



# HURAnews

HARVARD UNIVERSITY RETIREES ASSOCIATION

VOLUME XXXVIII, No. 4

MAY-JUNE 2023

## Harvard lacrosse increasing in popularity

Lacrosse is the oldest organized sport in North America with Native American origins as early as the 12th century. The game was extensively modified by European colonists reducing the violence and creating current collegiate and professional forms.

Players use the head of the lacrosse stick to carry, pass, catch, and shoot the hard rubber ball into the goal. One player described the game as like soccer, but with a smaller ball that never touches the ground. The sport has four versions that have different sticks, fields, rules, and equipment.

Field lacrosse is a full contact, outdoor men's sport played with ten players on each team. Both of the men's games, field lacrosse (outdoor) and box lacrosse (indoor), require all players to wear protective gear, including helmet, gloves, shoulder pads, and elbow pads. Men's lacrosse is an expensive sport in which to outfit a player, much like football and hockey.

Women's lacrosse is played outdoors. It does not allow body contact but does allow stick to stick contact. The only protective gear required for women players is eye gear, while goalies wear helmets and protective pads.

Intercrosse is a mixed-gender, non-contact sport played indoors that uses an all-plastic stick and a softer ball.



PHOTO BY JUSTIN IDE/HARVARD UNIVERSITY.

The modern sport is governed by World Lacrosse, formerly the Federation of International Lacrosse, and is the only international sports organization to recognize Canadian First Nation bands and Native American tribes as sovereign nations. Ice Hockey and Lacrosse are Canada's two national sports.

Harvard Lacrosse Association was established in the fall of 1878. By the spring of 1879, a regular team was organized and ready for games. As other colleges established teams, the earliest intercollegiate championships were held among Harvard, Yale, and Princeton. Harvard won the championship in 1881 and 1882; Yale in 1883;

and Princeton in 1884 and 1885.

During the five years prior to the formation of the Association, Harvard had been unable to field a team due to the lack of financial support. But by 1906 when the United States Intercollegiate Lacrosse League was formed, Harvard was a member.

From then on, the sport of Lacrosse became part of the Harvard athletic landscape, but few undergraduates reported for the team. Often men were physically unsuited for the game, and there was little interest in the sport by nonplayers.

Today, lacrosse has caught the attention of kids at all levels. Many high

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# Harvard lacrosse increasing in popularity

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schools now support teams. The game has taken away many baseball players in recent years, being a much more active sport, notwithstanding baseball's recent rule changes designed to improve the game's pace of play and increased action on the field.

Harvard Lacrosse is a spring sport, and in order to generate interest in future games, HURA purchased 25 tickets for free distribution to members. The Harvard-Yale game was held on April 29. From their level of enthusiasm, it looks as if lacrosse will be on our future schedules. This game was carried by NESN/ESPN+.

## Want more details?

### READ MORE IN THE CRIMSON'S 2023 PREVIEW ARTICLE.

<https://www.thecrimson.com/article/2023/2/14/mens-lacrosse-preview-2023/>

### FIND MEN'S AND WOMEN'S GAME SCHEDULES AT

<https://tinyurl.com/mvvdvwb>

### FIND TICKET INFORMATION AT

<https://gocrimson.com/sports/2022/12/8/harvard-lax-tickets.aspx>

## COMING EVENTS

### Sunday, June 4, 2023 3:00 p.m.

**Handel + Haydn Society**, "Crossing the Deep," at the John F. Kennedy Presidential Library and Museum, Columbia Point, Boston.

Registration information is included in this issue of *HURA News*.

**Monday, June 12, 2023, 12:00-2:00 p.m. HURA Annual Meeting**, Loeb House, 17 Quincy Street, Cambridge.



Registration information is included in this issue of *HURA News*.

**Thursday, June 22, 2023, 11:00 a.m. Tour of Royall House and Slave Quarters**, Medford. Registration and details will be sent to the HURA E-List. Bus will depart Alewife Redline station at 10:15.



In the eighteenth century, this was home to the largest slaveholding family in Massachusetts and the enslaved Africans who made their lavish way of life possible. Today, the Royall House and Slave Quarters is a museum whose architecture, household items, archaeological artifacts, and programs bear witness to intertwined stories of wealth and bondage, set against the backdrop of America's quest for independence.

The Slave Quarters is the only remaining such structure in the northern United States, and the Royall House is among the finest colonial-era buildings in New England.

For program announcements that are sent only to the E-List, interested HURA members who do not have email should be in touch with Malcolm Hamilton at 781-641-2942 to request that a printed flyer be mailed to them.

# Law, Medical, and other schools reject annual rankings

**Dozens of medical schools** and law schools report that they will no longer provide information to *U.S. News & World Report* for its rankings of colleges.

Harvard Law School Dean John F. Manning '82 wrote in an email to HLS affiliates that it has “become impossible to reconcile our principles and commitments with the methodology and incentives the rankings reflect.”

This announcement came shortly after Yale Law School said it would stop participating in the rankings, which have come under increased scrutiny recently amid questions about the methodology *U.S. News* uses. <https://tinyurl.com/2b2r59da>

George Q. Daley, Dean of Harvard Medical School wrote, “My concerns are that rankings cannot meaningfully reflect the high aspirations for educational excellence, graduate preparedness, and compassionate and equitable patient care that we



strive to foster in our medical education programs.” <https://meded.hms.harvard.edu/admissions>.

Dean of Harvard College Rakesh Khurana emphasized the importance of providing adequate information about the College to prospective applicants. “One of the things most important to me is that students and prospective students make the best

decision for what college is right for them.”

Other undergraduate schools are also dropping out. The president of Rhode Island School of Design wrote, “We are pulling out of this ranking because it privileges criteria that are antithetical to our values and our aspirational goals.”

The president of Colorado College, which has been ranked from 25th to 29th for the past decade, said she expects the school will drop in the rankings based on their decision to leave the *U.S. News* rankings. “If this occurs, it will not be because our educational quality has changed, but because *U.S. News* will continue to rank us using incomplete data.”

## Nichols House tour

**A group of HURA members** recently toured the Beacon Hill Nichols House Museum, which was designed by architect Charles Bulfinch and built in 1804. It preserves the lifestyle of the American upper class during Nichols’s lifetime, with turn-of-the-century period rooms.

*Top photo:* Part of the tour with HURA Board member and guide Steven O’Donnell in the center in black. The 1927 painting over the fireplace is by Polly Thayer Starr of Rose Nichols’s, the renowned landscape gardener, suffragist, and pacifist, who lived in the house between 1885 and 1960. She left the house to be used as a museum after her death.

*Lower right:* Steven describes some of the furniture in the dining room.

*Lower left:* A sculpture of the goddess Diana is by Augustus Saint Gaudens.



## IN BRIEF

### Foreign currency available at AAA

If you are an AAA member, you can order foreign currency at your local branch and have it shipped free when you purchase over \$200 worth. AAA has over 70 types of foreign currency. Most orders are shipped for pickup at your local AAA office within 3-5 business days. See more about this service and find a local AAA branch at <https://tinyurl.com/yzaxtj2>.

### Auto insurance rates rise

*Kiplinger Today* (online) reports that car insurance rates have increased almost 14% in the last year, moving the national average from \$1,771 to \$2,014 for full coverage, and it is expected to keep rising. The state with the cheapest average is Maine at \$941, 53% below national average. At the far end of the scale is Florida at \$3,183, 58% above the national average. In Massachusetts, where most HURA members live, it is \$1,262, 37% below the national average.

### HURA renewal letters coming mid-June

When you receive your annual membership renewal notice, please don't put it at the bottom of the pile. If your membership lapses, you'll no longer receive this quarterly newsletter, email messages, or program announcements from HURA. We are working on being able to accept dues electronically but for now we still need your paper check.

Rates are based primarily on the minimum coverage required by each state, the number of claims in the area from accidents or weather-related incidents, population or traffic density, and the cost of vehicle repair.

### Gift tax limit for 2023

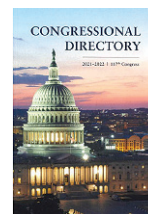
The IRS gift tax exclusion for 2023 is \$17,000 (it was \$16,000 in 2022). As a result, you can give up to \$17,000 to as many people as you want in 2023 without having to pay the federal gift tax. And, if you're married, your spouse can also give \$17,000 to the same people. Between you and your spouse, that's a total of \$34,000 per person in 2023. In addition, if you stay under the gift tax limit for each gift recipient, you don't have to file a gift tax return (IRS form 709) for the year.

### The Government Printing Office

is one of the largest publishers in the world. Most of its output is of little interest to the general public, but a few items are to be found on most

library reference shelves or can be purchased at <http://bookstore.gpo.gov>.

*The Congressional Directory 117th Congress* is the official directory of the U. S. Congress, published by the Government Printing Office (GPO) since 1888 (\$35). It is published and distributed during the first session of each new Congress and is widely available in reference collections in



public and academic libraries. It includes short biographies of each member of the Senate and House, listed by state or district, their contact

information, and additional data, such as committee memberships, terms of service, administrative assistants and/or secretaries, and room and telephone numbers. It also lists officials of the courts, military establishments, and other Federal departments and agencies, including D.C. government officials, governors of states and territories, foreign diplomats, and members of the press, radio, and television galleries.

## Board Actions

At its meeting on February 8, 2023, the HURA Board of Directors made appointments to fill vacancies among its number through June 2023. Former president Karen Davis has been appointed Director Emerita. The resulting vacancies in the president and vice president roles have been filled temporarily by appointing John Collins Acting President and Sandra Spanier Acting Vice President. Sandra will also continue to serve in her current role as Recording Secretary.

### 2023 Elections

The HURA Nominating Committee proposes the following slate of officers for membership approval to be voted on at the HURA Annual Meeting in Loeb House on June 12.

#### Three-year terms expiring June 30, 2026

**President:** John Collins

**Vice President:** Steven O'Donnell

Direct your questions and comments to Nominating Committee chair Diantha Brown at [dianthabrown@verizon.net](mailto:dianthabrown@verizon.net) or call her at 978-465-2262.

HARVARD UNIVERSITY RETIREES ASSOCIATION  
**Annual Meeting and Luncheon**

**Monday, June 12, 2023**

**Loeb House, 17 Quincy Street**  
(Across the street from the Faculty Club)



**"Navigating the health and wellbeing  
of a diverse Harvard community  
in times of crisis"**

**Featuring Dr. Giang T. Nguyen**

*Executive Director, Harvard University Health Services  
Associate Provost for Campus Health and Wellbeing  
Assistant Professor of Medicine and Member of the  
Faculty of Arts and Sciences*

**REGISTRATION INFORMATION**

Registration deadline, Monday, May 23

- The luncheon cost is \$30 for members; \$35 for guest (just one, please).
- Checks are deposited after the event.
- No acknowledgement of this registration will be sent.
- Make your check payable to HURA and send with registration form to:  
Diantha Brown, 257 High Street, Newburyport, MA 01950.  
Information at 978-465-2262 or dianthabrown@verizon.net.

**PROGRAM**

- 12:00** Welcome by John Collins - Acting President
- 12:15** HURA Business Meeting  
Treasurer's Report - Paul Upson  
Election of Officers - Sandra Spanier
- 12:30** Lunch
- 1:15** Remarks - Dr. Giang Nguyen
- 2:00** Adjourn

Free parking in the Broadway Garage

----- **REGISTRATION** -----

Member name for name tag \_\_\_\_\_

Email \_\_\_\_\_ Telephone \_\_\_\_\_

Menu choice: Chicken \_\_\_\_\_ Vegetarian \_\_\_\_\_

Guest name for name tag \_\_\_\_\_

Menu choice: Chicken \_\_\_\_\_ Vegetarian \_\_\_\_\_

HURA member at \$30; guest at \$35 Total enclosed \$ \_\_\_\_\_

Parking at Broadway Garage? Yes \_\_\_\_\_ No \_\_\_\_\_

### **Rescue Me CPR App saves lives**

This app gives real-time, step-by-step instructions on how and when to give Cardiopulmonary Resuscitation. CPR is an emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can double or triple chances of survival after cardiac arrest. The Rescue Me CPR app is available for downloading to mobile devices from the Apple App Store and Google Play Store.

This brief video explains what the Rescue Me CPR app does and how it could save the life of someone having a cardiopulmonary episode.

<https://www.youtube.com/watch?v=eZ2-6PqV2Ts>.

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### **Anesthesia—Are you ready for surgery?**

What happens if you wake up during a medical procedure? Don't worry; you won't. Dr. Matt Feinstein, an anesthesiologist at Mt. Sinai Hospital in New York, explains how he knows if a patient is anesthetized, ready for surgery—and won't wake up in the middle of the operation.

<https://tinyurl.com/yt96pzy9>.

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### **Insulin costs capped for most Americans**

The Inflation Reduction Act that President Biden signed into law in August 2022 caps insulin costs at \$35 a month, but only for seniors on Medicare. The original text of the Act included provisions that would also have capped insulin prices for people privately insured, but the latter failed to get enough support in Congress.

Diabetes is a disease that afflicts over 37 million Americans—including many under age 65, who

are on private insurance. More than 63 million Americans are enrolled in Medicare, and 1 out of every 3 Medicare patients has diabetes, according to the Centers for Medicare & Medicaid Services.

Drug manufacturers are following suit for other insulin customers on private insurance. United States-based Eli Lilly announced it is capping monthly out-of-pocket costs for its insulin at \$35 per month at participating retail pharmacies for people with commercial insurance coverage. The company said it also is slashing the price of its most prescribed insulins by 70% later this year. Denmark-based Novo Nordisk will slash some of its U.S. prices up to 75 percent starting next year. And France-based Sanofi says at the start of next year it will also cap prices at \$35 a month for patients with private health plans. All together these three manufacturers make up about 93% of market share in the U.S. for insulin.

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### **Harvard Study of Adult Development**

The so-called Happiness Survey started when scientists at Harvard began tracking the health of 268 Harvard College sophomores in 1938. They added young men from Boston's poorest neighborhoods, together making a total of 724 men in the original study. And that began a remarkable longitudinal study of what leads to a healthy and happy life. After 85 years, the study continues, though none of the original men are still living. Over time a few wives were asked to fill out the periodic surveys, as well. Now the study includes the children of the original men.

The purpose of the study is to find out who will become active and vigorous octogenarians and who will

age poorly—finding what experiences in childhood are more predictive of midlife health, learning whether parents' thriving marriages predict thriving marriages among their children, learning how adolescents and young adults can build lives of meaning and purpose amid rapid social and technological change, and understanding how lifestyle choices are linked to how long we live.

Originally the scientists asked the participants what they thought would make them happy and live a longer life. The first Harvard group cited wealth and being famous as their goals to happiness. However, the clear message from this study is that good relationships keep us happier and healthier. Listen to Robert Waldinger, the study's current director, talk about what we have learned from this study.

<https://www.youtube.com/watch?v=IStsehNAOL8>.

Scroll down to find his very popular TED Talk when the study was just 80 years old: <https://www.adultdevelopmentstudy.org/>.

And when it was 85 years old in 2023. <https://tinyurl.com/9jczw36c>.

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### **Others disagree about what makes people happy**

*The Kiplinger Newsletter* (3/28/2023) notes that we've all heard the saying "money can't buy happiness." Reviewing previous analyses of 450,000 Gallup poll respondents, Nobel-prize winners Daniel Kahneman of Princeton University and Sir Angus Deaton of Princeton University backed up the notion, concluding that happiness plateaus at the \$75,000 annual income level. A contrasting study conducted among 33,391 participants by Matthew Killingsworth

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HARVARD UNIVERSITY RETIREES ASSOCIATION

Invites you to a concert by the

HANDEL + HAYDN SOCIETY

“Crossing the Deep”

John F. Kennedy Presidential Library and Museum

Columbia Point, Boston

Two hundred and fifty years ago, European composers were writing music inspired by the Bible. At the same time, enslaved Africans in America were inventing a new art form—the spiritual—from the same texts. H+H takes you on a dramatic—and revelatory—journey exploring the shared wealth of Old and New World music—from cherished spirituals to Handel’s uplifting anthems and more. Truly a tribute to the universal power of music.

Sunday, June 4, 2023, at 3:00 p.m.

Tickets: Mid-audience, \$50; a small number at the rear for \$30. Both are subsidized by HURA.

REGISTRATION DETAILS

REGISTRATION DEADLINE, MONDAY, MAY 15, OR UNTIL ALL TICKETS ARE SOLD

- Checks are deposited after the event.
• Tickets will be sent at least a week before the event.
• This concert will sell out quickly. When HURA tickets are gone, there are no more to be had.
• Make your check payable to HURA and send with a stamped, self-addressed #10 envelope, and this registration form to:
Ann Flentje, 47 Mystic Street, #7A, Arlington, MA 02474.
Information at 781-648-5624 or AnnSFlentje@gmail.com.

PARKING IS AVAILABLE AT THE LIBRARY, OR ...

Take the Red Line to the JFK/UMASS stop and follow signs to the ground level bus shelters. Catch the Paul Revere Route 1 shuttle bus, provided by the University of Massachusetts Boston free of charge. Exit the bus at the Kennedy/Archives stop located at the end of the JFK Library and Museum’s parking lot. Visitors can track shuttle buses live at https://umb.transloc.com/.

Find more information at https://handelandhaydn.org/concerts/2022-23-season/crossing-the-deep/.

For GPS, use 220 Morrissey Boulevard, Boston, MA 02125.

REGISTRATION

Member name \_\_\_\_\_

Email \_\_\_\_\_ Telephone \_\_\_\_\_

Tickets: A-level (front), sold out; B-level (mid-audience) at \$50 each; C-level (rear) at \$30 each.

Maximum of two tickets per HURA member at either level.

Number of Tickets at \$50 \_\_\_\_\_ ; Number of tickets at \$30 \_\_\_\_\_ Total enclosed \$ \_\_\_\_\_

**HARVARD UNIVERSITY  
RETIRES ASSOCIATION**

c/o Membership Secretary  
Carleen Farrell  
One Atlantic Court  
Mashpee, MA 02649



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## What makes people happy

*Continued from page 6*  
of the University of Pennsylvania found no such plateau existed and that “higher incomes are associated with both feeling better day-to-day and being more satisfied with life overall.” So Kahneman and Killingsworth decided it was time to revisit their clashing conclusions and settle the debate.

Their final study results confirm that generally, more money means

happier people. The majority of participants’ happiness (as self-reported) rose in a straight line with their income, without stopping at any particular income threshold.

Killingsworth explained in a recent interview, “The exception is people who are financially well-off but unhappy.” Twenty per cent of people fall into this group, for which extra income over \$100,000 per year didn’t measurably increase their

happiness. The researchers conclude that money beyond that income threshold can’t overcome deep, abiding pain including grief, clinical depression, and heartbreak.

As Killingsworth said, “If miserable, more money won’t help.” You’ll be rich and miserable.

Adding to the discussion, HURA previously noted that Lord Mycroft said, “Money doesn’t buy friends, but it allows a better class of enemies.”

HURA is a tax-exempt 501 (c) 7 all-volunteer organization. Membership is open to benefits-eligible retirees of Harvard University and is complimentary until the renewal period the following June 30. Thereafter dues are \$20 annually. Visit HURA on Facebook at [www.facebook.com/HUretirees](http://www.facebook.com/HUretirees) or at [www.HURA.harvard.edu](http://www.HURA.harvard.edu).