New Venue for PURA Monthly Luncheons—
March Through August

As reported last month, with the closing of MCL Cafeteria, PURA needed a new venue for its monthly program luncheons. Thanks to Norm Long (PURA’s President-Elect) and his timely investigation of alternative venues, the membership attending the February meeting was able to consider options and determine our course of action.

Over 90% of the 60-plus members attending favored a location that could accommodate our usual monthly date/day (first Monday of the month), time-frame (over the noon hour), and preferred a venue that offered food and space for socialization opportunities.

Starting in March and extending through August, the monthly lunch and program meetings will be held at the Veterans of Foreign War (VFW) building at 2660 Duncan Road in Lafayette.

This building is located next to the Tippecanoe County Jail. When you enter the property, there is a large side parking area which extends into the back. Please use the wide side entrance and not the front entrance. There will be a PURA sign at the correct entrance and a PURA Hospitality Committee member there to greet you. You will enter into a wide foyer with coat racks and restrooms on the left. All surfaces, from the parking area into the building and rooms, are at ground level.

Lunch will be served buffet style with choices for salad, soup, entrée, desserts, tea or water. The cost range for a meal is $7 to $12. Payment is by check or cash. Credit cards are not accepted; however, there is an ATM in the building if you forget to bring cash.

Lunch is not required to participate. You are welcome to attend only the program.

Proceeds received go to support local veterans including assistance for families with a veteran deployed internationally, holiday help for veteran families, Soldiers Home programming, and other assistance.

Please join us at this new venue on March 2, to hear Professor Greg Knipp, from Purdue’s College of Pharmacy, discuss “Challenges of Delivering Effective Therapies to Mitigate Neurodegenerative Disorders (Dementia, Alzheimer’s and Parkinson’s)”.

Lunch will be served at 11:00 a.m., the program will begin at 11:50 a.m.
New Contact Email for PURA

In order to streamline ongoing communications and service from Purdue Human Resources, a new email account has been set up. All PURA-related communications from HR will now come from pura@purdue.edu – which will show up as “PURA Admin” in your email inboxes.

If you have questions or comments going forward, please send them to this email address instead of jacksonh@purdue.edu.

COMING SOON: The Best Bargain in Indiana

Make plans now to attend the PURA Purposeful Living in Retirement (PLIR) Conference on April 22, 2020. We will return to the Beck Agriculture Center on U.S. 52 North, from 8:30 a.m. to 3:15 p.m.

There is a LOT to offer for the bargain price of $15! This includes 5 major speakers, 30-plus vendors, a full breakfast, beverages throughout the day and a box lunch.

Programming covers the keynote address on the latest drugs to address a variety of health issues, day travel in Indiana, local mental health resources, Purdue robots currently roving on Mars, and the Purdue Master Plan for Athletics, as well as the annual update on PURA benefits.

Registration information will be mailed to members by mid-March. We are adopting the “green” policy used by Purdue Conferences, and registration will be strictly online. If you need assistance with this, you will be able to call in and register over the phone with a credit card.

When you receive your registration information, please register early, as we again expect to reach our 250-person attendance capacity. Hope to see you there!
PURA Tech Bytes
By Scott Ksander

The Wonderful World of Windows

You may have read last month that “Windows 7 is Dead”. Well, it technically reached end-of-life, which means Microsoft will no longer support it nor issue updates.

If you are still running Windows 7, you are not alone. Estimates are that 200 million PCs are still running Windows 7. All major antivirus vendors have indicated they will still support Windows 7 for at least two more years. Even with that support, it is time to move your systems to Windows 10.

There are 3 major versions of Windows 10: Home, Pro, and Pro for Workstations. The Pro for Workstations is designed for high-end hardware for intensive computing. It is not for “regular users”. The Pro version has some nice features for the more technical user and the Home version is for most everyday usage. Most new consumer systems come with Windows 10 Home. Microsoft offered a free upgrade for Windows 7, 8, and 8.1 to Windows 10. While that officially ended in July 2016, it still works. Information about that can be found at: https://www.cnet.com/how-to/you-can-still-download-windows-10-free-you-should-because-windows-7-dead/

I did get some calls over the holidays from people getting new systems that came with Windows 10 S. While it is not completely clear what the “S” stands for, it is commonly believed it stands for Store. This version of Windows will only allow installation of applications from the Microsoft Store. This was designed to simplify things for entry level users but, in fact, seems to have made things more complicated. For example, users could not install Google Chrome to use its very handy features. The good news is the “S” can be upgraded to Windows 10 Home at no cost per Microsoft.

Windows 10 also introduced Microsoft Edge as the browser replacement for Internet Explorer. Edge was generally considered to be inferior to Google Chrome. It seemed that the “Browser War” was over and Google Chrome would become most people’s default browser.

However, on January 15, 2020, Microsoft signaled its return with a serious upgrade to “the new Edge”. Technically, new Edge and Chrome are now siblings, as Microsoft built the new version on the same publicly available engine that is at the heart of Chrome (known as the Chromium Project). Features of Chrome are now available in the new Edge and, importantly, Tracking Protection is turned on by default by Microsoft.

Interestingly, features that Microsoft is contributing to the Chromium Project are finding their way back into Chrome. The handy Edge feature for “Tab Management” is now headed to Chrome. At last report, Microsoft contributed 1,900 changes to The Chromium Project. It might be time to give the new Edge another look after the next Windows update.

Windows 10 patches and updates continue to be a mystery and annoyance. The most recent Windows 10 update is labeled Version 1909 and was released in November 2019. Patches or “quick fixes” are released weekly. The next major update will likely be May 2020 and be called Version 2004. Microsoft promises more control over the updates and patches so you can schedule them at a convenient time. A good source of information is: https://www.zdnet.com/article/faq-how-to-manage-windows-10-updates/

There have been lots of rumors and speculation that Microsoft will turn Windows into a paid subscription service like Office 365. Microsoft already offers Microsoft 365 to businesses. This is a subscription combination of Windows 10 Enterprise, Office 365, and Enterprise Mobility + Security. While it seems clear that something is coming for the consumer market, the exact nature of the package for consumers is still unclear.

For now, consider upgrading to Windows 10 if you aren’t already there. Take a look at the new Edge browser after the May 2020 update. And, always remember to keep a good backup.

Reminder: Daylight Savings Time Begins March 8

Don’t forget to reset your clocks an hour later as you go to bed Saturday night. Officially, at 2:00 a.m. Sunday morning, March 8, Daylight Savings Time begins and clocks should be reset to 3:00 a.m.
Putting Our Best Foot Forward

Our feet take a lot of wear and tear over the years so we need to treat them well. Chronic health conditions can also add to the wear and condition of our feet. Diabetes and peripheral artery disease can create poor blood circulation so a scratch or bump on our foot may easily become infected. Toenails become thicker, brittle and may grow erratically causing blisters and ingrown nails.

Common issues such as fungal infections, corns, calluses, warts and bunions become more obvious. The tendons in our feet may shorten and we can develop hammertoe. Regular foot checks along with good foot care can help prevent foot infections and problems. Wearing comfortable shoes is the first step. Here are some tips for a proper shoe fit.

Our shoe size may change as we age and one foot may be larger than the other. Your feet measure largest at the end of the day, so this may be the best time to buy that pair of shoes. If one foot is larger than the other then pick a size that fits the larger foot.

Walk in the shoes you wish to purchase. Do not buy them without trying them on. Sizes of shoes may vary from style to style. When you stand up there should be about a half inch between your great toe and the end of the shoe.

A thick sole cushions your feet when you walk on a hard surface. The soles should give you a solid footing and not be too flexible when you walk. The ball of your foot should fit comfortably in the widest portion of the shoe.

High heeled shoes can place undue pressure in unwanted places on our feet. Lower heels tend to be more comfortable, safer and cause less damage to our feet. Pick a shoe that is shaped like your foot and is not too tight. Most shoes do not stretch.

Some care and conditions will be discussed in the next issues. Remember to be good to your feet!

Author: Chris Rearick, MSN, RN, Nursing Center for Family Health, 496-0308

Lafayette Mayor Roswarski Addresses PURA’s February Meeting

Lafayette mayor Tony Roswarski presented to the PURA members at the February monthly luncheon, providing an update on the Lafayette’s current and future development, including the new baseball facility at Columbian Park and more.

Mayor Roswarski has served the Lafayette community for many years. He joined the Lafayette Police Department in 1983, served over 20 years and retired at the rank of Captain. During his time with the force, he received the Bronze Merit Award for a hostage rescue situation. He was co-nominee for Officer of the Year and was Investigator of the Year.

In 1999, Mayor Roswarski was elected to the Lafayette City Council for the Sixth District. In 2003, he was elected to the Office of Mayor. He is currently in his fifth term, serving his 17th year as Mayor.

Along with his regular duties, Mayor Roswarski serves as Chief Elected Official for the twelve-county Workforce Development Board and President of the Wabash River Enhancement Corporation. Prior to 2020, Mayor Roswarski served as Trustee and President for the AIM (Accelerate Indiana Municipalities) Medical Trust.

The mayor is honored to have been a founding member of the Greater Lafayette Honor Flight and served as Co-President.

Mayor Roswarski has won numerous awards including the Sagamore of the Wabash, the Good Scout Award by the Sagamore Council of the Boy Scouts of America, the Ivy Tech Chancellor’s Community Service Award, and he was inducted into the Lafayette Jefferson High School Alumni Hall of Fame.

He’s a regular participant in WBAA’s “Ask The Mayor” radio shows, providing updates about the city and responding to caller questions and concerns. The mayors of Crawfordsville, Frankfort, Lafayette, and West Lafayette rotate weekly. The show is aired on Thursdays at noon. Shows are recorded and available for listening on WBAA’s web site.

Most importantly, the mayor is married to his wonderful wife, Tonya. He has four children—Brooke, Michael, Alanna and Sarah—and six grandchildren, with the seventh grandchild arriving this spring.
Starting with an information-filled tour of the historic Tippecanoe County Courthouse, 21 retired Purdue faculty and staff members then visited the offices of CASA on Thursday, February 20. The afternoon activity was sponsored by the PURA Campus and Community Activities Committee.

Ashley Gregory skillfully walked the PURA group through the halls and history of the courthouse. She placed special emphasis on the permanent art collection and the unique architectural detail throughout the building.

While there were two earlier courthouses erected on the same location, the current courthouse was built in 1885 and underwent extensive remodeling in the 1990’s. The tour covered all floors of the building, including the relatively new fourth floor, which was created to add space during remodeling by splitting what had been a tall third floor in two.

Ashley then handed off the group to CASA Deputy Director Steven Flowers. Steven explained a bit about the different courts that operate in the courthouse, and he described the CASA program. Steven noted that CASA fills a very important and under-appreciated need.

Most of us hear stories of children taken away from abusive homes or homes where parents were pulled away from their children because of incarceration or drug abuse. Steven went on to explain how the department has reached out to over 700 such children who were in jeopardy in Tippecanoe County alone.

The specially trained and judge-sworn advocates extend a lifeline for the child. The child advocate may stop in at the child’s temporary home. The advocate is trained to assess if the child’s needs are being met. The advocate may accompany the child to court and makes recommendations about what is best for the child.

The advocate is there to listen. In all cases, the advocate provides a sense of stability during times of child crisis. The goal is always to do whatever is in the best interests of the child. Fortunately, most of us have not experienced first-hand this reality in our community. But all of us can help. Steven explained how each of us can step forward to help curb this growing child crisis.

After touring the CASA offices on the fifth floor, the group convened in Superior Court 3, which handles juvenile court cases. Steven and Coleen Connor, CASA Executive Director, explained more about the program; then the group was joined by Judge Faith Graham, who handles a variety of juvenile court matters in Superior Court 3. The judge explained how the court deals with juvenile justice matters and the valuable role that CASA volunteers play in the system. She encouraged everyone to consider getting involved.

If you’re interested, volunteers are always welcomed and training is provided. More information may be found at: https://www.tippecanoe.in.gov/445/Become-a-CASA-Volunteer

PURSA would like to offer special thanks for the time that Ashley, Steve, Coleen, and Judge Graham spent sharing the resources in our community.
Volunteer Opportunities

Volunteer opportunities abound in our communities and at Purdue. Two areas recently asked PURA if we could share information with our membership:

PMU Visitor’s Kiosk. If you like to meet people and stay in touch with what’s happening at Purdue, there’s a great opportunity to assist with staffing at the visitor’s kiosk desk at the Purdue Memorial Union. You’ll answer questions to assist students and visitors to campus. Shifts are half day, from 8:00 a.m.—noon, and noon to 4:00 p.m. If you’re interested, contact Grant Irby, PMU Operations Manager, at (765) 496-3143.

Engineering Projects in Community Service (EPICS). EPICS is a design course of more than 500 students who learn how to design in the real world and develop skills in teamwork, leadership, and entrepreneurship at the same time. The goal is to solve real world problems by partnering students with community organizations and create technology to help the community. (For more detail view their short video at https://engineering.purdue.edu/EPICS/university/about/what-is-epics.)

EPICS has expanded to 40 teams with over 120 projects locally and around the globe, addressing issues of environment, access and abilities, education, and human services.

Smile Corner
By Sara Jane (Sally) Coffman

Lessons from My Cats

I graduated from -- and worked for 35 years at -- Purdue, one of the most prestigious universities in the world. But my cats are still smarter than I am.

Here are some things my cats have taught me:

1. Talking is healthy. Cats have always known this.

   In his best-selling book *Outliers*, Malcolm Gladwell tells of a town in Pennsylvania where the residents live to ripe old ages—without suffering major diseases. The reason? According to the researchers, it was because people talked to each other. During the day, the men talked at work; in the evenings, the families visited with their neighbors.

2. If you want your ears washed, you have to be willing to wash someone else’s.

When I was growing up, my dad always got people who moved into our neighborhood to go to our church. He did it by finding out what was important to them. For example, when the Shuberts moved in across from us, my dad discovered that Mr. Shubert owned the local gas station. Guess where we started to buy gas? Guess who started coming to church?

3. Go with the flow.

My mother didn’t want to clean cat (or dog) hair off the furniture, so we never had a family pet. But when I was 10, I won a purebred Siamese kitten in a contest in The Cleveland Plain Dealer. My parents would have looked like schmucks if they’d refused to let me have the kitten, so our family suddenly had a cat, Impy.

Surprisingly, the issue of Impy’s shedding never came up. I discovered why when I came home from school one day and found my mother holding her by the scruff of the neck with one hand, and vacuuming her with the (continued on page 8)
March 2020 Campus Calendar

Academic/Holiday:
- Mar. 16-21—Spring break. No classes.
- May 9—Spring semester ends.
- May 15-17—Commencement exercises.

Special Events: Free and open to the public, unless noted.
- Mar. 2—Women in Data Science Conference Greater Lafayette. Event coincides with a global conference at Stanford University and 150+ worldwide locations. 8:00 a.m.-5:00 p.m. PMU. Free and open to the public, but registration is required. More information and registration link at: http://sites.lib.purdue.edu/wids/
- Mar. 3—FORCES Initiative Guest Speakers Series, a part of the College of Liberal Arts involved in the use of social science research in national strategy and security. “From Space Fiction to Space Shuttles: Reagan, Star Wars and Social Systems.” Col. Gail E.S. Yoshitani, professor and head of the Department of History at the U.S. Military Academy; also part of the Army’s Military Police Corps. 2:00 p.m. Lawson Computer Science Building, Room 1142.
- Mar. 3—“Beyond Labels: Addressing the Grand Challenge of Democracy Together.” President Mitch Daniels in armchair discussion with two former U.S. senators, Evan Bayh of Indiana and Joe Lieberman of Connecticut. 6:00 p.m. STEW, Loeb Playhouse. Admission: Free, but general admission ticket needed; available at STEW and Pao Hall box offices.
- Mar. 3—“Portrait of a Black Hole.” Katie Bouman, assistant professor of computing and mathematical sciences and electrical engineering at the California Institute of Technology. She is known for her work as a post-doctoral fellow on the Event Horizon Telescope team, which in April published the first picture of a black hole. 6:00 p.m. Honors College and Residences North, Honors Hall. Free but ticket required. Tickets are available through Stewart Center box office. Reception precedes at 5:00 p.m.
- Mar. 4—“Why Keep Kosher?” Rabbi Michael Harvey from Temple Israel, West Lafayette. (Jewish Studies Noon Lecture and Discussion Series.) 12:30 p.m. STEW, Room 313.
- Mar. 8—Daylight saving time begins. Clocks “spring ahead” (officially, at 2 a.m. reset to 3 a.m.).

Music: Free and open to the public, unless noted.
- Feb. 29—Philharmonic Orchestra. 8:00 p.m. Long Center, 111 N. Sixth St., Lafayette.
- Mar. 1—Purdue Varsity Glee Club Specialties Concert. 7:00 p.m. STEW, Room 218, ABC.
- Mar. 1—Symphony Orchestra and String Orchestra in concert. 2:30 p.m. Long Center, 111 N. Sixth St., Lafayette.

Art: Free and open to the public.
Robert L. Ringel Gallery. STEW. Hours: 10:00 a.m.-7:00 p.m. Monday-Saturday (except holidays).
Through Mar. 15—Art and Design Undergraduate Exhibition.

Spring Wellness Screenings Announced

The Nursing Center for Family Health is again offering wellness screenings. Purdue retirees and spouses are eligible for one free screening per year.

Screenings include a total lipid profile, a blood glucose analysis, blood pressure check, pulse, hearing screening, weight and height, and answering any questions you might have. Fasting is recommended for more accurate results.

Spring Wellness Screenings Announced

The Nursing Center for Family Health is again offering wellness screenings. Purdue retirees and spouses are eligible for one free screening per year.

Screenings include a total lipid profile, a blood glucose analysis, blood pressure check, pulse, hearing screening, weight and height, and answering any questions you might have. Fasting is recommended for more accurate results.

April 8 8:30 a.m.-1:00 p.m., Lyles Porter Hall
April 15 8:30 a.m.-1:00 p.m., University Place

In addition to these two dates, retirees may also schedule wellness screenings year-round at Lyles-Porter Hall at a time that is convenient for them.

To schedule, call Chris Rearick, MSN, RN, Nursing Center for Family Health, at 496-0308, or email her at crearick@purdue.edu.
hose on the vacuum cleaner with the other. Impy just hung there patiently. Obviously she’d figured out that if she was going to be a member of our family, she’d have to put up with being vacuumed.

4. If there’s something you really want, be persistent.

Here are some of my cats’ conversations that demonstrate persistence:

“Excuse me. I’m ready to sit on your lap. Oh, you’re on the computer? How does that affect me?” (Repeat until he gets what he wants.)

“Excuse me. It’s supper time. I’d like my dinner. You want me to wait? How long do you expect me to wait?” (Repeat until he gets what he wants.)

“Hold it. That’s not the expensive cat food. I want the expensive cat food. If you try to feed me this, I’m going to just sit here and stare at you.” (Repeat until he gets what he wants.)

5. Always look like you’re paying attention, even when you’re bored.

This tip is especially useful in staff meetings. And when you’re teaching. I believe that when they’re teaching, instructors should always try to look like they’re paying attention.

6. Make sure people notice you.

In the evening, when I’m watching TV with my older cat sleeping contentedly on my lap, my new kitten jumps up on top of the door to my study and swings the door back and forth to get my attention.

Actually, his enthusiasm and desire to be noticed are great strategies for life. People are attracted to cats—and other people—who are happy and enthusiastic.

7. Head butting will get you farther than hissing will.

It’s better to go through life using reasoning and good manners instead of aggression or bullying. And it’s better if you can resolve issues before they get to the “hissing” stage.

8. Be nice to everyone.

Siamese cats are not known for being friendly to “outsiders,” but when I travel and my friends come in to feed them, remarkably, they’re able to suspend their aloofness.

The moral is: be nice to everyone. You never know who’s going to feed you.

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**Mark Your Calendars! PURA Events**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
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</thead>
<tbody>
<tr>
<td>2 March, 2020</td>
<td>PURA monthly meeting</td>
<td>Lafayette VFW (2660 Duncan Rd., Lafayette)</td>
<td>11:00 a.m.</td>
<td>Challenges of Delivering Effective Therapies to Mitigate Neurodegenerative Disorders (Dementia, Alzheimer’s and Parkinson’s)</td>
<td>Greg Knipp, Professor, Purdue College of Pharmacy</td>
</tr>
<tr>
<td>6 April, 2020</td>
<td>PURA monthly meeting</td>
<td>Lafayette VFW (2660 Duncan Rd., Lafayette)</td>
<td>11:00 a.m.</td>
<td>The Real State of the Economy</td>
<td>Charlene Sullivan, Professor, Krannert School of Management</td>
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<tr>
<td>22 April, 2020</td>
<td>PURA Purposeful Living In Retirement Conference</td>
<td>Beck Agricultural Center, U.S. 52, West Lafayette</td>
<td></td>
<td>Long Range Weather Forecasting</td>
<td>Chad Evans, Chief Meteorologist, Channel 18</td>
</tr>
<tr>
<td>4 May, 2020</td>
<td>PURA monthly meeting</td>
<td>Lafayette VFW (2660 Duncan Rd., Lafayette)</td>
<td>11:00 a.m.</td>
<td>Conquer Miscommunication: Create Meaningful Conversations</td>
<td>Barbara J. Mayfield, MS, RDN, FAND</td>
</tr>
<tr>
<td>1 June, 2020</td>
<td>PURA monthly meeting</td>
<td>Lafayette VFW (2660 Duncan Rd., Lafayette)</td>
<td>11:00 a.m.</td>
<td>Agriculture in the Space Age</td>
<td>Chris Johannsen, Professor Emeritus, Agronomy</td>
</tr>
<tr>
<td>6 July, 2020</td>
<td>PURA monthly meeting</td>
<td>Lafayette VFW (2660 Duncan Rd., Lafayette)</td>
<td>11:00 a.m.</td>
<td>The Real State of the Economy</td>
<td>Charlene Sullivan, Professor, Krannert School of Management</td>
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**Big 10 Basketball Tournaments**

**Women:**
March 4-8—Bankers Life Fieldhouse, Indianapolis.

**Men:**
March 11-15—Bankers Life Fieldhouse, Indianapolis

**NCAA Basketball Tournament Selection Shows**

**Men:**
March 15, 5:30-7:30 p.m., on CBS. (Time unofficial.)

**Women:**
March 16, 7:00 p.m. ET on ESPN.

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**PURA News**

The Purdue University Retirees Association newsletter is published for official retirees of Purdue University, and prepared by the PURA Communications Committee.

Suggestions or ideas for PURA or the newsletter, and changes of address and email, should be referred to:

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