenging adventures with no threat to personal, I recommend two movies. One is *Free Solo*, a documentary about Alex Honnold, the first person to climb El Capitan, a 3000-foot vertical granite rock located on the north side of Yosemite Valley. Climbing “free” means without ropes or any assistive tools, just fingers, toes, muscles, and unflappable nerves. The film was awarded an Acad-



Here’s one of the vertical granite walls

emy Award in 2019 for Best Documentary Feature. Another recommendation for vicarious thrill-seekers is *The Alpinist*, a documentary film about Mark-Andre LeClerc, a Canadian rock climber and alpinist who climbed snowy and icy rock mountains all over the world. He’s been

called the best mountain climber of the century. I learned about alpinists, people who climb the tallest, iciest, rockiest peaks in the world, named after where some of the most difficult climbs exist—in the Alps. Finally, I intend to watch *The Dawn Wall*, about American rock climbers Tommy Caldwell and Kevin Jorgeson who attempted to free climb the Dawn Wall, what is considered an impossible-to-climb 3,000 foot rock face in Yosemite National Park. Tommy Caldwell has an especially compelling story as a backdrop to this climb, something I won’t reveal here. I intend to watch this film, and those that take me on other improbable adventures, all from the safety of my living room.♦

### OUR MISSION

To serve the mutual benefits and interests of retired and near-retired faculty and staff. To facilitate continuing contributions by members to the furtherance of the scholarly and other professional objectives of San Diego State University.



## TV WORTH WATCHING

Cheryl Trtan, Alumni Association/  
University Relations and Development

I gave this some thought. “TELEVISION WORTH WATCHING?” I’m not much of a TV buff. I most often turn “the tube” on just to keep me company. However, there a few “go-tos” that I’m guilty of watching. Preface by saying, I’m not a sound sleeper. So, I find myself turning on the TV when I can’t sleep (reading is my alternative rescue!) and I have my favorite no brainers that I indulge in watching /listening – to put me asleep! 1) *The New Adventures of Old Christine*, 2) MOM 3) music channel. The voices soothe me...and once again, I’m ready for bed.

There was a time that I was addicted to the news channels: MSNBC, CNN and a little bit of FOX news. I finally weaned myself off of all of those channels when all was repetitive “old news.”

I do enjoy the Turner Classic Movie



Cheryl's mom at SDSURA  
Kentucky Derby Party

channel. In particular, the “Month of Oscars” – I think it’s in March of each year (I know it coincides with the Acad-

emy Awards). I very much enjoy “old Hollywood” movies – black & white, early color and some silent. KPBS is also one of my favorites. Used to be THE place to go when my children were growing up. Thank you to “Mr. Rogers,” and “Sesame Street.”

When my mother moved in with me several years ago, we started routinely watching “Wheel of Fortune,” “Jeopardy” and “Lawrence Welk.” We had fun. Lots of laughter. The Lawrence Welk Show will always remind me of good times with mom - 6 p.m., Saturday night. I recorded many episodes for her, so we could watch whenever she so desired. She LOVED the music. I loved to watch her face light up and how she kept perfect beat with the music. She was in her happy place. I was right there with her.

Even though I don’t consider myself a TV buff, I do enjoy the fond memories of 6 p.m. on Saturday night. Truly, television worth watching! ♦

## NEW MEMBER SPOTLIGHT Bobbie Gray

**PostScript (PS):** What did you do as your career at SDSU? When did you retire?

**Bobbie Gray (BG):** I was a Career Counseling within Career Services and retired on December 31, 2020

**PS:** Where did you grow up and what brought you to San Diego? If you are from San Diego, what kept you here?

**BG:** I lived in Paris, Texas (Northeast Texas next to Oklahoma). My husband joined the U.S. Navy.

**PS:** Do you have a memory about SDSU that stands out and that you would like to share?

**BG:** There are many: My graduate school advisor, Dr. William Piland; working with Dr. James Tarbox (he’s the greatest); all of my colleagues in Career Services; Student Orientations and week of classes, launching the infamous Aztec Mentor Program (in 2013) with students, faculty, staff and employers (mostly alumni) that still exists today, walking on campus next to the many gardens and the pond near Scripps Cottage, watching or listening to the band working out; basketball, football games; every inch of the campus is beautiful!

**PS:** Do you have a hobby, special interest or volunteer activity you would like to share?

**BG:** I am a mentor to SDSU students, and also joined the SDSU Black Alumni Association to help out there.

**PS:** What was the last book you read? Do you recommend it? Of so, why; or if not, why not?

**BG:** Just re-read *My American Journal* by Colin Powell. A great person who focused on ways to make himself better by his actions. Therefore, being in his company was motivating to others around him regardless to work or class levels. Most definitely recommend reading.

**PS:** Do you have a favorite quote? If so, why is it your favorite?

**BG:** 1) Always do what’s right. (Mom and Dad) 2) One step at a time, but always forward! (High school graduating motto) and 3) “Don’t ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.” Howard Washington Thurman. (As a non-traditional woman/student, married, with three children, worked full time and studied for my master’s degree, it was difficult so I found incentives like these for encouragement. These two quotes helped tremendously) .

**PS:** What are you looking forward to in retirement--any special plans; or if you’ve been retired, what have you enjoyed doing?

**BG:** Traveling is my first choice, when the pandemic has subsided and we can move around freely! At that golden age where I’m doing my best to be safe for others as well as for myself. ♦



Bobbie Gray



## INFORM, EDUCATE, ENTERTAIN

Lucille Wendling, (Sociology)

Whenever I am in residence at home on Saturday night, I set the alarm for a 6:30am wake-up call. Why? Because I want to turn on CBS to watch the 7am appropriately named program, *Sunday Morning*. The sound of a trumpet alerts one to a promising program that captures diverse interests, similar to reading a magazine, with segments separated visually by beautiful designs of the sun. Topics range from current events to fine arts, travel, special guest interviews, history, scientific discoveries, and much more.

Aubrey and I started watching *Sunday Morning* since it began in 1979 and was hosted by Charles Kuralt, later hosted by Charles Osgood, and presently by Jane Pauley. The presentation of such a variety of subjects brings out many emotions in the viewer. The 1.5 hour show concludes with 60 seconds of tranquil nature scenes, taken each week from a different location around the U.S., and then musician Wynton Marsalis



Lucille, New Year's Eve 2021

playing the trumpet is heard again.

*Sunday Morning* is enjoyed for informing, educating, and entertaining its viewers. I wouldn't be surprised if many of our readers are already devotees of this enriching program. ♦

## HAPPY BIRTHDAY LUCILLE!

Lucille Wendling, SDSURA Charter Member, PostScript editor, historian and much more, celebrated her 101st birthday in January. According to Lucille, there is no big secret to aging well. In an article that appeared in the January 23 Union Tribune, she gives credit to the special people in her life (her family, 71 years of marriage to her beloved Aubrey, dear friends, and awesome physicians), her Norwegian heritage, 30 years of teaching elementary students in San Diego, and "my love of blueberries, dark chocolate and red wine, plus sprinkle in a positive attitude and plenty of good luck." That is Lucille's winning recipe for reaching 101.

Congratulations Lucille—  
we love you!

## TV WORTH WATCHING OR NOT

Tony Fulton, Facilities Planning and Management

I was sitting here the other day just about ready to write a diatribe about current TV advertising, hoping to send it to *The New Yorker* for a Shouts and Murmurs article, when I saw the call from the *Postscript* for an article.

First off, I need to tell you my list of detested advertising/shows, in no particular order and certainly not worth watching. Thank God for the fast forward feature when you tape a show. And I tape everything!

Big Pharma Commercials top my list. Aren't they disgusting? Every drug from A to Z and if they have a cure for something you are bound to get something else from taking their drug. They should ban these like they did cigarette advertising years ago. The "cash back" commercials are next on my list. I can't figure out why I would pay for something and then get cash back. Is it really my cash I am getting back? Then, if you are local, the fat guy with the scruffy beard who "buys San Diego".

How could you possibly sell your house to that guy? Then there's the proliferation of offers to extend your car warranty. Needless to say, I get spam calls daily on my phone about this subject. Again, locally, let's add the A/C guys. I didn't need the white gloves when they serviced my furnace but they left them anyway. And why do they sponsor closed caption? And finally, the "judge shows". How can I explain this? *Judge Judy*, *Judge Joe*, *Judge Mablene*, etc. And these folks are making more \$\$\$ than I could imagine in a life time. We even have a judge channel.

So much for confinement in this hour of COVID. Camus, *The Plague*, was far more interesting to read once again. And I read a lot these days. Especially, the Philip Kerr Bernie Gunther novels which have been fully absorbed. Reading has become a daily passion, but this article is about TV.

Good TV begins with PBS. There is always *Masterpiece*, *Finding*

*Your Roots*, *Antiques Roadshow*, old Britbox specials like Agatha Christie's *Poirot*, *Father Brown*, and *Sherlock Holmes*. My favorites are Miss Fischer's Mysteries, Murdock Mysteries, and *Miss Marple*. Could I be a sleuth on the lookout for a murder to solve? Who also can miss a daily dose of *Jeopardy*.

This past year, or is it two, I have watched the entire series of *Luther*, starring the next James Bond Idris Alba. *Goliath*, *Bosch*, *Majorca Files* and a few other crime series that are on my list. Guess my algorithms have been completely controlled by Netflix and Amazon as I have been sucked into these "trauma-dramas".

My favorites recently have been, *A Place to Call Home*, a wonderful Australian series, *The Girl from Oslo*, some local connection therein, and recently *Emily in Paris*. TV never stops to be needlessly entertaining. What else is there to do but walk the dog. Watch 'em. ♦



## WHAT'S WORTH WATCHING ON TELEVISION?

*Leif Fearn*

It's about taste. And values. And, frankly, how I want to spend some of the hours I have left. I'm reminded of a line from Redd Foxx regarding people he labeled "health nuts." He said they'll be on their deathbed dying of nothing. I don't want to be on my deathbed thinking about the hours I spent watching "Friends." But that's just me, and that's the point. I have spent minutes watching "Friends." It's occasionally a little clever, occasionally a little compelling, and occasionally hard to turn off. But it's no "Taxi" or "Cheers" or "Frasier," each of which is more clever, more compelling, and once into an episode, hard to turn off. And none of those has a character like Andy Taylor or Hawkeye Pierce. Both of those tell good stories about important topics if, that is, you are compelled by theater of the absurd (M\*A\*S\*H) or the difference between having power and being a father (The Andy Griffith Show).

Right now Nancy and I are compelled by "Yellowstone." I appreciate what is, for me, a sense of authenticity regarding the power of wealth, the odious culture of cowboy America, and how Red Cloud's comment about the honesty of the White invaders ("They said they'll take our land and they did") played out. Native peoples in "Yellowstone" learned well from the White invaders. It isn't often television represents rich and powerful native peoples doing what rich and powerful people do.

I'm also compelled by relationships between and among people as they deal with the complexities of challenge. Both Nancy and I like "Blue Bloods," for example. I don't think we have finished even one episode of that show without remarking, "That is a really good program." We like "FBI," too. I don't know if we'd like it so much if there were different actors.

Nancy likes the real estate and house remodeling shows more than I do. We both like the shows about country veterinarians, although Nancy watches them more than I do. We flag specials (Tony Bennett and Lady Gaga, for example) and just about any documentary by Ken Burns. His history of baseball compelled Nancy because it told stories she recognized but hadn't connected. It compelled me because it is another example, among scores, of "histories" (musical theater, world literature, The American Songbook, bread (history of), and on and on) rather than the table of contents in a fifth or tenth grade history text.

The pandemic forced us into programming from elsewhere, mainly Britain, and Australia. "Foyle's War started us." Then there was "A Place Called Home."

I'll watch any track meet. Basketball is good on television, but I don't care for the professional game. I'll watch football, but I don't care for the professional game there, either. Neither of us watch baseball. We do watch Aztec football and basketball on television, but we watch home games in the arena. We never went to Carson to watch a football game. We have tickets for Aztec football in the new "Aztec Stadium." That's what I'll call it because that's what it is. (I also referred to "San Diego Stadium" for all the years it stood before being torn down to make room for Aztec Stadium.) I figure it's very nice for folks and agencies to give huge monies to the university stadium without having their name posted on it.

So what's worth watching? For me, and Nancy, it's what entertains and informs. We tend to agree most of the time, and when we don't, we either watch together anyway or one of us retreats to another room to read.♦

## 30<sup>th</sup> ANNUAL BORREGO DESERT ESCAPE IS A "GO" FOR 2022

*Rinda Young, Spanish*

Finally! After a two-year Covid break, the Retirement Association is happily back on track to celebrate its 30-year Borrego Desert Escape tradition from Tuesday, March 22 through Friday morning, March 25 at the Palm Canyon Hotel and Resort in Borrego Springs. Although by the time you read this the deadline to make a reservation with group guaranteed room and price will have passed, individual reservations likely may still be made depending on room availability.

Those in the "know" who have participated in past years are looking forward to the hikes and rides through desert floor and canyons in search of what we hope will be a super bloom of desert flowers as well as wildlife ranging from fascinating desert beetles, hordes of marauding caterpillars being hunted by hawks circling in the hundreds in the sky above at dawn and sunset and finally the nimble bighorn if you like early morning and more strenuous hikes. A tour of the fascinating, fantastical metal sculptures scattered around the valley is always fun. Oh, and for you golf aficionados, there is always a group that enjoys an outing on one of the golf courses. You may also choose to swim or just sit by the pool with a good book or a good visit with friends old or freshly met.

Although the official St. Patrick's Day date will have passed, we will be holding to the tradition of celebrating the day on Wednesday with an Irish evening complete with a meal of corned beef and cabbage, roast potatoes, carrots and onions and Irish soda bread, and perhaps a little Irish music and jokes. Other menu specials to look forward to include fresh fruit smoothies, margaritas, Belgian waffles and homemade quiche. A meal reservation form will be available and emailed to all.

Unfortunately, Covid will still be a part of our world so during our stay, all attendees will be expected to follow California guidance regarding the wearing of masks. Members who attend our event should be vaccinated, including booster. Gatherings will proceed under that assumption. We will do all we can to help each other stay well.♦





## CELEBRATIONS

After more than a year of cancelled events due to the pandemic, 2021 brought the return of celebrations. SDSURA members were finally able to gather in person, cautiously and carefully, to enjoy four of our traditional events—Day at the Races on August 12, the Scholarship Luncheon on September 1, Oktoberfest on October 22, and the Holiday Party on December 9. Below are images from the Scholarship Luncheon and Oktoberfest.



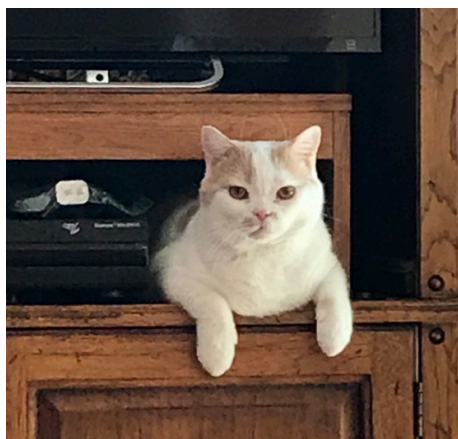


## IT'S A PUZZLEMENT. TV TODAY.

Maggi Mckerrow, Theatre

Television today is so complicated! Remember the “good old days” when there were only a few channels and a TV guide to reliably tell you what would be playing each hour on each channel? As the new movie *Being the Ricardos* (you can watch it on Amazon) reminds us when *I Love Lucy* was broadcast Monday nights at 9 pm EST 1951-1957 practically the whole country watched. Other events were cancelled. Today I suspect that the only shows that practically the whole country watches are football bowl games. Depressing. How television has changed. Today there are tons of free channels (many with avalanches of commercials every few minutes) and an ever growing number of Netflix style channels that charge a monthly fee for shows with no commercials. That is great. I am willing to pay. I HATE commercials—especially when they interrupt a story. Currently I subscribe to Netflix, Amazon, Hulu, Apple TV and I just added BritBox. Too many! I unsubscribed from Disney because I never watched it. Why do I have so many channels? I usually sign up because I am eager to see a program that got great reviews or because I want to see the work of a particular actor, director or writer. The first channel I ever signed up for was HBO because it seemed everybody I knew except me was watching and loving *The Sopranos*. I joined. I loved it too. I signed up for Apple a year or so ago because they were the only channel playing the delightful Ewan McGregor motorcycle travel series called variously *A Long Way Round*, *A Long Way Down*, and *A Long Way Up*. My Apple membership paid off recently because I could watch the new film of *Macbeth* starring Denzel Washington and Frances McDormand.

There is great stuff on television today including amazing documentaries, but it takes work to find it. It is too easy to lazily slide into old patterns and turn on old favorites (or sports if you aren't me) and



Robin, Maggi's cat, in his tv nook

watch shows you don't even like. You can binge watch, but then a show that, in the past, you would have enjoyed for weeks is done and gone in a couple of days and you didn't really appreciate it. Remember *The Crown*! I just rewatched the whole thing. I think I enjoyed it more than the first time. I have taken to carefully reading reviews of tv shows, writing the names of highly rated shows or films on yellow stickies, posting the stickies on a side table by my comfy tv chair, and crossing off the shows as I watch them. What I want is a personalized “rub-the-bottle” type genie to pop up each evening and tell me what to watch and where to watch it. Actually I want my genie to use whichever remote is needed and tune to the program I want. There are always glitches. I loved the old *Sex and the City* series and wanted to watch their new series which is called *And Just Like That*. It is on HBO+ which I get through Cox Cable but it was surprisingly hard to access, made more so because the title is so totally forgettable. I kept having to look it up. When I got to HBO+ I could never figure out which episodes I had already seen. Surprising. Most servers seem to have much better memories. Where were you Genie? When I wanted to watch *Macbeth* the other day I tuned to Apple TV. It told me it needed to upgrade. I let it. When the upgrade was

finished it wouldn't accept my password and the screen was frozen. Swear word—Swear word—Swear word. Frustrated I quit and watched something else. The next day I managed to negotiate my way to watching *Macbeth*. Excellent. Visually stunning. Superb acting. Definitely worth my time. I also enjoyed *Bergman Island* (Hulu), a quiet movie with a film-in-a-film about two film makers who spent a summer on the island on which Ingmar Bergman made many of his films. Since going to the movies right now is a bit scary it has been fantastic to be able watch or stream new movies at home. Passwords!! That could be the theme for a whole edition of *PostScript*.

Enough already. Television today is a blessing and sometimes a curse. I hope you are better at managing it than I am, are spending less money on it, and have acquired a personal genie to sort out your entertainment needs.

Here are some programs I am have enjoyed recently. No special order. *The Graham Norton Show* (BBC). Great guests and stories. *Sunday Morning* on CBS with a nice focus on the arts. Movies on TCM—a treasure trove of a channel. Several shows on PBS: *Upstart Crow* which is often hilarious, but also clever. A treat for a big Shakespeare fan like me. The British version of *Antiques Road Show* on Saturday nights that reminds you that the US version needs a better host. *Vera* and *Shetland* on PBS because Brenda Blethyn is so good and I love the scenery on the Scottish outer islands. *The Gilded Age* (HBO) which is interesting but not nearly as engrossing as *Downton Abbey*. The clothes are amazing but somehow they look like costumes not clothes. *And Just Like That* (HBO+), the new version of *Sex and the City*. They all look older. Good! *Borgen* on (Netflix) is a cleverly written series about Danish politics and a woman Prime Minister. Unlike most series the main characters grow and change in surprising ways. Definitely worth a watch. Enough. Who knows what I will find to enjoy next week. I'll keep looking. There is always something new and worth a try. ♦

## NEW MEMBER SPOTLIGHT Trina Hester

**PostScript (PS):** What did you do as a career at SDSU? When did you retire?

**Trina Hester (TH):** My career at SDSU began in Development and wove its way through the College of Arts and Letters, and eventually I spent most of my career at KPBS. My position was outward-facing, reconnecting alumni to the University and connecting community members to KPBS. It was fun and a privilege to meet so many interesting people who cared deeply and gave generously. It just so happened that my retirement coincided with the pandemic in March 2020.

**PS:** Where did you grow up and what brought you to San Diego? If you are from San Diego, what kept you here?

**TH:** My father was an U.S. Army pilot and we never lived anywhere much more than a year, so I have a hard time describing where I grew up. Mostly across the midwest and southern states, a few years in Germany and his final assignment was teaching Military Science in the ROTC program at Claremont Men's College (now Claremont McKenna College) in Los Angeles County. We had visited San Diego and Dad decided that was where he wanted to move after retirement in 1973. I lived in San Diego off and on for 31 years.



Trina on the Hiawatha Trail in Idaho

Continued on page 12



**BRAIDING SWEETGRASS BY ROBIN WALL KIMMERER**

*Milkweed Editions, 2015 (408 pages)*

*Reviewed by Em Cummins, Emeritus Professor of Counseling*

Someone suggested that books are like “windows, mirrors and sliding glass doors,” which describes perfectly how books not only enable us to gaze more deeply within ourselves, but also to see and experience the world through the eyes of others.

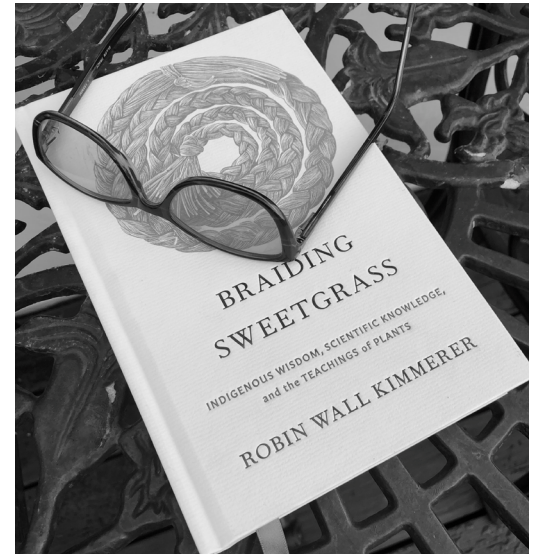
Last summer our daughter recommended *Braiding Sweetgrass*, changing forever the way I view our natural environment. Its author, Dr. Robin Wall Kimmerer, teaches at the SUNY College of Environmental Science and Forestry in Syracuse, NY. Her book is an enchanting mixture of poetry, botany, indigenous mysticism, and North American history portrayed as “a braid of stories meant to heal our relationship to the world.”

Her grandfather, a member of the Citizen Potawatomi Nation, was taken to a colonial boarding school at a young age and beaten for speaking his native tongue. She vowed to learn the language that was lost to her family for two generations, resulting in her discovery that every plant, animal, rock and river is referred to as a person, not an object. The Potawatomi language shows the same respect to trees and mountains as it does to family members, empowering the speaker to regard nature as part of one’s own family rather than something to be exploited.

This book has been called a “hymn of love to the world” because of its focus on becoming part of it rather than existing outside it. Dr. Kimmerer applies modern scientific understanding to ancient indigenous wisdom in a way that demonstrates their compatibility. So while she grieves for our ailing planet, she also manifests her care, love, and reverence for it by advocating steps we can take to restore and preserve it.

A gifted poet and storyteller, she shares narratives from her own childhood with the page-turning ease of a beautifully written novel addressing issues relating to poisoned air, polluted water, and the rape of our environment by agents of corporate greed. But she doesn’t simply rant about it: she offers numerous ways in which we can restore balance to the earth and to express our thankfulness for the land by changing our practices that despoil it.

Dr. Kimmerer’s book helped me understand more fully exactly why we call our planet Mother Earth. I recommend it to skeptics, mystics, and even the indifferent for a fresh perspective on this priceless gift from the Great Spirit. ♦



## *Calling all Duffers...*



*The Duffers play on the first Thursday of the month. For more information, contact Rick Schulte at [rschulte@sdsu.edu](mailto:rschulte@sdsu.edu)*

### **A DUFFER'S DOGGEREL** *Charles Jack Stewart, Chemistry*

Our hero's perfect drive started play  
With his ball sailing down the fairway.  
A second stroke landed it near the pin.  
The putt yielded a birdie as it fell in.

Oh, if were only so, I was in the rough,  
Getting near a par would be quite tough.  
The green was at least two strokes away  
Thus a bogey was indeed my best play.

Why am I here suffering such agony?  
Of course the answer is, comradery.  
To be outside in fresh air with friends  
Is what truly, the spirit mends.

This bit of doggerel is a simple plea  
Set the first Thursday of the month free.  
Join the Duffers for a golfing spree.  
We do have fun, you will agree.



## NEW MEMBER SPOTLIGHT Susan Cayleff



Susan Cayleff

**PostScript (PS): What did you do as your career at SDSU? When did you retire?**

**Susan Cayleff (SC):** I was a professor in the Dept. of Women's Studies at SDSU for 33 years, 1987-2020. I was also adjunct faculty in American Indian Studies and Chicano/a Studies. I served as Department chair for eight years, advisor of our Master's Program for six years and taught courses in American Women's History, Body Politics, Auto/biography as Women's History, Women Health and Healing and Women and Sports. I was the faculty mentor and director of the Young Women's Studies Club at Herbert Hoover High School in San Diego for twenty-seven years. Each week, students from two sections of American Women's History courses (about 15 undergraduates) went to Hoover High and mentored 50 students, all of color, in topics around gender equity, racial and ethnic diversity and inclusion, mediated images of women, women's history, self-esteem, goal setting and creative projects. I also co-founded, with a coalition of SDSU campus-based activists, and my co-chair Dr. Carrie Sakai, the SafeZones@SDSU LGBTQ+ Ally Training and Social Justice Event Program in 2007. To date we have trained over four thousand students, faculty, staff, and mentored other colleges and universities to start similar programs. SafeZones is one of several reasons why SDSU is ranked Number 8 in the nation in the LGBTQ+ Campus Climate Survey. My scholarship produced six books on women's history and the history of medicine two of which were edited collections. *Babe: The Life and Legend of Babe Didrikson Zaharias* was nominated for the Pulitzer Prize.

**PS: Where did you grow up and what brought you to San Diego? If you are from San Diego, what kept you here?**

**SC:** I grew up in rural Massachusetts and on Cape Cod. Since retirement my spouse and I, Dr. Sue Gonda, have returned to the Cape and enjoy being in the towns of Falmouth and Provincetown depending on the season. I came to SDSU specifically to join the Women's Studies Department. It is the first in the nation and its faculty, scholarship, excellence, and commitment to teaching drew me west.

**PS: Do you have a memory about SDSU that stands out and that you would like to share?**

**SC:** My time at SDSU was rich with student encounters, campus and community activism and creating and nurturing social justice programming. I remember one student of mine, a young Euro-American man, slumped in his chair, back row, baseball cap pulled down. As the semester progressed, he moved to the front of the classroom, became increasingly engaged and a valuable class participant. The last day of class he approached me and said, "I understand now why I had a bad attitude about this course at the beginning" I waited. He said, "Because the material wasn't about me, and everything I'd ever been taught was about men like me." I told him I appreciated his insight, and we shook hands. Years later, another young man approached me and told me he was the son of that student. The three of us stayed in touch for several years. I remember that as a marker of the difference that exposure to feminist ideas can have on people. Of course, thousands of young women, queer students and students of color saw themselves reflected in our coursework and found empowerment through that.

**PS: Do you have a hobby, special interest, or volunteer activity you would like to share?**

**SC:** Since retiring, COVID has made public activism difficult. I've become immersed in creating art, clay sculptures, painting, wooden assemblages of seaside villages, mobiles made of natural objects such as wood, feather, bone, shell and more. I have been a frequent protestor against a proposed machine gun range for the local national guard that is slated to be located on our sole water supply's land. Its danger to the environment, noise (within 2 miles of an elementary school) pollution, destruction of wildlife and deforestation and water toxicity is what is at stake.

**PS: What was the last book you read? Do you recommend it? Of so, why; or if not, why not?**

**SC:** Tommy Orange's *There, There* had a profound effect on me. It recounts the lives of individual Californian tribal members prior to a fateful pow wow that they all attend. The novel is uncompromising in its portrayals of the impact of colonialism and historical trauma in Native communities. But it also has a keen vibrancy of familial loyalty and devotion, resilience, and perseverance. I highly recommend it.

**PS: Do you have a favorite quote? If so, why is it your favorite?**

**SC:** Mary McLeod Bethune, (1875-1955) Black educator, philanthropist, government advisor and civil rights activist said, "Believe in yourself, learn, and never stop wanting to build a better world." I find this philosophy vital because it speaks to self-care, trusting one's own instincts, the importance of knowledge and the necessity to fight for social change.

**PS: What are you looking forward to in retirement--any special plans; or if you've been retired, what have you enjoyed doing?**

**SC:** Since our cross-country trip amid COVID we have re-learned the beauty and labor of living in the Northeast. Each season is gorgeous, demanding and quite different from Southern California's predictability. Home repairs, unpacking and finding services dominated the first many months. Bi-weekly online zoom gatherings with my *Four Directions* group of Women's Studies recently retired colleagues have been a source of sustenance and continuity. Creative activities have become central-something I had relegated to the perimeter during my full-time career. We have begun to travel-cautiously—to Maine, Michigan and locally to see vaccinated family and friends. I plan to volunteer with an ecological group that works to ensure animal wellbeing and coastal resiliency and to become active in LGBTQ+ , feminist and race-based activisms on Cape Cod.♦



## THE NIGHT HAWK by William J. Pease, Library

*Nighthawks* by Edward Hopper—  
have you seen it?  
I was there.  
Or his painting of a gas station at night  
generations ago?  
I was there as well.  
To this day the stale ambience of a  
Greyhound depot in dead of night  
returns to haunt my soul.

Barely 17, I board in Long Beach,  
each stop a reveal, L.A., first north,  
then east and beyond,  
days into nights, strangers come and gone.

The broad streets of Salt Lake City,  
Green River, Wyoming, welcoming dawn,  
Laramie, Cheyenne, environs of  
Denver, of which I remember only  
“Loveland” (as in the lovely song),  
east into Kansas, to cherished  
Glasco and my grandmother.

The little farm town diminishes  
each decade since. My infant brother’s  
grave is there, Grandmother, cousins,  
all the comforting kin.

Yet I am forever en route to—where?  
To my own Bountiful,  
awaiting another Greyhound  
in the noir and muted depot  
at 2 AM.



*Nighthawks, Edward Hopper  
1942*

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*Trina Hester, continued from page 9*

**PS: Do you have a memory about SDSU that stands out and that you would like to share?**

**TH:** One of my favorite memories happened repeatedly when an alumnus returned to campus after decades and I observed their awe and joy at seeing the campus with all its changes. At KPBS I remember the April 2016 Celebrate Elections! event when PBS Newshour anchor Judy Woodruff was our guest of honor. For the occasion I dressed in a red suit, did sort of an updo hairstyle and put on some frameless glasses. When I looked in the mirror, it became clear that I looked sort of like Sarah Palin - without that being my goal. I had the most fun as chaperone for Ms. Woodruff and at the same time having people ask to take my photo because I looked like Palin.

**PS: Do you have a hobby, special interest or volunteer activity you would like to share?**

**TH:** More than anything I am fascinated by nature and animals, so I like hiking, camping and visiting wondrous places.

**PS: What was the last book you read? Do you recommend it? Of so, why; or if not, why not?**

**TH:** The book I just finished is *Loving Frank* by Nancy Horan, a novel about architect Frank Lloyd Wright and his mistress Mamah Borthwick. It was an intriguing historical fiction with many modern day dilemmas and deep things to contemplate about life and how we live. I recommend it.

**PS: Do you have a favorite quote? If so, why is it your favorite?**

**TH:** A quote from my father that I have a new perspective for now that I'm retired is: "The only bad thing about retirement is - you never get a day off." I used to think it was just funny, but now I know there is some truth to it. I am so busy everyday and sometimes I don't know what day it is because the days just all run together in work and play. I can relate to Maggie Smith as Violet, Dowager Countess of Grantham in *Downton Abbey* when she says, "What is a weekend?"

**PS: What are you looking forward to in retirement--any special plans; or if you've been retired, what have you enjoyed doing?**

**TH:** The pandemic certainly played a role in my time so far in retirement, though to be honest I had goals of simplifying my life by streamlining, stepping back and slowing down. It forced all that on everyone at the same time. I have spent my time visiting family, working at a ranch in the northwest and visiting several national parks. I am learning the RV world of travel and camping and have plans to visit more national parks and historic places. ♦

# SDSURA NEW MEMBERS 2021

Huma Ahmed-Ghosh, *Womens Studies*  
 Nenita Alegre, *Custodial Svcs*  
 Linda Alvarez, *Parking Ops & Trans Svcs*  
 Marie Andreas, *SA Financial Aid & Schlrschs*  
 Corazon Asanas, *Custodial Services*  
 Gina Balistrieri, *Athletics Ticket Ops*  
 Kelly Barbeau, *SA Student Health Svcs*  
 Susan Baxter, *CSUPER-CSU Biotech Ed*  
 Lawrence Beck, *Hospitality & Tour Mgmt Sch*  
 Leland Beck, *Computer Science*  
 Romulo Belarmino, *Electric Shop*  
 Edith Benkov, *European Studies*  
 Bettyann Bernhardt, *Sciences Deans Office*

Sanford Bernstein, *Biology*  
 Brian Blake, *Hospitality & Tour Mgmt Sch*  
 Michael Boback, *Refrigeration Shop*  
 Marcie Bober-Michel, *Journalism & Media St*  
 Jacki Booth, *Child & Family Devel*  
 Janet Bowers, *Mathematical Sciences*  
 Richard Boyd, *Rhetoric & Writing*  
 Beverly Bracker, *Career Mgmt Center*  
 Rory Brening, *SA Student Health Svcs*  
 Dania Brett-Major, *Information Tech*  
 Dianna Brooks, *Enrollment Svcs*  
 Dawn Brown, *Rhetoric & Writing*

Dennis Brown, *Equipment Svcs*  
 Maso Buggs, *Housing Facilities Svcs*  
 Diane Burggraff, *Enrollment Svcs*  
 Victor Camp, *Geological Science*  
 Carl Carrano, *Chemistry & Biochem*  
 Donna Castaneda, *Imperial Valley Deans*  
 Arlene Castillo, *SA New Student & Parent Prg*  
 Annette Cavender, *Rhetoric & Writing*  
 Roger Caves, *Public Affairs*  
 James Cavolt, *Art, Design & Art Hist*  
 Susan Cayleff, *Womens Studies*  
 Cathy Chen, *Admin Info Syst*

Donna Conaty, *PSFA Deans*  
 Linda Copp, *Exercise & Nutr Sci*  
 Steven Cosner, *Student Info Syst*  
 Nancy Coto, *Spanish & Port Lang & Lit*  
 Catherine Crahan, *SA Financial Aid & Schl*  
 Helen Craig, *Web Infrastructure*  
 Sharon Danner, *Accounts Payable*  
 Jill Davis-Prickett, *SA Student Health Svcs*  
 Leana and David DeKock, *Men's Basketball*  
 Albert Diego, *Custodial Svcs*  
 Martin Doucett, *SA Counseling & Psych Svcs*  
 Brenton Dutton, *Music & Dance*  
 Kathy Echols, *Accounts Payable*

Carl Eckberg, *Computer Science*  
 Mary Ann and John Eger, *PSFA Deans*  
 Liz Eller, *Aztec Shops*  
 Debra Elliott, *Sociology, Womens Studies*  
 Nancy Federman, *Sociology*  
 Willa Fields, *Nursing*  
 Murray Finegold, *Physics*  
 Janet Finkel, *Nursing*  
 David Fobes, *Art, Design & Art Hist*  
 Donald Fobian, *Public Affairs Sch*  
 Karen Follingstad, *Music and Dance*  
 Jeffrey Fratt, *Contract & Procurement*

Mark Freeman, *Theatre, TV & Film*  
 Suzanna Fuentes, *IV Deans*  
 Mary Galbraith, *English & Comp Lit*  
 Luz Garcia Gonzalez, *Custodial Svcs*  
 Laura Gardiner, *SDSU Research Found*  
 Sandra Garver, *Biology*  
 Arlene Gibson, *Engineering Deans Office*  
 Joyce Gill, *Business Admin Deans Office*  
 Gary Girty, *Geological Science*  
 Christopher Glembofski, *Biology*  
 Kathi Glenn, *Univ Copy Center*  
 Marcia Godinez, *Chemistry*  
 Brenda Goings, *Custodial Svcs*  
 Cynthia Grape, *Advancment Svcs*

Bobbie Gray, *SA Career Svcs*  
 Martin Greenberg, *SA Student Health Svcs*  
 Lei Guang, *Political Science*  
 Jorge Guerra, *Motor Vehicle Op*  
 Stephanie Guerra, *Curriculum, Assmnt & Acred*  
 Madhu Gupta, *Elec & Computer Engineering*  
 Deborah Hamlingball, *SA Student Health Svcs*  
 Don Harrington, *Finance*  
 Greg Harris, *Biology*  
 Anthony Harrison, *Housing Facilities*  
 Steven Harshaw, *University Police*  
 Debra Hegmann, *Student Account Svcs*  
 Lisa Heizer, *Sciences Deans Office*

Diane Hendrickson, *SA Student Health Svcs*  
 Sylvia Hernandez, *Education Deans Office*  
 Trina Hester, *KPBS*  
 David Hewitt, *Art, Design & Art Hist*  
 Jeffery Hewlett, *Enrollment Services*  
 Darlene Hicks, *Chicana & Chicano Stu, Engl & Comp Lit*  
 Robert Hilchey, *Sciences Deans*  
 Jeffrey Hornbuckle, *Arts & Letters Deans*  
 Janet Huguen, *Nursing*  
 Lewis Hughes, *Building Svcs*  
 Daniel Hull, *SA Student Health Svcs*

Robert Humphus, *Grnds & Landscape Svcs*  
 Colette Ingraham, *Couns & School Psych*  
 Sherrie Jacoby, *SA Student Health Svcs*  
 Murray Jennex, *Mgmt Info Syst*  
 Thomas Johnston, *Mech Engineering*  
 Jackie Jones, *Psychology*  
 Katherine Jones, *Instr Tech Serv*  
 Sandra Jordan, *Admin Info Systems*  
 Robert Judge, *Mgmt Info Syst*  
 Paul Justice, *Faculty Adv & Student Success*  
 Thomas and Julie Karlo, *KPBS*  
 Richard Keely, *Art, Design & Art Hist*

Carole Kennedy, *Political Science*  
 John Kennedy, *Elec & Computer Engr*  
 Martha Kinkade, *Rhetoric & Writing*  
 Stephen Kirschvink, *Mathematical Sci*  
 Larisa Kiseleva, *Admin Info Syst*  
 Ryu Kitajima, *Linguist & Asian/Mid East Lang*  
 Karl Kline, *Rhetoric & Writing*  
 Yang Kwon, *Art, Design & Art Hist*  
 Susan Langsford, *Sciences Deans Office*  
 Paul Justice, *Faculty Adv & Student Success*  
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 Richard Keely, *Art, Design & Art Hist*  
 Carole Kennedy, *Political Science*

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 Karl Kline, *Rhetoric & Writing*  
 Yang Kwon, *Art, Design & Art Hist*  
 Susan Langsford, *Sciences Deans Office*  
 Barbara Layaye, *IV Deans Office*  
 William Lee, *IT Network & Infrastructure*  
 Samuel Liwanag, *Custodial Svcs*  
 Roderick Long, *Men's Football*

Lorilyn Lord, *Associated Students*  
 Marilee Ludvik, *Admin Reh & Post-Sec Educ*  
 Georgina Macias, *Spanish & Port Lang & Lit*  
 Farid Mahdavi-Izadi, *History*  
 Peter Manley, *Rhetoric & Writing*  
 Benita Mann, *Housing Facilities Svcs*  
 Donna Martens, *Aztec Shops*  
 Reginald Martin, *Custodial Svcs*  
 Maurice Meadows, *Steam Shop*  
 Monica Medina, *KPBS*  
 Steve Merriam, *Rhetoric & Writing*  
 Leah Messenger, *Aztec Shops*  
 Julie Messer, *Accounting Svcs*  
 Kim Moreno, *Nursing*  
 Ralph-Axel Mueller, *Psychology*

Cheryl Muessig, *Enrollment Svcs*  
 Reba Muhammad, *Enrollment Svcs*  
 Marla Mumford, *Finance Mgmt, IT, Gift Rep*  
 Sabrina Munoz, *University Police*  
 Linda Muroi, *Library Admin*  
 Balbir Narang, *Aero Engr & Engr Mech*  
 Ronald Nash, *Library Admin*  
 Ann Nevitt, *Library Admin*  
 Peter Nordyke, *Theatre, TV & Film*  
 Eric O'Hare, *Physics*  
 John O'Leary, *Geography*  
 Mary Obermeyer, *Enrollment Svcs*  
 Norma Ojeda, *Sociology*

Johanna Ortiz, *SA EOP & Ethnic Affrs*  
 JoAnn Parmenter, *SDSU Research Found*  
 Pia Parrish, *Geological Science*  
 Leticia Peralta, *Custodial Svcs*  
 Valerie Peterson, *Audit & Cont Impr*  
 Bruce Petrozza, *Contract & Procure Mgmt*  
 Deborah Poole, *Ling & Asian/Mid East Lang*  
 Joseph Price, *Clin Psych, Jt. Doc, Psych*  
 Miguel Rahiotis, *IV Deans*  
 James Ray, *Theatre, TV Film*  
 Paul Ray, *Building Svcs*  
 Robert Ray, *Library Admin*  
 Herminia Reyes, *Philosophy*

Shulamit Ritblatt, *Child & Family Devel*  
 Michele Ritchie, *Civ, Const & Env Engr*  
 Dolores Rivera, *IV Deans*  
 David Rodgers, *SA Career Svcs*  
 Diana Rose, *University Police*  
 Paul Sager, *Accountancy Sch*  
 Carolyn Sakai, *SA Counseling & Psych Svcs*  
 Manuel Sanchez, *Curriculum, Assmnt & Acred*  
 Maria Santos, *Enrollment Svcs IT*  
 Ludmila Schankova, *Human Res*  
 Steven Schnall, *Marketing*  
 Paul Semm, *Sociology*

Holly Shaffner, *Veterans Ctr (JABVC)*  
 Michael Shanklin, *Arts & Letters Deans*  
 Tyrone Shorter, *Custodial Svcs*  
 Martha Slater, *Rhetoric & Writing*  
 Addie Smith, *Enrollment Svcs*  
 Dana Smith, *Budget & Finance*  
 James Smith, *Political Science*  
 Timothy Smith, *Civ, Constr & Env Engr*  
 Barry Stampfl, *IV Deans*  
 Renee Swatzell, *SA Career Svcs*  
 John Syers, *Paint Shop*  
 Joselito Tagle, *Advancement Svcs*  
 James Tarbox, *SA Career Svcs*

Boyd Tatum, *Psychology*  
 Naomi Thomas, *Custodial Svcs*  
 Brenda Thompson, *Enrollment Svcs*  
 Kathryn Thompson, *SA Student Health Svcs*  
 Coral Thuet, *Chicana & Chicano Studies*  
 Larry Tilton, *Project Mgmt*  
 Carol Tohsaku, *Instru Tech Svcs*  
 James Towner, *Rhetoric & Writing*  
 Marie Millie Tran, *Envrn Health & Safety*  
 Romamohan Lal Tummala, *Elec & Comp Engr*  
 John Vanderpot, *Rhetoric & Writing*  
 Nikhil Varaiya, *Finance*

Sherry Velthuysen, *Envrn Health & Safety*  
 Stephen Welter, *Biology*  
 Leland Wessel, *SA Student Hlth Svcs*  
 Julie Williams, *Rhetoric & Writing*  
 Rayanne Williams, *Enrollment Svcs*  
 Kari Winter, *SA Student Health Svcs*  
 Felise Wolven, *Biology*  
 Brian Wynne, *Aztec Shops*  
 Jane Yamauchi, *Health & Human Svcs Deans*  
 Anna Yampolskaya, *Human Resources*  
 Jon Yim, *SDSU Research Found*  
 Elena Yu, *School Public Health*  
 Pete Zamora, *Mechanical Svcs*  
 Dave Zhao, *Admin Info Syst*



## HOW ABOUT SOMETHING SPECIFIC?

*Tom Donahue, Benefits*

In our discussions for this year in this column, we have explored the usefulness—and some few limitations—of Google and the World Wide Web to help with information for problems of aging. For this last foray into the digital world for this year, we will use web resources to inquire about a couple of specific problems that aging brings: dysphagia and numbness of the feet and legs. We will see that using the web may be most useful for *beginning* an inquiry into medical matters, with the aim of scheduling a medical appointment as soon as possible afterwards.

For some of us there may come a time when a swallow of water or coffee quickly splashes around the inside of the mouth and winds up in the bronchus. What follows is rather more obnoxious than you might imagine at first: a person has the sensation of drowning, and may pitch forward, head lowered below the waist, with an attempt to cough out the liquid onto the floor. (This is all the more striking—not to say spectacular—when it occurs in public, or on more than average formal occasions.) This disorder is called dysphagia, and you will find it discussed after the Google prompt “What causes difficulty in swallowing in aging persons?” You may find the difficulty quite disconcerting.

The age-related problem in dysphagia is this: the upper and lower sphincter muscles in the esophagus may weaken in time. When that happens, the passage of food down the esophagus is slowed and in some instances the food may temporarily stop inside the downward passageway. Any responsible website will advise you to see your Doctor, where you will learn certain techniques to control this disorder: you will be told to drink slowly, to take small sips, to bend your head downward with your chin directed to and tucked into your throat as you swallow, and to avoid bending over or lying down after eating. You also will be told that it may be necessary to have a film made after you ingest some barium, in order to have an x-ray of your swallowing, and, you may have to have—shall we say—an endoscopic inquiry done with a tiny camera on a wire which is directed down your nasal passage into your stomach. If it is the case that you could use some training to strengthen the sphincter muscles in the throat, here is a useful source: [napacenter.org/swallow-strengthening-exercises](http://napacenter.org/swallow-strengthening-exercises). But here is the hard truth: dysphagia can have diverse causes, and it can be quite serious. A person with this discomfort must not delay getting medical analysis and help.

A second nagging difficulty is peripheral neuropathy of the feet, particularly that feeling of numbness that can cause you to lose your balance when you are standing in the bathtub. The immediate difficulty as one stands there is this: in losing your balance you may shift your feet suddenly and then your balance really does tip awry, with the risk that you fall through the shower curtain and hit the bathroom floor. At the outset you might try these Google prompts: “What is neuropathy?” and “How is neuropathy of the feet treated?” The response will show that there are numerous causes of neuropathy, with a large number of vendors advertising and offering various treatments for the disorder.

Because neuropathy feels like some combination of loss of sensation from nerve damage together with a circulation problem, there are various ways to proceed from the outset. Of course you must see a medical specialist, because considered broadly peripheral neuropathy is present not just from aging, but from vitamin B-12 deficiency, or diabetes, or alcoholism, or kidney or liver disease or even hypothyroidism. In fact there is a direction of analysis showing that neuropathy is also present when one has digestion difficulties like those mentioned just above with dysphagia: there can be difficulty swallowing in neuropathy, as well as constipation and also gastroparesis, in which the stomach empties too slowly. (Consult through Google the discussions of autonomic neuropathy by Stanford Health and the Mayo Clinic.) But concerning difficulty with the feet only: you might be prescribed relief with Gabapentin or Neurontin, or perhaps just ibuprofen or aspirin. And exercise and diet can help, together with an amount of relief given through ointments (some recommend massaging the feet with Vicks Vapo-Rub!) Your Doctor will offer alternatives for your choice. But it is imperative that you act quickly: recall the earlier advice in this column that aging people are at very high risk for falls, and a person must be constantly cautious and alert to the sense that something is going wrong.

For reactions and questions, please write Tom Donahue at [donahue\\_thomas@ymail.com](mailto:donahue_thomas@ymail.com). ♦

### TREASURER'S REPORT

*Robin Fishbaugh, Treasurer*

#### SDSU Retirement Association Accounts as of January 6, 2022

Scholarship Endowment Fund	\$284,605.07
Scholarship Fund	\$38,039.64
Operating Account	\$21,446.02
Activities Account	\$14,199.84

**Sub-total** **\$358,290.57**

Bohnsack Scholarship Endowment Fund	\$58,878.88
Bohnsack Scholarship Fund	\$3,614.76

**Sub-total** **\$62,493.64**

**Total Assets** **\$420,784.21**

### IN MEMORIAM

**Vivian Finch**  
Geography  
June, 2021

**Richard Darley**  
Marketing  
August, 2021

**Elaine McLevie**  
Wife of John McLevie  
Teacher Education

**James Cobble**  
Graduate Division  
November, 2021

**Kathee Christensen**  
Speech, Language, and  
Hearing Sciences  
December, 2021

**Frank Medeiros**  
Academic Affairs/Rhetoric and Writing  
January, 2022

# Coming in the Next PostScript: Mentors and Mentoring



*Has your life been changed by a mentor, a trusted guide who has helped you navigate the road through college and into your future career? Or, have you been the mentor, supporting and advising and watching as your student, or whoever your mentoree may be, grows into the very best version of him or herself? The theme for the next issue of PostScript is “Mentors and Mentoring.” Whether during your career at SDSU or beyond, please share your mentor/mentoring experiences: the relationships developed, the rewards, the fun times, the successes, the challenges. We look forward to hearing your stories.*

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*Coming in the Next  
PostScript:  
“Mentors and Mentoring”*

***Save the Date***

*Retired Faculty & Staff Reunion,  
Tuesday, March 15*

*Borrego Desert Escape  
Tuesday through Friday,  
March 22 - 25*

*Left: Hello Garden, located along  
the Hello Walkway behind the Faculty  
Staff Center. The garden, operated by  
SDSU dining, is sustainable, locally  
sourced, and provides produce for  
dining locations across campus.*

**DEADLINE: May 31, 2022**

**Please e-mail your double-spaced article of approximately 400-500 words to [whitesagecafe@aol.com](mailto:whitesagecafe@aol.com). If you have no access to a computer, mail your typed or clearly printed article to 4829 Beaumont Drive, La Mesa, CA 91941. Scanned photos may be sent as an attachment or mail photos to Barbara Barnes at the above address. Photos are appreciated and will be returned.**

*PostScript* is published by the San Diego State University Retirement Association  
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