



# Retired Faculty Association Newsletter

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## Mas to examine European assimilation consequences

The featured speaker at the annual Fall Meeting of the CU Retired Faculty Association, CU-Boulder Religious Studies researcher Ruth Mas, will provide insight into European conflicts resulting from cultural and religious assimilation.

The meeting will be held Wednesday, Oct. 17, in Room 235 of the University Memorial Center on the Boulder campus. The 90-minute business meeting will begin at 10 a.m. A mixer is to follow at 11:30 a.m. Lunch will be at 12:15.

Mas, an assistant professor for the Department of Religious Studies, will present "Issues Relating to North African Muslim Women in France – Implications for European Culture."

"What started in the French context is that you have mostly an influx of a labor force from northern Africa that is poor, often disenfranchised, taken advantage of and surrounded by people who don't want them there," Mas said, noting that modern European countries are relatively inexperienced when it comes to bridging cultural, ethnic and religious differences.

"Because the history of immigration in the U.S. has been, since the start of the nation, complicated in significant ways by a history of slavery and the colonization of Native Americans, there is a long history of race-related discourse," she said.

"Historically, France has received

immigrants from other areas of Europe that have not challenged their ethnic and religious norms."

French colonization in northern Africa and its subsequent involvement in conflicts there continue to the present day and have resulted in mass migrations consist-

ing largely of Africans who practice Islam. Some have arrived as French citizens from countries that were formerly French only to find their status as citizens subject to alternating political winds. Most have settled into poverty-stricken suburbs where immigrant families commonly are now into their second and third generations. Ethnic and religious resentment among the dominant majority French is common, and joblessness among Muslims has reached extreme levels.

"It is estimated 5 million Muslims of North

African descent are now in France, the largest concentration of Muslims in Europe," Mas said. "The French have got to come to terms with this labor force and distinct religious minority."

Woven into this general dilemma are issues related to concerns about the "freedom" of females in the Muslim immigrant community. The most well known debate, she said, is probably over the French government's ban on the wearing of veils to class by Muslim girls and young women.

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## Risk factors in health and disease: Can we stack the odds in our favor?

Between 1900 and 2000, average life span in the United States rose from about 47 years to 78 years – a gain of 31 years or an increase of 66 percent. These extra 31 years are more than were added in all the previous 3,000 years of recorded history. Average life spans in both Roman times and in the European Middle Ages, for example, ranged from about 25 to 30 years. In effect, the modern American has been granted additional generation of life on this earth.

What accounts for this dramatic augmentation of life span? Part of the increase no doubt stems from what is called acute care – medical procedures such as heart surgery, cataract operations, hip replacements, etc. And a vast array of new pharmacological agents has become available.

But another kind of intervention, probably just as important, has to do with the management of long-term risk factors in health and disease. In fact, research over the past several decades has identified a number of risk factors that are major long-term determinants of the health of individuals. Happily, most of these determinants are open to modification – either through public health measures, changes in individual behavior or a combination of both.

• **Smoking.** Scores of studies testify to the deleterious long-term effects of tobacco smoking. Smoking turns out to be a major contributor not only to lung cancer but to heart disease, emphysema and other diseases as well. A figure worth noting is that non-smokers live about 10 years longer than do smokers.

• **Weight.** Another large contributor to long-term morbidity and mortality is being markedly overweight. There is more than a grain of truth to the old adage that “We dig our graves with a knife and fork.” Nowadays, more than 50 percent of Americans fall into the overweight category, and about 30 percent rank in the obese category – roughly speaking, these are individuals more than 30 pounds overweight. People in this latter group are at elevated risk for a variety of ailments. These include heart disease, high blood pressure, diabetes – and, in addition, musculoskeletal problems such as disorders of the hip, knee, and ankle.

Regrettably, Americans have been get-

ting heavier. In 1960, only 13 percent of Americans were in the obese category; by 2005, the figure had risen to 30 percent. (Some good news is that the state of Colorado ranks last in average weight, although Utah comes in a close second.)

One curious observation emerging from weight research is that individuals whose waist girth is much larger than their hip circumference are at greater risk for a variety of ailments than are overweight persons in whom the fatty tissue is distributed more evenly over the body. Fat, especially in the abdominal area, turns out to be metabolically active in a harmful way. Pot-bellies, in other words, constitute an added risk factor.

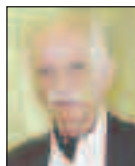
• **Exercise.** On a more optimistic note, we can affirm that dozens of studies underscore the health benefits of regular physical exercise. These benefits include a reduced risk of heart disease, high blood pressure, adult-type diabetes, as well as breast and colon cancer. Exercise can also be useful for mild to moderate depression.

Interestingly, the dosage of exercise does not have to be at the heroic level. A controlled study at the Cooper Aerobics Institute in Dallas followed 13,000 persons over an eight-year period. Mortality rates in the extremely sedentary group were about four times higher than in those who exercised a lot.

It was found, however, that the biggest single increment in health benefits occurred when previously sedentary individuals went from a couch-potato lifestyle (with close to zero exercise) to a routine of moderate exercise (30 to 60 minutes of brisk walking every day).

Another large-scale investigation, the National Institutes of Health Study, showed that 30 minutes of exercise per day – e.g., walking or cycling – reduced diabetes risk by more than 50 percent.

An important study in this area has been carried out by Dr. James Hill and his associates at the University of Colorado Health Sciences Center in Denver. A particularly valuable feature of this program is its emphasis on introducing small changes in behavior that then become a regular part of



Johann Stoyva

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# Mas

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“What happens is that women become the symbol of what’s ‘wrong’ with Islam and North Africans – and of the French capacity to ‘rescue’ and free them – and it becomes the rallying point for France and Europe about what to do with Islam,” Mas said. But it’s also the rallying point for secular and religious Muslims in France.

“This is a country that likes to think that everybody’s equal without taking into consideration the differences built into this notion of equal-

ty,” Mas said.

“They created this whole scandal for about 1,000 girls. It attracted a lot of attention to something that wasn’t really a very big issue. The major problem regarding Muslims in France is related to economics and joblessness and discrimination, not attire.”

France’s inability to accommodate such cultural and religious difference is causing immigrant communities to organize themselves as Muslims, she said.

“The situation in France is a microcosm for what’s going on in Spain, Italy, Denmark, Sweden – and North African Muslims are looking

for alternatives to living in France. There are implications that stem from how the liberal secular states in Europe decide to govern people in regards to immigration.”

The policies of each country towards this inexpensive labor force vary but are often quite hostile. “There is a general disregard to the feelings and vulnerability of this population in Europe,” Mas said.

In 2006, Mas, a native of Spain who grew up in Montreal, received a Ph.D. in religion from the University of Toronto.

She has master’s and bachelor’s degrees from Concordia University.

*Continued from preceding page*

one’s daily life over the years. Again, heroic measures are not required. In this regimen, overweight persons reduce their caloric intake by a total of about 100 calories a day (an amount about equal to one slice of bread, or a bit less than one bottle of soda). Participants then combine this reduced caloric intake with a modest amount of additional exercise. Specifically, they walk an extra 2,000 steps per day, every day, over their previous level. (The 2,000 steps add up to a little over a mile and are recorded on a pedometer.) The study found that long-term weight reductions occurred! An attractive feature of this program is its practicality. Most people can manage to sacrifice a cookie or two per day, find time to walk an extra mile and make these changes part of daily life.

Several other documented risk factors are more psychological, or psychosocial, in nature. Prominent among them are social support, a sense of control over one’s work and one’s life, and number of years of education. Interestingly, the last two items are factors that should work to the particular advantage of university faculty.

**1. Social Networks and Social Support.** In the late 1970’s, Lisa Berkman, then working at a health care center in downtown San Francisco, noticed marked differences in the health status of two different city populations. One population consisted of people drawn from Chinatown and North Beach (a largely Italian neighborhood). The other group came from the Tenderloin district, an inner-city area with many homeless, many people living alone in drab apartments and many who were friendless. The Tenderloin population showed far higher rates of illness, which led Berkman to speculate that the difference could be attributable to a social factor. “In Chinatown and North Beach there were these incredibly cohesive networks. ... In the Tenderloin people were just sort of dumped. People were really isolated and did not have ways to figure out how to make things work.” (Kolata, 2007, p. A16).

This conjecture has since been borne out in lengthy prospective studies (in which participants are first assessed and then followed several years into the future).

Dr. Berkman declares the impact of social isolation to be truly “phenomenal.” It is associated with a two- to four-fold elevation in long-term mortality rates.

**2. Sense of Control.** Evidence from various sources indicates that a sense of control is important, not only for coping with various life stresses, but also for health in general. Aaron Antonovsky (1987), an Israeli medical sociologist, has developed a concept he calls the sense of coherence. Those imbued with this sense see the world as a coherent, structured place – as opposed to one that is chaotic and unstructured. They view the world as reasonably predictable, and as a place in which effort is rewarded – in contrast to those who see their life circumstances as unpredictable, and the reward for effort as highly capricious.

A related idea is the concept of self-efficacy. This concept has to do with your conviction that you have the confidence and the competence to accomplish what you set out to do. Individuals who score high on measures of self-efficacy generally cope better with stressful situations than do low scorers.

**3. Education and Health.** An unexpected recent finding reveals a robust association between health and education. The more years of education the better for health and longevity. In fact, some health economists maintain that education is the single best predictor of long-term health status: “Going to school just a few extra years can improve health in old age and extend life by years.” (Kolata, 2007, p.A16).

The data concerning education and health are of recent vintage, so all the causal sequences involved have yet to be teased out. Recent research, however, indicates that the association probably does reflect cause and effect. Moreover, in every country in which it has been investigated the education-health association has been corroborated.

To sum up, as far as risk factors in health are concerned, university faculty are in quite a favorable position. Academics are probably not too far from average on such items as smoking, exercise, obesity and social sup-

*Continued on next page*



## Tea Time Talk

English professor and author Lee Krauth, left, presents "Courting and Cursing the Bitch Goddess: Mark Twain's Success" as the Tea Time Talk speaker Sept. 18 at The Academy Chapel in Boulder. At right, CURFA members prepare name tags as they enter.

Photos by Carl Kisslinger



Continued from preceding page

port. With respect to education and control over one's work situation, however, they enjoy a considerable advantage. At a conservative estimate, university teachers probably average 20 years or more of formal schooling – a figure at least 50 percent above the national norm. And, to a much greater extent than in most occupations, academics have considerable control over their work situation. They decide the content of a lecture, or the research problem that engages their attention, etc. Hours tend to be long, but scheduling is flexible.

Admittedly, there is a bit of a downside to the situation. Compared to the corporate world, and to many of the professions, remuneration for academics tends to be less than princely. History tells us, however, that freedom and independence have always come at a price – something that artists have known for quite some time.

### Sources and Resources

- Aging Services, City of Boulder. Free information session the second Friday of each month, 10 a.m.-11 a.m., Sundquist Building, northeast corner of Broadway & Iris. [www.co.boulder.co.us/cs/ag](http://www.co.boulder.co.us/cs/ag) (Nort Steuben of CURFA is a board member. He can be reached at 303-492-7963, or [Norton.Steuben@Colorado.Edu](mailto:Norton.Steuben@Colorado.Edu))
- "America on the Move: Steps to a Healthier Way of Life." University of Colorado Health Sciences Center. [www.americaonthemove.org](http://www.americaonthemove.org), 1-800-807-0077
- Antonovsky, A. (1987). "Unraveling the Mystery of Health: How People Manage Stress and Stay Well." San Francisco: Jossey-Bass.
- *Harvard Health Letter*. Published by the Harvard Medical School. [www.health.harvard.edu](http://www.health.harvard.edu).
- *The Johns Hopkins Medical Letter, Health After 50*. [www.JohnsHopkinsHealthAlerts.com](http://www.JohnsHopkinsHealthAlerts.com).
- Kolata, G. (2007). "A Surprising Secret to a Long Life: Stay in School." *The New York Times*, 01/03/07, pp. A1, A16.
- Stoyva, J., & Carlson, J. (1993). "A Coping/Rest Model of Relaxation and Stress Management." In L. Goldberger & S. Breznitz (eds.), "Handbook of Stress: Theoretical and Clinical Aspects" (2nd ed.). New York: Free Press.
- Antonovsky, A. (1987). "Unraveling the Mystery of Health: How People Manage Stress and Stay Well." San Francisco: Jossey-Bass.

(Many thanks for help and suggestions from John Carlson, Alan Kirkpatrick, Mercedes Martinez and Johanna Stoyva.)

## CURFA Scholarship Committee focuses on awards and fund-raising

Each spring the RFA awards grants to two of the four CU campuses (for the purpose of these awards, we continue to treat HSC and the downtown Denver campus as separate). The awards rotate with a \$1,000 grant to the Health Sciences Center and a \$500 grant to the Colorado Springs campus one year and a \$1,000 grant to the Boulder campus and \$500 to the downtown Denver campus in the following year. The fundraising effort to support this grant program will continue under the direction of this new committee. The minimum amount for an endowed fund through the CU Foundation is \$25,000, a goal that RFA reached late in 2005 when it formally established the fund with a balance of \$28,700. However, in order to fully support the annual grants of \$1,500 from the interest, the association needs an endowment of \$50,000. The committee is considering a number of fundraising options to continue the momentum toward this goal agreed to by the membership when the campaign was authorized.

If you are interested in supporting this effort, please use the form below to make your contribution. If you are interested in joining the Scholarship Committee, please contact the chair at: [Sandra.Moriarty@Colorado.edu](mailto:Sandra.Moriarty@Colorado.edu).

### CURFA GRADUATE SCHOLARSHIP FUND

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Contribution: \$50 \_\_\_ \$100 \_\_\_ \$500 \_\_\_ \$1,000 \_\_\_ OTHER \$ \_\_\_\_\_

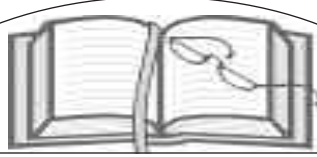
Mail your check and this form to the CURFA Awards program at the CU Foundation, 4740 Walnut, Boulder CO 80301. Or charge a contribution to:

VISA \_\_\_ Mastercard \_\_\_ AMEX \_\_\_ Discover \_\_\_

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_

Thank you for your support of the CURFA award program and our wonderful CU graduate students!



# Staying in Touch

**RONALD M. BERNIER** (Art & Art History, UCB) completed a seminar on the arts of Tibet and the Himalaya last spring in New York and will teach a seminar on Buddhist art in a New York-area museum in January. In the coming spring semester, he will teach the Asian Art course. All of the seminars and courses are Continuing Education offerings. He is also refining plans for a non-credit Himalayan Art Adventure commercial tour, his 12th for Colorado friends.

[Ronald.Bernier@Colorado.edu](mailto:Ronald.Bernier@Colorado.edu)

**ARTHUR BOARDMAN** (English, UCB) has been writing poems, making picture frames for his wife, Pon', who signs her paintings "Obregon." He wrote that he also plays tennis and does a lot of reading.

[JCSBRD@zianet.com](mailto:JCSBRD@zianet.com)



**REX BURNS** (English, UCD) this past summer traveled to Guadalcanal in the Solomon Islands for the 65th anniversary of the landing by U.S. marines in World War II and to lay a wreath over his father's tomb, the destroyer USS Aaron Ward. That was followed by a vacation on Nananu-I-Ra Island in Fiji.

[rexburns@comcast.net](mailto:rexburns@comcast.net)

**JANE BYERS**, who was married to the late CU College of Music Associate Dean Charles "Chuck" Byers, flew to Lubeck, Germany, to hear daughter Mardi Byers sing the lead in the opera "Tosca" in January. In June, she flew there again to hear her sing in "Don Carlos" in Wiesbaden and also in Basel, Switzerland. She also heard her son, Jeff, conduct his gospel choir in Zurich. In September, she flew to New York, where Mardi was singing the role of Dona Anna in eight performances of "Don Giovanni" at the New York City Opera. In November, Jane will be in New Orleans as Mardi sings in the Puccini three one-act operas.



**LAWSON CROWE** (Philosophy, UCB) wrote, "We have recently moved from our house of more than 30 years on Cragmor Road to a house all on one level." He said the new home makes it easier for him to get around.

[LawsonCrowe@aol.com](mailto:LawsonCrowe@aol.com)

**THOMAS A. CYR** (Administration, UCDHSC) retired in June 2006 having worked two years out of the CU vice-president's office directing the Cooperative Assessment Project. Previously he was part of the Office of Education at the Health Sciences Center. "I never really took it seriously when folks would say they were busier than ever after retiring,

*He is also refining plans for a non-credit Himalayan Art Adventure commercial tour, his 12th for Colorado friends.*



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but that's exactly how it's been for me," he wrote. Since then, he's been remodeling the interior of his home, a project that has involved completely rebuilding the kitchen, upgrading the entertainment-TV room and rebuilding the upstairs bathroom. He has also joined a local jazz band, Just Like That, and performed at various fundraisers – including two of Bill Ritter's campaign events, many private home parties, a large AA birthday party in Colorado Springs and repeat performances at the annual Community Shares fete. He's volunteering his piano skills with a senior group in Lakewood that creates and performs musical shows for other seniors. "Finally, I've been working with the director of the Center for Faculty Development at UCDHSC creating a succinct, easy-to-use handbook for faculty on best instructional practices to promote optimal learning."  
[tacyr1242@mac.com](mailto:tacyr1242@mac.com)



**SUBHENDU DATTA** (Mechanical Engineering, UCB) wrote, "The most exciting thing that has happened in our lives is the arrival of our first grandchild, a boy, in early July. We spent over a month in New York to be there at the time of delivery and some time afterwards. We will be going there again in October. I am busy writing a book on our past and current research subject." He said he is hoping the book will come out next summer.  
[dattsubhendu@gmail.com](mailto:dattsubhendu@gmail.com)

**RICHARD DEVIN** (Theatre &

Dance, UCB) retired in December. Since then, he has designed five productions for various theaters and has contracts to work on five more shows in the coming months in Denver, Seattle, San Francisco, Baton Rouge and Iowa. He is also planning a tall ship cruise off the southern coast of Brazil in November, and he just completed a three-week camping trip in Canada.  
[devinr@colorado.edu](mailto:devinr@colorado.edu)



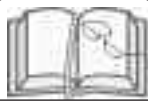
**DOROTHEA EL MALLAKH** (Economics, UCB) is still editing *The Journal of Energy and Development* and directing the International Research Center for Energy and Economic Development in Boulder.  
[elmallak@colorado.edu](mailto:elmallak@colorado.edu)

**BILL HANNA** (Electrical and Computer Engineering, UCB) wrote that he is gardening and doing lawn work at two homes, "Bill's in Boulder Canyon and Helen's south of Longmont on a farm homesteaded by her grandfather in 1876." He reports that it's a good year for apples.

**SPENSE HAVLICK** (Environmental Design, UCB) was an invited destination lecturer on Royal Caribbean cruises to Turkey, Greece and Italy in June. He wrote that he experienced "incredible fishing" during an Alaska camping trip in August. The Boulder City Council appointed him to the city's Transportation Advisory Board for 2007 to 2012.

**HENRY HERMES** (Mathematics, UCB) and his wife, Carol, took two bicycle trips last summer. The first

*He has designed five productions for various theaters and has contracts to work on five more shows in the coming months in Denver, Seattle, San Francisco, Baton Rouge and Iowa.*



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was with the Bicycle Adventure Club in North Dakota, and the second was with Colorado Heart Cycle in the Crater Lake region of Oregon. Their next trip will be to China.

[Hermes@euclid.colorado.edu](mailto:Hermes@euclid.colorado.edu)

**CHUCK HOWE** (Economics, UCB) has been elected a fellow of the Association of Environmental and Resource Economists, the most prominent association of economists specializing in the environment and natural resources.

[Charles.Howe@Colorado.edu](mailto:Charles.Howe@Colorado.edu)

*Also, she volunteers at a local elementary school and hopes to begin volunteering for Colorado Speaker of the House Andrew Romanoff regarding education issues.*



**FRANK KREITH** (Mechanical Engineering, UCB) wrote that he's doing "just more of the same – gratefully so!"

[fkreith@aol.com](mailto:fkreith@aol.com)

**JOYCE LEBRA** (History, UCB) in the spring signed a two-year contract with the Institute of Southeast Asian Studies in Singapore to produce a book on the Ravi of Jhansi Regiment, part of the Indian National Army fighting for independence in World War II. At that time she had also just returned from her second recent trip to India and Southeast Asia where she interviewed four survivors of the regiment, including the commander and second in command. She is planning to go to Singapore in December for three to six months in residence at the institute.

[Joyce.Lebra@Colorado.edu](mailto:Joyce.Lebra@Colorado.edu)

**MARILYN MACDONALD** (Psychiatry, UCDHSC) retired from the Department of Psychiatry in Octo-

ber 2006. She continues to work two days a week there in research. Also, she volunteers at a local elementary school and hopes to begin volunteering for Colorado Speaker of the House Andrew Romanoff regarding education issues.

[marilyn.macdonald@comcast.net](mailto:marilyn.macdonald@comcast.net)

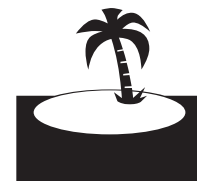
**EDGAR L. MAKOWSKI** (Obstetrics & Gynecology, UCHSC) recently was appointed director of medical education for Perinatal Resources Inc. The organization conducts postgraduate courses nationally in obstetrics and gynecology.

**JOHN C. MILLER** (Languages & Culture, UCCS) just returned from a 10-month U.S. Department of State English Language Senior Fellowship teaching and lecturing in Ahmedabad, located in the Gujarat state in India.

[millerjcl@aol.com](mailto:millerjcl@aol.com)

**WYN F. OWEN** (Economics, UCB), a joint citizen of Australia and the United States, and his wife, Corinne, will be leaving on their annual trip to Australia in October.

[wfoceo@earthlink.net](mailto:wfoceo@earthlink.net)



**DAVID PAULSON** (Environmental Design, UCB) and his wife, Joy, recently returned from a Trans-Canada Rail Journey vacation from Vancouver to Toronto. Aboard the Rocky Mountaineer, they enjoyed the Canadian Rockies, including Banff National Park and Jasper. After a visit to Lake Louise they viewed Victoria Glacier and a ride



# Staying in Touch

over the Athabasca Glacier. From Jasper they continued by VIA Rail aboard The Canadian, viewing prairies and forests. The trip concluded with a city tour of Toronto, noted for its modern urban renewal. David and Joy enjoyed the company of friends from Minnetonka, Minn., whom they met in the United Kingdom 10 years ago.

[ThePapaPapa@aol.com](mailto:ThePapaPapa@aol.com)



**JOHN R. ROHNER** (Museum, UCB) wrote the forward for "Rance Hood Mystic Painter," a biography written by retired CU anthropology professor James Hester and published by the University of New Mexico Press.

**HERBERT J. SCHLESINGER** (Psychiatry, UCHSC) wrote, "Now in my fifth retirement; having come to realize that retiring properly takes a lot of practice, I am at New York Presbyterian Hospital, Columbia Center as director of clinical psychology and clinical director of the Columbia Comprehensive Psychiatric Evaluation Service. The titles are more ponderous than the responsibilities, so I have had time to publish two books in the last four years and to finish a third book." The book, "Promises, Oaths, and Vows: On the Psychology of Promising," is to be published in early 2008. He also wrote, "Ann and I have had a couple of hospitalizations as some original parts have worn out and needed replacing or encouraging. As we slow down, we take full advantage of the cultural opportunities of New

York City."

**R.J. SCHOECK** (English/Humanities, UCB) has been writing poetry, revising several books, lecturing and presenting conference papers.

**DANIEL SLOAN** (Political Science, UCB) had a great summer spent mostly in Boulder and plans to visit San Francisco and San Diego this fall and perhaps Oxford in the U.K. next summer. "I live in Frasier Meadows retirement community where a number of other retired faculty reside," he wrote.

**NORTON STEUBEN** (Law, UCB) has been participating as a volunteer in the Boulder Housing Corp.'s Housing Counselor Program. His primary activity has been counseling people who are in default on their mortgages and are facing foreclosure.

[JudynNort@aol.com](mailto:JudynNort@aol.com)

**MICHAEL WERTHEIMER** (Psychology, UCB) continues his three-year term as a member-at-large of the American Psychological Association Board of Directors, which takes him to Washington, D.C., a dozen and a half times annually.

[Michael.Wertheimer@colorado.edu](mailto:Michael.Wertheimer@colorado.edu)



**ROBERT WILLIAMS** (Mechanical Engineering, UCB) and his wife, Jean, celebrated their Aug. 1 60th wedding anniversary with a gathering of friends and family and a Moscow-to-St. Petersburg waterway trip in Russia.

[bobjeanboulder@axint.net](mailto:bobjeanboulder@axint.net)

*His primary activity has been counseling people who are in default on their mortgages and are facing foreclosure.*