

# The Extension



## President's Message: Judi Engle

It is official. After nine years at the Foundation Building across Colonel Glenn Highway, the Wright State University Retirees Association is back on campus. We enjoyed our time there and appreciated easy parking and our large suite, which was turned into a mini art gallery by our resident artist, Gary Barlow. But, farewell.



The art gallery is, for now, safely stored elsewhere. After weeks of cleaning, sorting, and downsizing, (thank you to all involved!) we crated our remaining belongings and were moved by University Facilities in mid-December. ESPM generously provided us with a “new” desk, credenza, file cabinet, and bookcases. We kept our slightly dated sofa, end tables, chairs, conference tables, and lamps. And, to make access a bit easier, the university has given our board members complimentary parking passes for the year.

After the holidays we tackled the uncrating, filing, and organizing. The university provided us with a new printer, which, I hope, will soon be able to communicate with the office computer. Just like a house move, some things might take a bit more time, but surely our new digs will soon feel like “home.”

Our new home base is 328 Fawcett Hall in another suite, this one with a cluster of rooms rather than one large one. They have already been given nicknames based upon usage: the living room, the break room, the office, and the large and the small conference rooms. Our nearest neighbors are AAUP and the Department of Psychology. From here, we will plan future activities for you.

Spring events include faculty experts for two very different discussions: the first on the spread of disinformation in our modern world and the second on the archaeological view of the ancient peoples of the Adena and Hopewell cultures. Both are scheduled to take place in the Foundation Building.

Also planned is a trip to campus the fourth Saturday in March to enjoy the matinee “On the Town,” another outstanding production by Wright State’s Department of Theatre. The highlight of the year is the annual spring luncheon, to be held on May 5 in the Berry Room, Nutter Center. (See back panel for details.)

Look for more details and registration info on these events in the WSURA e-newsletters and in your email.

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### Upcoming Events

March 6, 11 a.m.  
“Communication Information  
about Disinformation”  
First Floor Board Room  
Foundation Building

March 25, 2 p.m.  
“On the Town”  
WSU Theatre

April 14, 11 a.m.  
“Ohio’s Ancient Civilizations”  
First Floor Board Room  
Foundation Building

May 5, 11:30 a.m.  
Annual Retirees Luncheon



### 328 Fawcett Hall



*TOP: A few moving day photos, which show the newly painted walls and installed carpet.*

*BELOW: Thanks to the unpacking and chair assembly crews: Joyce Howes, Mary Kenton, Gail Whitaker, Carolyn Smith, Dan Abrahamowicz, Jerry Alter, and Dick Williams*

## The Cowboy Poet



Four strong winds that blow lonely  
 Seven seas that run high  
 All those things that don't change come what may  
 But our good times are all gone  
 And I'm bound for movin' on  
 I'll look for you if I'm ever back this way.

Think I'll go out to Alberta  
 Weather's good there in the fall  
 I got some friends that I can go to working for  
 Still I wish you'd change your mind  
 If I asked you one more time  
 But we've been through that a hundred times or more

If I get there before the snow flies  
 And if things are goin' good  
 You could meet me if I sent you down the fare  
 But by then it would be winter  
 Not too much for you to do  
 And those winds sure can blow cold way out there

Four strong winds that blow lonely  
 Seven seas that run high  
 All those things that don't change come what may  
 But our good time are all gone  
 And I'm bound for movin' on  
 I'll look for you if I'm ever back this way

To watch a recording of Ian and Sylvia performing this song:  
<https://www.youtube.com/watch?v=B3m7ckGhnsC>

On December 31, 2022, *The New York Times* honored Canadian folk singer and rancher, Ian Tyson, with a fulsome obituary that took up all the space above the fold. He had died on the 29th on his ranch in Alberta, probably with his boots still on, at age 89.

I have been a fan of his music since the early sixties when he first started recording with Sylvia Fricker, whom he met in 1959 in Toronto. They migrated to New York, where they met Bob Dylan and signed a deal with Vanguard Records. They married and produced 13 albums (and one son) most of which I could still sing (off-key) by heart. They divorced in 1975, but each of them continued to write songs and perform.

In 2005, the Canadian Broadcasting Company polled its listeners who voted to name Tyson's "Four Strong Winds" the most essential piece of Canadian music. In 2010, on the 50th anniversary of the song, Sylvia joined Ian on the stage of the 2010 Mariposa Folk Festival to perform the iconic lyrics, as the crowd sang along "teary eyed" to see and hear them together one last time.

*By Mary Kenton*

## The Real National Pastime

Baseball was once called the national pastime, but football has long since surpassed baseball at every level. The popular TV program “Friday Night Lights” let us in on how to build a state championship high school football team. In communities across America high school teams play in front of packed audiences. Many Americans carve out time on Saturday to watch their favorite college teams play. On one of those Saturdays in November, millions of households in Ohio and Michigan hunker down, turn off their phones and pray to the football gods for a favorable outcome. Sunday afternoons and Monday nights are reserved for the pros.

Ohio is especially blessed to have two such teams—the Bengals and the Browns. We love our football the way Europeans love the game they call football, but we call soccer. We compare football to warfare. We talk about the trenches, players battling, and attacking offences, so it is no surprise that players

get seriously injured. In a recent

Bengals v Bills game, Bills safety

Damar Hamlin collapsed on the field following a tackle when the opposing players’ helmet banged into his chest. He was taken by ambulance to the University of Cincinnati Hospital where he eventually regained consciousness. He continues to recover at home. The NFL suspended and eventually cancelled the game.



By contrast, in the 1971 game between the Detroit Lions and the Chicago Bears, the Detroit wide receiver Chuck Hughes came back to the huddle after a play, clutched at his heart and collapsed on the field. Trainers rushed to his aid, but when the ambulance delivered him to the hospital, he was pronounced dead immediately. The game continued to its “conclusion before a stunned and silent crowd.”

These frightening dramatic incidents are only one small aspect of the danger football poses to players. Chris Nowinski (right photo), a neuroscientist who was a professional athlete, details the chronic conditions many players experience. NFL players are especially prone to early onset cardiovascular disease, arthritis, and neurodegenerative disorders that often lead to dementia. He lists 10 NFL players who died from heart disease in their twenties, thirties, and early forties since 2015, one as young as 26. NFL players also suffer disproportionately from A.L.S. and Parkinson’s Disease. He notes that “N.F.L. players in their 50s are 10 times as likely to be diagnosed with dementia as the general population.”



These problems are not limited to professional football players. Anyone who plays tackle football is at risk. The more years a person plays, the greater the risk of traumatic brain injury. And as Nowinski points out, youth players don’t get paid and can’t really give informed consent. A CDC (Center for Disease Control) study found that the average kid playing tackle football experienced 389 head impacts per season. Playing flag football until high school is only a partial solution. More and more parents are likely to steer their boys away from football and toward sports that build health, not threaten to destroy it.

*By Mary Kenton*

## Kids and Gun Violence

In 2020, gun violence surpassed car accidents as the leading cause of death for American children. Gun violence is a shocking phenomenon that permeates every aspect of life in the United States. Hardly a day goes by that we don't hear about some sort of shooting death. *The New York Times* reported on January 18 that a fifth-grade girl who was president of her class was fatally shot in Syracuse as she was walking home from the store where she had gone to buy milk. She was not the intended target; she innocently walked into the wrong place at the worst time. The intended target, a 19-year-old man, was shot in the leg and recovered. On Martin Luther King Day, a deranged losing candidate in New Mexico fired into the house of the winner, narrowly missing his young daughter as she lay in her bed.

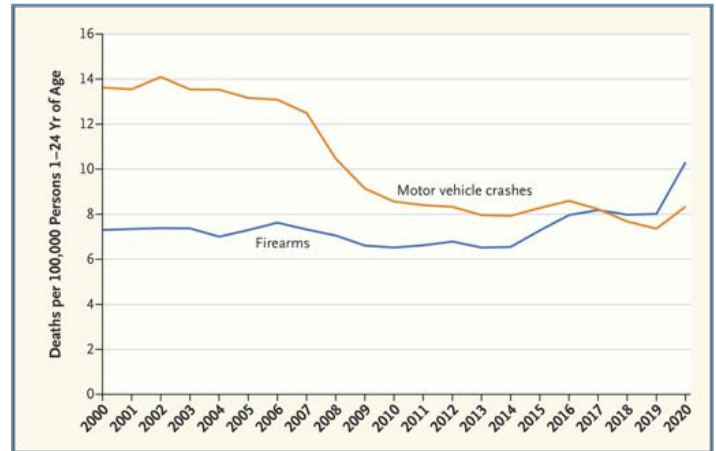


Chart from the  
*New England Journal of Medicine*, 2022:  
"Crossing Lines—A Change in the Leading Cause of  
Death Among U.S. Children" by LK Lee

Children are not always on the receiving end of gun violence. On January 6 of this year a six-year-old took a gun to school in Virginia and deliberately shot his teacher, who acted heroically to protect her other students, though her wounds were life threatening. On January 14, *The Washington Post* reported finding at least eleven other school shootings by children no older than 10. Each story is harrowing, especially reading how such young children had access to loaded firearms.

We have statistics on suicide, homicide, and accidental death by gun. We know who usually gets killed: young black men, family members, school children, police officers. So why is it as a society that we often seem unable to attack a problem that kills tens of thousands of Americans annually? Many people point to the Supreme Court's 2008 5-to-4 ruling in the **District of Columbia v. Heller**. In that case the Court, for the first time, ruled that the right to own a gun was an individual right unrelated to service in a well-regulated militia. The Court did not make the right absolute, allowing exceptions for felons and the mentally ill.

The Court has upheld, refined, and extended the rights conferred in the decision. Just two years later in 2010, the Court extended the right to all 50 states in **McDonald v. Chicago**. They ruled that the Second Amendment was incorporated in the due process clause of the Fourteenth Amendment and therefore all Americans had a right to own a gun for self-protection. This individual right superseded a state's right to restrict gun ownership, though states could continue to bar felons and the mentally ill from possessing guns. The Court also declared that disallowing guns inside schools was constitutional. In subsequent cases the Court decided in 2015 how felons could sell or transfer their guns to third parties. A 2016 ruling declared

that the amendment covered guns and other weapons not in existence at the time of the founding. In mid-January 2023, the Court declined to consider a challenge brought by gun dealers to a variety of New York measures to regulate (but not bar) gun purchases.

Early in January Illinois implemented an assault weapons ban, and in less than a week a group of almost 1,000 plaintiffs in Effingham County filed suit claiming their constitutional rights were violated by the legislation. An emergency hearing was scheduled "to restore the plaintiffs' constitutional right to bear arms while this matter proceeds through the Courts." Given the current Supreme Court, it is unlikely that the legislation will be allowed to stand intact.



Continued, next page

### Kids and Gun Violence (Cont.)

What can parents do to protect their children? The place where parents have the greatest impact is in the home. The homes safest from gun violence are homes in which there are no guns at all. Living in a safe neighborhood also offers some protection. But ultimately, we are all at risk for living in a society where millions are armed to the teeth. It is up to us as individuals to decide how to cope with this reality. The free-range childhood that many baby boomers enjoyed is no longer viable. More and more kids spend most of their free time indoors in front of various screens. Necessary? Maybe. Sad? Absolutely.

*By Mary Kenton*

## Snazzed up Avocado Toast

This is a recipe for a reasonably healthy and satisfying quick breakfast, one that has a surprisingly long history. Its modern version may have been invented in Sydney, Australia by Bill Granger in 1993. New York Chef Chloe Osborne claimed she ate it in Melbourne in the 1970s. A drug store in LA served an open-faced sliced avocado sandwich in 1937. Some people even trace its “contentious history” back to the Aztecs, who served it on tortillas. **The Guardian** published a recipe in 2016, advising readers to smash a ripe avocado and spread it on toast. For a richer experience, try the following.



Toast a high-quality slice of bread (sourdough is good)  
 Rub the surface with a peeled garlic clove  
 Spread the toast with the smashed avocado  
 Sprinkle cumin on top  
 Slice a few cherry tomatoes and place them cut side down, pressing slightly so they adhere

Enjoy with your preferred morning beverage.

## WSURA Board 2022–2023

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## I'll Drink to That?



For the last decade or so, Americans have been advised to drink alcohol only in moderation. Adult men who choose to drink might have up to two drinks per day. Women were advised to consume no more than one per day.

Splitting a bottle of wine for dinner or downing a few beers at a party have been frowned upon for some time and absolutely forbidden if you plan to drive. Long gone are the days portrayed on **Masterpiece Theatre** when Brits had cocktails before dinner, a different wine for each course, and port or brandy after dinner.

Now comes a Canadian study that declares, “no amount or kind of alcohol is good for your health.” As little as two drinks per week can increase the “risk of seven types of cancer, including breast and colon cancer, as well as cardiovascular disease.”

Canada is considering a health-warning label on all alcoholic beverages similar to the one found on cigarette packages. Some alcohol producers believe the government may be leaning too much towards persuading Canadians not to drink at all rather than just providing them with information based on sound science. Unfortunately for those of us who have enjoyed that one drink per day, the evidence is, well, sobering.

By Mary Kenton

## Student Loan Debt Update

In January the Biden Administration introduced a new REPAYE (Revised Pay As You Earn) plan to help student borrowers reduce their monthly payments by up to one-half, further easing the burden for the one-third of recipients who already struggle to repay their debt.



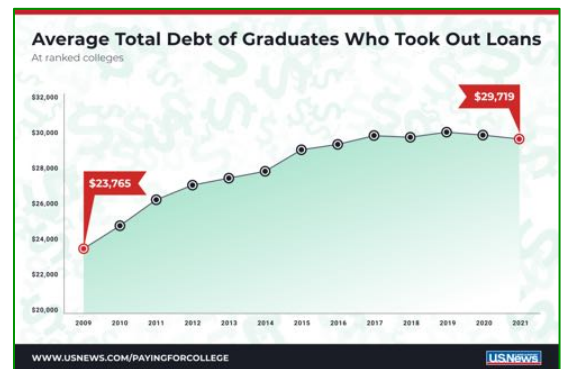
Many low-income borrowers will essentially have their payments zeroed out, and after 20 years any remaining balance will be forgiven. Parents who took out PLUS loans are excluded from the proposed plan. They must pay 20 percent of their disposable income for 25 years before any remainder is forgiven. It's not clear what happens if parents die before completing their payment plan.

The Supreme Court is currently reviewing the forgiveness plan and is

expected to strike it down, leaving millions of needy borrowers in search of other paths to debt relief. Implementation of the program has been delayed until July 2023, perhaps because Congress failed in the most recent omnibus bills to provide funding to the Education Department's Office of Federal Student Aid.

Sound confusing and hopelessly complicated? You bet. Expect further revisions, retreats, and refinements as we go along. **Forbes** advises: “All borrowers should carefully review the administration's published guidance on the account adjustment, which is periodically updated, often without any formal announcement.”

By Mary Kenton





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## Mark Your Calendars!

The annual Wright State University Retirees Luncheon is scheduled for May 5, 2023, 11:30 a.m.-2 p.m., in the Nutter Center Berry Room. The featured speaker is Eric M. Leakey, who graduated from Wright State with a B.S. in urban affairs and a minor in political science. He went on to earn an M.A. in national security and strategic studies from the U.S. Naval War College. He has had a distinguished career in public service, currently serving as the associate administrator for mission support at the Federal Emergency Management Agency and a career member of the Senior Executive Service. He is an expert in emergency response, logistics, and disaster resourcing. Please plan to join us for what promises to be a festive and informative occasion. Look for more information, including how to register coming soon.

