PURA News Purdue University Retirees Association

May 2020

We're All In This Together

Around Purdue



In early April, an anonymous artist made sure this sculpture outside Yue-Kong Pao Hall for Performing Arts (one of two heads), was appropriately wearing a surgical mask.

New York-based artist, James Tyler, created the sculptures, which were installed in 2013.

Photo courtesy of Purdue University News Service, photographer Rebecca McElhoe.

Purdue is assisting in many ways with COVID-19 medical situation and its effects on life. Among the noteworthy stories:

• The College of Pharmacy granted early graduation to 144 eligible 4th-year pharmacy students, paving the way for timely certification, to help address a potential shortfall of pharmacists.

https://www.purdue.edu/newsroom/releases/2020/Q2/pharmacystudents-to-graduate-early-in-preparation-for-future-covid-19impact.html

• The School of Veterinary Medicine's Animal Disease Diagnostic Laboratory is helping to increase Indiana's COVID-19 testing capacity.

https://www.purdue.edu/newsroom/releases/2020/Q2/purduestarts-limited-covid-19-testing-in-diagnostic-lab-goal-to-expandstates-capacity-in-serving-patients.html

• The Purdue Student Farm is helping to stock local food pantries with fresh produce.

https://www.purdue.edu/newsroom/releases/2020/Q2/purduestudent-farm-is-helping-to-stock-local-food-pantries-with-freshproduce.html • The College of Health and Human Sciences is providing resources to families. "Families Tackling Tough Times Together" is a 10-week initiative that provides materials on family and child resilience.

https://www.purdue.edu/newsroom/releases/2020/Q2/ purdue-college-of-health-and-human-sciences-launchesfaculty-led-initiative-to-support-families-during-covid-19pandemic.html

• A Purdue team has organized to produce safety equipment for Indiana hospitals.

https://www.purdue.edu/newsroom/releases/2020/Q2/ boiler-maker-team-begins-producing-medicalsupplies.html

What's Inside:

Regular Features

PURA Tech Bytes: Technology in the Time of	
COVID-19	
Smile Corner: How I'm (NOT) Coping with Coronavirus 7	
Mark Your Calendar: PURA Events	

Articles

Around Purdue	1
PURA Leadership Transition Postponed	
PURA Congratulates Hannah Austerman	
Purdue President Emeritus Beering Dies at Age 87	
How Do You Float Your Boat?	
Staying Well Physically and Emotionally During	
Social Distancing	3
Bubble Wrap On Your Mind	
Gotta Laugh!	
Musical Interlude	4
Poor Tom!	
What Are PURA Members Up To?	6
Addendum to April's Bob Friend Article	
Virtual Adventures	8
Purdue Recreation and Fitness Offers Free Online	
Resources	8

PURA Leadership Transition Postponed

Typically, PURA leadership and committees meet at the end of May to recap the previous year's activities, welcome new committee members, plan for the coming year, and transition to new officers. Given current circumstances, PURA will defer this activity to later in the year.

When the leadership transition, monthly meetings and other PURA activities are able to resume, PURA will update the membership via email, the newsletter, and our website: https://www.purdue.edu/retirees/

PURA Congratulates Hannah Austerman!

Hannah Austerman, Senior Administrative Assistant for the Vice President for Human Resources, has ably assisted PURA since last year. On April 5, baby Jean Marie Austerman arrived.

Congratulations to Hannah and her family! PURA wishes you a happy, healthy beginning, and looks forward to working with you after your return.

Purdue President Emeritus Steven Beering Dies at Age 87

On April 6, Purdue announced the passing of former Purdue president Steven Beering (pictured here with his wife Jane, who died in March, 2015). Dr. Beering was president of Purdue from 1983-2000.



Given the COVID-19 pandemic, memorial services were deferred. A celebration of Dr. Beering's life is planned for the future, when conditions allow.

A remembrance of his life and his years at Purdue may be found here:

https://www.purdue.edu/newsroom/releases/2020/Q2/ purdue-president-emeritus-steven-beeringremembered.html

Photo and news story courtesy of Purdue University News Service.

How Do You Float Your Boat?

Thanks to Archimedes and Civil Engineering students you can actually build a canoe out of concrete. And even race it!

Professor Clyde E. Kesler of University of Illinois gave his students an assignment to build a concrete canoe that would float. The project was hands-on and much more practical than the textbook.

Purdue heard about it and, of course, challenged a race. They met May 16, 1971, at Kickapoo State Park in Oakwood, Illinois. There were five heats and at the end of the fourth, they were tied—two/two. Purdue took an early lead and was about to win when their vessel capsized. Their trophy was a concrete life saver.

Other schools joined in the fun, and in 1987 the American Society of Civil Engineers organized a yearly national meeting with rules. There have been contests every year since 1988. Twenty-five percent of the total score is based on design and construction principles; twenty-five percent on planning, development, testing and construction; twenty -five percent based on a formal business presentation of all the features.

The other twenty-five percent is based on performance of the canoe and paddlers in five different events: men's and women's slalom/endurance races, and men's, women's and co-ed sprints.



The races soon were adapted internationally, in places like Canada, Germany, South Africa, Japan, and the United Arab Emirates.

By 2019, the Purdue student team had grown to 20 members. Unfortunately, due to high winds and choppy waves, the teams were unable to race their canoes at the 2019 Great Lakes Student Conference held in Valparaiso. (J. Thomas)

Staying Well Physically and Emotionally During Social Distancing

Social distancing is impacting all of us in one way or another. How do we incorporate this new behavior in our lives and care for our mind and wellness at the same time? Will this become a new normal? Modification of our behavior can be stressful. Many of us are creatures of habit. It is time to focus on YOU!

- Get enough sleep and keep your sleep schedule consistent.
- We need to stay active. If our physical activity was at a gym then you may need to look for online videos or dance to music. Have a walking routine. Plain and simple, get up and move. Try to spend some time in the sun.
- Follow a healthy diet. We must choose healthy foods such as fruits and colorful vegetables. Try to stay away from junk foods, limit caffeine and alcohol. This may be an opportune time to focus on mindful eating.
- Keep a routine. Keep daily activities such as eating, bathing, physical activity and work on a schedule. Look at a calendar every morning to orient yourself to the day. My husband tells me every day is a Saturday; my calendar proves him wrong.
- Mental health is important. Focus your mind on the opportunities you have that can make life better for yourself and others. Reach out to someone you love or someone you have not spoken to for a long time. Love who you are, forgive and be thankful.
- Throughout the day, take time to be in the now. Do some quick exercises such as slow relaxing breaths and focus on the inhale and exhale. Unplug from the news. If you have a pet

take time to enjoy them. Sit by a window and notice the beauty of nature.

- Stay connected to people! Your connections may be virtual, by text, phone or Skype. Make and keep the connections.
- Last, be easy on yourself. These are new times. We will have good days and bad days. If we focus on our overall mental health and wellness and put these practices in place, it will help us get back on track when we fall off track. We are human.

These are new times and these times will teach us. We need to avoid negativity as difficult as it may be. Remember, Boilers are survivors!

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

Recommended by a PURA member: Valerie Willman, Purdue graduate (and former Golden Girl), Clinical Psychologist, and Hawaii resident, has been recording Youtube videos to help people cope with this situation. Her pseudonym is Dr. Val Kauai.

https://www.youtube.com/channel/UCQiEd3OXJIRwn-9Y_APvTeQ?fbclid=IwAR2hIgQcnfDxDOsV30xuRz1o-Y93x6-eteS31prwEaNg-aR7qcO9ku1F9Qc



Bubble Wrap On Your Mind ...

With coronavirus constantly on the news, in the air, and on our minds, I think our astute PURA readers are really concentrating on Bubble Wrap.



Just how well do you know your Bubble Wrap?

It was invented by Marc Chavannes and Alfred Fielding. Originally it was named Air Cap and was first being marketed as textured

wallpaper. When that failed to "pop" with consumers, the originators attempted to sell it as greenhouse insulation, but it wasn't until IBM needed something to protect the shipment of their new 1401 Data Processing System in 1960, that the material became more useful.

There are a number of beneficial ways to use Bubble Wrap and your imagination may produce many more great ideas. Some

uses include covering your car's windshield in cooler/wintry temperatures; protecting your outdoor plants from frost; using it to insulate your windows in the wintertime; or add insulation to a grocery bag, or...

In 2012, the makers of Bubble Wrap conducted a survey and discovered that just over one minute of popping bubbles provides the stress relief equivalent to a 33-minute massage. What a health benefit!

Though we've passed it for this year, plan now to celebrate Bubble Wrap Appreciation Day on the last Monday of January. (K. Lembcke)

Riddle Me This (answers on page 8.)

- A. If you eat me, my sender will eat you. What am I?
- B. Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?
- C. I have branches, but no fruit, trunk or leaves. What am I?

Gotta Laugh!

Quarantine day 20: Today, I melted an ice cube with my mind just by staring at it. It took a lot longer than I thought it would.

It's like being 16 again. Gas is cheap and I'm grounded.

Returned from the grocery store with the hubby. Took masks off. It turned out it was the wrong hubby. Be attentive!

I've just seen a burglar kicking his own door in. I asked him, "What are you doing? He said, "Working from home."

I set out to lose 10 lbs. this month. Only 15 more to go! Anyone else's car getting 3 weeks/gallon at the moment? (P. White)

Celebrate in May

May 2: World Tuna Day

May 8: No Socks Day

May 14: Dance Like a Chicken Day

National Asparagus Month

National Get Caught Reading Month

National Duckling Month

National Backyard Games Month

Musical Interludes

How do the many talented musicians posting music on Youtube handle the Coronavirus? With creativity, of course.

BeeGees parody, "Stayin' Inside", from Brent McCullough. https://www.youtube.com/watch?v=nmUXntGlqFI

The Knack parody, "Goodbye Corona", from Prairie Joe. https://www.youtube.com/watch?v=-2cFN2iC9u8&list=RDfakf4cq4Ygw&index=5

The Sound of Music parody, "Do, Re, Mi—COVID-19 Version", from Shirley Serban.

https://www.youtube.com/watch?v=MMBh-eo3tvE&t=26s

On a Hopeful Note

John Lennon tribute, "A Song for the World: Imagine, " from pianist and singer, Stephen Ridley.

https://www.youtube.com/watch?v=MO97wSZmBmg

"We Are the World (2020), a collaboration from Channel Aid charitable initiative, KHS, and various Youtube artists. https://www.youtube.com/watch?v=0MWNW a35oY

"How Far I'll Go" from the Disney movie *Moana*, from Voices of Hope children's choir.

https://www.youtube.com/watch?v=arX5CIpoPLA

"Happy" from Pharrell Williams. https://www.youtube.com/watch?v=ZbZSe6N BXs

Beethoven's "Ode to Joy". Flash mob performance by Orquestra Simfonica del Valles. Recorded several years ago in Spain, but read the most recent comments.

https://www.youtube.com/watch?v=cxLbmnvMWM0

"Proud to be an American" Lee Greenwood tribute, from acapella singing group Home Free.

https://www.youtube.com/watch?v=nFt9D6ZIjOQ

Poor Tom!

By Tom Turpin

Every so often I hear someone complain about his or her given name. Generally I am not overly sympathetic. I am of the opinion most don't have much to complain about. Now if these folks were named Tom that would be a different story. About every day unfeeling people subject us "Toms" to mental anguish because of our name!

Want to put someone down for being unduly skeptical about something? Call them a "Doubting Thomas". All because Saint Thomas, some 2000 years ago, had lingering doubts about the resurrection of Christ until he had proof.

And how about those socially unacceptable fellows that peek into windows? You call them "Peeping Toms." Not our fault that a tailor, Tom of Coventry, was the sole person to hazard a glance when Lady Godiva took a scantily clad ride astride a horse many years ago.

If a person strays a bit from a monogamous relationship just call them a "tomcat." Hey, we can't help it that the unknown author of "The Life and Adventures of a Cat" in 1760 chose the name Tom for the cat.

Refer to a person as a "Tom Thumb" and everyone knows you are cutting him down in size—and all because of a diminutive character in British folklore.

Little girls who behave more like boys than girls are called "Tomboys," and that is not always a complimentary term.

Someone who does something extremely foolish or stupid is called a "Tomfool" and what he or she did is known as "tomfoolery."

And it's no surprise that male turkeys -- animals not widely regarded to be brilliant -- are called "Toms."

Then there is little Tommie Tinker that star of the campfire song. Written by some unknown person most of us remember the song sung as a round.

You know about poor little Tommie, he sat on a clinker and then began to cry. Of course he called for his mother 'oh ma, oh ma!' Crying and hollering for your mom is not a very macho thing to do!

And who could forget Tom, Tom, the son of a piper. It seems Tom stole a pig and ran away. Young Tom got beat for his efforts and ran crying down the street! Not a very glamorous image even in this day of reality TV!

Of course, if you want a term for a run-of-the-mill, average person just call them any old "Tom, Dick or Harry." At least we Toms have company here.

I can appreciate that everyone in society won't be as concerned about this given name issue as those of us named Tom. After all, the good Joes among us just don't understand!



PURA Tech Bytes By Scott Ksander



Technology in the time of COVID-19

I am writing this during the first week of April. Things are changing fast and it is unclear what the situation will be by the time you read this. One thing is for sure however, this time of isolation and social distancing might just be a watershed moment for technology. The Internet is being used at historic levels. The last week of March showed a 60% increase in Internet traffic versus the average of the previous 12 weeks.

Stress exposes both strengths and weaknesses in all things and the Internet is no exception. People are depending on the network in new ways and, in general, the reliability has been better than most experts had feared. At least as of today, the transmission facilities seem to be holding up.

Services, however, have not faired as well. Many smaller commercial sites are seeing capacity issues. These are particularly evident in some of the distance education platforms and entertainment sights. Even some of the giants like Cisco WebEx are having some load issues. These can be corrected relatively quickly if the companies have capital and space to expand their services. Many online services you know are actually running on capacity provided by the largest web service provider, Amazon Web Services (AWS). Not only is AWS well positioned to cover surge capacity, they have committed \$20 million to providing computing for Coronavirus research.

The push toward internet access has also exposed the significant problem of internet coverage. Indiana ranks 21st in internet access by state. Some sad facts:

- 265,000 people in Indiana don't have any wired internet provider available where they live.
- 666,000 people in Indiana are without access to wired connections capable of 25 Mbps download speed.
- Since 2010, Indiana has been awarded \$3,294,766 in Federal grants for broadband initiative.
- An additional \$39,297,487 (1.1% of all federal infrastructure grants) was awarded to broadband infrastructure projects in Indiana.

• Internet coverage in Marion County is 99.0%, Tippecanoe County is 90.4%, Benton County is 10.2%.

I still recall presentations made by Dr. Vic Lechtenberg years ago, when he talked about keeping talented people living in Indiana. He would stress three things: Good Schools; Good Health Care; and Good Internet Access. Vic had it right and, clearly, we are failing at providing good internet access. The Coronavirus situation should be helping us clearly see that.

Tech support is another challenge. Getting tech help over the phone (assuming there is somewhere open to call) can be frustrating for both sides. Describing what you see on the screen is difficult. In-Home services have stopped. Many people are finding the value of "How to" videos on YouTube; many of them are excellent for both technical issues and other kinds of repairs.

As more people are moving to Work-at-Home and Distance Education there is a good chance that they will find this a more effective method than traditional inperson methods. This shift may fundamentally change both the work and education environments. There will be debates for years whether these modes of operation are really effective, but it is clear they are here to stay.

I did Work-at-Home for years and always found it to be very effective when I had specific things I wanted to complete. With the addition of affordable video conferencing, the ability now exists to conduct group meetings. At the least, they will offer opportunities to better deal with things like "snow days".

Zoom, Facebook Chat, Google Hangout, and FaceTime family meetings have started and, hopefully, that will continue after the virus threat is resolved. Our 7-year-old granddaughter now uses Facebook Chat to stay in touch with Grammy almost daily. Virtual meetings have even created a new term – Zoombombing. Just like Photobombing—when someone injects themself into your picture—Zoombombing is when someone injects themself into your virtual meeting.

We have so many sources of information on the internet. Many are filled with options and rumors. One of the advantages of the internet is that we can get "just the data" to make our own decisions if we are willing to look around. A good example is the Financial Times presentation of the Coronavirus data. You can find their charts at https://www.ft.com/coronavirus-latest.

(continued on page 6)

(Tech Bytes, continued from page 5)

The downside of "at home" technology is that the cybersecurity implications are enormous. I could write many pages on the dangers here for both the individual and the company. Most of the dangers can not be addressed in the short term so I will leave that for another day.

For now, please be sure you are running an anti-virus

package on your home machines, be extra vigilant to Think Before You Click, and use Two-Factor Authentication (like BoilerKey) when available. Scams that want you to "Just Click Here" are increasing. I have very good filters but two have gotten through so far just today.

Stay safe, stay healthy, and stay home.

What Are PURA Members Up To?

Last month we asked PURA members how they have been keeping busy while staying safe at home. We asked you to report in, and send photos and recommendations of interesting online resources others might enjoy.

Your responses are included on pages 3, 4, here and on page 8. A big THANK YOU to all who participated!







[Q've been] Julling up Youtube videos and doing inside walking exercises!! Jhere are also dance videos for seniors and begin- nersalso using Youtube to learn	To Comm Purdu
nersalso using Youtube to learn to fix things.	<u></u>

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e Retirees Association -Jan Pearlman Cortner

Addendum to April's Bob Friend Article

"Unless someone else has already called your attention to this, may I add one more tidbit to Jo Thomas' interesting article about West Lafayette all -around athlete and Pittsburgh Pirate pitching star, Bob Friend, tying him back to Purdue. His sister was Charlotte (Friend) Stewart, wife of Albert P. Stewart, longtime director of the Purdue Varsity Glee Club and founder/head of Purdue Musical Organization (PMO)."

-Jon Smith (BS '59, MS '65), Glee Club, '55-'59, 40-year Purdue staff member, and lifelong forlorn Cub fan.

It's Not Too Late!

We would love to make this a regular feature-PURA members' hobbies, activities, recommended books or music, and travels ---particularly while we're all "homing."

Doesn't have to be elaborate. A photo, brief description, book title and author, music performer and title, etc., would be just fine. (Or something longer, if you're enthusiastic.) We'll include these in future issues of the PURA News.

Thanks! Please send your contributions to pura@purdue.edu.



Smile Corner By Sara Jane (Sally) Coffman



How I'm (Not) Coping with the Coronavirus

My life has changed in a lot of ways due to the coronavirus.

For starters, since beauty shops are closed, I've started cutting my own hair. Some people would do this by looking into a mirror, but I do it while watching TV. It gives me something to do during the commercials. There's a spot in the very back that I can't reach so I'm going to ask my mailman to get it for me.

My question is: who was it that decided beauty shops were nonessential? When this is over, I'm going to track him (it must have been a him) down so I can see what HIS hair looks like. Oh. It was the governor? Well, the next time I see him on TV, he'd better not have a fresh haircut.

Thanks to the virus, I'm fixing my own meals rather than eating out. Even though I'm spending more time in the kitchen, though, my cooking skills have not improved. What I have learned is:

- (1) No matter how many (or how few) avocados I buy (after checking to make sure they're at various stages of ripeness), they all ripen on the exact same day.
- (2) You can't substitute hard-boiled eggs for fresh eggs when making waffles.
- (3) It's impossible to open the flimsy, plastic bags in the produce department while wearing rubber gloves. At least not with my big, thick, bright red "ACE HARD-WARE" gloves. There were three of us at Payless the other day, each trying to open bags. We looked like contestants on an Ellen DeGeneres game show.

Another thing that's changed since I've been staying at home is that I've been talking to myself more. I go back and forth with myself over all sorts of issues. Sometimes I agree with myself. Sometimes I don't. Sometimes I get so mad at myself, I stop talking to myself altogether.

Many of my conversations occur while I'm playing Mahjong on my computer. As I'm looking for tiles to match, I yell things like: "We need to find a squiggly and a dot! I know there's a squiggly and a dot somewhere! Where's the squiggly and the dot?" I've been so preoccupied with Mahjong that I haven't done my laundry and have run out of everyday clothes to wear. At the moment, I'm sitting here playing Mahjong in my prom dress.

It's occurred to me that instead of playing so much Mahjong, I could be cleaning my house. On April 1st, knowing I'd be "in" for 30 days, I devised a very work-able (and quite ingenious) plan to clean my house. If I cleaned one-thirtieth of it each day, by the end of the month, my house would be completely clean.

On April 2nd, I revised my plan and told myself that if I cleaned just one-twenty-nineth of my house that day, my house would be clean by the end of the month.

The way it's going, on April 30th I'll be cleaning my whole house.

One way I'm dealing with the crisis is by checking in with my friends. I call to check up on them. They call to check up on me. I had a wonderful surprise the other day when the quiet, soft-spoken guy who does my lawn called to check up on me. How sweet was that? So, I described to him everything I've been doing. I threw in a few stories about my childhood . . . and my career . . . and my dreams and goals. He kept saying: "Uh-huh" at all the right times.

After about 15 minutes, I came up for air.

Then he said: "Would you like me to come and fertilize your lawn?"

My friends and I have all lost our sense of time. We have no references for either the day or the date. I had a fight with my friend Pam on the phone yesterday about what day it was. "What do you mean it's Wednesday? What happened to Tuesday? We haven't had Tuesday yet, have we?"

Whoever it was who posted this on Facebook got it right: "Today is Blursday, the Fortyteenth of Mapilray."

As far as my mental health is concerned, I thought I was doing really well coping with staying at home -- until this morning. I'd gotten up and started doing the things on my list. All morning long, I kept patting myself on the back, saying: "This isn't so bad. I'm doing great! I'm going to get through this!"

(continued on page 8)

(Smile Corner, continued from page 7)

And then it was time for lunch. I'd made it all the way to lunch!

So, I went to the kitchen to make lunch.

And happened to glance at the clock.

It was only 8:30.

Since I've stopped watching the news, I'm counting on someone to tell me when the pandemic is over so I can come out of my house again. I'm worried that I'm going to be like the Japanese soldier in WWII on the island by himself who didn't find out that the war had ended until five years later.

Sally's books are available on Amazon or at: sarajanecoffman2@outlook.com.

Virtual Adventures

Let's go somewhere. Oh, that's right. But a growing number of sources are stepping up to provide respite from cabin fever.

Travel and Leisure Magazine has been compiling a variety of interesting virtual experiences, including these (and more):

How to hold a luau at home, with online entertainment https://www.travelandleisure.com/trip-ideas/how-to-have-aluau-at-home

Bryce Canyon National Park virtual tour—https:// www.travelandleisure.com/trip-ideas/national-parks/brycecanyon-national-park-utah-virtual-tour

Bus and train journeys—https://www.travelandleisure.com/ trip-ideas/bus-train/virtual-train-rides

Virtual nature walks—https://www.travelandleisure.com/trip -ideas/nature-travel/virtual-walking-trails-around-the-world

Botanical gardens are offering virtual tours of their spring blooms:

The Biltmore Estate, Asheville, NC.—https:// www.biltmore.com/ Missouri Botanical Garden, St. Louis, MO. https://www.youtube.com/user/mobotvideo/playlists Portland Japanese Garden, Portland, OR. https:// japanesegarden.org/

Mark Your Calendars! PURA Events

In keeping with other Purdue efforts to protect the health of the Purdue community in the wake of the COVID-19 virus pandemic, PURA events are cancelled until further notice.

When activities are able to resume, PURA will update the membership via email, the newsletter, and our website: https://www.purdue.edu/retirees/

Purdue Recreation and Fitness (Recwell) Adds MORE Free Online Resources



Check out cooking demonstrations, fitness classes, wellness master classes, and GroupX exercise classes all for free!

https://www.purdue.edu/ recwell/virtual-programs



Answers to Riddles, page 3:

A) Fishing bait. B) The number 8. C) A bank.

Art museums and architectural sites offer virtual tours of their collections, resources for exploring art with children, and sometimes free online art courses:

Frank Lloyd Wright buildings—as reported by Smithsonian Magazine. https://www.smithsonianmag.com/smart-news/enjoy-short-video-tours-frank-lloyd-wright-buildings-180974719/

Louvre Museum, Paris, France—https:// www.louvre.fr/en/media-en-ligne Metropolitan Museum of Art, New York, NY—https://

www.youtube.com/watch?v=PHrmoSlfLD0 State Hermitage Museum, St. Petersburg, Russia long tour, but interesting because it was photographed using an Apple iPhone 11. https://www.youtube.com/ watch?v=49YeFsx1rIw

And just for fun,

Fireworks show, "Happily Ever After" from the Florida theme park that's famous for a castle and being a happy place. https://www.youtube.com/watch?v=5bN5b11H4_s

Cirque du Soleil performance. https://www.youtube.com/ watch?v=VL0TG_nCqzE

"22 Musicals In 12 Minutes", James Corden with Lin Manuel Miranda & Emily Blunt. (not new, but fun) https://www.youtube.com/watch?v=a_TvKH-qEJk

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:

Office of Retiree Affairs 1281 Win Hentschel Blvd., Suite 1100 West Lafayette, IN 47906-4182 Telephone: 765-494-7395 or (toll free) 877-725-0222 Email: pura@purdue.edu

2019-2020 PURA Communications Committee: Chair: Karen Lembcke Members: Connie Bilyeu, Jim Daniel, Jo Thomas

8