Who's On First: Joe Ribakoff!  
by Art Gottlieb

Joe Ribakoff, one of OLLI’s new instructors, will be teaching THE FIRST AMENDMENT OF THE US CONSTITUTION, a course that explores the First Amendment in a novel way. By showing a case by case approach Joe shows how the wording of that amendment is intended to be a limit on democracy. To quote him, “the First Amendment...bars the will of the people from overwhelming the fundamental right of an individual to the free exercise of religion and freedom of speech.”

This is no dry law school approach to constitutional rights. Rather, Joe plans to create some excitement in his presentation. He will start by discussing a couple of cases that legal scholars consider to be absolute travesties committed by the Supreme Court: the Dred Scott decision of 1857 and the Citizens United case of January 2010. In Dred Scott, the court struck down a law that would have allowed a man born a slave to become free, because according to that law he was considered to be property and, therefore, had no rights under the constitution. But our present business-oriented court, in a decision equally as divisive as the Dred Scott case, determined that property in the form of a corporation is a person and therefore has the constitutional right of free speech.

What is it about Joe Ribakoff that warrants an hour and a half of learning time? He practiced law for twenty years primarily handling pension, and health and welfare cases. He clerked for Stanley Fleishman, who was one of this nation’s top First Amendment attorneys. Joe has a Juris Doctor from Whittier College School of Law.

If controversy and the unpopular don’t frighten you, if you want to explore America’s unique liberty jurisprudence regarding speech and religion, then join him in his discussions of the Peter Zenger trial, hate speech, prior restraint and the Pentagon Papers, the pledge of allegiance controversy, the UC Irvine Four, and national security versus free speech.

See class description on page 23

Prime Picks for Spring

Copy Cat Art  
Patricia Woods

Escapes by Rail in Southern California  
Carl Schiermeyer, M.A.

First Amendment of the Constitution  
Joe Ribakoff, J.D.

Lessons from the Hubble  
Carl Curtis, M.A.

Non-Violent Communication and Conflict Resolution  
Susan Rice, LCSW

Qigong  
Ann Lovdahl

Secrets of Japanese Cooking  
Ken Nakagana, M.S.

Women in Ancient Greece and Rome  
Brigitte Hees, Ph.D.
Editor’s Comments

by Jack Blecher

THOUGHT FOR TODAY: “In the spring time, the only pretty ring time, when birds do sing... sweet lovers love the spring.”

Shakespeare

The SUN has grown to 32 pages. Acknowledgement of the overwhelming response to the matching fund campaign required us to add four new pages.

There are some members of OLLI with vision and memory problems. I, for one, when greeted by a classmate whom I’ve known for years, can’t remember her name. Embarrassing, frustrating. To avoid these awkward situations we all encounter, wear your name badges at all class and special events.

In the FALLS AND BALANCE class (see p. 7), of the 21 participants, only three were male. Wake up guys... you can fall also.

“Our Cranial Challenge” feature will vary with each issue (see below). Puzzles submitted by our readers will be considered.

We welcome Loren Curtis as an addition to the SUN staff.

While Renee and I were enjoying a vacation in Cuba, Judy and the SUN staff put this issue of the SUN together. Thank you for an excellent job.

March Equinox, March 19, 2012, 10:14 pm PDT

Cranial Teaser

Mary is 24.
She is twice as old as Ann was when Mary was as old as Ann is now. How old is Ann?

Answer on Page 12
President’s Corner

In my first column here last December, I neglected to wish you a happy new year. I guess March and springtime are not too late to extend my best wishes to my fellow members.

We have many calendars at OLLI. Year 2012 got off to a record warm-weather start in January. The Asian Year of the Dragon, 4710, launched three weeks later. Persian Now Ruz arrives in the third week of March. Rosh Hashanah, 5773, arrives in the third week of September and OLLI’s new academic year will begin with our new class schedule in October. Let us use all these new-year opportunities to give one another sincere wishes for continuing good health, peace, and intellectual stimulation.

We are especially thankful for the generous support from our membership and local community for OLLI’s continuing mission of providing educational, social, and personal renewal opportunities. Our members and benefactors responded admirably to last year’s anonymous matching challenge grant by raising over $22,000 toward assuring OLLI’s financial viability. Their generosity allowed us to receive the full amount of our anonymous donor’s $10,000 matching challenge.

In December, we received a most favorable response to our report from the Osher Foundation showing steady growth to a current level of 1,200 members. They admired our ambitious fund-raising plan and our members’ generous response toward assuring our financial future. They also praised our teaming with the Center for Active Aging to provide lifelong fitness opportunities. In appreciation of our efforts, the Osher Foundation formally increased our endowment in February by an additional one million dollars. We are deeply grateful to the Osher Foundation for their support. This amount, like our previous endowment, has been placed into investments that we hope will provide a future stream of income to help support OLLI programs.

As we launch our Spring Session, our members and benefactors continue to nurture the renewal and growth that help us lead healthy and productive lives.

From the Executive Director

With growth come both opportunities and challenges. This is the case for our classes at Leisure World. This location is a wonderful venue for us and an opportunity to offer classes in a local community dedicated to older adult living and learning. Our Implementation Committee at Leisure World has developed classes that are of interest to all of us, and demand for them is growing, not only among Leisure World residents, but also in our OLLI community at large.

In the past several months many of our non-Leisure World members have become frustrated when attempting to register for some of these classes, only to be told that the classes are full or that the quota for non-Leisure World residents has been met. The four classrooms that we have been assigned at this site limit the number of participants to between 30 and 35. Additionally, Leisure World has stipulated that 50% of students in each class MUST BE Leisure World residents. This is a requirement that we must honor. We ask your understanding.

Our Leisure World Implementation Committee and Friends of OLLI at Leisure World – Dolores Volpe and Bea Roth – continue to develop excellent classes for this site. Both they and our Curriculum Committee are looking for ways to share these classes with our larger OLLI community so that more of us can enjoy the classes.

Now that we do not have a designated Registration Day for each session, we urge all OLLI members to register early either by mail or in person at our OLLI office on campus, in order to get the classes you want at Leisure World, on campus, and at our Pine Avenue venue in downtown Long Beach.
In the Spotlight

by Sylvia Manheim

For 14 years I have been writing about various people involved with OLLI, such as teachers, volunteers, new classes and other items of interests to the members. Today, however, I have taken the privilege of writing this column about my personal loss. Jerry Manheim, my husband who died on October 29, 2011.

Sixty-five years is a long time, but not long enough to live with a man whom you love, laugh, argue, and cry with. He was my eyes and I was his ears. Our history was filled with intense love of our children, grandchildren, family and friends. We cared about the quality of education, politics, and science and together participated in protest marches standing by our beliefs as humanists. We expressed our fierce commitment in defending First Amendment rights at the ACLU of Southern California.

I will miss not seeing him sitting at the table sharing meals, reading newspaper articles and journals to me because of my failing eyesight. We kvelled about our children and grandchildren’s accomplishments. I loved listening to his corny jokes, his expressions of compassion for people.

I will cherish the memory of him wearing his worn out sandals with total disregard for fancy clothes. I will miss cooking for him, playing and winning at cribbage and his reading poetry to me every evening before going to sleep.

We spent 25 summers at the Columbia River in Washington with family and friends engaged in fierce discussions against war, injustices and threats to our freedoms. I will miss his argument that “GOD does not exist” and how he loved proving people wrong. In spite of my own tenacity and stubbornness I will miss not winning an argument.

Jerry Manheim was the dean of Letters and Science and a professor of mathematics at CSULB.

Jerry Manheim was 88 when he died. $7 + 3$ to the fourth power. Had he lived another year or nine, he would have been a prime number. The Cosmos could have waited.

Interested in Improving Your Health?

by Loren Curtis

Qigong (pronounced “chee gung”) refers to principles and practices that assist in enhancing, balancing, refining and working the body’s Chi. The same principles are also used in the martial arts so Qigong for health is often thought of as a means of battling the “internal adversaries” of disease and disorder.

Although used for thousands of years in Eastern medicine to prevent and treat various health problems, Qigong has only recently become popular in the West to complement medical practice. Qigong is used in treatments such as acupuncture, yoga, T’ai Chi, and meditation.

The class QIGONG FOR HEALTH will include lectures and traditional Qigong movement, breathing and other techniques to enhance, circulate and balance the intrinsic energies associated with wellness. The last class will involve a local field trip to experience the walking meditation of a labyrinth.

Anyone interested in improving their health, de-stressing, enhancing their immune system or preventing disease by utilizing this ancient practice will find the class helpful and a source of tools that they can easily incorporate into their daily health regimens.

No special equipment is required, but participants should wear comfortable clothing and flat shoes that allow for movement. Movements are simple and easy and generally done standing but can be modified for students who need to remain seated.

The instructor, Anne LovdaHL came to embrace Qigong in her personal journey of overcoming physical disorders which Western medicine was not adequately able to treat. She is a certified Qigong, T’ai Chi and Seijaku instructor and Hasya (laughter) yoga teacher as well as a Usui Shiki Ryoho Reiki Master. She offers free Qigong practices every Saturday in Seal Beach on the grassy bluff west of the pier. The practices include Hasya yoga, T’ai Chi Chih and Longevity Stick art (and a Thursday afternoon T’ai Chi session).

The Dao symbol shown above represents the Chi (or Supreme Ultimate) showing yin and yang or opposing aspects of the Chi in balance and harmony. Discover your own Chi in Qigong for Health.

> See class description on page 24
An overflow crowd of OLLI volunteers, class leaders, members, and their many friends and family members gathered at the Courtyard Marriott on Katella in Cypress for a festive luncheon on Sunday afternoon December 11.

Mary Jane Payan, our social and special events leader, outdid herself. Not only did she organize a delicious and meticulously served holiday buffet for us, but she also recruited the talented and versatile keyboard musician Robert Field. Guests were inspired to join in the holiday sing-along and in some spirited slide-dancing.

Lucky winners went home with gifts given to us by supporters. One of the best parts of the afternoon was the opportunity to meet and mingle with the spouses and families of our volunteers and members.

Thanks to Janie Payan and Grace Blankenship for organizing this affair.
Comfort Foods and Japanese Cooking
by Linda Fuchik

It’s understandable if you don’t automatically associate “comfort foods” with “Japanese cooking.” But you will! Ken Nakagana, the instructor for SECRETS OF JAPANESE COOKING, will demonstrate, and of course, let you taste, some basic flavors and dishes of Japan. We’re talking about things like California rolls, teriyaki sauce, tofu and sukiyaki. Using readily available condiments and seasonings, Ken will indeed create comfort food with basic kinds of widely-used ingredients.

Ken, a Long Beach native, will also be able to provide tips for the best sources of these ingredients with suggestions of Asian markets in the local area. As he says, it’s “everyday Japanese cooking” and this healthy way of eating just naturally includes seasonal and low-fat foods in an appealing presentation.

If you’re visualizing death-defying knife skills, put your mind to rest. For that matter, sushi is the province of specialized chefs.

Vice-president of the Japanese Cultural Center, Ken’s quick to say he’s not a professional chef. His easy-going manner will simply help you become familiar with some of the extraordinary flavors of Japanese food—and you could find yourself preparing “comfort food” with a Japanese influence!

→ See class description on page 24

Be the Sun, Not the Wind
by Art Gottlieb

As part of a new experiment at OLLI, Susan Rice will be teaching four sessions this spring of a class entitled NON-VIOLENT COMMUNICATION AND CONFLICT RESOLUTION: SKILLS FOR PROBLEM-SOLVING.

“Everybody in life has conflicts and there are ways to deal with them in a productive and positive manner.”

Why is she especially suited to teach this topic? Because, she says, she believes in it with all her heart. And her resume below shows that her head has complete command of the subject.

Her class will involve a good deal of discussion. Class structure will be as follows: Susan will lecture briefly about a particular concept, open a discussion of that concept with class members offering conflict examples, then move on to a general discussion of the topic.

Because so many of our personal conflicts are family oriented, those who may be reluctant to contribute will find themselves in a safe environment for participation, especially because the words “should” and “right” are rarely used in her vocabulary.

The course is intended to help people develop a set of skills to talk with others more effectively about difficult issues. These skills are needed so badly on the world stage. The discussions may lead to problem solving among conflicted regions and peoples.

Susan’s brief resume includes a Masters in social work at Hunter College, School of Social Work in New York, a doctorate in social work at UCLA, four years of teaching at Michigan State University, and locally eighteen years at CSULB in the School of Social Work. Fulbright Scholarships took her to India for a semester of teaching and provided for study in Egypt and Israel. She has also taught in South Africa.

Her stated heroes are Gandhi, the Dali Lama and Nelson Mandela. If those people resonate with you then you will find her class to be an exciting and enjoyable learning experience.

→ See class description on page 19
Falls and Balance...An Ounce of Prevention
by Thelma Teitel

Over and over we heard, “EARS OVER SHOULDERS, SHOULDERS OVER HIPS, CHIN UP, STOMACH IN.” Thus were some twenty students at our main campus admonished by our leader, Sandi Anderson, to help us with posture and balance. Meanwhile at Leisure World twenty-three students were hearing and heeding the same mantra.

Thanks to Dr. Olfat Mohamed, who oversaw the program, OLLI was lucky to receive a grant to develop the FALLS AND BALANCE class and offer it in both venues. One of five grant proposals selected from 50, Dr. Olfat’s Multidisciplinary Research Award employed the expertise of graduate students from CSULB’s Physical Therapy, Gerontology, Psychology and Nursing departments. Sandi Anderson, who holds a master’s degree in kinesiology, was our kind and caring leader. OLLI’s Executive Director, Dr. Barbara White was instrumental in implementing the program.

With individual attention from CSULB students, we worked for spatial awareness and balance, balance, balance. Our routine was stretching, marching, stopping immediately when the pulsating music stopped, sitting on a huge workout ball and remembering all those parts of our bodies that needed muscle strength and joint mobility.

An important part of the grant stipulated that class participants would receive balance and mobility assessments in the first class and after completing the program. In our final class we were pleased to actually see our progress reports.

It is hoped that FALLS AND BALANCE will be offered again. Besides acquiring the practical tools for preventing falls, we actually had fun! Below are pictures of the class in action.
MEMOIR WRITING class is one of the nicest things about retirement is that you can do all those things you always said you would do if you only had the time. For me, one of those things was going back to school.

Originally I thought I would finally get my college degree, but when I found out I would have to take three and maybe four math classes, I decided that a degree wasn’t that important any more. I would just take classes I wanted to take.

The first class I signed up for was A Novel Approach to Memoir Writing. If I wrote down some of my memories, my children and grandchildren would know about the person I was and the things I had done. It’s been years and I still haven’t run out of things to write about. The best part of that class though, is listening to other peoples’ stories.

Living at Leisure World, I tried a class on the history of theater. Then I enrolled in a Great Books class, then another and another. We’ve done short stories, essays and now Great Conversations. The class is full of other Leisure World seniors and the conversations HAVE been great in each of them. Everyone has an opportunity to comment on the reading, and though we have often gone far afield to discuss current events or happenings, our discussions are lively and stimulating. I plan to continue those as long as they are given.

This quarter, I am taking a class called Falls and Balances, which is intended to strengthen those skills that will keep us from falling. I am feeling that my balance leaves much to be desired, and although I won’t be getting a grade, I’m sure that if I did it would probably be a D. After all, I deserve some credit for showing up and participating.

Last quarter, I began facilitating a class called Writing for Wellness based on a book to which I was a contributor, and meant to improve your health by focused writing about a variety of subjects. I have been amazed how much the participants are willing to share with the others, people they have never known before, and I find it very satisfying. My students have even had some of their work published on the Writing for Wellness website and they love that.

I consider myself very lucky to live close to a university that gives OLLI classes, and hope to be able to match the record of the 99 year-old man in the Great Books classes. It’s something to shoot for.
Think Trains!
by Linda Fuchik

Think about it: in Southern California, when we want to travel within the area, we focus on cars and when we want to leave the area, we debate about which airport would be easiest to use. Now change your focus to consider one of the oldest and newest — yes, one and the same — methods of getting from one place to another. Trains! Tired of trying to gauge freeway congestion? Fed up with looking for parking? Think Metrolink! Think Amtrak! Think about joining Carl Schiermeyer in a new class entitled ESCAPES BY RAIL IN SOUTHERN CALIFORNIA.

Carl is a retired professional consultant to government agencies in areas related to passenger trains. He has dealt with the technicalities of ridership forecasting, commuter trains in Los Angeles and high-speed rail. He’ll discuss these topics as well as great ideas for pleasure trips on Metrolink and Amtrak. As a matter of fact, he’ll take on discussions in any areas of interest that relate to rail travel in California and trips around the United States. (One caveat: this class isn’t about model trains or the history of steam engines!)

Plan your next trip by taking a look at Amtrak’s website and be surprised at the amenities offered. The next time you want to visit a museum or theater in Los Angeles, check out Metrolink’s website and think about the convenience of the several stations in the Long Beach area. While you’re considering these options, what would you think about making similar cultural outings in San Francisco?

It would be easy to do in a few hours with a high-speed rail in place. Do you think that’s feasible in the future? Carl Schiermeyer, a longtime Bixby Village resident, is the person with the expertise and experience to lead spirited discussions on all the possibilities of rail travel beginning right where we live — and yes, he’s open to a guided “field trip” on Metrolink if students would like to do that!

→ See class description on page 23

I Can Draw That!
by Ian Woods

How many times have you been asked by a child, “Will you draw me a picture?” Do you obligate the request and awkwardly scratch a stick figure with a large head and stiff legs that the child is sure to laugh at and shout “That doesn’t look like me!” Well guess what? Patricia Woods has developed a new class for all the hesitant and rusty fingered OLLI-ites, and aptly named it COPY CAT ART, because that’s exactly what it is: as the teacher draws simple figures of people, animals and objects, you copy. At the end you will be sure to shout “I can draw that.”

Patricia was educated at the Academy of the Fine Arts in Philadelphia. She graduated with a B.A. in art from Oklahoma College of Liberal Arts and earned a K-12 state teaching credential from CSULB. From her first teaching post at a private school in New Orleans, to being awarded Outstanding Arts Educator by the Orange County Department of Education 40 years later, her hard work and commitment to teaching art has led her along an exciting journey of adventure and success.

Patricia taught kindergarten and first grade in Garden Grove public schools for over 40 years. In 1989 she earned the prestigious State Golden Bell award for Performing Arts. Her students have won many art competitions, including the Imagination Celebration Festival and have frequently been among the top ten winners at the Laguna Festival of the Arts. As a lasting contribution to art education, Patricia has written and illustrated a children’s art book titled The Amateur Art Winners.

Now she has developed COPY CAT ART to share with OLLI students. This fun class is totally interactive and provides a chance to develop and hone those hidden skills in all of us. Drawing materials will be provided — all you need to do is arrive, relax, and enjoy drawing.

→ See class description on page 19
OLLI’s Fundraising Committee Reports Solid Progress

In the summer of 2011, OLLI established a goal to develop a fundraising campaign and committee to raise $50,000 between July 2011 and June 2012 to sustain its operations regardless of the economic climate. The committee also wanted to raise sufficient funds to update the computer lab with new computers, a versatile printer, and more ergonomic seating for up to twelve students, an increase of two seats in the lab. The committee members are Michael Fenlon, Gil Fisher, Jerry and Flora Loeb, Jody Ramsey, Barbara Stevens, and Dennis Youkstetter, the chairman, who has been ably assisted by Jody Ramsey.

As of the beginning of 2012, over $40,000 of the $50,000 goal has been raised thanks to the generosity of the OLLI membership. In October a generous supporter of OLLI established a $10,000 matching grant with the aim of reaching this amount by the end of 2011. Within six weeks over $22,000 had been raised to match the $10,000 gift for a total of over $32,000.

In addition, the committee held a seminar in November on how to manage income and donations during retirement, as well as information on changes that could affect taxes through charitable donations during tax year 2011. As a result of the seminar, three additional deferred gifts have been pledged to OLLI.

It has been the aim of the committee to raise funding for the computer lab through private and institutional foundations. It will take about $35,000 to modernize the computer lab and increase space for twelve students. This approach was taken because foundations prefer to make gifts of specific items rather than contribute to the ongoing expenses of an organization. To date, three organizations that depend on seniors for support have been approached: SCAN, Molina Health Plan, and Care 1st Health Plan, all of which have established Long Beach operations. A meeting with SCAN has been held and there appears to be interest in supporting the computer lab improvements. Other private foundations have also been approached.

The fundraising committee will be meeting within the next few weeks to determine activities for the fall and set goals for raising an additional $100,000 by June 20, 2013.

OLLI Contributors

Vivian Arluk
Chris Baida
Robert Barmeyer
Peter & Karen Blagaich
Jack Blecher & Renee Simon
*In Memory of:
Jerry Manheim,
Cindy Smith’s Mother
Michele Roberge’s Mother
Alden Bohlig
Donald Brault
David Breuning
Marjorie Broadhurst
Margery Brueggemann
Linda Carr
Martin Chandler
Donna Cole
Randolph Currin
Joyce Dalman
Jane Dalton
Kirk Davis
Dorothy Deatherage
Patricia Donley
Liz Fiskin
Gerald Fitzgerald
Don Friedman
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Jerry Manheim,
Cindy Smith’s Mother
Michele Roberge’s Mother
Mother
Alden Bohlig
Donald Brault
*In Memory of:
Jerry Manheim,
Cindy Smith’s Mother
Michele Roberge’s Mother
Mother
Jean Han
Ann Hansen
Judith & George Hardy
Jane Helm
Linda Henry
Carole Ruth Herzlinger
Louise Hicks
Booker Hinton
Judy Holmblad
Patricia Maxwell
Karen McDonough
Bill & Judy Mednick
Linda Mele Johnson
*In Memory of:
Jerry Manheim,
Cindy Smith’s Mother
Michele Roberge’s Mother
Mother
Jean Gaines
Eugene Knell
Diane Kramer
Isobel Leventhal
Nancy Lewis
Mary Linehan
Sylvia Manheim
*In Memory of:
Jerry Manheim
Theresa Marino
Fred Masback
Patricia Maxwell
Karen McDonough
Bill & Judy Mednick
Linda Mele Johnson
*In Memory of:
Jerry Manheim
Carolyn Kanode
Betty Keast
Carole Jicha
Penelope Hubbard
Carole Jicha
Lourdes Monzon
Sheila Morgan
Donald Millenson
*In Memory of:
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Carolyn Mijares
Lourdes Monzon
Sheila Morgan
Martha Strapac
Pauline Strong
Joy Mullen
Kathleen O’Reilly
Vicki O’Toole
Don Preuss
Matthew Rallo
Jody Bibe Ramsey
*In Memory of:
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Doris Robbins
Otto Ross
Darryl Sexton
Grace Sheldon
Gregory Silva
William Snyder
Phyllis Spear
Barbara Stevens
*In Memory of:
Flora & Jerry Loeb’s Wedding Anniversary
Alexandra Sullivan
Julia Taboada
Thelma Teitel
Ken Thomas
Edward Van Boemel
Joan Van Hooten
Lorraine Ward
Mary Dryer & John R. Watson
Linda Wheeler
Ian & Patricia Woods
Carole York
Dennis Youkstetter
16 anonymous contributors

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Ken Thomas
Edward Van Boemel
Joan Van Hooten
Lorraine Ward
Mary Dryer & John R. Watson
Linda Wheeler
Ian & Patricia Woods
Carole York
Dennis Youkstetter
16 anonymous contributors
Matching Challenge Contributors

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Robert & Mike Armstrong
J Carole Atkin
Beverly August
Mary Barton
Barbara Bell
Irene Berkley
Patricia Bliss
Grace & Dick Blankenship
Alden Bohlig
Linda Bolt
Tina Bowman
Jerry Brackley
Marjorie Broadhurst
Jeannie Brueggemann
Linnea Bucher
Susan Buckley
Enid Busser
Jill Buys
Ann Cantrell
Joseph Chavez
Phyllis & Chester Chebegia
Don Clark
Donna W. Cole
Margot Coleman
Shirley Collins
Joan Conroy
Barbara Cooper
Susan Cooper
Leo Cordley
Ettie Councilman
Ann & Bill Courtney
Jack Cramer
Carol Cramp
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Karen Cressy
Lenore Rozner & Mike Crosby
Randolph Currin
Loren Curtis
Deanne Dillenbeck
Bonnie Dorrans
Noreta & Harold Drab
Camille Dull
Debra & Ronald Eisman
Barbara & Bob Ellis
Toni & Jerry Evans
Allen Field
Martin Fields
Sue & Tom Findlay
Liz & Terry Fiskin
Mary & Bill Fitzpatrick
Josephine Fitzpatrick
Joanne France
Robert Frankenfeld
Dave Frick
Cheryl Fuert-Max
Trude Gabor
Reggie Gates
John Gawley
John Gawley
David Golding
Harlene & Mike Goodrich
Nancy Graham
Faith & Brian Griffith
Sue Griffiths
Louise Grifone
Maureen Habel
Don Hallwerck
Suzuko & Tadao Hara
Rosemary Harks
Ellie Harlow
Burlin Harrison
Jane Helm
Joan Hemphill
Cathy & Larry Hicks
Laura Hillman
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Betty Hutchens
Judie Irving
Sherry & Len Jacobson
Toby Jamieson
Diane & Maurice Kalfus
Robin Kendall
Bobbi Kendig
Linda & Paul Kennard
Joon Kim
Margaret Kott
Diane Kramer
Karen & Dwayne Larson
Sharon Lee
Karen & Larry Lee
Ann & Dale Leisy
Isabel Leventhal
Nancy Lewis
*In Memory of Maxine Keenan
Elaine Lewis
Mary Linehan
Flora & Jerry Loeb
Judy Lorber
Karyn Maag-Weigand
Doris Maes
Kay Mahone
Kerry Martin
Fred Masback
Patricia Maxwell
Helen McAllise
Nell McCown
Glory & Jim McCune
Karen & Patrick McDonough
Mary Lynn McMillan
Susanne & Norman Milkes
Joan Moore
Joy Mullen
Pam Nelson
Cheryl Newman
Lana Ngo Lam
Rosanne O'Brien
Phyllis O'Connor
Oksana Orel
Linda Palitz
Mona Panitz
Barbara Parks
Barbara Paul
Miriam Pearce
Jim Peightal
Lagrimas Petilo
Gloria Powers
Bonnie & Con Rader
Jody Ramsey
Verna Rea
Suzanne Read
Caroline & Avery Reed
Janet Reiss
Dori Richardson
Marjorie Rivera
Ralph Rivera
Suzanne Roady-Ross
Dodie Robbins
Betty & Gary Roussel
Rodney Sanders
Jeannette & Spencer Santage
Teresia Santee
Karen Schluntz
Gail Sherain
William Sichel
Max Slegers
Sue Solt
Ellen Song
Alice Stasiak
Marna Kay Stayton
Velma & Jerome Stillman
Susan Stuhlberg
Patricia Sutch
Judy Swaale
Bernadette & John Tellez
Maurice Thomas
Sandra Thompson
Yvonne Troutman
Jay Tuchscher
Carolyn van Aalst
Barbara & Kenneth Velten
Ceal Vignovich
Jim Vince
Lillian Virak
Dolores Volpe
Suzanne Walsh
Diana & Russ Walters
Lorraine Ward
Harriet Warner
Joan Wells
Virginia Wilky
Carolee Windsor
Ronde Winkler
Patricia & Ian Woods
Pat & Robert Wrenn
Carol & Richard Zuck
33 anonymous contributors
Jim McCune (1935-2012)

Jim, a student and computer class instructor at OLLI, succumbed to cancer on January 27, 2012. Prior to retirement, he was a systems analyst in the aerospace industry. He received a degree in Physics from the University of Colorado. Being an engineer, he bragged about his interest in taking Michele Roberge's Shakespeare class. Our condolences to his wife, Glori, his son Ian and two granddaughters. Contributions in his memory may be made to OLLI at CSULB.

Letter to the Editor:

The Great Books classes (SHORT STORY OMNIBUS and GREAT CONVERSATIONS) recently held at Leisure World were two of the best we have attended. The diverse background and insight of the class participants and interpretation of the stories led to an intellectual discussion which was very stimulating. We were pleasantly surprised to have the ideas on the subject matter so vividly discussed and analyzed. Dale Lieberfarb, the class leader, did well in moderating the dialogue. We really enjoyed the latitude of thinking of this special group of individuals.

Maurice & Diane Kalfus

Winner of the Cranial Challenge!

Bill Younglove

"I get more miles on peanuts than y'all do on gas!"

Register Early

Registration is open as soon as you receive the SUN. Register in the OLLI office or by mail for your favorite classes.

www.csulb.edu/centers/olli

Answer to the Cranial Teaser: 18
Free Special Event!

A Mask Acting Masterclass Workshop
Presented in conjunction with
The Carpenter Performing Arts Center
by actors of the Aquila Theater Company
1:00 P.M. Saturday, March 31, 2012
OLLI Classroom (Room 101, HS&D)
Complimentary Parking in Lot 9
Open to OLLI Members and the Public

OTTO ROSS
by Jack Blecher

Otto Ross, the patriarch of OLLI, had his 99th birthday in November, 2011. He is still as sharp as ever and still attending classes. At his party when his daughter, Deena, entered with the birthday cake, she asked, “Who has a match?” Not a soul of the forty people present had a match. You’ve come a long way, Philip Morris. You too, Otto!

Osher Lifelong Learning Institute at CSULB
2011 - 2012 Academic Year Calendar

Class Sessions
Spring Session April 16 - June 11, 2012
Summer Session July 9 - September 1, 2012
Fall Session October 8 - December 10, 2012
Winter Session January 22 - March 18, 2013

Holidays – No OLLI Classes
Memorial Day Monday, May 28, 2012
Independence Day Wednesday, July 4, 2012
Labor Day Monday, September 3, 2012
Veteran’s Day Monday, November 12, 2012
Thanksgiving Week Monday, November 19-24, 2012

Class Breaks - No OLLI Classes
March 18 - April 15, 2012
June 12 - July 8, 2012
September 2 - October 7, 2012

CSULB ID Cards

Do you have a CSULB ID card? Membership Benefit forms show what OLLI membership can do for you. Current members of OLLI at CSULB can get ID cards from the ID office located inside the bookstore on campus. All you need is your OLLI name badge and a picture ID. Additional information about getting an ID card and benefits is available in the information center outside the OLLI office door.

Scholarships

OLLI at CSULB has a scholarship program for those who clearly need financial assistance to participate or continue participating in our classes. Please stop by the OLLI office for more information.
OSHER LIFELONG LEARNING INSTITUTE

Vision
Osher Lifelong Learning Institute at California State University Long Beach is dedicated to promoting the positive aspects of aging. We offer an environment that fosters personal growth and promotes individual empowerment. Lifelong learning is celebrated and human potential is nurtured.

Mission
The mission of OLLI is to provide quality educational opportunities for older adults by offering a broad spectrum of programs.

The Details
- Membership is open to adults 50 or older.
- Membership is required to take all classes.
- Membership is $40 for a full academic year (October 1 to September 30).
- Membership is pro-rated to $20 for half of the year (March 31 to September 30).
- Computer class tuition for an 8-week class is $35; all other computer classes are $20.
- Lecture class tuition is $10 per class.
- All class tuitions are in addition to the membership fee.

OLLl Info
- Class Limits
Enrollment in all computer classes and lecture classes with limits will be on a first-come, first-served basis.
- Computer Classes
Some computer classes have minimum enrollments. If enrollment is not met one week before the first week of class, the class may be cancelled. If there is a cancellation, students will be notified.
- Returned Check Policy
CSULB Foundation charges $7.00 per check for all returned checks. If your check is returned, you will be responsible for the amount of the check plus $7.00. Any check returned to University Parking Services by your bank will be handled by the University. A letter will be sent to you by the University. Please be sure to follow the instructions outlined in the letter.
- Refunds
No refunds will be made after 4:00 PM Friday of the first week of classes for parking passes or for class tuition.

How to Register
Check off the list!
√ Complete the personal information on both sides of the form.
√ Check the classes that you want to take in the column indicated.
√ Make payments by check or in cash.
√ Make checks payable to:
  CSULB Foundation for classes/membership
  CSULB Parking Services for parking permits
√ Bring your registration form with you when you register; or mail your form and payment to the address on the back of the registration form.
√ You will receive an OLLI at CSULB name tag that will be your proof of membership for the entire academic year.
√ Please share the extra registration form with a possible new member.
√ Call the office with any questions, 562-985-8237.

Disclaimer
Our instructors come with a wide variety of backgrounds, experiences and influences. We strive to provide diverse views while maintaining the highest quality of academic excellence in all classes. The views of the instructors and their guests are their own and do not necessarily reflect or represent the views of the Osher Lifelong Learning Institute at CSULB or this University.

Fees and donations are tax deductible as allowed by current law.
Lecture Classes Spring 2012

MONDAY

Copy Cat Art: A Form of Pre-art
Like to draw pictures? Like to impress or share your expertise? You don’t have to be a full-blown artist. In this class students will learn how to draw pictures of people, animals, and other objects in a step-by-step fun and easy way. Paper, crayons, and ink pads will be provided. Arrive, relax, and enjoy drawing.
Class Leader: Patricia Woods, Recipient of State Golden Bell Award for Performing Arts
Dates: Mondays, April 16 – June 11
Time: 8:30 - 9:45 AM
Location: CSULB, HS&D, room 101
→ See article on page 9

The Intelligence Community: Who Are Our Spies And What Do They Do?
This course is about the 17 organizations of the US Government that make up the Intelligence Community. Through lectures, presentations, videos and, perhaps, a guest speaker or two, it will describe how these organizations came to be, how they work, to whom they report, and who provides oversight to them. Both human and technical intelligence activities will be included. Successes and failures will be shown as a way of understanding the missions that these agencies are committed to perform. Discussing topics will enable the class to present their opinions and understandings of the intelligence community.
Prerequisite: Top Secret clearance....just kidding, course is totally unclassified.
Real prerequisite: An open mind!
Class Leader: Len Jacobson, M.S.E.E.
Dates: Mondays, April 16 – June 11
Times: 10:00 - 11:30 PM
Location: CSULB, HS&D, room 101

Great Books:
Great Conversations
Have you ever wished to converse with some famous people who are no longer with us? Here is your opportunity to discuss, agree, and/or disagree with some great minds in history. This spring join us in another great books group. Some of the discussions will be with Ralph Waldo Emerson, Sigmund Freud, Carl Jung, and others.
Books will be provided.
Class Limit: 15
Class Leader: Dale Lieberfarb, M.A.
Dates: Mondays, April 16 – June 11
Time: 11:45 AM – 1:15 PM
Location: CSULB, HS&D, room 101
→ See article on page 6

Non-Violent Communication and Conflict Resolution:
Skills for Problem-Solving (4 weeks)
Do you have conflicts with friends, acquaintances, family, and other people you love? This course will help you develop a set of skills to talk with people more effectively about difficult issues and difficult situations. Participants will have the opportunity to learn new ways of communicating and to practice a set of skills to help talk about “difficult” subjects. In addition, participants will develop a philosophy to think about how they want to relate to others.
Class limit: 25
Class Leader: Susan Rice, DSW, LCSW, Professor Emerita
Dates: Mondays, April 16 – May 7
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 101

The Five Plans:
Estate Planning 101 (4 weeks)
This class is for people who have not yet planned their estate and for people who already have planned their estate and want to be certain they have addressed every important issue. We will discuss the five key life decisions you must make when planning your estate. This four-week workshop will provide you with worksheets and questions that will help you make decisions about your retirement lifestyle, legacy plans, financial plans, health care plans, and your final estate distributions.
Class Leader: Susan Berkman
Dates: Mondays, May 14 - June 11
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 101

Nutrition and Aging Well
Investigate the healthy aging strategies of modern nutritional science and how our food choices impact our health status. Learn about healthy cells making healthy bodies and how weakened cells from inadequate diets cause accelerated aging and an internal disease environment. A slideshow will be presented from four wellness viewpoints: Body and Cells, Food and Digestion, Diets and Self Care, and Issues and Healing. Wellness tips and causes of illnesses are included in class handouts.
Class Leader: Roger Saville, M.S.
Dates: Mondays, April 16 – June 11
Time: 2:30 – 4:00 PM
Location: LW, Clubhouse 3, room 3
MONDAY

Great Books: “Short Story Omnibus” Part II
Be prepared for a lively discussion based upon a terrific selection of classic stories. The discussion will include contemporary forms of the short story. The selections will span a century and a half and are among the greatest ever written. Books will be provided.
Class Leader: Richard Black, A.A., B.S., M.A.
Dates: Mondays, April 16 – June 11
Time: 3:00 – 4:30 PM
Location: DownTown, Suite 202

Great Books: The Civically Engaged Reader
Readings drawn from literature, philosophy, and religion will be used in this Great Books Course discussion group. The class will focus on activities for people who share a common world and seek, in some way, to improve this world. Books will be provided. Class Limit: 18
Class Leader: Emma Jane Mermelstein
Dates: Mondays, April 16 – June 11
Time: 5:30 – 7:00 PM
Location: Jewish Community Center, room 27

Play the Recorder
Learn to play the recorder and discover the pleasures of creating music. The recorder is an early instrument popular during Medieval and Renaissance times and is currently gaining new popularity. This class is open to those who know nothing of the recorder and to those who know a little.
Class Leader: Muriel Pendleton
Dates: Mondays, April 16 – June 11
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 101

TUESDAY

Longevity Stick
The purpose of Longevity Stick is to prevent disease, protect your health, and increase concentration. The objectives include developing better balance, increasing physical strength by stretching the muscles and tendons, and supplying a greater amount of oxygen to the body through deep breathing. Bring a one-inch dowel, one to two inches longer than your height, with rubber (not plastic) end caps.
Class Leader: Shona Howe
Dates: Tuesdays, April 17 – June 5
Time: 8:30 – 9:30 AM
Location: CSULB, HS&D, room 101

Literary Potpourri XX: Unparalleled Lives
Creative people fascinate us. They provoke, enlighten, inspire—sometimes even repel. We will explore writings by and about Beethoven, Hans Christian Andersen, Marco Polo, Helen Keller, Vincent van Gogh, Mark Twain, Richard Wagner and Dame Miriam Rothschild. Literary/historical context, visual media, music, guest speakers and guided interactive discussion will deepen and enrich our appreciation of the literature. Readings and supplementary materials provided.
Class Leader: Judy Mednick, M.A., English
Dates: Tuesdays, April 17 – June 5
Time: 10:00 – 11:30 AM
Location: CSULB, HS&D, room 101

Making Sense of Investing
This class will cover the foundations of investing including lessons on how to evaluate bonds, reading stock tables, fixed income investments, mutual funds, asset allocation, asset management, long term care insurance, retirement plans and tips in selection of a professional financial advisor and what to expect when working with one. Each class will include time for answering your specific investment questions.
Class Leader: Seve Ann Gilpin, Financial Advisor
Dates: Tuesdays, April 17 – June 5
Time: 10:00 - 11:30 AM
Location: DownTown, Suite 202

Lessons from the Hubble
Since it was repaired in 1993, the Hubble Space Telescope has provided mankind with a treasury of images and data that have markedly changed our conception of the universe and our place in it. This class will utilize lectures on DVD by Professor David M. Meyer, Northwestern University, regarding some of the most iconic H.S.T. images, their meaning, and their impact. Discussion will follow each DVD lecture.
Class Leader: Carl Curtis, M.A.
Dates: Tuesdays, April 17 – June 5
Time: 11:45 AM – 1:15 PM
Location: CSULB, HS&D, room 101

Auditing Classes
Are there other classes on the schedule that you are curious about? You have the opportunity to audit one meeting of any class for no fee.*
If you do audit a class and decide to continue, simply stop by the OLLI office to sign up and pay for the class.
*This does not include computer classes or classes with limits that are full.
TUESDAY

Understanding Economics
This class will use current and international issues, such as the European euro banking crisis, high U.S. unemployment, or the "Obamacare" health plan, to explain economic principles/theory, how they work and are applied by governments, and their effect on us, especially as seniors.
Class Leader: Dennis Youkstetter
Dates: Tuesdays, April 17 – June 5
Time: 1:30 – 3:00 PM
Location: DownTown, Suite 202

For Women Only
You will have fun learning the latest makeup tricks to maintain a more youthful look. Wearing the correct colors for your makeup and clothing can improve your appearance. You will receive instructions on how to mix, match, and multiply your clothing to extend your wardrobe. Especially important, you will learn how to accessorize. Never again will you have to say, "I don’t have a thing to wear." Come enjoy this confidence building experience. Class Limit: 15
Class Leader: Joy Grand, Certified Image/Makeup Consultant
Dates: Tuesdays, April 17 – June 5
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 101

Theatre Through The Ages
Theatre has been a part of human expression for thousands of years. It has been used as religious ritual, political provocation, an examination of human relationships, and just plain entertainment. Theatre has changed and progressed through the centuries. Explore the roles of actors, directors, playwrights, and designers and how they all work together to create an artistic whole.
Class Leader: Alice Lemon, M.A.
Dates: Tuesdays, April 17 – June 5
Time: 2:30 – 4:00 PM
Location: LW, Clubhouse 3, room 3

Conversational French
When you studied French in high school or college, you probably learned to memorize vocabulary, translate texts, and conjugate verbs. In this class you will practice understanding and speaking what you are most likely to hear and say in everyday life. In addition, you will learn about French contemporary culture and practical techniques for thriving and enjoying life in the French speaking world.
Recommended preparation—previous study of French in high school or college.
Class Leader: Malcolm Green, M.A.
Dates: Tuesdays, April 17 – June 5
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 101

WEDNESDAY

Card Making for New Artists
You don’t need artistic experience to create great-looking cards and also save money! Each week, new techniques and tools will be introduced and we will make several cards, including interactive cards and cards that hold a gift card. Bring a paper trimmer, small scissors, 12” ruler, and a pencil to the first class. A $10 supply fee will be collected at the first class.
Class Leader: Lisa Peskay Malmsten
Dates: Wednesdays, April 18 – June 6
Time: 8:45 – 10:15 AM
Location: CSULB, HS&D, room 119

Getting Dead Ready
There is no avoiding it – so why not be prepared. (4 weeks)
Topics covered will be: advanced directives, veterans benefits – hospice (what it is and isn’t), paring down (making things easier for your loved ones). Get your specific questions answered, so come with a list.
The instructor is familiar with this topic: personal family experience, and information gathered from directors of hospice programs, research gathered on death and dying, and assisted multiple individuals with end of life preparations.
Class Leader: Pam Watson, B.A., Science, and Biology
Dates: Wednesdays, April 18 – May 9
Time: 9:30 – 11:30 AM
Location: CSULB, HS&D, room 101

Introduction to the World of Shamans
Come and learn what our ancestors knew. In this experiential class the students will learn how to journey into non-ordinary reality. They will experience a shamanic journey and learn how our ancestors accessed knowledge about the world around them. Shamans journey to receive information, inspiration, healing, and knowledge. This course will introduce the students to spirit helpers and other worlds.
Class Leader: Mushroom Montoya, graduate of Foundation for Shamanic Studies
Days: Wednesdays, April 18 – June 6
Time: 8:15 – 9:15 AM
Location: CSULB, HS&D, room 101
Folk Guitar (4 weeks)
Dust off your guitar! Learn or brush up on the essentials of playing the folk guitar. Bring any acoustic guitar (non-electronic) and start accompanying yourself and others. Learn how to tune your instrument and how to play chords, strums, and picks for folk and pop music. You’ll be making music in no time!
Class Leader: Michael Meckna, Ph.D., Music History
Dates: Wednesdays, May 16–June 6
Time: 9:30 – 11:30 AM
Location: CSULB, HS&D, room 101

Writing for Wellness
The simple act of written expression is a miracle. Life threatening illnesses and tragedies affect all of us. Words can help you heal. Through directed writing we can restore hope, compassion, and care. Subjects include choosing happiness, recapturing joy, and capturing nature’s power. This class will not focus on grammar or professional writing but will focus on expressing oneself, and will help the writer heal. The class contents will be based on techniques in the book Writing for Wellness by Julie Davey. Books will be available for class use.
Class Leader: Joan Smith
Dates: Wednesdays, April 18–June 6
Time: 10:30 AM – 12:00 PM
Location: CSULB, HS&D, room 119

Dance Around the World Cont.
Class Leader: Sue Griffiths B.S., M.A. Adjunct Professor, CSULB, Choreographer, Performer, Dance Instructor
Dates: Wednesdays, April 18–June 6
Time: 11:00 AM – 1:00 PM
Location: DownTown, the Tower, 714 Pacific Ave., 2nd floor Lounge, next door to the DownTown OLLI building

National and International Current Events and Issues
Students will participate in a friendly discussion of current events and issues in national and international news. They will be encouraged to be informed, make comments, express opinions, and periodically disagree with each other while remaining courteous.
Class Leader: Gary Colboth, B.S., M.P.A., J.D., Professor Emeritus and retired lawyer
Dates: Wednesdays, April 18–June 6
Time: 11:45 AM – 1:15 PM
Location: CSULB, HS&D, room 101

Taking Better Photos
This class will focus primarily on composition, the philosophies of master photographers, and getting the best from your camera. Some sessions will be devoted to shooting pictures. You need not have a film or digital camera. If you do, be sure to bring it and your instruction manual to the first class.
Class Leader: Terry Fiskin
Dates: Wednesdays, April 18–June 6
Time: 12:15 – 1:45 PM
Location: CSULB, HS&D, room 119

Women in Ancient Greece and Rome
While it may seem that the situation for contemporary women bears no relationship to the situation in the ancient world, the similarities are astounding. Topics covered will be legal and social issues as well as images of women as portrayed in myths and literature. Lectures will be supplemented with viewing art, architecture, and Greek tragedies, as they pertain to women’s roles.
Class Leader: Brigitte Hees, Ph.D., Ancient History & Classics
Dates: Wednesdays, April 18–June 6
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 101

Short Stories about Aging by Well-known National and International Writers
In this class we will read and discuss work by writers such as Alice Munro, Bernard Malamud, Saul Bellow, Eudora Welty, and John Updike. In addition, we will read selections by authors from a variety of other cultures on the theme of growing older. Short fiction featuring older protagonists generally has not found a large audience. Each writer will provide much thought provoking material on the many different aspects of aging, from sex and love to wisdom and loss.
Class Leader: Mona Panitz
Dates: Wednesdays, April 18–June 6
Time: 1:30 – 3:00 PM
Location: DownTown, Suite 202
Financial Rules of the Road
The road to financial independence begins with a few simple rules. Why are some people more successful investors than others? Are they luckier? Probably not. Do they know a secret? Definitely not - because there are no real secrets to investing. But there are rules you can follow to work toward your goals. The course will cover: the most common investing mistakes and how to avoid them, inviting strategies to help you reach your long-term goals, and the 10 rules every investor should know.

Class Leader: Steve Masoner, Financial Advisor
Dates: Wednesdays, April 18 – June 6
Time: 2:00 – 3:30 PM
Location: CSULB, HS&D, room 119

The First Amendment of the US Constitution
"Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances."

If you cannot make a law that infringes on speech, assembly, press, or religious rights, why do we have so many laws that infringe on speech, press, assembly, and religion rights? From the Peter Zenger to the reverse Dred Scott decision in Citizens United, the courts have created rules interpreting the First Amendment. In this course, we will study judicial decisions that interpret the First Amendment. Access to a computer will be helpful.

Class Leader: Joe Ribakoff, J.D.
Dates: Wednesdays, April 18 – June 6
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 101

Longevity Stick
The purpose of Longevity Stick is to prevent disease, protect your health, and increase concentration. The objectives include developing better balance and increasing physical strength by stretching the muscles and tendons. Bring a one-inch dowel - one to two inches longer than your height - with rubber (not plastic) end caps.

Priority is given to Leisure World Residents
Class Leader: Lynn Marsh, M.A.
Dates: Thursdays, April 19 – June 7
Time: 8:30 – 9:30 AM
Location: LW, Clubhouse 6, room C

A Novel Approach to Memoir Writing
Write a living legacy for your family and generations to come. Tell where you came from, who you are, your dreams and feelings, and the depths of your soul. Beginning writers will be introduced to the technique of using dialogue, dialect, and syntax and how to write from the heart. Learn from exposure to your classmates' writings and from critiques of your own submissions.

Class Leaders: Florence Dodge & Josephine Fitzpatrick
Dates: Thursdays, April 19 – June 7
Time: 8:30 – 10:00 AM
Location: CSULB, HS&D, room 101

Fear Not, I Speak Shakespeare Act XII
The goal of the class is for you to learn to enjoy Shakespeare's plays - whether you see them in a film or on a stage or in your imagination. This semester we'll look at two plays. First, we'll finish studying Hamlet, Prince of Denmark (taking up where we left him in December - Hamlet embarking for England with his school chums, the Adders Fanged; Gertrude trying to abstain; Claudius caught and catching on; Ophelia on the verge; Polonius at dinner; and Fortinbras knocking at the gate). The second play, chosen in a vote of the last class, will be Henry VIII. It is a great joy to share Shakespeare with you - I look forward to a rousing course!

Class Leader: Michele Roberge, M.A. Executive Director, Carpenter Performing Arts Center, CSULB
Dates: Thursdays, April 19 – June 7
Time: 10:15 – 11:45 AM
Location: CSULB, HS&D, room 101

Escapes by Rail in Southern California
Have you been to remote Soledad Canyon, Vandenberg Air Force Base, Santa Barbara, or La Posada? Using Metro link and Amtrak, students will "travel" to these interesting places. In addition, we also will discuss general rail development plans within Southern California, High Speed Rail, and other related topics. "All Aboard!"

Class Leader: Carl Schiermeyer, M.A. UCLA Urban Planning
Dates: Thursdays, April 19 – June 7
Time: 12:00 – 1:30 PM
Location: CSULB, HS&D, room 101

See article on page 8
**THURSDAY**

**The Secrets of Japanese Cooking**
Have you wondered what goes into that sauce that makes Japanese food so special? Do you know your miso from your soy? Let me take you on a culinary tour of the Far East. I will guide you on a stepping stone path to unlock the flavors and spices of Japanese cooking. Only those wishing to taste the exotic need apply. Bring your taste buds. The Zen chef will bring alive the hidden secrets for all to savor.
*Class Limit: 35*
*Class Leader: Ken Nakagana, M.S.*
*Dates: Thursday, April 19 – May 24*
*Time: 1:30 – 3:00 PM (6 weeks)*
*Location: Downtown, the Tower, 714 Pacific Ave., 2nd floor Lounge, next door to the DownTown OLLI building*  
→ See article on page 4

**International Lens - Eight Foreign Films about the Art of Cinema**
We will screen eight foreign films. The unifying factor will be that all films are, at least in part, about film making/cinema.
*Class leader: Logan Crow, Executive Director & Film Programmer, Long Beach Cinematheque Founder & Chief Editor, MondoCelluloid.com*
*Dates: Thursdays, April 19 – June 7*
*Time: 1:30 – 4:00 PM*
*Location: Downtown, Suite 202*

**Tai Chi Chih**
Tai Chi Chih is an American version of a Chinese system for maintaining health and balance. There are 19 movements and one pose in this discipline. Students can be taught this simple program regardless of physical capability.
*Class limit: 30*
*Class Leader: Al Talberg*
*Dates: Thursdays, April 19 – June 7*
*Time: 1:35 – 2:20 PM*
*Location: CSULB, HS&D, room 101*

**FRIDAY**

**Qigong**
Qigong incorporates many Eastern practices of enhancing and refining one's intrinsic life-force energies in order to bring about healing, relaxation and wellness of the body, mind and spirit. We will explore various practices under the Qigong heading such as T'ai Chi, Meditation, Conscious Breathing, and Therapeutic Laughter.
*Class Leader: Ann Lovdahl, certified Qigong, Seijaku, and Hasya Yoga instructor.*
*Dates: Thursdays, April 19 – June 7*
*Time: 2:30 – 3:30 PM*
*Location: CSULB, HS&D, room 101*
→ See article on page 4

**Drawing Workshop**
This class is for beginners and intermediates who are intent on improving their drawing skills. The class will develop visual and perceptual skills that will help students interpret a variety of subject matter. Materials list and class outline will be available at the first meeting. Bring a #2 pencil and paper or sketchbook.
*Class Limit: 25*
*Class Leader: Leonard Hirsch*
*Dates: Fridays, April 20 – June 8*
*Time: 8:00 – 10:00 AM*
*Location: CSULB, HS&D, room 105*

**Get Organized A-Z**
Less clutter, more storage—sound like a dream? It can be your reality. Learning the ABCs of managing your clutter results in a peaceful life
*A: ACT - Don't put it off until later. If you want to do it, act on it now.*
*B: BREAK IT DOWN - Anything you have to do is easier, if you break it down into manageable parts.*
*C: CONTAINERIZE - Separate and organize your things by storing them in see-through, plastic containers*
*Class Leader: Sharon Farley*
*Dates: Fridays, April 20 – June 8*
*Time: 8:15 – 9:45 AM*
*Location: CSULB, HS&D, room 101*

**Intermediate Bridge I**
This class is for players who have had some experience playing bridge. We will start with basics: how to keep score, and opening with a suit and with No Trump. Later in the session we will learn about overcalls.
*Class Leader: Inge Johnson*
*Dates: Fridays, April 20 – June 8*
*Time: 8:30 – 10:00 AM*
*Location: CSULB, HS&D, room 119*

**The Brothers Karamazov, Part II**
This book written by Fyodor Dostoevsky is a murder mystery and a novel of ideas. As a story it is intriguing. As a novel of ideas it is complex, deep, enlightening, thought provoking, and, in some cases, life changing. His investigations feature love, psychology, ethics, good and evil, spirituality, and beyond. His writing, however, never is didactic, being filled with beauty and insight.
*Class leader: Cheryl Clark*
*Dates: Fridays, April 20 – June 8*
*Time: 10:00 – 11:30 AM*
*Location: LW, Clubhouse 3, room 3*
**FRIDAY**

**Feel Great Again:**  
**Understand and Maximize Your Brain Biochemistry**  
Solid research has confirmed that what you eat controls the way you feel. We will journey through the brain to uncover the relationship between foods, moods and illnesses. It has been proven that each person has a dominant brain bio-chemical neurotransmitter. We will explore four brain types including the strengths and vulnerabilities associated with each one of them. Learn to support your unique brain type with natural supplementation and the right foods to promote optimal health.  
Class Leader: Holly Weber, RN, LCSW, Psychoanalyst  
Dates: Fridays, April 20 – June 8  
Time: 10:00 – 11:30 AM  
Location: CSULB, HS&D, room 101

**Issues in Philosophy & Religion**  
This will be an interactive discussion class where we will explore and debate the common relationships between Eastern and Western thought. Our investigation will compare Hindu, Buddhist, and Taoist systems and the possible parallels with Western metaphysical ideas and concepts. In addition, we will include the purposes and goals of yoga, meditation, and enlightenment.  
Class Leader: Mark Barnett, D.D., Ms.D.  
Dates: Fridays, April 20 – June 8  
Time: 11:45 AM – 1:15 PM  
Location: CSULB, HS&D, room 101

**Watercolor Workshop**  
This class is for beginners and intermediates. Basic watercolor techniques and color theory will be stressed. If you have supplies, bring them to the first meeting.  
Class limit: 25  
Class Leader: Roy Hubbs, Retired Art Teacher, M.F.A.  
Dates: Fridays, April 20 – June 8  
Time: 10:00 AM – 12:00 PM  
Location: CSULB, HS&D, room 105

**Intermediate Bridge II**  
This class is for players who have taken Intermediate Bridge I. We will start with review of what was learned in the previous class, and continue with preemptive bids and conventions such as Stayman, “Take Out Doubles,” Gerber and Blackwood.  
Class Leader: Inge Johnson,  
Dates: Fridays, April 20 – June 8  
Time: 10:15 – 11:45 AM  
Location: CSULB, HS&D, room 119

**Advanced Bridge**  
This class is for players who know the basics and want to learn more. We will learn a variety of other conventions so that players can play successfully at duplicate or join strangers for bridge parties.  
Class Leader: Inge Johnson  
Dates: Fridays, April 20 – June 8  
Time: 12:15 – 1:45 PM  
Location: CSULB, HS&D, room 119

**Discussions in Psychology and Science**  
This will be an interactive discussion class debating the possible connections between psychology and science. Scientists currently are investigating that matter and mind may be two aspects of one single unified reality. This concept could radically change our Western worldviews. We will look at such topics as Depth, Transpersonal and Integral Psychologies, as well as the implications of Relativity and Quantum Physics.  
Class Leader: Mark Barnett, D.D., Ms.D.  
Dates: Fridays, April 20 – June 8  
Time: 1:30 – 3:00 PM  
Location: CSULB, HS&D, room 101

**Beginning Bridge**  
This class is for players who have had absolutely no background with this fascinating game. We will start with “Whist” and go on, one step at a time, so that each lesson will be with fun and laughter as well as instruction.  
Class Leader: Inge Johnson, retired teacher, taught bridge players 20+ years in USA and Israel.  
Dates: Fridays, April 20 – June 8  
Time: 2:00 – 3:30 PM  
Location: CSULB, HS&D, room 119

**Conversational Spanish**  
This class, taught entirely in Spanish, will focus on spoken language used in everyday conversation, as well as on the culture and traditions of various Spanish-speaking countries. Class contents will cover Spanish grammar; however, emphasis will be placed on oral communication. The goal is to help students acquire more fluency. Basic knowledge of Spanish strongly suggested.  
Class Leader: Lilia Vergara de Owens, M.A.  
Dates: Fridays, April 20 – June 8  
Time: 3:15 – 4:45 PM  
Location: CSULB, HS&D, room 101

**It’s Time!**  
Classes can fill up quickly. Register early for your favorites.
Computer Classes Spring 2012

**Computer Lab**

You’ll find the OLLI computer classroom, with its small classes and up-to-date software, an ideal place to learn. Along with instructors, there are coaches in each class who are there to help you, too.

That means that any time you have questions, there will be someone to answer them for you. And if you want to spend extra time working on class assignments, you can come to the computer lab on Friday. It’s open all day for computer class students.

**About computer classes:**

- They are held in CSULB campus HSD room 100.
- Each class has a limit of 10 students.
- They are filled on a first-come, first served basis.
- Some have a minimum enrollment. If the enrollment is not met one week before the first week of class, the class may be cancelled.
- No textbooks are supplied. In many cases you’ll see the book the instructor will use listed just after the class description so you can buy a copy if you wish.

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**MONDAY**

**Very First Computer Class (PC)**

This is where you start. You are welcome even if you have never touched a computer or a typewriter. It is the best opportunity anywhere to learn the basics of email and the Internet. You will learn the mouse tool, along with the keyboard and the desktop. Games and simple exercises will be used for emphasis. All questions will be patiently answered for the benefit of the entire class. When you complete this class, you will be ready to move to our Intermediate Computer class.

*No Prerequisites.*

**Text:** PCs Simplified, Elaine Marmet

**ISBN:** 978-0-470-88847-6

**Instructor:** Don Patman

**Dates:** Mondays, April 16 – June 11

**Time:** 8:30 – 10:30 AM

**Beginning Photoshop Elements - I (PC)**

Adobe Photoshop Elements is one of the most versatile image enhancement photo programs available today. First you will learn how to use the Adobe Organizer Program. This will get those picture files in a logical retrievable order. We will enhance those pictures with hands-on use of the many quick fix options available. Learning about resolution will help you email or prepare pictures for right size prints.

**Prerequisite:** Very First Computer Class

**Instructor:** Harold Drab

**Dates:** Mondays, April 16 – June 11

**Time:** 10:45 AM – 12:45 PM

**Intermediate Computer (PC)**

You’ll learn and practice these basic computer skills: save, print, cut and paste, drag and drop, how to delete an item, make a file or folder, and how to manage the windows on your desktop. You’ll also learn the basics of email, including how to send and receive messages, how to attach documents and open documents that have been sent to you. The Internet section will include how to find Web sites, as well as Internet safety tips. You’ll also take a quick look at a word processing program, so you will be able to easily create your own documents, and even insert photos.

**Prerequisite:** Very First Computer class.

**Text:** Handouts

**Instructors:** Computer Lab Instructors

**Dates:** Mondays, April 16 – June 11

**Time:** 1:00 – 3:00 PM

**Exploring the iPad (Mac)**

Here’s your chance to join the exciting iPad revolution. Get acquainted with iPad features and apps, and see how to play music, buy those apps, browse the Web, do email and watch videos and movies. See how to use the iPad as an e-reader and prepare documents using iWorks for word processing, spreadsheets and presentations. We will also show you what to look for if you are thinking about buying an iPad or other tablet. Students who have iPads are encouraged to bring them to each class.

**Prerequisite:** You are interested in an iPad or already have one.

**Instructor:** Con Rader

**Dates:** Mondays, April 16 – June 11

**Time:** 3:15 – 5:15 PM
**TUESDAY**

**Intermediate Photoshop Elements – I (PC)**
Take your skills to the next level and turn those snapshots into photographs. You’ll learn how to take off ten pounds the easy way or remove those bloodshot eyes. Topics will include tips, shortcuts, layers and masks, followed by people and portraits. Then you will move onto working with color and some very special effects. Create pictures you can take real pride in sharing with others.

*Prerequisite: Beginning Photoshop Elements parts one and two or instructor’s permission.*

*Text: Information available the first day of class.*

*Instructor: Harold Drab*

*Dates: Tuesdays, April 17 – June 5*

*Time: 10:45 AM – 12:45 PM*

**Photoshop Elements (Mac)**
You’ve taken what you think is a great picture with your digital camera, but the horizon is a little tilted, some of the people in it have glowing red eyes, or that group of people is clustered in one corner of the shot. Learn how to straighten the horizon, get rid of red eye, crop the photo and other simple editing techniques such as whitening teeth and completely removing people from the photo. See how to enhance color and detail, apply filters and scan old photos. You’ll learn how to easily move your pictures out of the camera, into your computer and onto CDs.

*Prerequisite: Basic Mac skills.*

*Text: Information available the first day of class.*

*Instructor: Barbara Kaye Cooper*

*Dates: Tuesdays, April 17 – June 5*

*Time: 1:00 – 3:00 PM*

**Facebook and Twitter — The Most Popular Social Networks**
Has one of your grandchildren emailed you about playing Farmville and ended the message with BFN? Want to find out what he or she was talking about? Learn about these social networks: how to post comments and tweets, how to find and follow friends, how to send replies, how to share pictures, and manage your privacy. Students will have the option of opening Twitter and Facebook accounts in this three-week class.

*Text: Handouts*

*3-week class: $20.00*

*Instructors: Mushroom Montoya, Kathy Winkenwerder*

*Dates: Tuesdays, April 17 – May 1*

*Time: 3:15 – 5:15 PM*

**Word 2010 (PC)**
Did you buy a new PC in the last year or so, or did you buy a new version of Word? Get the most out of your software by learning the new features of Word 2010, including improved text formatting effects, picture editing tools, and how to customize the ribbon. It’s easier than ever to create all kinds of documents—letters, fliers, newsletters, reports and more. Learn how to set up, edit and save documents, write and format letters, make lists, insert and edit photos and make tables.

*Prerequisite: Knowledge of basic PC skills.*

*Text: Handouts*

*Instructor: Kathy Winkenwerder*

*Dates: Wednesdays, April 18 – June 6*

*Time: 8:30 – 10:30 AM*

**Introduction to Windows 7 (PC)**
Explore the features of Microsoft’s Windows 7 operating system. You’ll learn how to transfer settings and files from your old computer, how to rapidly find information on your computer, and get acquainted with the file system and how to best navigate and organize your files. You’ll get to know the desktop with its sidebar and gadgets and how to control your computer’s settings to please yourself. Also see the differences and similarities between Vista and the new Windows 7.

*Prerequisite: Basic understanding of the Windows XP operating system or instructor’s permission.*


*Instructor: Wesley Peck*

*Dates: Wednesdays, April 18 – June 6*

*Time: 10:45 AM – 12:45 PM*
### WEDNESDAY

**It’s Your Mac. Do What You Want to Do (Mac)**

Are you a beginning Mac user? Join us for a real hands-on class where you will explore many of the applications that came with your Mac. Learn how to manage the dock, finder windows, menus and shortcuts. We will use the Apple email program, set up the Address Book, use Safari to browse the Internet, write and save documents, and more. Discover how to personalize your computer and change your desktop, screen saver and views to reflect your interests and needs. There will be plenty of opportunities to get your questions answered.

**Prerequisites:** You own a Mac; you’d like to own a Mac.

**Text:** Little Mac Book (Snow Leopard Edition or Lion edition depending on the operating system of your own computer), Robin Williams

**ISBN:** 9780321646910

**Instructor:** Bonnie Elsten

**Dates:** Wednesdays, April 18 – June 6

**Time:** 1:00 – 3:00 PM

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**I Took Pictures. Now What? (Mac)**

Learn how to get photos from your camera (digital or film) into a computer, order prints from an online service and create photo books, slide shows, movies and DVDs. You’ll add photos to documents such as a family newsletter, to your email, cards, labels, T-shirts, and more. Find out how to use photos as a screen saver or desktop background, and organize your photos into albums in iPhoto.

**Prerequisite:** Basic Mac skills

**Text:** iLife 11 Portable Genius, Guy Hart-Davis

**Instructor:** Bonnie Elsten

**Dates:** Wednesdays, April 18 – June 6

**Time:** 3:15 – 5:15 PM

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### THURSDAY

**Introduction to Digital Camera**

An introduction to the basic functions of the digital camera and scanner. Hands-on learning on how to download your photos from the memory card (camera) to your computer. You will also learn how to scan photos and documents into your computer. Eventually, you will organize and burn saved images to a CD. You will also improve your photography by learning some simple creative composition tools while viewing sample images.

**Prerequisites:** Basic understanding of the Windows 7 operating system or instructor’s permission.

**Text:** Title available the first day of class.

**Instructor:** Don Patman

**Dates:** Thursdays, April 19 – June 7

**Time:** 8:30 – 10:30 AM

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**Manage and Enhance Your Photos with Picasa (PC/Mac)**

Get your pictures from your camera to your computer and edit them with Picasa. Learn how to download your pictures to Picasa, and then using Picasa’s tools, enhance your photos by cropping them, adding text or removing red eye in your photos. Once you have edited your photos, you can make a slide show or video from selected pictures, or you can organize a set of photos into a collage. You can mail your pictures, print them, or have them printed commercially. The first session covers the basics of Picasa. Please bring your camera to class in the second session.

**Prerequisites:** Intermediate computer or instructor’s permission.

**Text:** Handouts

**Instructor:** Reggie Gates

**Dates:** Thursdays, April 19 – June 7

**Time:** 1:00 – 3:00 PM

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**Google: Email & Lots More (PC/Mac)**

Learn to download and configure the program just the way you like it, and exchange mail with fellow students as you learn the features of Gmail. Other options for Web-based email will be offered if the class wishes. Other powerful and interesting Google programs will be explored, as well as other interesting and worthwhile Internet programs and Web sites. Internet security will be stressed throughout the course.

**Prerequisites:** Intermediate computer or instructor’s permission.

**Text:** Handouts.

**Instructor:** Reggie Gates

**Dates:** Thursdays, April 19 – June 7

**Time:** 1:00 – 3:00 PM

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### FRIDAY

**Open Computer Lab**

9:00 AM - 5:00 PM

The lab is open to help you practice what you have learned in class, or to answer your questions and help try to solve your computer problems.

It’s a place to get one-on-one attention.

Bring your laptop if you would like help on your personal computer.
And, in the 50+ age group, the percentage is a little higher. Last summer’s Nielsen survey showed an increase of e-reader ownership over the last year for us, the largest group of all ages of owners, to 30 percent. In the first six months of last year, the number of adults with an e-reader has doubled. Then with Kindle sales alone amounting to $1 million for each week in December, the possibility that more of us got an e-reader for the holidays may push the percentage even higher.

Don’t know what an e-reader is? It’s a small portable device that’s designed for reading digital books, magazines, and newspapers. These dedicated readers have black and white screens that look like the page of a book. (Kindle, Nook, Sony Reader) There are e-readers that are a cross between a reader and tablet and have color screens. (Nook Tablet, Kindle Fire) People also buy tablets, which are a little bigger and which can do other things, such as play movies, to use as e-readers. (iPad, Samsung Galaxy)

E-readers had been around for a while, but they became popular four years ago when Amazon.com introduced the Kindle, the first popularly-priced e-reader at $399. At first there were only a few places where you could buy them, but prices have come down dramatically, and not only can you buy readers online, you can find them at your local Best Buy, Target or Toys “R” Us store. Now readers are priced from $99 to $199, reader/tablet combos from $200 to $250, and tablets from $350 to $800.

So why are more of us getting e-readers or tablets to use as e-readers?
• They are easy to figure out how to use.
• The size of text can be changed. For many seniors, this is a big advantage because it can eliminate the need for large-print books.
• E-readers weigh less than one pound, about the same as paperback book. Tablets weigh a little more than one pound. Both are great to use for reading in bed.
• You have an automatic bookmark. When you come back to a book you had been reading, it returns to the last page you read.
• E-readers have a built-in dictionary, so you can check the meaning of words.
• Instead of having to read a two-year-old copy of Field & Stream while you’re waiting in your dentist’s office, you can continue reading that interesting novel.
• When you’re traveling with an e-reader, you can put the equivalent of literally hundreds of books in your carry on luggage.
• In most cases e-books are cheaper than paper books.
• E-readers have become relatively inexpensive, so buying one doesn’t break the bank. And, they’re great for family and friends to give us as gifts.

Getting an e-reader is only half the battle. Once you have one, you’ll want to load it with e-books. It’s easy to find those to buy too. The Amazon.com Kindle store has more than 1 million titles, Barnes & Noble has 2.5 million, the Sony Reader store 1.2 million, Google bookstore has 3 million, the Apple bookstore 700,000 titles. One of the places you can find free books is at Gutenberg.com, named for the printer whose invention eventually made access to information available to everyone. Books at this web site are in the public domain. It’s a great place to find that classic you’ve always been meaning to read. Most public libraries don’t yet have large collections of e-books, but every year they are adding more. Checking out a book is easy: enter your library card number and password online, select a book, and then press the download button. In just a few seconds you’ve checked out an electronic book.

Parking Options

- All day parking $3.00 on the South East corner of 7th Street and Pacific Avenue.
- Metered parking: 15 minutes for a quarter, 2-hour limit.
- Non-metered parking: North of 8th Street on Pacific Avenue and Pine Avenue, as well as neighborhood streets West of Pacific Avenue.
- (No parking on the South side of 8th Street on Wednesday for street sweeping.)

Long Beach Transit

Northeast corner of 7th Street and Pacific Avenue.

Parking at Leisure World

Entry passes for non-Leisure World residents who are taking OLLI classes will be available at the second class meeting. The security office at the main gate will have the names of enrolled students and will admit them for the first and second classes.
Student Parking Passes

For the convenience of our students, parking passes are available through our office for $20.00 per session. If you have a current DMV disabled persons placard, you may obtain a parking permit and key card for Lot 9. Students parked in disabled parking must display their DMV placard or license plate and their OLLI parking permit at all times when they are parked in that lot, whether or not they are in a designated disabled parking space. Students not displaying the appropriate placards or license plate will be subject to ticketing by Parking Services. Students are not allowed to park in areas marked for carpools or employee parking. Anyone who receives a ticket from CSULB Parking Services must go to the Parking Office (Merriam Way) to resolve the ticket.

Long Beach Transit Bus Schedules

Bus transportation to CSULB - OLLI at CSULB is easily available on Lines D, 81, 91, 92, 93, 94, 171 and 96 ZAP. Bus Line 60 may be used if you come from Leisure World (exit on 7th Street and transfer to CSULB Campus Connection shuttle to East Campus). For further information, please call Long Beach Transit at 562-591-2301 or OCTA at 714-636-7433.

CSULB Campus Connection Shuttle Routes

The white Campus Connection Shuttles run around the campus during the fall, winter and spring sessions. There is a shuttle stop at the south-west corner of Parking Structure 2 in lot 11 which will drop you off in front of the Design building. For further information pick up a brochure outside the OLLI office.

Check out the CSULB website for complete campus maps

www.csulb.edu
Greeks historian Thucydides wrote, “The name of a decent woman, like her person, should be shut up in the home.” Three centuries later Plutarch agreed with him. With women all but invisible then, it’s not surprising that historical writing about women in classical antiquity is scarce.

Only recently scholars have made serious efforts to research the lives of women in antiquity. In **WOMEN IN ANCIENT GREECE AND ROME**, Dr. Brigitte Hees will present the fruits of that research. The course will examine the position of women in classical Greece and Rome: their legal, economic and social status and their roles and images as depicted in mythology, art, and literature.

Dr. Hees graduated from New York University (summa cum laude) in history and received her Ph.D. from the University of Arizona also in history. She has taught university-level courses in world history, humanities, history of ancient Greece and Rome, Latin, women in classical antiquity, and women in contemporary society. Fluent in German, she has a reading knowledge of French, Spanish, ancient Greek and Latin.

Dr. Hees has already taught in her field at an OLLI at CSU East Bay in Hayward. To accompany the reading, lecture, and discussion, she will present slides showing the roles Greek and Roman women played in their daily lives. In classical Greece, for example, women were generally regarded as inferior creatures. According to Aristotle, “the male is by nature superior, and the female inferior; ...one rules, and the other is ruled.” In Rome, where women were an integral part of the family structure, women were freer.

That was then and this is now, you say? Keep in mind that even today some women live behind a veil and have limited political and economic freedom. We can find illuminating parallels and contrasts between women’s lives now and during ancient times.

So if you’re like the non-historians among us, you may draw a big blank between Pandora and Helen of Troy. Fill in that blank now. The history you missed is waiting for you in **WOMEN IN ANCIENT GREECE AND ROME**.