



# The PACRA Pacer

## WHERE ARE THEY NOW?

RAMONA COLWELL, Carlsbad, CA



*Ramona & Joe Colwell ~*

I still reside in Carlsbad where we have lived since 1976. Since retiring we have done some traveling and some volunteering. One of our favorite trips was with dear Brenda Montiel to Bhutan.

Among other tours that Joe and I took were to New Zealand where we climbed partly up a glacier and one trip to Normandy, France, where we stayed a month with friends on a four-hundred year old farm. On another trip I accompanied my daughter to Ulan Ude, Russia, where she adopted two little girls, and that is the most memorable trip I every took.

Joe has volunteered for Science day at the Dove Library and also did reading with third graders at Jefferson school in Carlsbad. I volunteered for sixteen years as a docent for the Mingei International Museum in Balboa Park. I was the program chair for two years

In 1995, I retired from the Palomar College Mathematics Department, after teaching for twenty-five years. Joe and

and docent council chair for two years. I love the museum and still do many things with them but my health and Joe's health took some set-backs last fall which required us to fore-go our volunteer commitments. I miss it but not the commute.

The joy of our lives is children. We have an international family. Our oldest daughter lives in Manhattan, New York. Her husband is from the Dominican Republic and she has the two little Russian girls. She works for banks – Chase Manhattan, Morgan Stanley, etc. Our second daughter has a PhD in mathematics and is director of a learning center at Saginaw State University, Michigan. Her husband was from Jordan but died of cancer a few years ago. Our third child, a boy, also has a PhD in mathematics and lives in Seattle with a Lithuanian wife and two sons. He works for Google.

My pet peeve is the electronic industry with its 'Nanny knows best' attitude with crud-R-us gimmicks on telephones, kitchen appliances, cars, computers, etc. Joe and I continue to enjoy attending the LaJolla symphony and staying as active as possible.

## WHERE ARE THEY NOW?

VIRGINIA WIGGENJOST BEZOENIK,  
M. Ed, Escondido, CA



In 1963, I was hired by Palomar College to serve in the position of Secretary to the Dean of Student Activities. I replaced Lee Gaines who had been promoted to

the position of Secretary to the Dean of Instruction, Virgil Bergman. During my tenure in the Student Activities office I had the pleasure of working for three different administrative deans ... Marjorie Wallace, Joe Malik and Robert Bowman. I resigned from my position in 1969 to pursue my educational goals.

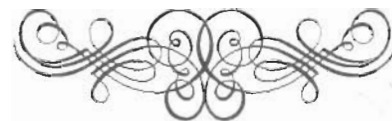
After obtaining my A.A. from Palomar College, I received my BS degree from the University of San Diego, followed by my M. Ed from the University of San Diego in 1972.

I taught business education and remedial skills classes at Ramona High School for ten years. I substituted for many years in the Escondido schools; helped set-up the JTPA program at Victor Valley College and the Job Corp program at San Bernardino Valley College, after which I became a counselor at Washington Independent High School in the Colton Unified School District. I retired from teaching in 1995.

Presently, I am living in the same home Joe and I purchased in Escondido in 1969. I enjoy music, traveling back home to Iowa & Wisconsin, caring for my backyard orchard and my involvement in the American Association of University Women (AAUW), which Lorraine Boyce introduced me to in 1995.

The AAUW raises money for scholarships such as the Teck-Tech program which sends students to college to further their education in science and math. The AAUW welcomes anyone with a BS degree to join and yes, men too. Old teachers never die, they just lose their classes, sending their students – the vine and branches – to become the next generation of leaders in all walks of life.

I am very thankful to Palomar College for introducing me to the magic of education and giving me the incentive and opportunity to spread my wings. It is also a pleasure to support PACRA and to continue to associate with those of you still involved with and supporting educational efforts.



## **PACRA Mission**

We are retired Palomar College public employees working together to maintain and improve the quality of the live of our members by protecting and monitoring our retirement benefits and health and welfare issues.

## **PACRA Request for your E-mail Address...**



If you haven't already done so, PACRA would very much appreciate having your e-mail address on file. If you prefer we not publish it in our Membership Director please let us know. We will honor your request for privacy. There are occasions when your Board feels it is in your/our best interest to alert you to events and/or activities that may affect your benefits, and due to the ever-increasing cost of postage it is far more cost-effective for us to do so through e-mail rather than US mail. Thank you for your support.

## **SAVE THE DATE...**



Mark your calendars and plan to attend PACRA's Annual Meeting to be held on Thursday, May 19, 2016, 11:30 am – 2:30 pm, at the Old Spaghetti Factory, 111 North Twin Oaks Valley Road, San Marcos. Lunch will be served at noon. Please plan to join us ... renew acquaintances, take photos and just plain relax and enjoy the company of long-time colleagues.

## **REMEMBERING OUR MEMBERS THAT WE AT ONE TIME WORKED WITH, BUT HAVE PASSED**

### **IN MEMORIAM**

#### **Paul Cassidy**

PACRA Member & spouse of Elaine Cassidy  
Community Services Department  
February 2, 2014

**Dr. Kenneth D. Burns**  
Counseling Department  
December 9, 2014

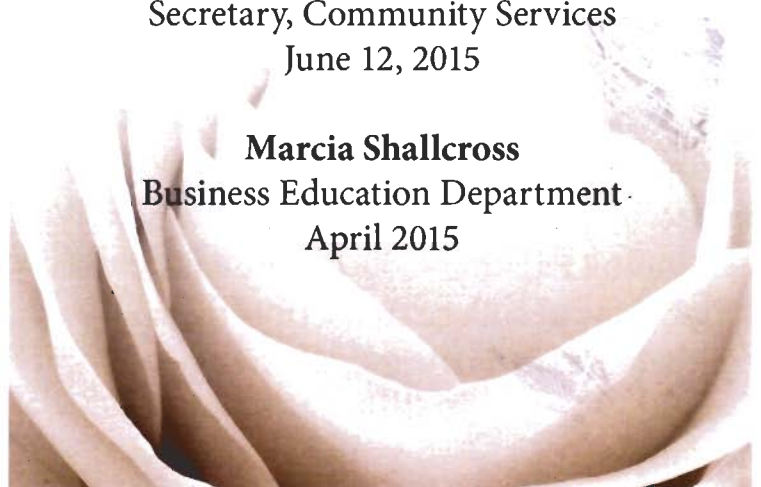
**William D. Boyce, M.D.**  
Board of Trustees  
March 30, 2015

**Willie 'Bill' Golden**  
Industrial Technology Department  
June 6, 2015

**Ronald Wiestling**  
Mathmatics Department  
August 22, 2015

**Diana Olsen**  
Secretary, Community Services  
June 12, 2015

**Marcia Shallcross**  
Business Education Department  
April 2015





## Palomar College Retirees' Association Scholarship

Application and deadline information

**Award: \$1,000**

### Criteria:

- Must be a relative of a PACRA member in good standing (Please state this clearly on your application)
- Enrolled full-time Fall 2016 and Spring 2017 at Palomar College (exclusive of Kinesiology classes unless required by the major)
- Open to all high school seniors who are legal US residents in public and private schools and to new or continuing Palomar students
- Cumulative GPA of at least 3.0
- Demonstrate school and/or community leadership and service
- Recipient selected by PACRA Board

### Transcripts:

High school seniors without previous college credit, please supply an official high school transcript in a sealed envelope. New or continuing Palomar College students, please supply official college transcripts from all colleges attended in a sealed envelope.



### To Apply:

There is no paper application. The application must be completed on-line.

Current Palomar students log onto Student eServices and click on "Apply for Scholarship". Students new to Palomar must file an on-line application to obtain a Palomar College ID number prior to applying for the scholarship. The on-line application can be completed at [www.palomar.edu](http://www.palomar.edu) and clicking on New Students, then Steps for Enrollment.

### Questions:

Contact Jo-Anne Lesser  
[joanne.lesser@att.net](mailto:joanne.lesser@att.net) or (760) 747-1619

### Application Deadline:

As of this publication, the Financial Aid Office has not yet established a deadline date. Please contact Jo-Anne Lesser for updated information.

### **PACRA Pacer,**

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**June Rady, Ted Kilman**

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## Palomar College, Point Loma Nazarene team up for bachelor's

Palomar College students are now able to earn four-year degrees in nursing through an agreement with Point Loma Nazarene University (PLNU). The program got underway with the 2015 fall semester.

Under the agreement, Palomar students who earn a two-year nursing degree can study for an additional 15 months with PLNU instructors who will teach at the San Marcos campus. Students will pay \$16,200 in tuition to earn the Bachelor of Science degree in nursing from Point Loma Nazarene. The tuition is considerably higher than the \$46 per unit Palomar students pay for classes at Palomar, but the degrees could result in higher-paying jobs, said Hope Farquharson, chair and director of the Palomar College nursing program.

Farquharson said the agreement with PLNU allows for 15 Palomar students to be in an advanced nursing class.

*'Life would be infinitely happier if we could only be born at the age of eighty and gradually approach eighteen.'*

– Mark Twain, American Humorist (1835 - 1910)

## Palomar College marks library groundbreaking

Palomar College is set to begin construction of a four-story library/learning resource center that administrators say will be the new heart of the campus. 'It's really great to see how much is being done for students,' Library Department Chairwoman Linda Morrow said at a groundbreaking ceremony held in May.

The \$69 million, 85,000-square-foot building will include a library, meeting rooms, training rooms, offices, archives and an adaptive technology center.

The learning resource center will include a faculty technology center, computer commons, multipurpose lab, group study rooms, proctoring rooms, open lab tutoring area, work rooms and areas for reading and studying.

The new library and other improvements on campus which have occurred over the past few years were funded through the voter-approved Proposition M from 2006, a \$694 million bond. About half of the money has been spent, and the college is at work on new baseball fields and a new child development center. Construction of a parking structure will also begin soon.

The library and learning resource center is scheduled to open in 2017.

## LEGISLATIVE WATCHDOG

An update on the status of the proposed pension reform initiative. On June 4, 2015, pension reformers led by former San Jose Mayor Chuck Reed and former San Diego City Council member Carl DeMaio submitted a request to State Attorney General Kamala Harris for preparation of a circulating title and summary of their initiative which they have titled the 'Voter Empowerment Act of 2016.' The preparation of a title and summary is required by law and once issued, allows Reed and DeMaio to begin circulating the initiative in hopes of gaining the required number of voter signatures to qualify the measure for the November 2016 statewide ballot. The measure is a proposed constitutional amendment and, if approved by the voters, would subject most local pension increases to voter approval.

Attorney General Kamala Harris had until August 11, 2015, to prepare the analysis. On that date she released the following title and summary of the chief purpose and points of the proposed constitutional amendment:

**PUBLIC EMPLOYEES. PENSION AND RETIREE HEALTHCARE BENEFITS. INITIATIVE CONSTITUTIONAL AMENDMENT.** *Eliminates constitutional protections for vested pension and retiree healthcare benefits for current public employees, including those working in K-12 schools, higher education, hospitals, and police*

*protection, for future work performed. Adds initiative/referendum powers to Constitution, for determining public employee compensation and retirement benefits. Bars government employers from enrolling new employees in defined benefit plans, paying more than one-half cost of new employees' retirement benefits, or enhancing retirement benefits, unless first approved by voters. Limits placement of financial conditions upon government employers closing defined benefit plans to new employees. Summary of estimate by Legislative Analyst and Director of Finance of fiscal impact on state and local government: Significant effects - savings and costs - on state and local governments relating to compensation for governmental employees. The magnitude and timing of these effects would depend heavily on future decisions made by voters, governmental employers, and the courts. (15-0033.)*

Needless to say, Chuck Reed and Carl DeMaio were not happy with the Attorney General's summary. They say the summary and title offered for the measure includes the same union-backed poison pill (claiming the initiative undermines constitutional benefit protections) she used for previous pension reform measures.

A recent newspaper article reported that Reed and DeMaio plan to take the matter to court in hopes of convincing a Judge to rule in favor of revising the title and summary. PACRA will continue to monitor this situation closely.



## - LEGISLATIVE WATCHDOG -

### **BREAKING NEWS ....**

I have just been alerted by Dave Low, Californians for Retirement Security, that former San Jose Mayor Chuck Reed and former San Diego City Councilman Carl Demaio have – as of October 5, 2015 – filed two new pension reform initiatives with the Attorney General's Office.

The first initiative is a slimmed down version of the original 'Voter Empowerment Act of 2016' and uses the same title. From a quick reading, the major changes involve taking out the proposed elimination of the California Rule and also taking out a provision that would give voters a right to use the power of the initiative to determine public employee compensation. I assume that the original version of this initiative will not go forward at this point.

The second initiative, the 'Government Pension Cap Act of 2016' would significantly cap the employers share of the cost of a new employee's retirement benefit to 11%, with 13% for safety employees. All other costs, including unfunded liability costs will be the responsibility of the employee unless voters approve otherwise. It will take some analysis to determine the impacts of these caps, but my guess is that they would be significant.

It is assumed that the Attorney General will now start the clock on writing a title and summary of both initiatives at this point.

**Editor's note:** Before issuing a circulating title and summary, the Attorney General must first request the preparation of a fiscal impact analysis from the Department of Finance and the Legislative Analyst's Office. These agencies have 50 calendar days after receipt of the proposed measure(s) from the Attorney General's office to prepare such an estimate. Typically, the Attorney General's office issues an official circulating title and summary approximately 65 calendar days from the date the proposed measure(s) is originally received.





The **PACRA Pacer**

### A New Look at Heart Health

In the 1960s it was not uncommon for people to die of heart attacks in their 50's or 60's. At that time, the effects of smoking, high blood pressure and obesity were unknown. For heart attack survivors, treatments were limited. Since then, the U.S. death rate from coronary heart disease has been dropping.

A 2014 study by researchers at Yale and Harvard medical schools looked at Medicare patients from 1999 to 2011. The findings are encouraging, including marked declines in death rates for both heart attack and heart failure patients 30 days after hospitalization.

There are several potential reasons for the changes. Health workers are better able today to identify and treat high blood pressure, rates of smoking have decreased, more people are getting the medications they need for lowering cholesterol, and heart attacks are treated more quickly.

Steven Stern, M.D., Vice President, Cardiac and Orthopedics/Neuroscience, UnitedHealthcare, offers these tips to help protect your heart health:

- ♥ If you don't know your blood pressure, get it checked. More than half of all Americans age 60 and older have high blood pressure.
- ♥ Get your cholesterol checked and learn what the numbers mean.
- ♥ Eat heart-healthy foods like colorful fruits and vegetables; whole grains; lean proteins such as fish, skinless poultry and beans; and low-fat dairy.
- ♥ Get moving. Many doctors now say that sitting is the new smoking.
- ♥ Take your medicines as prescribed.

(Source: American Heart Association UnitedHealthcare)

### Know your Blood Pressure Numbers

	SYSTOLIC	DIASTOLIC
Normal	Below 120	Below 80
Prehypertension	120-139	80-89
Hypertension	140-179	90-109
Crisis Stage	180+	110+

Source: American Heart Association, 2014