



Emeriti Center Newsletter

Summer 2003
Vol. 22 No. 2

Celebrating 25 Years

1978-2003



Greetings from the Executive Director:

April was "Author! Author!" time here at the Center. We had two new book publications being released and reviewed

Reporters called from the East Coast and talk-show producers tried to schedule interviews, because Bill Faith's *Bob Hope: A Life in Comedy* was published in time for Hope's 100th birthday on May 29th. Emeritus Professor Jay Martin's very well-received new work, *The Education of John Dewey: A Biography* had a splendid review in the Los Angeles Times.

As part of the Emeriti Center's 25th Anniversary, all known authors who have book/monograph publications since retirement from USC will be honored at an author reception on October 2, 2003, at the Los Ange-

les City Library. Be sure to remind us if you have a book or monograph that should be included in this recognition. We do not want to overlook any of our authors. All readers of this newsletter are invited to the panel discussion and reception.

In national publications, Distinguished Emeritus Professor and Emeritus Director Paul Hadley was the subject of an article "Learning for Life" in NRTA's new magazine, *Live and Learn*. A picture of Distinguished Professor Peter Berton giving a Community Lecture highlighted an article in the *Chronicle of Higher Education*, which stated that "the University of Southern California's Emeriti Center, which, having been around for 25 years, is considered the gold standard by many in the field."

Directors from both UCLA and Yale University came to visit the Emeriti Center, and we went to UC San Diego to learn more about one of their successful programs. At the end of August, representatives from the U.S. and Canada will meet in Asilomar to lay plans for growth of the Association of Retirement Organizations in Higher Education (AROHE), to which the Emeriti Center serves as the national office.

I delight in the many many things that our retired faculty and staff are doing and accomplishing! May you have a happy and productive summer!
Elizabeth Redmon



Mitzi Tsujimoto, Chair,
Silver Anniversary Celebration Committee

SILVER ANNIVERSARY CELEBRATION

The Emeriti Center's 25th anniversary celebration is scheduled for Saturday, October 25, 2003 on the University Park Campus Town and Gown.

All retirees were mailed letters on April 3rd asking them to save the date to help celebrate this eventful occasion. In order to prepare and plan the many special activities for the day, the Emeriti Center is seeking retired staff and faculty for assistance.

Please come and volunteer for the planning and or to assist us on the days of the celebration. Please join the Steering Committee meetings held at 1:30 p.m. Gerontology Building, Room #219 on the following dates:

June 11, 2003

July 9, 2003

August 13, 2003

September 10, 2003

October 8, 2003

Call Judy Diaz at 213-740-8921 if you wish to assist the committee so we may place your name on the roster and e-mail.



USC employees and retirees learn to implement financial strategies at Transitions 2003. See page 7 for full story.

IN MEMORIAM

Robert Hillen, USC crew coach for over 40 years, died on March 16th in Los Angeles. He was 86. He founded the USC crew program in 1948 and was a lifelong champion of the sport of crew. Hillen, of Irish heritage, was born in Goldfield Nevada in 1916 toward the end of the Gold rush. He attended Sacramento Junior College where he was first introduced to crew. It was the golden years of rowing at SJC after the 1932 Olympics and before WWII, a time when SJC was a West Coast rowing powerhouse. Hillen transferred to UCLA in 1936. He lettered in Crew and stayed on to become assistant coach and finally co-coach, living at the boat house on Ballona Creek in what is now Playa Vista. In 1948 Julian Wolf, a former UCLA oarsman who was attending USC graduate school, appealed to Hillen to assist rival USC set up a crew team. For the first two years the USC Crew used UCLA equipment, boathouse, course and coach. In 1950 Hillen made the switch to USC for good. Creating a successful program with few financial resources was a hallmark of Hillen. The Alumni Review of 1964 summed up the USC Crew's auspicious beginnings, "If it is possible for a sport to be started on anything less than a shoe string, crew at USC was. Everything was borrowed. Only the manpower belonged to USC."

The Crew's first home in the LA harbor was a small shed on the beach, thanks to larger than life tugboat captain Bill Donahue. In the mid 50's they moved to an abandoned Coast Guard building near the ferry building. Over the years, with generous alumni contributions and successful competitions, the Crew eventually gained financial support from the University. In the late 50's they relocated near the Matson terminal, and a few years later the boat house moved a short distance to its present site. By 1953 crew was established, and the Trojans were victorious over major schools. Under Hillen's direction, USC beat Bob Schaffer's UCLA crew in an unbroken string of victories for eight years. USC's biggest victory came in 1956 when the Trojan varsity defeated the three-time Olympic champion California in a three-way race with UCLA at Ballona Creek. In this era at USC, Hillen was particularly proud to have coached Conn Findlay who competed in 3 Olympics, winning gold in Melbourne in 1956, bronze in Rome four years later and then gold again in Tokyo in 1964. Hillen continued to build the USC crew through the 60's and 70's. He was instrumental in forming the Western Intracollegiate Rowing Association and in 1972 he was selected as team manager of the US rowing team to the Pan American

Games in Columbia. In 1978 he was honored for his service to crew and USC with a plaque in Heritage Hall. Hillen coached both men's and woman's rowing programs, and he supported the conversion of the woman's crew organization, Shell and Oar, into one of the first woman's crew teams in the nation. In the 1980's he was a member of the US Olympic site selection committee for crew competition and officiated during the races. Hillen received the USC Alumni Service Award in 1987. Although he retired from Crew in 1990, he remained active and was instrumental in establishing the Trojan Men's crew as a club sport, which continues to thrive today. -- Submitted by Peter Hillen

Robert Gillmore, died March 22, 2003. He was a treasurer comptroller for USC Financial Services.

Bessie Solomon, died at the age of 90 in January 2003. She was an executive secretary at the USC American Language Institute.

Emeriti Center Administration and Council
Elizabeth Redmon, Executive Director, Emeriti Center

Senior Advisors: Norman R. Fertig, Paul E. Hadley, J. Tillman Hall, John R. Hubbard, Anthony D. Lazzaro, Alvin S. Rudisill, Harriet S. Servis, Barbara J. Solomon

Provost Appointees: Virginia K. Ainsworth, Herbert E. Farmer, Frances L. Feldman, Walter S. Graf, Howard E. Hansen, Margaret G. Harrington, Irving Rehman, Sophia Rehman, Beverly Rhue, William E. Thomson, Nancy E. Warner, Helen C. Ziler

William R. Faith, Director, Emeriti College
Della Marshall, Associate Director, Administration
Mitzi Tsujimoto, Assoc. Director, Staff Liaison & Volunteer Coord.
Michael Halloran, Assoc. Director, Communications Technology
Najwa Hanel, Representative, Academic Senate
Martin L. Levine, Vice Provost, Faculty & Minority Affairs
Gil Siegel, Retired Faculty/Staff Benefits Committee
Awilda Bregand, Director, Benefits Administration
Gerald A. Larue, Representative, Gerontology Center

Robert K. Cole, President, Retired Faculty Association
Sally Emerson, President, Staff Retirement Association
Steven D. Barnhart, Representative, Staff Assembly
Gordon Gray, Representative, Half Century Trojans
Terry R. Ziegler, Representative, University Staff Club
Linda D. Maudlin, Representative, USC Alumni Association
William E. Nies, Representative, University Advancement
Jane Page, Representative University Advancement

Emeriti Center Staff: Judith Diaz, Joan Mason, Jennifer N.M. Ontai, Jill Trimble

RETIREES APPEAR IN VIDEO-CD PRODUCTION: “CONNECTING FOR LIFE”

Al Gonzalez, producer/director at VisionQuest Entertainment, is producing “Connecting for Life,” a promotional/documentary on the Emeriti Center. Mr. Gonzalez was brought to the project by Kimberly Pease of the Emeriti Center Advancement Board, and he is fast becoming an adopted member of the Trojan Family. Many retirees will be shown as they participate in various activities.

The first taping took place in March at the Staff New Retiree Luncheon, followed by taping at two community lecture sites. In late April, Mr. Gonzalez and his crew of five captured footage to demonstrate Emeriti Research Grants, one-on-one computer training, the H. Dale Hilton Living History Project, the Emeriti College, the history of the Emeriti Center, and “Transitions” pre-retirement education series; as well as interviews with several administrators and outdoor campus shots. Early May brought two more days of taping, highlighting other programs, advisory/advocacy committees, and many more faces.

If all goes as planned, the premier showing will be at the Silver Anniversary Luncheon on October 25th in Town and Gown.

FRIENDS OF THE USC LIBRARIES

UPCOMING EVENTS:

May 19, 2003 through August – *Willy Wonka and the Chocolate Factory Exhibit* – Rare production stills, on-set photographs, production designs and other material from the 1971 musical “Willie Wonka and the Chocolate Factory.”- David L. Wolper Center. Free.
June 24, 2003, 11:30 a.m.– *Literary Luncheon* – Actress, novelist, and USC Scriptor® Award winner Fannie Flag discusses her book, chronicling the post-WWII half-century in a fictional small town in Missouri. \$35/person, including lunch and parking. *Information on these and future events, contact Toni Miller (213) 740-2328 or antoinet@usc.edu.*

EOS: THE DAWN OF A NEW LEARNING PHASE

Every morning the Greek Goddess of Dawn, Eos, would open the gates of heaven and accompany her brother, Helios, God of the Sun, as he began his brilliant arc across the sky..... So did Greek mythology account for the experience of each new day!

For many of us, retirement offers a myriad of new dawning – in family life, in travel, in new jobs, in hobbies, in new relationships and even in new learning experiences. To facilitate life long learning experiences, the Emeriti Center is embarking on a new project we call the Emeriti Online Seminars, or EOS Program. The Leibovitz Foundation has generously provided a seed grant to fuel this new sunrise.

The structure of each EOS seminar is envisioned to include a 3-4 month, on-line, group study project, focusing on the academic challenge of researching a topic of interest to a broad audience and culminating in a report or some end product (e.g. a group video) that combines the input of all members of the group. Factors in topic selection will include the academic merit, as well as the likely popularity of a topic because of its traditional, cultural, current event, social or controversial elements.

You should have received a letter recently from Mike Halloran and Betty Redmon providing more specifics about the initial concept and soliciting your interest in and ideas concerning the EOS Program. They are eager to hear your feedback! If you have questions, comments, or need a fresh copy of their letter, leave a voice message at 213-740-8921 or email us at emeriti@usc.edu.

PRAISE OF USC ATHLETES EXTENDS INTO THE CLASSROOM

2002 was an outstanding year for USC’s athletes, with the football team victorious at the Orange Bowl, Carson Palmer winning the Heisman Trophy, and the women’s volleyball team capturing the national championship. Here are some additional facts to brag about:

“...This year our athletes ranked seventh nationally in the total number of NCAA postgraduate scholarships awarded. In 2001 the graduation rate for our football players was at an all-time high—82 percent—which was more than 30 points higher than the national average.” *President Sample, remarks at Heisman Trophy VIP Dinner and Reception, New York City, December 16, 2002.*

“...The women’s volleyball team deserves particular mention for its remarkable 3.07 team grade point average, with four players on the Deans List (3.5 GPA or higher) and one player, All-America April Ross, achieving a near-perfect 3.9 GPA!” *President Sample, letter to USC Ambassadors, February 10, 2003.*

RETIREE BOOK CLUB WANTS YOU!

Our Book Club meetings are held the fourth Thursday of the month, September through June, (except for holidays) at 1:00 p.m. in Gerontology 219.

Previous books discussed include Michael Cunningham’s Pulitzer Prize-winning novel, *The Hours*, J.K. Rowling’s best-selling *Harry Potter* series of books and Ron White’s *Lincoln’s Greatest Speech: The Second Inaugural*. We seek book recommendations from our members and have reviewed various books on fiction, biography, history, poetry, and current best-sellers.

Beginning in the Fall, the group will gather for a noontime buffet luncheon, (price \$8.50), at the nearby International College at Parkside Restaurant. The group will then meet in GER 219.

We encourage you to join the Book Club and hope to see you at the next meeting on June 26th.

Please RSVP Dr. Glenn Hamor and Eileen Hamor, Co-chairs, Phone: (310) 645-9453.



Elizabeth Redmon presents the 2003 Leibovitz Award for service to seniors to Sally Emerson.



Another year of the Staff Retirement Association is nearly over and I'd like to report all of our recent activities. Recently 48 members and guests gathered at USC for a "Day Trip" to the new Cathedral of Our Lady of the Angels. A few weeks before, 75 retirees enjoyed a wonderful performance of *Oklahoma* on campus. Our "Day Trip" Art Tour on the Red Line was great fun. And with the new Gold Line opening this summer, it will surely open new vistas to explore. You can certainly tell we've been busy!

Our annual Retirement Luncheon was celebrated in March at Town & Gown. While all in attendance had a delightful time, over 20 new retirees were honored with the presentation of a letter of appreciation and a Trojan Gallery. We were also delighted to present Senior Vice President for Administration Dennis Dougherty with an Honorary Life Membership in the SRA. He continues to do so much for the staff of USC. I was selected for the Leibovitz Staff Award for service to seniors, which I feel very honored to have received.

This will be my last article as your President. I have enjoyed these past two years and I think you know how much I believe in the SRA and what it stands for, or I wouldn't have accepted the presidency again. I feel that we have come a long way with our new e-mail newsletter (remember to sign up at wines@usc.edu in order to receive it) and with our exciting Day Trips. We are continuing our Homecoming celebrations and adding opportunities to attend student musicals like *Oklahoma*.

All the yearly events mentioned above would not be possible without our wonderful Executive Board Members. So if you happen to see any of these members, be sure to thank them for their time and effort on your behalf: Frances Abraham, Virginia Ainsworth, Fred Dear, Alice Donahue, Sherman Gillespie, Helen Jones, Della Marshall, Howard Saperston, Harriet Servis, Mitzi Tsujimoto, Cathy Van Orman, Ron Violette, Leonard Wines & Terry Ziegler.

My thanks for your support of the Staff Retirement Association.

Sally Emerson
President

Enjoy these pictures from the annual Staff Retirement Recognition Luncheon, sponsored by the office of the Senior Vice President of Administration, Dennis Dougherty (pictured at right).





TRANSITIONS IS A HUGE SUCCESS – ATTENDANCE QUADRUPLED!

Annually, the Emeriti Center hosts *Transitions*, providing information for active employees at both the University Park and the Health Sciences Campuses. The word "transitions" implies a movement or an evolution from one stage or style to another. The information provided in our annual program is directed to facilitating the transition of our active employees from the active working environment of the university to the pursuit of an active and successful retirement. This year, in order to provide the most current information about each employees transition, we joined

forces with the new director of the USC Benefits Administration, Awilda Bregand. She and her amazing staff set out to research and gather information which would be especially relevant to those staff and faculty at the university seeking retirement strategies and insights. Two days of seminars on each campus included such topics as: Life Insurance, Accidental Death and Dismemberment Insurance, Long Term Care Insurance, Basic Retirement Plan Medical Insurance, Medicare, Social Security, and Dental Insurance. Active employees and retirees alike enjoyed

the expertise and humor of USC's Dagmar Halamka, J.D. She revealed important tips on Wills and Trusts, Durable Power of Attorney for Health Care, Consumer Product Laws and Retirement Real Estate Issues. Helen Dennis reviewed how we should approach our retirement lifestyle planning. Jill Trimble emphasized the importance of exercise and nutritional planning. Financial planning topics were discussed by Fidelity and Prudential. And TIAA-CREF provided excellent financial planning information as well as complimentary lunches for all attendees.

The State Bar of California has published a new guide called *Seniors & the Law: A Guide for Maturing Californians*. It concerns such issues as: health, senior discounts, caregivers, social security, Medicare, wills, elder abuse, driving, pensions, estate planning, housing, Medi-Cal, retirement, and nursing homes. To order your copy, send an e-mail to barcomm@calbar.ca.gov and state your name, complete street address (no P.O. Boxes) number of copies ordered and choice of "English" or "Spanish" version for each number, and a daytime phone number; or you may send a letter with the required information to The State Bar of California, Attn: Seniors & the Law, 180 Howard Street, San Francisco, CA 94105-1639.

Review and adjust asset allocation with consideration of proposed retirement date and distribution options.

TIAA-CREF (800) 842-2776 www.tiaa-cref.org
Fidelity (800) 343-0860 www.fidelity.com/non-profits
Prudential (800) 428-1142 www.prufn.com
SunAmerica (800) 871-2000 x6872
www.sunamerica.com
Vanguard (800) 523-1188 www.vanguard.com

Schedule an individual appointment with a plan representative if desired.

TIAA-CREF (877) 209-3140 x2612
Fidelity (800) 642-7131
Prudential (800) 428-1142
SunAmerica (818) 551-7301
Vanguard (800) 662-0106 x69000



Dagmar Halamka, J.D., a professor in the USC Department of Finance and Business Economics, spoke at the *Transitions* event and shared some important information for seniors and retirees who attended. The following excerpts may be found in more detail by accessing the websites referenced at the end of each "tip."

California Property Taxes Propositions 60/90 are constitutional initiatives passed by California voters. They provide property tax relief by preventing reassessment when a senior citizen sells his/her existing residence and purchases or constructs a replacement residence worth the same or less than the original.

Q. If I sell my current residence, can my replacement property be in any county of California and still be eligible for Proposition 60/90 benefits?

A. No. In order to be eligible for Proposition 60/90 benefits your replacement property must be in Los Angeles County (Proposition 60), or a county that has passed similar Proposition 90 local op-

tion ordinances. A county's participation in Proposition 90 is not mandatory and is subject to change. Therefore, you should always contact that county for Proposition 90 eligibility before you purchase your replacement property.

The following is a list of the counties currently participating in Proposition 90 as of January 10, 2001: Alameda, Kern, Los Angeles, Modoc, Orange, San Diego, Ventura, San Mateo, Santa Clara.

Q. I think that the sale of my residence may qualify for this benefit. How may I apply?

A. You must file a claim with the Assessor who will then determine if the transaction qualifies. Claim forms are available at the Assessor's public counter downtown and at the Regional Offices.

Q. Can a taxpayer apply for and receive the benefit of Proposition 60 or 90 numerous times during the course of his/her lifetime?

A. No. Only claimants who have not previously been granted this property

benefit are eligible. This is a one-time benefit.

For more information on Propositions 60 and 90, go to www.lacountyassessor.com/guides/prop6090.asp

Which states do not have an income tax? Presently, there are 7 states that do not impose any individual income tax. Now just because they do not have an income tax does not mean there is no tax. For instance, some of these states make up for this particular loss of revenue through property tax, sales and use tax, intangible tax, and/or a variety of other miscellaneous taxes. Nonetheless, the following are states without any individual income tax: Alaska, Florida, Nevada, South Dakota, Texas, Washington, Wyoming. Check out www.cpadvantage.com for more useful information.



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:Special thanks to all of our:
:speakers and participants as:
:well as staff who helped make:
:this event possible. We espe-:
:cially appreciate the continu-:
:ing support of TIAA-CREF:
:for providing complimentary:
:lunch each day.
:.....

EMERITI COLLEGE



William R. Faith, Director,
Emeriti College

IS OLDER BETTER?

When I first arrived at the Emeriti College five years ago I was told that there was one word that was never used in any of the Emeriti Center literature. Furthermore, it was hardly ever heard and, in fact, was routinely discouraged in conversation. The word is "old."

Naturally I asked why. Well, "old" has a tendency to be pejorative and not a very nice word to describe grown-ups. But a better answer is that the word "older" is a natural way to describe the aging process. We grow older every minute of our lives. So I could easily see the logic and decided that "older" is better.

As I began to work with our USC retirees, both staff and faculty, who come to the Emeriti Center to volunteer, I noticed something else. These are people who are just a bit older than they were before they retired, so naturally they are not much changed. But they have different reasons for spending hours with us and with others like themselves – either to serve on committees, to enjoy the book club, to lecture at one of the Emeriti College community sites, to mentor a student, or just to stuff envelopes with the rest of us over a pot-luck luncheon.

To cite a few statistics, in the past year, two dozen retired faculty members have mentored students; the book club discussed exciting new books and welcomed visiting authors; some 40 retired faculty shared their knowledge with mature audiences throughout the Southland, and over a hundred retired staffers gathered to enjoy an SRA theater party to see the musical *Oklahoma*.

What is the most noticeable about all SRA, RFA, Emeriti Center and Emeriti College activities is simply the caring and the sharing. And it is all being done by retirees who today are just a little older than they were yesterday.

I'm probably biased but I think older IS better.

Some College Notes:

*Please check the Summer Schedule on the following page or visit our website at www.usc.edu/org/emeriti_center for more updates of Public Participation Lecture Discussions at Senior and Community Centers throughout the Los Angeles area. You can always call the Emeriti College (213-740-8841) for information on lecture topics and locations.

*As part of the Emeriti Center's Silver Anniversary celebration, nominations are requested for the 10th Borchart Lectureship, an annual lecture and reception that honors a professor Emerita or Emeritus who has achieved distinction through continuing scholarly production of a high order. The manuscript is published in booklet form. Nominations should be received by the Emeriti College no later than Monday, June 2. Nomination forms can be secured by calling Jill Trimble at 213-740-8841.

*Mentors are being recruited for the 2003-2004 academic year. Both retired faculty and staff participated in the mentoring program this past year. Students were majoring in the social sciences, communication, political science, pre-med subjects, music, business and the humanities. See mentors and mentees pictured below. Anyone interested in being matched with a student from the university's Emerging Leaders program, please contact either Bill Faith or Jill Trimble at 213-740-8841.



*Applications for retired faculty research grants from Norris Foundation funding are now available from the Emeriti College and should be filed by September 15, 2003. Each applicant may request up to \$2000 in grant money for the 2003-2004 academic year. Applications may be obtained by calling Jill Trimble at 213-740-8841.

*Retired faculty engaged in research may wish to request undergraduate assistance and may apply for a grant up to the amount of \$2500 for any single project. The faculty member is responsible for recruiting undergraduates who are pursuing the field where the research is centered. Call Jill Trimble at 213-740-8841.

*FINAL NOTICE: Authors of post-retirement books/monographs are urged to contact the Emeriti College so that we may be able to include the book or monograph in the display planned for the Los Angeles City Library authors reception October 2, 2003. PLEASE CALL BILL FAITH OR JILL TRIMBLE ASAP at 213-740-8841.

WEST HOLLYWOOD SENIOR ACTIVITY CENTER

7377 Santa Monica Boulevard

West Hollywood, CA 90046

Contact: Courtney Feinstein, Director (323) 876-1717

Thursdays, 2 p.m.

Jun 19 *Modern Israel Through Poetry*

Susan E. Laemmle, (Rabbi), Dean, Office of Religious Life

Jul 10 *The World After 9-11: Changing Alignments*

Peter Berton, Distinguished Emeritus Professor, International Relations

OASIS WESTSIDE

Westside Pavilion 10730 West Pico, Corner Overland;
Robinson-May, 3rd Floor

Parking: Overland entrance, follow Robinson-May signs to roof.

Walk directly into OASIS.

Contact: Victoria Neal, Director (310) 446-9472

Thursdays, 10:30 a.m.

Jun 5 *The Post War Middle East*

Paul E. Hadley, Distinguished Professor Emeritus, International Relations

Jun 19 *Hinduism*

Vasisht Malhotra, Professor, International Relations

Jun 26 *Egypt and The Middle East*

Vasisht Malhotra, Professor, International Relations

Jul 10 *The Future of U.S./Mexican Relations*

Paul E. Hadley, Distinguished Professor Emeritus, International Relations

Jul 17 *Russia's Role in the New Pacific*

Peter Berton, Distinguished Emeritus Professor, International Relations

OASIS IN THE VALLEY

Los Angeles Pierce College

6201 Winnetka Avenue, Woodland Hills, CA 91371

Contact: Claude Klein (818) 710-4163

Wednesdays, 10:30 a.m.

Jul 9 *Russia's Role in the New Pacific*

Peter Berton, Distinguished Emeritus Professor, International Relations

Jul 16 *The Post War Middle East*

Paul E. Hadley, Distinguished Professor Emeritus, International Relations

Jul 23 *A Day at the Races With Manet and Degas*

Karen Lansky, Associate Professor, Art History

Jul 30 *Buddhist Philosophy*

Vasisht Malhotra, Professor, International Relations

Aug 6 *Egypt and The Middle East*

Vasisht Malhotra, Professor, International Relations

OASIS LAKEWOOD

5100 Lakewood Boulevard, Lakewood, CA

Robinsons-May Basement

Contact: (562) 601-5041

Tuesdays 1:00 p.m.

Aug 5 *The Post War Middle East*

Paul E. Hadley, Distinguished Professor Emeritus, International Relations

Aug 26 *Foreign Policy of India and the United States*

Vasisht Malhotra, Professor, International Relations

OASIS AT THE HARBOR

Harbor Terrace Retirement Center

435 West 8th Street, San Pedro

Contact: Dr. Althea Clark, Coordinator (310) 547-0090

Tuesdays, 10:30 a.m.

Jun 17 *The Impact of Globalization on Latin America*

Paul E. Hadley, Distinguished Professor Emeritus, International Relations

Jul 15A *Day at the Races With Manet and Degas*

Karen Lansky, Associate Professor, Art History

Aug 19 *Egypt and The Middle East*

Vasisht Malhotra, Professor, International Relations

MOTION PICTURE HOME

Northridge, CA

Wednesday, 10:30 a.m.

August 13 *"100 Years of Hope"*

William R. Faith, Associate Professor Emeritus, Journalism

August 20 *The India-Pakistan Problem*

Vasisht Malhotra, Professor, International Relations

OMNIUM-GATHERUM

(FORMERLY NEWS AND NOTES)



Jill A. Trimble, Assistant Director,
Emeriti College

MAINTAINING A HEALTHY BALANCE

In addition to pursuing intellectual and creative interests, an important component of healthy aging is exercise. Even moderate physical activity can make a big difference in achieving a longer, healthier and happier retirement.

Regular exercise is proven to aid in controlling blood pressure, body weight and cholesterol levels, and to reduce the risks of hardening of the arteries, heart attack and stroke. A well-balanced fitness program will also condition muscles, tendons, ligaments and bones to help fight osteoporosis, keep your body limber, and stabilize your joints which will reduce the risk of everyday injuries. Regular physical activity is a great way to help maintain your independence.

Physical activity improves digestion and helps manage lower back pain, arthritis and diabetes. Recent studies indicate that an active lifestyle can also lower the risks of certain types of cancer. Researchers have discovered that activity appears to enhance an older person's intelligence – either as a result of increased circulation or adrenaline rushing throughout body – but minds do become more alert.

But perhaps the best argument for incorporating regular exercise into your life is an overall increased sense of wellness, mentally and physically. Exercise helps you sleep better, manage stress better and provides more endurance to enjoy work and play.

Prior to beginning any type of exer-

cise, it is important to start with a slow warm up period to get blood flowing and joints moving and always end with a cool down stretch. Make a regular commitment to your activity of choice, and stop immediately if there is any pain. Never exercise a hot, inflamed joint. To ease stiffness prior to exercise, use moist heat.

Sounds great, but how does one get started? One activity to consider as we celebrate springtime, is walking. It is not necessary, as previously thought, to devote a minimum of 30 consecutive minutes to an aerobic activity to reap benefits. Three short 10 minute walks will benefit will the body and brain. Walking can be done anywhere and it is inexpensive. The one important piece of equipment necessary is a pair of comfortable, supportive walking shoes. It is a good idea to layer loose clothing. Walking can be a social activity, such as mall walking or a walking class, or a time for quiet reflection.

A fun way to monitor your progress is to wear a pedometer. You can purchase one at a sporting goods store for under \$30. Simply clip it on in the morning and it will count steps taken and calories used throughout the day. This enables you to find a base to build upon. (For more information on pedometer walking programs, visit www.prevention.com and click on the Walking Fit link at the top of the page).

Whatever your choice of exercise, the important thing is to select an activity you enjoy so you can stick with it and allow it to enhance your life rather than becoming another "chore." Best in health! - Jill Trimble

USC LIBRARIES

USC Libraries has more than 20 libraries and specialized collections. If you are not sure where to start, USC's gateway library, Thomas and Dorothy Leavey Library, is the place to go. The staff at Leavey Library can help you with your research needs and provide referrals to the other libraries on campus.

For a complete list of all USC Libraries and collections, visit ISD's "Libraries at USC" Web page www.usc.edu/isd/libraries/, which has links to all the USC libraries' home pages. For an updated list of library hours, visit the "Hours and Locations" page at www.usc.edu/isd/locations/hours.

The USC library catalog, which is available at www.usc.edu/isd/homer/, will help you locate books, periodicals, government documents and dissertations held in libraries on the University Park campus.

For digital library resources, visit USC's "Subject Resources" page, www.usc.edu/isd/elecresources/ - a vast collection of article indexes, catalogs, dictionaries, encyclopedias, electronic journals, visual materials and much more. -- Provided by USC Information Services Library Brochure
213-740-4039 Research Services,
Doheny Memorial Library

Los Angeles Caregiver Resource Center and the City of Burbank Park
Recreation & Community Services Department-- Senior Services Presents...

POWERFUL TOOLS FOR CAREGIVERS

When: Saturdays, from 9:30 a.m. to 12:00 p.m.

June 7th, 14, 21, 28, July 5 and 12th (Please note this is a 6 week training)

Where: Joslyn Adult Center

1301 West Olive Avenue

Burbank, CA 91506

To Register: Pre-registration is required. Space is limited.

Call 213-740-7842 to reserve your seat. \$20 suggested donation

This class will: Help you reduce stress; Communicate effectively with your family, doctors, and paid help; Take care of yourself; Help you relax; Make tough decisions; Set goals and problem solve; Reduce guilt, anger, and depression

don't let your income **shrink**

A gift annuity will provide you with a guaranteed income stream for life while also benefiting USC retiree programs.

An annuity to the Emeriti Center will provide:

- 1 A guaranteed income stream for your life (and one other if desired);
- 2 A charitable tax deduction;
- 3 Support for USC retiree programs;
- 4 Safety, as annuity agreements are backed by the full faith and credit of the University of Southern California;
- 5 Flexibility, as a gift annuity can be created with cash, securities or real estate.

Payout rates are based on age. Here are three examples:

Age	Guaranteed Annual Payout*
75	7.3%
82	8.8%
couple of 75 & 82	6.8%



It's how to give as good as you get.

Jane Page

Director of Planned Giving

213-740-2682

www.usc.edu/plannedgiving

All inquiries are kept in strict confidence.

* Sample based on rate schedule as of 1/1/13. Rates are set by the American Council for Gift Annuities.

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