



UNL Emeriti and Retirees Association

***"Your opportunity to explore new ideas,
be engaged and stay connected to UNL."***

UNL Emeriti and Retirees Association Newsletter

Special Pandemic Edition April 2020

Hello, fellow UNL retirees!

You're looking at an example of a good idea that takes on a life of its own.

We thought a special edition of the UNL Emeriti and Retirees Association Newsletter would be a great way for people to stay in touch during the isolation made necessary by the coronavirus pandemic. We still think it is.

But we've never before scrambled to put so much excellent information together in such a hurry. Good thing we're retired – and isolated – or we'd never have gotten this done.

We're delighted to get such a great response to our request for your stories. We apologize if we accidentally leave something out – or if we leave in more photos and info than you think we should have. Our goal is lots of information and lots of connections.

A thousand thanks to all of you who sent us your news to include here.

May you all enjoy reading about each other and staying "together" even while we're apart. Stay safe and well!

Your publications committee: Julie Johnson, Doug Jose, Charlyne Berens

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- Staying closer to poems
- Letter from President Weeks
- Activities related to the pandemic
- Meaning of pandemic-related words

Social Distancing means staying closer to poems

Harriet Turner, Lincoln, Modern Languages and International Affairs

Social distancing has meant staying closer to poems; many have come my way in these last weeks. I forward them to friends and would like to share this particular poem with you. A long-ago friend sent it expressly for these uncertain times.

Pandemic

What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now,
on trying to make the world
different than it is.
Sing. Pray. Touch only those
to whom you commit your life.
Center down.

And when your body has become still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)
Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love--
for better or for worse,
in sickness and in health,
so long as we all shall live.

Lynn Ungar 3/11/20



Staying connected and involved

by Don Weeks, association president

We hope you are staying well and making the best of the “free time” the COVID-19 pandemic has given us.

In an effort to help you make even better use of this “extra” time, the association publications committee (Julie Johnson, Doug Jose, Charlyne Berens) have put together this special newsletter with information on what our members have been doing for the past few weeks and suggestions regarding worthwhile projects and activities in which you may wish to become involved – or which may, at least, stimulate your thinking and creativity.

Zoom video conferencing is allowing many of us to connect with members of our community in ways unimagined a few years ago. Indeed, this technology allowed your association executive board to meet on April 22 with Chancellor Green and Executive Vice Chancellor Elizabeth Spiller to discuss several issues of importance to the association and to UNL. Without Zoom technology, this yearly meeting likely would have been postponed or cancelled.

Even more important, Zoom will allow all of us to join an association-wide meeting on April 29 with Chancellor Green. This meeting will be a means for updating us on how UNL is facing the coronavirus crisis and inform us of plans for the future as the crisis winds down.

In a few weeks, when we have a clearer picture of the pace of return to normalcy, the association board will start planning for a resumption of our usual activities on (hopefully) a schedule not much different than that already planned for the summer and fall. For example, if assembly of large groups is allowed by August, we likely will offer a tour of one of UNL’s buildings, programs, or activities. Likewise, our president-elect, Kim Hachiya, is in the process of scheduling noteworthy and stimulating speakers for our monthly luncheons.

Included, of course, will be our annual luncheon sponsored by the University of Nebraska Foundation in September. At this luncheon, we will have the opportunity to meet our new NU president, Ted Carter, and to honor a number of our association members who have offered outstanding service to the association, to UNL, and/or to our surrounding community.

In the meantime, please enjoy reading this special issue of our newsletter, planning enjoyable activities and, above all, staying well.



Don Weeks, president

Rita Weeks, Lincoln

Rita Weeks puts her sewing skills to work making face masks for the Lincoln community.



Rita models one of her masks while she keeps making more.



Rita Kean's golden retriever, Jack, enjoys a run on a sunny day.

Rita Kean, Lincoln Textiles, Merchandizing and Fashion Design

My husband, Joe, and our 18-month-old golden retriever, Jack, and I have been staying home – and for the most part - behaving! Jack loves to run around our backyard as long as we are out there throwing around his Kong and other dog toys. I also like to take a walk around our lake – Pine Lake – when the weather permits. On sunny days it is absolutely beautiful to see the trees and flowers beginning to bud and the geese on the lake.

Joe keeps in touch daily with his family, who farm in southeast Nebraska. My family, most of whom live in Westchester County, New York, and then New Jersey, Philadelphia, Milwaukee and Florida, keep in touch via our weekly Zoom cocktail hours. It is great fun, and I love seeing two of my nephews' little boys, ages 2 and 8 months.

It is times like the present when we are undergoing so many unknowns related to COVID 19 that remind me how thankful I am for family and friends, many of whom I have met through my UNL experience. Keep safe!

Paul Hay, Beatrice Nebraska Extension, Gage County

Paul Hay is doing well in Beatrice. We have made a few voyages to see the cranes, isolated in the car, as well as some driving trips around the area. We try to support local restaurants with drive-through business. Sure tired of Zoom meetings for groups, church, family, and business. My wife made masks with teddy bear fabric for the police department. Wishing everyone a safe isolation.

Kim Hachiya, Lincoln, University Communications

Hello, fellow emeriti and retirees! Hope all of you are doing well.

My spouse and I have “socially distanced” ourselves into the natural world. We have twice gone to central Nebraska to watch Sandhills cranes migrating (and lucked into seeing a whooping crane, which Tom was able to photograph), and we have visited some wetlands in the northern part of Lancaster County and some NRD lakes in the southwestern parts (where we saw pelicans and cormorants). We encountered no other humans face-to-face during these visits. Tom also has continued his frequent walks at Holmes, Tierra Park, and other spots to photograph birds, his passionate hobby.

I am busy helping teach a class at UNL via Zoom and also continuing my volunteer activities via Zoom. I still receive Nebraska Today via email from the university and take pride in the work UNL is doing to help students and others navigate this new, and I hope temporary, world.

I also recommend this webpage: <https://www.nextavenue.org>. It is published by PBS and focuses on folks 55+; it is filled with useful, well-researched, accurate information about the pandemic as well as other items of interest.

Stay well, mask up and Go Big Red!



Tom White took this image of a whooping crane on March 25 at Elm Island Road, parallel to the Platte River. Tom shoots with a Nikon.

Tom Hoegemeyer, Lincoln Agronomy and Horticulture

We have been doing what gardening we can – cleaning up flower beds and so forth – and I have planted leeks, peas, and radishes in our raised beds. I brushed up on my French, then read Paul Cuehlo's "Le Pelerin" (English title: "The Pilgrimage") in French and attempted to compare the translation of phrases and idioms. (I think it was originally written in Portuguese.)

For some indoor activities when the weather is bad, I have been attempting some woodworking, making cutting boards and cheese/charcuterie boards. I am now working on a hall table. I am eager to find out what others are up to.



Tom Hoegemeyer cleans flower beds and creates wooden cutting boards.



Doyle Wolverton, Lincoln, Animal Science

We are staying home mostly. But we did a road trip last week for my son, who is a veterinarian in Seward. We took a semen tank to a service called Hawkeye Breeders near Adair, Iowa, to have it filled. Nice seven-hour drive. Saw a lot of country.

Ken Cassman, Oceanside, California Agronomy

Hi, UNL colleagues! I hope all of you are well and in a good place to deal with the epidemic.

I'm living in Oceanside in north San Diego County, about 90 miles south of Los Angeles. My partner, Susan, and I chose to live here because it is within driving distance of our three children and their families and within two miles of the ocean. We are all healthy and enjoy being in a position to provide some "daycare relief" for our daughters and their spouses, all of whom are fortunate to still be working but have lost their normal daycare support due to the shut-down.

We maintain our sanity pursuing agronomic and horticultural activities in our front and back yards where we do a fair amount of vegetable and crop production year-round, as well as the culture of novel Aloe species. (See pictures.) I also continue some consulting activities and a bit of writing to publish last threads of previous research.

We send best wishes and hope for rapid national and global recovery from this dreadful pandemic. With kindest regards and fond memories of our work together!



**Bob Kuzelka, Lincoln
School of Natural Resources**

Doing fine! Getting so much more done than usual.

**Jim Augustyn, Lincoln
Center for Transformative Teaching**

Jim fell and broke his leg on March 2. After corrective surgery and time at Tabitha's LifeQuest Rehabilitation Center, he is now at home and becoming more mobile every day. Contact Bob Kuzelka for his phone number.
Submitted by Bob Kuzelka

**Newell Decker, Lincoln
Special Education and
Communication Disorders**

I am at home here in Lincoln, hiding out from the C-19 virus and trying to learn how to be an effective on-line teacher. Still teaching classes for SECD.



**Peter Bleed, Little Rock, Arkansas
Anthropology**

This is my workshop where I putter around making copper stuff. We miss Lincoln a great deal, but grandparenting has been fun.

**Mary Garbacz, Lincoln
Agricultural Leadership, Education
and Communications**

I'm spending some of my homebound time compiling my hundreds (thousands?) of recipes into a single, digital format so my children and grandchildren can find their favorites without poring through scores of cookbooks!

**George Meyer, Lincoln
Biological Systems Engineering**

My wife, Lita, and I are remaining in place, at home. Our Lincoln grandchildren attend their daily classes on-line at their house. Our daughter Karen teaches at Lincoln North Star High School. You can see her in this link posted by LPS:

<https://livestream.com/lpsorg/events/8240995/videos/201753698>.

She prepares and delivers daily on-line instruction for differentiated physical science, chemistry, and physics classes.

Our oldest son is living in Tokyo. Tom earned a Ph.D. from Oxford University (England) in 2018. He teaches for Temple University (Tokyo) and works from his residence, preparing on-line courses. Our youngest son, his wife, and their children live in Seattle. Mike had just changed jobs to a new company, "Four Square," when their employees got kicked out of their office building in late January because of a virus incident. Consequently, he has been working from home.



**Charles Shapiro, Agronomy
Haskell Agricultural Laboratory**

Here I am in the back of the van, loaded for a trip to Omaha. I am moving to Omaha this spring to be closer to my two sons.

**Shripat T. Kamble, Lincoln
Entomology**

I keep busy with my professional society committee activities, interact with my colleagues and practice cooking.

Peter Levitov, Lincoln International Affairs

My wife, Deb, and I started by spending a week in early March in an empty house in Santa Fe, generously lent to us by another UNL emeritus faculty member. Although the virus had not reached New Mexico at that time, we drove with our little dog, bought groceries, cooked every meal (and ate fast food takeout when driving to and from New Mexico). Walking in the Southwestern desert was a great way to avoid people. Inevitably, we had to make pit stops along the 850 mile drive each way so we self-quarantined for 14 days after returning.

I stopped my regular thrice weekly tennis engagements and twice weekly gym visits but have stayed active with at-home exercises and outdoor walking. OLLI activities have kept me quite busy, organizing courses and attending meetings via Zoom. Reading and streaming operas from the Met have enhanced the time as well.

Despite the 90-day ban on non-essential surgery in Lincoln, I was able to have minor but troublesome surgery approved for April 7. Everything went well, and I was home the following day, resuming all my activities as before.

We've done Facetime with our three children and four grandchildren, all on the East Coast in various locations ... but that's not new. We are, however, having a Zoom baby shower for our youngest son and his wife, who are expecting their first child in the fall. Creativity knows no bounds!



Peter Levitov's wife, Deb, has been making masks for family and friends. Peter is pictured here in an ordinary dust mask that Deb converted especially for him ... into a muzzle!



Amy Peterson, Stromsburg Nebraska Extension-Polk County

We got a new little puppy, a crazy spitfire Corgi named Stella. I had forgotten that puppies are cute but require a lot of work. How did I do this when I worked full time?!?! (BTW, Stromsburg has a fabulous grocery store. I even got toilet paper and flour today.)

Wil (Wilbur) Hass, Lincoln

I earned my undergraduate degree from UNL, then a Ph.D. from Michigan in clinical developmental psycholinguistics. I taught at several colleges and universities before retiring from the Minnesota School of Professional Psychology and returning to Lincoln.

During this season of the pandemic, we have been walking our new (to us) black lab, reviewing Latin grammar, thinking about mindfulness (as mindfully as possible) as well as studying up on the Roman Republic (Cicero, et al.).

Bob Florell, Lincoln Adult and Continuing Education

This is an interesting time. Our last normal activity was a trip to Salt Lake City to visit our son and family. Since the virus, we are avoiding social contact as much as we can in the confines of our home.

Roger and Sylvia Wiegand, Lincoln Mathematics

Ordinarily, we would be traveling all around the world, but we canceled trips to West Virginia, Indiana, Iowa, Morocco, Italy, Austria, and Nepal. All were scheduled from March 13 to the end of July. We also would have been hiking in Colorado some of that time because we have a cabin there with great hikes right out the door.

The silver lining is that we are doing fine here in Lincoln, staying healthy and getting a little caught up on things, trying to finish up a book and several research papers that have been in the works for quite a while. In fact, we feel lucky to have this calm time to work. We keep in touch with our kids and grandkids (in Colorado and Oregon) with frequent emails and phone calls.

For recreation, we get out for an hour or two every day for walks along Lincoln's trails and paths. Pioneers Park and Wilderness Park are the favorites, though wandering through the Country Club Neighborhood is also fine. It is great to see so many people – far more than usual – out on the paths, most of them courteously keeping their distance. One positive outcome may be that people are a little more physically fit after things return to normal. We have had Zoom cocktail parties, as well as an outside gathering for wine and cheese (carefully exercising social distancing). We also watch movies in the evenings and appreciate having each other for companions.



The photo (above) was taken at the Third International Conference on Mathematics and Statistics in Sharjah, United Arab Emirates. We are in the second row, right side in the large group picture. We are on the opposite side of the table in the small group photo on the left.

Terry Mader, Gretna Animal Science

Currently, I am doing some consulting dealing with livestock environmental stress. I am also still active in research/production with South America and Australia colleagues. We did have to cancel a Viking river cruise in Europe for this month due to Covid-19.

My wife and I are helping our daughter with her children's school activities. After doing the vinegar/baking soda experiment, my grandsons want me to make a bigger bomb and/or would like to know how to make something that will explode or at least make a bigger explosion. I know a lot of people are not seeing grandkids, but we are being careful or at least as careful as we can be. I also am doing Zoom meetings for grandkids' school and for Scouts, like everyone else is doing I suppose.



Husband, Lee Rockwell, shares a story with Kay and the audience.

happy birthday!



Kay's daughter, Keri, at left enjoys her mother's party by sharing a moment with a friend.

Kay Rockwell enjoys her birthday celebration at Roca Ridge Barn.

**Kay Rockwell, Lincoln
Agricultural Leadership, Education and
Communications**

It's Leap Year, so on February 29, a warm and gorgeous day, I celebrated my 80th birthday with family and friends at Roca Ridge Barn. Over mimosas and lunch, we hugged or shook hands, unconcerned about social distancing. Since the isolation started, I'm right sizing in preparation for a move into The Grand Lodge at The Preserve. It's a joy to pass household items on to others knowing that the objects will be used and enjoyed in other homes.

**John R. (Bob) Kelty, Lincoln
UNL Physics Electronics Shop**

Finding time when weather is good to work on garden railroad and basement model railroad. Skyping with daughters in Spain and Texas. Playing Pictionary and charades with them is a blast. Staying in, staying safe.

**Bill Lopez, Las Cruces, New Mexico
Teaching, Learning and Teacher Education**

I spent some time in the hospital with pneumonia, but it was not COVID-19 related. The virus is still minimal down here. Some are thinking this is because we've had temperatures in the 70s and 80s during the shut down. I'm not too sure.

When I was in the hospital, they serviced only two COVID-19 patients and both got well and were sent home. So that was good. I'm on inhalers now, so actually for an old man, I'm not doing too bad. Hope things keep going well for you. I can't image the stress you must be under. Take some time to smell the roses, i.e., the snowmen.

**Jeff Keown, Lincoln
Dairy Management**

My church has more than 200 people watching mass on Sundays during the pandemic.

Jo Bek, Curtis, Nebraska
College of Technical Agriculture

One of my mares had this baby in April. I am keeping track of the mare and baby as well as my farming husband.



Jo Bek is tending her horses as usual as spring comes to Nebraska.

Karen Lusk, Lincoln
School of Music

Karen's late husband, Larry, was a faculty member in the School of Music.

After umpteen years, I'm taking piano lessons again. I took lessons through high school and then in college where my teacher was Professor Larry Lusk, whom I later married. That was the end of my piano playing . . . housework, job, knowing how much work it was to play as beautifully as Larry, and to have him at our piano so much. I just didn't even try any more. I got my "piano fix" from hearing him practice and play.

Now, years later, after Larry's death, I looked at our piano and wondered about playing again. Could I even find middle C? The answer is "yes." I have made the commitment to myself to take lessons once again and am actually surprised at how much I've retained from years ago. (Good teacher, I guess). My "technique" needs lots of work, but I can still produce some music.

Also, this "down time" is giving me the best of all opportunities to practice. My actual lessons are on hold right now, but I know my many weaknesses and try to work on them like I usually would. Music is a great comfort and pleasure, regardless how it is presented. I just keep plugging away at a Beethoven piece, Mendelssohn, Chopin, Liszt. There is so much gorgeous music out there.

Hope you all stay well and have found something rewarding to fill your time.



Dan Shattil, Lincoln
Daily Nebraskan

We've been enjoying Lincoln's weather shifting from winter to spring to winter and back again.



**Ruth Brown, Lincoln
College of Journalism and Mass Communications**

“It’s kind of like retirement – on steroids.” That’s how my husband, Eric, and I view the COVID-19 Stay Home guidelines.

We have plenty of projects to keep us busy (for years!) but the lack of physical interaction is what’s difficult, especially when grandchildren are enforcing the 6-foot rule (except for our 4-year-old who forgets sometimes; bless her heart).

Nonetheless, this “staycation” has given us an opportunity to pause, reflect, re-prioritize, and appreciate aspects of our lives that we had previously taken for granted.

We have found new trails to take (literally and figuratively), rediscovered nearly forgotten skills, and made plans for a future that may look different than the past we knew. Like many of you, we have added Zoom to our communication toolbox, but we rely on email, the phone, and cards to stay in contact and to lift the spirits of those we know who need it.

Of course, we wish that this global pandemic had never happened, but it did, so we look for the silver lining. Stay well and stay connected.



The Browns have discovered new trails like those in Lincoln’s Saline Wetlands.



Ruth Brown rediscovered her sewing skills while making 32 face masks.

**Larry Haisch, Lincoln
College of Dentistry**

I’m doing well.

**Vi Schroeder, Lincoln
University Communications**

Time at home without a busy schedule meetings, luncheons, arts opportunities, or family gatherings. What a concept!

I’ve rediscovered activities I enjoyed many years ago: reading classics long gathering dust on my bookshelves (Bronte sisters, Tolstoy, HG Wells, Fitzgerald, and Dickens so far); needlework and crocheting; and gardening. I created a photo album for our 11-month-old grandson and am considering doing that for our children as their photos are still in boxes.



A flock of white pelicans visit the lake near Vi Schroeder’s home.

I am cooking recipes that were too complicated to attempt in limited time. And the flower garden is getting attention. Traveling the backroads of Nebraska has been a highlight of retirement, so now we are taking short trips during which we do not leave the car.

But the most remarkable thing I am discovering is how to be still and, therefore, more thankful. Today was the annual visit of a flock of hundreds of American white pelicans to our small lake, and because I was still and watching, I had opportunity to be thankful.

**Julie Johnson, Lincoln
Child, Youth and Family Studies**

Dennis and I have been isolated in our home since March 12. We have gone out of our house to pick up groceries and then stayed in the car while the grocery store employee put our groceries in the trunk. We also went to the drive-up window at the bank. When we got home from the bank, we "laundered" the money!



After visiting the drive-through window at the bank, we went home and "laundered" the money.



Alex Johnson, 5, and his family visit us from the other side of the screen door.

We have thoroughly wiped down everything that comes into the house, including each grocery item, the mail, papers and any delivered packages. After returning from the grocery store, we set up a sanitation station (card table behind the car trunk) and thoroughly wipe down each item. We get our mail with rubber gloves on and place it in a clean plastic bag, and then we wipe each item of mail and throw any trash and the bag away. Our children and grandchildren come over, but they visit from their car, on our deck with us inside, or more than 6 feet away on the patio. Our oldest grandson has retrieved medicine from the drugstore for us and then left it on our front porch. (We give him a nice tip and a friendly wave when he drops it off.)

One of the pictures is from the day we watched our 5-year-old grandson learn to ride his bike. On Easter we Zoomed a family Easter meeting and had six pictures on our screen of our daughter, son-in-law, son, daughter-in-law and four grandsons (ages 5, 13, 19, 21). It was great fun to "be with them at a distance" for this special holiday. I've used the Zoom recording feature to read and record (with video) books for my grandson. So far I have read 18 books for him in that manner.



We got to watch Alex ride his bike for the first time – from a distance, of course.



Our church has live-streamed Wednesday and Sunday services as well as Maundy Thursday, Good Friday, and Easter. Both Dennis and I had Zoom doctor appointments. It was interesting to see our doctors in their homes. My husband was first connected to the nurse, and because she was at home, her 3-year-old was hanging on her and wanting attention.

We have been worshipping online thanks to live streaming.



Our entire family was together via Zoom on Easter.



Our daughter, Darla Sutter, visited us from her car, keeping a 6-foot distance.

**Charlyne Berens, Lincoln,
College of Journalism and Mass Communications**

It started soon after we began our self-imposed seclusion.

Right outside my home office window is a good-sized hedge of holly bushes. Robins and finches have nested deep in the hedge before, but this spring a pair of cardinals has built a sturdy nest just a foot or two from the window.

I watched the female cardinal build her home with sticks and grasses and pieces of what looks like torn typing paper. The male came by once and stuck his nose into the construction project, but when the female returned, she rearranged whatever it was he had done. Made me smile.

Then the female disappeared for a couple of days, and I was worried she had come to harm – or changed her mind about nesting in the holly bushes. My husband said she was likely stocking up on food and building up reserves she knew she'd need once she was sitting on eggs.

Now she's back, almost all the time, so I assume there are eggs under her fluffed out feathers. I worried that the April 16 snow and cold would do damage to the mother or her forthcoming offspring, but it turned out her wise site selection meant that holly branches above her caught the snow and kept it off the bird family. Smart woman!

The male cardinal comes by from time to time and poses for a moment atop the hedge. He is gorgeous, of course, and I love to see him. But I've developed a deep admiration for the lovely but less flashy female who is working so hard to assure the family's future.

So I've enjoyed the Zoom meetings and virtual happy hours and phone calls and emails that have kept me in touch with friends and family during this strange season of the pandemic. But the chance to see these cardinals up close and personal is a unique privilege and joy I will never forget.



A female cardinal stays in place on her nest and enjoys the sunshine as the April snow melts around her.



***There are somethings you learn in the calm,
and some things you learn in the storm.***

Willa Cather



R. L. (Ted) Pardy, Lincoln School of Biological Sciences

I am painting at least one work for every week we are confined due to the virus. I'm designating this "The COVID-19 Series." The work pictured here is the first of the series. As of April 12, I am working on number three. Subjects are selected from my photo file depending upon my inclination/whim at the moment.

I took art classes at UNL prior to retirement and participated in several watercolor workshops. I've shown my work in several local venues. My wife, Ann, is a topnotch gourmet cook and an advocate for a person of special needs.

N. Brito Mutunayagam, Kearney Community and Regional Planning

With the exceptions of being unable to travel (regionally, nationally or internationally), enjoying the company of our children and grandchildren at our home or theirs, and socializing and dining with friends, very little has changed in my "Life in the Man Cave."

Cataloging and documenting information about my collectibles, collections, music, and other creative activity projects has taken most of my time since 2010, when I retired.

After the quarantine protocol was enforced, I evaluated whether any of the content in my assembly of catalogs could be "re-purposed" for sharing with members of my global social network provided that:

1. different combinations of content could be used to distract and divert members of my social network from fear and apprehension about the coronavirus pandemic that has created one of the worst global crises in one's living memory *and*
2. different combinations of content could bring solace, hope, joy, laughter, and happiness to members of my social network who are located on four continents – Asia, Europe, North America, Australia.

After a few trials via email, I heard from many recipients that the content I shared with them was, in fact, fulfilling both my objectives – in varying degrees, of course, depending on the content shared. And this reassurance inspired me to create a website where I could showcase and present "content" in a way to distract people from pervasive fear and apprehension and also bring solace, hope, joy, laughter, and happiness to them as well, even if it is just for a few minutes.

Here is the link to the website. Please note, it does not require a password: <https://ctplanner1.wordpress.com/namasthe/>

In closing, I am compelled to state that I am so proud of UNL for how its leaders have responded to this deadly pandemic: protecting the students, faculty, staff, and administrators with the "stay at home - be safe - stay well" policy first and continuing the fulfillment of UNL's primary mission of teaching, research and service as well. Just as I have had to integrate information and communication technology into my daily life, I commend you and all your colleagues in all programs on campus for having made that transition so smoothly and readjusting your respective lifestyles to work from home. Please hang in there. Together, we WILL overcome.

Please continue the fulfillment of your mission to make UNL the best place on earth for all the members of the university community, including emeriti faculty "changineers" like me. We are here to support and help as best we can. Once an educator, ALWAYS an educator.

Ben Rader, Lincoln History

In 2017, I completed a book, "Down on Mahans Creek: A History of an Ozarks Neighborhood" (2017). I then realized that there were other stories about the Ozarks (mostly more personal and anecdotal ones) that I wanted to write. I have now completed 22 of them, three of which will appear this year in little Ozarks literary journals. Sometime in the near future, I will probably submit all of them, tentatively titled "Ozarks Vignettes," to a university press for consideration as a book.

When Uncle Hub Put Down the Great Delaware School Uprising of 1941

I was woefully unprepared for beginning school in 1941. Having spent my first five years in a log cabin on an isolated farm located on Mahans Creek deep in Missouri's Ozarks, I had not attended kindergarten nor, I think, had I ever been to a Sunday school. And my poor, dear mother. Her efforts to prepare me for school by teaching me nursery rhymes, my numbers, and my letters had for the most part utterly failed.

Perhaps I exaggerate. I did have an immediate playmate, my brother, Mike, and I did live in a neighborhood full of kinfolk. On the other side of the steep ridge in Open Holler lived three Pummill cousins and down the creek two Rader cousins, all about my age and with whom I occasionally played. Before I arrived for my first day of school, I must have known at least casually several of the other students since about a third of them were probably kinfolk of mine.

The one-room rural school included students ranging in ages from 5 to 16, scattered across eight grades. For most purposes, the teacher divided the school into four groups, that is, she combined first and second graders, third and fourth graders, and so on. After the Pledge of Allegiance to the flag and perhaps the students singing a patriotic song or two – it was wartime – the teacher would begin the day by calling the first graders to the front of the room for a "recitation." She would then proceed in a similar matter through the other groups. Much of the curriculum revolved around trying to learn how to read, spell, write in cursive, and do elementary arithmetic.

Keeping order in such a school was no easy task, especially for someone only a couple of years or so older than some of the eighth-grade students. Such was the case with my first teacher, a "Miss Eulah." Almost at once, the oldest boys began to test the behavioral boundaries that she tried to impose on them. Before long, the miscreants were doing about as they pleased.

When we recessed for noonday lunch, they frequently headed for Mahans Creek, where they would play, perhaps fish a little, and swim, but they frequently did not return to school that afternoon. They also more or less terrorized the younger children. I remember that one of them threw my prized rubber ball under the schoolhouse. Because of my fear of venomous snakes, I did not try to retrieve it.

In time, the whole school degenerated into chaos. I am unsure precisely how this came about, but my Uncle Hulbert, the president of the school board, decided that the situation was no longer tolerable. (Incidentally Miss Eulah was Uncle Hub's sister-in-law). So Uncle Hub, who himself had taught one-room schools as a younger man, called the rebellious older boys into the schoolhouse, and Miss Eulah took all of the other children outside.

Uncle Hub then ordered each boy to step forward separately, to drop his pants, and to lean over the teacher's desk. Removing his belt, Uncle Hub proceeded to give each of them at least one resounding whack across their butts. (Even though I was outside, I think – but perhaps this is only in my imagination – I remember hearing not only the crack of the belt but also the ensuing cries of pain.) The punishment worked. Uncle Hub had put down the great Delaware School uprising of 1941.

I later learned that afterwards Miss Eulah suffered something of a nervous breakdown. The school board then appointed her sister and Hub's wife, Aunt Wilma, as our new substitute teacher. An experienced teacher, Aunt Wilma was a no-nonsense person.

While previously, as a first grader, I had done pretty much as I pleased (on one occasion using my scissors to trim the hair of a female student who sat in front of me) and learned virtually nothing, I was scared of Aunt Wilma. Out of utter fear, just like the teen-aged boys, I also reformed my behavior – well, at least a little.



Ben Rader took this picture of the Delaware School building in 2009. The school closed in 1950.

Ted Kooser, Garland
English
U.S. Poet Laureate from 2004 - 2006

Full Moon

The moon was in self-isolation, too,
and wearing a white mask as it passed us
in an aisle of the night, keeping a distance

not acknowledging us. It was pushing
a cart heaped up with stars, far more stars
than any moon could ever need, the cart

sparkling, a few little stars falling out,
left behind as the moon rolled past,
on its way toward eternity's checkout.

Queue

Some of us have known shortages,
rationing, long queues at fuel pumps,
at trucks with safe water on pallets,

or just empty pallets, those left by
the road, torn pieces of plastic wrap
flapping away. And although each of us

one day runs short on the future, for all
there's the present we stand in, shifting
our pains from one leg to the other,

and, always behind us, the past, having
made it through everything, its hands
on our shoulders, urging us on.

Doug Jose, Bennett
Agricultural Economics

A friend sent me this, author unknown.

For weeks I have heard people saying, " I just can't wait for things to be back to normal." I remember even saying that a few times myself. But as I've thought about our current situation, I have realized how much I don't want things to go back to the way they were. Here are a few of my thoughts...

1. I pray that the next time a friend grabs me and pulls me in for a hug, I actually take the time to appreciate the gift of their embrace.

2. I pray that the next time I'm sitting in a crowded restaurant I take the time to look around at the smiling faces, loud voices and thank God for the gift of community.

3. I pray that the next time I'm standing in church listening to the voices of praise that I take a moment to thank God for the gift of congregation.

4. I pray that the next time I see a person or situation that needs prayer that I pray as passionately and fervently as I have these past few weeks.

5. I pray that when I am at the grocery store that I take a moment to thank God that He provides us with the necessities of life and the amazing people who work so hard to keep us supplied.

6. I pray that I never again take for granted the ability to hop in the car and visit a friend, go to the mall, or even go to the park.

So, truth is, I don't want things to return to the way they once were. I pray that we take the lessons and challenges of these weeks and create a new normal. My goal is to pray more, love harder, and truly appreciate the daily abundance of blessings that were so easily overlooked just a mere few weeks ago.



This is Doug Jose's Northern Lights Magnolia before the snow and in between two hard freezes. A sure sign of spring.



Shopping has changed with COVID-19. On her website, Alice Henneman identifies basic foods people should shop for.

Alice Henneman, Lincoln Extension Educator

I just completed a blog post, "Basic Kitchen Foods for COVID-19 Times." The post includes: 1) an extensive list of basic foods; 2) helpful links to CDC, FDA, USDA and UNL Extension information on food safety, preparation, and storage; and 3) tips, strategies, and sample recipes I use to limit grocery buying to once every three weeks. View it at:

<https://bit.ly/BasicKitchenFoods>

Jane Zatechka, Lincoln

Jane's late husband, Doug, was the director of University Housing.

I seem to keep procrastinating during the lock-down more than anything else. I just keep thinking that all the cleaning will still be there tomorrow . . . along with everything else I should be doing! I have been keeping busy and I have been socializing...while maintaining social distancing. Some of my friends meet in a park on nice days with our lawn chairs sitting 6 feet apart just to get together and chat. We also have done "Take-out Tuesday" by bringing dinner/lunch to one of the gal's driveways and sitting 6 feet apart and eating and chatting. At least we get to see each other that way. I have tried to clean some of Doug's files, but that gets tedious so I usually give up after a while. I do feel that I've become a terrible slug and miss my morning workouts at Madonna . . . even though I am walking the bike path to try to keep a little active.

Attention, members!

Join us for an April 29 meeting with Chancellor Green

Please join your fellow association members for a Zoom meeting with Chancellor Ronnie Green at 1:30 p.m. on Wednesday, April, 29. You will soon be receiving an email message containing complete instructions about how to access the Zoom meeting via your electronic device of choice. You will have a chance to submit questions or comments to the chancellor. If you have technical questions, please contact Alfred Stark (astark@inebraska.com) for assistance.

Uncommon words become common as global virus spreads

by Julie Johnson

The pandemic has given us new words and phrases and has redefined some that already existed. Because the pandemic crisis has developed at such a rapid pace, the Merriam-Webster Dictionary made an unscheduled update for words connected to COVID-19. Each of the words in the first list below was added or revised for the dictionary just this past March.

COVID-19 is a new name for a new disease, coined as an abbreviated form of **coronavirus disease 2019**.

Coronavirus is the broad name for a family of viruses, including COVID-19. This entry was revised to show that relationship.

Index case or index patient is the first documented case of an infectious disease in a population, region, or family.

Patient zero is the person identified as the first to become infected with the disease in an outbreak.

Contact tracing means the practice of identifying and monitoring individuals who may have had contact with an infectious person as a means of controlling the spread of a communicable disease.

Community spread refers to the spread of a contagious disease to individuals who have no known contact with other infected individuals or who have not recently traveled to an area where the disease has any documented cases.

Super-spreader and its related term **super-spreading** refer to an individual who is highly contagious and capable of transmitting a communicable disease to an unusually large number of uninfected individuals.

Social distancing is a new phrase that applies to people who are neither sick nor have been exposed to the virus. Social distancing means the individual maintains enough distance from another person to reduce the risk of breathing in droplets produced by someone who is sick.

Self-quarantine means to refrain from any contact with other individuals for some time (such as two weeks) during the outbreak of a contagious disease usually by remaining at home and limiting contact with family members.

Here are some other words and phrases that are being used frequently during the pandemic. Some have taken on new meanings.

Pandemic is a world-wide spike in the cases of a disease, which is well above what is normally expected. An epidemic means this spike is only in a localized population.

Isolation vs quarantine – Isolation focuses on separating those who have symptoms from those who are not yet sick. A quarantine separates those who have been exposed but are not yet sick from the general public. Most jurisdictions in the United States are not enforcing a quarantine by law, so you often will see the word “self” in front of the term.

Containment vs. mitigation – Containment is stopping the spread of the disease. When containment fails, the goal is mitigation. Mitigation means slowing the spread and lessening the severity of the impact.

Sheltering in place or sheltering at home – These phrases take social distancing one step further by asking ALL residents of a certain area to stay home unless it is necessary to leave the house.

Self-monitoring – This means paying attention to your health so if you have symptoms, you can self-isolate.

Lockdown is any public health measure that limits the movement of people and exposure to others. Most places are currently under some type of lockdown related to COVID-19.

Shuttering schools – Closing schools to help prevent the spread. Most schools continued with online programming or **remote instruction**.

Flattening the curve – This refers to efforts to slow the speed, and thereby flatten the curve, at which the new cases are reported in a certain population. A curve angling sharply upward means the disease is spreading rapidly, even exponentially.” When that happens, the health care system becomes severely stressed. There might not be enough nurses, doctors, beds, ventilators, masks, etc. to care for so many patients at one time.

continued on page 18

Uncommon words (continued from page 17)

Asymptomatic vs. symptomatic – Asymptomatic means an individual infected with COVID-19 does not exhibit symptoms of the disease. **Asymptomatic transmission** happens when a person has the disease but no symptoms and gives the disease to someone else. **Symptomatic** means the sick individual exhibits the symptoms of the virus (fever, dry cough, difficulty breathing). Health authorities now believe there is a pre-symptomatic period where symptoms are too mild to be noticed but the person is contagious.

Confirmed case – A case in which a person has tested positive for COVID-19 by an approved lab. The number of deaths attributed to COVID-19 counts only confirmed cases. Therefore, there may be many more deaths from people who have not been tested but can be presumed positive.

Case cluster is where many cases stem from a certain location. Outbreaks at nursing homes, meat packing plants, and other specific places are examples.

Screening stations – These are stations where individuals can be tested for COVID-19, often set up in a parking lot where patients can drive up if they have symptoms and a doctor's referral. A flu test may be given first, with results available in 5 minutes. If the flu test is negative, a COVID-19 test is administered with results reported to the individual later. This is also known as **drive-through testing**.

Face masks vs. N95 masks – A face mask is used to prevent asymptomatic people from spreading illness. It will prevent the wearer from releasing droplets that can infect others. It does nothing to prevent the wearer from getting sick. N95 masks, however, are aimed at keeping the wearer healthy by filtering out virus particles from the air the wearer inhales.

A **ventilator** is a medical device used to help patients who have difficulty breathing on their own. The patient must be sedated to use a ventilator.

Isolation pods – An individual enclosure that is used to transport patients from one place to another.

Hand sanitizing stations – Places in a store or business where hand sanitizer is available for customer use.

R-naught or R_0 – This is the virus's basic reproductive number, used to describe how contagious it is. Some estimates suggest that each person with COVID-19 could infect between two and four other people.

Zoom or livestream – A technology that allows an individual to meet or participate in a live event (meeting, church service, concert, etc.) even though they are not in attendance.

Zoom bombing is when a Zoom meeting is hijacked by a prankster or hacker and shares disturbing content of a graphic or racist nature.

The following sources were used to develop this list of terms and phrases.

<https://www.merriam-webster.com/words-at-play/new-dictionary-words-coronavirus-covid-19>

<https://health.usnews.com/conditions/articles/coronavirus-glossary>

<https://www.rd.com/culture/coronavirus-term-everyone-should-know/>

<https://heavy.com/news/2020/04/zoom-bombing/>

We hope you have enjoyed this special edition of the newsletter. Our hope is that it has given us another way to interact and to learn about each other during this unique time.

Thanks to everyone who was willing to share their activities, pictures and creative works. It was our pleasure to develop the newsletter for your reading pleasure.

Your publications committee,

Julie Johnson, Charlyne Berens and Doug Jose

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**Do you have ideas
for stories or advice
that would make the
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Please contact a
member of the
Publications Committee:

Doug Jose
hjose1@unl.edu

Charlyne Berens
cberens1@unl.edu

Julie Johnson
jjohnson1@unl.edu

UNL Emeriti and Retirees Association
Wick Alumni Center
1520 R Street
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