Dixie Highway System

By Nancy Wardwell

Maybe you, too, have noticed the rather enigmatic “Dixie Highway” signs as you travel around northern states like Michigan, Ohio, Indiana – even Illinois. Hmmm. What are those doing above the Mason-Dixon Line?

My best guess was that they referred to the conduit for workers to the automobile industry. Maybe they were, but they were much more to the evolution of roads, travel, and tourism.

The automobile may have been invented and perfected in Germany in the late 1880s, but America quickly came to dominate the industry. Henry Ford introduced the Model T in 1908 – and by 1914 most men in towns like Nelsonville, Ohio who had the $575 were chugging around Athens County – on old wagon roads, with no maps and a jumble of road names.

Entrepreneurs like Carl Fisher saw the need and opportunity to “get the farmers out of the mud.” Local and national associations were formed in 1912. When Fisher first conceived of The Lincoln Highway (US 30 across Ohio) it was one of the earliest. It ran east and west across the United States from Times Square in New York to Lincoln Park in San Francisco, CA.

The Dixie Highway was inspired by the example of the Lincoln Highway - but was planned to run north and south, connecting the U.S. Midwest with the southern United States. It ran from Sault Ste. Marie in the Michigan U.P. all the way to Miami, Florida.

It was overseen by the Dixie Highway Association and funded by a group of individuals, businesses, local governments, and states.

At that time, the U.S. federal government played little role – until 1927 when the highway was taken over as part of the U.S. Route System.

By now, the realignment of roads and additions of highways, especially the Interstate System, explains those once mysterious bits of the Dixie Highway that proudly retain their name.
FROM: The President

Did you ever wonder how new drugs are discovered? How they make their way to the patient?

On my recent trip to the Rano Kau crater on Rapa Nui (Easter Island) along with the mysteries of the moais statues, I learned about the discovery of Rapamycin. This drug was discovered as part of 1960s expeditions to the crater as part of a worldwide project to identify natural products from plants and soil with possible therapeutic potential. Its name derives from the island’s name, Rapa Nui.

Why Rano Kau? The Rano Kau crater is the largest volcano cone on the island and one of the island’s only three natural bodies of fresh water. Its unique characteristic for drug discovery is the microenvironment created from the high walls protecting the interior from strong winds and the high humidity supporting unique flora. In 1972, Suren Sehgal isolated rapamycin from the bacterium Streptomyces hygroscopicus, obtained from a soil sample taken during the 1960s expedition. Dr. Sehgal’s initial characterization focused on its antifungal activities. Further testing indicated that rapamycin has potent immunosuppressive activity, approved by the FDA as an immunosuppressant agent following kidney transplantation. However, how it acts was not discovered until the 1990s when the rapamycin was found to inhibit the mTOR (mammalian target of rapamycin) cell signaling pathway. The inhibition of mTOR by rapamycin is important in that mTOR plays a significant role in the initiation and development of tumors. As such, rapamycin is also an effective anticancer drug. Its studies have changed the way breast and other cancers dependent upon mTOR are treated. Rapamycin also seems to extend the life of lab mice suggesting that Rapa Nui may hold the key to anti-aging agents.

The discovery of rapamycin is one of many stories of how drugs are discovered from soil, plant, fungi, bacteria, etc., and the long process to the patient. It also shows how the scientific community uses these discoveries to identify cell targets used in modern-day drug therapies to treat cancer and many other diseases. So next time you are traveling, look around, as nature may reveal clues to the next cure.

Steven D’Ambrosio
President of OSURA

The Rano Kau crater where rapamycin was discovered. No moais here.
# Welcome New Retirees

<table>
<thead>
<tr>
<th>Name</th>
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<td>Dathan Maurice Alexander</td>
<td>Stu Life Environmental Svcs</td>
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<td>Michael Lee Bernardo</td>
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<td>David Michael Bertsch</td>
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<td>Jane F. Bowers</td>
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<td>Jeffrey Todd Bowman</td>
<td>EHE Department Administration</td>
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<td>Steven James Bright</td>
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<td>Tina Anne Comston</td>
<td>Student Health Services</td>
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<td>Heidi Wolske Dugger</td>
<td>FCOB Mgmt &amp; Human Resources</td>
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<td>Theron Richard Ellinger</td>
<td>Trans &amp; Traffic Mgmt</td>
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<td>Edwin Christopher Ellison</td>
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<td>C. Richard Evans</td>
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<td>Karen S. Fedevich</td>
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<td>Aaron E. Flint</td>
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<td>Damaris Gertrude Halilu</td>
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<td>Dennis William Hall</td>
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<td>Jean Otis Hamm</td>
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<td>James Earl Henderson</td>
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<td>Debra Leigh Hermiller</td>
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<td>Joan Galbraith Jerauld</td>
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<td>Barbara Zulandt Kiefer</td>
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<td>Douglas M. Lambert</td>
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<td>Melody Busey Leidheiser</td>
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<td>Linda M. Neeb</td>
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<td>Karen S. Perry</td>
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<td>Patti Haraway Peters</td>
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<td>Mary Lynn Readey</td>
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<td>Daniel Nathan Reed</td>
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<td>Judith Kemmerling Reidy</td>
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<td>Laura Jan Roberts</td>
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<td>Paulette Marie Snider</td>
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<td>Starline Gay Struble</td>
<td>Univ Lab Animal Resources</td>
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<td>Mary L. Studer</td>
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<td>Adelyn Thomas</td>
<td>University Development</td>
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<td>Deborah Keefe Walsh</td>
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<td>John Douglas Wanzer</td>
<td>OSAS VP Dean</td>
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<td>Darrell E. Ward</td>
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<td>Pamela Renee Watts</td>
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<td>Vera Ellen Welch</td>
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<td>Sharon Kay Wolf</td>
<td>ATI-Administrative Support</td>
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<td>Janine L. Yeske</td>
<td>OSUE County Operations</td>
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## Retirees Generous in Bucks For Charity Campaign

David Crawford

The University’s 2018 Bucks for Charity Campaign was a huge success, with more than $1.3M raised for local nonprofit organizations. OSURA and university retirees were again very generous in their support of the campaign, donating more than $72,000. As a group, retirees gave the third highest dollar amount of the University’s 30 donation units, behind Wexner Medical Center and the College of Arts and Sciences. The many nonprofits benefiting from the campaign are very appreciative to OSURA and all university retirees who donated.

### Research Study on Naming

Participants are needed to take part in a research study to investigate the process of naming words. The study consists of **two to four 1.5-2 hour sessions**. Participants must be between the ages of 18-80 years. Compensation for your participation will be provided.

**Your participation matters!** Contribute to the advancement of science and help us, help others!

Please contact Deena Schwen Blackett at blackett.3@osu.edu or call at 614-247-1982 for more information.

This study is under the advisement of Dr. Stacy Harnish, Assistant Professor in the Department of Speech and Hearing Science located in Pressey Hall.
CALENDAR OF EVENTS

COMMITTEE MEETINGS

March 5 (Tuesday)
Benefits Committee
Time/Place: 9:15 a.m., Longaberger

March 12 (Tuesday)
Board Meeting
Time/Place: 9 a.m., Longaberger

March 27 (Wednesday)
Membership Committee
Time/Place: 10 a.m., Longaberger

MONTHLY ACTIVITIES

March 14 (Thursday)
Photo Society
Program: “The High Arctic and Greenland” presented by Nancy Verber. Nancy is a frequent traveler and especially enjoys expeditions to polar areas. The presentation will focus on the history and culture of the area with photographs taken in the summer of 2018.
Time/Place: 5:15 p.m., cocktails; 6 p.m., dinner; 7 p.m., program; OSU Faculty Club.
You MUST make reservations for dinner by calling 614-292-2262 by March 11.
Cost: On your own
Arranger: Jack Nasar (Photographic Society SIG)

March 16 (Saturday)
Walking/Hiking Group
Challenge Level 2–4
Everyone welcome. Join us on the trails at Highbanks Metro Park, 9466 Columbus Pike, Lewis Center
Time/Place: 10:30 a.m., we’ll meet at the Nature Center.
Arranger: Hallan Noltimier (Walking/Hiking SIG)

March 19 (Tuesday)
Craft Group
Bring your own craft of choice as well as your ideas, or just join us to socialize and see the talents of other retirees. Please RSVP to marycull.4@gmail.com.
Time/Place: 2-4 p.m., Panera Bread (Community Room) 4519 N. High Street
Arranger: Mary Cull (Craft Group SIG)

March 20 (Wednesday)
Book Club
“A Welcome Murder” Robin Yocum. Almost everyone welcomes the murder of Rayce Daubner, a heavy drinker, thief, and scoundrel who sleeps with other men’s wives—but a murder must be solved no matter how desplicable the victim. Scoundrels, cheats, drug users, social climbers, and a nymphomaniac tell this story. Is one of them the killer?
Time/Place: 1:30 p.m., Carriage Hill of Arlington Party House, Lafayette Drive. Call Lee Hill (614-459-4743) for directions. WINTER WEATHER NOTE: If Columbus City Schools close due to weather, we will cancel also.
Arranger: Lee Hill (Book Club SIG)

March 21 (Thursday)
Lunch Bunch
Join us as Tom and Rosemary Domin take us on a video nature walk. They are avid producers of many videos of nature’s creatures and will share some of their nesting bird videos (along with stories) with us.
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.
Contact Person: Elenore R. Zeller (Social Committee)

March 26 (Tuesday)
Tertulia Breakfast
Please join OSURA members and friends for breakfast and conversation.
Time/Place: 8 a.m., OSU Faculty Club
Cost: On your own
Arranger: Jerry Dare (Tertulia Breakfast SIG)

March 27 (Wednesday)
Bridge Group
Please join us. We welcome new members. There is no membership fee and it costs only 25 cents for prizes the day you play. 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)

March 28 (Thursday)
Dinner Series: The Power of a Pet
At least 70% of people have at least one pet or companion animal. This presentation by Rustin M. Moore, Dean, College of Veterinary Medicine will explore, explain and give scientific evidence of the health benefits – physical, social, behavioral, emotional, mental and psychological – for humans who have pets.
Time/Place: 5:15 p.m. reception, 6 p.m. dinner, 7 p.m. lecture; OSU Faculty Club
Cost: $25 (service charge included)
Registration Deadline: Register at osura.osu.edu or call 614-292-2281 by March 25.
Arranger: Carol Newcomb (Dinner Series SIG)

The February 16 hikers at Sharon Woods Metro Park set a record - the most members ever to join the Saturday morning trek!
SPECIAL EVENTS

March 1 (Friday)
BalletMet – Don Quixote
(Senior Dress Rehearsal)
REGISTRATION CLOSED

Time/Place: Curtain rises at 11 a.m. Seating is general, so plan to arrive early for best seats. Doors open at 10:15 a.m., Ohio Theater, 39 E. State Street.
Arranger: Rai Goerler
(Cultural Arts Committee)

March 8 (Friday)
OSU Center for Automotive Research Tour
Challenge Level 2
REGISTRATION REQUIRED

The Center for Automotive Research (CAR) is the preeminent research center in sustainable and safe mobility in the United States and an interdisciplinary research center in The Ohio State University’s College of Engineering.

Meet by: 10 a.m., OSU Center for Automotive Research, 930 Kinnear Road
Return: 11:30 a.m.
Cost: Free, but limited to 15
Registration Deadline: Register at OSURA. CulturalArts.Travel@gmail.com by March 1.
Arranger: Marilyn Blackwell
(Cultural Arts Committee)

March 8 (Friday)
British Landscapes Tour Informational Meeting

A British Landscapes Tour slide presentation will be given featuring England, Scotland, and Wales. This trip is planned for October 10 –19 with the assistance of Collette Tours. Other details will be provided.

Time/Place: 3–5:30 p.m., Whetstone Library, 3909 N. High St.
Arranger: Alabelle Zghoul
(Travel Committee)

March 19 (Tuesday)
Kelton House: Tour & Tea with Sophia
Challenge Level 2
REGISTRATION REQUIRED

“Sophia Kelton” will greet you in the parlor and tell you about the family’s life in the 1850s. “Sophia” will take you on a tour of her beautifully furnished Victorian home and then you will enjoy tea sandwiches, strawberry trifle and tea in the Carriage House.

Meet by: 2 p.m., Kelton House, 586 E. Town Street
Return: 3:30 p.m.
Cost: $15; cost includes tour and refreshments
Registration/Refund Deadline: Register at osura.osu.edu or call 614-292-2281 by March 17.
Arranger: Rai Goerler
(Cultural Arts Committee)

April 10 (Wednesday)
The Ohio State University Airport (Don Scott) Tour
Challenge Level 2
REGISTRATION REQUIRED

Join a guided tour of the inner workings of the OSU Airport. Afterwards, walk to the attached hangar to view a privately-owned small plane and hear from a member of the International Organization of Women Pilots and a participant in the annual Air Race Classic.

Meet by: 12:45 p.m., OSU Airport, 2160 West Case Road
Return: 3:30 p.m.
Cost: No cost
Registration Deadline: Register at OSURA. CulturalArts.Travel@gmail.com by April 3
Arranger: Susan Berntson
(Cultural Arts Committee)

April 12 (Friday)
BalletMet – Cinderella
(Senior Dress Rehearsal)
Challenge Level 1
REGISTRATION REQUIRED

A fairy tale full of hope, hardship and happily ever after, this lush production, set to Prokofiev’s score, brings this tale to life. Register at osura.osu.edu or call 614-292-2281 beginning March 1. Tickets will be held at Will Call.

Time/Place: Curtain rises at 11 a.m. Seating is general, so plan to arrive early for best seats. Doors open at 10:15 a.m., Ohio Theater, 39 E. State Street
Cost: $19 (admission ticket)
Registration/Refund Deadline: April 5
Arranger: Rai Goerler
(Cultural Arts Committee)

May 7 (Tuesday)
Airstream Factory & Neil Armstrong Museum Tour
Jackson Center & Wapakoneta
Challenge Level 3
REGISTRATION REQUIRED

Join us as we learn the history of the iconic Airstream Travel Trailer and tour the factory where they are being made. Following lunch, we will have a docented tour of the Neil Armstrong Air & Space Museum.

Meet by: 7:30 a.m., Lakefront Bus Terminal (3152. E. 17th Avenue)
Return: approximately 6 p.m.
Cost: $58; cost includes motor coach transportation, admission fees, lunch, snacks, tips.
Registration/Refund Deadline: Register at osura.osu.edu or call 614-292-2281 by May 1.
Arrangers: Susan Berntson and Alabelle Zghoul
(Cultural Arts & Travel Committees)
FROM: The Benefits Committee

The Role of Pets in Physical, Emotional, and Social Well-Being of Older Adults

A recent study by the Gerontological Society of America reminds us of the benefits of pet ownership, especially for older adults. The report summarizes earlier research linking pet ownership to improved physical, emotional, and social health. While over 1/3 of those aged 50-67 have a pet that percentage drops to only 9% of those 68 and older. The report, which was funded in part by the MARS Petcare Company, suggests ways to incorporate human-animal interaction into the lives of older adults.

**Health Benefits:** Many of the benefits of pet ownership relate to dogs. Among the benefits of pet ownership are:

- Increased time in physical activity
- Reduced hypertension and stress
- Improved resistance to disease
- Fewer visits to primary care doctors

Ninety-four percent of those pet owners who suffered a serious heart attack survived at least one year compared to 72% of non-owners. This may be because pet owners are more likely to follow cardiac rehabilitation than non-owners.

**Social Benefits:** Older dog owners are not only more likely to walk more often in their neighborhoods, but also form friendships with other pet owners they encounter while walking. This is important to creating a sense of community and security among those living alone.

**Emotional Benefits:** Older pet owners report an increased sense of purpose from having to care for an animal. This may decrease depression and provides structure to the day. This in turn makes them more likely to engage in personal care activities (it is harder to walk the dog without getting dressed, etc. for the day).

The report suggests new ways to incorporate pets into the lives of older adults such as pet sharing, fostering animals for short periods of time, volunteering at pet shelters, and regular visits with therapy animals. Many retirement communities and nursing homes have also brought pets into their facilities on a regular basis and even asked residents to help care for them. Further research is needed to see if there are lasting benefits to such exposure. For further information, go to https://www.geron.org/images/gsa/documents/TheRoleofPetsinHumanHealthyActive_Aging.pdf.

Want to Age in Place? Looking for Ideas and Resources?

According to AARP, about 90% of all adults age 65+ want to remain in their existing homes. Unfortunately, not all of those homes easily support us as we age. Therefore, if we want to stay put, we will have to make changes and modifications to our homes.

The term that is used by architects and builders is Universal Design. This is design that is both accessible to people of all ages and abilities AND is attractive as well as functional. This concept builds upon the requirements of the Americans with Disabilities Act, but it really expands it to look at everyone who lives in the home and everyone who visits it.

**How to get started:** Fortunately we have resources right here at Ohio State through Extension that can help get you started. An OSU website (https://fcs.osu.edu/programs/major-program-areas/healthy-relationships/universal-design) has photos, videos, and resources such as checklists to help you understand what Universal Design means and how it can benefit your family.

**Universal Design sites:** If you’d like to see Universal Design in action, we have two local sites that are open to the public upon request.

- The first is a Universal Design “house” located at OSU’s Molly Caren Farm Science Review site near London, OH in Madison County. The “house” showcases Universal Design in kitchen, bathroom, laundry room, bedroom, and garages. It is open during the Farm Science Review (September 17-19, 2019). It is also open for tours from April through October; to schedule a tour contact Kathy Goins at goins.115@osu.edu.

- The second is the Universal Design Living Laboratory built by former OSU associate Rosemarie Rosetti and her husband to the east of Columbus. You can take a virtual tour of the house through the internet (https://www.udll.com/virtual-tour/). You can also arrange a group tour; go to Rosemarie@udll.com.

**Finding a contractor:** A good place to start in finding a contractor who knows about Universal Design is to visit the National Association of the Remodeling Industry (NARI) website. They provide continuing education for remodelers on universal design.

To find a local remodeler who is certified in Universal Design, go to https://www.nari.org/consumers/find-a-remodeler-results/.

Plan on joining us on March 28 for the dinner series presentation by Rustin M. Moore, Dean of the OSU College of Veterinary Medicine. His talk is titled “The Power of a Pet”.
In November 2018 a Member-at-Large resigned unexpectedly from the OSURA Board, and Marjorie Ward agreed to serve the rest of the term. Marjorie is new to the Board but not to OSURA. She attends the annual meeting each September and is a member of Litter Pickers, a group that removes paper, bottles, and more from Chadwick Arboretum and nearby areas. In her words, “OSURA is an ideal way to stay connected with colleagues and with the life of the University from a different perspective.”

Marjorie’s career has been in teaching and education. After graduating from the College of Wooster, where she majored in English and Speech, she earned a master’s degree from the University of Pittsburgh in Special Education. Her focus was on the education of blind children. She continued her studies at the University of Pittsburgh (including summers at the Sorbonne in Paris, the University of Hawaii, and the University of Alaska) until she achieved a Ph.D. In the fall of 1978, Marjorie left the faculty of Penn State University and joined OSU’s College of Education. She coordinated the graduate program of teachers who wished to work with children who have limited vision or who are blind.

Marjorie has had much experience in teaching blind students. After instructing eighth grade students in English in Wilkinsburg, Pa, she worked as an itinerant teacher for blind and visually impaired children in public schools, first for the Allegheny County Schools and then for the Dauphin County Schools in Harrisburg.

Retiring from OSU in 2004, Marjorie Ward has remained very active in service. She has been a volunteer for Prevent Blindness Ohio one morning a week since 2006. In addition, she has volunteered with Habitat for Humanity Mid Ohio since 2005. Her volunteer service includes working at the ReStores, representing Habitat at community events, and helping with construction of houses. (She knows how to put up siding!) She is chair of the Northside Partnership of 18 churches that build a Habitat house each year.

Travel has been an important part of her retirement. She has traveled with Habitat Global Village teams to Ghana, Thailand, Dominican Republic, Ecuador, and Botswana. In addition, she took part in 15 service trips with Road Scholar. These included five to Antietam Civil War Battlefield, three with Heifer International (a charity dedicating to ending hunger and poverty), and one on board the USS Missouri in Pearl Harbor. Finally, she is an enthusiastic biker and has joined commercial bike trips to many places including Scotland, the Canadian Rockies, the Bear Tooth Highway, Oregon Coast, and Crater Lake. She is also active in her church.

Even though she has an active life already, Marjorie joined the OSURA Board. Welcome, Marjorie!
The success of OSURA is its wonderful volunteers. If you know of someone who has or is making OSURA the great organization it is – send their name and contributions to Nancy Wardwell (wardwell.2@osu.edu). The award is to be given at our Annual Meeting at our Fall Conference.

SAVE THE DATE!
The 2019 OSURA Fall Conference is taking shape and promises to be one of the best yet!

All day September 11, 2019
Fawcett Center

Day of Giving 2019 | March 22