

# csus EMERITUS NEWS

Spring 1994

Editor: Duane Splisbury

## *Campus News Briefs*

Don't forget the Estate Planning seminars. A personal invitation and brochure should have arrived in the mail by now. The dates for the identical program are March 23, April 28, and May 25. For more information call Margaret McCurry, 278-6989.

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Still several months shy of publicly launching its 50th anniversary fund-raising campaign, CSUS has already gathered \$12 million toward its goal, campus officials report.

The "Capital Campus Challenge" aims to raise \$50 million in cash and gifts by the conclusion of the 1997-1998 academic year.

-Sacramento Bee

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Dr. Daniel Kingman, music professor emeritus at CSUS, has received a 1993-94 award from the American Society of Composers, Authors, and Publishers (ASCAP).

Kingman is the former director of the Camellia Symphony and is now its principal guest conductor.

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Steve Arvizu, former director of the Cross-Cultural Resources Center and professor of anthropology at California State University, Sacramento, has been named interim provost of the Ft. Ord campus initiative, to be the twentieth CSU campus.

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## *Alternatives Discussed*

### *Does Clinton Health Plan Threaten PERS Coverage?*

For most of us, Medicare, plus the PERS Supplement to Medicare program pays virtually all of our hospital and medical bills. Because we feel we gave up salary in return for future health benefits, we would be reluctant to give this up. At the same time we cannot help being aware of the pressing need for reform in our national health care system, such as universal coverage, insurance reform, cost containment, and provision for long-term care (for all ages and types of disability).

But problems have emerged. The major proposals for reform at both the national and state level threaten survival of our health benefits program provided to public employees and retirees under the Public Employees Medical and Health Care Act (PEMHCA), administered by PERS.

In the Cooper plan, PIERS is not allowed to be a purchasing cooperative. In the McDermott Single-Payer plan, which resembles the Canadian system, the PERS health benefit system would be eliminated.

At the state level, the California single-payer initiative is gathering signatures for the November 1994 ballot. It does not force the state to transfer employees and retirees to the one big Health Security system, but it provides very strong incentives to do so. If we are transferred to that system, all of the state funding must also be transferred.

The benefit package is likely to be less in some respects, although it will include some long-term care after four years. There will be a new 2.5% levy on taxable income. Coverage for retirees who move out of state is in doubt. We may greatly miss the responsiveness of PEAS to its members.

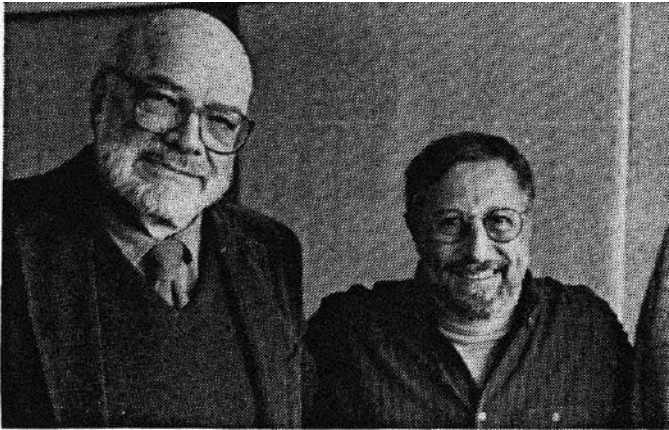
You are invited to join your colleagues for a discussion of this important topic at the spring luncheon meeting. What are our options? Can we do anything now to preserve PEMHCA or to assure a comparable level of benefits? What are the chances for getting an amendment to whatever legislation prevails in Congress?

We will also provide an update on the PERS long-term care insurance program, the home equity conversion program, upcoming legislation, and how Prop. 162 is working.

Wilma Krebs

## *Spring Luncheon*

*Friday, April 15  
See insert for details*



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CSUS emeritus faculty members Ed Klingelhofer (right) and Robert Else (left) have donated more than \$4,000 to the Douglas A. Michell Memorial Scholarship Fund from the proceeds of the sale of Klingelhofer's book, *Fly-Fishing California's North Yuba River*, illustrated by Else. Shown with the two is Professor Joseph Heller, chair of the department of psychology, where Klingelhofer and the late Douglas Michell taught. Klingelhofer, Else and Michell were frequent fishing companions on the North Yuba.

### *Prof's Story Electric Thrill of Mountain Living*

The first house Jean and I lived in had been built around the turn of the century and still had the fittings for gas lights.

The house we live in now, when we first occupied it in 1974, didn't have anything even close to that sort of amenity. We're at the end of a four-mile, resident-maintained dirt and gravel road that follows Montezuma Ridge, a remote and rugged feature overlooking the South Yuba River in Nevada County.

The Ridge is sparsely populated and PG&E's cost-benefit or bottom-line analyst or what the hell they call him, after checking the situation out, said, "No way we're gonna run power back there,"

At first our illumination came from oil lamps, smoky kerosene, temperamental Aladdins. Propane was next, a good, bright light source, although the mantles continually needed replacement. But we were evolving.

We started a small 12-volt DC -system-automobile batteries deliver 12 volts-and ran it by rotating a pair of Die Hards in and

out of the pickup. Keep one battery in the truck until it got fully charged, pull it out, take it into the house, put the one it replaces in the truck and hope that it has enough juice left to start the truck. Repeat.

The battery ran a couple of lights and a nine-inch black and white television that 'would go on DC. No problem except for the holes in clothes from battery acid.

That was the first step toward energy independence. We next bought some solar panels which convert sunlight to electricity and used their output to keep a bank of golf cart batteries in charge. (Golf cart batteries store about twice as many amps as a regular car battery.)

We kept adding solar panels so before long we could run lights, fans, and appliances throughout the house.

Then I built a detached writing studio and in 1986 retired my trusty Hermes 3000 manual typewriter in favor of a separate installation of solar panels and batteries to run a computer, and, eventually, WordPerfect. (You computer mavens know about WordPerfect.)

Finally I got rid of the golf cart batteries, replacing them with a bank of six huge two-volt batteries,

the ones Maw Bell once used to power her system. These monsters weigh about 350 pounds each, store 1600 amps, are tied in series to produce 12 volts, and should easily outlive me. Best of all, I got the big batteries free (don't ask me how).

I've written six books so far using solar power; think what might have happened if I'd had SMUD all along. Awesome. Terrifying!

Total cost for both systems figures out to a bit under \$3.5K. I figure what I've sunk into the system would have been equalled by electric bills a couple years back, so I'm home free. (Eat your hearts out, ratepayers.)

-Ed Kiingerhofer, psychology

### *Library Allots Informal Room for Retired Faculty*

An informal new room on the fourth floor of the campus library has been prepared for the exclusive use of the emeritus faculty,

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tion announced.

The new facility contains a couch and two easy chairs, four desk and chairs, bookcases, a bulletin board, telephone, and 20 lockable storage compartments.

It is located in Room 4026A. Entrance is through room 4046. You can obtain entrance by going to the Library Administrative Office in room 5007. An individual key will be issued to you by the key issue office in the facilities management

## Tomorrow's Hospital / Smaller, Specialized

Tomorrow's hospital will likely be smaller (fewer beds), more specialized (treating sicker patients), and more patient and family friendly. These trends are already discernible as health care undergoes radical change.

Emphasis today is upon wellness, preventing disease, and ambulatory care—none of which require a hospital bed. In the realm of ambulatory care we now have surgi-centers where a patient can enter, have surgery and return home for recovery. Specialized clinics perform eye surgery, diagnostics, cardiac and orthopedic care, the emphasis being on the avoidance of the high cost of hospital stays. It is estimated by some knowledgeable sources that by the year 2000 Sacramento will need only one-half the number of beds presently available. Downsizing **Will** be the order of the day for hospitals. Several trends may ameliorate this cut in the number of beds over time.

One trend is the growing population of the metropolitan area of Sacramento. This growth is already predicted as well as the direction of the growth to the South and to the East.

Another factor is an unknown increase in demand for hospital beds from the probable "universal health care" aspect of the Clinton-sponsored national health care legislation. There are an estimated 37 million uninsured persons in the United States. Many of these people are already treated in hospitals that have traditionally opened their doors regardless of ability to pay.

A final factor worthy of mention is the need to have sufficient beds to meet community emergencies of disease and disaster (fire, earthquake, flood, etc.)

"Managed care" **Will** not eliminate the need for hospital beds, but it **Will** surely change both the nature of admissions and the

number of beds required. Hospitals **Will** see "fewer" and "sicker" patients and treat them with high-tech intensive care.

-John Cox,  
emeritus administrator

*John Cox has been active as a hospital trustee for 26 years; he first helped organize, finance and build Methodist Hospital in the South Area. He also serves on the board of the Catholic Healthcare West Medical Foundation which operates the Med Clinic, a 140-physician multi-specialty group practice.*

## More Than Aspirin Heart Bypass, the Operation of the '90s

Are you curious, as emeriti, to know what to expect when, with no history or intimation of heart trouble, you must make an immediate decision?

Early one morning last October I brought in—the S.F. Chronicle, sat down, and in classic style, a heavy sack of sand fell from the ceiling on my chest. Weak, out of breath, perspiring, I tottered out to gulp an aspirin and told Iris I was in trouble.

At Kaiser 30 minutes later, the pain and breathlessness had subsided, but an angiogram was ordered and a tiny camera introduced into my interior workings. Before noon, my beating heart appeared on the television tube, surrounded by veins and arteries that looked like a waving forest of undersea kelp. The physician pointed out that three of the conduits were clogged and the fourth wasn't much better.

He said I had three choices.

"First, you can do nothing. Second, I can slip in a balloon that **Will** last a few days or even weeks, but you **Will** be tied to me for the rest of your life. Third, you can have bypass surgery."

It was decision time.

I voted for the third choice;

heaven could wait.

An ambulance raced me to Mercy General and the next morning, after an initial blur of faces and murmurings and the passage of more than four unconscious hours, I woke to learn that surgeons had pried out the stronger available leg vein, chopped it into pieces, and bypassed the clogged lines by meticulous stitching.

Patients typically then try to recover for one week and in the latter two days nurses persuade people to walk a few steps down the hall, holding onto a wheelchair for balance.

At home one faces some initial discomfort and six weeks of much frustration, but walking begins in earnest, a few steps more each day.

The hospital list of taboos must be respected: no lifting, driving, bush trimming, weed pulling, vacuum cleaning. And hold the red meat and pizza. But actually, it is better to be over the hill than under.

Good luck!

-Orville Nordberg, education

PS: Lurid details and commentary available upon request (487-7625).

## Odds and Ends

What we need is a new name for the thrice-yearly newsletter. Other campuses in the CSU system use a variety of newsletter titles.

San Diego calls theirs the Post Script. Cal Poly Pomona employs the initials P.S., which stand for Pace Sellers rather than Post Script.

Northridge calls their publication A JR F which is the acronym for the Association of Retired Faculty. The editors include an illustration of a quizzical beagle. L.A. uses the title Emeritimes. San Bernardino's title, Emer-ties, is close. Fullerton checks in with Emeritopics.

*Continued on page 4*

We can do better than that.

Elroy Uttlefield, generous bookstore manager that he is, has offered a \$25 purchase order to the person suggesting the winning name. That ought to get the creative juices going.

The number of entries per emeritus member is limited to two. Send your entries to me at 5530 Linda Lane, Carmichael. My phone number is 489-8650. By the way, the name will be selected by a committee of your peers.

The new graphics and typeface look of the Emeritus News is the work of Claudine Zender, a skillful computer operator and page layout artist. Claudine, who does all kinds of term paper and thesis work for Sac State students, is one of the CSU family, having graduated from Chico State some years ago. If you need any fast, reasonably-priced word processing, give her a call at 457-7176. She lives close to campus.

-Duane Spilsbury, editor

## *Traveling Emeriti Cover Hemisphere*

Douglas and Jean Johnson attended an Elderhostel at the Carmel Valley Performing Arts Center in March. They studied Steinberg, Gershwin, and golf. In May they will cruise the Baltic Sea and will be able to attend the Normandy invasion reunion activities.

Nick and Dorothy Bond sailed through the Panama Canal aboard the Regal Princess in late December 1993 and early January 1994. Nick says the Regal was a 'great ship- three bands, big show every night with dancers, foul-mouthed comedians, and specialty acts plus six meals a day.'

rl and Mary Irwin attended an Elderhostel at the Grand Canyon

by the University of Northern Arizona. They stayed in a national park lodge on the South Rim February 27-March 5. They report it was very cold, but the views spectacular. They have panorama camera shots to prove it.

Joining a Sacramento travel group, Leonard Kennedy flew to Peru last November to enjoy the colorful town of Cuzco, the high



altitude wonders of Macchu Picchu, and the upper reaches of the Amazon. He returned with a commercial tape of these and other wonders along with photographs of his own. "It's a wonderful part of the world," he says.

Notorious for being a veteran stay-at-home, Jim Bradfield sailed up the Inland Passage to Skagway late in January (with world-traveler wife Helen) on a ferry providing every comfort except sunshine.

As cruise ships do not usually start their seasons until June, the Bradfields pioneered with a ferryboat ride and found it rewarding and even exciting. Details readily available upon request.

-Orville Nordberg  
Travel editor

## *Emeritus Volunteers: Working Busily*

Recent library retirees have been volunteering their time for unfinished projects or to help with library activities which would ordinarily go undone.

For the Social Science Reference Department, John Liberty continues the never-ending update of his well-received bibliography, Journals of Dissent and Social

Change, now in its seventh edition.

John McClure assists in the selection of European history books, a field of his specialty and continuing interest. Bob Trimmingham, Acquisitions, sorts and distributes gift materials for reference department evaluation.

Sheila Marsh, Media, actively serves as a director of the Friends of the CSUS Library.

Utilizing his 38 years of institutional memory of CSUS, Herb Drummond is identifying and labeling photographs in the University Archives collection.

Stew Moredock, Mathematics, has been teaching a pre-algebra class this year to seventh graders at Caleb Greenwood School in River Park. Moredock has never taught at that level and he has to make complete lessons for each of the classes he teaches each week. "It's not easy," he says, "but they're good kids."

Moredock has won high praise from teachers and administrators at Caleb Greenwood.

## *CSUS Faculty Emeriti Aid State ERFA*

### *Office Damaged in L.A. Quake*

The CSUS Faculty Emeritus chapter has joined other CSU chapters to help restore the state office of the Emeritus and Retired Faculty Association which was badly damaged during the Northridge earthquake in January.

A check for \$500 has been dispatched to ERFA temporary headquarters, now located somewhere on or near the Cal State Northridge campus.

The quake which severely damaged several buildings on the CSN campus early January 17, closed down the south wing of the campus library, out of which the Association had been operating.

In addition to abandoning its office, ERFA lost its equipment: computer, printer, modem, fax machine, and duplicator.