

AFTER-WORDS

A NEWSLETTER FOR THE RETIREES OF THE
FOOTHILL-DE ANZA COMMUNITY COLLEGE DISTRICT



VOLUME XLIII, ISSUE 5

WWW.DEANZA.EDU/FODARA

MAY 2022

As summer approaches, we hope each of you has gotten through the pandemic. We are attempting to schedule events in a thoughtful way with a combination of Zoom (see updates in box below) and in-person events: the annual Pizza Thing, the Holiday Luncheon, and possibly a wine tasting in early 2023. The St. Patrick's Day lunch was lots of fun and, as you can see from the photos, very "green" (more photos are on the FODARA website). It was great to finally get-together in person while enjoying a delicious lunch. Please join us **JUNE 16** for our annual Summer Picnic at Cuesta Park in Mt. View; in this pleasant outdoor setting, we can catch-up with friends and sample a tasty Mexican food buffet—details are on the reservation form p. 11.

—The FODARA Board



Zoom Event Updates

Spring 411 Tech Panel **Postponed**

FODARA is working with ETS to develop details and the schedule for conducting this event. Tentative plans are to hold the event in July or August, so keep adding to your list of questions and topics you'd like covered!

Fall Estate Planning **Sept/Oct**

Retirees will soon be asked to respond to a survey sent via the FODARA listserv on topics of interest for an estate planning Zoom event. The date and other details will be in the September issue of *After-Words* and/or sent via the listserv.

FODARA BOARD OF DIRECTORS 2022

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Zoom Social Events	Linda Conroy, lsiqcon@aol.com La Donna Yumori-Kaku, Yumorikakuladonna@fhda.edu

FODARA EVENT CALENDAR 2022

June 16	Thurs 3:00pm	Summer Picnic	Cuesta Park, Mt. View
July/Aug	tbd	<i>tentative:</i> 411 Tech Panel	Zoom
Sept 13	Tues 1:00pm	Board Meeting *	Zoom / location tbd
Sept/Oct	tbd	Fall Estate Planning	Zoom
Oct 20	Thurs 3:00pm	Pizza Thing	Tony & Alba's, San Jose
Nov 1	Tues 1:00pm	Board Meeting *	Zoom / location tbd
Dec 15	Thurs 11:30am	Holiday Luncheon	De Anza Campus Center

* If you would like to participate in a Board meeting, please email FODARA Secretary Tom Roza for meeting location or Zoom link/password.

HEALTHCARE PLANS—*DID YOU KNOW?*

For retirees eligible for District health benefits, Open Enrollment for 2023 will start in early September. This article attempts to clarify the types of plans available. Specific information is based on 2022 CalPERS health plans-- for 2023 plans may differ.

Selecting a healthcare plan depends mostly on two factors: eligibility for Medicare and personal priorities (affordability vs. coverage). Non-Medicare retirees choose from the list of "basic" health plans available to active employees, which for 2022 Open Enrollment included 8 **Health Maintenance Organization (HMO)** plans and 2 **Preferred Provider Organization (PPO)** plans. Medicare enrollees choose from the list of plans that either *coordinate with* Medicare, **Medicare Supplemental Plan (MSP)**, or *replace* Medicare, **Medicare Advantage Plan (MAP)**; for 2022, this list included 3 **MSPs** and 5 **MAPs**.

NOTE: all CalPERS health plans include prescription drug coverage: most plans use OptumRx; Kaiser and Blue Shield provide their own "in-house" coverage; and Sharp Direct Advantage uses CVS Caremark.

Basic (non-Medicare) Plans

- **HMO: LIMITED NETWORK / LOWER COST.** HMOs offer a restricted choice of doctors, hospitals, and other medical providers often within a specific geographical area. Because HMOs negotiate rate agreements with these providers, monthly premium costs are typically low. Out-of-Pocket (OOP) costs—yearly deductible, co-pays, co-insurance—can be low or high, depending on the plan selected. If members use an out-of-network provider, HMOs don't cover the costs unless the service is a verified emergency. Members must select a primary care physician and get a referral to see a specialist.
- **PPO: LARGER NETWORK / HIGHER COST.** PPOs offer a wider choice of providers, both those in-network and out-of-network (OON); however, the OON allowable amount is lower than for in-network, and members are responsible for costs over this rate. Because of the additional coverage, monthly premiums are typically higher than for an HMO. OOP costs—yearly deductible, co-pays, co-insurance—can be low or high, depending on the plan selected. Members typically do not have to select a primary care physician or get a referral to see a specialist.

Medicare Plans

- **MSP (aka Medigap): ALL MEDICARE PROVIDERS / HIGHER COST¹.** MSPs are used *in conjunction* with original Medicare Parts A and B as a secondary insurance plan to cover all or part of OOP costs as well as any costs billed directly to the member from providers whose fees exceed Medicare's set rates. The federal government sets the standard for Medigap, so all plans have the same network—providers/facilities that accept Medicare—and the same coverage as Medicare²; plans differ only on OOP costs, monthly premium, and any Benefits Beyond Medicare (BBM), "extras" covered such as hearing aids and physical therapy sessions.

¹ *Though MSPs tend to have higher monthly premiums than MAPs, MAPs tend to have more/higher Out-Of-Pocket (OOP) costs, so, especially for MAP members who require frequent care, a higher OOP cost could off-set the lower monthly premium cost.*

² *Because MSPs, like Medicare, do not cover vision or dental care, the District provides these benefits with separate policies from Vision Service Plan (VSP) and Delta Dental.*

- **MAP (aka Medicare Part C): ALL-SOME MEDICARE PROVIDERS¹ / LOWER COST:** MAPs *replace* original Medicare Parts A and B. MAP members sign over their Medicare "rights" to a private insurer, who is paid by the federal government to provide Medicare's benefits. MAPs include more than what original Medicare covers: most plans are a package with vision and dental care.² Though MAPs must adhere to any state regulations, there are no federal standards, so each insurance company creates its own MAPs with specific providers, items covered, and "risk score" formulas used to bill the federal government for services provided.

¹ *MAPs can limit coverage to Medicare providers in a specific geographical area or to only those with which they have negotiated cost agreements.*

² *Retirees also receive these benefits from the District via separate policies from VSP and Delta Dental.*

- The names of MAPs and MSPs include either "PPO" or "HMO," labels that could refer to differences in the billing process or coverage (PPO plans *might* include broader networks of providers). For details on

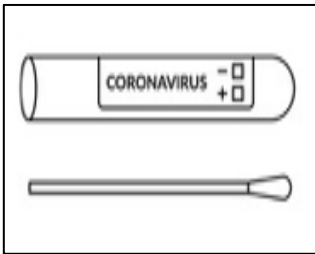
a particular MAP, retirees will have to contact the plan administrator. The September issue of *After-Words* will list and describe the 2023 plans available. The chart below offers a brief comparison of MSPs and MAPs.

	Medicare Supplemental Plan Medigap	Medicare Advantage Plan Medicare Part C
Network	All US providers/facilities that accept Medicare	All or some US providers/facilities that accept Medicare (any restrictions are to those with which the plan has negotiated contracts or those in a specific geographic location)
Out-of-Network (non-Medicare Providers)	No US providers/facilities that do not accept Medicare except under certain conditions for a verified emergency	No US providers/facilities that do not accept Medicare except under certain conditions for a verified emergency; some PPO versions <i>might</i> cover certain non-Medicare providers at reduced rates
Overseas Travel	Some plans cover medical care out of the country within a specific time limit and with a maximum cost	Some plans cover medical care out of the country within a specific time limit and with a maximum cost
Cost	Monthly premium is in addition to Medicare Part B premium. A range of premium costs, typically higher than for MAPs; plans cover all or part of Out-of-Pocket costs: yearly deductible, co-pays, co-insurance as well as any providers' fees above Medicare's set rates	Monthly premium is in addition to Medicare Part B premium. Plans range from 0 to low premium costs but typically require OOP costs, e.g., yearly deductible, co-pays, coinsurance
PCP / Referrals	Plans do not typically require a Primary Care Physician or referral to specialist* * <i>Some health organizations require PCP and referrals regardless of type of insurance plan</i>	Plans require a Primary Care Physician and referral to specialist
Coverage	MSPs cover OOP costs and extra fees only for providers/services Medicare covers; however, most MSPs include a few "Benefits Beyond Medicare" (BBM), such as hearing aids and chiropractic care. Because Medicare does not include vision/dental care, the District provides these benefits with separate policies from VSP and Delta Dental.	MAPs are "all-in-one": providers/services Medicare covers, typically vision and dental care, and other items, such as hearing aids, as part of a MAP package; the District also provides separate policies from VSP and Delta Dental.
Cost to CMS	Original Medicare has rates for each service covered set by CMS; however, participating providers can charge up to 25% above this rate. This extra cost is not covered by Medicare (not charged to CMS) but is covered in full or in part by MSP; those without MSP are responsible for these fees	MAPs are paid by CMS for each service provided based on their in-house coding formula, called a "risk score," which charges higher amounts for sicker patients. From 2010-19, research found MAPs were paid more than \$106 billion over what the same services cost in Medicare with no evidence of a sicker population

Accountable Care Organization

Some FHDA retirees may have received notice their primary care or other physician is part of an Accountable Care Organization (**ACO**). ACOs are an innovation from CMS in healthcare delivery systems, an alternative to the "pay-for-service" model. A group of physicians, hospitals, and medical facilities sign up with CMS to become an ACO to improve healthcare and reduce costs for Medicare patients by regularly communicating to provide the best outcomes, eliminate duplication of services/tests, and reduce the risk of medical errors. ACOs are especially beneficial to those with chronic illnesses who require care from different physicians and specialists. Only those enrolled in original Medicare (with or without an MSP) can choose to participate in an ACO—they are not available to MAP members. Medicare enrollees who receive notice of an AOC, either via a letter sent to their home or information posted in their provider's office, can choose to have the AOC's participants provide all their healthcare needs to take advantage of the coordinated care, or they can "opt out" of the ACO by simply choosing other providers/facilities that accept Medicare (no other action is required). Choosing—or not choosing—to participate in an ACO does not affect a member's Medicare or Medigap coverage or benefits. More information on ACOs is available from CMS at <https://innovation.cms.gov/innovation-models/aco>.

COVID-19 OTC TEST UPDATE



As of April 2022, Medicare covers up to eight over-the-counter COVID-19 tests each calendar month at no cost until the COVID-19 Public Health Emergency ends. Only those with original Medicare Part B (Medical Insurance) are eligible for this benefit; those enrolled only in Medicare Part A (Hospital Insurance) or in a Medicare Advantage Plan are not eligible but can get tests from other programs. The eight tests are free only at a pharmacy or health care provider/service participating in the Medicare COVID-19 OTC test initiative. If you want more than eight tests in one month, you will be responsible for the additional costs. Bring your Medicare and any other health insurance cards to a participating pharmacy (*note: at many pharmacies, the tests are processed like a prescription so require a wait time to be filled*). Following is a **partial** list of pharmacies participating in the Medicare initiative: Albertson's, Safeway, Lucky's, CostCo Pharmacy, CVS, Rite Aid, Walgreens, Walmart. Check the website or call your local pharmacy for test availability. Medicare.gov has more information on how to get OTC COVID tests as well as vaccines: <https://www.medicare.gov/coverage/coronavirus-disease-2019-covid-19-diagnostic-tests>.

IMPORTANT HEALTH BENEFITS REMINDERS/LINKS Retirees Eligible for FHDA Health Benefits

- If you haven't already submitted your **Medicare Part B proof of payment** in order to be reimbursed by the District, the final deadline is **June 30, 2022** to receive on July 15 reimbursement for Quarters 1 & 2; documents received after this date will *not* be accepted.

Email a pdf or screen shot of your document(s) to MyBenefits@fhda.edu or submit copies of the document(s) to the District via certified mail or FAX. All **2022 Annual Retiree Survey** information, including how to submit documents and forms, as well as other health benefits information and links, are on the District Retiree webpage: https://hr.fhda.edu/benefits/Pre_97_Retirees.html.

- If applicable, prior to the June 30 deadline, and whenever such events occur, retirees must report a Life Qualifying Event (LQE)—*change in Medicare status for retiree/dependent, death of dependent, new phone number/address/email*—on the **Retiree Information Change Request Form**, available to download on the District Retiree webpage; it can be emailed to MyBenefits@fhda.edu as a pdf or sent to the District via certified mail or FAX.
- FHDA Retiree Webpage: https://hr.fhda.edu/benefits/_retirees.html
Pre-'97 Hires: https://hr.fhda.edu/benefits/Pre_97_Retirees.html
Post-'97 Hires: https://hr.fhda.edu/benefits/Post_97_Retirees.html
VEBA Trust for eligible Post-'97 Hires: <https://vebatrust.net/>

FODARA Wants to Hear From YOU!

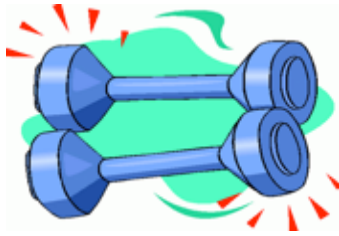
Mark your calendar on **September 2** as a reminder to submit an After-Words contribution for the first issue of the 2022-23 academic year:

- ✓ A resource you've found useful or a volunteer opportunity you'd like to promote
- ✓ A book you enjoyed / recommend
- ✓ An article for **Retiree News** (*Where Are They Now?*) or **Favorite Things**
- ✓ A creative endeavor: poem, book (published or in-the-works), artwork, photographs, garden

Email the above or questions to After-Words Editor, Linda Lane (lanelinda@fhda.edu).

HEALTH MATTERS—*DID YOU KNOW?*

adapted from an article by David Nield on [sciencealert.com](https://www.sciencealert.com) March 1, 2022



Spending only 30-60 minutes *per week* on muscle strengthening exercises could be enough to significantly reduce your risk of dying, according to a recent study—even without extra cardio exercise like running or cycling. Analyzing 16 previous studies, covering up to 25 years of research and sample sizes up to nearly 480,000 people, this new report found muscle strengthening activities were associated with a 10-20% lower risk of death from all causes. The risks of cardiovascular disease, diabetes, and cancer were particularly affected. However, though the research highlights a link between muscle strengthening exercises and longer life, there's not enough data to say these exercises directly cause that longevity—there might be another factor involved that allows people to stay healthy longer. Two limitations in the older studies are they relied on *subjective* assessment of muscle-strengthening activities (what the participants self-reported) and were carried out only in the US so might not be applicable elsewhere. But promoting muscle strengthening exercises is not new; the World Health Organization (WHO), along with countless other health groups, has long recommended adults do such exercises at least two days a week: squats, push ups, lifting weights, and even serious gardening, e.g., digging and shoveling. What *is* new is the relatively small amount of time required to produce benefits: 4-8 minutes a day. Research is now focusing on the impact cardio exercises have when done in tandem with muscle strengthening—a review of just three small studies that combined both types of exercise suggest a significantly lowered risk of death. Thus it appears the combination of muscle-strengthening and aerobic activities may provide an even greater benefit.



Interested in strengthening your *mental* health? Listening to music is one of the easiest ways to achieve this goal! Scientific studies have long shown music can positively affect well-being, learning, cognitive function, quality of life, and even happiness. According to a recent AARP survey on music and brain health, music listeners had higher scores for mental well-being and reduced levels of anxiety and depression, and active musical engagement was associated with higher rates of happiness and good cognitive function.

To increase your happiness score and uplift your mood, check out former Foothill English/Fine Arts instructor Denny Berthiaume's latest (and perhaps last) CD, ***Homage/Disruption***. Below he describes its origin:

Growing up in both worlds of classical music (Bach, Beethoven, Chopin) and jazz (Duke Ellington, Thelonius Monk, Dave Brubeck), I was always exploring how to fuse these worlds. I began playing The Great American Songbook at the same time I learned inventions, preludes, and sonatas. Gershwin, Porter, Berlin, Kern and Richard Rodgers were my constant companions. As I entered my 80th year during our virus-driven, politically divisive time, I used the 15 months of COVID-19 lockdown to arrange 12 pieces of music for this OPERA/JAZZ project, which began in 1997. I created modern ("jazz") harmonies for these pieces, often altering the structure and feel, creating a fantasia for improvising. Recording a CD is an act of discovery and re-harmonizing holds out the possibility that the music is growing forward, not frozen in its time and place; these arias about love and death live on and on and, in times of great disruption, give life to these composers to whom I pay homage.

Homage/Disruption is available to sample and purchase on Denny's website (<https://dennyberthiaume.com>); on Amazon you can buy this CD (and many others) or listen to/buy individual songs. On Denny's website are all his amazing 34 CDs; this eclectic collection includes his piano solos and collaborations with other musicians and singers: upbeat, innovative jazz tunes; memorable songs from decades past, favorite love ballads, and selections from the popular musicals *West Side Story* and *Wizard of Oz*. Email Denny with any questions: dennyberth@comcast.net.

DISTRICT NEWS



In March, Chancellor Judy Miner announced she has decided to "pass the baton" to a new Chancellor who could bring fresh perspectives and renewed energy to the District—she will retire September 2023, her 35th anniversary at Foothill-De Anza. During this and next year, she will continue her involvement with fundraising, community outreach, equity initiatives, and developing strategic goals for Reimagining Foothill-De Anza; Dr. Anu Khanna has been selected to serve as Senior Advisor to the Chancellor from now until June 2023. Chancellor Miner's messages to faculty and staff are available to read on her webpage: <https://www.fhda.edu/chancellor/chancellor-messages.html>.



In April, former Foothill President Thuy Nguyen requested to the District Board her 2022-23 contract be renewed. Nguyen told the *Palo Alto Weekly* she has seen Foothill make progress on various fronts, particularly around racial equity, and wants to help that work continue. Last fall, dozens of faculty raised serious concerns about Nguyen's leadership, and the Academic Senate passed a vote of no confidence. In October, after the FHDA District Board voted unanimously not to renew her contract, Nguyen was placed on administrative leave, and former Foothill President Bernadine Fong took over as acting president. In response to recent letters from community groups and local leaders urging Nguyen's reinstatement, the

Board reviewed the matter at the April 4 meeting. Faculty and staff spoke largely in opposition to Nguyen's reinstatement while members of the public spoke in favor. After a closed session, the Board announced a unanimous decision to decline the request, so Nguyen's contract will expire in June.



According to the online FHDA District Board minutes, 11 people will retire by the end of Spring or Summer Quarter 2022; apologies if anyone was inadvertently excluded or included.

Cecelia Deck, DA Language Arts
Lenore Desilets, DA PSME
Ronald Dunn, DA Creative Arts
Marc Knobel FH PSME
Charles Lee, DA Language Arts
Bertrand Lo, DA PSME

Richard Maynard DA Auto Tech
Bruce McLeod, FH FA/Communications
Denise Perez, FH Academic Services
Paule Romeo, FH Bookstore
Susan Tavernetti, DA Creative Arts

We wish all retirees a happy, healthy post-employment life! New and "old" retirees are invited to join and support FODARA by signing up for the listserv (email cindycastillo@comcast.net) and by volunteering to serve on the Board or committee—meetings are currently held off-campus and/or via Zoom. Keep in touch by attending FODARA's in-person get-togethers and Zoom events! Visit our website to see all of the great services FODARA provides to retirees: <http://www.deanza.edu/fodara/index.html>.



Sign up for or renew your **FODARA 2022 membership!** The \$10 per year voluntary dues go directly to student scholarships, and these days students definitely appreciate financial assistance. Submit your dues (for one or multiple years) by sending a check, made out to FODARA, to Barbara Illowsky, 21363 Dexter Dr., Cupertino, Ca., 95014. Or donate to the FODARA scholarship fund online via the FHDA Foundation: <https://secure.donationpay.org/fhda/>; under Designate Your Gift, type in "FODARA scholarship fund."

WHERE ARE THEY NOW?

Ulysses Pichon, retired De Anza English/Reading faculty

Q: Your position at FHDA, when you were hired and retired

A: I was hired at De Anza College in September 1975, after getting my Master's Degree in English Literature from San Jose State University. I taught in the Language Arts Division. I migrated to the Bay Area from New Orleans, Louisiana, after completing my Bachelor of Arts degree in English Literature from Xavier University of Louisiana in New Orleans in May 1970 and getting drafted into the U.S. Army in June 1970. In May and June, I went to work for NASA in Slidell, Louisiana. I retired from the Foothill-De Anza District in 2009. I taught reading and writing classes and chaired the Reading Department for a few years. I enjoyed my years teaching and had wonderful colleagues and students. I served on the faculty senate for about six years and participated in many hiring committees at De Anza. Housing was very expensive so I never applied for Professional Development Leaves. I loved my work but never knew how much it took out of me and how important those PDLs were.

Q: Describe your first and later years in retirement

A: Retirement was an easy adjustment because, after thirty-five years, I was done! I got to work in the Sankofa Program on *Article 19* (post-retirement) with members of the Counseling Department, a great way to end my tenure. I love retirement, everything about it! Neither my parents, nor many of their generation or previous generations, were able to retire; they worked until they couldn't work any more. And then if they were fortunate, they existed on social security income. So I am retiring for them also and having a great time.

Q: Where you live and what you like best about the area, and activities you enjoy

A: I live in Cupertino and love the Bay Area, especially the weather. However, the fires and drought are out of control so we have to do our duty toward reversing the overheating of our planet. I have not joined a lot of activities since I retired because I am too busy enjoying retirement. I am on the Board of Trustees for the California History Center, and served as president for a couple of years. I really enjoy this work, but my illness has made me a relatively inactive member.

Q: How you have coped with the pandemic

A: The COVID Pandemic has been really rough. Fortunately I did not get the disease, but I haven't gone anywhere for the past two years. However, if all continues to go well, this August I am going fishing in Kodiak, Alaska, with a group of fourteen adventurers. They go every year and I go when I can.

Q: Books you recommend

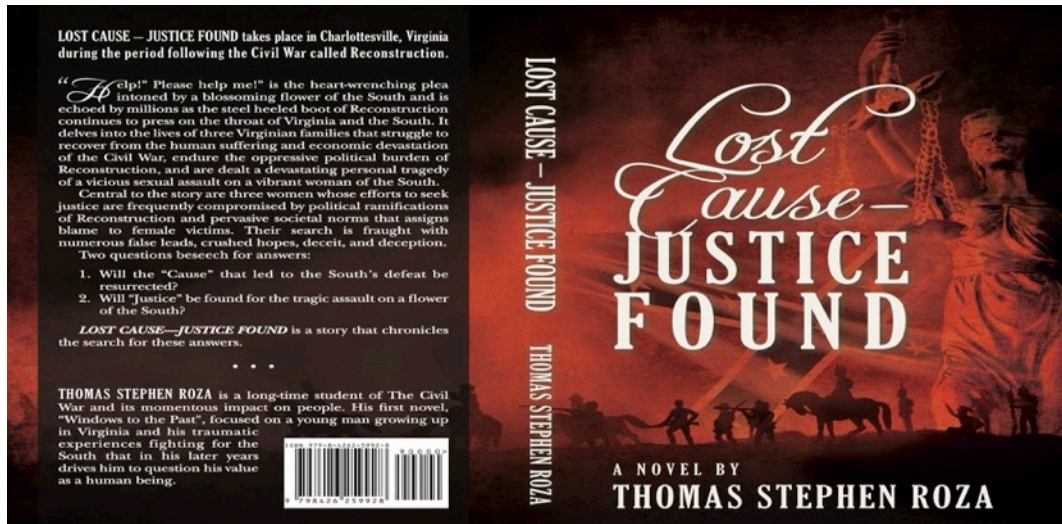
A: I have always done a lot of reading, and I am really enjoying reading during retirement. I am currently reading *Team of Rivals: The Political Genius of Abraham Lincoln*, by Doris Kearns Goodwin. It is very interesting but almost *too* much information.

Q: Advice to those considering retirement

A: My advice to educators is to take advantage of PDLs if you can. Teaching is a noble and rewarding profession, but we need to get away from it ever so often. Give your all to your students and co-workers, but when it's time to leave, do so and continue your life. Remember when you retire, you are retiring for my dad and his entire generation and some of your dads and moms, as well as for yourself and your family. You deserve it!



Tom Roza, ETS manager at De Anza from 2002 to 2013, currently serves as Secretary of the FODARA Board. One of his lifelong hobbies has been writing, first poetry and more recently novels. In the late 1990's, he began research on the American Civil War, and reading hundreds of letters and diaries sparked a desire to write a novel about this tumultuous period in history. Tom has just self-published *Lost Cause—Justice Found*, a prequel to his first novel, *Windows to the Past: A Virginian's Experience in the Civil War*, published in 2017. Both books are available on Amazon in paperback and E-versions. Below Tom provides a summary of the themes and plotlines in *Lost Cause—Justice Found*.



Lost Cause—Justice Found delves into the lives of three Virginian families that struggle to recover from the human suffering and economic devastation of the Civil War and are then forced to endure the oppressive political burden of Reconstruction. Added to their burden of being under the yoke of Yankee Reconstruction is the vicious sexual assault on one of the characters. In addition to enduring the physical atrocity, this spirited and compassionate woman must also deal with the pervasive societal norms that assign blame to the victim. When law enforcement fails them, the families pursue their own paths to identify and bring the attackers to justice. A long dormant love affair is rekindled, which, though initially therapeutic, results in unanticipated consequences that generate new burdens for the families. Intertwined into the search for the attackers are the political ramifications of Reconstruction that fuel the rise of vigilante organizations bent on reinstating an antebellum society. Political and racial tensions flare, diverting efforts from the investigation. Central to the story are three women: Eleanor Sullivan,

well-educated, self-assured, devoted mother and wife; Elizabeth Lawrence, survivor of a marriage with an abusive husband, compassionate and assiduous; and Hannah Campbell, vivacious, full of life, victimized by evil-doers. Despite the combined efforts of these women, their families, interested parties, and law enforcement, the search for both political restitution for Virginia and justice for the aggrieved families is fraught with false leads, crushed hopes, and deception. *Lost Cause—Justice Found* chronicles the search for answers to these two questions: will the 'Cause' that drove the South to secede and was lost be resurrected and will 'Justice' be found for those whose hearts have been broken by a tragic assault.



In Memoriam



*Doug Cheeseman, De Anza College
William (Bill) Nagel, De Anza College*

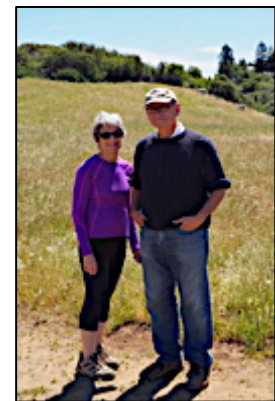


Doug Cheeseman died March 3, 2022, at age 85. As a De Anza biology faculty member, in 1971 he and other biology faculty and students created the 1.5 acre Cheeseman Environmental Study Area on the southeast corner of campus; it's a lush natural garden and a living classroom, containing some 400 species of plants representing twelve California natural communities. After Doug retired in 1997, he and his wife, Gail, founded Cheeseman's Ecology Safaris (CES); Gail died November 2021. Below is a tribute to him from the CES guides:

Doug's greatest gift is not his encyclopedic knowledge, his vast experience all over Planet Earth, his openness to people from all cultures and walks of life, his indomitable spirit of investigation, nor even his ebullient humor. I would say his greatest gift is his utterly contagious, unvarnished, joyful love of everything living--every landscape (for the land lives when loved like this), every penguin, every parasite (feed the tapeworm!), every moss, every primate, every star system, every deoxyribonucleic acid sequence, everything. He was incapable of hiding his adoration for all creation and that makes room for everyone else to feel it too. Rest in peace Doug Cheeseman.



William Nagel died unexpectedly March 13, 2022, at age 76. He taught Graphic Arts/Design at De Anza College until he retired in 2012. He lived in Redwood City, and he and his wife, Mary, greatly enjoyed hiking in the surrounding hills. Memorial donations may be made in his name via the FHDA Foundation, either by check or online (<https://secure.donationpay.org/fhda/>) or to Pets in Need (<https://www.petsinneed.org/ways-to-give>).



If you know of an FHDA retiree who passed away but is not listed on FODARA's In Memoriam webpage (<http://www.deanza.edu/fodara/memoriam.html>), please email Cindy Castillo (cindycastillo@comcast.net). Tributes submitted to Cindy will be published in After-Words, along with, if available online, short tributes for others.



FODARA JUNE PICNIC



What: Mexican Food Buffet- catered on-site!
BBQ steak carne asada, pork carnitas, chicken, quesadillas with rice, beans, salsa, guacamole, aqua fresca, beer, water

When: Thursday, June 16, 3:00-5:00 pm

Where: Cuesta Park, Mountain View, CA
Between Grant and Miramonte on Cuesta—group picnic area is at upper end of parking lot near restrooms

- >Westbound on Hwy 85: Exit at Grant Rd., cross El Camino, turn right on Cuesta (1/2 mile), turn left into first parking lot
- >Eastbound on Hwy 85: Exit at Fremont Road; left on Fremont, right on Grant (1 mile), left on Cuesta (1 mile), left into first parking lot

Please mail this reservation form with your check to arrive before/by JUNE 7

Your Name _____

Your Phone/Email (*if new*): _____

Guests _____

Please reserve _____ total places for the Picnic

Indicate dollar amounts below:

_____ \$25 per person for Picnic

_____ \$10 FODARA membership dues (voluntary)

_____ FODARA Scholarship Fund (voluntary)

TOTAL AMOUNT ENCLOSED: \$ _____ Make check payable to "FODARA"

Mail check and reservation form to Bill Lewis, FODARA
1380 Elwood Drive, Los Gatos, CA 95032.

For questions or last-minute reservations, contact Bill Lewis at 408.639.9919 / billlosgatos@gmail.com