Early in April some of the first RA (Resident Advisors) of Morrill Tower got together to celebrate the 50th anniversary of the opening of the student residence. Its twin, Lincoln Tower, was dedicated on the same day in 1967. The towers can be seen as a monument to the Land Grant or Morrill Act, signed in 1862 by Abraham Lincoln. Naming the towers is a fitting tribute to the Act of Congress that provided the means to establish The Ohio State University and define its mission.

In August 2011 online article, Kevlin C. Haire of the University Archives wrote that there was an increasing number of students and limited dorm space, so in 1962 the University’s master plan included the construction of a new “focal point” along the Olentangy River. “It appears that the master plan at the time called for construction of six towers, all alike.”

“The plan also called for other facilities, like a student union—which resulted in the construction of the Drake Union—as well as a boat house and support facilities.”

Drake Union was named after Edward S. “Beanie” Drake, the popular manager of the Ohio Union for 33 years. The Drake was officially opened in 1972 and offered restaurants, meeting spaces, a theater, bowling lanes, and housed canoes. The Physical Education Department offered instruction in canoeing, sailing, and bowling for student credit. Since first opening, Drake has proudly served as the home for The Ohio State University’s Department of Theatre, and now offers three performance spaces, with new spaces expected to open soon. It is now known as the Drake Performance and Event Center.

The story has never been verified, but it was widely told that in 1990, when E. Gordon Gee first moved his family to Columbus, his then young daughter, Rebekah, thought the towers were pretty homely and suggested that her dad should get them replaced! Of course that didn’t happen, and the iconic structures continue to offer student housing. Each tower has 23 floors. Lincoln has student rooms on floors 15-23, and Morrill has student housing on all 23 floors.

When the wind blows just right the whole tower hums like an organ pipe – bringing back happy memories of student days and bringing folks back to celebrate its 50th anniversary.
FROM: The President

Spring has sprung and so have the OSURA Litter Pickers! We had our first outing of the year on April 17th for Buckeyes Give: Month of Service. I was joined by fellow OSURA members, Carl Leier, Jason Manchester, Jerry Newsom and Marjorie Ward, to pick up in our new territory on campus. We now will be Litter Picking from The Longaberger Alumni House through the Bloch Cancer Survivors Plaza through the Lane Avenue Gardens of the Chadwick Arboretum. It was a gorgeous day and we got good exercise in a beautiful environment. By being OSURA Litter Pickers for this area, you will also become a Volunteer for Chadwick Arboretum and get those benefits as well. Join us for the next Litter Pickers outing. Watch the OSURA website for the next date and orientation to the Chadwick Arboretum. If you are interested in being a Litter Picker, please email me at OSURA.Board@gmail.com.

The Membership Committee will be hosting the OSURA Spring Fling on May 17th. It is our opportunity to shine while we share with recent and longtime retirees about the activities and benefits of OSURA. The goal of the event is to increase our “Active Membership”.

This is the time of year to accept nominations for The Ohio State University Retirees Association (OSURA) OUTSTANDING SERVICE AWARD. This award will be given to an individual who has contributed to the betterment of The Ohio State University retirees through leadership and service to retirement causes. The contributions of this individual may be in any area related to retirees and retirement, such as administration or legislation, but will be measured on how these efforts enrich retirees’ quality of life now and in the future.

Last year Thomas L. Sweeney received the award for his longtime service to OSURA as former President in 2003-4 and his long-term role as OSURA Secretary until 2016. His knowledge of OSURA history was invaluable during our transition, and contributions to the development of our by-laws have been considerable. Tom continues to serve as the Campus Campaign Representative and now as Co-Historian for the OSURA Board. Tom, OSURA thanks you for your “Outstanding Contributions” to OSURA.

Please consider nominating yourself or a fellow OSURA Active Member for this award. The nomination form, criteria and directions are on the OSURA Website. Nominations are now due by June 5th.

Take care!

Shirley Fields McCoy
President, OSURA Executive Board
Welcome New Retirees

Crystal L. Ball  
University Hospitals

Ronald E. Blevins  
RIO Operations Headquarters

Brian Douglas Harper  
Mechanical & Aerospace Engineering

Gwen M. Hayhurst  
Cancer Hospital & Research Institute

Richard A. Mathis  
Facilities Planning and Operations

Jerry David McCreery  
Family Medicine

Lorraine Ryan  
University Hospitals

Virginia Lee Supplee  
Harding Hospital

Joni L. Warren  
Pharmacy

THE HEALTH & WELLNESS SPECIAL INTEREST GROUP PRESENTS:

Food for Thought: Eating for Physical and Mental Well-Being and The Baby Boomer Healthy Lifestyle

These lectures will provide current, helpful and practical information on dietary and activity-exercise issues.

Presented by
Ms. Ashlea Braun, Dietitian, Ohio State Nutrition Services  
Mr. Lenier Crawford, Exercise Physiologist, Cardiopulmonary Rehab

Saturday, May 6
Check-in 8:30 a.m. • Event 9 – 11 a.m.
Martha Morehouse Auditorium
First floor in three-story building
2050 Kenny Rd, Columbus, OH 43221 (Free parking behind the building)

Registration:
Register online. Admission is free. Pre-registration is required. Deadline is May 4.

Questions:
Please contact the OSURA Health & Wellness Special Interest Group at OSURA.Health.Wellness@gmail.com.

Please bring items for the Buckeye Food Alliance

New Discount for OSURA Members

Tickets to Short North Stage’s productions of Tony Kushner’s Angels in America, Parts 1 and 2 are available to OSURA members and their guests at a discount of $10.00 per ticket. The Pulitzer Prize and Tony Award winning plays are being presented in collaboration with the puppet masters of Dayton’s Zoot Theatre Company at the Garden Theater, 1187 N. High Street, Columbus, June 1 to July 2, 2017.

Order tickets at shorthnorthstage.org or call 614/725-4042. Use the discount code OSURA. Questions? Contact Diane Driessen, Cultural Arts Committee, ddriessen@columbus.rr.com or 614-457-9346.

The Next Three Columbus Metropolitan Club Events:

▼ Wednesday, May 3
Brewing History on Tap
Featuring Jay Hoster, great-great-grandson of Columbus Brewer Louis Hoster; Megan Wood, Director of Museum and Library Services for Ohio History Connection; other speakers TBA.

▼ Wednesday, May 10
Highest Eviction Rate in Ohio, Consequences?
Featuring Elfi DiBella, President & CEO, YWCA Columbus; Stephanie Hightower, president & CEO, Columbus Urban League; Brad DeHays, founder, Connect Realty.

▼ Tuesday, May 16
Governor John Kasich: Two Paths
This Town Hall format forum will feature Ohio’s Governor John Kasich as he talks about his book “Two Paths: America Divided or United.” Steven and Vanessa Marks Legacy Forum

These forum programs are
at 12:00 noon at the Boat House at Confluence Park.
Reservations are required, www.columbusmetroclub.org or call (614) 464-3220 x 1.

There is a special membership opportunity for OSURA members.

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Calendar of Events

COMMITTEE MEETINGS

May 2 (Tuesday)  
Benefits Committee  
Time/Place: 9:15 a.m., Northwood-High Building, 2231 N. High Street

May 9 (Tuesday)  
Board Meeting  
Time/Place: 9 a.m., Longaberger Alumni House, 2200 Olentangy River Road

May 22 (Monday)  
Travel and Cultural Arts Committee  
Time/Place: 10 a.m., Longaberger Alumni House, 2200 Olentangy River Road

MONTHLY ACTIVITIES

May 17 (Wednesday)  
Book Club  
Two Years, Eight Months, and Twenty-Eight Nights, by Salman Rushdie. Scheherazade-like, Rushdie uses 1001 nights to tell nested, swirling tales featuring jinn, triggered by a NY City lightning storm, who cross space and time to meddle in human affairs. This is a mixture of magic, realism, mythology, and science fiction.  
Time/Place: 1:30 p.m., Carriage Hill of Arlington Party House, Lafayette Drive. Call Lee Hill (614-459-4743) for directions.  
Arranger: Lee Hill (Book Club SIG)

May 18 (Thursday)  
Lunch Bunch: COTA Updates  
REGISTRATION REQUIRED  
Come hear Marty Stutz, COTA Vice President of Communications, Marketing and Customer Service, talk about COTA’s new bus network, which launches on May 1, and other future transit enhancements and investments in our region.  
Time/Place: 11:15 a.m., MCL Cafeteria, Kingsdale  
Cost: On your own, order through cafeteria line starting at 11:15 a.m., program at approximately 12 noon.  
Registration Deadline: Register at OSURASocial@gmail.com or call 614-292-2281 by May 16  
Arranger: Phyllis Carroll (Social Committee)

May 19 (Monday)  
Walking/Hiking Group  
Challenge Level 2-4  
Everyone welcome. Join us at Glacier Ridge, 9801 Hyland Croy Rd, Plain City, OH.  
Time/Place: 11 a.m., meet at the parking lot area nearest the picnic shelter/restrooms/play equipment.  
Arranger: Hallan Noltimier (Walking/Hiking SIG)

May 23 (Tuesday)  
Tertulia Breakfast  
Join OSURA members and friends for breakfast and friendly conversation.  
Time/Place: 8 a.m., OSU Faculty Club  
Cost: On your own  
Arranger: Jerry Dare (Tertulia Breakfast SIG)

May 24 (Wednesday)  
Bridge Group  
Come enjoy the fellowship, and have fun playing a good game of bridge at the same time.  
Time/Place: 1 p.m., Friendship Village of Dublin, North CR  
Arranger: Steve Miller (Bridge Group SIG)

May 25 (Thursday)  
Dinner Series: Alaska’s Spectacular Inside Passage  
REGISTRATION REQUIRED  
Enjoy the spectacular highlights of four trips on an itinerary that features cruising Glacier Bay National Park, riding the White Pass Yukon Railway, viewing the Mendenhall Glacier, and strolling through Victoria’s Butchart Gardens and other vistas. Enjoy helicopter and seaplane flights and salmon bakes, dog sledding and whale watching.  
Time/Place: 5:15 p.m., social hour, followed by dinner at 6 p.m. and program at 7 p.m.; OSU Faculty Club  
Cost: $23 (service charge included)  
Registration Deadline: Register at osura.osu.edu or call 614-292-2281 by May 22  
Arranger: Howard Gauthier (Dinner Series SIG)

CHALLENGE LEVELS

1 Light – may include a few stairs.  
2 Moderate – may include a few sets of stairs.  
3 Moderate + – may include climbing many stairs and/or uneven terrain.  
4 High – may include lots of walking, climbing stairs, hilly walkways and/or extended weather exposure.

SEE YOU AT THE Summer Potluck Picnic  
June 26  
Amelita Mirolo Barn
**June 2 (Friday)**
**Art and More in Downtown Columbus**
OSU Urban Arts Space and Moyer Ohio Judicial Center  
**Challenge Level 2**  
**REGISTRATION REQUIRED**
Docent-led tours of Art/Engineering exhibit and Rooftop Garden (if weather permits) at the OSU Urban Arts Space. Box lunch from Freedom Ala Cart and docent-led tour of the remodeled Supreme Court Building. This tour features art, architecture, Ohio history and the workings of the court system. Register by calling 614-292-2281.

- **Meet by:** 11 a.m., Lazarus Building, 50 W. Town Street, Suite 30  
- **Return:** 2 p.m.  
- **Cost:** $15 (tour and box lunch-turkey sandwich or salad with chicken, also GF, vegetarian, or vegan options)  
- **Registration/Refund Deadline:** May 18  
- **Arranger:** Diane Driessen (Cultural Arts Committee)

**August 9 (Wednesday)**
**Ark Encounter**
Williamstown, KY  
**Challenge Level 3**  
**REGISTRATION REQUIRED**
The Ark Encounter features a full-size Noah’s Ark, built according to the dimensions given in the Bible, 510 ft. long, 85 ft. wide and 51 ft. high. The moment the towering ark comes into view, from the friendly animals in the zoo, to the jaw-dropping exhibits inside the ark, you’ll experience the pages of The Bible like never before. ArkEncounter.com

- **Meet by:** 7:15 a.m., back parking lot at Kohl’s, 3360 Olentangy River Road  
- **Return:** approx 7:30 p.m.  
- **Cost:** $88.50; includes motor coach transportation, Ark tour, snacks and tips.  
- **Registration/Payment Deadline:** Register at osura.osu.edu or call 614-292-2281 by July 9.  
- **Arrangers:** Alabelle Zghoul and Betty Hriesik (Travel Committee)

**September 2-10**
**The “Magnificent” Canadian Rockies**
Vancouver, Jasper, Lake Louise, Banff, Calgary  
**REGISTRATION CLOSED**
Depart: TBA September 2 (Saturday) from CMH  
Return: TBA September 10 (Sunday)  
**Payment Deadline:** Final payment due July 4  
- **Arranger:** Alabelle Zghoul (Travel Committee)

**SPECIAL EVENTS**

**May 2-3 (Tuesday, Wednesday)**
**Shaker Village of Pleasant Hill**
Pleasant Hill, KY  
**REGISTRATION CLOSED**
**Meet by:** 8:30 a.m. Tuesday, back parking lot at Kohl’s, 3360 Olentangy River Road  
**Return:** Approx 10 p.m. Wednesday  
**Arranger:** Odette Blum (Cultural Arts Committee)

**May 6 (Saturday)**
**Health & Wellness Event**  
**REGISTRATION REQUIRED**
Two lectures will be presented: 9 a.m. *Food for Thought: Eating for Physical and Mental Well-Being* by Ashlea Braun and at 10 a.m. *The Baby Boomer Healthy Lifestyle* by Lenier Crawford. A question-and-answer period will follow each lecture.

- **Time/Place:** Registration 8:30 a.m.; program 9-11 a.m., Martha Morehouse Medical Plaza, 2050 Kenny Road  
- **Cost:** Free (Bring a canned or non-perishable item for the Buckeye Food Alliance).  
- **Registration Deadline:** May 4 – email OSURA.HealthWellness@gmail.com  
- **Arranger:** Carl Leier, Rod Tomczak, and Elaine Glass (Health & Wellness SIG)

**New**

**Ron St. Pierre spoke to the Dinner group about the trial of Andersonville Prison Commander Captain Henry Wirz.**
## In Memoriam

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**Notes on STRS**

*By Gerald Newsom*

The STRS Board approved the “assumptions” which actuaries use to project the financial future of their pension fund. The more pessimistic the assumptions, the larger the cuts STRS would have to make to project solvency. The biggest question was what returns on investment to adopt, and the Board chose the most optimistic value of the range presented to them: minimizing the cuts that are needed now but increasing the risk that further cuts will be needed in the future.

Of course, these changes would not be needed if previous projections had been more accurate. In hindsight, we can see where those assumptions went wrong. A big factor is retired teachers are living longer than actuaries were predicting, plus return on investments and growth in teacher payroll were both less than expected.

While nothing is certain until the Board votes (most likely in April but possibly in May), most observers expect cost of living adjustments to be reduced or eliminated for quite a few years, and subsidies for health insurance will be cut for at least some retirees.

While Ohio is one of the relatively few states for which the government has not guaranteed pensions, the legislature still oversees the financial stability of the five pension systems. Pressure is growing on many legislatures across the country to replace defined benefit systems (DB, which includes traditional STRS and OPERS) with defined contribution (DC) plans. With our DB plan, STRS guarantees the pension, but DC plans have no such guarantees. If STRS fails to demonstrate that the pension fund will likely remain solvent, these pressures will increase. Independent studies show that DB pensions on average are considerably larger for the same amount contributed, so retirees have a vested interest in seeing the DB plan continue, even though coming cuts will cause hardship for some retirees.

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**OSURA Litter Pickers**

OSURA Litter pickers have moved to campus! Left to right: Shirley McCoy, Marjorie Ward, Jason Manchester, Jerry Newsom and Carl Leier.
Connections: Sleep/Falls

By Meg Teaford

About thirty percent of all adults age 65 and older report falling at least once a year and half of those age 80 and over report a fall. Falls are an important health issue because they can reduce independence and functional health and lead to premature nursing home placements. In fact, about a quarter of all falls lead to death.

Researchers also know that many older adults experience sleep problems. Half of all adults 65 and older report some sleep problems such as difficulty falling or staying asleep, problems staying awake during the day, taking naps, or using sleep medications. What is the relationship between falls and sleep problems?

A recent study by Yaena Min and Patricia Slattum in the Journal of Applied Gerontology reviewed many studies on the subject. The overall findings between falls and sleep problems are not consistent, but they did find several smaller relationships. For example, women who nap are twice as likely to report a fall within the past year than women who are not napping. Men and women who sleep less than 7 hours a night are also more likely to report a fall. Likewise, those who report restless legs are more likely to fall and those age 75 and older are more likely to report difficulty sleeping at night and falls.

The reasons for these relationships are not clear, but researchers believe that those with sleep problems may exhibit memory and concentration difficulties as well as problems with balance and gait. In addition, they may be more likely to fall at night in a room that is dark. Further research is also needed on the relationship between the use of sleep aides and falls.

Correction

In the April Newsletter we made a big error by stating that there are almost 1 million Muslims in Central Ohio!

In fact, in the 10 counties that make up Central Ohio, the total population is 2 million. Half of them are not Muslims! More correctly, it is estimated that Muslims make up about 1.8% of the population, or about 36,000.

I only hope that the gaffe did not distract from the purpose of the article, which was to help dispel Islamophobia and thank our neighbors for their hospitality.
It’s Time...
to really start living!

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A nonprofit Life Plan Community serving older adults in the Quaker tradition.

SAVE THE DATE | 9.20.17

OSURA Fall Conference
September 20, 2017
Fawcett Center

Keynote Speaker:
OSU’s Chief Academic Officer
Executive Vice President and Provost
Bruce A. McPherson