

# OSURA NEWS & VIEWS

## Ask Dr. Chi: how to stay safe amid a pandemic

Chunhuei (“Choon-hweh”) Chi is the director of the Center for Global Health at OSU, and a professor of health management and policy within the College of Public Health and Human Sciences. He studies comparative health systems and universal health care around the world, global health development and policy and health system finance and assessment.



His areas of expertise include:

- The history of how COVID-19 emerged
- The epidemiology of how the COVID-19 pandemic has evolved since December 2019
- Different national responses to this pandemic, especially that of Taiwan, Japan, China, Singapore, South Korea, the U.S. and Italy
- National and state strategies/policies addressing the pandemic
- Prevention and protection steps people can practice to limit the spread of the virus

Chi has been featured in the Los Angeles Times, the Oregonian, the Washington Post, The Independent (UK), The Associated Press, Al Jazeera and many others.

### **1. Which places/venues are the most problematic for those of us over 65?**

The most problematic place for those who are 65 and older are long-term care facilities. They accounted for the most of the cases and fatalities in the U.S. (and many European nations). Other venues that put 65+ at higher risk due to a weaker immune system are public gatherings (especially indoors) with family members, friends, restaurants and churches, etc.

### **2. Clarify advice on masks for the average citizen: N95, paper, fabric or fabric with HEPA filter liner. Is it safe to re-use a mask that's been worn at a high-risk venue like a grocery store? How often should disposable masks be replaced?**

N95 has the highest level of filtration for medical uses. They are normally used for clinical settings, especially physicians/nurses who are treating highly

contagious patients. Fabric masks have a very wide range of varieties and levels of filtrations. It all depends on the type of fabric that is used. The fabric that is loosely woven generally has a low level of filtration (about 40–60%), whereas high-tech nanotech fabrics can reach the filtration level of N95. Fabric with HEPA filter liner can achieve an equal or even higher filtration than N95. However, the trade-off is it's harder to breathe, especially if one has to wear the mask for a long time. There is a general trade-off between filtration and breathability. The 100% filtration material can't be worn by a human, because you can't breathe. It is safe to reuse a mask (N95, surgical or cloth) if it is properly disinfected through UV light or moderate dry heat for 30 minutes).



### **OSURA Mission Statement**

The Oregon State University Retirement Association (OSURA) promotes engagement among OSU retirees and the university by providing information, programs, scholarships and volunteer service opportunities that contribute to a rewarding retirement and support the university's mission.

### **3. When do you think a vaccine will be safe? Are vaccines being tested on older folks?**

Most experts predict the earliest time a safe and effective vaccine can be available is early 2021. This prediction is subject to revision as time progresses. A general principle for testing a safe vaccine is to include the age groups of the population that the vaccine is intended to be used on.

### **4. When OSU reopens, what are the biggest risks/venues for visiting campus? What advice do you have for dealing with college students in our community?**

The high-risk venues for visiting campus are places where a large number of students can gather, such as classrooms, conference rooms, dormitories, cafeterias and possibly sporting events (OSU and the PAC-12 have suspended events til November). At present, OSU restricts in-person student gatherings (except classes) to no more than 10.

### **5. I live in a continuous care facility, what can my family do to help me stay safe?**

Your family can help to protect you by either not visiting you, or if they want to visit you, they either self-quarantine themselves for 14 days (i.e., no close contact with any other people except grocery shopping with a mask), or meet with you at an outdoor space with a safe distance and masks. You and your family can also evaluate the safety measures your facility has implemented, to assess whether it is safe enough for you.



### **6. How soon do you think travel will be safe? Is train travel safer than other modes (airplanes, cruise ships)?**

It depends on the definition of “safe”. At this time, air travel is relatively safe if you are wearing a mask in the airport and throughout the entire flight. Cruise ships are still a high risk (a few European cruises are attempting a stringent screening for passengers such as tests prior to boarding, strict disinfection measures and passenger guidelines, which may take away some traditional pleasures of cruise ship travel). Trains, buses, subways, etc. are high risk if they are crowded and passengers are not required to wear a mask.

### **7. If I feel sick, how soon should I seek medical help?**

If you have any of the potential COVID-19 symptoms (please consult Oregon Health Authority’s website, [oregon.gov/oha/erd/pages/covid-19-news.aspx](https://oregon.gov/oha/erd/pages/covid-19-news.aspx)), you should consult medical help as soon as possible. At the same time, if you are being tested for potential COVID-19, you should consider yourself contagious before receiving your results and self-quarantine. Wear a mask whenever you meet with a family member who lives with you, do not go out, eat all your meals in your room by yourself if there are other family members in the same home, use a separate bathroom that is not shared with others, etc.

### **8. How do I keep my spouse/significant other safe if I get sick?**

Follow the isolation measures mentioned in point seven, similar to self-quarantine.

### **9. What is the latest on whether antibodies from exposure/recovery and vaccines have a lasting effect? Is there a good resource that you use for information on advances in COVID-19 care and support?**

The latest research on the length of antibodies from exposure/recovery indicates it varies, ranging from less than two months to more than three or four months. Given that these studies are still observing a relatively short test period, we don't have the information on the maximum length of the presence of antibodies. This information will continue to be updated as more research findings become available in the near future. Researchers are also investigating the underlying reasons for the variations in the length of immunity. Potential factors include variations in an individual's immune system, level of virus exposure (viral load), and strains of the virus, etc. At present, there is inadequate information on the length of immunity produced by vaccines, since there are no effective and safe vaccines available yet. Reliable websites for immunity and vaccines are:

**Center for Disease Control and Prevention** - [cdc.gov](https://www.cdc.gov)

**National Institutes of Health** - [nih.gov/coronavirus](https://www.nih.gov/coronavirus)

**World Health Organization** - [who.int/health-topics/coronavirus#tab=tab\\_1](https://www.who.int/health-topics/coronavirus#tab=tab_1)

**Nature** - [nature.com](https://www.nature.com)

**Science Magazine** - [sciencemag.org/collections/coronavirus?intcmp=ghd\\_cov](https://www.sciencemag.org/collections/coronavirus?intcmp=ghd_cov)

**The Lancet** - [thelancet.com/journals/lancet/home](https://www.thelancet.com/journals/lancet/home)

**New England Journal of Medicine** - [nejm.org](https://www.nejm.org)

**JAMA** - [jamanetwork.com/journals/jama](https://jamanetwork.com/journals/jama)

**The BMJ** - [bmj.com](https://www.bmj.com)

**Johns Hopkins University and Medicine** - [coronavirus.jhu.edu](https://coronavirus.jhu.edu)

### **10. Airlines are hyping HEPA filters; are they really effective?**

Yes, HEPA filters can filter out most of the COVID-19 virus. An increasing number of daycare facilities, restaurants, barbershops, beauty salons and other public facilities, etc. are installing HEPA filters. They are also critical for filtering out the smoke resulting from forest wildfires.

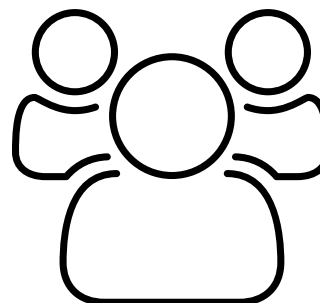
[nytimes.com/wirecutter/blog/can-hepa-air-purifiers-capture-coronavirus/](https://www.nytimes.com/wirecutter/blog/can-hepa-air-purifiers-capture-coronavirus/)

### **11. I babysit my grandchildren. What is the most important thing I can do to protect them and myself?**

There are two options:

(1) Prior to babysitting, self-quarantine yourself for 14 days and have your grandchildren do the same (no close contact with other people, except grocery shopping with a mask on). Once you begin babysitting, avoid close contact with others (such as your grandchildren's play group, their cousins/friends/neighbors and your friends). Make sure any school-age children participate in remote learning. If these conditions can be met, then you can babysit your grandchildren with no distance and no mask, while also following all standard COVID-19 hygiene practices.

(2) If any of those conditions in (1) can't be met, then both you and your grandchildren need to wear a facial mask and keep at a safe distance (9 feet indoors, 6 feet outdoors). Do not share food from the same plate or utensils with your grandchildren, and follow all standard COVID-19 hygiene practices.



**12. What are the prospects for improved testing and tracing? Can access to testing be made easier, more immediate results, effective contact tracing? How practical will contact tracing be once the number of new cases has been reduced?**

Most states, including Oregon, still have a capacity problem with testing and contact tracing. It takes too long to get the results back. Most people who are being tested for the reason of potential exposure do not know that they are at risk of spreading the virus to others, and did not quarantine themselves. The delay in getting test results should be improved once the number of daily new cases are down to a manageable level. A similar issue has also been detected with contact tracing. However, contact tracing and testing are only half of the story. We largely neglected the other critical half. That is treatment and isolation of the infected, and quarantining of the exposed. Neglecting this final step has been one of the major reasons the U.S. and Oregon has done poorly in controlling this COVID-19 pandemic. We let people with mild or no symptoms freely spread the virus without effectively isolating them. We also let people who potentially may be infected freely transmit the virus without quarantining them.



**13. What metrics will let us know we have this pandemic under control? Once the pandemic runs its course and a vaccine is available, how likely is it that the virus will become endemic for years to come? How can we get back to normal? What behavior is likely to be considered normal?**

The most important metric is the daily number of new cases. To declare that the pandemic is under control, the nation has to see its daily new cases under 100 (roughly, not a magic number), and Oregon has to see its daily new cases under five. Ideally, we want this number to be zero. For example, Taiwan removed its limited restrictions of 200/2,000 for indoor/outdoor gatherings in the first week of June, after seeing 50 consecutive days of no new cases. Taiwan is one of the very few countries that never had a lockdown. Throughout the pandemic, everything except a few businesses (such as hostess bars and discos) remained open and in-person. Taiwan can do that thanks to its highly successful epidemic control measures.

**14. Why is there such a wide discrepancy in the susceptibility of different people and different age groups to this virus?**

Researchers are continuing to investigate this puzzle. So far we have found out that SARS-CoV-2 (the virus that causes COVID-19) has a combined pathological effect of SARS-CoV-1 (the virus that caused the SARS pandemic in 2003), HIV/AIDS and more. One of the key factors explaining the differential susceptibility to COVID-19 is the variation in individuals' immune systems. People with a stronger immune system are less likely to be infected. If infected, they have mild or no symptoms. More research is required to get a full picture.



# President's Message

By Carol Kronstad, OSURA President



Welcome to a new academic year!

Corvallis has been my home for fifty-five years, and I love it here. I love the weather, the mountains, the trees, the farm fields and the warmth of the people.

I was born in Chicago, Illinois and have been lucky to have lived in Nebraska, Iowa, California, Florida and beautiful Oregon.

After earning a degree in child development at Iowa State, I arrived at OSU for graduate school and met my first husband, Phil O'Neill, in class. This handsome Irish hunk asked me out for a "cuppa" and seven weeks later we were engaged. We were married for thirty years, with four children, before he passed away. The following year I met and married a gentle giant, Warren Kronstad, and the family grew exponentially. Today it includes nineteen grandchildren and five great-grandchildren, who I enjoy making baby quilts for. When not quilting, I bowl, enjoy trying new restaurants, knit soft scarves in the winter and cook up some killer artichoke stew.

When Warren passed away twenty years ago, I decided to stay in our beloved Corvallis, and continued teaching kindergarten. Both husbands were OSU professors so I am very loyal to OSU and attend all football games, men's and women's basketball games, gymnastics and baseball games.

I've been on the OSURA Board and Program Committee off and on for at least ten years, and thoroughly enjoy the camaraderie.

I hope we can all meet again in person someday!

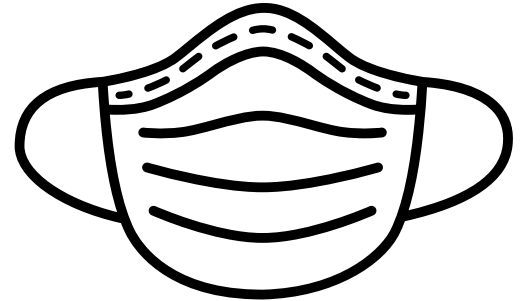
Carol Kronstad  
OSURA president 2020-2021



Up until a few months ago, I could say that I did not have a personal connection to anyone with the virus. That all changed. My former student and Albany lawyer Mike Lowry (he gave me permission to use his name) knew actor Nick Cordero who died after fighting the virus. They knew each other when Michael was a New York actor. And then, my nephew in Tennessee was exposed. His best friend ended up testing positive and being hospitalized. They had gone to lunch wearing masks, then took the masks off to eat. Fortunately, my nephew's test results were negative. Months ago, a dramatist friend in Scotland posted a passionate plea for people to take the virus seriously, saying that she knew people who were sick and who had died. We must be vigilant. A friend says we are lucky to live in Benton County and lucky to live in Oregon.



Charlotte J. Headrick, Professor Emerita,  
Theatre Arts, Oregon State University



Those of you who know me, know how much I love baseball. Whether it's cheering for the Beavers at Coleman Field, watching the Mariners on TV or following the daily box scores in the newspaper, baseball has been a great pastime for me. But lately I've had the thrill of watching my grandson Ryan perform as a talented player at the D-1 collegiate level at Sacramento State. This summer he was invited to play in the Northwoods League — an elite wooden bat league in the Upper Midwest. He played first and second base for the Wisconsin Rapids Rafters who won the regular season championship with a 35-12 record. The fun part is that I got to watch all 47 games because they were streamed live on a video network! So that was the evening entertainment for JoAnne and I throughout the summer as we were “confined to quarters” due to the COVID-19 pandemic. It was a great way to salvage the summer! And Ryan survived it, too, because of all the precautions that were taken.

Jack Walstad, Forest Engineering and  
Resource Management, Retired



## COVID Stories

I have been residing at the Mirabella in Portland since September 2017. It has been quite a change from Corvallis: a stand-alone home in a residential neighborhood to an eighth-floor apartment in an urban high-rise. Being closer to one of my daughters and her family, and knowing my other children can reach me easily enough from the Portland airport is great. I have adapted to and become involved in my new community and new city: I am a certified Master Recycler and became co-chair of the Green Subcommittee (reuse and recycle). Also, I became secretary, (and now chair) of the Resident Health Advisory Committee. I joined a tai chi class, enjoyed season tickets to the Portland Opera and Portland Broadway show series. I attended many in-house lectures, performances and off-site resident activities.

All this social interaction stopped in February/March 2020 with COVID-19 and the governor classifying Portland's three-county area as Phase 1. Suddenly, the meeting rooms were locked. There was no access to the facility gym or swimming pool. All travel committee trips were cancelled. Bus trips to the grocery stores were cancelled (there is only one small neighborhood grocery within walking distance of the facility). Meals became pre-selected and the staff placed them outside our apartments at mealtime. We have to wear masks any time we step outside our apartments.

In response, the residents who chair committees learned how to set up and conduct Zoom meetings. Who said that you cannot teach an old professor new tricks? I got caught up on my subscription reading and filing. I resisted my children's suggestion that I re-activate my Netflix subscription, though I have watched more PBS and the in-house Mirabella channel. Initially, I made good use of a supermarket's senior shopping hour. Now, I order online and pick up my groceries without ever entering the store. I can visit my daughter, but I cannot have any visitors to the Mirabella.

Recently, there has been some relaxation of the restrictions. We can now make reservations for meals in the two community dining rooms. Before entering the dining rooms, the staff takes our temperatures using one of those infrared forehead devices. Single residents must sit six feet apart. Spouses and partners can sit next to each other. Fortunately, the gym has now re-opened to a single resident at a time (or two residents if they are spouses or partners living in the same apartment). We must make reservations for our gym time. I had been going twice a week, but because of the growing wait list, I must give up my slot for at least two weeks. I walk outside when the weather is cool. The facility's indoor swimming pool is classified as a public pool and has remained closed. At the most recent resident council meeting, the staff told us (via Zoom) that based on the governor's recent statements, we can expect these restrictions to remain in place for the near future.

One evening, I stepped onto my balcony and could clearly hear amplified voices coming from the park across the street from the Mirabella. Protest leaders were giving last minute instructions to the protesters prior to commencing a march to a nearby federal building. Needless to say, I opted not to go downstairs and join them, nor did I stay on my balcony to learn if tear gas could be experienced eight floors up.

Basically, COVID-19 has made my routine more mundane, but I know it has been far worse for others in our state and country. In fact, I was planning to attend two extended family weddings on the East coast this year. One wedding was moved to next year and one was limited to immediate family. It is the young people for which I feel — those being denied or forced to postpone many of the events and experiences that many of us take for granted. Like all of us, they need to stay focused on the long term. The COVID-19 restrictions will pass, and life will return to normal, probably in 2021.

John H. Block, Professor Emeritus,  
College of Pharmacy



## COVID Stories

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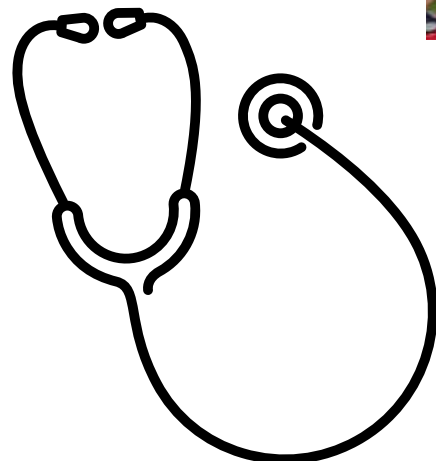
A good friend who rides off-road motorcycles with me was hit hard by COVID-19 and he was fully symptomatic on March 12, 2020. Some of his extended family was also symptomatic a week before and some several days before (he was the last to show symptoms). He is 72, his wife is in her mid-60's, his two daughters are in their thirties, and he has two sons-in-law and grandchildren. Background on his family: they all exercise regularly, his daughters and sons-in-law run and bicycle and engage in sponsored relays and an occasional marathon, and they are all in good health. The source of the COVID-19 infection could have been from his daughter, a doctor who had trained in San Francisco the preceding week, or the son-in-law working in the emergency room at a valley hospital. The son-in-law was ill but not more than a really bad cold with aches and fever. The children had symptoms, one with a severe eye infection, both quite ill with head pain and fever. My friend's wife helped care for the grandchildren while his daughter (mother of the two young children) had symptoms including pain and fever, but not alarmingly so. The doctor who had trained in San Francisco was also around the grandchildren, but timing was not conclusive to determine the possibility of who gave it to whom as both parties seemed to be ill close to the same time. Efforts for testing at a drive up site on March 14, 2020 were unsuccessful as the family was advised to only get tested if one of them had been exposed to someone who already tested positive. The doctor was given a swab test as she would be coming in contact with patients, learning two weeks later the test sample had been lost. My friend and his wife had similar symptoms including severe head pain that over-the-counter meds would not mitigate, body aches, muscle and joint aches, inability to sleep due to discomfort, a period experiencing a complete loss of taste and smell, high temperature that did persist, congested lungs and dry cough. The friend also experienced eye infection, acute spinal pain like intense heat and secondary pneumonia. Fortunately, he was able to connect with his physician online and was provided with medication that stopped the progression of pneumonia. Both my friend and his wife indicated they had been able to obtain

prescription pain medication that allowed both to obtain several hours of therapeutic sleep for two nights and he felt that one thing was significant in helping turn around the direction of his illness. He was quite concerned about literal survival at that time and did some soul searching and getting his affairs in order, or what he could do toward that end considering his condition.

That is eight individuals who have had the classic COVID-19 symptoms but are not part of any formal count. While it is believed to have been COVID-19 that hit this family early on when precautions were being seriously discussed, it is only anecdotal and Oregon has been fortunate to have far fewer cases than many states.

The family was very fortunate to have medical professionals to provide scientific guidance about illness concerns in relation to the general information being presented in early March. There are still some lingering symptoms, particularly for my friend who has had some neurological anomalies. They are mild and transitory, but he has continued to have the upper lung congestion with need for clearing mornings and during the day. He states he sustained substantial loss of stamina that has continued for several months. He has been working on re-establishing physical strength and stamina and now five months later feels he is beginning to make headway.

Mike Schuyler,  
Professor Emeritus, Chemistry

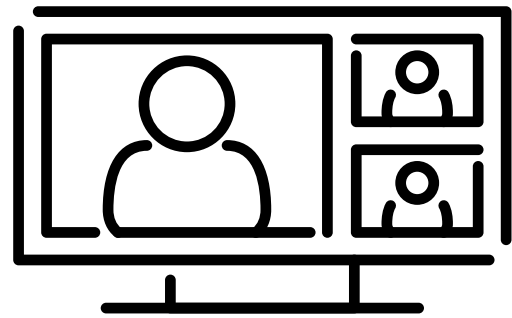
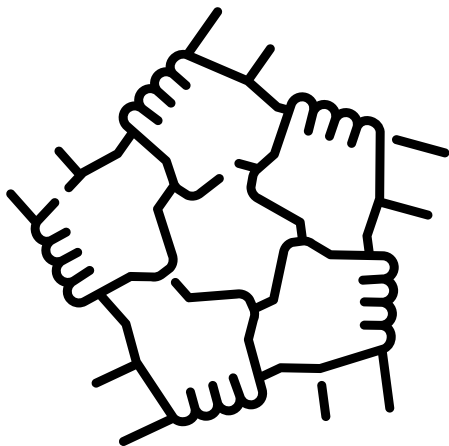




## COVID Stories

Our COVID-19 story is, I think, pretty ordinary, but we're making the best of it. Jerry and I are both in our 80's, so we stay pretty close to home. The only stores we've been inside are Winco (early in the morning), BiMart (right when it opens), Costco (during early senior hours), and Safeway (for prescriptions). Those, and the occasional doctor appointment, are about it. We do get out and about by "exercising" our cars — to keep them in running order — and driving through our lovely countryside as the seasons change.

Fortunately, we love our home, and routine is our savior. We've stuck to our familiar and comfortable routines, and, I think that helps us feel more "normal." Also fortunately, we both have some hobbies and activities that keep us busy: gardening, watering, walking the dog, reading, email, Zoom (a new hobby!) and phoning friends. In addition, I enjoy knitting, playing music — sometimes with socially distanced friends — and a new-found passion for cooking. Jerry, thanks to a good friend, has been able to go fishing now and then, something he really enjoys. Buying fishing worms at BiMart is about the only thing that will get him to go into that store.



I've learned many new things over these COVID-riddled months: some new knitting techniques, quite a few new things about cooking and some new technologies of which I didn't know I was capable. I've been involved with the Corvallis Community Band's effort to provide a virtual concert every week during the summer — and the technology involved in doing that is truly magical to me. I wasn't directly involved in producing the videos, but in advertising them to band members and our fan base. I even got to do some announcing on two of the videos, and played a few notes on another one. Its amazing what an iPhone can do to make sharable audio and video files.

Another savior is the internet — that has allowed us to order and pay for takeout food, talk to and see our children, grandchildren and friends, and stream movies when boredom sets in. We can also keep up with friends and family on Facebook, and enjoy YouTube videos about all kinds of things related to our hobbies or just something we're interested in.

It hasn't been all that bad — we miss our social contacts, but we're thankful that we have each other — and the dog — to talk to, and that we're both reasonably healthy and happy.

Sue Borden, SMILE Program



## New leadership: F. King Alexander guides OSU forward

Contributed by OSU President's Office

F. King Alexander, a prominent national advocate for advancing equal opportunity for all people through public higher education, became Oregon State University's 15th president on July 1, 2020. President Alexander brings 20 years of success as a university president to OSU, where he is continuing the transformative momentum and impact that Oregon State University — Oregon's largest university — has realized over the past two decades.

President Alexander is noted for his commitment to inclusive excellence among students, faculty and staff; his drive to provide access and an affordable education to all learners; and his support for the teaching, research and outreach mission of the land grant university. He has provided congressional testimony on barriers to equal opportunity for college students, college affordability and the use of federal incentives to help reverse the national decline in state support for public higher education.

As OSU's president, he is working with students, faculty, staff, alumni and stakeholders to advance a safe, welcome, just and inclusive university community; provide further success for all graduate and undergraduate students; advance support for OSU's excellent faculty and staff in teaching, scholarship, research and outreach; further enhance OSU's legacy of more than 150 years of service to all of Oregon; and build on the momentum and achievements guided by past President Emeritus Ed Ray over the past two decades.

President Alexander succeeds Edward J. Ray, who served as president of the university from July 2003 through June 2020. Ray is now president emeritus at Oregon State and a professor of economics in the College of Liberal Arts.



Prior to his arrival at Oregon State, Alexander served as president and chancellor of Louisiana State University from July 2013 through December 2019. Under his leadership, LSU's 2018-19 graduating class set records for the number of in-state and out-of-state graduates, as well as females, African Americans, Hispanics, first-generation students and Pell Grant recipients, along with graduates who previously served in the U.S. military. These LSU graduates are among the nation's lowest in terms of student loan indebtedness with more than half graduating with no student loan debt.

Alexander also served as president of California State University, Long Beach from January 2006 to June 2013 and president of Murray State University in Kentucky from September 2001 to December 2005.

Throughout his career, President Alexander has been honored and recognized for his leadership. He received the Stephen J. Trachtenberg Award for Leadership in Higher Education in 2017 from the American Association of University Administrators; was selected as the California State University President of the Year in 2009-10 and 2011-12 by

## New leadership: F. King Alexander guides OSU forward

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the California State University Students Association; received the Humanitarian Award by the California Conference for Equity and Justice in 2013; and was named to the Boys and Girls Clubs of America Alumni Hall of Fame in 2016.

He also received the Leadership in Higher Education Award from the Long Beach Chapter of NAACP in 2008; the Excellence in Higher Education Service Award from the Community Hispanic Association's 12th annual Nuestra Imagen (Our Image) Awards; and the Award of Appreciation for Outstanding Dedication to International Human Rights from the Cambodia town Association in Long Beach.

President Alexander, a tenured professor in OSU's College of Education, is the author of "The American Higher Education Dilemma: State Disinvestment, Student Indebtedness, and the Decline of Human Capital Development," which is scheduled for publication in spring 2021. He has also co-authored the 2015 book "Financing Public Schools: Theory, Policy and Practice" and the 2003 book "Maximizing Revenue in Higher Education" with Ronald Ehrenberg.

He holds a Ph.D. in higher education administration from the University of Wisconsin-Madison; a master's degree in educational studies and comparative education policy from the University of Oxford; and a bachelor's degree in political science from St. Lawrence University in Canton, New York, where he was a member of the men's basketball team.

President Alexander is a Kentucky native who grew up in Gainesville, Florida. The "F." in his name stands for Fieldon, which is a family name, as King is as well. He and his wife, Shenette, have three adult daughters, Kylie, Savannah and Madison. The Alexanders reside in the university president's residence in Corvallis.

To learn more about President Alexander's background, please visit [leadership.oregonstate.edu/president](https://leadership.oregonstate.edu/president).



## Congratulations to our 2020-2021 OSURA Scholarship recipients

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**Maja Engler** is a University Honors College junior from Sandy, Oregon. She is pursuing a bachelor of science with majors in biochemistry and molecular biology and minors in both chemistry and psychology. She has a career goal of working with NASA to research human bodies in suspended animation.

She has an excellent academic record and active involvement in research, as well as strong leadership and volunteer activities through OSU. She has been participating in undergraduate research for about a year. In this activity, she is involved in research to extend the pre-transplantation lifetimes of human organs using insights from hibernating animals. In addition to being an officer in student organizations, she has volunteered in lobbying efforts for Oregon's students and higher education, Oregon carbon issues and international service activities.

Maja feels her chosen professional area of biochemistry and molecular biology, through both her current research and her career goal area, has great potential for creating many contributions to society and particularly healthy aging.



**Alaina Holm** is a senior from Manzanita, Oregon. She is majoring in psychology, with minors in Spanish and chemistry. Her ultimate career goal is to become a psychiatrist. She is now only the second student to receive the OSURA scholarship twice.

Alaina's academic performance has been truly outstanding, from courses in her original major of music to courses in psychology, her final major. She has been inducted into Psi Chi, the psychology honorary, as well as both major cross-disciplinary honoraries, Phi Kappa Phi and Phi Beta Kappa. She has been an undergraduate research assistant at the College of Pharmacy at OSU and at the Gene Therapy Institute at OHSU. Alaina has also volunteered in several capacities, from teaching piano at Nehalem Elementary School to serving on the OSU Student Health Advisory Board.

Alaina would like to serve the elderly both in their encounters with common problems such as depression and anxiety, and in their age-related problems such as dementia and other neurological issues.



**Kyla Keller** is a junior from Oregon City. She is majoring in management in the College of Business, with a minor in health management and policy. Her eventual career goal is to be an administrator in a long-term care facility.

Kyla has a solid academic record. Additionally, she has been actively involved in her sorority, having served as chapter secretary, and on the nominating and standards committees. She has work experience at the other end of the age spectrum, in early childhood development with the Oregon City School District.

Kyla hopes to bring her business and management skills to maximize the well-being of residents in long-term care facilities.



**Hayleigh Middleton** is a University Honors College sophomore from Florence. She is majoring in marine biology in the College of Science.

Her studies in biology have offered her a unique opportunity not many students get in their college career, tracking gray whales and their feeding habits and behaviors off the Oregon Coast. What a way to learn biology! Her recommendations show a development of managerial and organizational abilities that helped Hayleigh win high praise as a thoughtful leader.

Hayleigh has had a lifelong interest in the health care field, from elementary school to an entire year in high school spent shadowing health care professionals. Her career goal is to pursue an M.D. with a specialization in geriatrics.



## Congratulations to our 2020-2021 OSURA Scholarship recipients

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**Cheyenne Price** is a junior from Bend. She is a student at OSU-Cascades, majoring in kinesiology, with a minor in chemistry. Her career goal is to be part of a functional medicine team as a physician assistant.

Cheyenne has a superb academic record, and comes highly recommended. A professor cites her genuine concern of synthesizing course material and displaying quality course work. Another reference notes her enthusiasm for what she is studying and that she genuinely believes in food as a contributing cure to so many issues that ail people.

She aims to couple western medicine with mental health, dietary and nutritional interventions, particularly as applied to the aging population. Cheyenne believes her education and training will enable her to “focus on primary care and help others in the community age in a healthy way.”



**Cole Theobald** is a junior from Corvallis majoring in nutrition with an option in dietetics, and is also minoring in microbiology and writing. He also has a scientific, technical and professional communication certification.

Cole has amassed an excellent academic record. In addition, he has published an article and is a contributing editor to an online journal. He has served as a peer mentor and has shadowed professionals at Good Samaritan Regional Medical Center.

Cole’s goal is to become a registered dietitian who works with individuals while communicating healthful, scientifically accurate nutrition messages to the general public.

### What is the OSURA Scholarship?

The OSU Retirement Association provides scholarship support to undergraduate students at Oregon State University who are pursuing a course of study that may lead to a career promoting healthy aging. That term includes all aspects of health — physical, emotional, social or financial.

Currently enrolled OSU undergraduate students who have completed at least one academic year at OSU, have a cumulative GPA of 3.4 or above and at least one year of study remaining towards their first bachelor’s (B.A. or B.S.) degree are encouraged to apply.

These scholarships are funded entirely by the generous contributions of OSURA members. Please consider a donation to our OSURA scholarship fund.

The scholarship amount may be up to \$2,000 per person and will be awarded at the OSURA annual meeting in May 2021. Funds will be distributed into student accounts for the 2021-2022 academic year.

To apply or for more info, visit [osura.oregonstate.edu/osura-scholarship](https://osura.oregonstate.edu/osura-scholarship).



# 1954 Salk Polio Vaccine Field Trials: My Experience

Contributed by Sally Francis

In the midst of the current coronavirus pandemic, we are eagerly awaiting the successful development of an effective vaccine. In the May 25, 2020 (p. 18), issue of Time Magazine, comparisons were drawn between today's pandemic and the American polio epidemic of 1916 and the eventual development of the polio vaccine in 1955 — 39 years later! This article was of particular interest to me because as a little girl I was a subject in the national field trials of the Salk polio vaccine.

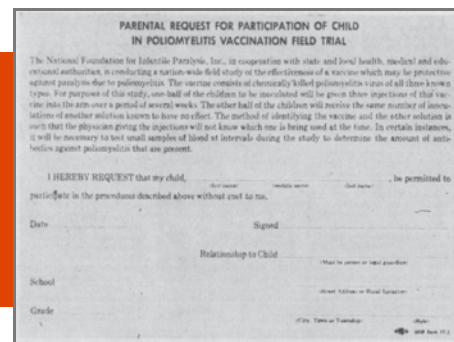


In 1953-54 I was in first grade at Patterson Elementary School in Dayton, Ohio. In my class photo, I am in the second row up from the floor, the third kid from the right. My brother, Sam, is the tallest boy exactly in the middle of the fourth row up. Mrs. Marie E. Fricke, our teacher is at the far right; Hilda Schaffer, the school principal is at the far left.

A prominent memory of mine from first grade was the participation of my school — and me — in the national field trial which was a critical step in the development and approval of the Salk polio vaccine. The 1954 national trial was sponsored by the National Foundation for Infantile Paralysis (March of Dimes), and was one of the largest and most publicized clinical trials ever undertaken. After much debate, a double-blind national experiment was conducted in which about 600,000 children at 84 test areas in 11 states received either the vaccine or a placebo and about 1 million children at 127 test areas in 33 states were observed controls. Neither

the child/parents nor the person administering the injection nor the physicians who would later examine the children knew whether a live vaccine or a placebo had been administered. On April 25, 1954, the national trials began at an elementary school in McLean, Virginia, near Washington, D.C. Montgomery County, Ohio, was one of three Ohio counties selected for participation involving 28,000 children. As a benefit of participating in the trial, all children in the county would have priority in receiving the vaccine upon final approval in 1955. The vaccine trial would proceed although neither my brother nor I recall it. The newspaper reported that we were shown a Bob and Barbara filmstrip at school to prepare us for our participation in the study, but I have no recollection of seeing it. My mother sewed a white nurse's dress and cap for me to wear to school on the day of the trial — the day we received the injection. I remember lining up in the gym on April 27, 1954, to receive the injection.

Parental consent was required for children's participation in the study. Over a million American parents volunteered their children for the public good. The leader of the study, Basil O'Connor, whose words appeared on the parental consent form said, "This is one of the most important projects in medical history. We feel sure you will want your child to take part." Participation of children whose parents had consented was very high, with only seven last minute withdrawals and three who had to be removed from the trial because of nervous tension and outbursts of crying. Around 2005 I asked my mother if she had been concerned about our participation in the polio trial. After all, the reason for the trial was to find out



if the vaccine worked or if it might actually cause the disease. She said she had not been concerned. This, despite a comment made by Walter Winchell on his television broadcast on Sunday, April 4, that the vaccine may be a killer. People in post World War II America were in awe of science and confident in the government. Apparently, my parents did not hesitate to have my brother and me participate in the trial despite several previously disastrous efforts in vaccine development. In Dayton, permission forms appeared in the newspaper and were sent home with children on Tuesday, April 6.

Each participating child received a card identifying that child as a Polio Pioneer. What made it (the card) very special was imparting a sense of participation in a grand scientific experiment to benefit humanity, and most Polio Pioneers were acutely aware of this. The Dayton Journal Herald reported, “In the arms of 500,000 to one million school children across the country — including Montgomery County’s 28,000 — lies the answer as the world stands on a new threshold of a new freedom from fear.” Children/subjects also received a pin on June 2, 1954, when the last of the series of 3 injections was given; if I received one, I don’t remember receiving it and I no longer have it — which makes me very certain that I didn’t receive one.

My brother, Sam, was issued a card from the Dayton Commissioner of Health certifying that he had been one of the 200,745 children who were injected with the Salk vaccine rather than the placebo during the field trial. Fortunately, he was not one of the 57 children who developed polio following the injection. For Sam, this certification spared him from having to have another injection when the vaccine was approved for administration to the general public — something for which he recalls being extremely grateful — although the card indicates that he

received a booster in May 1955. I have no such card. Because our mother kept such documents and because of the design of the study, I am certain that I was among the 201,229 children who received the placebo.

Lynne Benning who was several years older than I and lived up the street from where I lived, had contracted polio. As a result of the disease, Lynne walked with a distinct limp from which she never recovered. There were numerous reports of children who suffered respiratory problems and needed to be confined to iron lungs, horrible looking machines that helped them breathe, and were precursors to today’s respirators. Polio had been known for centuries and has been found in Egyptian mummies. According to the CDC, the United States has been polio-free since 1979.

The effort to develop what ultimately became a successful polio vaccine started with President Franklin Roosevelt who was left paralyzed below the waist from a bout with polio. He founded the National Foundation for Infantile Paralysis (later the March of Dimes) and installed his partner Basil O’Connor as its head. Because few people had health insurance, the Foundation provided iron lungs and even gave funds to families in need. It also raised money for research through the annual March of Dimes. I remember this annual campaign very well as school children participated by bringing dimes in special envelopes to school for collection.

Today, as the world awaits the development of an effective vaccine for protection against COVID-19, I think back to the polio trials in which my brother and I participated in 1954. He and I agree that had we been asked to permit our children when they were young to be subjects in such a trial, we would definitely have taken pause. Further, without hesitation, we agree that we will not volunteer to be participants in any current vaccine testing. We each have reasons for our position, but amongst them is the fact that we did our part as Salk polio vaccine guinea pigs in 1954.





## President Ray's talk at the OSURA Annual Meeting

Contributed by Mike Schuyler



President Ray opened his remarks via virtual ZOOM to an audience of about 50 by saying that he would not do the traditional State of the University talk because he had recently given such a talk and it was available online. Instead he wanted to address the manner in which OSU was in the midst of dealing with the campus shutdown due to the pandemic.

He lauded the University's faculty for responding in little more than week to the call to move all classes online. This contrasted with about 90% of most semester colleges having to largely shutdown teaching. Part of this is due to our already top ranking for online teaching in the country. During the spring term, our online enrollment increased about 15%, and Ecampus enrollment for the summer 2020 looked to be up about 30%.

The main part of OSU operations to suffer was what he called the auxiliaries: housing, dining and athletics. Housing's 5,000-person capacity became about 600. PAC-12 Athletics took a huge hit, with the NCAA funding dropping from about \$600 million to about \$220 million. Fortunately, we have reserves, but if the shutdown continues into the next academic year, it could be very worrisome.

We must find a way to keep on-campus and extension research going. President Ray talked proudly of the OSU TRACE program to bring COVID testing to the Corvallis, Bend, Newport and other regions of the state in cooperation with OHSU, PSU and OHA. He also presented details of OSU's John Selker's development of a very inexpensive ventilator device that is aimed to help African communities deal with COVID-19 life-threatening illness.

He also described how Beavers Care, in conjunction with the OSU Foundation and donations by OSU administrators, would be providing financial assistance to the OSU community — with \$375,000 in hand at the time of his talk in mid-May.

Looking to the fall, he asked, OSU Football without fans?! Oh my. Another term with classes online? Looking forward to a drop in state funding for OSU of 17%? Big sigh.

His sabbatical began in July, and he holds an office in Bexell 314. A very smooth handoff to F. King Alexander gave him great reason to be optimistic for what is to come. Who are we? We cope.





# OSURA Annual Meeting

May 15, 2020 [via Zoom due to Covid-19 pandemic restrictions]



The annual meeting (virtual this year due to COVID-19 pandemic restrictions) was called to order by President Mike Schuyler via Zoom with 45 participants at 2:02 p.m. on May 15, 2020. Mike welcomed all online members and guests including four of the six new OSURA scholarship winners. He then gave a short how-to tutorial on using Zoom for those new to the platform.

Mike then presented highlights of OSURA events in the 2019-20 year shortened in March by COVID-19 restrictions on in-person activities:

- Fall kickoff presentation by Dr. Virginia Weis and showing of “Saving Atlantis” video
- Quarterly electronic OSURA Newsletters with feature articles on members and supporters
- Volunteer support for University Day, flu clinics, and MLK Day march
- Program tours of Stahlbush Island Farms and Aquatic Animal Health Lab; talk on US/Iran
- Member Services: Pre-retirement workshop in fall and Dr. Bob Poole talk on exercise
- Travel Share program on cruising rivers of Europe
- Awarded six new OSURA scholarships (four of the six were present on Zoom for awards)
- Past-presidents’ Luncheon with 16 present

Mike closed by acknowledging the outstanding leadership and support provided by the OSURA Board, committees, and the University Events Office, especially Mealoa McFadden, who has been our amazing support person from University Events this whole year.

Mike then introduced OSU President Ed Ray (see separate article on President Ray’s talk).

Mike then announced the six 2020 OSURA scholarship recipients by reading short summaries of their accomplishments (four of the six were present online at the meeting). Winners are Maja Engler, Alaina Holm, Kyla Keller, Hayleigh Middleton and Cheyenne Price.

Following a short three minute break, everyone reconvened for the business meeting:

Kelvin Koong, treasurer, presented a written report comparing the first 3 quarters of FY17, FY 18, and FY19. His overall conclusion was that the organization is in good financial health with sufficient funds projected to cover expenses and scholarship awards.

Chris Mathews, reporting for the nominating committee, nominated these members for the OSURA Board of Directors: Kathy Motley (re-election for a second three-year term), Tony Amandi (election for three-year term), Carroll DeKock (election for three-year term) and Larry Pribyl (election for three-year term). There were no nominations from the floor. These nominees were elected by unanimous voice vote.

Mike recognized past OSURA presidents, outgoing board members and committee chairs who were present online and announced the slate of officers for 2020-21: Carol Kronstad, president; Bill Young, president-elect; Tom Plant, secretary; Kelvin Koong, treasurer; Kathy Motley, volunteers chair and newsletter and website coordinator, Carroll DeKock, member services chair, and Jim Krueger, special interests chair.

Kathy Motley, volunteers chair, presented the 2020 Volunteer-of-the-Year Award to Tony Amandi who was a very active new member of the program committee this year.

Meeting was adjourned at 3:41 p.m. by Mike Schuyler.

Respectfully submitted by Tom Plant, secretary.



## VOLUNTEER OPPORTUNITIES

On the OSU campus, volunteer opportunities are almost non-existent. There are, however, other opportunities in the wider community for our OSURA members to contribute. Some suggestions from our members include:

### 1. Lumina Hospice

Contact Tom Savage at [tomsuesavage@comcast.net](mailto:tomsuesavage@comcast.net) for details on training.

### 2. Community Outreach

Volunteer applications being accepted [communityoutreachinc.org/volunteer](http://communityoutreachinc.org/volunteer).

### 3. Human Services Resource Center (HSRC)

Champinefu Lodge  
1030 SW Madison Ave.  
Corvallis, OR 97333  
541-737-3747

#### OSURA Board Members 2020-2021

President: Carol Kronstad  
President-elect: Bill Young  
Past president: Mike Schuyler  
Secretary: Tom Plant  
Treasurer: Kevin Koong

#### Members at Large:

Tony Amandi  
Bill Becker  
Carroll DeKock  
Bobbi Hall  
Phyllis Lee  
Chris Mathews  
Kathy Motley  
Larry Pribyl  
Julie Searcy  
Bob Smythe  
Bill Young

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