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'A HAND UP' WITH HABITAT FOR HUMANITY

I GOT INVOLVED IN HABITAT FOR HUMANITY

in the late '90s in Atlanta. We were members of Oak Grove United Methodist Church where the men's group worked on a Habitat house each year. My dad was a builder in Stillwater, OK, and I worked with him as a young lad. I continued my interest in building after moving to Atlanta and remodeled several homes.

When I retired in 2000 and moved to Morgan County, I became involved in building Habitat houses. Some people play golf, others volunteer in schools or libraries, I enjoy building, so I volunteer to construct Habitat houses on Saturday mornings.



New homeowner **Tori Hitchcock** and her father were at the build every week!

Initially I worked with an experienced builder in our county for five or six years. At 85, his wife finally told him he needed to stay off roofs. So, I took over for him as Construction Supervisor. Over the past 20 years, I have worked on as many Habitat houses.

We recently finished our 24th home and had a house warming on January 27. All volunteers are invited to these house warmings.

The current Habitat house is a three-bedroom, two-bath, 1140 square foot home in the historic Canaan neighborhood being revitalized by Madison's Downtown Development Authority.

Prospective home owners and their families must put in 200 hours of "sweat equity" on their homes. Learning basic construction skills will help them maintain their homes in the years to come. The family assumes a 20-year Habitat mortgage with 0% interest. Typical Habitat homes



Hiram cuts Hardie Board Siding which volunteers carry to the installation team.

story cont'd on page 4 . . . ➔

CHAIR'S COLUMN

DON RATAJCZAK

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THE NEW TAX LAW CHANGES THE AMOUNT

government will contribute to most charitable contributions. While charitable deductions are not taxed if taxpayers itemize, the value of itemizing instead of taking the standard deduction is significantly altered.

This means that fewer emeriti will have the federal government provide some of their charitable contributions. Charities are estimating that between \$13 and \$21 billion in annual contributions may be lost because of this reduced tax benefit.

Are there alternatives that would still have the federal government become a partner in your charitable contributions?

I am not a tax expert and these ideas should be viewed only as an attempt by one taxpayer to preserve some degree of federal partnership in my charitable contributions.

First, you can bunch your deductions. I am considering making my charitable contributions in February and November

this year and then skip next year before again using that pattern in the subsequent year. Until after 2025, when the current personal tax changes are set to expire, I may maintain that giving sequence.

Second, for those required to take minimum distributions from a retirement plan (403B, IRA, or 401K for example), a qualified donor distribution can be made which will lower the taxable income from that distribution by the amount of the contribution. I am seeking more information on this method.

Third, a donor could establish a donor-advised fund with a large contribution, just as if they were making a contribution to charity. (This means that stocks with capital gains can be deposited at face value and still could appreciate in the fund before distributions). Then, the donor can distribute from this fund in an orderly manner to their preferred charities. I also am exploring more on this.

I would be interested to hear from emeriti.

STUDY FOCUSES ON ELDER CARE NETWORK

As Shakespeare reminds us in *King Lear*: “Ripeness is all” (V.ii.15).



Dr. Elisabeth Burgess, Institute Director

EMERITI HAVE AN immediate interest in Gerontology, for we know aging! GSU's Gerontology Institute can be considered our advocate. Their research component is an invaluable online resource. The more we learn about aging, the better.

The Institute's Aging Resources Link, <http://gerontology.gsu.edu/connections/aging-resource-links/>,

gives Emeriti information in the areas of Caregiver Resources, Information for Older Adults, Government Websites, and Aging-Related Data. Some of the Institute's research has focused on inheritance within families, workforce aging, and African-American grandparents raising grandchildren.

At present, the Institute's ongoing research into the ways that informal caregivers aid those in Assisted Living (AL) can benefit Emeriti who already have some contact with Assisted-Living communities or anticipate this.

Currently, a funded five-year study is being conducted on “Convoys of Care: Developing Collaborative Care Partnerships in Assisted Living.” The grant, from the National Institute on Aging, is being conducted by **Dr. Candace Kemp** (Principal Investigator), **Dr. Elisabeth Burgess** (Co-Investigator),

Dr. Jennifer Craft Morgan (Co-Investigator), and **Joy Dillard** (Project Manager).

The study is unique in looking closely at the entire care network (family members, friends, and all paid care workers), rather than only individuals or dyads. Its focus is on the informal care of family members and friends, while also considering how that meshes with the care provided by AL staff and external providers (e.g., home health or hospice).

Dr. Kemp notes: “To my knowledge, this has not been done before. In the end, yes, the support and involvement of family and friends (and lack of) is highly consequential.”

Emeriti can access the study's 2016 report on findings so far: <http://gerontology.gsu.edu/files/2014/07/WAVE-ONE-REPORT.pdf>.

HOW TO BAKE ONE'S VERY OWN BREAD

Fresh, flavorful bread is one of my favorite foods. As a youngster I would open a new loaf of bread and eat the first 3-4 slices; they were so good. My paternal grandmother and several of my aunts were outstanding bakers and I loved their breads, cinnamon rolls, pies and cakes.

When I retired I wanted to learn bread baking. Our neighborhood Publix supermarket baked this semolina bread and it was very tasty, but as time went along it became harder and harder to get until the store no longer baked it.

I wanted to make semolina bread, but the semolina flour one purchases at the grocery is very coarse, resembling corn meal in its consistency, and the bread that resulted (*surprise!*) resembled corn bread, and I was disappointed.

This experience led me to become more interested in flours, especially specialty flours from unusual sources like ancient grains. Once upon a time all wheat was milled whole, so flour consisted of bran, the fibrous outer layer; endosperm, a starchy middle layer; and germ, the vitamin-rich core.

Today, since shelf life is short with such a flour, modern white commodity flours contain ground wheat endosperm with shelf-stable starch that are enriched with added vitamins and minerals. In an article in the Wall Street Journal (*"A Call to Carbs"*, May 21-22, 2016, pD1) it was noted that more and more bakers are using whole grain flours to make their breads, even grinding the wheat themselves to ensure very high quality, nutritious bread.

My bread became better and results were more consistent when I weighed flour rather than measuring it by volume. Allowing doughs to rise for extended periods with minimal yeast really did work and gave better bread than rushing the process.

Lean breads from flour, salt, yeast and water appealed to me most. These artisan breads depend only on those



"Mike" Denniston

four ingredients and the baker's skill for their flavor; neither sugar nor fat in any form has been added.

The loaf I will describe in this report, while mostly bread flour, has been fortified by addition of ancient grain flours which I will describe briefly.

Barley was one of the first cultivated grains, originating in Eurasia as early as 10,000 years ago. It is a very nutritious grain, low in gluten. Gluten is the primary protein in wheat. It is composed of two components gliadin and gluten, which, when hydrated, form gluten which gives the bread its structure.

Durum flour is the ground endosperm from hard winter wheat,

high in gluten and low in water absorption. Finely ground durum flour is used in pasta and in semolina breads but is unavailable except from specialty millers like Central Milling, based in Utah.

Khorasan wheat is similar to bulgar, but contains more vitamins and minerals than common wheat.

Spelt, also known as dinkie or hulled wheat, is a species of wheat cultivated since about 5000 BCE. Spelt flour is lower in gliadin than is wheat, so it may reduce gluten sensitivity in some individuals.

The available gluten in **rye flour** is of a different and inferior nature to wheat gluten. The protein glutelin replaces glutenin in rye, which leads to a gumminess that impedes gluten development. Around 500 AD, the Saxons and Danes settled in Britain and introduced rye, which was well suited to its temperate climates.

This six-flour, 30% ancient grain bread is high in gluten and wonderfully aromatic. This is a three-day bread starting with a poolish preferment; on day 2 the preferment and the dough come together. The last day includes both the final proof and baking. Baking the bread using a cloche (*cooking bell*) provides a lovely brown outer crust and good crumb. It toasts well and makes a good sandwich.

M.L. Denniston • Associate Professor Emeritus of Chemistry and Environmental Science • mdenniston@gsu.edu

EDITOR'S NOTE:

This is another in our series showcasing Emeriti faculty who in retirement have found interesting and rewarding pursuits. See also the story on Page One about Hiram Johnston, who builds homes for Habitat for Humanity. Please write to us about your own personal ventures.

EMERITIES

Events & Activities



Each year the university treats us to a reception where we meet friends, former colleagues, current deans and other administrators.



Photographs by
DOT PAUL



Valentine's Day Emeriti Luncheon

EMERITIES

Events & News

NEWS & NOTES

Dr. G. Rankin Cooter, Professor Emeritus of Kinesiology and Health (College of Education and Human Development), and spouse, Sandy Cooter, were inducted into the GSU Athletics Hall of Fame at Homecoming ceremonies on Saturday, October 21, 2017. Rankin has been associated with GSU Athletics in many capacities for more than 40 years, serving as Head Women's Basketball Coach, Associate Director of Athletics, Director of Athletics on two occasions, Chair of the Faculty Senate Committee on Athletics, and Chair of the GSU Athletics Board. Sandy has been involved with several activities during this period, especially the establishment of a GSU Endowed Student Athletic scholarship and the formulation of a GSU Student Athletic scholarship through the GSU Honors College. Rankin continues to serve as a member of the Emeriti Coordinating Board and as Past Chair.

Dr. James L. Pate, Professor Emeritus of Psychology, received the annual Mentor Award from the Southeastern Psychological Association (SEPA) at its meeting in Atlanta, Georgia, on March 11, 2017. The award, sponsored by the Education Directorate of the American Psychological Association, is given annually to an SEPA member who has been an outstanding mentor.

CALL FOR SUBMISSIONS

Our *EmeriTies* project to feature the continuing projects of Emeriti faculty is moving ahead nicely, and we would love to hear more stories from Emeriti — or from their spouses. In fact, the Front-Page story in this issue started with an email from the Emeriti's wife. "As you will read, it has been my extreme pleasure to type a bit about my AMAZING 'Renaissance Man'!" wrote Barbara "Babs" Johnston. "As the saying goes, 'When they made him, they threw away the mold!'" In December, Hiram Drexel Johnston, Professor Emeritus of Mathematics Education, was the leading volunteer builder of another Habitat for Humanity home for a young family in Morgan County. [See that story on page one.](#)

On [page three](#), you can read about M.L. "Mike" Denniston, Associate Professor Emeritus of Chemistry and Environmental Science, and about his pursuit of making better breads. "I write a blog from time to time about stuff that interests or frustrates me," he wrote. "My latest contribution is about bread-making and may be of interest to you for inclusion in your newsletter."

Please send information about other Emeriti to the *EmeriTies* editor, **Leonard Ray Teel**, Professor Emeritus of Communication, lteel@gsu.edu.

IN MEMORIAM

Dr. Wiley S. Bolden, Professor Emeritus in the Department of Educational Foundations of the College of Education at Georgia State University from 1970 to 1987, died on Jan. 30 at the age of 99. Dr. Bolden served the Georgia State University community with zeal, scholarship, and an amazing grace that touched the students, colleagues, and staff. He received an Ed.D. from Teachers College, Columbia University in 1957 and served as a Dean at Clark Atlanta University from 1963 to 1967.

Dr. Gene Groff, Professor Emeritus of Managerial Science, received his BS degree from the University of Illinois in chemical engineering in 1951. After serving in the army in Korea, 1951-1953, he began a business career with Proctor and Gamble. By 1960, he completed his masters and Ph.D. degrees at Indiana University and was awarded a three-year contract in the Graduate School of Industrial Management at Carnegie Mellon. He returned to Indiana University where he was a faculty member in Business Administration until 1973. He came to GSU as the Callaway Professor in Economics. At GSU he published and presented over 200 books, articles and conference addresses and served as national president of the American Decision Sciences Institute. Dr. Groff was a leading person in establishing the MBA program. He also helped the Shanghai Institute of Mechanical Engineering establish the first graduate program in Business Administration in China.

Updates

ATTENTION EMERITI: Please update or add your email address so that we can contact you electronically related to emeriti activities. If we do not have your correct email address, you may miss communications sent by email. Send updates to: update@gsu.edu.

To update Human Resources information, you may send an email to: payroll@gsu.edu or benefits@gsu.edu or call 404-413-3302.

For more information or to RSVP for any upcoming events, visit the Emeriti Association website at <http://emeriti.gsu.edu/calendar>.

Most information for retirees will be coming from the USG Offices, and that will be through OneUSG. The OneUSG URL for retiree information is http://www.usg.edu/hrl/benefits/2017_benefits/oneusgbenefitsretiree. From there you will find links to the online site and information on the Benefits Call Center at 1-844-587-4236.

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story cont'd from page 1.

in Madison cost about \$65,000.

We can keep our total home cost low by utilizing the Habitat Partners Program that provides Gifts in Kind from major building supply companies such as Valspar (*paint*), Dow (*insulation and foam spray*), Yale (*locks*), and Whirlpool (*appliances*), etc.

Our Habitat Family Selection Committee carefully screens each Habitat applicant, and, once a family is chosen, our Construction Committee selects house plans. My job as Construction Supervisor is like that of most builders. I order and purchase materials and oversee the ongoing construction each Saturday morning.

Much of my job is teaching volunteers skills and construction principles (*flat, square, and plumb*). I particularly enjoy working with a cross-section of the community. Habitat is wonderful opportunity for community members to give a helping hand. As we say, "A Hand Up, Not a Hand-Out."

Getting involved in a Habitat for Humanity house isn't difficult. Most communities have a Habitat for Humanity Chapter: www.habitat.org. You don't need to be a skilled construction worker. Many of our volunteers work on family selection, publicity, fund raising, or work in Habitat Restore a few hours each week. I'm always happy to provide more information.

Hiram Johnston • Professor Emeritus of Mathematics Education • hjohnston@gsu.edu



Habitat Volunteers and Family Members on a Saturday Morning.

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EMERITI ASSOCIATION

