

PURA News

Purdue University Retirees Association

January/February 2021

Purposeful Living In Retirement, April 21, 2021: Don't Miss This One!



Dr. Philip Low will present a talk titled “Drugs in the Pipeline for Treating Many Human Diseases” on April 21, 2021, providing the sole virtual presentation for the annual spring Purposeful Living in Retirement Conference.

Dr. Low is the Presidential Scholar for Drug Discovery and the Ralph C. Corley Distinguished Professor of Chemistry-Biochemistry at Purdue, and is known nationally and internationally for his groundbreaking research in targeted therapeutics to address many disease states. He is widely recognized as an outstanding speaker.

Dr. Low’s lab specializes in next-generation targeted therapeutics. In the case of cancers, this includes protocols to better identify the location of cancer cells and novel delivery systems for treatment, with less side effects to general health. His research implications include treatments for lung, pancreatic, endometrial, and prostate cancers.

His work studies systemic inflammation such as arthritis and the repair of bone fractures and soft tissues. A focus includes reprogramming of the immune system for more specific treatments for the cardiovascular, metabolic, and central nervous systems, and specific viruses such as Covid 19, SARS, and HIV. Drugs being targeted to the immune cells include agents that activate, inhibit, proliferate, differentiate, or kill the identified cells. Sickle cell anemia treatments are in clinical trials.

This presentation will be from 1 p.m. to 2 p.m. EST, including time for questions. The presentation will be the only one for the 2021 PLIR Conference. It is free of charge and members will receive registration information in early March. Guests are welcome.

MARK YOUR CALENDARS NOW!



February, March, April Monthly Meetings

Please join PURA for our upcoming virtual meetings, held via Zoom. Meeting topics are included on page 2 of this newsletter and Zoom connection information is attached again on page 10.

Retiree Directory/PURA Web Site News

The Retiree Directory linked on our web site is no longer available due to a major system change just completed by University Development Office. The link still appears on the PURA home page, www.purdue.edu/retirees, but is not functional. UDO assures us that the new system contains similar functionality and will be available soon. We’ll keep PURA updated on progress.

Unexpectedly, our webmaster role is in transition to new volunteers. Until they are up to speed, updates to our web site are currently on hold. We’ll resume as soon as possible.

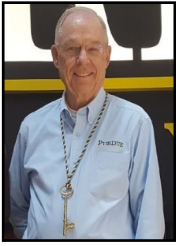
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Norm's Notes: What's Next?

We all must hope that the new year brings promise of better days ahead when compared to our experiences in 2020!

Writing this column for each of our PURA newsletters brings to mind the challenge of what lays ahead. When and where will we ever have the "good ol' days" again? Will our future just be a new normal and the past remain just a "good" memory?

PURA Is a Vibrant Organization

PURA is truly a fine organization with dedicated members who unselfishly continue to work for the good of our membership, making the Purdue retirees group the "gold standard" among all those in the Big Ten community. We are blessed with 10 strong committees, literally hundreds of willing volunteers, unmatched support from the University and no membership fees or cumbersome enrollment.

Another strong aspect of our PURA family is our members' remarkable support of both the Greater Lafayette United Way Campaign and the PURA Scholarship program. In 2020 the PURA family generously gave \$173,577.00 to the Greater Lafayette United Way, nearly \$53,000 toward the Jischke Scholarship program, and \$173,000 for the on-going PURA Student Scholarship Endowment. That level of support and commitment is nothing less than spectacular!

A notable service available to the PURA community is the outstanding newsletter. Ten times a year, Karen Lembcke, Connie Bilyeu, James Daniel, and Jo Thomas pull together a variety of interesting and educational topics to keep the PURA family informed and entertained. Their efforts are appreciated. Sadly, Jim, who served as our webmaster, recently passed away. Our thoughts are with his family. He will very much be missed.

News and Projects

Enhancing Our Communication with Purdue Northwest and Purdue Fort Wayne Retirees

Your PURA Executive Board is currently working to find ways to interface with and include retirees from the Purdue Northwest and the Purdue Fort Wayne campuses. If you have a contact at one or both locations, we would like to connect with them to enhance our efforts on their campuses' behalf. Send any related thoughts, names, email, etc. to pura@purdue.edu.

PURA's Physical Office Moved To New Building

For your reference, our PURA headquarters moved on January 1, 2021, from the KURZ building to the former State Farm Regional Office (now owned by Purdue), located at 2550 Northwestern Ave., West Lafayette, IN.

By-Law Enhancements And New Officers

In this newsletter you will find details of some PURA By-Law enhancements. Action on adoption of the By-Law changes and voting on the new slate of PURA 2021 officers will take place as a part of the PURA annual meeting (via Zoom) in April.

PURA Monthly "Meeting" Zoom Calls

The number of participants at our monthly meetings on Zoom continues to grow. We now exceed 200 per meeting, and it appears to be gaining each month.

In 2021 we expect to continue "live" monthly meetings on Zoom, coupled with placing a recording of each session on the website www.purdue.edu/retirees. Here are some of the topics you can expect to see on the first Monday of each month, beginning at 12:45 p.m. EST:

February 1 – Sally Fahey, Executive Director of Tippecanoe County Area Plan Commission, highlighting the important role of the Commission.

March 1 - Jeffrey Dukes, Director of Purdue Climate Change Research Center, with a 2021 update on climate change impact and solutions.

April 5 – Dr. Charlene Sullivan, Krannert Associate Dean of Undergraduate Programs and Associate Professor of Management, with an informative and timely presentation on the economic outlook and what to expect in 2021.

And, of course, we will continue to evaluate strategies for returning to luncheon meals at the VFW if and when the COVID pandemic has effectively passed and it is once again safe and feasible to meet in person.

PURA Sponsoring a COVID-19 Vaccination Clinic?

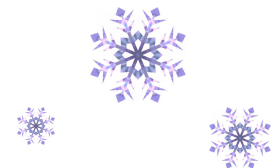
During the January Zoom meeting the question came up whether PURA plans to implement a COVID-19 vaccination clinic. Yes, that has been discussed by the Executive Board, but unfortunately, until more information is made available to Purdue and the Custom Plus Pharmacy we are unable to provide a more definitive response at this time.

Feedback Welcome

As has been our policy, we welcome your thoughts, comments and feedback regarding the PURA organization, our Zoom calls and ideas to further enhance the program for the PURA family.

Until next time...

With kindest regards,
Dr. Norman D. Long
PURA President



PURA's Student Scholars Speak Out:

Dear PURA Members...



I would first like to start off by thanking you for your generosity! The scholarship that I received from you is very appreciated and it has helped me fund my college education!

My name is Sierra Cox, and I am from the state of Indiana. My major here at Purdue University is Law and Society (Criminology). I am also minoring in Mandarin Chinese. For my career, I hope to work in a field related to helping people and

their community. My expected graduation date is May 2024.

Receiving this from you means the world to me because it allows me to focus more on my studies and not how I am going to obtain the money I need for my education. This funding allows me to be involved in intramural sports when it is safe to do so. I have played volleyball all of my life and I would love to be able to continue it for fun at Purdue! This funding also allows me to immerse myself in my studies. Learning new things is fun to me. I believe that knowledge is one of the best qualities a person can have. I cannot express my thankfulness enough. I now have to worry less (or not even at all) about financial concerns.

During my career at Purdue, I have so many things planned! I would love to be involved on campus and join clubs when this pandemic allows for such actions. As I have mentioned, I would love to participate in intramural sports. I love the sport of volleyball and maintaining physical activity is important to me. I also want to study abroad during my time here. I would love to go to China or Taiwan to further improve my Mandarin. I have always wanted to travel. The world is a huge place—who wouldn't want to travel? Traveling in itself allows a person to be more opened-minded about different cultures and how different societies function. As I love learning new things, this is perfect for me!

As for my plans after graduation I am still deciding on a specific career, but I know what field I want to go into! As of right now, I am looking into working as a Child Protective Officer or as a Sociologist.

Thank you so much for your generosity! I am very grateful as this helps me fund my Purdue University education. Thank you for helping and supporting Boilermakers through their college education. College can be very difficult at times especially when you have to constantly worry about funding. But thanks to you, I do not have to stress over financial problems! Again, thank you so much! I will not forget what you have done. Thank you for supporting me.

Sincerely,
Sierra Cox

PURA POA in Honor of Martin C. and Patty Jischke
Scholarship
Freshman, College of Liberal Arts, from Mitchell, Indiana



My name is Alex Newhall and I am currently a first year student in Purdue's exploratory studies program, looking at options in either aerospace engineering or astronomy. Recently I was selected to be one of the recipients of your annual

scholarship. I want to take this time to thank you for your generosity to not only me, but to all the students of Purdue. Because of communities like ours that back their own, young students can become successful in their fields and make an impact on the world we live in.

This past year I took a gap year, I found a job and made money to help pay for college. If it weren't for scholarships, I would not be able to receive the level of education that I plan to receive. Covid-19 has added stress to every family, and unfortunately my family has been heavily impacted with lost jobs and lost opportunities. Therefore, it is my goal to pay for my college career completely myself, and before I graduate. I hope to graduate with no student debt, and that is only possible through scholarships such as your own.

No one has asked you to donate or to help students through Purdue. You have no obligation to help add to a scholarship fund, but you do. I hope to convey to you how thankful I am for that. You have helped ease some of the burden college expenses will put onto me and allow me to focus on my education and gaining experience in my field. I know the other recipients of your fund feel the same way. People like you help enable future industry leaders and hard workers to change our nation for the better.

I plan on picking up my masters and moving on to a doctoral program. If I did not receive help from others I would still be in my factory, scraping by. I am incredibly grateful to be here in college instead. Because of your contribution I will continue to work to be successful here, and after college. So, I want to thank you, truly and completely, for helping young students further their career so that they in turn can help more young students.

Thank you for all you do,
Alex Newhall

PURA Student Scholarship
Sophomore, Exploratory Studies, from Connersville, Indiana

(Student Scholars Speak Out—continued on page 4)





Hello, I am Jackson Williams, one of the recipients of the Purdue University Retirees Association Student Scholarship. I am currently majoring in Mechanical Engineering Technology in the Polytechnic School here at Purdue as well as pursuing a certificate in Entrepreneurship and Innovation.

While technically I am a junior, I have taken summer courses the

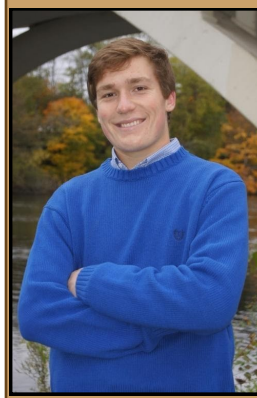
last 2 years which is going to allow me to graduate a semester early in the fall of 2021. I wanted to take the time to thank you for your extreme generosity and support with the scholarship you gifted me!

This scholarship is very important to me for many reasons. My sister and I are first generation college students and it's quite obvious that college isn't the cheapest thing in the world. The rest of my family hasn't had the opportunity to go to college due to not being able to afford it, so from the generosity of people like you I am able to afford college and not rack up tens of thousands of dollars in student loan debt. I am a huge advocate of being debt free and thus far I have been able to pay for college through scholarships and grants, working over the summer, internships, and living at home and commuting to save money. The funding allows me to spend more time focusing on my studies and receiving good grades. I have made dean's list every semester and semester honors two out of the four semesters I have completed. I am currently carrying a 3.5 GPA.

My plans for the next year are to find another internship to aid me in having experience for finding a job outside of college. I also want to study abroad but am not sure if I will have the opportunity given the current circumstances of the pandemic and possible travel restrictions. When I graduate, I want to either work as an engineer doing 3D modeling, prototyping, or research and development, or start my own business related to my passion for automobiles, such as auto detailing. Since I plan to graduate debt free, I won't be antsy to get a job I don't want in order to start paying off student loans. Instead, I can wait until the right opportunity for me arises and enjoy my work more. I want to thank you again for the scholarship and your generosity as it has given me so many opportunities.

With thanks,
Jackson Williams

PURA Student Scholarship
Junior, Purdue Polytechnic Institute, from Thorntown, Indiana



My name is Adam Cseh and I am one of your scholarship recipients! I am a senior in the Polytechnic Institute's Construction Management Program. I plan to graduate in May of 2021, and I am unsure yet of where life will be taking me come summertime. However, I am extremely excited for the next stage of my life.

Reflecting on my time at Purdue, I could not be more thankful for the opportunity I have received from this great institution. Without your help and generosity, I would truly not have

had this opportunity, and I am so grateful for the scholarship that you have made possible for me!

At Purdue, I am the President of Sigma Lambda Chi, the International Construction Management Honor Society. I also served as the Vice President of Pi Kappa Phi, served on the Corporate Committee for PUDM*, and joined several clubs within Construction Management.

This funding will help ensure that I am able to stay as involved as possible on campus during my last semester at Purdue, and will also help me refuse some student loans, so I will not have as much financial strain on myself and my family! This scholarship means the world to me because it will allow me to focus on wrapping up my time at Purdue, and pursue full time positions within the construction industry. After graduation, I plan to have a full-time project engineer position within the construction industry.

Again, I just wanted to say thank you for this incredible investment in my education, and for allowing me to plan out my future without feeling such a financial strain. Thank you!

Sincerely,
Adam Cseh

PURA Student Scholarship
Senior, Purdue Polytechnic Institute, from South Bend, Indiana

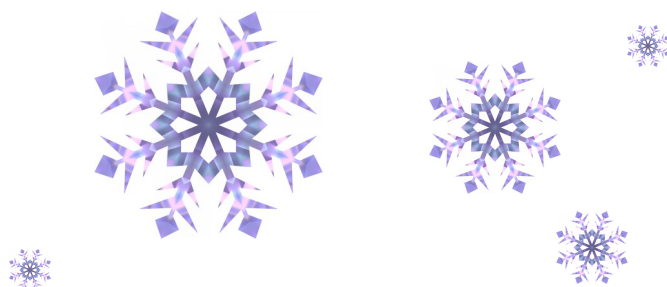
* PUDM is the largest philanthropic organization on campus filled with hundreds of students who want to make a difference for the children at Riley Hospital for Children.

To Stay in Touch, Make Sure PURA Has Your Current Contact Information!

PURA provides information targeted to Purdue retirees, which includes retiree benefits, current Protect Purdue measures, and PURA virtual meetings, speakers, and tours. Interesting and important items to be aware of.

How can you stay in the "information loop?" Make sure PURA has your current email and postal mailing addresses!

The monthly **PURA News** newsletter and special updates are sent to members via email; some information/reminders are sent via U.S.P.S. mail. To stay informed, send your updated contact information to pura@purdue.edu, making sure to include your full name.



Fibromyalgia

Chris Rearick, MSN, RN

Purdue Nursing Center for Family Health

Fibromyalgia is an arthritic syndrome that includes muscle tenderness, joint pain, and generalized chronic pain throughout the body. Fibromyalgia is classified as a syndrome because it includes multiple symptoms occurring together. This chronic pain syndrome often affects multiple family members including close relatives. It is thought to be the result of an overactive nervous system and other rheumatoid conditions can be a precursor to fibromyalgia. Emotional stress, repeated injury or trauma to the brain and spinal cord are also common findings in fibromyalgia.

The most common symptom of fibromyalgia is the chronic widespread pain. Another common complaint is tingling or numbness in hands and feet. Many patients describe having restless legs syndrome (RLS) which is a feeling of the need to move your legs. Memory and cognitive complaints are common in fibromyalgia. Patients state they cannot think clearly. The term for this cognitive issue is “fibro fog.” Fibro fog can make it difficult for patients to recall a name, a word or stay focused. Headaches, depression, troubles sleeping, and fatigue are just a few more symptoms of fibromyalgia. Patients will state they have a sensitivity to loud noises and/or bright lights. Stress, hormonal imbalances, a particular smell, or taste, can trigger a flare-up of fibromyalgia. Often patients with fibromyalgia will also have a diagnosis of irritable bowel syndrome.

There is no single lab test or x-ray for diagnosing fibromyalgia making a diagnosis difficult. Healthcare Providers may rule out other health issues before

confirming the diagnosis of fibromyalgia. Researchers have identified eighteen different tender points on the body that aids in diagnosing fibromyalgia. These tender points include: base of skull, lower neck, lower back, back of knees, hips, back of neck, chest, and forearms. When these tender points are touched, it produces pain. Often a provider will utilize a chart to mark all tender point areas when diagnosing fibromyalgia.

Since fibromyalgia is classified as an arthritic condition, it is recommended one see a physician that specializes in rheumatology. Treating fibromyalgia can be difficult. Treatments include getting adequate sleep, routine exercise, stress management, physical therapy, and moist heat to tender sore areas, eating a healthy diet and medications. Medications can come with unwanted side effects. Your healthcare provider will assist in finding the best medication and treatment options for you. There are local and national fibromyalgia support groups. Support groups are often beneficial due to the various symptoms and diagnosing obstacles patients encounter. Living with chronic pain can impact one’s well-being. Support groups can provide mental health support that is needed for these patients.

Fibromyalgia | Arthritis | CDC , www.cdc.gov/arthritis/basics/fibromyalgia.htm, last reviewed 1/6/2020

Support Groups (fibroandpain.org)

Please feel free to email Chris with any additional questions or suggestions for future health columns. Chris Rearick, crearick@purdue.edu or, you may call Chris at (765) 496-0308 and leave a message for her.

Confessions of a Book Addict: Two for the Price of One

By Jo Thomas

James Patterson might have been the first to invite a co-writer. It is said that writing with him was like a Master Class. Some writers don’t look far to select a partner; they brought in their kids. In those cases, there is the added advantage of not having to support them.

The late author Clive Cussler and his son Dirk collaborated on a series called *The Oregon Files*, about a derelict scow that hides a super-outfitted ship dedicated to research and hunting down bad guys.

Two best-selling female authors, Catherine Coulter and J. T. Ellison have come together in the *A Brit in the FBI* series. The protagonist FBI agent in the series, Nicholas Drummond, was born in the US and raised in England. With dual citizenship, he managed to become Chief Inspector of Scotland Yard and an FBI agent. Themes are international thrillers with some humor slipped in.



Douglas Preston and Lincoln Child write different sorts of books on their own but come together to portray the adventures of the most unlikely FBI Agent in fiction. In a recent novel, **Crooked River**, over one hundred feet in strange green shoes drift onto a Florida beach. With no clues and danger to all the good guys, it was a gnarly tangle to unwind.

Iris Johansen collaborates with her son Roy for a series of books about a woman who was born blind. An experimental surgery gave her sight, but using her hyper-sensitive other senses makes her the perfect investigator.

Then there are these guys: Lee Child and Andrew Child. Their names are on a Jack Reacher novel, **Sentinel**. Both use pseudonyms. So who the heck wrote the darn book?

PURA Tech Bytes

By Scott Ksander



AppleID and @purdue.edu Email

If you have any Apple product, you have an AppleID. As part of the AppleID, you also have some cloud storage space in iCloud. You get 5GB of iCloud storage free and have the option to purchase more. A common question is “Should I purchase more space if I get the message that I have exceeded the initial 5GB?”

The answer is YES! iCloud is a very convenient way to backup your Apple devices, particularly things like photos, videos, and contacts. Backups are vital. If your device goes missing or is damaged, it will be very expensive or even impossible to recover important material if you don’t have a current backup.

If you have an Apple device and you have not received an email or device message about your AppleID being your xxx@purdue.edu email address, you can stop here. If you have received a message, read on.

If you used your @purdue.edu email address as your AppleID as I did, you have received a notice that Purdue has “claimed” the domain and you may have to change. Since the original creation of AppleID, Apple has added the capability to also have alternate email addresses associated with your AppleID profile. Even if your original AppleID wasn’t an @purdue.edu address, you may have added a Purdue address to your AppleID account. This will also have to be removed. You can check and manage your AppleID profile at appleid.apple.com.

While this is going to require a change on your part, this is a good thing for Purdue. Last year Purdue opened the CHAS building with a few hundred “shared” iPads for students to use in labs. Biology and Chemistry piloted the program and Pharmacy and Liberal Arts will be joining in the future. To make this effective, Purdue will “federate” Purdue student, staff and faculty credentials with AppleID. In short, every student, staff and faculty member will automatically have an AppleID that matches their xxx@purdue.edu email address for Purdue class work. This makes using “shared” iPads easy and effective.

You and every Purdue student will also want to have their own AppleID that is for personal usage and is not controlled by this federation. To accomplish this, Purdue and Apple must start with no AppleIDs associated with any xxx@purdue.edu address. Changing your AppleID is simple and the message from Apple will give you instructions. Yes, change is frustrating but, in this case,

there are solid reasons behind this change, and it will benefit Purdue students and allow more effective use of technology tools.

Cybersecurity

Cybersecurity is a problem that has developed completely in our professional lifetimes. Since the Morris Worm first hit in 1988 there have been a series of increasingly alarming events. The most recent attack is also the most alarming. This was a “supply chain attack” installing a backdoor in Orion, a widely used security tool developed by the Texas-based company SolarWinds. This hidden backdoor began shipping with this product in March 2020. For nine months, the backdoor, known as Sunburst, “phoned home” from about 18,000 customers’ systems to attackers’ command-and-control servers. For a subset of the infected systems, attackers dropped second-stage malware called Teardrop that could remote, install additional malware and backdoors, and help hackers reach additional systems.

In mid-December, the Cybersecurity Infrastructure and Security Agency (CISA) said the hacks posed a “grave risk” to the US government at all levels. Over the Christmas holiday, CISA said that all US government agencies must update to the fixed Orion 2020.2.1HF2 by the end of 2020. Over the past weeks Department of State, Department of Homeland Security, National Institutes of Health, the Pentagon, Department of the Treasury, Department of Commerce, and the Department of Energy (including the National Nuclear Security Administration) have all discovered they had been compromised and data had been extracted!

Many Fortune 500 companies were also compromised. The most notable is that the source code for Microsoft Windows and Microsoft Office was accessed and the Microsoft Office 365 email server was compromised. The list of companies accessed include Cisco, Intel, and VMWare.

It is clear that the purpose of the attack was to gather intelligence rather than something designed to destroy or cause mayhem. It went entirely undetected between March 2020 and the first discovery on December 14, 2020. Based on forensic analysis of the code, it is widely believed that agents of the Russian government were behind this effort.

I was recently looking at some files from more than 10 years ago and found some presentations I gave regarding Cybersecurity. I was struck by how little the balance has changed in this area. Defenses have improved but efforts by attackers have improved more. Some still believe that “hackers” are just nerds in a basement with a modem, eating pizza.

(continued on page 7)

Attackers now are very well funded, state-supported, brilliant technologists. We can believe that efforts by our side are “ethical hacks”, but all sides of cyberwarfare have exceptionally talented people focused on achieving their objective. This really is warfare. The weapons are different, but the danger is just as great. In many cases, we are the victims.

So, what can we do? First, mount the best defense possible. In cases where a short 8-character password is your only defense, pick a strong password and change it from time to time.

When “two-factor authentication” is available, use it. This is the method where after using your password, you get a text message with an additional one-time password. BoilerKey is a great example of this at Purdue.

Lobby our government representatives at both the state and federal level to get serious about working on this problem.

Finally, continue to support efforts at Purdue to educate and research this area. Purdue needs to continue to be a leader. cerias.purdue.edu is a good place to learn more.

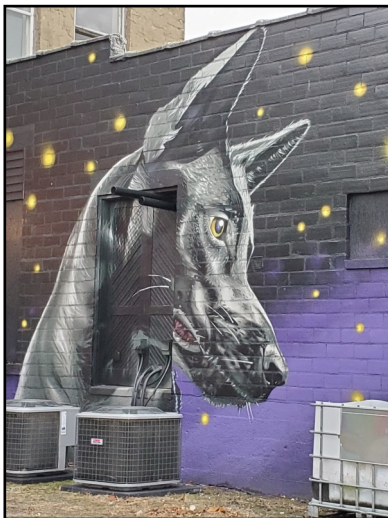
Road Trip! The Ren Art Walk, Rensselaer, Indiana

By Karen Lembecke

This month we feature the delightful Ren Art Walk in Rensselaer, Indiana, located off Highway 231 and West Van Rensselaer Street, where world-renowned artists have painted murals on the walls of buildings in the downtown area.

The project is sponsored by the city of Rensselaer, local philanthropy and business groups, individual donors, and arts organizations, including the Indiana Arts Commission and Tippecanoe Arts Federation. The businesses in Rensselaer are hopeful that the street art will help contribute to the revitalization of their community.

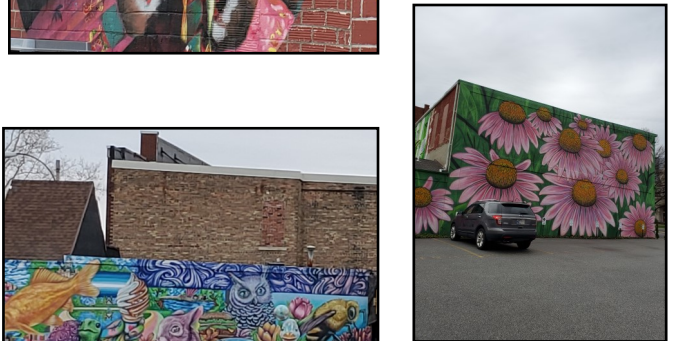
Depending on weather and social distancing needs, this area is walkable, but it is also possible to view most of these murals from your car. In case you get thirsty or hungry, there are several restaurants in the area.



Artists who created the murals include Andre “Cobre” Iglesias; Emily Ding; Cameron “CAMERI” Moberg; Jenna Morello; Shawn Bullen, Mitchell Shuring and Chris Chanyang Shim “ROYAL DOG”.

On the Art Walk’s web site you may sign up to receive updates:

<https://www.renartwlk.org>



Smile Corner

By Sara Jane (Sally) Coffman



Sally's Advice Column #1

It occurred to me the other day that now that I've gotten older, there aren't as many people older than I am giving me advice and telling me what to do. But then I thought: "Maybe it's MY turn to give advice and tell people what to do. In fact, maybe it's my duty to start giving advice and telling people what to do."

So, I've decided to write an advice column. I'll begin with some advice from my vast experience in the area of cooking.

Buying Avocados

No matter how many avocados you buy (even after making sure they're at various stages of ripeness), they will all ripen at the same time on the same day.

Making Waffles

When making waffles, you can't substitute hard-boiled eggs for fresh eggs.

Stocking Your Freezer

Always have cookies in your freezer that you can take next door for when you see your neighbors in their yard doing something stupid and you want to get a closer look.

Baking Cookies

When the bag of cookie mix has a picture of a stick of butter and a picture of 1/3 cup of oil, pay close attention to the word "or" that appears between the two pictures. In the English language, "or" has a very different meaning than "and."

Baking a Peach Pie

If you decide not to follow the directions for baking a frozen, deep-dish peach pie that tell you to place the pie on a cookie sheet before putting it in the oven . . . you will quickly realize your mistake when you try to lift it out with your hands. It will collapse, and you will then have peach cobbler (instead of peach pie) all over the bottom of your oven.

Buying a Hand Mixer

When buying a small, hand-held mixer, make sure you get one that has a "slow" setting.

Making Chili

The key word in a chili recipe is "simmer." As in, "simmer for 30 minutes." If you don't do that, and you keep the

flame as high as it was when mixing the ingredients, your chili will have an entirely different taste. Entirely.

Making Cheese Biscuits

Make sure you read the recipe all the way through before you start mixing the ingredients. Because if you don't, you may get to the end of the instructions and suddenly read: "Sprinkle the remaining cheese on top." (What remaining cheese?)

Making Sally's Quick and Easy Chicken and Rice Soup

Assemble the chicken and vegetables in your soup pan, adding what seems to be the correct amount of rice. Second-guess yourself and add a bit more rice. Then, if you're near the end of the bag of rice, what the hell, dump the rest of it in.

After the soup cooks and the rice has expanded exponentially, scoop out the extra rice. This may take a while. (Note: Perhaps the title of this recipe needs to be changed.)

Apologize When You Make Something That Doesn't Turn Out Like it Was Supposed to, Even if it's for Something You Did Back in High School

Dear Kent H.,

I'm sorry your front tooth broke off when you bit into the brownie I made for you when you came to pick me up for our date. I can't remember: Did my dad offer to pay for your dentist bill? And, do you still want to go out on our date?

Carry-in Dinners

When your friends are having a carry-in dinner and they ask you to bring the wine, be flattered. And remain flattered, even after you figure out what they were trying to tell you.

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

January, 2021

Dear Retirees,

I hope you all had a warm and happy holiday season. I'm trying my hand at a new project which, for now, is keeping me busy, so this is going to be my last column for the newsletter. Thank you for all your feedback and support - it's been a great experience!

Sally (aka Sara Jane) Coffman

Editor's Note: A big THANK YOU to Sally Coffman for her humorous monthly columns. Our readers have so enjoyed them, especially while we all hunkered-down during this pandemic. Best of luck with your next project, Sally!

January/February 2021 Campus Calendar

Academic/Holiday:

- 19 Jan. 2021—Spring Semester classes begin.
- 17 Feb., 18 March, 13 April—Student Reading Days. (In lieu of spring break.)
- 8 May—Spring Semester ends.
- 14-16 May—Spring Commencements.
- 17 May—Summer modules begin.
- 31 May—Memorial Day. No classes. Offices closed.

Special Events:

25-29 Jan. and 4 Feb.—10th Annual Martin Luther King Diversity Awareness Week. Sponsored by College of Agriculture and College of Health and Human Sciences to honor Dr. King's teachings, celebrate how subsequent generations have put those lessons into action, and contemplate the work yet to be done. All events are free and open to the public. To register for events and receive links to the virtual events visit the program's web site: <https://ag.purdue.edu/omp/Pages/MLKJr2021.aspx>

1-15 Feb.—“Gone Fishin’”: Virtual Ag Alumni Fish Fry. Events over a number of days. Ag Alumni reunion groups each evening Feb. 1-4. Also special “Fish Tank” business proposal judging at 2 p.m. EST Feb. 15. All events are virtual and require registration. More information and registration at: <https://ag.purdue.edu/agalumni/annual-meeting/live-events/>

4, 11, 18, 25 Feb.—70th Annual “Books and Coffee” lecture series. Virtual format. For topics, speakers and YouTube links visit the web site: <https://cla.purdue.edu/academic/english/bookscoffee>

Athletics:

All sports schedules available at: <https://purduesports.com>. Click through to

the Home page, then click on **Sports** at the top to see specific sports menu.

Men's Basketball: No fans due to pandemic. Telecast on BTN.

Radio on WAZY-96.5 FM and Purdue Sports Network.

- Jan. 28**—at Minnesota. Time TBA.
- Jan. 30**—vs. Minnesota. Time TBA. At Mackey Arena.
- Feb. 2**—at Maryland. 8:00 p.m. EST.
- Feb. 11**—at Minnesota. Time TBA.
- Feb. 16**—vs. Michigan State. Time TBA. At Mackey Arena.
- Feb. 20**—at Nebraska. Time TBA.
- Feb. 27**—at Penn State. Time TBA.
- Mar. 2**—vs. Wisconsin. Time TBA. At Mackey Arena.

Women's Basketball: No fans due to pandemic. Radio broadcast is on WBPE “BOB” 95.3-FM and the station online.

- Jan. 31**—vs. Penn State. Time TBA. At Mackey Arena.
- Feb. 7**—at Illinois. Time TBA.
- Feb. 11**—vs. Michigan. Time TBA. At Mackey Arena.
- Feb. 14**—vs. Rutgers. Time TBA. At Mackey Arena.
- Feb. 18**—at Ohio State. Time TBA.
- Feb. 21**—at Michigan State. Time TBA.
- Feb. 25**—vs. Maryland. Time TBA. At Mackey Arena.
- Feb. 28**—vs. Illinois. Time TBA.

Athletic ticket information at:

purduesports.com/tickets/pur-tickets.html

Theatre: Livestream and digital performances.

Feb. 19, 20, 21—“Nell Gwynn” by Jessica Swale. Purdue Theatre. It's bawdy 1660s London and Nell Gwynn is uproarious on stage and off. Virtual event, livestream. Tickets required. For more information and to purchase tickets visit:

<https://cla.purdue.edu/academic/rueffschool/theatre/Tickets>

Notable February Birthdays

February 1—Hollywood director John Ford (1895-1973). Born in Cape Elizabeth, Maine. Known for the films *The Grapes of Wrath* and *The Searchers*, he also served in World War II as chief of the Photographic Unit of OSS, and earned two Academy Awards for documentaries made during the war.

February 3—Elizabeth Blackwell, the first female physician in the U.S., (1821-1910). Born near Bristol, England, as a girl her family moved to New York State. She was awarded her MD by the Medical Institute of Geneva, New York, in 1849. She then established a hospital in New York City run by an all-female staff. She was also active in training women to be nurses for service in the American Civil War.

February 6—Legendary baseball player George Herman "Babe" Ruth (1895-1948). Born in Baltimore, Maryland. Ruth held or shared 60 Major League records, including pitching 29 consecutive scoreless innings and hitting 714 home runs.

Additional February birthdays: Suffragette Susan B. Anthony; American presidents Ronald Reagan, George Washington, Abraham Lincoln; American artists Norman Rockwell and Grant Wood; aviation pioneer Charles Lindbergh; inventors Thomas Edison and Cyrus McCormick; and American poet Henry Wadsworth Longfellow.

Mark Your Calendars! PURA Events

1 February, 2021 PURA virtual monthly meeting, via Zoom.

12:45 p.m.—1:30 p.m. EST

Speaker: Sally Fahey, Executive Director, Tippecanoe County Area Plan Commission

Topic: The Important Role of the Area Plan Commission

1 March, 2021 PURA virtual monthly meeting, via Zoom.

12:45 p.m.—1:30 p.m. EST

Speaker: Jeff Dukes, Director of Purdue Climate Change Research Center

Topic: 2021 Update on Climate Change Impact and Solutions.

5 April, 2021 PURA virtual monthly meeting, via Zoom.

12:45 p.m.—1:30 p.m. EST

Speaker: Dr. Charlene Sullivan, Krannert Associate Dean of Undergraduate Programs and Associate Professor of Management

Topic: The Economic Outlook for 2021—What to Expect

For the present, PURA meetings are being held virtually, via Zoom., PURA will provide Zoom connection information and other important updates via email, the *PURA News* newsletter, and our website:

www.purdue.edu/retirees

Make sure you have your current email address to stay informed. Please send your information to pura@purdue.edu.

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
2550 Northwestern Ave., Suite 1100
West Lafayette, IN 47906
Telephone: 765-494-7395 or (toll free) 877-725-0222
Email: pura@purdue.edu

2020-2021 PURA Communications Committee:

Chair: Karen Lembcke

Members: Connie Bilyeu, Jo Thomas

Zoom Connection Information for PURA Meetings

The Zoom connection information for PURA monthly meetings is shown below. **The link, Meeting ID, and password will be the SAME for all future normal monthly meetings**, beginning with the meeting on Monday, October 5, 2020.



Members who wish to join via phone call audio only will need the separate Passcode shown below. (The password/passcode for that method is different from the normal “computer connection” to Zoom.)

Join Zoom Meeting

<https://zoom.us/j/97285398989?pwd=MIB4U0FudEplMFRoWm1GTkZzNmYrZz09>

Meeting ID: 972 8539 8989

Passcode: BoilerUp

One tap mobile

+13126266799,,97285398989#,,,,,0#,,41051096# US (Chicago)

+19292056099,,97285398989#,,,,,0#,,41051096# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Germantown)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 972 8539 8989

Passcode: 41051096

Find your local number: <https://zoom.us/u/acvQQKVcnE>