

The Senior Sentinel

December, 2004

Newsletter of the IUPUI Senior Academy

Have a Spam/Porn Problem It Can be Defeated

If you have an e-mail account with IUPUI you likely are deluged with spam/porn. But you don't have to stand still, or grit your teeth, or endure it. And you don't have to change to a commercial e-mail server. You'll get spammed there also.

According to Brian Voss, associate vice president for IU telecommunications, you should enroll with IU's spam filtering service. Only about 10,000 of the 160,000 IU accounts are enrolled. Get the "How to Filter Spam" document at <http://uits.iu.edu>. If you use another server, there are some very good commercial filters.

Spam is an enormous and very costly drain on the University. Voss says that more than \$300,000 is an estimated annual price to filter, monitor and stop this unwanted e-mail. "We can't ignore the problem but we should not interfere with the free-flow of ideas." A quarantine system in the University filter system handles that. Voss says he personally often gets as many as 100 spam e-mails a day and this alone is a tremendous drain on

valuable time. This is multiplied by thousands of hours spent by faculty and staff who also endure this evil of our tech age.

Spam purveyors are aggressive and innovative, putting the University and companies in a defensive mode. Spam can introduce viruses into your computer, and can beguile unwary users into financial disasters. The major reason that from 60 to 80% of all e-mail spam continues is that it is profitable to spammers. There are some nuisance spammers, like hobby hackers who do it for fun and challenge. But for those in it to make money, if a million spam messages get a few hundred responses, that is profitable since there is virtually no overhead for spammers and porn vendors. They sell and buy address lists.

Voss offers these suggestions for Senior Academy members:

- Don't open e-mail from anyone you don't know, and don't fall for intriguing subject lines;
- Don't reply to any offensive e-mails because that often puts you on more e-mail lists;
- You can change your e-mail address, but it is not a long-term solution: you'll likely be on other new lists again and this is irritating to many of your e-mail correspondents;
- Become familiar with spam and how to combat it in your life by logging on to the IU Knowledge Base at <http://kb.indiana.edu/data> for a host of publications that can help. The publications, available at the IU website, are very comprehensive and easy to follow.

There is hope to defeat this evil, Voss says. "In the next two years or so, legislation will be more aggressive and enforcement will improve. Further technical advancements may make it go away. Like an illness, first there is a treatment, then a cure." —**Noel Duerden.**

Academy is 10 Years Old

With humble beginnings in 1994, to modest growth and service in 2004, the IUPUI Senior Academy marked its 10th year by presenting programs to interest and benefit members.. The first bylaws were dated April 14, 1994.

The mission statement then: ... “an independent association of retired faculty and staff who contribute their expertise and experience to IUPUI and the greater community.” It still is the guiding principle for 230 paid members. Dues are a modest \$10 a year, or lifetime, \$100. There are 76 life members. Most members still live in the Indianapolis area. IUPUI supports the Academy with office space, operational expenses, and a part-time staff member, **Dottie Swinney**.

As a voluntary organization, the Academy has been involved in the campus and community in many ways. Annually, The Academy is among the leading units on campus in percentage giving to United Way of Greater Indianapolis. Three scholarship funds, each worth \$2000 annually, are maintained by voluntary contributions. Retired faculty and staff members are seen in a variety of campus activities where volunteers are needed. The Academy serves its own members with an energetic series of social events as well as special interest lectures, programs and classes.

Current officers are **Ursula Roberts**, president; **Don Schultheis**, vice president; **Vic Childers**, treasurer; **Bernice Hopp**, secretary; and **Marvin Ebbert**, past-president. Committee chairs are: **Bob Kirk**, programs; **Art Mirsky**, scholarship; **Carl Rothe**, communications; **Catherine Palmer**, social; **Barbara Zimmer**, service.

Campus/Community Service Opportunities Abound

Senior Academy members continue to serve on the campus and in the community. The Sentinel will spotlight events that seniors can choose from to continue applying their talents and experiences. Several Academy members reported that they enjoyed serving as cashiers for the “Chili for Charity” event on campus in October. In addition to helping collect funds for United Way, we interacted with new students and old colleagues as well as some we hadn’t seen in awhile.

The next campus opportunity for service will be Monday, January 17, the Martin Luther King, Jr. Day of Service. Call or e-mail Barbara Zimmer if you can participate, at 253-7867 or Karbaraz@aol.com.

A continuing community service opportunity that fits well with our talents and abilities is volunteering with the literacy program sponsored by the Indianapolis-Marion County Public Library. A variety of jobs are available, from signing up people to one-on-one tutoring. Find out more, call 269-1755 or check the website, [Indyreads@ imcpl.org](http://Indyreads@imcpl.org). —**Barbara Zimmer**

A New Opportunity to Mix and Mingle

Chase away the winter gloomies by joining colleagues at MCL for lunch.

Experts on mental health of seniors emphasize the importance of getting out and having social interactions. So, let’s gather for lunch at MCL on the dates listed below.

We will go through the cafeteria line and then look for tables with IUPUI Senior Academy members and signage. MCL opens at 11 a.m. and it is suggested that we arrive before 11:30 to beat the lunchtime crowd. Initially, the purpose will be social. However, if we reach a minimum of 25 people, we can reserve the MCL banquet room. Then we can shift to a lunch/speaker format. (The Purdue-West Lafayette retiree group reportedly attracts 100-150 persons monthly to similar luncheons.)

Spouses and friends are welcome. We will check out various locations by rotating among MCLs for future monthly gatherings.

Dates (4th Mondays)

Monday, January 24, 2370 W. 86th (Township Line Rd and 86th St

Monday, February 28, Castleton, 5520 Castleton Corner Ln

Monday, March 28, Carmel, 116th and Keystone

If other members of the Senior Academy would like to coordinate

lunch gatherings at other MCLs in the metropolitan area, I encourage you to do it.

To remind you about the above dates and locations, I will compile an email list. If you would like to be on the email list, send your email address to me, RKirk1937@aol.com. —**Bob Kirk**

Calendar of Events

Dec. 8--Annual Holiday Party, 5p.m., Hollyhock Hill

Jan. 17--Martin Luther King Day of Service and Dinner, Campus

Jan 24--Mix and Mingle, 11:15 a.m., MCL Cafeteria, 2370 W. 86th

Jan. 27--Good Nutrition, 10a.m., IUPUI Glendale

Feb. 8--Genealogy, 10 a.m., IUPUI Glendale

Feb. 28--Mix and Mingle, 11:15 a.m., MCL Cafeteria, 5520 Castleton Corner Ln

March 8--Long term Care Insurance, 10 a.m., IUPUI Glendale

March 28--Mix and Mingle, 11:15 a.m., MCL Cafeteria, Carmel

April 13-14-- Clifty Falls Overnight, Madison IN (Tentative)

No Socials 'till Spring

Cay Palmer, chair of the social committee, says that Academy socials traditionally are not planned until mid-spring

The social program generally has had some six socials a year and attendance has increased each year.

Since 1966, for example, attendance has risen from the mid-teens per event to the annual Christmas dinner, drawing as many as 50. Reservations have closed for this year's dinner Dec. 8 at Hollyhock Hill..

The wide range of socials has included trips throughout the state--Turkey Run State Park, Amish Acres, Chicago, as well as local programs including the Indianapolis Museum of Art, Medical History Museum, the Catacombs under City Market, The Star's new production center.

Academy Website Keeps You Current

The major means of communications with you and the Senior Academy are the Senior Sentinel, the Website, and mailings about special events, says **Carl Rothe**, communications committee chair.

The best way to keep up on your own time is to use the Website regularly.

Judy Silence is webmaster and is dedicated to making it a prime resource. Officers, history, membership benefits are available. Visit <http://www.iupui.edu/~sacademy/index.htm>

You CAN Get an IUPUI Internet Account

Several Senior Academy members have reported they have been denied access to the University computing system and Internet connections.

Brian Voss, associate vice president for telecommunications, told the Senior Sentinel that the IU policy is that all retirees are eligible for an account. It depends on how you left University service. Sometimes retirees may have left without official retirement. A check with the campus Human Resources Department will confirm your status and eligibility.

If anyone is turned down upon inquiry, request to speak to a supervisor who will help you confirm your eligibility and set up an account.

Understanding Long Term Care Insurance

Presenter **Ed Solinski** is a certified counselor in long term care insurance for the Senior Health Insurance Information Program (SHIIP). He has provided programs for the Senior Academy on comparing health insurance policies. His sessions have been well-attended and appreciated.

The date is Tuesday, March 8, at 10 a.m. at the IUPUI Center in Glendale Mall.

In May or June, a presentation by David Snyder of the Monroe Co. Bank in Bloomington will continue his well-attended series on estates and investments.

Dr. Martin Luther King, Jr. Dinner

The 35th Annual IUPUI Dr. Martin Luther King, Jr. Dinner is Monday, January 17, at 6 p.m. in the Indianapolis Marriott Downtown Ballroom. Keynote speaker is Kevin Powell. The Black Student Union is campus host.

Tickets sale began October 25 . All tickets are sold first come, first served. Prices are \$20 for IUPUI undergraduate students, and \$35 for faculty, staff, graduate students, and community guests. Ticket sales will officially end at 5 p.m. on January 10 or earlier if the event sells out.

Cash and checks, made payable to IUPUI, will be accepted. Questions about tickets? Contact Campus & Community Life at (317) 274-3931.

Information about the event can be found on the web at http://www.life.iupui.edu/diversity/mlk_dinner.asp

Member Experiences Series: Ralph Gray

This is another article on experiences of members since they left their services at IUPUI.

He's a Half Champ

"He made it!" **Ralph Gray** completed a full "half-marathon" in Kona, Hawaii, well under four hours, and a finish in 366th place (of 712 half-marathoners). Only three others his age were ahead of him. He easily improved his time per mile to less than 18 minutes.

Officially, due to a late-starting "official time clock," he is recorded as completing the 13.1 miles in 3:37:50, a rate of 15.51 minutes per mile! Everyone from the Indianapolis group finished their chosen race, however, half of the over 1200 full marathon starters didn't make it.

The second highlight of the day was a "victory celebration" dinner on the Palace lawn at the Hilton Waikoloa resort, the marathon headquarters. It was comparatively simple to pick out the full marathon participants – they were the ones walking or limping along very tenderly.

Everyone's appetite perked up with the meal and excellent native Hawaiian entertainment (including the hula dancers who didn't make it to the race earlier in the day). And, especially for the ladies, there were also a few flame-throwing male "hunks" (dancers).

This was the 11th Kona Marathon with runners from 43 states and five countries, and it raised over \$3,500,000 for the American Stroke Association. Former Olympic champion Frank Shorter, also a half-marathoner, gave the awards to the top finishers.

Ralph intends to continue regular return visits to the Monon Trail, the Central Canal Towpath Trail, and his favorite neighborhood walking routes.--**Beth Gray**

Seeking Program Ideas; What Will You Attend?

Putting together programs that will serve myriad interests of Academy members in the spring semester is underway, led by **Bob Kirk** as Projects Committee chair.

A one-day meeting in November produced the following suggestions for programs. Members are encouraged to contact him for other programs that would have special interests to you.

Under consideration are:

A **Play Party**, where at a dinner meeting, members would read a play or plays. Those interested should contact **Pat McGeever** at idth100@iupui.edu

Other employment for seniors, out of necessity or for service. If you have ideas or experiences to report, contact **Bob Kirk** at rkirk@aol.com

Senior nutrition, to focus on healthful living as members get older.

The **aging brain**, what happens and how to manage when the brain is like swiss cheese, hard to get things in, everything seems to go out the holes, according to **Ray Koleski**.

Exercise options, including places where free facilities can be found.

The committee also is considering philosophical programs such as the **federal deficit** and **environmental issues**. Resource people for these and suggestions for other topics and resources are being sought by **Kirk**.

Good Nutrition Vital for Oldsters

Lack of attention to daily food intake can contribute to declining health and lead to many chronic diseases. About 40% of seniors over 65 years old living at home have a problem with poor nutrition.

Sara A. Blackburn, RD., DSc. Clinical Associate Professor, Nutrition and Dietetics, School of Health and Rehabilitation Sciences, will share her insights on Thursday, Jan. 27, at 10 a.m. at IUPUI Glendale Center.

Genealogy at Compare & Share

A panel on genealogy by three Senior Academy members will be held Feb. 8 at the IUPUI Glendale Center

Jim East will discuss the research and creation of his family genealogy.

Noel Duerden has worked for two years in the world's largest genealogy library.

Kent Sharp will demonstrate the genealogical software program Family Tree Maker.