



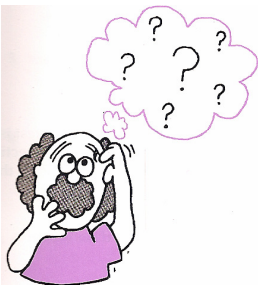
Pulse of '62



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(The Saint Louis Class of 1962)
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Volume II—Issue II



Your Mind in Retirement

Ronald Staszko

Some say that the second thing to go is your mind.

We have those little blue pills for the first but what can we do for the second? When we retire we try to eat right, exercise, rest, and take the medication necessary to keep our bodies working properly. However, I believe that when we retire we lose the mental stimulation that our jobs gave us and we must keep our minds active to fully enjoy retirement. When posed with the question, “*As you enter retirement, what are you doing for your mind?*”, here are some responses from your classmates.

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Jim Howe



Jim with wife, Sue, and sons Jeff and Matt

“On the subject of retirement - I'm not quite there yet. Sometime soon I expect, though. I've been working part time over the last year or so. I am still working for Bechtel, traveling to Colorado to work on a plant in Pueblo. I think we should exercise both our minds and our bodies. It's good to keep both as fit as we can. It's one of the reasons I'm still working - I will miss the personal friendships and daily interactions when I do finally retire from work. I still walk the golf course when I play - which is getting more often these days - so that's a good thing. Filling the mental void will be a challenge. I would think that keeping a wide variety of friends and making sure you get together

with them frequently will help a lot with keeping an active and fertile mind. It's amazing what a quick wit will do for the mind. Following and reading extensively on areas of interest would also be beneficial - for me its science and technology. Doing your own taxes and investments might also be a good thing - requiring one to think and actively research current events. We could all benefit from continuing education programs at our local universities and colleges - its amazing what they have to offer these days.”

Herman Marciel

“I believe it's a mind-body thing. My motto is, use your brain, work with your hands, and play hard. I teach part-time computer business classes at the local Community College, run a web hobby/business where I exercise my brain, creativity and hands at the same time. I also have paintball wars with one 10-year-old grandson and build



Herman with dolphin friend

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erector set style creations with the other. I play Zigity with my youngest granddaughter and jet ski with the oldest. I slide down the tall slides at water parks and swim with dolphins. This keeps my mind and body young. I'm always exploring new worlds with the kids.”

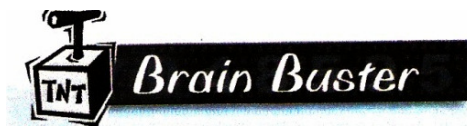
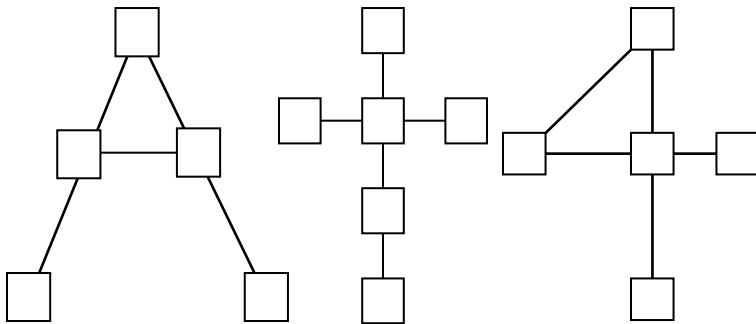
Keeping your mind active might be as important as taking care of your body. I agree with the suggestions of our classmates but would like to add that I enjoy a regular dose of puzzles to keep my mind challenged. I do crossword puzzles, cryptograms, Sudoku - KenKen puzzles, and recreational mathematics. Newspapers, books, magazines, and the internet are good sources for such mental exercise material. I also enjoy creating my own “math-

like” problems. In my 41 years of teaching and my three math textbooks, I have created many math puzzles and problems to exercise and stimulate the mind. Here are a few that I think you might enjoy.



Magic Shapes

In the boxes, place the numbers, {1, 2, 3, 4, 5, ...}, so that the sum of the numbers on each line segment is the same. Have you found all the solutions?



Brain Busters

Your boss offers to pay you for a month according to this scheme:

You get \$1 for the first day,
 \$2 for the second day,
 \$4 for the third day,
 \$8 for the fourth day, etc.
 (Your daily wage doubles each day.)

If you worked 20 days that month, what would be your total wages?
 The answer may surprise you.

Alphametic Puzzles

In an alphametic, short for alphabet arithmetic, each letter represents a unique whole number from 0 to 9. This means no two letters are assigned the same digit value. Try to solve these originals.

$$\begin{array}{r} R \ U \ N \\ + \ F \ O \ R \\ \hline G \ O \ L \ D \end{array} \qquad \begin{array}{r} \ U \ N \\ \ I \ N \\ + \ S \ U \ N \\ \hline \ O \ N \\ + \\ \hline O \ A \ H \ U \end{array}$$

$$\begin{array}{r} S \ L \ H \ S \\ + Y \ E \ S \\ \hline F \ I \ F \ T \ Y \end{array}$$

I wish all of you the best in retirement. Please take care of your body and exercise your mind. Finally, TV’s Dr. Oz suggests that for physical and mental health, sex at least once a week can do wonders. Who am I to argue with an expert.

NOTE: E-mail your solutions to ronstaz@comcast.net to be in the drawing for one of my books.

ABOUT THE AUTHOR

After 11 years of teaching at De La Salle High School in Concord, CA, and 30 years at Ohlone Community College in Fremont, CA, Ron is now retired in Pleasanton, CA, with Dianne, his wife of 43+ years. He spends his time golfing, fishing, reading, writing, being active with his 11 grand-kids, and keeping his mind challenged with puzzles and math endeavors. His math textbooks continue to be used in the USA and Canada.

Invitation to Respond:

It is the objective of “Pulse of ‘62” to present a broad cross section of contemporary subjects and views that will stimulate interest and promote positive response from our classmates. You are invited to respond by e-mail (garydemello@yahoo.com) or postal service (SLS Class of ‘62, 4207 Carnation Place, Honolulu, HI 96816-3905).

Disclaimer:

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