

The **PACRA Pacer**

Where are they now?

JUDY DOLAN, Escondido, CA



After 47 years of teaching business education (two years at Crown High School in Carpentersville, IL; three years at Escondido High School; ten years of part-time teaching at Palomar College; and 32 years of full-time teaching at Palomar), I retired in December 2013. I have been fortunate to have great mentors in my career; LaVere Campbell, Jim

Felton, Tom Humphrey, Nellie Kline, Marcia Shallcross and Bob Woodward from within the department and many more of you throughout my committee work at the college --- thank you all for helping me along the way!

I truly enjoy retirement and the leisure it brings to pursue other interests! I appreciate being your Secretary to the PACRA Board and the camaraderie and expertise that my fellow Board members bring to the table. I also am a member of the PACRA *group of four* defending your benefits on the college Benefits Committee --- along with Becky McCluskey, Jean Ruff, Steve Spear, and alternate, Jayne Conway.

The California Retired Teachers' Association has also peaked my interest; so, I am a Board member of the Palomar Chapter as well as the newsletter editor and web page monitor. I respect this state organization for its

zealous pursuit of issues relating to retired teachers and its smart leadership! I encourage all of my fellow PC retirees to be as active as you can in the pursuit and knowledge of issues relating to retired teachers: phone calls and post cards to your local, state, and national legislators are always a good idea!

And, I ring hand bells at the First Congregational Church under the wonderful direction of Cynthia Poole; come see us the third Sunday of the month!

Yes, I cherish the time I spend with my family and friends; my yard and all the fun I have in planting and weeding; my pool; travel; concerts including Neil Diamond, Billy Joel, Cher, Sting, Paul McCartney, Brian Wilson and the Beach Boys, and Frankie Valli; musicals, plays, and movies galore; and, or course, the beach! In October 2016, Marlys Usher and I took a road trip back to Iowa (her home town) and Wisconsin (my home town) for my 50th college reunion --- what fun that was!

Thanks for reading my ramblings; I hope you all are --- and will stay --- well! *Judy Dolan*

OBSERVATION

'One child, one teacher, one pen can change the world.'

Malala Yousafzai,
Nobel Peace Prize 2014

A COSTLY SURPRISE FOR MANY WHO VISIT THE EMERGENCY ROOM. ONE IN FIVE WILL BE DINGED WITH A HIDDEN CHARGE FOR CARE



A visit to the emergency room is bad enough. But more than 20 percent of patients receive another trauma in the form of an unexpected medical bill --- sometimes for thousands of dollars.

Patients who receive emergency care at a hospital, even one that is in their insurance network, have about a 1 in 5 chance of seeing an out-of-network ER doctor who may later bill them, according to a student in the

New England Journal of Medicine.

The report is based on data that was collected by a large insurer and drawn from over 2.2 million ER visits across the county.

Surprise billing often occurs when an ER procedure is assisted by a specialist --- such as a radiologist or anesthesiologist --- who is not directly employed by the hospital. Patients don't know until later that the doctor was not in their network.

Senator Bill Nelson (D-Fla.) wrote to the Federal Trade Commission in December 2016 asking for a review of the practice which he called

'unfair and deceptive.'

There have been attempts at legislative solutions, including a bill introduced in 2015 by Representative Lloyd Doggett (D-Tex.) that would have required providers to tell Medicare and Medicaid patients what costs will be before receiving care.

Consumers, meanwhile, should be vigilant, says Bruce Y. Lee, associate professor of international health at the Johns Hopkins Bloomberg School of Public Health. He suggests documenting all discussions with your insurance company or hospital about cost and coverage.

KNOW YOUR LOCAL OFFICIALS...

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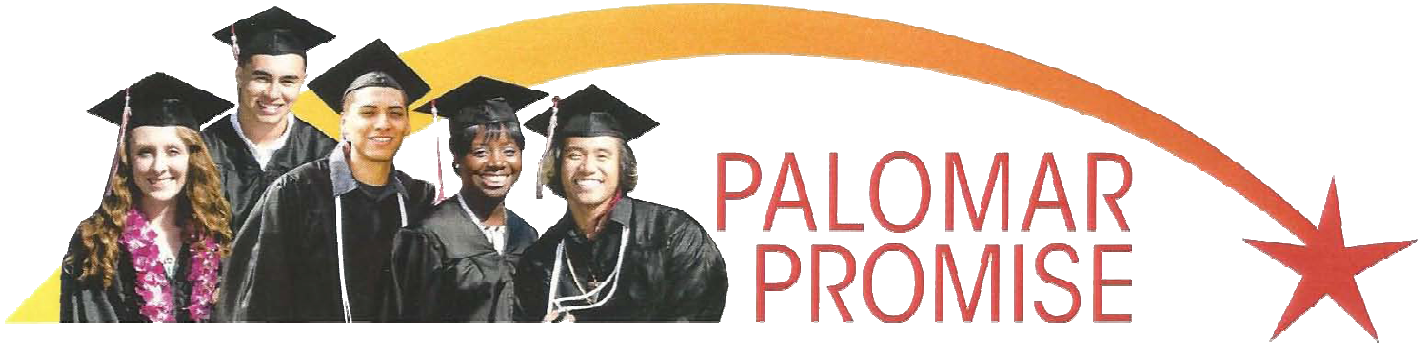
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PALOMAR PROMISE EXPANDS FREE TUITION PROGRAM



Hundreds of North County high school students will get free tuition and textbooks at Palomar College through an expanded program at the school this fall. The program began about a year and a half ago in the San Marcos Unified School District and has so far served about 100 students.

The Palomar Promise is expected to pay for all fees and up to \$500 for textbooks each semester for about 1,500 incoming students from 21 comprehensive high schools in Bonsall, Borrego Springs,

Escondido, Fallbrook, Julian, San Marcos. Poway, Rancho Bernardo, Valley Center, Vista and Warner Springs.

The College has created a \$1.5 million endowment to finance the program, and fund raising teams throughout the region are working to build it toward a goal of up to \$30 million. Once the program expands beyond comprehensive public high schools, it could fund up to 9,000 students, including those from faith-based charter and private schools, according to Palomar President, Superintendent. Joi Lin Blake.

To be eligible, students must have graduated within the past year from a school district in the Palomar College service area, sign a 'Student Success' contract and meet with a counselor to develop an education plan. Once enrolled, they must maintain at least a 2.0 grade point average. To date, President Blake has received a \$1 million check for the endowment from the Follett Education Group and \$500,000 from the Palomar College Foundation. ◆

PACRA Mission

"Working on behalf of retirees"

PACRA Pacer

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Robert Larson

REMINDER



PACRA's Annual Luncheon

Meeting will be held on Thursday, May 18,

2017, 11:30am - 2:30 pm, at the Old

Spaghetti Factory, 111 North Twin Oaks

Valley Road, San Marcos.

Hope to see you there!



NATURAL THERAPY

Enjoying the great outdoors is good medicine for mind and body

Spending a day in the park can make you feel good --- and there's science to back that up. 'The sights, sounds and smells of nature can have a powerful effect on your mind and body,' says Esther Sternberg, MD, director of the University of Arizona's Institute on Place and Well-being and author of *Healing Spaces*. Here are four ways science says the outdoors may bolster your health and ease arthritis symptoms.

1 Lifts mood. Even just five minutes of walking in nature can boost your mood and self-esteem, reports a meta-analysis published in 2010 in *Environmental Science & Technology*.

2 Eases stress. Exposure to greenery is calming. 'That's important, because the stress response can worsen arthritis symptoms,' says Dr.

Sternberg, who has inflammatory arthritis herself. It can also protect your mental health; a study in *BMJ Open* in 2015 found that people who lived in neighborhoods with the most green space were more than a third less likely to be anxious or depressed than those who resided in urban environments.

3 Lowers inflammation. A recent study from China published this year in *Biomedical and Environmental Sciences* showed that people who spent a two-night trip in the forest had lower levels of stress hormone cortisol and inflammation than those who stayed in an urban environment.

4 Reduces pain. 'The sight of nature may improve certain pathways in the brain,' says Dr. Sternberg. This may stimulate the release of feel-good endorphins that help relieve pain. Multiple studies show that hospital patients who had a view of nature reported needing less pain medication than those who didn't. ◆

REMEMBERING OUR MEMBERS THAT WE ONCE WORKED WITH --- BUT HAVE PASSED IN MEMORIAM

James Clayton

Extended Education/Physical Education/Athletics
January 29, 2017

Peggy DiBattista

Admissions and Records
October 28, 2016

Kendra Jeffcoat

Behavioral Sciences Department
February 28, 2017

Diane McAllister

Counseling/Assessment Coordinator
December 13, 2016

Allan Page

Foreign Languages (World Languages)
Department
November 4, 2016

April Wood

Counseling Department
March 14, 2017

Joan Sterling

Child Development Center
January 23, 2017

THE NEW FACE OF PALOMAR COLLEGE

In 2006, voters approved a \$694 million bond measure to update the college's San Marcos campus. This resulted in the construction of several new structures. Below is a collage of those completed to date with the date of completion noted.

First Row:

1. Theater/Performing Arts Complex - Nov. 2011
2. Multi-disciplinary Building - Fall 2010
3. Early Childhood Education Lab School - August 2016

Second Row:

1. Teaching & Learning Center - September 2013
2. Planetarium - January 2012
3. Natural Science - Fall 2010

Third Row:

1. Industrial Technology - March 2012
2. Humanities - March 2014
3. Health Sciences - Fall 2010

Fourth Row:

1. Baseball Field - September 2015
2. Escondido Center Renovation - July 2013





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EATING HEALTHY

Veggie Lovin' From the Oven

Roasted Cauliflower 'Steaks'

1 (2-pound) head cauliflower

[From our kitchen: outer slices do sometimes break apart but are no less delicious. If you want the presentation of 4 'steaks,' double the recipe to be sure.]

2 tablespoons olive oil, or more to taste

½ teaspoons salt

¼ teaspoon black pepper

¼ teaspoon garlic powder

1. Preheat oven to 450 F. Line a rimmed sheet with foil.
2. Remove leaves from stalk of cauliflower with a small sharp knife, then trim stalk slightly, keeping intact. Put cauliflower on



- cutting board with stalk facing up, then cut head vertically into 4 thick slices ('steaks'). Arrange steaks on prepared baking sheet. Drizzle with oil, then sprinkle with salt, pepper, and garlic powder.
3. Roast 20 minutes. Turn steaks over with a spatula, and continue to roast until soft in middle and darkening around edges, about 15 minutes more.