

Comments from the Chair . . .

University of Northern Iowa's 1998 membership directory sent to each of you in January includes the names of 229 retired faculty and 38 spouses of deceased emeritus members. Included for the first time are e-mail addresses, for 19 members. I encourage each of you with an e-mail address to forward it to Harley Erickson, UNIEA Membership Chair, and PLEASE keep us informed of any address or telephone number changes.

Because the University Club luncheons were not scheduled on campus this year, UNIEA initiated a monthly luncheon at Holiday Inn, Cedar Falls. More than 50 members, spouses and friends attended each of the first two, in January and February. Future luncheons have been scheduled for March 4 and April 1.

You will soon be receiving information about the Recognition Breakfast and the Emeritus Luncheon on Saturday, May 2.

Ross Nielsen has completed an addendum to his *A Review of the History and Development of Emeritus Status at UNI*. Copies of the new publication have been sent to those who had purchased the earlier volume. Anyone interested in owning this fine work can write to the UNI Office of Alumni Relations, 204 Commons, Cedar Falls, IA 50614-0284. Each copy is \$10, plus \$3 for postage.

The association is still fortunate to have the secretarial assistance of Barbara Kehoe and support of the UNI Development and Alumni Relations Office. Dr. Joe Mitchell continues to offer advice to the UNIEA Council. Vice President and Provost Nancy Marlin's support allows us to keep in contact with all of you by covering our printing and mailing costs. She also asked that two UNIEA members be appointed to serve on the committee to select the outstanding teaching and service awards. Our members were Myra Boots and Ross Nielsen in 1997 and Ross and Loree Rackstraw in 1998.

I hope 1997 was a good year and that we see you at one of our monthly luncheons as well as at the annual luncheon on May 2.

— Elizabeth Martin

Digitizing Higher Education

by Thomas H. Thompson

Western Governors University (WGU), a consortium of seventeen states offering distance education, is now up and running. Stressing cost-effectiveness, WGU will be a virtual campus only, taking students through registration, on-line learning and credentialing without the fuss and muss of face-to-face faculty involvement. This initiative brings into contrasting focus the still-medieval character of the traditional university. WGU is significant, not merely in itself, but as a portent of the future.

Most of current public higher education relies on a real-life setting where faculty members work in a box filled with students who listen to lectures, read texts and take tests. Credit-hours measure student performance while podium-presence measures teacher effort. If multi-media appear in this setting, they are as adjuncts to teacher-delivered instruction, rather than the central core.

Like health-care costs, university tuition is rising more rapidly than the ability of students and parents to pay and the willingness of state legislators to underwrite. While managed care in medicine has created horror stories, it appears to be the wave of the future. The same may be true of the electronic university.

The on-line university has advantages other than cost savings. It should be possible to design instructional packages that exploit the unique learning style of individual students, while testing their competencies in a sequential pattern. Traditional higher education still addresses groups of differently-prepared students with a one-size-fits-all format. Economies achieved by simply enlarging the size of the class take away from the virtues alleged for one-on-one interaction, while enforcing still more lock-step

information delivery.

By contrast, a digital university could serve students globally without diminution of whatever quality is achieved. And instruction is, as its proponents say, "asynchronous," meaning that learning is delivered on demand, anywhere and any time, free of the confining grid of real-time class meetings.

Nobody really knows how the university will evolve in the next century. What seems certain is that demand for higher education will increase beyond the ability of current financial arrangements to accommodate. Faculty members, like medical doctors and locomotive firemen, will encounter new stresses. Global competition has resulted in downsizing and restructuring and the technological imperative has made old crafts obsolete. Unless the traditional university can fight a successful rear-guard action to maintain its prerogatives, the brave new digital world could challenge the comforts of the professorate.

It will be argued universities are not "businesses" and that the rights and privileges of the academic guild must be maintained — electronics be damned. Well, maybe. But tell that to the VP for Finance.

Of all the possibilities out there, I worry most about this one: Electronic universities will likely include professors as members of an instructional team that is additionally comprised of technicians and marketers. Professors will be hired and fired as curricular requirements develop and teaching software is solidified.

Without academic freedom, guaranteed by tenure, will an electronic university be capable of withstanding the pressures of conformity and the prejudices of the majority? I very much doubt it.

1998 Leadership Team UNI Emeritus Association

Chair: Elizabeth A. Martin
(1998*) 277-1112

Vice Chair: Thomas H. Thompson
(1999) 266-2551

ADVISORY COUNCIL

Gerald Bisbey (1998) 266-8855
Wanda Wehner (1998) 266-0689
James L. Handorf (1999) 266-0494
Thomas G. Ryan (2000) 266-6145
Jean A. Trout (2000) 268-0838
**term ends at close of year indicated*

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1998 COMMITTEES

Membership Monitor:

Harley Erickson, Chair (266-8673)

Spouse Membership Monitor:

Randall Bebb, Chair (266-4307)

Newsletter Editor:

Thomas Ryan (266-6145)

Annual UNIEA Luncheon Committee:

Ann Dunbar, Chair (291-7364)
Ivan Eland (266-7292)
Joyce Gault (277-1387)
James LaRue (266-3114)

Monthly Luncheons:

Thomas Ryan, Chair (266-6145)

Retirement-Planning Round Table:

James Handorf, Chair (266-0494)
Jan Able (266-5465)
Gordon Timpany (266-7795)

Nominating Committee:

Wanda Wehner, Chair (266-0689)
Len A. Froyen (266-8700)
Robert D. Talbott (268-0705)

Visitor Center Advisory Committee:

Jean Trout, (268-0838)

Feedback from Members

We begin with accounts by the newest emeriti and conclude with contributions from four with several years experience as retirees.

• **Edward Amend** both describes and reflects on the first six months of retirement: I have not yet alphabetized the items in our pantry, as I said I was going to. Tasks on our acreage intervened: reshape a lawn out of trenched up ground; saw and split trees into firewood; dig a bed for asparagus.

We have been able to travel: to a granddaughter's concert and a daughter's recital, to London for my first time, to one son's family in Los Angeles, and currently to the other's in Pakistan.

There has been more time: to spend at home with Dali, sharing; to listen to Ray Suarez, watch PBS documentaries, and catch up on Seinfeld reruns; to locate on the net new sources of information; to read whatever I feel like reading; to revive the tennis of my teenage years, and to look at the clouds or the river or snow on the trees.

I am finding exhilaration in being, not in doing or planning or accomplishing, but simply being. Retirement for me has been a rediscovery of that.

• **According to Diane Baum and Augusta Schurrer**, it doesn't seem possible. We've been retired for nine months. The time has just flown by. Last July we took a bus tour which allowed us to ride all but one of the narrow-gauge rail lines in Colorado. In August we "bus-bussed" across southern Canada to Vancouver and returned to the states via Seattle, Yellowstone, Glacier and Wall Drug. In November it was off to London for a week of theater and a trip to Paris through the Chunnel. In December, Kansas City, to see what was up to date - Christmas lights, some good museums and shopping.

Just to be different we wintered in Cedar Falls. Hasn't it been a wonderful one!! [Their editor says "It was, until March 8]. We're close to our neighbors of many years, our colleagues and exercise buddies. We're in personal and e-mail contact with campus. And, much as we

enjoyed our teaching up until the very last minute, we didn't feel nearly as devastated as we had expected when classes started in August.

In short, it's been great. We wish that everyone who retires may enjoy this next stage of life as much as we have.

Have to sign off now because we need to pack to leave for California tomorrow. See you sometime soon.

• **For Joan and Jerry Duea** retirement has been an enjoyable and rewarding experience, although Jerry maintains that he is better at it than Joan. This is because she has remained active in math and science education, while he prefers golf, car shopping, and chairing the planning committee for the UNI class of 1958's 40th reunion.

Joan's continuing involvement with math education gave them an opportunity to spend three weeks in Germany, with Bonnie and Earl Ockenga (math chair at MPLS) visiting schools and working with teachers. Joan and Earl did most of the work and Jerry served as chauffeur, but a rewarding, enjoyable time was had by all. And the rich German food and drink gave an early start on holiday weight gains.

Retirement gives the Dueas more time with their daughters' families, including three grandchildren. Especially memorable was a combined-family trip to St. Louis recently where the daughters gave a joint presentation at a regional mathematics convention. As this is written, they are looking forward to a three-week excursion to Arizona in March to get an early start on spring.

• **Roger Hanson** wonders what changes at retirement? Deadlines for submitting abstracts and manuscripts, professional committee work (non-UNI) and stacks to be read in the office seem to indicate little change. Wonderfully different is not reading lab reports or preparing instructions or being at UNI for an eight o'clock...

Fortunately, my research in physics of stringed musical instruments and vibrating wires is well suited for continued work. I am grateful that I still

keep my office, experimental research facilities and student research assistant. Marilyn and I have become well acquainted with the international community involved in the science of music. Meetings in recent years in Sweden, Paris, and Edinburgh have provided a delightful focus for our love of traveling.

Here, I sing in the Metropolitan Choral and serve as its treasurer. All of this, together with grandparenting, church activities, etc., keep life rich and interesting.

• **Marvin Heller** reports that much of my time, since retirement, has been spent doing volunteer activities for Greater Black Hawk Habitat for Humanity, Kiwanis, and the Lutheran Student Center. I have also spent more time than usual caring for my lawn and garden. Of course I always find some time each week to spend in my wood-working shop. I almost always have a project going there.

Prior to retirement I assumed that upon retirement I would have loads of time to work on renovating my antique autos. Much to my surprise, I've been too busy doing other things. I haven't spent even one day working on them. But, I'll get to those cars sometime soon.

• **According to Lou Hellwig**, even though I was on phased retirement for three years, I was not fully prepared for the extent to which being a professor not only determined my identity, but also structured my time. Being "retired from" gives me the same sense of potential, yet indirection, I felt as a college freshman.

No longer do I need to fit non-work related activities around my academic schedule. The challenge now seems to be one of imposing a flexible schedule upon myself. I certainly don't miss the constant pressure to get ready for the next class and the next exam.

Retirement has given me the opportunity to become a world citizen, often by traveling off the well-beaten tourist path. I'm fortunate to be in good health and I continue to attend campus aerobics classes.

• **P.J. Porter** tells us that I once read a study determining that persons who disliked their job also tended to be unhappy with retirement, while those who enjoyed their job were more apt to enjoy retirement. Having liked by job, I am no exception. The difficulty is that there are so many things to do, so many possibilities, that it isn't easy to stay focused.

As a remedy, my wife and I attended a conference on how to accomplish what it is you want to do for the rest of your life. How discouraging to be told that, even though retired, organization and discipline are still a requirement.

Lingering over the morning paper way beyond what I have written in my "day planner" is a case in point and a real guilt raiser. An eraser and some editing are the only antidotes! I couldn't do that when working!!

• **Lois and Merlin Taylor** are trying (rather successfully) to have it both ways, i.e., to pursue activities most of us associate with retirement but also to maintain at least occasional employment at UNI.

They travel – summers at a Minnesota lakeside home; one winter in the Southwest, this one in Hawaii to visit a son and his wife; this spring to another son's Ph.D. graduation in the East.

Lois has worked in a number of UNI offices when needed. Merlin has spent time with the new telephone system, with a tax service, and the UNI Athletic Club Fund Drive.

• **Gordon Timpany** – What I expected in my first year of retirement and what is actually happening don't coincide. I really anticipated a lot of spare time to spend doing exactly what I wanted to do, or not to do anything if I decided to do that. What a laugh that turned out to be. Right now I don't know when I ever found time to go to campus to teach classes and take care of other University duties.

Having good friends in the University community has helped occupy my time. Jim Handorf was very instrumental in having Carl Wehner contact me about "considering" doing Meals on

Wheels. I know they have their eyes on the UNI retirement list each year.

The University is still part of my life as I have already written countless recommendations for current and former students applying to law and medical schools.

One of the most rewarding things about retirement has been the opportunity to spend much more time with my grandson. There are only limited chances to do some things and I try to utilize them.

I guess I have two final comments on retirement – WHAT IS IT? WHEN DOES IT BEGIN?

• **Nixon Wilson** emphasizes the potential for continuity from "work" to "retirement." The first year in retirement has not seen any dramatic changes in my life style. I had been on phased retirement for five years so I was already semi-retired from the University regimen.

I had requested an office/research space in the department after retirement and the Department Head was kind enough to fulfill that request, in spite of the space crunch in Biology. The next step was to transfer, dispose of, etc. about 45 years (30 at UNI) accumulation of books, reprints and specimens into a much smaller space. Certain renovations had to be made in the space I was to occupy and the previous occupant had to move out.

All deadlines were met although this is still a work in progress as far as disposing of materials and organizing my space is concerned. A few hours each day are still spent on campus attempting to lessen my academic-acquired possessions and finish up some long-dormant research projects.

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• **Joe Hohlfeld** (1988) left on Christmas Eve for 31 days on Guam as a disaster volunteer for the American Red Cross. Guam had experienced Super Typhoon Paka, which had the highest sustained winds in the history of the world. Many buildings on Guam have been built storm-proof. They survived. Otherwise, there was a lot of destruction.

(Feedback continued on page 8)

Northern Iowa Fall and Winter Sports

by Nancy Justis
and Thomas G. Ryan

❖ 1997 UNI Football Review:

Transitions are never easy, and that was the spot the Northern Iowa football team found itself in during 1997. The Panthers opened the campaign with a new coaching staff when Mike Dunbar, who had been offensive coordinator at Toledo for five years, replaced Terry Allen, who left to take the head job at Kansas.

The quest for an eighth straight Gateway Football Conference title and subsequent trip to the 1-AA playoffs slipped through the cracks when a respectable 7-4 overall and 5-1 second-place mark in the league just wasn't good enough.

What turned out to be the crack in UNI's Gateway title streak happened in the sixth game of the season at fifth-ranked Western Illinois, as the

Leathernecks downed the Panthers 29-22 in a double-possession overtime. UNI seemingly had the game won with 40 seconds left in regulation when a mis-handled extra point attempt led to WIU's fumble return for the tie. But the following week, UNI bounced back to defeat number one-ranked, and eventual national champion, Youngstown State, 35-32.

UNI loses 14 seniors from that team and welcomes back 37 lettermen, including six offensive and nine defensive starters for the 1998 season.

❖ 1997 Volleyball Review:

Winning never gets old and the 1997 Northern Iowa volleyball team kept up the winning tradition by finishing second in the Missouri Valley Conference with a 13-5 record, 18-9 overall. When the season ended Nov. 22 at the conference tournament, the Panthers had compiled a winning record for the 13th consecutive season, and kept alive a string having never finished lower than third in the conference.

Interim head coach Bobbi Petersen directed her youthful squad to second place after being picked to finish third in a preseason poll of the league coaches. Junior outside hitter Kerri Eich and sophomore setter Shannon Perry were voted to the all-conference first team, while freshman Alexandra Auker was named to the all-newcomer squad.

The Panthers should be a contender for the Missouri Valley title in 1998 with everyone returning, including head coach Iradje Ahrabi-Fard, who will be in his 17th season, after taking a year off to serve as a consultant to USA Volleyball.

❖ 1997-1998 Men's Basketball:

UNI started the season 6-1, including victories over Iowa, Iowa State (at Ames), and Drake (twice). The remainder of the season, however, was like a bad dream, particularly the Missouri Valley Conference contests. The Panthers finished the season 10-17.

There were some bright spots with junior guard Tony Brus stepping to the forefront to lead the team in scoring much of the season and to move into the school's top-35 all-time scoring chart. Senior guard Darian DeVries was the team's second-leading scorer and moved into the top-25 all-time chart. He also was ranked as high as sixth in the nation in three-point goal percentage, eighth in the league in active career scoring leaders and 10th in career free throw percentage.

The Panthers graduate four seniors - DeVries, Brian Heying, Sean Hawkins and Chris Burdine, one of the league's top rebounders.

Shortly after the last game, Coach Eldon Miller resigned the post he held for 12 seasons. It is expected that he will remain at UNI in another capacity.

Despite the disappointing 1997-98 season, Miller remains very popular throughout the metropolitan community.

A national search for his successor is underway.

Letter from the Editor

If you would like to be a part of our 1999 Newsletter, please drop us a line by January 31, bringing your fellow emeriti up to date on recent activities. Please limit your contribution to 100-125 words. If you don't, the editor will.

In order to accommodate as many correspondents as possible in each issue, try to limit your letters-to-the-editor to once every five years.

This is your Newsletter, so tell us what, if anything, we are doing right, and of course, the other way as well. What topics should be in future issues? Since they will probably be no longer than 1998's, tell us what current subjects should be shortened or axed, as well as what to include.

If you live elsewhere, but you are going to be in the neighborhood some first Wednesday of the month, try to join us for lunch at Greenstreets (Cedar Falls Holiday Inn) at 11:45 on June 3, July 1, or any other first Wednesday, except in May. We haven't yet held one of these during the summer but rumor has it that UNIEA members eat every day of the year, including Wednesdays in summer.

The last paragraph of JWM's "Emeritus Musings: Round Two" (page 5) is one of the best suggestions I have read in a long time. Let's do it.

— Thomas G. Ryan

❖ 1997-98 Women's Basketball:

The women's basketball team started the season 6-1, the best beginning since the 1980-81 Panthers won 10 of their first 11. The team's 14 victories are the most since the UNI women moved into Division I, and the most since the 1982-83 squad went 17-11.

Before 1997-87, they had won 10 or more games only twice in the preceding 15 seasons and only six times since the program began in 1968.

The women's basketball team set three school records over the course of the season, and had five players climb into career leaders lists in eight different categories.

❖ 1997-98 Wrestling:

The Panthers finished up their dual season 6-8 under first-year head coach Mark Manning and qualified five wrestlers for NCAA tournament in Cleveland, March 19-21. They are – 118 pounder Eric Keller, 134 pounder Nick Flach, 150-pounder Chris Bahr, 177-pounder Ken Bigley and 190-pounder Ben Barton.

❖ 1997-98 Sports Summary

As the preceding material indicates, perhaps the biggest sports story is the near complete turnover of head coaches, and almost always of assistants, in the five most visible UNI intercollegiate sports. New head coaches began in football and wrestling in 1997. Men's basketball will greet a new head coach next fall. Tony DeCecco has just completed his third UNI season, and alum Bobbie Becker-Petersen served as interim coach in 1997 of the sport where she played so well in the 1980s. Except for Iradge Ahrabi-Fard, who will be in his 17th season as volleyball coach this fall, UNI may be the only U.S. institution of higher education where the athletes are more familiar with the community, the campus, and the sports facilities than the men and women who coach them.

Emeritus Musings: Round Two

by J. W. Maucker

Tom wants more. I reminisced two years ago and apparently he is fishing for additional memories of the "good old days,"

But perhaps we have lingered long enough on memories and should focus on the present and future. I do have three things I'd like to say to my "elderly" colleagues.

First, I feel good about UNI and especially about the effort being made to plan comprehensively, basing those plans squarely on the strengths of the past. And it pleases me that Bill Lang and Pennie left us such a splendid account of the history of ISNS-ISTC-SCI-UNI, so all may know accurately what the struggles and the strengths have been.

Secondly, I think we are most fortunate to have such an excellent setup for emeritus faculty. Thanks to Ross Nielsen's hard work and the cooperation of Presidents Curris and Koob, we have as good an arrangement as any I know of – Library privileges, e-mail and Internet connections, parking permits, ready access to the Wellness Center, concerts, lectures, art exhibits, dramatic productions - all at little or no cost - how fortunate can we be!

Thirdly, a suggestion: we ought to make a greater effort to keep in touch with our fellow emeriti, especially the shut-ins who live right here in our midst. Perhaps that could be an emeritus project for 1998-99.

UNI's "Students First" Scholarship Initiative

by J. Joe Mitchell, Vice President
for University Advancement

Putting "Students First" at UNI also means addressing the challenges they face in gaining access to an outstanding UNI education.

As a public university, UNI receives a portion of its operating expense from the state, but the proportion of state support is shrinking, requiring our students to pay a growing share of their educational expenses. In 1960, less than 10% of the total cost of a student's education was covered by tuition; today, it is more than 30%

The cost of room, board and books, at UNI is now about \$6,200. ***Three-fourths of our students rely on some form of financial aid.*** More students are working more hours at outside jobs. The average UNI graduate today ***leaves campus owing over \$16,000, mostly in student loans.***

To meet the growing need for student scholarships, the UNI Foundation has begun the "Students First" initiative. It's goal is to increase the Foundation's

scholarship endowments by at least \$10 million by the year 2000. It will create endowed scholarships of three major types:

- Opportunity Scholarships, to assist students with greatest financial need;
- Diversity Scholarships to create a more varied campus community;
- Talent Scholarships, to attract the best students, regardless of financial need.

Endowed accounts are being established for these broad categories, and donors may make gifts designated for any of them, as well as gifts for a particular area of study, e.g., elementary education. The UNI Foundation welcomes this opportunity to work with UNI alumni and friends to enlist their support for our students – the future citizens of Iowa. Together, we can supply the resources that will put our "Students First" as they seek the best in higher education and take up the responsibilities of work, family, and community.

UNIEA Annual Meeting

by Elizabeth Martin

The 1997 Annual Meeting of the UNIEA was held on November 6 in the new Wellness/Recreation Center at 1:30 p.m.. Kathleen Gulick, Wellness Program and Health Education Director, assisted by recreation students, provided guided tours through the Center.

The business meeting was called to order by Elizabeth Martin, Chair, and the minutes of the 1996 Annual Meeting were approved. Martin distributed a summary of 1997 activities which highlighted the Annual Spring Luncheon, the ongoing publication of the membership Directory and UNIEA News, and presenting a round-table discussion on preparing for retirement.

The Nominating Committee presented the following slate of candidates: Vice-Chair (2-year term), Thomas Thompson; two Council positions (3 year terms), Tom Ryan and Jean Trout. The nominations were approved by acclamation.

Vice Chair Thompson introduced the guest speaker, President Robert Koob, who presented his news of the present and future of UNI. A question period followed.

In Memorium

It is the nature of faculty members achieving emeritus to scatter to the four winds, making it difficult to maintain contact with former colleagues. Therefore, it seems appropriate for UNIEA News to inform the members annually regarding emeriti recently deceased. Please remember the following, each of whom contributed significantly to the programs of the university over an extended period of years:

- Dr. George Ball (1958-78)
- Dr. E. Jean Bontz (1949-72)
- Dr. Roy Eblen (1960-85)
- Mr. Alden B. Hansen (1946-75)
- Dr. Telford F. Holman (1968-83)
- Dr. William E. Luck (1962-79)
- Dr. Caryl H. Middleton (1949-81)
- Dr. Myrtle M. Stone (1928-66)
- Dr. Lillian Wagner (1950-78)

Where are UNI Retirees?

This is a tabulation of where UNI faculty retirees lived at the time the last eight UNIEA Membership Directories were published.

Directory	Number of Retirees	Number of States
1990-1991	159	19
1991-1992	180	17
1992-1993	188	17
1993-1994	198	23
1994-1995	201	24
1995-1996	210	23
1996-1997	216	21
1997-1998	229	19

The following 21 states and Austria/Europe are the home bases for the 229 members listed in the 1998 directory:

State	Number	State	Number	State	Number
IA	171	OH	3	MI	1
AZ	10	TX	3	NM	1
CA	8	WI	3	PA	1
FL	6	CO	2	SC	1
MN	6	VA	2	TN	1
AR	4	CT	1	Austria	1
MO	3	IL	1		

Emeritus Luncheon

The Ninth Annual UNIEA Luncheon will be at 12:30 Saturday, May 2, in the East Dining Room of the Towers Dormitory. More Information about it and the 1998 Recognition Breakfast (also on May 2) is included in this newsletter. We hope to see you at both gatherings.

Some of those that attended the March emeritus luncheon are pictured above.

The Class of 1997

by *Harley Erickson*

Edward Amend (Religion and Philosophy)
Diane Baum (Mathematics)
John Bruha (Mathematics)
Phyllis Conklin (Design, Family &
Consumer Science)
Forrest Conklin (Communication Studies)
Jerry Duea (Educational Psychology &
Foundations)
Joan Duea (Curriculum & Instruction)
D. Louis Finsand (Teaching)
Gaylon Halverson (Accounting)
Roger Hanson (Physics)
Marvin Heller (Curriculum & Instruction)
Louis Hellwig (Psychology)
Lawrence Kieffer (Library)
Paul Porter (Educational Psychology &
Foundations)
Thomas Remington (English, Language
& Literature)
Mary Rohrberger (English, Language &
Literature)
Augusta Schurrer (Mathematics)
Merlin Taylor (Administration-ITS)
Gordon Timpany (Management)
Nixon Wilson (Biology)

Anyone for Exercise?

by *Kathy Gulick*
and *Thomas G. Ryan*

UNI members came of age at a time when few Americans asked whether or not food item X was healthful, or concerned themselves much with exercise as a means to good health. In the 1990s, on the other hand, it is difficult to avoid either talk or print admonitions about diet, telling just what and how much, if any, we should eat or drink of this or that if we want to be healthy. The same is true of exercise, with much of the advice from manufacturers of equipment which, they say, will improve the health of users. (It is doubtful that many who read this

publication will be among those who purchase the exercise machines so that they can "sculpt" this or that part of their anatomy to the standards displayed by the models featured in advertising materials.

The Wellness/Recreation Center (WRC), just west of Hudson Road and north of the UNI Dome, is the most visible campus testimonial to the late twentieth century interest in trying to embrace healthful lifestyles. The building's name shouts its purpose, not only to play (recreate) but also to engage in activities designed to promote wellness.

Wellness and Recreation Services (WRS) has programs and activities to offer emeritus faculty and staff and their spouses that span the wellness spectrum for health of mind, body, and spirit:

Informal Recreation: The East Gym (formerly the Women's Gym) has a fitness room (The Health Beat) with a full circuit of strength training equipment and variety of cardiovascular equipment (rower, bikes, Nordic Tracks, and steppers), and a swimming pool. The new WRC has:

- fitness areas, one with free-weights and the other like the Health Beat
- six racquetball courts
- a walking/running track (10 laps per mile)
- gymnasiums for basketball, indoor tennis, badminton, and volleyball
- a leisure pool, lap pool, and whirlpool (to open summer 1998)

Personal Fitness: The Personal Training program can help you make and carry out a healthy plan for improving fitness, with one-on-one assistance. Body-composition testing and other assessments are also available. Fitness classes of all sorts are always popular.

Outdoor Recreation: the WRC has the largest indoor climbing wall in the Midwest, with climbing classes available. The outdoor program also rents backpacking and camping gear, in-line skates, cross country skis, snowshoes

and bikes. Additionally, WRS staff members plan and lead trips throughout the United States.

Health and Wellness Resources:

The Wellness Resource Lab in the new facility is a wonderfully relaxing and educational place to visit. Books, brochures, videos, and computer programs are among the sources for accessing health-related information. There is also a computer room and a relaxation room. Fifteen-minute massages are available each month.

Access to WRS facilities requires payment of a user fee. While current faculty and staff pay \$120 a year, retired faculty, staff and spouses will pay only \$75. The fee for February 2 (when the fitness areas opened) through August 31, 1998, is \$50. It can be paid at the WRS Office, WRC 101, between the hours of 8:00 - 5:30 weekdays.

Family hours are Fridays 5-8 p.m., Saturdays 9-11 a.m., and Sundays 1-3 p.m. During those times, paid users can bring family members at no extra charge.

For specific, pre-recorded, up-to-date information about programs and facilities, call the WRS INFO LINE (273-2391). This line is especially helpful in learning UNI-Dome and WRS facility hours, which are usually different during non-instructional times, e.g., spring-break week. The WRS Office phone is 273-6275. The website is <http://www.uni.edu/health/wellrec.html>.

Before you decide whether or not you want to avail yourself of the WRC, run, walk or drive there, go inside and look it over. Even if you decide "It's not for me," just seeing the facility is worth the time it takes, even for UNIEA members who already find that 24-hour days are not long enough for all they want to accomplish during the next 20 years. If you start to use the WRC, it just may improve your health so much that you will have 35 or 40 more years.

Kathy Gulick is Director of WRS

UNIEA

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Feedback continued from page 3

Iowans always ask about the brown tree snake. Joe did not see one, and no one mentioned seeing one. It is clear that they are there because they eat birds' eggs, and there are no more birds on the island, not even gooney-birds. [Editor's note: But if there are no more birds' eggs to eat . . .]

• **Verna Ritchie** (1991) is far ahead of most (all?) of the rest of us. She started to travel globally long before retirement, and continues that pattern.

Last June she joined other musicians, opera students and admirers of Italian culture in Milano, Maritime, near Ravenna. Courses and workshops featured opera and chamber music, Italian poetry and early Christian and Byzantine art history.

She and her fellow students visited the workshop of Antonio Stradavaria as well as the Mausoleum of Galla Placida in Ravenna.

• **Oscar and Bertha Thompson** (1964) continue to travel widely. Recent destinations include Hawaii (twice), Florida (by auto-train), Nova Scotia (twice), and the West Coast. The last of these included a stop to see friends in Waterloo and Cedar Falls.

They are now "...staying at home in Carlisle, PA for the rest of the year (1997)," where they hosted an Arizona son and his wife at Thanksgiving. They send their regards to UNI friends.

• **Don and Flora Whitnah** (1992) continued their travels, with two visits to Arizona, Sedona as travel base. Our daughters joined us there. In 1996, we enjoyed a Norfolk, Virginia reunion of friends from World War II service in Austria.

In August 1997, we celebrated our 50th wedding anniversary in Springfield, Illinois, site of the wedding.

A five-week journey to Germany and Austria enabled us to visit many relatives and friends, some of whom we had not seen since 1945-1946.

Don continues his historical studies, giving papers at national meetings and completing another historical monograph, U.S. Department of Transportation.



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