

# The Gray Hawk

NEWSLETTER OF  
THE UNIVERSITY OF IOWA RETIREES ASSOCIATION



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## *UIRA Calendar*

**February 26, 2016—Friday, 2-3:30 p.m., Iowa Electronic Market, E. Jean Schwab Auditorium at the Coralville Library (Note new location.)**

**February 29, 2016—Monday, Deadline for UIRA Service Award Nominations (see page 2 for details)**



**March 15, 2016—Tuesday, 1 p.m., Tour of the Hansen Football Performance Facility for UIRA members and spouses with box lunch provided and tours from 1:30-2:30. Advanced registration required! RSVP to**

**[Nancy-Hauserman@uiowa.edu](mailto:Nancy-Hauserman@uiowa.edu) if you plan to attend and specify one or two people.**

**April 21, 2016—Thursday, 11:30 a.m., UIRA Annual Meeting, Coralville Radisson Hotel (formerly the Holiday Inn)**

### *A Cure for Post-Caucus Election Angst*

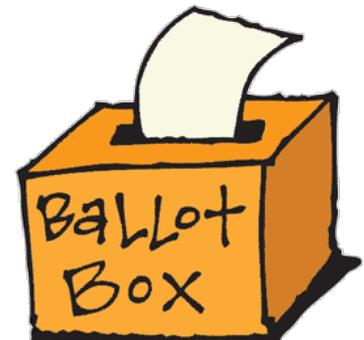
#### **Renowned Iowa Electronic Market Provides Unique Research and Teaching Opportunities**

If post-caucus ballot box angst sets-in, the Friday, February 26, 2-3:30 p.m. UIRA program promises to provide a lift and an exciting way to view the 2016 election process. **Professor Joyce Berg** of the College of Business will explain these small-scale, real-money futures markets. The program has been moved to the E. Jean Schwab Auditorium of the Coralville Library. **Please note change of location** and take advantage of this opportunity to learn about a University of Iowa program that has gotten national attention for its approach and success.

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What is the IEM? The IEM is an online futures market where contract payoffs are based on real-world events such as political outcomes, companies' earnings per share (EPS) and stock price returns. The market is operated by the University of Iowa Henry B. Tippie College of Business faculty as an educational and research project.

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## **Awards Nominations Open until February 29 for Outstanding Volunteers to the Community and University**

Nominations for the second annual award recognizing UIRA members for outstanding voluntary service continue to be encouraged. One award is for contributions to the community. The other award recognizes contributions to the University.

These awards honor those whose service is especially broad and/or deep thus make a meaningful impact on our organizations. Names of awardees are added to a plaque hanging in a public space at the IMU. The recipients also receive a \$100 gift donated in their name to a charity of their choice. Last year's honorees were **Al Hood** and **Nancy Lynch**. Please consider making a nomination of someone you think would be a good candidate, including yourself.

### **Eligibility and Criteria**

- \* A nominee must have been retired for a period of at least two years.
- \* The awards are based on outstanding service carried out since retirement. Activities prior to retirement will not be considered.
- \* Volunteer service may include a wide range of activities that make a positive impact.
- \* Announcement of the award recipient will be made at the UIRA annual meeting.
- \* Recipients are expected to be present at the annual meeting to accept the award.
- \* Members of the Selection Committee are ineligible for nomination.

### **Nomination**

- \* Any UIRA member may nominate a UIRA member, including him/herself.
- \* The nominating letter should be limited to one page, describing how the nominee has successfully contributed through his or her involvement in one or more activities. In addition, a one-page biography of the nominee must be submitted and include the nominee's name, address, telephone number and email address.
- \* A member of the selection committee will contact the nominee to obtain additional information about her/his relevant volunteer activities.
- \* Nominations must be submitted to the UIRA Board member **Pam Willard** by February 29, 2016 [pamela-willard@uiowa.edu](mailto:pamela-willard@uiowa.edu) or **Pam Willard**, 657 Larch Lane, Iowa City, IA 52245.

## **Health Awareness**

### **Music to Your Healthy Ears Gains New Appreciation**

Music has been used as a healing implement for centuries. Plato said that music affected the emotions and could influence the character of an individual. Aristotle taught that music affects the soul and described music as a force that purified the emotions. Hippocrates played music for mental patients.

Music therapy is broadly defined as the use of music to advance health-related goals and improve the quality of life. The modern practice of music therapy finds its roots in the military. The use of music therapy in military settings started to flourish and develop during WWII. The first university sponsored music therapy course was taught in 1919 at Columbia University. The first music therapy degree program in the world was founded in 1944 at Michigan State University. Music has been shown to affect portions of the brain. Recent research suggests that music can increase a patient's motivation and positive emotions. One reason for the effectiveness of music therapy for stroke victims is the capacity of music to affect emotions and social interactions. Music therapy is associated with a decrease in depression, improved mood and a reduction in anxiety. Used along with traditional therapy, one study found the incorporation of music gave patients more positive emotional effects than exercise alone. A client/patient does not need to have some music ability to benefit from music therapy. Alzheimer disease and other types of dementia are among the disorders commonly treated with music therapy. The most common significant effects are seen in social behaviors leading to improvements in interaction, conversations and other such skills. (See Page 3 for information about an upcoming music therapy program.)



***Learn More about Music Therapy*** Since 1994 music therapy has been identified as a reimbursable service under benefits for Partial Hospitalization Program (PHP) if it is considered an *active treatment*. **Mary Adamek**, UI School of Music Director of the Music Therapy Program, will lead a panel discussion of music therapists on April 18 from 7:00 p.m. to 8:00 p.m. in Meeting Room A of the Iowa City Public Library. For additional information about music therapy refer to: [www.musictherapy.org](http://www.musictherapy.org)

## **UI President Harreld Meets with UIRA members, Discusses Issues, Goals, Becoming a Hawkeye**

Asked his biggest “joy” since becoming UI President, **Bruce Harreld** smiled and told UI retirees, “Passion for the institution—it’s over the top.”

Asked also for his biggest “surprise,” he said it was the backlash against his selection as UI’s 21<sup>st</sup> president. He added that the passion was probably responsible for the backlash, referring to protests by several UI groups.

**President Harreld**, who replaced Sally Mason as UI president Nov. 2, was invited by UIRA to a reception Jan. 21 and spoke about himself and his plans for the university. More than 60 retirees attended the event at the Coralville Public Library. **Harreld** spoke for about 30 minutes, answered question for another half hour and then visited informally with individuals.

**Harreld** said he took the position because “I like big, complex problems.”

Society, he said, “is trying to disinvest in higher education.” His concern, he said, is with the wellbeing of the university. Answers to funding issues, he said, would not come through the public funding process and that alternative support would have to be found: “What’s the long-term business model for the university?”

Besides funding, he outlined several other issues confronting universities.

- ◆ Improving the university’s academic standing. UI’s rankings by several sources is not very good, he said, and the challenge is to reverse the trend.
- ◆ Launching another fundraising campaign following the success of a recent campaign in which the original target was exceeded.
- ◆ Planning to develop future leaders for the university from within the university.
- ◆ Assisting the Board of Regents in improving the governance process. (The Regents has come under heavy criticism for its handling of the presidential search.)

During the question period, **Harreld** was asked about his loyalties when UI plays Purdue (where **Harreld** received an engineering degree in 1972). He responded, “I’m not an idiot.” If there were any doubt, he added, “I’m a Hawkeye.”



## ***UIRA Committee Members at Work***

Thank you to the UIRA members who are busy now carrying on the business of the organization.

### ***Nominating***

**Gene Spaziani, Chair**

**Dean Borg  
Ken Starck  
Penny Hall**

### ***Budget***

**Nancy Hauserman, Chair**

**Kris Canfield  
Joy Joynt  
Dick Stevenson**

### ***Service Awards***

**Pam Willard, Chair**

**Beverly Robalino  
Mike Barron  
Tom Kruckeberg  
Ann Ford**

**There Is Something New and Exciting in 2016**

**UIRA Scholarship Fund Established**

As reported in the November and December issues of *The Gray Hawk*, the Board has been working since September with the University of Iowa Foundation to establish a **UIRA Scholarship**. In January, the Board approved the establishment of a UIRA non-endowed scholarship fund. Once the fund reaches a \$12,500 minimum, the fund can support an annual scholarship(s) to a deserving University of Iowa student. The number of annual awards and amount awarded shall be determined by UIRA in consultation with the Office of Student Financial Aid. Preference will be given to students who are residents of the state of Iowa, are in good academic standing, are academically considered to be of sophomore, junior, or senior status and demonstrate financial need. It is the Board's intent to award scholarships and to work towards a permanent endowed fund that requires a minimum balance of \$50,000. More information about donating and supporting this exciting new effort will be forthcoming.

*Coming in June—  
Tour of the new Hancher Auditorium*



University of Iowa Retirees Association

**Board of Directors 2015-16** *(year term on Board expires)*

<b>Beverly Robalino</b>	President (2017)
(319) 341-8135	beverly-robalino@uiowa.edu
<b>Nancy Hauserman</b>	President-Elect (2018)
(319) 321-9815	nancy-hauserman@uiowa.edu
<b>Alice Atkinson</b>	Secretary (2017)
<b>Kris Canfield</b>	Treasurer (2016)
<b>Kenneth Starck</b>	Past President (2016)
<b>Jean Hood</b>	Archivist (ex-officio)
<b>Linda Muston</b>	<i>The Gray Hawk</i> Editor
<b>Phil Klein</b>	Webmaster (ex-officio)
<b>Michael Barron</b>	Director (2018)
<b>Dean Borg</b>	Director (2018)
<b>Richard Borchard</b>	Director (2017)
<b>Richard Johns</b>	Director (2016)
<b>Lois Lembke</b>	Director (2016)
<b>Pam Willard</b>	Director (2017)

***The UIRA Board of Directors meets at 1 p.m. the second Tuesday of each month in the Buffet Room (427) of the Levitt Center. Visitors are welcome:***

*2016— February 9, March 8, April 12, May 10, June 14*