



Volume 9, No. 3
May 2018

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Newsletter of the Austin Peay State University Retirees Association



A Decade of Service, Socializing and Memories

David Kanervo

The Austin Peay State University Retirees Association, a dream of organizer Dr. Al Bekus and friends, is now nine years old. I am pleased to have served as the third president of the association and am indebted to the many members who provided me with guidance and an eagerness to work for the benefit of the group.

Aleeta Christian and Jim Clemmer pushing the creation of the Connections Program of monthly presentations has been a major accomplishment of the past three years. It has served to open the members, students and the larger community who have attended to knowledge about fields of study and interests sometimes markedly outside of their own training and experience. It has also stimulated research and thought by the presenters themselves, who have worked hard to please a curious and receptive audience.

Connections, fall and spring luncheons, and service activities such as the Straight Talk about Retirement seminars are ways we have encouraged retired members of the Austin Peay faculty and staff to continue meeting with one another and serving APSU once our employment years are past. Retirees have, of course, family and other friends with whom we wish to socialize, but APSURA provides a more structured vehicle for keeping work friendships alive and allowing those who were only casual acquaintances to become better friends. Getting to know people who worked in other parts of the university from ourselves opens doors that can broaden our perspective on issues that all retirees face.

Some former members of the Austin Peay community may consider their relationship with the university finished and breathe a sigh of relief once their final checkout is completed.

(Continued on page 2)

But for many of us, how we are seen in the community and defined by our neighbors is strongly influenced by the roles we played in our work life. Maintaining that connection to our career does not mean we are unable to break away from that part of our lives, but rather that the connection helps us to remember what was meaningful to us for decades so that we glide more easily into the new phases of our lives.

Members Meeting, Pace Alumni Center, June 6, 3 p.m.

APSURA will hold our ninth annual meeting of all members on Wednesday, June 6, at the Pace Alumni Center, Emerald Hill, at 3:00 p.m. Refreshments and socializing will be followed by the annual business meeting and the election of officers and directors, to be conducted by Membership Director Nancy Smithfield. We hope you will come to see old friends, and to participate in this important business.

Nominees to fill expiring terms include Jim Clemmer as President for a one-year term, Carl Stedman as Vice President for a one-year term, Joe Filippo as Director for a second three-year term, and Cheryl Holt as Director for a three-year term.

Other items to be discussed at the meeting include tentative plans of activities for the coming year. We will review the status of the highly successful Connections presentations program, our assistance with the Labor Day Rotary Bike Ride, and the planning for our STAR Straight Talk about Retirement seminar in conjunction with the Office of Human Resources, for employees preparing to retire. Members are encouraged to bring with them ideas for possible new directions for our association.

New initiatives we are pursuing this fall include furthering the renewal of the Tennessee Higher Education Retirees Association, an informal association of representatives of the retiree organizations of a number of state universities, and participation in the national Association of Retiree Organizations in Higher Education at their biannual convention, to be held in Atlanta this October.

Yes, Dues Time is Almost Here Again!

Sharon Silva

Awarm greeting from your treasurer. It has been a pleasure to serve as treasurer of the APSU Retirees Association this year. I learned so much during the first year of my three-year term and am very glad I became involved with the group. In 2017-2018, our membership reached over 90! We would love to see that number go well over 100 for 2018-2019.

Please consider joining APSURA or renewing your membership today. Membership is open to retirees from the faculty, staff and administration—and also to active APSU employees as Associate Members at \$25/year. We provide free regular membership for all retirees for the full fiscal year following their retirement. We also encourage all members to choose the option to enroll for five years at \$100, rather than \$25/year. This spares you the trouble of making yearly dues payment, and it provides as a perk an extra year of membership. Becoming an active member is a great way to become acquainted or reacquainted with fellow retirees and to maintain an official connection with the University. One of the goals of APSURA is to fully endow a \$25,000 scholarship. We are about \$10,000 away from that total. Gifts to the scholarship, like all gifts to the APSU Foundation, are fully tax deductible. There is an option to donate to the scholarship on the membership form.

Please before July 1 send me your new or renewal dues at APSURA Treasurer, APSURA, Box 4426, Clarksville, TN 37044. If you have any questions or concerns, please call or e-mail me at 931-624-8799 or silvas@apsu.edu.

Thank you very much for your support of APSURA.

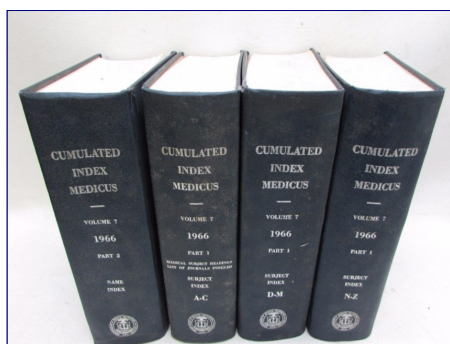
1974's Endocrinology: Lots of Discovery, Little Dissemination

Jim Clemmer

On February 27 I delivered the second Connections presentation of the new year, "Sugar Wars 1974 and The Sensuous Woman," about my experience as a near-victim of a serious time warp that existed in the 1970s

between the increasing pace at which major medical discoveries were being made in the field of endocrinology, and a concomitant inability of researchers to disseminate information about these discoveries because of the lag in development of digital publishing and indexing capabilities.

Researchers including Nobel Prize winning microbiologist Rosalyn Yalow were regularly discovering

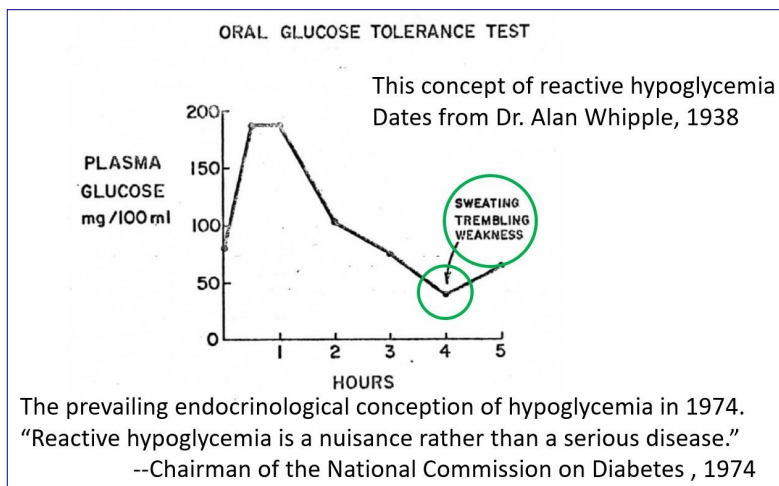


new dimensions in the direct roles insulin and other hormones played in severe hypoglycemic disorders involving seizures and altered mental states, while even the most celebrated diabetes scholars were mired in outdated 1930s criteria for the diagnosis and treatment of many conditions including diabetes and hypoglycemia.

The only readily available source of current information on developments in most of medicine during this period was the printed versions of the Index Medicus and medical journals, which were often already roughly a year behind when issued, and which to master required laborious hours of reading in a library—a luxury which the busy lives of practicing professors and physicians all too seldom permitted.

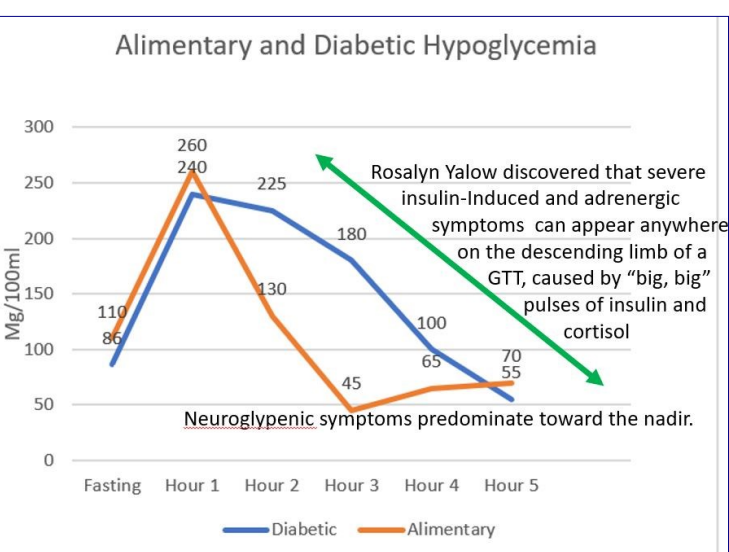
The particular event I explored in my talk was a 1974 glucose tolerance test which clearly indicated the presence of severe hyperinsulinism as the cause of a major seizure and brain-disfunction disorder, but which was misdiagnosed as a psychiatric condition warranting my almost being consigned to a mental institution. With luck and persistence I was able to read and write my way through to a correct diagnosis, which my medical team finally corroborated.

In the period following my recovery I published several articles, including one for Prevention magazine, and I gave several talks which brought me some notoriety. During a convention of the Huxley Institute for Biosocial Research in Houston in 1976, I met Terri Garrity, author of the best-selling book of sexual practices *The Sensuous Woman*, with whom I spent an enlightening and very comical evening. This event was the subject of the "Sensuous Woman" component of my talk, presented as comic relief to lighten the tone of an otherwise serious discussion.



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The concept of typical reactive hypoglycemia widely held by physicians in the 1970s, and by some even today.

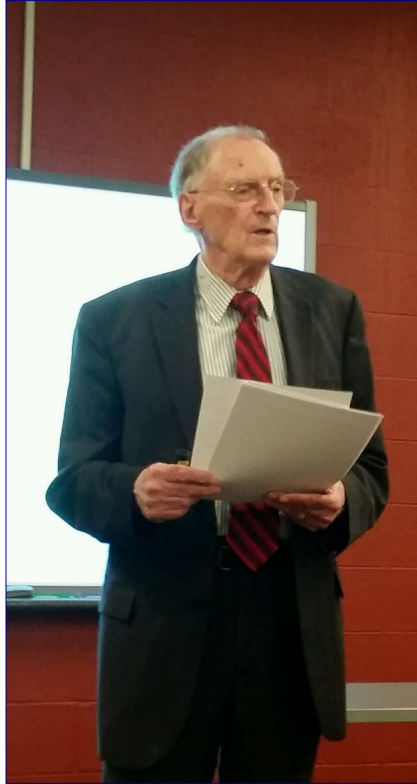
The reason for much of the 70s lag in information dissemination was that the Index Medicus and other indices were available only in printed form. Today bibliographies of most research are available instantaneously.

The basic mechanisms by which large pulses of endogenous insulin and cortisol produce severe symptoms were discovered in the early 70s.

Connections with John Butler and the Model T

Allene Phy-Olsen

With his customary blend of intriguing fact and wit – plus slides – John Butler’s Connections presentation “Going on Vacation – 100 Years Ago” on April 24 informed and entertained a very receptive APSURA audience. Taking his audience back to the days before the United States put the entire world on wheels, Butler relived the excitement of the early model T Ford, before clogged roads and polluted air. Driving and navigating the new machines, however, was never easy. As Butler made clear, each driver had to be his own mechanic, traveling old Indian trails before real roads united the North American continent.



Dr. John Butler presenting “Going on Vacation – 100 Years Ago” as a Connections event, April 24, 2018

Photos by Helga Browder

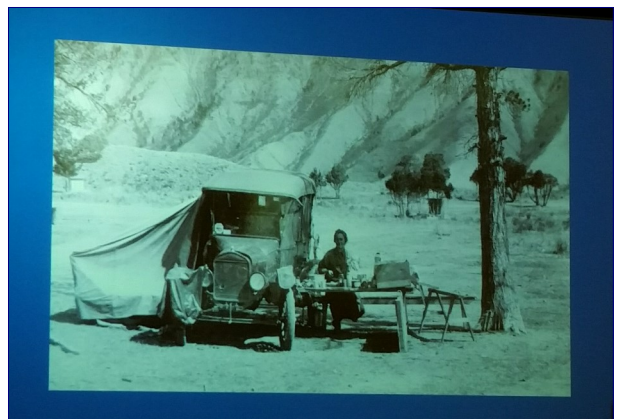
In the early twentieth century, families fortunate enough to own a model T planned bucolic excursions, often sleeping and cooking in their vehicles. These escapades were frequently marred by wild animals, unmarked terrain, flat tires, collisions with unskilled drivers, slow ferries over rivers, mud holes, and complaints from family members who were not, in Butler’s words, “rugged and ready.”

As Butler’s slides depicted graphically, when road construction began it could cause even more problems, along with obvious benefits. Bridges were expensive to build and sometimes collapsed. As automobile speeds increased, collisions with horse-drawn vehicles were common, fistfights resulted as road rage emerged, and the need for a new etiquette of the roads was evident. When long distance travel became possible, along with named roads, the immense variety of scenic attractions of the continent opened up, and vacation tourism became feasible.

During the Q and A at the end of his presentation, Butler addressed the present hazards of road travel: clogged highways constantly under repair, vehicles that become lethal weapons, a polluted environment. As parks and greenery disappear, to make room for parking lots, it sometimes seems that the entire world is turning into an asphalt jungle. Even with self-driving cars on the horizon, it is still unlikely that Americans, with the rest of the world, will give up the power they now feel behind the wheel.

All of us bring our own memories and experiences to a lecture such as Butler’s. Some of us are even old enough to remember the somewhat later narrow country roads in the hills and mountains of Tennessee, and the hair-pin turns with their warning signs, “Prepare to Meet God.” Getting a driver’s license has become a rite of youthful passage. I well remember a student essay which began “Some folks say that diamonds and dogs is [sic] your best friend. But my car is my best friend.”

For those of us fortunate enough to grab one of Butler’s books, *Model T in Trouble*, at the end-of-lecture give away, the romance and the reality of the model T can be savored in more detail than even a lively sixty-minute lecture can provide.



APSURA Spring Luncheon Ponders City/County Consolidation

The APSURA Spring Luncheon, held at The Looking Glass restaurant on May 14, featured as guest speakers Katie Gamble and Katy Olita, chair and secretary of the City/County Consolidation Charter Commission. They presented a brief history of earlier efforts to bring about consolidation of the city and county, and a summary of the efforts the current commission is making to create a plan that will win the support of both city and county residents.

The presentation concentrated on the various committees that have been tasked with the drafting of the articles of the Charter, and the interaction necessary to work out overlapping issues among the articles. Judicial and legislative bodies and constitutional offices were discussed at some length, along with close attention to mayoral guidelines and duties. As of the current wording, the Mayor would serve three, 4-year consecutive terms and serve over the legislative body, but not be a voting member.

There will be two services districts, an Urban District and a General Servicing District. The Urban District will mirror the current City of Clarksville, while the General Servicing District will mirror the current unincorporated area of the county. When an area in the General Services District desires the services offered by the Urban District, it must be voted on by the citizens of the affected area and pass by 60%.

Luncheon attendees had many questions for Gamble and Olita in the Q&A following their talk, and all agreed that the presentation had provided information all citizens will need in order to make an informed decision in voting on the proposition in November. We appreciated very much this close look at the intricacies of the consolidation plan.



Katie Gamble and Katy Olita of the City/County Consolidation Charter Commission



An appreciative audience of APSURANS and guests, The Looking Glass, May 14, 2018

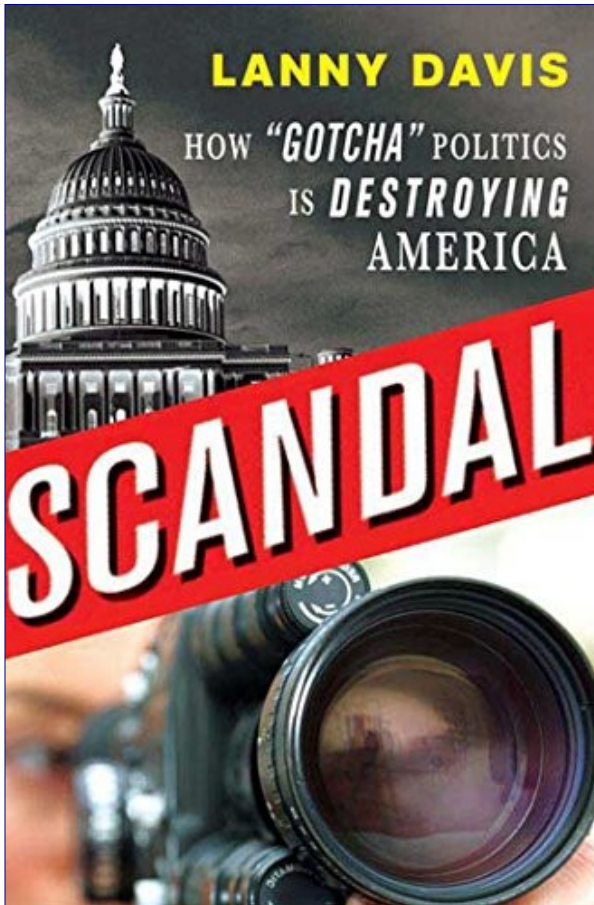


From the Bookshelf

Review: Lanny Davis, *Scandal: How “Gotcha” Politics is Destroying America*. St. Martins Griffin (August 7, 2007), 304 pages. Allene Phy-Olsen

Are you suffering from scandal fatigue? Each day television presents us with new scandals, as all the offices and institutions of our society come under scrutiny. For those of us taught in elementary school the hagiographical portraits of Washington and Lincoln, it is difficult – however amusing – to be told how randy and roguish are our recent Presidents.

Among the provocative books I have been finding at Dollar Tree and the library dollar sales is Lanny Davis’ *Scandal*. Known as a Washington insider and a Democrat operative, Davis has from time to time served both major political parties. The politics of personal destruction, which he identifies as a threat to American democracy, knows no particular party affiliation. It threatens constructive compromise and promotes the extreme partisanship that currently stifles legislation.



Davis acknowledges that American Presidential scandal is not new. Jefferson, Jackson, Cleveland, and Harding have been among its targets. But earlier offenses were committed before the barrage of 24-hour television coverage and the omnipresence of the Web. According to Davis, Watergate started the present state of affairs. Every news reporter now wants to be another Woodward/Bernstein. Investigative journalism flourishes and the public is more willing to acknowledge wrongdoing in high office. The distinction between public and private life disappears. We might add to Davis’s list, the increasing presence of women reporters, less inclined to excuse excessive drinking and womanizing in public officials or to believe that someone who lies to his/her spouse can be trusted to be truthful to the public.

Davis’s book was written before the ME TOO movement, which only makes the problem he identifies more evident. Both men and women can be guilty of sexual harassment, and public disapproval of this conduct is welcome. Distinctions should be made, however between assault, harassment that makes the workplace intolerable, and boorish conduct. We have not yet learned how to outlaw bad manners. Today those differences seem forgotten. No statute of limitations is allowed; mistakes of a lifetime are uncovered. One recent Presidential candidate, a Mormon of impeccable reputation, was outed for biting another little boy in first grade. There is no

presumption of innocence; an accusation today is the same as conviction. Rumor alone can end a flourishing career. No allowance is made for changing customs or different cultural patterns of behavior. We have in recent decades expanded the definition of harassment. In the United States a woman is imprisoned for romancing her underage student; in France she becomes the First Lady.

Davis’s book leaves us with several questions. What, if anything, can be done to lift the tone of public discourse and media reporting? Why would anyone be willing to run for public office, subjecting his/her family to exposure of every peccadillo? How can elected officials regain the respect of their constituents? When will we stop saying of wrongdoers that they have “the morals of an American congressman”? And what must we do to separate politics from salacious entertainment?

Editor’s note: A retired APSU Professor of English, Allene Phy-Olsen has in recent years authored books including Mary Shelley; The Bible and Popular Culture in America; Same-Sex Marriage; and Evolution, Creationism and Intelligent Design.

Members as of May 15, 2018

Your officers and directors appreciate each and every one of you. For questions about your membership status, write Membership Director Nancy Smithfield at smithfieldn@apsu.edu or Treasurer Sharon Silva at silvas@apsu.edu.

Marcia Adams	Mark Griggs	Linda Nichols
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Nora Beiswenger	Carlette Hardin	Allene Phy-Olsen
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Barbara Blackston*	Durward Harris	Bob Privett**
Dewey Browder*	Joan Harris	Albert Randall
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Kenneth Grambihler	Harriett McQueen*	
Roy Gregory	Malcolm (Kip) Muir	
Helen Griffin	Anna Murray*	

*=5 yr **= Lifetime

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Mitch Robinson
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George Mabry
Aleeta Christian (ex officio)

Publicity Director

Jim Clemmer
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apsu.edu/retirees-association

See our website for current and past issues of our Newsletter and NewsNotes (pending), a retirement checklist, and information on retiree benefits.

Publication Information

The APSURA Newsletter is published three times a year by the Austin Peay State University Retirees Association. A supplement to the Newsletter, APSURA NewsNotes, is published occasionally to update APSURA members on time-sensitive coming activities and events, both those in which APSURA is participating officially and others recommended by APSURA members. Both the Newsletter and NewsNotes are available at apsu.edu/retirees-association.

We invite APSU retirees to send us specific information about coming activities and events you believe will be of interest to APSU retirees. Please send to to Jim Clemmer at clemmerj@apsu.edu or to APSURA at the physical address below, and include exact dates, times, locations, deadlines, costs, etc. We also welcome the submission of original articles for possible publication in the newsletter, especially descriptions of your accomplishments, travels, discoveries and other experiences as APSU retirees.

Submissions are limited to 500 words and a maximum of three high-resolution photographs. Send texts as regular email (no tabs) or Word attachments to Jim Clemmer at clemmerj@apsu.edu with photographs sent individually as separate jpg files. Or you may submit typed manuscripts and good-quality photo prints to APSU Retirees Association, Box 4426, Clarksville, TN 37044.

Please let us know of retirees who for some reason are not receiving the Newsletter, and of errors or needed changes in your own name and address. If you would prefer not to receive the printed copy of the Newsletter, please notify Membership Director Nancy Smithfield (smithfieldn@apsu.edu). If you are not a member of APSURA but would like to receive the Newsletter via email, please notify Nancy Smithfield and provide her your email address.

APSURA Members Registration Form

☐ New member ☐ Renewing member ☐ Retired faculty or staff ☐ Associate member

Check both of the above-right boxes if your spouse or partner is joining or renewing as an associate member.

Dr.____ Mr.____ Ms____ Mrs.____ Date_____

Name of member: _____
Last First Middle

Name of spouse/partner: _____
Last First Middle

Address: _____
Number and Street (Apartment Number)

City State Zip Code

Telephones: _____ E-mail addresses: _____

Former department: _____ Years of service _____ Year you retired _____

Activities in which you would like the APSURA to be involved (check all that apply): ☐ Group travel; ☐ Athletic events; ☐ Cultural events; ☐ Social events; ☐ Scholarship activities; ☐ Seminars; ☐ Community work; ☐ Other _____

Annual Dues for Austin Peay State University Retirees Association:

Regular (APSU Retiree) Membership ☐ \$25.00 Please send to APSURA, Box 4426, Clarksville, TN 37044

Associate Membership ☐ \$25.00(☐ 5 years for \$100

Additional donation for Scholarship Fund _____(☐ Lifetime Membership \$500