

# Coyote Howl

## Retirement and Reflections: A Message from President Morales.

Dear CSUSB Retirees

Welcome to 2026! I hope the holidays have been good to you and your family and friends. I am grateful to have this opportunity to share some thoughts with you, during my final semester as the president of Cal State San Bernardino. This year is also my 51<sup>st</sup> year working in higher education and CSUSB's 60<sup>th</sup> anniversary since the first classes were taught on the San Bernardino Campus.



First of all, it has been the honor of a lifetime to serve as CSUSB's president. Since my arrival right before the start of fall quarter 2012, we have accomplished so much. We have done this by working together to make major decisions on both planning and implementing initiatives, using tools and methods which are inclusive of all members and segments of the university population. This approach is one of the things I am proudest of. Another is making student success the focus of everyone who works on this campus, regardless of position or set of responsibilities.

Everything else we have done is informed by this approach and this focus.

We have recognized that CSUSB's strength is in our diverse student population, which reflects the population we serve—the people of the Inland Empire. We have created a campuswide Diversity, Equity and Inclusion Board to bring these values and actions to all sectors of the campus community, from the classroom to our facilities services. We have created ethnic studies, developed affinity centers including creating a Black Student Success Center and hiring its first director. We continue to recognize and celebrate the history and culture of the First Peoples of our region and hired our first Elder/Culture Bearer in Residence. By strengthening student services, we have grown our graduation rates. And we have served as a host of the Inland Empire Black Graduation, celebrating the high school achievements of regional Black students and encouraging college attendance.

We have strengthened our ties with the community, particularly with our alumni. We have reintegrated our alumni back into the life of the campus. For example, Homecoming has been transformed from a small, internal campus event to a festival where thousands of alumni and community stakeholders come and celebrate the campus. From a golf cart parade celebration, we now have a Ferris wheel and a children's zone. Developments like this have been critical to our transformation of the institution.

From 2012-2025, we have significantly strengthened CSUSB's role as an anchor institution by establishing the Growing Inland Achievement 501(c)(3) organization, and by incentivizing and acknowledging the work our academic departments, our clubs and organizations, our theatrical and musical performances, along with our athletic teams contribute to the well-being of the

region. We can see this in our campus hosting the annual Pow-Wow and Native American week, making Coyote Cares Day an annual event, bringing elementary school children to campus to encourage future college attendance...I could keep going. And we have received a Carnegie Campus Community Engagement classification in response to our efforts. These are all manifestations of what we mean to the IE.

To make these changes, we have been guided by two successive strategic plans, created with input from throughout the campus community. Each plan, while being implemented, has served as the roadmap for allocation of funding. Each year, a reckoning of how we have specifically moved forward is published for the entire campus community to see. For example, in the first plan, we included civic engagement and establishing a campus identity to transition us from being the 'IE's secret' to a more widely known higher ed institution. We are now focusing more on DEI and internationalization.

I have spoken of student success. But we have not neglected faculty or staff success either. We have created the Faculty Center for Excellence as well as the Staff Success Center. And, in spite of budgetary pressures, we continue to fund travel in support of faculty research. While it was short-lived because of technicalities surrounding our doctoral numbers, we did achieve a Carnegie Research II ranking because of the achievements of the James R. Watson and Judy Rodriguez Watson College of Education.

It has become clear that State funding is not going to return to the levels it saw in the years when CSUSB was founded. That has meant we have had to grow our philanthropy so that we can support specific needs with targeted giving, and also create a strong Foundation Board which is committed to building our endowment. This enables us to strengthen our ability to provide scholarships to students as well. We have succeeded at both arms of fundraising. Last year was the best fundraising year in CSUSB history. In fact, since 2012, we have raised more money than what was raised by the three previous presidents, combined. We have done this by establishing and nurturing a culture of philanthropy.

We successfully completed our first capital campaign for CSUSB's 50<sup>th</sup> anniversary by raising \$54 million. We are in the process of wrapping up the Choosing Tomorrow blended campaign (a combination of sponsored research and philanthropic donations) which has already netted \$38 million over the \$200 million goal. We have grown our endowment from \$19,170,823 when I arrived, to its current value of \$62,934.596. We have also been able to increase our scholarship funding by 39%. Those increased dollars mean we have more money to invest in our university community and its needs.

Since 2012, we have seen the addition of 552,612 gross square feet of new buildings on both the San Bernardino and Palm Desert campuses, accompanied by an ongoing campus commitment to sustainability. We have not built new buildings for the sake of needing new buildings, however. When I arrived, it was clear the Commons could no longer function as a dining facility for the growing campus population. This drove the construction of Coyote Commons. We have moved our international students from the campus' periphery into its heart, through the construction of the Center for Global Innovation. We finally were able to enlarge the Student Union to accommodate our student body, and SMSU North has been added to our campus resources. And we cannot forget the long-awaited Performing Arts Building, which will be opening later this academic year, as well as the first State-funded building on the Palm Desert Campus: its forthcoming Student Success Center.

And I haven't even touched on the challenges we have faced together, including budgetary reductions, transitioning from a quarter to a semester campus, navigating a global pandemic which led us to pivot literally almost overnight from an in-person to a primarily virtual campus, as well as ongoing global instability and national policy and funding changes. There will always be challenges. But this is a campus community that has weathered and will continue to weather them by coming together to face them and act.

I believe in the promise of this campus; the promise of those who come to CSUSB to receive a bachelor's degree, a certification or a graduate degree; and the excellence of our faculty, our staff and all those who occupy leadership positions here.

For my next steps, I will be working with Chancellor García on identifying ways I can continue to support the CSU in the immediate future. I am also looking forward to spending more focused time with my children and grandchildren, both here in California and back in New York. And I am looking forward to time with my wife, Evy.

In the meantime, during the remainder of this academic year, I will work towards keeping our forward trajectory and preparing for the transition to a new CSUSB president. This is a campus that truly never sleeps. I know the fifth president of our beloved university will be leading a vibrant and dynamic institution which will continue to support our IE communities through the resources provided by higher education.

Finally, what is my advice for CSUSB retirees? To stay active and engaged. Singly and together, you bring so very much to the table. Please stay connected: You have one community here, at CSUSB (either in-person or virtually); and you have community where you are living, as well as with family and friends. Continue making a difference. Not least, continue being ambassadors for higher education and the impact that access to a higher ed degree has on individuals, communities and regions. The need for spreading that message has never been more urgent.

# Notes from the Retirees President-Kathryn Ervin



Homecoming was the marker for the beginning of the Academic Season. If you missed it this year, do come next year. More fun than the Convocation, it welcomes alumni, retirees, and friends to fun activities like games, bowling, food and music. One of the biggest highlights was the women's volleyball game. CSUSB played against Cal State San Marcos and won with a 3–0 sweep.

I hope you got your free parking pass and are planning to enjoy some of the Athletic, Performing Arts and Visual Arts activities on campus. The CSUSB Events page highlights include films, guest lectures, plays, gallery openings, music, and sports. This is only the beginning- arts are thriving in the IE and I hope you will find time to get out and enjoy.

On our campus the new Performing Arts Center is getting ready to open. There have been several delays, but it looks like faculty will move into the new space in Spring semester and maybe some classes? When the building will be formally opened to tour is still on the horizon- stay tuned!

Joining the CSUSB Retirees board is Dorothea "Dottie" Cartwright. Dottie served in the College of Arts & Letters, Department of English for 28 years. She graduated from CSUSB with a BA in Business Administration, an MPA, and an MA in Communication Studies. Dottie received the CSUSB Outstanding Employee Award for the 2005-2006 academic year and was an active member of the Black Faculty Staff and Student Association. She is just in time



to work on the Scholarship committee. Applications for students will be opening before you know it and we will be looking to make an award to a CSUSB family member who has joined the coyote pack. It is never too late to make donations!

Terri Carlos will join the Executive Board as Treasurer. We offer heartfelt thanks to Leo Connelly who served for many years.

Wishing you all the best!

This newsletter is dedicated to highlighting the activities and achievements of our retired faculty and staff, keeping you informed about university developments, and providing opportunities to stay connected.

**Click on the link to give us your thoughts.** <https://www.csusb.edu/retirees-association/newsletter-suggestions>

**For Campus Events refer to:** <https://www.csusb.edu/events>

# RETIREE PROFILE

## AN INTERVIEW WITH Michael Murphy

### HOW I CAME TO CSUSB

I was in my 35<sup>th</sup> year as a middle-management editor/reporter for the San Bernardino Sun when I saw an advertisement in the paper for a sports information director at CSUSB. I was 57 years old and felt the need to do something different while still in good health. I applied for the position, was interviewed by the Athletic Director Nancy Simpson and later with a group of several people on the hiring committee. I was extremely happy to be offered the job and started in November of 2000, just as the women's volleyball team was getting ready to compete in the 2000 NCAA Div. II West Regional at Cal State L.A., the program's first post-season appearance as a Division II member. During my tenure at The Sun, I served as sports editor supervising a staff of eight for a period of five years. I also served as news bureau chief in Rialto and Redlands, Assistant County Editor, Copy Editor and Special Sections Editor. At college I covered sports for the San Jose State Spartan Daily newspaper while earning my journalism degree. I also interned with the SJS sports information office covering games and sending game reports to local papers and news outlets.



### THE VALUE OF ATHLETICS

I remember our late President Al Karnig in one of his many talks to the student-athletes which I attended. He told them they were the portal through which the community learned about the university and what it had to offer. He commended them for their scholarly achievements and noted that as a group the student-athletes combined GPA was higher than the overall student body almost every year while I was there. He and his wife Marilyn also hosted

CSUSB championship team receptions at his home. Student and community attendance along with radio broadcasts of basketball and now streaming TV of all conference games in major sports also expands the reach of athletics and the university to the greater I.E. community.

## **KUDOS TO MEN'S BASKETBALL AND WOMEN'S VOLLEYBALL**

I was extremely fortunate to work in athletics from 2000 to 2010, a time of positive growth and development of successful sports teams sponsored by the university, particularly men's basketball and women's volleyball. Memorable moments included traveling with men's basketball to the NCAA Div. II national championship in 2007 where the Coyotes lost a close game in the semifinals in Springfield, Mass., home of the national basketball hall of fame. CSUSB hosted NCAA Div. II volleyball national championship in 2003 and the Coyotes lost in the semifinals but Kim Morohunfola was named the Div. II player of the year. The volleyball team won 7 CCAA conference titles in my time there and the men's basketball team won 6 CCAA titles. When I was hired in 2000, I assumed responsibility for the athletics website and worked with a webmaster on the East Coast to get information posted. In 2003, I was among the first SID's in the CCAA to sign up for Sidearm Sports, a webmaster that now has the entire conference as well as many Division 1 and Division 2 teams use their services. Statistics for games, season and career of individual players as well as the teams is updated each time a new game is played. It enabled me to post stories and photos immediately after games in a timely manner, a real improvement to our ability to keep fans informed.

## **THE VALUE OF THE RETIREES ASSOCIATION**

The retirees' board's main contribution is to not only keep retirees informed about what is happening on campus but referring them to opportunities for day trip travel with campus groups, attendance at athletic and cultural events on campus as well as identifying what businesses might offer discount coupons for CSUSB retirees. The board manages a page on the university's website for and about retirees.

A year or so after I retired from CSUSB as the associate athletic director for sports information and media relations, I was asked if I would be interested in joining the retirees' board. I agreed and was elected to the board in 2011. I served until 2025, including several years as secretary of the board. It was particularly nice to see the board attend the annual retiree luncheons and promote membership in the association as well as contributing to the Retirees Endowment Fund that provides annual scholarships to children of faculty and staff to who meet the criteria.

The fund has grown from \$25,000 at its inception to currently over \$40,000 in the fund. Interest paid on the balance each year is applied to scholarships which is awarded to as many as three and as few as one each year, depending on applicants. I would say that is the biggest contribution of the board during my tenure.

## **THE MURPHY CONNECTION CONTINUES**

I stay connected to the university primarily by serving on the CSUSB Athletics Hall of Fame selection committee as a community member. The first class was inducted in 2009. It was held every two years up to 2017. The next class inducted was in 2024.

## IN MY RETIREMENT

I enjoy free-lance sports writing for community-based weekly papers and digital local news outlets as a volunteer. The passion for my wife Linda and I is enjoying the company of our three adult children and their spouses, our seven grandchildren and one great-grandchild as they celebrate birthdays, anniversaries and compete in sports or participate in school activities.

We recently joined a new church in Redlands. At our previous church, I served on the stewardship board, church council, the pre-school advisory board as well as managing the church's Facebook page as well as the usher team. I also volunteered on the media communications committee for the Redlands Bicycle Classic for two years (2024 and 2025).

A perfect retirement day for me would be reading the morning paper with my coffee, taking the first of my daily walks with Linda, my wife of 59 years, doing some yard or garden work, enjoying lunch and dinner with my wife and watching our favorite programs on TV.

## COMMITMENT TO EXCELLENCE

I hope my colleagues in the athletic department and the retirees' board and former student-athletes remember my commitment to excellence in running the sports information office. I was humbled but proud to be presented the President's Outstanding Employee Award for Athletics from President Karnig in 2004-05. In 2005-06, I was fortunate to receive the Education Roundtable's "Golden Apple Award."

## ADVICE FOR ALL OF US

I would just advise any young professional to use their God-given talent in pursuit of the field of work in which they want to make their mark, no matter the obstacles. I feel I used my God-given talent in ways that reflected positively on the company or university I worked for during my 46 years of full-time employment in print and digital media. The iconic soccer superstar Pele had good advice for young professionals: "Success is no accident. It is hard work, perseverance, learning, studying, and most of all, love of what you are doing or learning to do." I loved my job and my career.

**Click to tell us what YOU'RE up to:** <https://www.csusb.edu/retirees-association/what-are-you-up-to>



Michael and Linda Murphy

# Student voices of appreciation



December 15, 2025

CSUSB Retirees Association  
5500 University Pkwy  
San Bernardino, CA 92407-2318

Dear CSUSB Retirees Association,

Thank you for generously supporting our students at California State University, San Bernardino. Because of your commitment and kindness, bright and determined CSUSB students are able to pursue their academic, personal, and career goals.

Enclosed, you'll find letters from scholarship recipients who have felt the direct impact of your gift. Their words are filled with gratitude, but they also carry something even more powerful: proof that your belief in them is making a difference. You have not only eased their financial load, but you have given them the encouragement to keep chasing their dreams.

Your generosity is planting seeds that will grow far beyond the classroom. As these students graduate and give back to their communities, your kindness will continue to shape lives for years to come.

Again, thank you for standing with our students and for helping CSUSB create pathways to success.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Raymond W. Watts'.

Raymond W. Watts, CSPG  
Interim Vice President, University Advancement  
Executive Director, CSUSB Philanthropic Foundation

A handwritten note in blue ink that says 'Thank you'.

# THANK YOU

Dear CSUSB Retirees Association,

I would like to express my heartfelt gratitude to you for awarding me the Retirees Association Scholarship for the 2025–2026 academic year. I am deeply honored to have been chosen as a recipient and sincerely appreciate your generosity and continued support of students at CSUSB.

I am currently majoring in Psychology with a minor in Counseling and Social Change. After graduation, I plan to pursue higher education through CSUSB's clinical program and thus coming closer to my goal of becoming a Licensed Marriage and Family Therapist (LMFT), where I can support individuals and families in building healthier relationships and emotional well-being. Receiving this scholarship has made a meaningful difference in my educational journey by helping to alleviate financial stress and allowing me to focus more fully on my studies and professional development.

Once again, thank you for your generosity and for investing in my future. Your kindness inspires me to work hard, make the most of the opportunities I've been given, and one day give back to others as you have. Your support truly changes the lives of students like me in San Bernardino!

Sincerely,

Derek Duran



# THANK YOU

Dear CSUSB Retirees Association,

Thank you so much, CSUSB Retirees Association, for this scholarship for 2025-2026! I am truly thankful for this donation to help with my schooling and allowing me to focus on theatre!

I came to CSUSB after COVID because my dad worked here in the Theatre department. I am a Theatre Major with a focus on the Technical side. During my time at CSUSB, I have been a part of every production in various positions. I started with spotlights in 'Murder on the Orient Express', lead actor in 'Pippin' as Pippin, Costumes for 'A Midsummer Night's Dream', and was temporarily an assistant stage manager for our most recent work, 'You Don't Even Speak Spanish'. I have also worked in the scene shop on campus and helped construct every set for these shows. With this money, I can continue to focus on my school work and the time commitment that is theatre. I plan to be a stage manager in the future, so for this year, I am looking to stage manage one of our shows.

Thank you again for this opportunity, and I will make the most of this. Thank you as well for supporting theatre and our department, Performing Arts often gets pushed to the side and it always nice when we get some attention, and I will not let yours go to waste!

Sincerely,

Alexander Mulz



# CSUSB DOGS OF STEEL

Is the coyote about to become extinct? CSUSB now has its own dog pack—a small one (only three canines) but mighty beyond any fur baby you may stop and pet. In fact, these Unitree beasts are both fur-less and fearless robots!

These agile dogs can walk uneven terrain, climb steps, and carry sensors. Through them, CSUSB students learn about robot safety, sensing, and Artificial Intelligence—skills directly tied to emerging careers in robotics and autonomous systems. Beside this workforce preparation through courses from an array of fields that you wouldn't always associate with AI (Theatre and Kinesiology as well as Cybersecurity), the robotic canines are making research and training projects possible.



For instance, there's a tunnel safety digital-twin project to simulate hazards and navigation, and voice and vision integration with hands-free control for cameras or LIDAR (an example of which is precise military targeting). For Kinesiology and the Performing Arts, there are motion-capture studies for human-robot interactions.

It is easy to see the appeal of outreach events using the dogs for k-12 students and other community members. They have a chance to see how robotics, engineering, and AI come together.

There are more plans afoot (or should we say “a-paw”) for utilizing the dogs, who are kenneled in CSUSB’s Center for Cyber & AI. Although the current Unitree development is divided into two branches — one focusing on cybersecurity testing and another on robotics autonomy and simulation—a Campus Robotics Club is being planned as well as regular workshops starting in Spring 2026 to bring together students from multiple disciplines. A student Cyber Club already is active.

Although there is no word yet about a dog-naming contest, the Retirees might as well weigh in with our suggestions. Look at the picture and submit your better-than-Fido name.

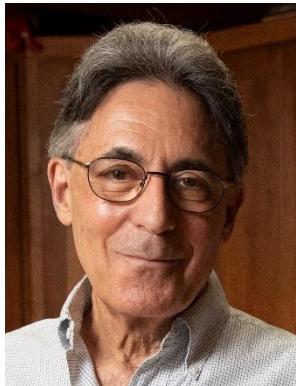
<https://www.csusb.edu/retirees-association/newsletter-suggestions>

For a more in depth look at the Center for Cyber & AI and its director, this link is very much worth a click: <https://www.csusb.edu/cybersecurity/center-cyber-and-ai>

## BITS OF THIS AND THAT

- Tracy Wise (President's Office) published a book *Madame Sorel's Lodger* (February 2025) and another book "Manufacturing a Duchess" will be available Fall, 2026. Both books are literary/historical fiction and are available on Amazon and other book retailers.
- Dr. Eri Yasuhara (Dean Emerita, CAL) contributed an introductory essay to *By the Shore of Lake Michigan* — a 2024 translation/edition of Japanese tanka by Tomiko and her husband Ryokuyō Matsumoto and edited by their granddaughter Nancy Matsumoto. These poems were written during and after World War II and provide a rare, first-person glimpse into the lives of a first-generation immigrant family during incarceration and resettlement. The book received a 2025 American Book Award from the Before Columbus Foundation and is available for purchase via the Japanese American National Museum (JANM) store as well as directly from the publisher, the UCLA Asian American Studies Center Press.
- Retirees with valid identification can use the Santos Manuel Student Union Bowling Alley. The facility is open from 10AM to 10PM Mon-Thurs., and 10AM to 8PM on Fridays. The cost is \$4.00 per game and \$3.00 to rent bowling shoes.
- The University will gradually be shifting their phone system to Microsoft Teams. All CSUSB extensions will remain the same, but incoming calls will now ring directly in Microsoft Teams. Staff and faculty will be able to make and receive calls using the Teams app on their computers, mobile devices, or Teams-enabled desk phones.
- Dr. Yunfei Hou (School of Computer Science and Engineering) is the Principal Investigator of a \$1 million NSF grant entitled *PROPEL AI Project* designed to expand AI education and innovation across the Inland Empire. The project's new AI Help Desk at the Leonard Transportation Center invites students, faculty, and local residents, including retirees, to collaborate on exploring real-world uses of artificial intelligence. The project team welcomes visitors to share ideas and collaborate on solutions, with student teams ready to help with prototype AI-related projects or develop creative approaches to community needs. For more information refer to:  
<https://www.csusb.edu/inside/article/592084/csusb-awarded-million-national-science-foundation-grant-expand-ai-education>
- The Senate and CFA co-sponsored a panel called "Learning to Resist." For more information about the event refer to:<https://www.csusb.edu/inside/article/592745/csusb-host-learning-resist-conversation-academic-freedom-equity-and-student>

- Dr. Jordan, Faculty Senate Chair, will co-facilitate a book club on debt in higher education during the Spring 2026 semester. The book is called *Lend & Rule: Fighting the Shadow Financialization of Public Universities*. The club is open to the campus. Free books provided to early registrants through the support of CFA San Bernardino. Register here: <https://forms.gle/Q5kVoTAnRxc6Yvqo9>



# Blackey's Blurb

By

Robert Blackey

## Retirement: A Personal Experience

I got my first part-time job soon after turning 13 (i.e., to work in New York State, children between 13 and 17 [the minimum age is now 14] had to secure “working papers,” which was the State’s way of rendering them legally eligible to hold a paying job). My father was a shoe salesman in a large, 4-story shoe store on Manhattan’s busy 34th Street, midway between Macy’s—think “Miracle on 34th Street,” the 1947 Christmas film—and the Empire State Building. I worked in the office on the top floor as an office boy. At the time, the minimum wage was \$1 an hour, but the boss—who with his 2 brothers also owned 2 other shoe stores on ritzy Fifth Avenue—chose to pay me only 75 cents an hour thus perhaps saving himself some cigarette money. (Sometime later the office manager, on her own and without conferring with the owner, raised my pay to the grand sum of \$1 per hour; suddenly, I was rolling in dollar bills and loose change).

## Teaching comes to an end

Although I rarely was without a part-time job—during the school year, summers, holidays—even during grad school, so that when I finally retired from teaching following 50 years at CSUSB (which includes the last 5 years of FERPing, i.e., post officially retiring) I had been working most of my life. When I taught my last class, in the spring of 2018—wherein I projected a Looney Tunes cartoon image with the words “That’s All Folks”—I found myself without proper employment for the first time since the eve of becoming a teenager. What was I to do to keep busy? I had no master plan. Oh, I thought about doing more gardening and even some cooking to start with, both of which I did, so I’ll start there.

## Gardening

Effective gardening takes energy and stamina, at least around my Claremont house which is on one-third of an acre and includes a small forest worth of trees and bushes; this also includes branches from some of the trees that extend over the roof. These provide us with effective shade, but periodically I have an arborist take care of dead-wooding and pruning trees where I can’t

reach, and I employ a gardener once a week. But there are always leaves on the ground as well as on the roof and, from a tall pine tree, needles that fall like a steady rain through most of the year, especially on the roof. This means that every 2 or 3 months I climb my sturdy Sears extension ladder and use either a wide broom and/or a leaf blower to clear the roof. My wife as well as some neighbors and friends and my sons urge me to give up this task that at times can feel like one of the labors of Hercules. I should mention that

my house is one-story, and the roof is flat. Once up there I feel cautiously comfortable, and I stay alert.

The downside of gardening for me is that it is tiring and my perennial sore back is quick to remind me to go easy. Still, I'm otherwise in good physical shape (I.e., I usually work out at least 4 times a week), but what has recently helped to strengthen my back and minimize soreness has been drinking a cup of turmeric milk that my wife prepares daily (or when pressed for time some mornings, I take a couple of turmeric pills). I strongly recommend it.

### **Public Speaking & Cooking**

As a college senior I enrolled in a public speaking elective. I was hoping to become a teacher and thought I could pick up some pointers. One of our assignments was to present before the class a short, extemporaneous speech. Having learned that a good speech is often launched with an attention-grabbing story, anecdote, joke or visual, I tried my own before my fellow students and the professor. As my mother was seriously ill, and I was having to prepare dinners for my father and brothers, I put on an apron as I presented myself to the class. My opening line was: "You may not believe it, but I am a housewife...or at least I try to fulfill some functions of a housewife." I then explained, for example, how I had to clean 2 chickens a week (which is what my mother had done, and I wanted to preserve continuity) as well as to prepare other dishes. I did what was incumbent upon me as the oldest of my siblings, but I was not a natural cook.

My wife, who was not a natural cook either, fortuitously became one during the Covid lockdown. She has since become the chef in our house while I am the sous-chef. I'm good with a sharp knife at slicing and dicing, among other things. There are some dishes that I make on my own, such as Spanish rice and fresh squeezed orange juice daily, but I prefer playing second fiddle. Oh, I always wash the dishes.

### **Creating a "life history"**

Accidentally, during retirement, I came to write a topical history of my life, although the effort unfolded slowly and without design. While a full-time professor, I had spent a lot of time giving talks and presentations to middle and senior high school classes both in San Bernardino and Riverside Counties, as well as a few in Orange County. One such school was Hemet High School whose European History Advanced Placement as well as AP Art History teacher, Rich Herold, became a friend. Shortly after he retired, to Minnesota, he emailed me about something or other, as we had common academic interests—in history, art, and travel—but our backgrounds were

different. Whereas I grew up in NYC, he was a farm boy from Missouri who attended the University of Kansas. We began by comparing our respective backgrounds, which were quite different, yet there were overlapping interests in

history and art, both subsequently brought to life to enhance our teaching and by our respective travels. Although he wrote some about himself, I was suddenly motivated and, over time, wrote some 250 or more single-space pages: a relatively short space for highlighting a long life but rewarding nonetheless. This memoir, which is really what my emails to him comprised, took a fair amount of time but I loved remembering, reliving, recording, and reflecting; it's now also available for my sons and grandchildren to have as a record of who I am/was, should they one day be interested. This effort probably wouldn't have reached fruition had I not been retired; I also want to give a high-five to Covid for keeping me home for longer periods of time than I might not have otherwise been able to devote to the task.

### **Using all the new 'free time'**

One of the advantages of having grown up in Manhattan (NYC, not Kansas) was being surrounded by people representing an abundance of cultures and languages as seen and experienced on the streets, in parks, and in museums, movies—foreign and domestic—plays, concerts, shops and restaurants. Southern California offers its own cornucopia of cultural opportunities which retirees should avail themselves of. These can be found in the Inland Empire in our own CSUSB as well as at UCR and the University of Redlands. When we expand our horizons westward, greater Los Angeles awaits exploration.

Retirement also allots us time to catch up with reading, including newspapers (for me that's The New York Times, the Los Angeles Times, and the Washington Post) books and magazines (primarily The New York Review of Books and The New Yorker).

### **The role of cartoons in my life**

There have always been political cartoons and others reflecting on the social and human condition; these intrigued me starting when I was in high school, but they didn't consume a lot of my time. As a grad student, I stumbled upon a New Yorker cartoon that humorously reflected the transition from the Middle Ages to the Renaissance. Thereafter, when I found history cartoons, I cut them out for use in class; they provided a serious, but still light touch or perspective on events I was teaching. When overhead transparencies became available and when I acquired a computer and printer, I made them myself. (I even published an article on the subject.) By the time PowerPoint came along, I was already using thousands of transparencies; to make the conversion was more than I was willing to undertake. Increasingly, in the last few years of my teaching there were students who criticized me for not keeping up with the times, but others appreciated my effort and what my images brought to the class.

After the national election in 2016, I began to gather political cartoons, with growing possibilities each year. For the last few years, I've been emailing a dozen or two, or a little more

(as well as select op-eds), almost daily. My audience consists of family, friends, and colleagues—past and present. It takes a fair amount of time to collect, sort, and launch these images via email, but I enjoy the process, and I like to think it is my very small (okay: infinitesimal) contribution to the dialogue we need to have more of in our country.

### **To live, keep moving**

Finally, permit me to wax philosophical and then to offer a suggestion as I conclude: With respect to our health, exercise is a way of keeping moving, and when we move, I like to think, we become more difficult targets to hit (i.e., by illness, disease, infection). Comparably, when we stay mentally active, we help our brains to keep us in our best mental shape. With this in mind, I want to suggest Pilates for your consideration, especially free Club Pilates classes for us seniors which my wife and I do. Thanks to Medicare and as per their promotion:

Club Pilates partners with Renew Active®, One Pass™, Aaptiv, Silver & Fit™, and Active & Fit™ to provide no cost access to eligible members.

Phone (909) 634-2160 for more information! You can also Google Club Pilates to learn the multiple locations of their studios.

Also, through Senior Advantage programs via your health plan, you might be able to get free membership in gyms.