



# University of Michigan Retirees Association

Volume 11, No. 2

November 2008

## Social Hour Programs

**November 13, 2008.** Liz Elling, BA, MS will describe a remarkable challenge that she set for herself. She calls it "Liz Swims the Huron!" Liz swam 100 miles of the Huron River to bring attention and resources to protection of clean water. She will tell us about the interesting events and sights that she encountered.

**December 11, 2008.** Brian Coppola calls his talk "Everything I thought about China was wrong ... and it still is!" He is Arthur F. Thurnau Professor of Chemistry, and Co-director of an undergraduate exchange program between U-M and Beijing University.

**January 8, 2009.** Ken Fischer, President, University Musical Society

**February 12, 2009.** Robert P. Kelch, MD, Executive Vice President for Medical Affairs, U-M Medical Center.

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### THE 2008 HOLIDAY SEASON IS NEAR

The bright, happy lights of yesteryear are muted for some this holiday season. Unemployment and rising food and energy costs, combined with many forms of financial uncertainties have given us pause. Yet in this Thanksgiving Season we ought to realize that we really have much for which to be thankful: our families and friends and the chance to live in a country – however imperfect it can seem – that still deserves to be called the world's best hope.

**HAPPY HOLIDAYS TO ALL !**

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## Social Hour Details

UMRA Social Hours are held most months during the academic year on second-Thursday afternoons from 3 to 5 PM. All U-M retirees and their guests are cordially invited to attend. The gatherings usually include light refreshments—coffee, sliced fruit, cookies, and soft drinks. Social Hour programs begin at 3:15 PM and continue until about 5:00 PM. Announcements about speakers and programs are made in this newsletter, in University Record *Events* notices, and at <[www.hr.umich.edu/umra](http://www.hr.umich.edu/umra)>, the UMRA web site.

## Meeting Location

Social Hour gatherings are held at the Best Western Hotel, 2900 Jackson Road, Ann Arbor. Parking is plentiful, and easy access to the meeting room is gained by using the Ballroom entrance at the rear of the building. Handicap access is good. Other venues will be used from time to time. Please check the meeting notices on Page 1 to find the latest information.

## **The University of Michigan Retirees Association Newsletter**

G-250 Wolverine Tower, 3003 South State, Ann Arbor MI 48109

The Wolverine Tower building is located at the intersection of  
Eisenhower Blvd. and S. State St. Parking is available nearby.

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# Report: September 11 Social Hour

## EQUITY IN EDUCATION IN INTERCOLLEGIATE ATHLETICS

Professor Percy Bates, School of Education  
Director, Program for Education Opportunity



Seven years ago, the audience, like much of the world, watched in horror and disbelief as America suffered a grievous attack by terrorists. But on this anniversary, the UMRA audience gathered to consider the background and ethics of a favorite fall pastime: college football and intercollegiate athletics in general. Professor Bates discussed the organization of Michigan's athletic programs and its development over the years. Like most major institutions, Michigan's program is subject to faculty control despite the financial independence of the Athletic Department from UM's general fund budgeting. Michigan continues to enjoy an enviable level of achievement in the increasingly "big-money" sports programs. From a student body largely not recruited for athletic ability decades ago, major college programs today have evolved into highly competitive enterprises beginning with the recruitment of students who exhibit athletic abilities. Nationally, at the high school level more than 500,000 students are

involved in basketball and almost one million in football. With the growth of lucrative salaries in professional sports, many of these participants envision a professional sports career with its many perks. The reality of the likelihood of a professional sports career is often lost in unrealistic self-assessments. But the special attention, often beginning in middle school, sometimes creates an attitude in the athlete that the world "owes" him or her. It is when that attitude persists into the college years that a wide variety of ethical problems challenge the institution's responsibility as an educational agency rather than a temporary impediment to a sports career. The governing body for much of intercollegiate sports is vested in the NCAA (National Collegiate Athletic Association). The "big money" earned in the "Final Four" national basketball championship is sufficient to cover 90% of the total annual NCAA budget! In efforts to ensure that the athlete also maintains satisfactory academic progress toward a degree, the NCAA has required both individual and institutional adherence to evolving standards, and these requirements will undoubtedly be modified in the light of experience. Professor Bates concluded by asserting that at Michigan, in spite of difficulties, the U-M is doing its best to maintain the integrity of its student-athletes.

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### IT'S TIME FOR FLU SHOTS ONCE AGAIN!

The U.S. Center for Disease Control again strongly recommends that seniors protect themselves by getting a flu shot before the start of the season. The flu vaccination shot is free for most Medicare subscribers who have Part B coverage. Contact your primary care physician, or take advantage of the flu clinics being offered at many local pharmacies and supermarkets – a fee may be required at these commercial sites.

# ANNUAL UMRA BUSINESS MEETING REPORT

16 OCTOBER 2008

This year's annual meeting began with a vote to extend a new kind of UMRA membership called "associate membership" to individuals of retirement age who were previously employed by the University, but did not retire from UM. Such members would pay the regular membership dues, but would not be eligible to vote.

**UMRA President Douglas Woolley** presented this issue which was then voted on and approved by the membership. It consisted of a deletion from, and an addition to, Article III, Section 3 of the UMRA Constitution.

A copy of the **President's Report** was distributed.

**UMRA Treasurer Don Thiel** presented the annual financial reports, both in a copy for distribution and in a discussion with the membership. UMRA continues in good financial health.

**UMRA Vice President Pat Butler** reported on the August meeting of Big Ten representatives at the University of Illinois. She also gave a rundown of the upcoming programs at the upcoming monthly UMRA meetings.

The annual meeting also includes an election to UMRA's Board of Directors. **George Williams, UMRA Secretary and Chair of the Nominating Committee**, recommended re-election through 2011 of the four Board members whose terms were due to expire: **Don Brown, Pat Butler, Larry Katz and Lawrence Jones** were re-elected by the membership.

**Faye Wisely**, the local representative for "**Pride and Honor**" gave a short presentation on the organization's program to transport interested World War II veterans, free of charge, to Washington DC to see the World War II Memorial. A brief video about the program was shown.

**Marty Eichstadt of UM's Benefits Office** closed the program by discussing changes in the benefits program for UM retirees in 2009 and answering questions from the audience. The apparent most significant change is the addition of a tiered dental benefits plan.

## HEALTHIEST CITY - BUT GRAYING!

Not only has Ann Arbor received AARP's designation as America's healthiest city, but U.S. Census data also shows that the folks in UMRA's demographic are becoming an increasingly large percentage of the local population. Although Washtenaw County is drawing new seniors, the bulk of the population is aging in place. As people live longer, birth rates decline, and the bulge of Baby Boomers ages into retirement years, older Americans are making up a larger proportion of the population. Washtenaw County's young adult population, people ages 25 to 35, declined more than 6 percent in the 2000 to 2007 time period, according to the census estimates. Federal government estimates conclude the 65-plus population segment is projected to increase from 12.4 percent of the population in 2000 to 19.6 percent of the population in 2030. In numbers the change will be from 35 million people to 71 million. For people over 80 their numbers will more than double, from 9.3 million to 19.5 million in this same period.

# FOOD FOR THOUGHT

*FACT! Drinking just one 12-ounce can of soda every day for a year is equal to 55,000 calories - 15 pounds a year*

The temptation that foods often provide, can lead us to accept generalizations about food that are counter to nutritional facts. With the holiday season just around the corner these 5 common food fallacies, described in the Spring 2008 issue of *Living Healthy*, may be appropriately timely.

## 1. Skipping breakfast can help to lose weight.

Since many of us barely have time in the morning for a cup of coffee, what's wrong with running on empty to save a few hundred calories? Plenty, say dietitians. Kimberly Jones, a weight-management specialist in the Chronic Condition Management Program at Blue Cross Blue Shield of Michigan says "if you don't eat breakfast, you're more likely to overeat later in the day." Health research shows that skipping breakfast isn't a good strategy for losing weight. Many studies have shown that eating a well-balanced breakfast is essential for healthy nutrition and skipping it will usually trigger overeating later, leading to weight gain, not loss. Data from the National Weight Loss Registry, which tracks the habits of thousands of dieters who've lost at least 30 pounds and kept it off for a year shows that the most successful weight losers eat breakfast each day. A healthy breakfast should include protein, carbohydrates and fat to give you energy along with at least 5 grams of dietary fiber which one can get from fruits, cereals and bread.

## 2. One must starve oneself in order to lose weight.

Dieting means not eating, right? No wonder the idea seems unpleasant, but one can still fill one's plate and lose weight. The secret is in the selection of the foods. If one were to weigh everything that one eats during an average day, the daily amount would be quite consistent. The trick is to load up on more low-calorie foods while cutting back on the most caloric or energy-dense items, according to Penn State University nutrition professor Barbara Rolls. By selecting foods

with fewer calories and the same weight as one's usual food, to build up the volume on one's plate, one can reduce calories without feeling hungry. Professor Rolls conducted an experiment with pre-schoolers, tucking more vegetables into a pasta dish. The children ate more vegetables and reduced their caloric intake by 25 percent for the entrée. Soup is a great way to enhance a meal's "volume". By starting lunch or dinner with chunky or pureed vegetable soup, one could cut 20 percent from the meal's total calories. One should exercise restraint when using more calorie-dense food items such as condiments.

## 3. Energy bars can save pounds and boost stamina.

Such bars tout "energy that lasts" or a load of protein "for an active lifestyle" and one may be tempted to rely on them instead of a regular meal. But an energy bar cannot provide enough nutrition to replace lunch. Kimberly Jones notes that "energy bars can provide you with some get-up-and-go for an hour or two, but they're too small to serve as meal replacements. They're good for a quick boost – like when you're stuck in traffic or headed into a meeting. But if you try to use one as a substitute for lunch, you'll wind up feeling starved later, and you'll probably overeat at dinner." Jones adds "for best results, choose a granola-type brand with some fiber. The bar should contain fewer than 300 calories and only 20 percent of them should come from fat."

## 4. Drinks don't add to our weight.

One may not feel full after an extra-large sweetened coffee and dairy drink, but there are often plenty of calories in the beverage. A cream-topped grande, double-chocolate-chip frappuccino blended crème from one popular chain packs close to 600 calories. That's as many calories as in a typical meal. A 20-ounce bottle of sweetened tea can contain more than 200 calories, and fruit drinks such as commonly sold in the vend-

ing machines and malls are often loaded with sugar. One should look for fruit drinks that say “100 percent juice” on the label. Sweetened and nutrient-enhanced water-based drinks provide another surprise. An 8-ounce serving averages 50 calories - and two glasses a day could add 10 pounds to one’s weight in a year. Kimberly Jones adds that “eliminating or reducing the amount of caloric beverages one drinks can melt away pounds.” Sparkling water with a squeeze of lemon or lime is a great alternative.

5. All fat is bad for the individual. That is what many people think, but it’s wrong. Some forms of fat are good for us, and avoiding all fats

would be a serious dietary mistake. It’s important to know the difference between good fat and bad fat. For example, the oily fats one gets from fish such as salmon and herring tend to reduce our risk of cancer and heart disease. Kimberly Jones also points out that both mono-unsaturated fat found in avocados, olive oil, walnuts, and almonds, and polyunsaturated fat contained in corn, soybean, and sunflower oil can prevent the buildup of harmful cholesterol. It’s also important to avoid the trans fats one finds in processed foods like potato chips, doughnuts and coffee cake.



### THOUGHTS ON DENTAL CARE

With the introduction of supplemental dental insurance coverage for UM retirees in 2009, this is a good time to brush up on the role of proper nutrition in healthy dental care. Starchy foods can play havoc with teeth and gums by promoting plaque. Plaque is a thin, invisible film of sticky bacteria and other materials that cover one’s teeth. When sugars or starches come in contact with plaque, the acids that result can attack teeth for 20 minutes or more after eating. Repeated acid attacks can lead to tooth decay, and plaque buildup can result in gum disease. Plaque also produces toxins that attack gum tissues and bone that support teeth. While some foods invite tooth decay, others help fight plaque buildup.

#### The good guys

1. Fiber-rich fruits and vegetables.

Foods that contain fiber help reduce plaque by scrubbing against it and dislodging it from teeth and gums. They also tend to stimulate the flow of saliva, which is our best natural defense against cavities and gum disease – although it’s not nearly as effective as flossing one’s teeth once a day and brushing them daily in the morning and at night.

2. Cheese, milk, plain yogurt and other dairy products.

The calcium in cheese (another saliva generator) and the calcium and phosphates in milk and other dairy products provide minerals the teeth might have lost due to other foods.

3. Green and black teas. Both contain polyphenyls that kill or suppress plaque bacteria.

4. Sugarless chewing gum. This saliva generator removes food particles from the mouth.

5. Foods with fluoride. Fluoridated drinking water, or products made with it, helps the teeth.

#### The bad guys

1. Sugary candies and sweets that stick in the mouth.

It’s thumbs down for lollipops, caramels and cough drops that contain refined sugar. One should go for sweets that clear out of the mouth quickly. It’s thumbs up for chocolate, which – because its sugars are coated in fat – slides easily away from gums and teeth.

2. Starchy foods that can get stuck in the mouth. Bits of bread or potato chips can get trapped between the teeth and feed bacteria.

3. Carbonated soft drinks and many sports and energy drinks. Besides being laden with sugar, most contain phosphoric and citric acids that erode tooth enamel.

4. Items that dry out the mouth, including alcohol and some medicines. Drink plenty of water and schedule a dental appointment every six months.

## 60 MINUTES VERSUS CSI

Most seniors are aware of the difference in entertainment interests of teenagers and those of the AARP generation. The visual media of television and the movies cater to a youth market by emphasizing young glamorous actors and actresses and regularly relegate the “mature” performer to secondary roles. One can argue that the young always tend to reject the culture of their seniors, while the seniors often are appalled by the behavior of the young.

In television, this has certainly been true of the advertisers who desire an audience of 18 to 49 year olds. The rationale behind this is that it is this age group which spends money on a multitude of products; the elderly are thought to doze in their rockers and spend little. The reality of American demographics is beginning to modify that attitude. The percentage of people under 30 who watch television is going down, while the percentage of people over 50 is going up. Younger people have other entertainment distractions like cell phones and the internet. Americans 50-plus watch 30 to 40 percent more television. Moreover, America’s over-50 population has more than tripled since 1945, jumping from 30 million to 94 million. The real shocker may lie in the findings of an AARP study which says that seniors spend \$17 trillion (not billion) annually. The networks had been targeting younger viewers because it was felt their buying patterns were not set and that younger individuals were more prone to make impulse purchases. This

thinking also argued that older viewers are smarter shoppers who carefully consider major purchases but have brand loyalty. What is now emerging from advertising studies is that viewers 50-plus are willing to change more than was first perceived. These same viewers are not only more affluent and more active, they are more loyal viewers.

The youth audience tends to be very fickle, with little channel loyalty. Some cable channels seek to capitalize on the older viewer with niche programming – like history, travel or food programming. Some channels, like the National Geographic, do target an audience of 25-54, but they welcome older as well as younger viewers by featuring shows with core values. Advertisers still concentrate on the youth market, but the upcoming surge of the over-62s in the baby boomer generation may begin to have an impact. George Schofield, a former Bank of America Vice President, who is himself a boomer, notes “there’s this huge bucket of money out there called over-50. But we’re not peer-driven and we’re hard to track as a demographic because we’re not homogeneous. Our diversity is really confusing the advertisers and marketers. But we have the money and we’re willing to spend it.”

The Nielsen Company did a study on the viewing habits of 50-plus viewers. Below is a ranking of the 12 most popular shows for 50-plus viewers as well as the 20 most popular cable channels.

### 12 Most Popular Shows

- |                                     |                             |
|-------------------------------------|-----------------------------|
| 1. Dancing with the Stars           | 7. CSI                      |
| 2. Dancing with the Stars (results) | 8. Without a Trace          |
| 3. American Idol (Tuesday)          | 9. CSI: Miami               |
| 4. American Idol (Wednesday)        | 10. Criminal Minds          |
| 5. NCSI                             | 11. Million Dollar Password |
| 6. 60 Minutes                       | 12. Desperate Housewives    |

## Have you changed your address or e-mail?

1. Print new information below.
2. Cut out this form and your address label.
3. Mail both to the UMRA address shown by your address label.

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