

UCI EMERITAE/i NEWSLETTER

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CHAIR'S COLUMN

by Sam McCulloch

Julian Feldman has kept me posted on all matters medical, including health insurance. The meeting of CUCEA at UC Davis on October 28, 1999 brought a number of reports - the main one concerned the good news that Prudential will continue its contract with UCI.

The meeting was expertly run by our own Marjorie Caserio. She was one of the faculty who opened UCI in 1965. In 1982 she was elected Chair of our Academic Senate and the following year was elected Chair of the Academic Council (1984-1985). Then we lost her to UC San Diego when she was appointed as Academic Vice Chancellor. We all look forward to Marjorie chairing the CUCEA spring meeting at our own University Club on the UCI campus this year.

During the monthly Executive Committee meetings this winter we have given close attention to the beginning of planning a UCI Retirement Center. The building will also house membership of the Retirees Association. There is also thought of including the Lifelong Learning Academy. Models of a building can be used from Berkeley, UCLA, San Diego and Santa Barbara. A first step for us might be the occupation of a part of a university building. I have asked Julian Feldman to chair a planning committee, including Bobbie Brown, president of the Retirees.

Warren Bostick (founding dean of UCI Medical School) has been an active member of our Executive Committee. It is my sad duty to report that he underwent heart surgery and suffered a severe stroke not long after he returned home from the cardiac section of Hoag Hospital. We have expressed our deep concern.

UCI HISTORICAL HIGHLIGHTS

by Sam McCulloch

This extract from my history of UCI tells the story of how the organization of the School of Social Sciences was changed from no departments to a fully developed group of separate departments. The chief architect of these changes was Dean Willie Schonfeld, and I refer to his success as "Dean Schonfeld's Finest Hour". The narrative is told on pages 285-286 of *Instant University*:

"In assessing the work of all deans at UCI up to 1993, there is no question that Dean of Social Sciences Schonfeld is one of the very finest administrators - highly intelligent and perceptive, humane and fair, and possessed of keenly honed powers of analysis and criticism. Also a fine scholar, teacher, diplomat, and leader, he was ideally equipped to bring about the reorganization of the school's faculty and academic programs into departments. (When Schonfeld joined the political science faculty [now Politics and Society] in 1970, he found an almost

anarchic organization. Under founding Dean James March, the School of Social Sciences had been established without departments. Some of the school's more cynical faculty asked March if he was using his brilliant reputation in organizations to create an anarchy at UCI, and in his delightful, jovial way, March just laughed at the query.)

"When Schonfeld became dean in 1982, he began the long process of developing a new organizational structure for the school, which necessitated the faculty overcoming a virulent belief that departments were 'enemies of intellectual life'. First, Schonfeld placed himself in the position of spokesperson for his colleagues, and he pointed out that the absence of departments made it 'impossible to do short-term planning'. Furthermore, he said, the decentralized approach had given quite a large amount of power to the more extreme members of the faculty.

"DEAN SCHOFELD'S FINEST HOUR

"In 1985, Schonfeld began his move in earnest - dispassionately, efficiently, slowly, and with no disruption to the school's academic activities. First he held discussions with a variety of colleagues and put together a small committee representing a broad range of his faculty. Then he created a committee of extraordinarily gifted and experienced faculty from other major universities to visit the school, talk with its faculty, and review the curriculum. Participating on that external committee were, in Schonfeld's words, 'absolutely first class people, both intellectually . . . and administratively. It's membership included Henry Rosovsky, Dean of the Faculty Arts and Sciences at Harvard University, Neil J. Smelser, University Professor within the UC system and Professor of Sociology at UC Berkeley, Nobel Laureate Albert H. Hastorf, (con't on page 2)

WINTER LUNCHEON

It is not too late to make a reservation for the winter luncheon meeting to be held at the University Club on Thursday, February 24th. This will be a full sit-down luncheon at a cost of \$18 per person. Michael Rose, Professor of Evolutionary Biology at UCI will speak about: Postponing Human Aging. Please make your check payable to UCI Emeritae/i and mail it to Professor Isabelle Hunt, treasurer of the UCI Emeritae/i, at her home address: 2 Faith in Irvine, 92612 - 3252.

Stanford University and Robert McCormick Adams, Secretary, the Smithsonian Institution.

"The next step was to create internal faculty committees from within the school to study the external reviewers' recommendations. The external committee's main recommendation was to implement de facto departmentalization for eighteen months and the de jure departmentalization would follow. The ensuing discussions were lively and several people were particularly active, among them Duncan Luce who had returned to UCI in 1988 from his post as Chair of the Psychology Department at Harvard.

"The faculty's participation in the whole process ensured that they felt neither threatened nor disenfranchised, and the entire process contributed to the discovery that the school would have "an absolutely crackerjack group of department chairs who [would do] a super job."

HYPERTENSION AND AGING

by Laura Mosqueda, M.D.

You go to the doctor and find out that your blood pressure is elevated. What does this mean? Do you need to start taking blood pressure medication immediately? Not necessarily. A single elevated blood pressure does not justify the diagnosis of "hypertension". There are a variety of factors that may lead to a single elevated blood pressure reading. Did you have a cup of coffee that morning? Did you have an argument with your spouse? Did you take some over-the-counter medication to treat your cold? It is definitely important to make an accurate diagnosis of high blood pressure. Your doctor should check your blood pressure at least two or three times over the course of two to three months before making a diagnosis and starting you on medical treatment.

Chronic high blood pressure is a serious medical condition. It may lead to heart disease, stroke, kidney disease, and other medical problems. These are dangers, which

occur from blood pressure that is uncontrolled for many years.

As noted above, there are many extrinsic factors that may raise blood pressure (such as caffeine, cigarette smoking, and over-the-counter cold remedies). Therefore, reducing your intake of caffeine and stopping smoking are immediate priorities. Stress reduction is also an important part of the initial treatment, as is weight reduction. Exercise is also beneficial in the management of hypertension: in fact, exercise will help with weight loss and stress reduction! Speak with your physician about beginning, and maintaining a regular exercise program.

Although aging does not reduce the need for treatment of high blood pressure, the parameters we use to make a diagnosis of hypertension do change. Recent studies suggest that treatment of older adults with high blood pressure may be of benefit. On the other hand, over-treatment of high blood pressure may also cause problems by lowering the blood pressure too much and causing decreased blood flow to the brain, for example. Side effects from the medications may also be uncomfortable and/or dangerous. Thus, there is definite need for caution when medication is used to treat high blood pressure.

Once medication is started, it may be successfully tapered after 6 to 12 months (or even after many years), especially if you have taken steps to reduce your risk factors. Up to fifty percent of persons whose blood pressure is controlled with medication and stop their medication under medical supervision are still able to be off of medications after one year.

Some people have great difficulty in controlling their blood pressure despite doing all the right things and taking their medication faithfully. This may be an indication of another disease process that is causing the blood pressure to be high. It may also be an indication of what some call 'pseudohypertension'. This is a condition where the blood vessels are too stiff for accurate blood pressure readings. This should always be considered when multiple medications have

no major impact on the blood pressure reading and the patient is suffering from side effects from the medications, such as lethargy and dizziness, which may indicate that their blood pressure is actually quite low.

Overall, it is clear that diagnosing and treating high blood pressure are very important. A balanced approach to treatment that includes proper evaluation and attention to psychosocial as well as physical issues is necessary for good treatment.

E-Mail Address Request

Please send your e-mail address to emeriti@uci.com for our e-mail mailing list. With a complete e-mail mailing list we can provide you with information between issues of the Emeritae/i Newsletter.

Retirement Adjustments

by John E. Swett, PhD.

Professor Emeritus

Dept Anatomy & Neurobiology

When decision time for retirement loomed with the VERIP III offering, I was ambivalent about the consequences of accepting it because of the radical transformation it would bring to my daily routine of laboratory research and teaching over a period of nearly 40 years. Stopping abruptly held few fears because of numerous side interests I could devote more time to. Here also was an opportunity to engage in entirely new pursuits, to learn new things, to read works (mostly nonfiction) I never had time to read before. With the gradual, but relentless, weakening everywhere of academic standards over the years, there seemed to be vanishing inducements for me to stay on so I opted for retirement in 1994 and never regretted it.

For years I went to the main library at UCI to do research on educational reform at all levels with the idea of producing a small book describing the profound and necessary changes needed to improve the education of our country's youth and its teachers. That project is advancing at a glacial pace.

phase of information gathering, primarily because I allow myself to get involved in too many other activities because I am interested in almost everything. For example, outdoor activities like hiking, hunting, fishing, 4-wheel drive explorations into remote corners of the Southwest and long-distance motorcycle touring trips, are temptations I readily embrace. I developed a strong desire to become involved in volunteer community service of some type. One can learn many new things and interact with different kinds of people through volunteerism. I became a docent for the Laguna Coast Wilderness Park in order to take groups out on nature hikes to teach them about the flora and fauna of the local countryside. In 1998 I applied for a year's service on the Orange County Grand Jury, a full-time job, and was chosen to be foreman pro-tem and chairman of the criminal justice committee that oversees law enforcement issues of the county. I also became a member of the editorial committee that provides the county with the final findings of problem areas in civil government and recommendations for improvements.

UCI EMERITAE/I ASSOCIATION

The Executive Board of your association for the academic year 1999 - 2000 consists of:

Chair:	Sam McCulloch
Chair-Elect:	Julian Feldman
Past Chair:	Jerry Tobis
Recording Secretary:	Eldon Foltz
Treasurer:	Isabelle Hunt
Corresponding Secretary:	Ann Heiney
Program Chair:	Sheen Kassouf
Chair of Editorial Board:	Myron Simon
Editor:	Lyman Porter

Members at large: Ed Arquilla, Warren Bostick, Tom Campbell, David Easton, Richard Friedenberg, Louie Gottschalk, Kivie Moldave, Harold Moore, Leon Sartz, Ann and Grover Stephens and John Swett.

Because of my extensive interactions with the Sheriff-Coroner Department, upon leaving the Grand Jury I was trained to be a Special Services Officer (reserve deputy) and will commence serving in the near future - probably in forensic work two days a week.

Then there is travel. My wife and I have been going back to the same house on the shore of the English channel in Brittany for 44 years. We recently bought our own place next door and are in the midst of renovating it, doing much of the finish work ourselves. We will be spending 4 months there this year and plan to spend 3-4 months there annually from now on. Having a base of operations such as that will allow us to travel by car all over Europe as the years go by.

Last but not least are our four children and soon-to-be nine grandchildren whom we visit once or twice a year or who join us in Laguna Beach or in France. That's one of the big payoffs of retirement. Other than facing the eventual replacement of both knees at some point in the future, my health is excellent. I work out regularly at a local gym 3 hours a week, so that I will be able to keep up with the grandchildren for many years to come and take them camping, fishing and exploring. Retirement required very few adjustments and has proven to be highly enjoyable.

UCI Emeritae/i Association Funds

by Isabelle Hunt, treasurer

The UCI Emeritae/i Association has two accounts: the Foundation Account - money collected from members for dues and luncheon and dinner meetings (designated Program Revenue on the financial statement) and the Office of Academic Affairs Account - money customarily allocated by the Executive Vice Chancellor each fiscal year. The association pays a portion of the part-time (about 4 hours a week) secretary's salary from the Academic

Affairs Account. When that account is depleted, the salary is charged to the UCI Foundation Account. Revenues for the fiscal year ending June 30, 1999 included \$3613 from membership dues and programs and \$1500 contributed by Academic Affairs.

Categories of expenditure in the financial statement are described as follows:

- Miscellaneous: \$47 - Stationery and office supplies;
- Insurance: \$4 - UCI requires that employees be insured for possible malfeasance.
- Business Meeting Expenses: \$391 Reimbursement for members who represent the Emeritae/i Association at meetings of interest to our members, such as meetings about UC's health care policies and meetings of the Council of UC Emeritae/i Associations (CUCEA).
- Membership Dues: \$125 CUCEA membership dues (\$1 per dues-paying member of UCI Emeritae/i Association).
- Postage/Mail/Messenger: \$496 The Newsletter is the major expense in this category, in addition to the meeting notices.
- Program/Event Expense: \$608 Charges the association pays to caterers for meals served at meetings. Members who attend the meetings pay the association for the meals (see Program Revenue under Revenue Summary).
- Recognition: \$80 Gifts that the Executive Committee votes for persons who provided exceptional service to the association.
- Staff Salaries: \$3330 Salary for part-time secretary, paid for by both the Foundation Account and the Academic Affairs Account.

**UCI Emeritae/i Association
1998-1999 EXECUTIVE OFFICERS**

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Chair

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Treasurer

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Recording Secretary

Ann Heiney

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Jerome Tobis

Past Chair 1997-1998

Sheen Kassouf

Chair of Program Committee

Myron Simon

Chair of the Editorial Board

Lyman Porter

Editor

Audrey Wicks, Administrative Staff

Joyce E. Keath, Design of Newsletter



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