



RFSA MAGAZINE

RETIRED FACULTY-STAFF ASSOCIATION OF THE UNIVERSITY OF TEXAS AT AUSTIN

FALL 2015

[HTTP://SITES.UTEXAS.EDU/RFSA](http://sites.utexas.edu/rfsa)

RFSA MAGAZINE

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A MESSAGE FROM THE PRESIDENT



Welcome to what I call “the Fun Group”. We started off the fall with a fantastic attendance for the October 28 meeting. Of course, we had THREE Headliners—President Fenves was our host AND our speaker, and we celebrated the 100th birthday of our Treasurer Emeritus John McKetta with a beautiful rendition

of “Happy Birthday”, sung by UT Theatre and Dance student Christopher Montalvo. The audience followed with a boisterous celebration lead by none other than Hook ‘Em directing “For He’s A Jolly Good Fellow.” We honored our centenarians Dr. McKetta and Dr. Margaret Berry by moving \$10,000 into our scholarship fund in their honor. More funds for scholarships seemed a perfect gift for these two dedicated educators. The décor was, of course, lots of Orange and White Balloons and clusters of 100 year helium balloons with more small orange ones.

Dr. Fenves caught gave us a progress report on the new Dell Medical School – most especially the overwhelming number of applications – 4,000 for 50 spaces for the first class. We appreciate the continued support of the President’s Office by hosting our luncheon meetings and the Texas Exes for their staff support throughout the year. Carol Barrett continues to keep us organized. We could not do without Carol!

I was pleased to call attention to the many activities of RFSA. I continue to marvel at the structure of our organization providing Interest Groups on Finance/ Investment, Health, Fine Arts, Bridge, Discussion, Travel Exercise, and Foodies.

RFSA continues support on the Campus with 13 scholarships. Eleanor Moore, Scholarship Chair, introduced recipients David Davis, Jeremiah Lee and Andrew Farris. We look forward to meeting more students in the spring. RFSA has received a wonderful \$6,000 scholarship donation provided by the will of Mildred Vinson Boyer. Dr. Boyer was Professor

Emerita of Spanish, holding various prominent national roles including associate director of Foggy Bottom Conference (Washington, DC 1960). She retired in 1986 and passed away May 22, 2015. We are grateful to Dr. Boyer for this very generous gift.

The annual Heart of Texas campaign is underway and you will be receiving materials giving you the opportunity to donate. This campaign is the best and easiest way to support the people and causes you care about. Since 1994, The University of Texas at Austin, other higher education institutions and state agencies have raised millions of dollars collectively through the State Employees Charitable Campaign (SECC) for those in need. We are proud of our giving record with 2014-15 contributions totaling \$11,614.00. Thank you for your individual participation. I appreciate Peggy Mueller’s taking the lead for RFSA.

Each spring the President’s Office holds a Day of Remembrance for those faculty and staff who passed away during the year. Would you like to volunteer in assisting with making of commemorative ribbons that are available during the ceremony? It is time for us to help the UT Cares Committee. We’ll be asking for volunteers closer to the date.

One of the highlights at each meeting is Dr. McKetta’s Membership Award. He makes \$2,000 available with a gift of \$200 each to five members selected by a drawing. This fall’s recipients were Angelo Crisara, Laura Gracy, Helen Spear, David Edwards and Lynne Lange.

Please invite other UT retirees to look at the website (<http://sites.utexas.edu>) and invite them to join us. The Membership Committee does a great job of informing prospective retirees through HR presentations and their presence at the Health Fairs BUT you as members are the best recruiters RFSA has.

Nancy Payne
RFSA President, 2015-2016



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INTEREST GROUPS

BRIDGE

On Monday, November 2nd, our Bridge Group had four tables for the first time in years! It was made up of all regular members, but we would love to have some new retirees join us. We usually play the first Monday of each month at the Ex-Students Association. *If you are interested, please contact Carol Barrett (512-471-8081) or Bill Crook (210-251-3584 or wcrook@satx.rr.com.)*

DISCUSSION

Those of us in the Austin area are fortunate to have opportunities for painless learning (no quizzes!) and stimulating interactions. One option is the RFSA Discussion Group that meets the first Wednesdays of most fall and spring months. We have speakers and lively Q&A on interesting topics. Our sessions begin at 1:30 p.m. at the Howson Branch Library, 2500 Exposition. We invite you to participate and

bring guests.

During the past spring, we chose a theme to hear more about “gems” at UT Austin that provide significant programming for the community. We hosted the director of the Harry Ransom Center, a representative of the Lady Bird Johnson Wildflower Center, and a senior producer from KUT. This fall, our group was privileged to learn about the Bob Bullock Texas History Museum with a special presentation and guided tour of the facilities on October 7. Ross Ramsey, Executive Editor and Co-founder of the Texas Tribune, spoke on November 4, sharing stories and his insights about current political issues. We will wrap up our fall with Jack Kern speaking about his frequent visits to Cuba on December 2. Mr. Kern’s remarks dovetail with the RFSA Travel Interest Group’s trip to Cuba in February.

We hope that knowing about these presentations will stimulate your attendance and participation in the Discussion Group. Moreover, if you have suggestions for topics or speakers for the group, please let us know. We look forward to hearing from you and seeing you at our gatherings. *Please contact co-chairs Don Davis (dgdavis@ischool.utexas.edu) or Alice Reinarz (areinarz@tamu.edu) with feedback, questions or suggestions.*



Phil Kelton, Pauline Lopez, and Scott Burns

EXERCISE

The RFSA exercise class meets Tuesday and Thursday mornings from 8:30 to 9:30 at the Recreational Sports Center, room 1.106, where experienced exercise instructors Helen Scaffa and Kaitlin Jolly lead us in a variety of exercises designed for all ages and fitness levels. These include balance work, stretches, yoga, and low-impact pilates, using exercise balls, hand weights, and thera-bands.

To participate, you need to join Rec Sports; there is a 50% discount for retirees. *For more information, contact chair Carolyn Wylie (cateswylie@gmail.com or 512-453-2556).*

FINANCE/INVESTMENTS

We have had diverse and interesting speakers this year. We wrapped up the spring by hosting Mr. Scott Burns on May 11. Mr. Burns is a newspaper columnist and author who has covered personal finance and investments for nearly 40 years. He spoke on “Maintaining Your Standard of Living in a No-

Yield Economy.” This was Mr. Burns’ third talk to our group, and he always draws a large crowd. In October, our speaker was Mr. Sanford J. Leeds, JD, Distinguished Senior Lecturer from the McCombs School of Business, speaking on “The Appreciation of the Dollar”. Our November speaker was Mr. Dennis Hobbs of RBC Wealth Management. If you have wondered, “What should I do with my investment portfolio? Should I just own the index?” Mr. Hobbs provided information on research about the relative strength and value methodology and how they both outperform the market over time. He also provided some tools to help us overcome our number one deterrent to investment performance – our emotional behavior. Finally, our December speaker will be Mr. Carl Stuart, Independent Financial Advisor.

The Finance Interest Group meets on the second Monday of the month

at 1:00 p.m., usually in the Howson Library. *Contact co-chairs Phil Kelton (pwkelton@gmail.com) or Pauline Lopez (psanlopez@yahoo.com) for more information or to become involved.*

FINE ARTS

The Fine Arts Interest Group has four members who plan events:

Carolyn Wylie, who keeps RFSA members abreast of musical events in and around Austin, with emphasis on those that are free or low cost. (cateswylie@gmail.com);

Judy Amis arranges the theater parties, usually including a happy hour or dinner. We’ve done this several times already – always fun for all, with easy access to the theater as well as a nearby restaurant. (judy.amis@yahoo.com);

Laraine Lasdon, art docent extraordinaire; and

Deena Mersky, Fine Arts Chair (merskd@gmail.com or 512-477-4152). RFSA members are encouraged to contact any of us with ideas and suggestions for fine arts related possibilities. We also want to keep an email list of interested arts enthusiasts. Please let me know if you wish to be on such a specialized list. Best of all, join our committee to participate in planning some informative and enriching events!



Phil Kelton, Winona Schroeder, and Corky Hillard lunch at Odd Duck

FOODIES

Our newest interest group, Foodies, had a wonderful first gathering on September 23 at Jack Allen’s Kitchen on Loop 360. The attendees were mostly first-timers at that restaurant, and the food and conversation were delightful. Our October 21 gathering was a lunch at long-time Austin favorite, Chez Zee. On November 12, three members met for lunch at Odd Duck on South Lamar. And we have dinner planned for November 17th at Bullfight on Airport, a Spanish small-plates restaurant.

If you are interesting in being included in Foodies events, contact chair Sharon Justice (dsshj@austin.utexas.edu) and she will include you on the notification list. She would also love to hear your suggestions for restaurants to try!

HEALTH

Our speaker on October 19 was Dr. Caroline Coombs-Skiles, a surgeon with Austin Cancer



Ross Ramsey of the Texas Tribune



Foodies gather at Jack Allen’s Kitchen

INTEREST GROUPS

Centers. She spoke on breast cancer screening, diagnosis, treatment options and survivorship, including good eating habits and exercise. She was clear that this was not a “for women only” talk – men have wives, mothers, sisters, daughters and friends, and men can also develop breast cancer. Dr. Robert T. Wooton, of Midtown Dental Associates, spoke on November 16 about oral health later in life, preventing tooth loss, and tooth replacement options.

For information or to make suggestions, contact co-chairs Carol Obianwu (cobianwu@utexas.edu) or Norm Minter (norm.w.minter@gmail.com.)

TRAVEL

During the last several months the RFSA travelers have explored the Islands of New England and gone on a South Dakota Adventure.

On our New England experience we visited Providence, R.I. known as “America’s Renaissance City” and stopped in Newport, the “Yachting Capital of the East” where we drove along Bellevue Avenue and toured Marble House, the gorgeous summer residence of the William Vanderbilts. We walked along the Freedom Trail in Boston, had clam chowder in Faneuil Hall, visited the Old North Church, boarded the U.S.S. Constitution, and went below decks on a full-scale reproduction of the Mayflower – all the

time reliving that familiar part of our history. On a rainy morning we had a most interesting visit to the Flax Pond Farm Cranberry Bog in Carver, MA where we had a hands-on experience with the wooden sorter still used for sorting the cranberries. For lunch that day “we ate like a pilgrim” at Plimoth Plantation, sampling recipes from the 17th century. On Cape Cod we enjoyed our beachfront resort. One day we took the ferry to Martha’s Vineyard, the once famous whaling port with its quaint ginger-bread-styled cottages (built in the mid 1800s) and now the summer home for artists and writers. Through the years “the Vineyard” has been the vacation destination for presidents and royalty. Another ferry ride (the seas a bit rougher that day) took us to Nantucket, a 19th century whaling hub, with its cobblestoned streets and unpainted cedar shingled buildings. Now its main street is lined with restaurants, high-end boutiques and steeped churches. On our last day on Cape Cod, we



Travelers gather at the Kennedy Memorial at Hyannis



Sighted from the whale-watching cruise

drove from Hyannis, stopping at the Kennedy memorial, through the dunes to Provincetown at the tip of the island. The weather was perfect as we boarded the boat for our whale watching cruise. We were rewarded with a beautiful ride, light houses on the shore and whales on all sides of the boat. It was an experience we will never forget.

In September the RFSA travelers headed out for a South Dakota Adventure. We flew into Rapid City, the City of Presidents. All 42 presidents are represented with statues in the downtown area. Badlands National Park with its sharply eroded buttes, pinnacles and spires blended with mixed grass

prairie had a unique beauty all its own. There were herds of pronghorn antelope along the road and prairie dog villages alive with activity. It was buffalo round-up time in Custer State Park and we boarded jeeps for a Buffalo Safari through



Travelers on the South Dakota Trip

beautiful country. The drive through Spearfish Canyon gave us a hint of fall and the rock formations and waterfalls were spectacular. Riding the 1880 Steam Train past Harney Peak, Good Luck Tungsten Mine, Indian Cliffs and Holy Terror Mine gave us a special perspective of the area. The Black Hills was the setting for many movies and TV westerns. At Fort Hayes we saw buildings from the “Dances with Wolves” movie set. We walked the main street in Deadwood of Wild Bill Hickok and Calamity Jane fame. Crossing into Wyoming, we visited Devil’s Tower National Monument, designated as the first national monument by President Theodore Roosevelt in 1906. Indian legends share this story of its origin. “Eight children were at play, seven sisters and their brother. Suddenly the boy was struck dumb; he trembled and began to run upon his hands and feet. His fingers became claws and his body was covered with fur – then there was a bear where the boy had been. The sisters were terrified; they ran

and the bear ran after them. They came to the stump of a great tree, and the tree spoke to them. It bade them to climb upon it, and as they did so it began to rise into the air. The bear came to kill them, but they were just beyond its reach. It reared against the tree and scored the

bark all around with its claws. The seven sisters were borne into the sky, and they became the stars of the Pleiades.” When you look at the rock tower today and contemplate its uniqueness, it is not hard to imagine this legend as fact. The Indians’ past and present come to life in the still unfinished Crazy Horse Memorial, the world’s largest mountain carving now in progress.

In the Black Hills Wild Horse Sanctuary we saw hundreds of wild mustangs roaming free. While there, we were transported back in time as we viewed Native American petroglyphs carved into the hillside and stopped at the authentic sacred Indian Sun Dance site still used for ceremonies today – so much history and melding of cultures. The sky was blue, the weather was perfect and our visit to Mount Rushmore National Memorial was spectacular. From 1927-1941, American sculptor Gutzon Borglum worked to carve this monument in the mountain’s granite face. Now

looking up at the colossal faces of George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln one cannot help but feel “This is what it means to be an American.”

Two more adventures await RFSA travelers in 2016: “Colonial Cities of Cuba” in February and “The Best of Eastern Canada” in August.

Colonial Cities of Cuba – February 18-26, 2016. Although the trip is full, if you would like to be on the waitlist contact Karen Bluethman with Heart of Texas Tours, 512-345-2043 or hottours@sbcglobal.net.

Best of Eastern Canada – August 21-28, 2016. Take a break from our hot August weather on this trip featuring Montreal, Quebec City, Ottawa, Niagara Falls and Toronto. Brochures for this trip were available at the RFSA Fall Luncheon, or contact Karen Bluethman (hottours@sbcglobal.net) or Carol Kay Johnson (ckjohnson713@gmail.com) for more information.

RFSA invites you to come travel with us! Information about upcoming day trips will be released as details are confirmed. If you have a destination in mind, let us know. Are you interested in being part of the travel committee? Volunteers are welcome. Contact chair Carol Kay Johnson at ckjohnson713@gmail.com.

FALL LUNCHEON • OCTOBER 28, 2015

Our RFSA luncheons are always wonderful, and this fall's luncheon was special for several reasons: UT President Gregory Fenves was our speaker; we celebrated 100th birthdays for two active members, Dr. John McKetta and Dr. Margaret Berry; and we had mascot Hook'Em on hand to help with the festivities! Almost 250 members attended, one of our largest groups ever.



UT HEALTH AND LIFESTYLE EXPO

The U.T. Health and Lifestyle Expo was held on Thursday, July 23 at Gregory Gym, providing opportunities to learn more about the UT Benefits program and annual enrollment. Over 100 internal and external vendors were available to provide information. RFSA was well-represented by Peggy Mueller, Ruth Rubio, Eleanor Moore and Nancy Payne as they encouraged prospective retirees to join our fun group.



Peggy Mueller and Ruth Rubio visit with Expo attendees

SUPPORT OUR SPONSORS!

By Cecil Martinez, President-Elect

Our sponsors have been solicited because of their excellent reputations in selling the best goods and supplying the best services to customers. Most of them are family businesses that have been in our community for a long time. We are privileged to have the Covert family (autos), the Strand family (Stan's A/C), the Ravel family (Karavel Shoes), the Goff family (Mr. Appliance), the Keld family (The Bug Master) and Sytha Minter (Real Estate.) The others, although not family-owned, have a long-time reputation for giving outstanding service to our community. They are St. David's HealthCare, the University Federal Credit Union, and the Westminster Retirement Community.

These businesses are more than sponsors, they are our partners. Their sponsorship helps us to keep our membership dues low and helps increase our scholarship funds for UT students. When you need the goods and services that they offer, we ask that you give them a call and give them an opportunity to help you with your needs.

It will be a win-win-win situation for you, for them, and for RFSA. When you use them, please let them know that you are in RFSA and that we appreciate their support. Thank you for considering their goods and services and using them!

STAY CONNECTED ONLINE

We have two ways for you to stay connected to RFSA online: our RFSA website and our Facebook group.

You can find photos and information about our organization and upcoming events on our website. Our RFSA Magazine is also posted here as soon as it is mailed to members. Note: UT recently changed the URL of many websites, so be sure you have our new website bookmarked:

<http://sites.utexas.edu/RFSA>



And if you are a Facebook user, we have a group now. Search for "University of Texas Retired Faculty-Staff Association" and join. We want this to be a place where members can post activities, updates and photos, and not just those about RFSA. We want to create a community for our members to share all kinds of information.



WE WANT YOU!

We are always looking for members who would like to become more involved with RFSA by becoming an officer, interest group chair or co-chair, or committee member. If you would be interested in broadening your RFSA experience, please contact Nancy Payne (nancypayne3805@gmail.com) and let her know you might be available to help.

We are currently looking for volunteers for these positions, but let Nancy know if you are interested in any area of RFSA – we could use your help in many ways!

Active Outings Coordinator

In a recent survey, many RFSA members expressed interest in participating in active outings and excursions. Those might include activities like climbing Enchanted Rock or Mount Bonnell; biking the Southern Walnut Creek bike trail; touring the Wildflower Center; bowling; or the Lake Travis zip line. Perhaps you would like to organize a single outing, or maybe several, to see how it goes. These events could be occasional Special Events,

or could become a part of an existing or a new Interest Group.

Volunteers to help with UT Remembers

Many of us have attended the beautiful and moving UT Remembers ceremony, held every May, that honors UT students, faculty and staff who died in the previous year. It takes many volunteers to make our UT events successful, including this one. RFSA can play a role with UT Remembers by helping put together the memorial ribbons that are worn by members of our community on that day. We will send information to RFSA members this spring about how you can volunteer.

A CHANGE AT TEXAS EXES

The Texas Ex-Students' Association has recently launched their new and improved website, texasexes.org. It is simple to use, mobile-friendly and offers enhanced security features. If you are already a member of the Texas Exes, you can log on to the site, create and manage your account, and begin using the new features immediately. If you aren't a member yet, log on and join!

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RFSA SCHOLARSHIP FUND

The Retired Faculty-Staff Association created a scholarship fund in 1983 and awarded the first scholarship five years later in 1988. Members and friends donate to that endowment, which had a market value of over \$652,000 in 2015. Available income from that fund varies, depending on prevailing interest rates and market conditions. For 2015-2016, we were able to award scholarships to 13 students for the Fall and Spring semesters (at \$1,250 per session), totaling

\$32,500. Scholarship recipients are chosen by Student Financial Services based on several criteria.

In addition to undesignated donations, the scholarship endowment benefits from gifts made in memory or honor of family, friends and colleagues; in celebration of particular events; and estate donations. Please consider making a contribution to the scholarship fund – it will make a difference in a student's life!

THANK YOU TO OUR DONORS!

Nancy M. Bell

Martha Boyd

In memory of Ira Iscoe, and honoring Peggy Mueller and the 100th birthdays of Margaret Berry and John McKetta

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RFSA Operating Funds

Honoring the 100th birthdays of Margaret Berry and John McKetta

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GIFTS TO THE RFSA SCHOLARSHIP FUND

Please consider making a contribution to the RFSA Scholarship Fund—it will make a difference in a student's life!

SEND A CHECK* TO: Carol Barrett, RFSA Coordinator
Texas Exes | P.O. Box 7278 | Austin, Texas 78713
**Made payable to 'The University of Texas at Austin'*

OR, DONATE ONLINE: <http://giving.utexas.edu/RFSA2012>

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Jeremiah Lee
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Kaylen Parker
Junior, Architecture /
Interior Design



Summer Williams
Junior, Social Work /
Youth & Community
Studies



Erinn Wright
Senior, Marketing



Amy Zhang
Senior, Human
Development / Family
Sciences

Not pictured: Chad Lehmann, Senior, Economics / Finance

EXCERPTS FROM RECIPIENT THANK-YOU LETTERS

“Donations such as yours allow students like me to focus more completely on school rather than worrying about how to pay for school.”

“As a fourth year double major, an intern at a hedge fund, and an involved member of two groups, my academic and extracurricular responsibilities are very demanding and leave little time to take on a part-time job to help pay for school. This scholarship will help me to succeed and excel in school and in preparing for my future.”

“This scholarship is more than just financial support to help pay for my education, it is motivation, and that is worth more than all the money in the world.”

“By awarding me the Retired Faculty-Staff Scholarship, you have lightened my financial burden, which allows me to focus more on the most important aspect of school, learning. Your generosity has inspired me to help others and give back to the community. My studies are equipping me with the knowledge to do so. I hope one day I will be able to help students achieve their goals just as you have helped me. Thank you so much for your kind contribution and investment to my education.”

“I have really fallen in love with my major and my passion for the healthcare field continues to grow and grow. This summer I started volunteering in the Morikawa Lab

“Your generosity has inspired me to help others and give back to the community. My studies are equipping me with the knowledge to do so.”

in the Waggoner Center for Alcohol and Addiction Research here at UT and am really enjoying the things I am learning, which simply can't be taught in a classroom. Thanks to the work of donors such as yourself, I am so glad to be able to focus wholeheartedly on my academic passions. Once again, thank you for your generous support to students
(cont. pg. 19)

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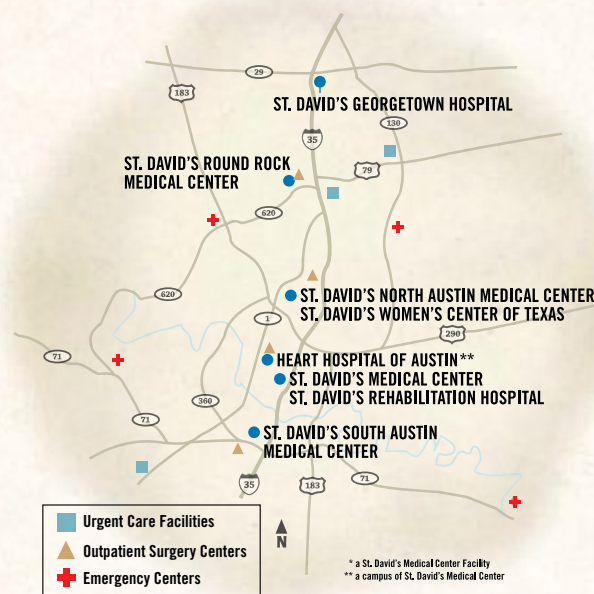
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RFSA SCHOLARSHIP RECIPIENTS

EXCERPTS FROM RECIPIENT THANK-YOU LETTERS (CONT.)

like myself. Such a thing cannot and should not be taken lightly. As I work towards my goal of becoming a physician, I will not forget people like you who helped me along the way.”

“This scholarship means a lot to me, as my family has been going through difficult financial times and this will help ease the burden of paying for school, allowing me to focus on my studies and prepare for my future career.”

“Again, I would like to thank you for this generous donation. My father is a widower and is paralyzed from the waist down. Because of this,

“[My mother] had to work jobs she did not enjoy. Her struggle motivates me to attend college because I could see how difficult life becomes when only a few doors of opportunity are opened.”

my dad’s income is limited to what he receives from Social Security. Therefore, your financial support means a great deal to my family. Thank you.”

“Without a college degree, my mother had to work at jobs that she did not enjoy. Her struggle motivates me to attend college because I could see how difficult life becomes when only a few doors of opportunity are opened. No matter how expensive college gets, it is worth it if my family could live a happier life. Your scholarship has been a blessing to me. Thank you for lifting a burden of mine, as well as my family’s.”





FROM OUR MEMBERS



My Favorite Things

We asked our members a simple question – what are your favorite things? The replies were wonderfully diverse, reminding us that we can find joy in all sorts of things!

FROM THE SIMPLE...

A lime. Paulette Delahoussaye says “It’s beautiful, has an amazing flavor and odor, and can be purchased just about anywhere, though maybe it doesn’t grow around here. Of course, its culinary

uses are many!”

Carolyn Curtis recommends the app **TripIt** (www.tripit.com) for planning your trip and travel itinerary.

Peggy Mueller says “Obviously, **my cat Koko**. But also **LeSportsac bags, totes, wallets, etc.** Everything is made from ripstop nylon and very, very lightweight with fabulous colors and incredible prints. Many long years ago (1980’s?) we had a

store in the old Highland Mall and I bought some soft luggage pieces. I’m still using them. I also have a variety of small and large purses, totes, wallets and little cosmetic cases in many different colors and patterns. I have to stop myself from looking at the website because it’s dangerous for me – I can always fancy another bag! The new prints and colors are just too enticing for me.”
www.lesportsac.com.



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The Blanton Museum of Art. Credit: Anna Donlan

Two DVD's were suggested to help with our physical condition. Michelle Warech-Philipson suggests one, "**Strength and Joint Mobility Therapy**" with **Annette Fletcher**. "It's something that anyone can do, no matter what may be their level of fitness. After using it a few times, it makes you think about the little moves that you can do on your own for joint mobility, from head to toe. It can be found at Amazon, Barnes & Noble, etc., and the website on the box is www.worlddancenewyork.com."

The other DVD is for those of us who are interested in trying yoga, but don't want to take our first steps in a gym or class in front of others who probably know more than we do! It is called "**Heavyweight**



Credit: health.harvard.edu

Yoga: Yoga for the Body You Have Today" by local teacher Abby Lentz. It is designed for people who have restricted mobility or are overweight or obese, but is also a good introduction to yoga for the inexperienced. It is available at Amazon, or you can find out more about Abby Lentz at www.heartfelyoga.com.

"This music video is so beautiful that it gave me goosebumps and brought tears to my eyes. The music is piano, cello, and a bagpipe and drum corps; the setting is Eilean Donan Castle in Scotland; the melody is a combination of the powerful 'Fight Song' by Rachel Platten and 'Amazing Grace'. Perhaps the most inspirational five minutes you'll ever spend." <https://www.youtube.com/watch?v=mOO5qRjVFLw> or Google "**The Piano Guys Fight Song / Amazing Grace**". (Watch it on a large screen with good speakers, if you can.)

Mary Kay Hemenway has several low-cost suggestions for expanding our horizons. One is with **electronic books on Overdrive** from the

Austin Public Library (library.austintexas.gov) Another is visiting the **Blanton Museum of Art** (www.blantonmuseum.org) And she also suggests attending "**Live in HD Metropolitan Opera**" at local movie theaters, information available at www.metopera.org.



Vera Bradley

Elaine Shelton submitted a favorite thing that is really two favorites – **Vera Bradley** and **Sue Patrick's**! "I love to shop, and some of my favorite things are Vera Bradley purses, the style with seven pockets. There are six pockets inside the purse and one on the outside. These pockets hold my sunglasses, clear glasses, cell phone, calendar, address book, pocket pack of tissue and assorted other 'necessities.' The middle section holds my cosmetic kit (Vera Bradley, too, of course.) The outside pocket holds notes and other items of an immediate nature. These purses help to keep me more organized. I always get these purses at my favorite store in Austin, Sue Patrick's at 5222 Burnet Road. As well as all things Vera Bradley, the store is chock full of gorgeous women's clothing and one-third of the store is dedicated to all sorts of UT apparel and other Longhorn items. Besides being a VERY nice store with excellent sales on all things (even Vera Bradley), the owner, who is almost always there,

is an extremely nice person. It's my favorite way to 'shop Austin!'"

Phil Kelton submitted several websites for all our inner astronomers! He recommends these sites, "good for anyone interested in astronomy and written at a level for the general public."

- For the astronomy picture of the day: apod.nasa.gov
- Daily update with information about the sun/earth environment: spaceweather.com
- Daily astronomy stories produced for radio by the McDonald Observatory: stardate.org
- News articles about current events in astronomy: skyandtelescope.com

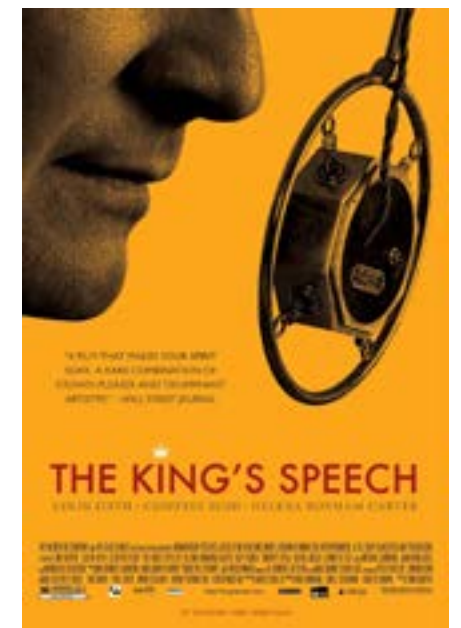


Hydroflask

Tany Norwood loves **Hydroflask**. "They are the best insulated bottles I have ever tried. They come in many sizes and colors, and have a stainless steel interior with a vacuum between the inner and outer steel. They keep drinks hot or icy cold all day, and never create condensation on the outside. PLUS they give 5% of the net proceeds to the non-profit you choose on their website. I have

bought a variety of sizes for my husband (his are purple) and me (mine are orange), and we use them constantly." www.hydroflask.com

Many favorites came to mind for Jane Bost, and she shared a few with us: **Grilled ruby trout at Jack Allen's Kitchen** (www.jackallenskitchen.com); **Honey Crisp apples and pomegranates; peach sherbet at Clear River ice cream shop** in Fredericksburg, where they also have great malts (www.icecreamandfun.com); **hiking around Lake Georgetown** (Google "Lake Georgetown hiking trail map"); **swimming freestyle; shopping at Lane Four Swim Shop** (<http://lane4swim.com>) and at **Chico's** (www.chicos.com); watching two favorite movies, "**The King's Speech**" and "**The Legend of Bagger Vance**"; and a recent favorite book, **Ordinary Grace** by **William Kent Krueger**.



Sharon Justice wants us to note that "There's no form of physical activity on my favorite list", but she shares several other activities that

don't require a heart monitor. She enjoys "browsing in a bookstore" and "sharing frozen margaritas, chips, salsa and queso with my friends." An indulgent favorite is "Having a pomegranate scrub at Lake Austin Spa, followed by a gentle massage." And two travel favorites include "Visiting New York City and seeing as many Broadway shows as I can afford" as well as "Sitting outside relaxing in Taos or Santa Fe enjoying that brilliant blue sky!"

Food is on everyone's favorite list, and we had two members who submitted favorite recipes.

Pamela Weems says "I have a recipe that I want to share. It's what I make when I want to think clearly, when I want to eat healthfully, and when I want to have energy and feel my best. My husband and I are both retired teachers and frequently will eat only two meals a day. When we start with this smoothie at around 10:30 or 11:00 in the morning, we can buzz through the morning and get a lot done – and then we really enjoy our evening meal!"



Credit: Lauren Blake, wholelivinglauren.com



Credit: simplyscratch.com

Pamela's Favorite Morning Green Smoothie (Don't think smoothie, think soup.)

Serves two

- 8 cups fresh greens – spring mix, kale, arugula or spinach
- 2-3 tablespoons lemon juice
- 1-2 tablespoons ume plum vinegar
- 2-3 cups water
- 1 piece fresh ginger, about thumb-sized
- 1 clove garlic, with peel
- 2-4 stalks celery
- 1/2 to 1 red bell pepper, including seeds but not stem
- Small piece jalapeno or other pepper, or chipotle powder to taste
- 1 whole ripe avocado, peeled and pitted

Blend all ingredients in a high-speed blender (VitaMix, K-Tek or NutriBullet), adding as listed, until warm from the friction. This makes almost a full carafe, or 64 ounces of smoothie. Drink warm, within an hour or two of making it.

Note: There's lot of room for variety in ingredients, but this is our basic Morning Green Smoothie.

Barbara Frock says her favorite thing is her **crock pot!** She shares four recipes that are "tried and true and to die for!"

Slow Cooker Meatloaf

- 2 pounds lean ground beef
- 1/2 pound Italian turkey sausage, casings removed
- 1 large onion, finely chopped
- 3 large carrots, halved
- 2 eggs
- 1 1/2 cups ketchup, divided
- 3/4 cup seasoned breadcrumbs
- 1/4 cup light brown sugar
- 2 tablespoons Worcestershire sauce
- 2 teaspoons salt
- 1 teaspoon garlic powder, divided
- 1 teaspoon pepper
- 1/2 teaspoon yellow mustard

Place carrots in the bottom of cooker.

Combine beef, sausage, onion, 3/4 cup of ketchup, breadcrumbs, eggs, 1/2 teaspoon garlic powder, Worcestershire sauce, salt and pepper in large bowl. Use your hands to mix and make sure it is well blended.

Form meat mixture into a loaf and gently place over the carrots in the slow cooker.

In the same bowl, mix sugar, mustard, remaining ketchup and 1/2 teaspoon garlic powder. Spread over the top of the loaf, cover and cook on low for 8 hours or on high for 4 hours.

Let sit for 15 minutes after turning off heat, drain excess liquid and serve warm.

Easy Crockpot Potato Soup

- 1 30-ounce bag of frozen diced hash browns
- 1 32-ounce box of chicken broth
- 1 10-ounce can of cream of chicken soup
- 1 8-ounce package cream cheese (not fat-free)
- 3 ounces bacon bits
- 1 cup shredded cheddar cheese
- Salt and pepper to taste

Put the potatoes in the Crock Pot. Add in the chicken broth, cream of chicken soup and half of the bacon bits. Add a pinch of salt and pepper. Cook on low for 8 hours or until potatoes are tender.

An hour before serving, cut the cream cheese into small cubes. Place the cubes in the Crock Pot. Mix a few times throughout the hour before serving. Once the cream cheese is completely mixed in, it's ready to serve. Top each bowl with cheddar cheese and additional bacon bits.

Crockpot Lasagna

- 1 pound ground beef
- Lasagna noodles
- 1 jar spaghetti sauce

- 1 1/2 cups cottage cheese
- 1 1/2 cups shredded Mozzarella cheese
- 2 tablespoons grated Parmesan cheese



Crockpot Lasagna. Credit: recipeshubs.com

Brown ground beef and drain. Spoon 1 cup spaghetti sauce in bottom of 4-quart crock pot.

Mix remaining sauce with beef. Place 2 uncooked lasagna noodles on sauce in crock pot.

Spread 1/3 of the meat mixture on top of noodles.

Spread 3/4 cup cottage cheese over meat.

Sprinkle 1/2 cup Mozzarella cheese over cottage cheese.

Add another layer of uncooked noodles, 1/3 meat mixture, the remaining cottage cheese and 1/2 cup Mozzarella cheese.

Place another layer of uncooked noodles, meat mixture and mozzarella cheese.

Sprinkle Parmesan cheese over top.

Cook on low for 4 hours (if cooked much longer, it gets a bit well done)

Finally, Barbara says "This candy is SO good and easy! A friend says she is baking no cookies this year, only this candy. Just don't do like I did the first time and use a big spoon – they looked like "cow patties" and I had to cut them into fourths!"

Crockpot Christmas Crack – the best candy you will EVER taste!!

In the crock pot, layer:

- 16 ounces salted peanuts
- 16 ounces unsalted peanuts
- 12 ounce package of semi-sweet chocolate chips
- 12 ounce package of milk chocolate chips
- 10 ounce package of peanut butter chips
- 2 pounds of white almond bark or vanilla coating

Do not stir. Turn on crock pot to low and cook for 2 hours. Remove lid and stir well, replace lid and cook another 30 minutes. Stir well and spoon (use a small spoon!) mixture onto waxed paper or aluminum foil. Allow to harden at least 1 hour. Enjoy! (Bet you can't eat just one!!)

...TO THE SUBLIME!



Crockpot Christmas Crack. Credit: theloopyewe.com

IN MEMORIAM

Benito (Ben) Aguilar, 67
Office of the Dean of Students
April 10, 2015

Peter R. Antoniewicz
Professor Emeritus, Physics
June 14, 2015

Daniel Stephen Barker, 81
Professor Emeritus, Geological Sciences; Fred M. Bullard Professor in Geological Sciences; Mr. & Mrs. Charles E. Yager Professor in Geological Sciences
May 21, 2015

Mario A. Benitez, 89
Professor Emeritus, Curriculum and Instruction
August 23, 2015

Mildred Vinson Boyer
Professor Emerita, Spanish
May 22, 2015

Frank Arakel Bozyan, 77
Research Scientist, Astronomy and McDonald Observatory
July 28, 2015

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Professor, History
May 11, 2015

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U.T. System Chancellor and Vice Chancellor
September 12, 2015

Sarah Eloise Carveer Clagett, 88
Senior Admin. Associate, Physical Plant Custodial Services
June 18, 2015

Josephine Gardner Cochran, 96
Admin. Assistant, College of Education
March 30, 2015

James Luther Cockrum, 86
Training Specialist III, Continuing & Innovative Education
October 10, 2015

Edward Morris Davidson, 76
Instructor, Department of Radio, Television & Film
March 23, 2015

John DeLeon, Jr., 68
Physical Plant
October 2, 2015

Jean DeMoll, 91
Wife of Louis DeMoll, Professor Emeritus, Social Work
May 20, 2015

Louis Edward DeMoll, Jr., 96
Professor Emeritus, Social Work
August 29, 2015

Adrienne Diane Diehr, 71
Specialist, Department of Radio, Television & Film
September 16, 2015

Marlee Dietz, 61
Wife of Hans-Bertold Dietz, Professor Emeritus, Musicology
May 5, 2015

Hafez Farmayan, 87
Professor Emeritus, History and Middle Eastern Studies
July 4, 2015

Robert S. Foshko, 85
Distinguished Senior Lecturer, Department of Radio, Television & Film
May 3, 2015

Thomas Claborne Friou, 61
Chief Financial Office, Institute for Advanced Technology
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Chester Miles Garrett, Jr., 91
Research Engineer – Scientist Associate, Bureau of Economic Geology
July 16, 2015

Stephen Gerald, 65
Associate Professor, Fine Arts
May 20, 2015

Reba Gillman, 98
Widow of Leonard Gillman, Department of Mathematics
April 1, 2015

Ray Green
Administrative Services Officer II, Office of Accounting

Jess Hay, 84
U.T. Board of Regents, 1977-1989
April 13, 2015

Betty H. Himmelblau, 92
Widow of David M. Himmelblau, Professor Emeritus, School of Social Work
September 3, 2015

Ira Iscoe, 94
Ashbel Smith Professor Emeritus of Psychology
June 12, 2015

Floyd Herman Jaeger, 80
Mechanic/Technician, Physical Plant
August 25, 2015

Phillis Hopkins Rienstra Jeffrey, 72
Assistant Professor, English
September, 2015

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Technical Staff Assistant, Huntington Art Gallery
August 14, 2015

Marguerite Knisely, 93
Widow of William Knisely, U.T. System
May 6, 2015

Hana Konecci, 84
Widow of Eugene Konecci, Management
April 3, 2015

Benjamin Arthur Laws, III, 44
System Administrator, Liberal Arts Instructional Technology
September 6, 2015

This column honors the memory of active and retired University of Texas at Austin and University of Texas System faculty and staff who have died. Every attempt has been made to identify the university affiliation of each individual or their contributions to the university community. Also included, when known, are spouses of retired faculty and staff members. Any additions or corrections to the list should be addressed to Barbara Frock, Historian, at bfrock@austin.rr.com.

Lana Sanor Livingston, 94
Widow of William Samuel Livingston, Professor Emeritus of Political Science
September 8, 2015

Helen Jane Mack, 82
Wife of Larry Mack, Aerospace & Mechanical Engineering
April 2, 2015

Lee Hudson Matlock, Jr., 95
Professor Emeritus, Civil Engineering
October 8, 2015

Mary Connor Wood McBride, 90
Director, Bureau of Economic Geology
May 22, 2015

Floyd Edward Moten, 83
U.T. Police Department
August 20, 2015

Marian Greif Payne, 89
Specialist, Home Economics
May 11, 2015

John Placek, 92
Architectural & Engineering Services
September 1, 2015

Janet G. Reed, 90
Widow of Lester Reed, Chemistry & Biochemistry
August 19, 2015

Robert A. (Bob) Reynolds, PhD., 90
Director of Film Rental Fund
May 14, 2015

Howard Richards, 81
U.T. Board of Regents, 1979-1985
April 27, 2015

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Professor Emeritus, Neuroscience
May 11, 2015

Elizabeth M. (Betty) Ripperger, 98
Widow of Eugene Ripperger, Professor Emeritus, Aerospace Engineering
July 17, 2015

Ray Drayton Robertson, 85
Assistant Director, Human Resources, U.T. System
July 10, 2015

Angel Rodriguez, Sr., 89
Building Attendant Leader, Physical Plant
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July 28, 2015

Richard Lockwood (Dick) Schott, 75
Government and LBJ School of Public Affairs
June 13, 2015

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Professor, Aerospace Engineering and Engineering Mechanics
June 7, 2015

Dorothy R. Stevens, 84
Senior Office Assistant, Chemistry
July 10, 2015

H. Adam Stevens, 65
Research Scientist, Physics Department
May 13, 2015

John Henry Sutherland, 81
Assistant Director, Transportation Research
May 13, 2015

Arthur (Buddy) Temple, 73
Husband of Ellen Clarke Temple, Board of Regents, 1991-1997
April 14, 2015

Joan Anne Van Cleave, 62
Senior Administrative Associate, Electrical & Computer Engineering
July 12, 2015

Zelda K. Weintraub, 83
Widow of Russell Weintraub, John B. Connally Chair in Civil Jurisprudence
April 25, 2015

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Research Physicist, Applied Research Laboratory
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