Norm’s Notes:

**PURA Fall Kickoff**

As we move forward and into the new format for PURA during the COVID-19 environment, our traditional fall Kickoff program is being replaced by a special online Zoom session.

Zoom is free for all meeting attendees. You do not even need a camera or microphone on your computer if you just want to watch and listen to a Zoom meeting.

To prepare for the PURA Kickoff Zoom Virtual Event, there will be two connection test meetings to allow you to set up Zoom and verify your connection in advance.

On page 2 of this newsletter, Scott Ksander provides instructions to set up Zoom on your computer, and shares the details of the connection for test sessions and the Kickoff.

Let’s Zoom into September together in this new virtual world.

**2020 Retiree Flu Shots**

**Location:** VFW 2660 Duncan Road, Lafayette, IN 47904

Since this is the first time that PURA is providing drive-thru flu shots, and to avoid traffic issues and other procedural delays, we are suggesting—if at all possible—that you try to participate on the indicated day according to your last name.

**September 15**

9:00 am-2:00 pm. Last Name beginning with A thru F

**September 16**

9:00 am-2:00 pm. Last Name beginning with G thru L

**September 23**

2:00 pm-6:00 pm. Last Name beginning with M thru S

**September 25**

9:00 am-2:00 pm. Last Name beginning with T thru Z

We sincerely appreciate your efforts in attempting to adhere to this schedule.

Get Ready!

The PURA Kickoff is scheduled for Monday, September 14, at 1:00 p.m., online via Zoom.

Instructions for using Zoom are included in this newsletter, and members will also receive a follow-up email closer to the date.

With the new event format, Purdue retirees living outside the immediate West Lafayette area will be able to participate as well.

What’s Inside:

Regular Features

- Norm’s Notes: Kickoff Zoom Meeting/Flu Shots .............. 1
- PURA Tech Bytes: Zooming .................................. 2
- Road Trip! Coffee Creek Preserve .............................. 3
- Confessions of a Book Addict .................................... 5
- Smile Corner: The Couch ........................................ 6
- Musical Interlude .................................................. 7
- What to Celebrate: September ................................. 7
- Mark Your Calendar: PURA Events ............................... 8

Articles

- Visiting Purdue During the COVID-19 Situation .......... 2
- Reminder: Purdue Day of Giving is September 9 .......... 3
- Fall Wellness Screenings ......................................... 4
- I Miss My Hair! ..................................................... 4
- Renovations Complete, Horticulture Garden Shines ....... 5
- PURA Member John Sautter Narrates
  - Virtual Tours of Campus ....................................... 7
- Did You See These Stories About Purdue? ................. 8
- Purdue Academic Calendar, Fall 2020 ....................... 8
- What’s New With You? Call For Member News ............. 8
Zooming...

Zoom is a videoconferencing program first introduced in September 2012. Since then it has grown steadily. In April 2020, Zoom had more than 300 million daily meeting participants. There are several similar products, but we are going to focus on Zoom, as it will be used for the PURA Kickoff Virtual Event on September 14.

Zoom is noted for having a convenient user interface and is available on Windows, macOS, iOS (iPhone, iPad), Android, Chrome OS, and Linux. **Zoom is free for all meeting attendees** and the free version can be used to host meetings up to 40-minutes with up to 100 participants. There is also a paid subscription with additional features.

Zoom meetings have an 11-digit meeting ID and passcode/password. Both are required to enter a meeting. Often when you are invited to a meeting, the host will send a link that includes both the meeting ID and password so you can just click on the link. This procedure will be used for the PURA Virtual Event on September 14.

You do not even need a camera or microphone on your system if you just want to watch and listen to a Zoom meeting. To prepare for the PURA Zoom Virtual Event, there will be two “connection test meetings”. These will allow you to set up Zoom and verify your connection. Test meeting schedule below:

**Test Session #1**  
September 3\textsuperscript{rd} from 1pm to 3pm (Eastern)  
Meeting ID 930 2605 7021, password 5WKgGG,  
OR click: https://zoom.us/j/93026057021?pwd=bUVQSjRtOXFUcjlYZTNoY1A2RHdUZz09

**Test Session #2**  
September 9\textsuperscript{th} from 7pm to 9pm (Eastern)  
Meeting ID 930 2233 0601, password 7g4yKR  
OR click: https://zoom.us/j/93022330601?pwd=TGxORDhRZEsvcXg1dXNINDAyWHU2dz09

You can connect to either of these events to verify your Zoom connection. If you are unable to connect to the test sessions, please send an email to ksander@purdue.edu with your situation and he will help you resolve it.

To set up Zoom, you will need to install the Zoom application on your device. You will also need to set up a free Zoom account (your login and password) to establish your own identity on Zoom. **Again, make sure to use the FREE option.**

[Editor’s Note: Though URLs in the PURA News may be live links, due to differences in computers and browsers you may receive an error message when you use them. For best results, please copy and paste the URL’s into your browser’s search bar.]

In a web browser on your device, go to:  
https://zoom.us/support/download

This will either start the download to your machine or take you to the appropriate “app store” to get the application (for iPhone/iPad and Android devices). Again, this is FREE. After getting the Zoom app, create an account/identity for yourself from the main page of the app.

There is a quick start-up tutorial on YouTube:  
www.youtube.com/watch?v=9isp3qPeQ0E

There is a more detailed YouTube tutorial (about 36 minutes) as well. There are lots of details here if you want to learn more, but those are not necessary to attend the PURA Zoom event.  
www.youtube.com/watch?v=xcEXn4mnyLM

Finally, during the PURA event, all of the participants’ audio will be muted so that everyone hears only the speaker.

To be recognized for a question, you will need to “Raise Your Hand” in Zoom. Details about doing this can be found in the following YouTube video:  
www.youtube.com/watch?v=UzUZeN2DGKE

We can also practice raising hands during the test meetings.

**PURA Virtual Kickoff Meeting**  
September 14\textsuperscript{th} at 1pm (Eastern, US and Canada)  
Meeting ID 990 2840 2671, passcode 3Ff52p,  
OR click: https://zoom.us/j/99028402671?pwd=Z09nSEJtZDJUeI4aGVhYlNuYNJ2Zz09

Where to Find Information About Visiting Purdue During the COVID-19 Situation:  
protect.purdue.edu  
(particularly the Campus Visitors link)
Reminder: September 9 is the Annual Purdue Day of Giving

Thanks to an anonymous donor, the PURA Board received $50,000 to use as matching money for scholarship contributions. Beginning with the Purdue Day of Giving event on September 9, each dollar you contribute to a PURA scholarship will become two dollars.

PURA members have been contributing in earnest since 2016, and as a result, the PURA Student Scholarship Endowment has a balance of $150,000 and provided nine scholarships in 2019-2020. The PURA POA Endowment in Honor of Martin C. and Patty Jischke made awards to two students in 2019-2020 and has a balance of $51,000.

PURA’s two scholarship endowments are changing the lives of Indiana residents and opening doors of opportunity that would not be available to them. There are many deserving students who need our help.

Please contribute on September 9, 2020. Every gift makes a difference. And, remember each $1.00 donated becomes $2.00.

A dedicated online link to contribute to the endowments will be emailed to you prior to September 9.

If you prefer to mail a donation, write a check payable to the Purdue Foundation, with either the PURA Student Scholarship Endowment or PURA POA Endowment in Honor of Martin C. and Patty Jischke noted in the memo line. Send the check to:

Purdue Foundation
403 W. Wood Street
West Lafayette, IN 47907-2007

You also may call 1-800-319-2199.

And for those of you over 70 ½ years of age, gifts from your IRA are not taxable income and qualify for your required minimum distribution (RMD). To learn more about the IRA Rollover opportunities, or to make an IRA Rollover charitable contribution, please contact the Office of Planned Giving, 765-494-8657

Road Trip!
By Karen Lembcke

Coffee Creek Watershed Preserve
Chesterton, Indiana

Coffee Creek preserve is a beautiful area consisting of approximately 157 acres that includes wetlands, woodlands, prairies and trails, along with a variety of plants and animals that make their home in the Preserve.

There is a three-mile outer walking trail with inner trails that probably equate to approximately 5 miles. Chances are very good that on any given day you visit, you will see a deer or two.

The Preserve includes brick-paved walkways, winding boardwalks, fine granite and several areas of small gravel on the outer loop trail. Certain parts of the trail can get muddy after a rain, but you can avoid those areas, or in many places, you can walk on the bank to avoid the mud. Walking sticks are always great if you are unsure of your footing.

The Preserve is located right off Highway 49, approximately one mile from the traffic light at I-80. The Preserve has restroom and picnicking facilities; and is open from dawn to dusk with no admission fee.
Fall Wellness Screenings

Retirees are eligible for one free wellness screening a year at the Purdue Nursing Center for Family Health. A wellness screening includes a finger stick for a Lipid Profile which includes a Total Cholesterol, HDL (good cholesterol), LDL (bad cholesterol), Triglyceride level, Glucose and a Cardiac Risk Ratio. At the time of your scheduled screening you will have a blood pressure check, pulse and pulse oximetry and may also request to have a very basic hearing screening with ear check.

Wellness Screenings this year will be completed by the Wellness Nurse, Chris Rearick, MSN, RN. Due to the current Covid-19 situation, retirees may schedule their screening on a Saturday, when there are fewer students in Lyles-Porter Hall. Chris is also available on Tuesdays if that day works out better for you.

If you are interested in scheduling a screening, email Chris at crearick@purdue.edu and provide a phone number so she may reach out to you. Or, you may call Chris at (765) 496-0308 and leave a message for her.

Screenings will take place in September, October and November. You pick the date. Please feel free to email Chris with any additional questions.

Note: Of course, face masks must be worn at time of your visit.

I Miss My Hair!!

By Chris Rearick, MSN, RN
Purdue Nursing Center for Family Health

Did you know that a single hair on your head can have a life expectancy from two to seven years? When you lose a strand of hair it is usually replaced with a new strand. Replacement of that strand depends on where you are at in the aging process. Hormones and genes influence hair regrowth and color of our hair. Since hormones decrease as we age, our hair is greatly affected. Almost everyone has some hair loss with aging. Our hair begins to grow slower, and the strands may become thin and fine. Some hair follicles may even quit producing new hair. Many health conditions may cause hair loss but this article will only address hair loss as we age.

Male pattern baldness happens when there is a decrease in the male hormone testosterone. Many men become bald by the age of sixty and some men may have early balding as early as their twenties, with most starting in their 30’s. This type of balding is linked to our genes and aging. It tends to begin at the temples and/or the top of the head. Men may also grow coarser and longer eyebrows, nose hair and ear hair. You may notice that you do not need haircuts as frequently.

Female pattern baldness is a similar type of balding and tends to happen to women after menopause. Women may also lose hair on their body and face. The hair that remains on the face may become coarser. Coarse random hair for women tend to be around the lips and chin. Hair on the head becomes less dense. This too can be passed down to us through our family genes. You are more likely to have this if your mother or father had balding or thinning hair. Physicians define female pattern baldness as three types.

· Type I is thinning that takes place around the part of your hair

· Type II shows a widening around the part and an increase in thinning around it.

· Type III is identified by thinning throughout the scalp and a see-through area at the top of the head.

A proven treatment for hair loss in both men and women is the use of Rogaine (Minoxidil). Rogaine is applied directly to the scalp twice a day and may be purchased over the counter. Generic versions are cheaper and just as good. Rogaine may not work for all and can take up to three months for hair growth to begin. When Rogaine first came out, it was indicated for men only but now is recommended for women. I tried Rogaine and have had some success. You must consistently use it, and may experience some scalp irritation. A male-only proven treatment is the drug finasteride (Proscar/Propecia). Finasteride produces good hair growth for men. The drug was used for benign prostatic hypertrophy in men. Hair growth was a side effect and it then became very popular.

Many herb, oil, vitamin, laser light therapy and witch doctor therapies out there advertise hair growth. The best option is to speak with your healthcare provider. If hair loss is sudden, notify your provider to make sure there is no underlying medical reason for your hair loss. Hair loss can be a symptom of an underlying health problem such as thyroid disease, autoimmune diseases, anemia, low vitamin levels, protein deficiency, drug therapy, chemotherapy and stress.

Another telltale sign of aging, is our hair color. The color of our hair comes from a pigment called melanin. Hair follicles in the skin produce the melanin. As we get older hair follicles make less melanin and we begin to get our gray hair! Graying often begins in our 30’s and is mostly determined by our genes. The hair on your head usually goes gray before other body hair and this is true for both sexes. No matter what you may read, nutritional supplements, vitamins and other advertised products will not decrease your graying. The only way to get rid of that gray is to wash it away with dye! Keep in mind that dying hair can also make hair thinner due to the damage it may cause.

If hair loss is a problem for you, you may do as you wish. For me, I will dye, massage, brush lightly and protect every hair strand left on my head. Yes, I miss my young hair!
Confessions of a Book Addict
By Jo Thomas

After sheltering at home for over 140 days life becomes a bit boring. There is nothing that can pick up your heartbeat like a thriller novel.

My favorite author in this genre is Brad Taylor. Reading my first Brad Taylor novel was a mistake. I thought he was another writer named Brad. The author is interesting. A Lieutenant Colonel (Ret) Taylor served 21 years in the Army including 8 in Delta Force. After retirement he was an Assistant Professor of military science at the Citadel. His fictional hero is Pike Logan, leader of a covert group answering only to the President and an oversight group. Their mission is to protect the United States. The books are loaded with danger, narrow escapes, (some of which really occurred in the Army) and intermittent humor. Read them in order as he matures. The first is "One Rough Man".

Renovations Complete, Horticulture Garden Shines in the August Sun
By Connie Bilyeu

You may know that the Purdue Department of Horticulture and Landscape Architecture’s teaching garden, behind the Horticulture building on Purdue’s West Lafayette campus, has been undergoing renovation over the last couple of years. Last August (2019), after completion of a new pavilion, walkways and additional seating, it was dedicated as the Jules Jannick Horticulture Garden, named to honor the lead donor and long-time Horticulture faculty member, now nearly 90 years old.

Remembering MANY lunch hours and mental health breaks spent in the garden while I was working at Purdue, I recently had a chance to visit again and see what’s new. I attended a tour organized by the Purdue Women’s Club’s interest group, Garden Gals. (PWC is not part of Purdue University; instead, it is a non-profit community social and service club, close to 100 years old, founded in 1922 by Purdue faculty and staff women, and open to the community.) Purdue Horticulture faculty member Mike Dana, explained the history, design, and plantings included in the garden. Dr. Dana’s primary area of responsibility is the undergraduate educational program in Horticulture and Landscape Architecture. Funding for the renovation was due to the combined commitment of Horticulture alumni, faculty, industry and foundation supporters. Primary credit for garden design goes to Landscape Architecture faculty member Rob Sovinski, Dr. Dana, and Horticulture Garden Manager, Mary Hayden.

PURA News, September 2020
The Couch

I’ve been worried that because of the pandemic, I might not find as many humorous things to write about. Then my new neighbors moved in. And I stopped worrying.

My new neighbors are three Purdue freshmen — two sisters and their (male) friend from high school. Last Friday, as they were moving in, I went over — with some cookies I found in my freezer — and introduced myself. They were in a bit of a tizzy because the couch the girls’ parents had given them wouldn’t fit through the front door.

It was a massive leather couch that looked like it might have had one or two recliners in it.

The girls were going to be living upstairs on the second floor. And they wanted that couch. So, the next day, both sets of parents arrived to help the kids get the couch up to the second floor.

Now, on the second floor of this house, there’s a very poorly made deck that’s held up with two flimsy posts. And there’s a rickety, old wooden railing about three feet high that encircles the deck. Throughout the years, I’ve never seen any of my previous neighbors ever even venture out onto this deck because it’s so flimsy.

That afternoon, I happened to look out my kitchen window. When I saw an orange, industrial-strength extension ladder leaning at a 45 degree angle from the ground to the handrail of their deck, I decided (even though I was out of cookies), that this would be a good time for me to go over and meet the parents.

They told me their plan for getting the couch upstairs. The two fathers and the male roommate were going to climb the ladder, carrying the couch up on their backs.

Hearing that, I said what any good neighbor would have said: “Well, good luck with that.” Back at my house, I put my cell phone by my window so I could either get a video of this, or call 911.

I watched the three students and the four parents as they discussed their plan, first when standing in a group on the ground, and then standing in a group on the flimsy deck. They must have given up on the ladder plan because the next thing I knew, the ladder was gone and there were two ropes tied around the couch. Plan B, as far as I could tell, was for them to stand on the deck and pull the couch up.

Eventually, that plan must have been nixed because then the two ropes were strung around the deck rail. Plan C was to stand on the ground and use the railing as a pulley.

I tried not to keep peeping out the window, but this was the most fun I’d had all summer. I kept wondering: how did these kids get accepted to Purdue? And, was there a number I should call to warn Purdue that they were coming?

The next morning, the parents, the rope, and the extension ladder were all gone, and the couch was sitting outside on their back porch.

In summary, I know that as a neighbor, I should have gotten more involved. I should have taken my measuring tape over and suggested that they check to see if the sliding glass door on the deck was wide enough for the couch to fit in if they DID manage to get it up there.

With winter coming, I figure they’re going to want to sit inside on the couch, rather than outside on their back porch, so I can’t wait to see what they do next.

Meanwhile, I’m going to make some more cookies.

Sally’s books are available on Amazon or at sarajaneoffman2@outlook.com.
What to Celebrate: September

September 1—Emma M. Nutt Day
Who was Emma Nutt? She was the first female telephone operator, who began her employment with the Boston Telephone Dispatch Company on September 1, 1878. Originally they had hired young men, but the boys’ lack of patience and tendency toward pranks and cursing became unacceptable for live phone contacts. So the company began hiring women. A few hours after Emma became employed, her sister, Stella, became the second female telephone operator. Emma’s career lasted approximately 35 years. The customers enjoyed her soothing, cultured voice and patience. Her salary was $10 a month for a 54-hour week. It was noted that she could remember every number in the telephone directory of the New England Telephone Company.

September 2—Coconut Day

September 5—Teachers Day

September 7—Labor Day & National Salami Day

September 11—9/11 Remembrance

September 13—Grandparents Day

September 14—National Cream-filled Donut Day

September 15—Engineers Day

September 17—National Apple Dumpling Day

September 21—Miniature Golf Day

September 26—Johnny Appleseed Day

September 28—National Good Neighbor Day

Musical Interlude: Can Classical Music be Funny? Why, Yes!

Conductor Rainer Hirsch. “Classical Relief Concert – compilation.” With the Philharmonia Orchestra, Royal Festival Hall, London.

The William Tell Overture as you’ve never heard it before; how to arrange the instruments of the orchestra, and the orchestra does “The Wave” to a Strauss waltz.

www.youtube.com/watch?v=BLXwpGCn2KQ&list=RD6UEnVZ3j6UA&index=10

Pianist Victor Borge. Franz Listz’s Second Hungarian Rhapsody.

Piano duet/duel with pianist Sahan Arzruni.

www.youtube.com/watch?v=VbcOMEEhggE

American composer Leroy Anderson.

The Typewriter. Performed by the “Jozefina” Orchestra of the Bronislaw Rutkowski Secondary Music School, in Krakow, Poland. Tadeusz Platek, conductor and typewriter soloist.

www.youtube.com/watch?v=9OuKPtcYcZ0

Professor Peter Schickele, showcasing the music of P.D.Q. Bach, and others.

...Who was P.D.Q. Bach, and other questions answered. With the Boston Pops Orchestra, conductor John Williams, and violinist Itzhak Perlman.

Part 1 https://www.youtube.com/watch?v=WQkRs3Ek7iw
Part 2 https://www.youtube.com/watch?v=ZMSEPUuNP8k

...Beethoven’s 5th Symphony, with referee, color commentary and play by play calls. Schickele with conductor Peter Jacoby, and Orchestra X.

https://www.youtube.com/watch?v=MzXoVo16pTg

www.purdue.edu/retirees

PURA Member John Sautter Narrates Virtual Tours of Campus

With the COVID-19 pandemic, it may be a while before it is safe for PURA members to go on in-person tours to learn about new developments on campus. However, you can still find out what is going on!

John Sautter, former Vice-President for Housing and Food Services and senior advisor for the Purdue Alumni Association, is offering virtual tours of the campus through the Purdue Alumni Association “Tuesday Tours” video series.

You can catch the latest tour and view videos of past tours on the Purdue Alumni Association Facebook page:

https://www.facebook.com/PurdueAlumniAssociation

A recent video features an update of what is new on campus this semester including the new 3rd Street corridor, new STEM education building, two new residence halls, and the new Ross-Ade scoreboard. The video can be accessed at:

https://www.facebook.com/81810245176/videos/656735148554168

www.purdue.edu/retirees

PURAs official web site. Check there for most recent PURA news, link to the Retiree Directory, retiree benefits & health information, PURA committee rosters and organization history
Did You See These Purdue Stories?

Purdue Identifies the First African-American Female Student to Attend Purdue:


Purdue Union Club Has Reopened, Following Extensive Renovations:


Popular Purdue Wine Appreciation Course Now Offered Online:


Purdue Podcast:

Sounds of Purdue And the World
The most recent episode features the Glee Club and the Center for Global Soundscapes. The Global Headquarters for the Center for Global Soundscapes is located in Mann Hall in Discovery Park at Purdue. Their mission is to support discovery, learning and engagement activities that lead to the preservation of Earth’s natural acoustic heritage.

https://www.purdue.edu/newsroom/podcast/index.html

Overheard on Jeopardy:
Host Alex Trebek read: “Embracing the future and new technology in 1962, Purdue established the first college department in the U.S. for this two-word discipline.”

The answer, er, question was: “What is Computer Science?”

Purdue Academic Calendar Fall 2020

24 August Fall classes begin
7 September Labor Day, classes in session but some staff will not be available
24 November Face-to-face instruction ends
25-28 November Students’ Thanksgiving vacation; offices closed 26-27 November
12 December Fall semester ends

What’s New with You?
As you’ve read in the last few issues, PURA members are reading good books, finding humor and new music, and doing some interesting things while we’re all staying home.

Sharing connects us even though we can’t gather together and your contributions are very welcome.

Doesn’t have to be elaborate. A photo, the name of a music performer or group, short paragraph, YouTube link, etc., would be just fine. We’ll include your item in the next issue of the PURA News.

Please send your contributions to: pura@purdue.edu

Mark Your Calendars! PURA Events

14 September—PURA Virtual Kickoff Event, via Zoom. (See page 2 for details.)

In keeping with other efforts to protect the health of the Purdue community during the COVID-19 virus pandemic, PURA events are adjusting to the “new normal.”

As activities resume, PURA will update the membership via email, the PURA News newsletter, and our website: https://www.purdue.edu/retirees/