

# LIR NEWSLETTER

LEARNING IN RETIREMENT, INC., AT THE UNIVERSITY OF GEORGIA

Volume 2, No. 3

December 2004



**Learning in Retirement, Inc.**  
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Please leave a message, and someone will return your call.

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## **SPRING SEMESTER REGISTRATION MEETING**

January 10 between 9:30 and 11:30

The Curriculum Committee, the Travel/Study Committee, and the Social Committee have planned interesting classes and events for the Spring Semester. Registration by mail begins immediately upon receipt of this bulletin and may be the best way to assure you a spot in events or classes that have space limitations.

**Registration in person will be held at Holiday Inn Express at the corner of Broad and Newton streets on Monday, January 10, 2005, from 9:30 to 11:30.** Park in the parking lot facing Broad St., and enter the building through the front entrance.

Even if you register by mail, come to Registration to pick up your parking passes and class/event confirmation. Parking passes/confirmations not picked up at registration will be mailed. Register for remaining or additional classes. Have a bit of refreshment. Meet and greet friends. Bring a prospective member. You'll find great fellowship among LIR members.

## **THE PRESIDENT'S LETTER**

As we anticipate the New Year, I wish each of you happiness and fulfillment, whether you are fearful or hopeful as you contemplate the state of the world. I remind you that as a member you have the means to use LIR as a flying carpet toward your goals and hopes. In the joy of learning, in using our skills, in fellowship, and in contributing as a volunteer, you and I have a splendid instrument of well-being and achievement.

A word on our courses for next semester, all 27 of them – a record: select and register to join in, NOW. Look over the activities and trips, make your choices, and sign up. Delay means risk of disappointment as classes and activities fill up. Plan to attend the registration in January to lock in your preferences and see you friends, or pre-register and come along anyway.

Thanks to the initiative of President Emeritus Dick Anderson and the quick work of Kathy Gratzek, we have a special opportunity on January 20. The YWCO, on Research Drive, is offering an LIR fitness assessment day. Each member can receive a personal fitness evaluation from YWCO specialists, with a suggested improvement regime. We hope many of you take up this offer as described in this newsletter and derive its benefits.

Happy New Year!  
John Rudy

## SPRING SEMESTER 2004 COURSES BY DAY OF THE WEEK

All room numbers are for Rivers Crossing unless otherwise noted. ACCA is the Athens Community Council on Aging on Hoyt Street. Ramsey Center is part of UGA's east campus on College Station Road.

### Monday

Money: How to Make It and Keep It – Feb. 14, 21, 28; 10:00-11:30; Room 139  
False Memory – Apr. 25 and May 2, 9; 2:00-4:00; Room 139

### Tuesday

Great Decisions 2005 – Jan. 25 through Mar. 15; 9:00-10:30; Room 64  
Introduction to the Internet – Jan. 25 and Feb. 1, 8, 15; 11:00-12:30; Room 143  
Strength Training – Jan. 25 through Apr. 26 (*Tues. and Thurs., except Mar. 15 and 17*); 12:30-2:00; Ramsey Center  
Stretching Your Way to Good Health and Five Secrets to Looking and Feeling Younger – Jan. 25 and Feb. 1; 1:00-2:30; Room 135  
Fashionable You! – Feb. 8, 15, Mar. 1; 10:00-11:30; Room 129  
Creating a Document Using *Microsoft Word XP* – Mar. 1, 8, 15, 22, 29; 11:00-12:30; Room 143  
Traditions, Culture, and Crafts of Oaxaca – Mar. 1, 8, 15; 2:00-3:30; Room 139  
Making Email Work for You – Apr. 5, 12, 19, 26; 11:00-12:30; Room 143  
20th Century Theatre – Apr. 12, 19, 26; 9:00-11:00; Room 139  
Navigating Life's Transitions – Apr. 26 and May 3, 10; 2:00-3:30; Room 139

### Wednesday

The European Union – Feb. 2, 9, 16, 23; 10:00-11:30; Room 135  
Neurobic and Creativity Exercises: Ways to Keep Your Brain Alive – Feb. 2, 9, 16; 2:00-4:00; Room 135  
Weather, Human Comfort, and Mortality – Feb. 9, 16, 23; 10:00-12:00; Room 139  
Faux Painting – Mar. 2, 9; 9:00-11:00; Room 139  
Successful Aging – Mar. 2, 9, 16 at 2:00-3:30 and Mar. 17 (Thursday) at 10:00-11:30; Room 135  
The Age of Discovery – Mar. 23, 30 and Apr. 6, 13; 10:00-12:00; Room 139  
Italian/Mediterranean Cooking – Apr. 6, 13, 20, 27; 3:00-5:00.  
*Participants who have taken the past two classes will not be eligible for this class this time. ACCA*  
The Fate of Human Societies – Apr. 20, 27 and May 4, 11, 18, 25; 10:00-12:00; Room 139

### Thursday

21st Century Cuba: Images and Impressions – Jan. 27 and Feb. 3; 10:00-11:30; Room 64  
Strength Training – Jan. 25 through Apr. 26 (*Tues. and Thurs.*) – *See Tuesday entry*  
Extra Gentle Yoga – Feb. 10, 17, 24 and Mar. 3, 10, 24; 10:00-11:30; ACCA  
Home Landscape Design – Feb. 24 and Mar. 3, 10; 10:00-12:00; Room 139  
Successful Aging: Gerontological Issues – Mar. 17; 10:00-11:30 – *see Wednesday entry*  
Play Your Way to Mental Health – Mar. 24, 31; 10:00-11:30; Room 139  
Fibromyalgia and Stay Fit While You Sit – Mar. 24, 31; 1:00-2:30; Room 139  
Inside UGA – Mar. 31 and Apr. 7, 14, 21; 9:30-11:00; Room 64  
AARP Defensive Driving Course – May 5, 12; 9:00-1:00; Room 139

## LUNCH AND LEARN LECTURE SERIES

The lecture series is held at the Athens Community Council on Aging, at 135 Hoyt Street, just north of downtown in the former depot building. The lectures begin at 11:00, followed by lunch, and will be offered on Monday: February 7, March 7, April 4, and May 2.

### Monday, February 7

#### Ten Years of Mapping and Analysis of Vegetation in National Parks – Marguerite Madden

Dr. Madden will talk about her work with fellow scientists from the Center for Remote Sensing and Mapping Science in projects that involved technicians and graduate students from the Department of Geography in mapping plant life in a number of national parks.

Dr. Madden is interim director of the Center for Remote Sensing and Mapping Science at the University of Georgia. Her biology degrees are from State University of New York-Plattsburg, and in 1990 she received her Ph.D. in Ecology from the University of Georgia. She is also involved with the International Society for Photogrammetry and Remote Sensing.

### Monday, March 7

#### The Georgia Museum of Art as a Laboratory for Teaching Visual Literacy – Dr. William Underwood Eiland

Dr. Eiland will discuss the exciting prospects of viewing a museum as a tool for literacy. He will take this opportunity to talk to the LIR community about art, his favorite topic, and the great resource Athenians have with our state museum's many offerings.

A native of Sprott, Alabama, Dr. Eiland is the director of the Georgia Museum of Art. He earned a B.A. from Birmingham-Southern College and an M.A. and Ph.D. from the University of Virginia. Dr. Eiland was a recipient of the Woodrow Wilson Fellowship and the Danforth Teaching Fellowship at the University of Virginia. He has edited and contributed to more than 50 publications as well as authoring *The Truth in Things: The Life and Career of Lamar Dodd*. He serves as vice chairman of the American Association of Museums.

### Monday, April 4

#### The Drama of Adult Life – Dr. Sharan B. Merriam

Fictional literature offers an exciting medium to bring to life truths about human nature and human behavior. In this lecture we will visit different stages of the adult life span through dramatic readings of literary pieces on young adulthood, midlife, and older adulthood. As two readers dramatize selections from American literature, Dr. Merriam will provide narrative commentary drawing from the adult development literature.

Dr. Merriam is professor of adult education at the University of Georgia where she teaches graduate courses in adult education and qualitative research methods. For five years she was coeditor of *Adult Education Quarterly*, the major research and theory journal in adult education. In 1999 she was a Fulbright Scholar to Malaysia.

**Monday, May 2****Stem Cells: Are We Getting Closer to a Cure? – Dr. Steve Stice**

Stem cell research is controversial. We will learn why we call them stem cells and the "can and can't do" in simple nonscientific terms. We will see how we get stem cells and grow the cells and then turn stem cells into specialized cells like nerve cells. We will also discuss what hurdles must be overcome to start using stem cells in clinical trials to cure diseases and injuries.

Dr. Stice is a professor and director of the Regenerative Bioscience Center and holds a Georgia Research Alliance Eminent Scholar endowed chair at the University of Georgia. He received his Ph.D. from the University of Massachusetts. He produced the first cloned rabbit in 1987, the first cloned transgenic calves in 1998, and produced the world's first human embryonic stem cells derived from discarded embryos in 2001. *Georgia Trend* magazine named him one of the 100 most influential Georgians.

**BROWN BAG LUNCH**

In addition to the Lunch and Learn program, in January there will be a brown bag lunch beginning at noon, also at ACCA.

**Monday, January 31 (Brown Bag Lunch, 12:00-2:00)****Learning New Things about an Old Friend – Kathryn Fowler**

The Athens Community Council on Aging has been a part of this community for 37 years, but do you know what goes on there? Hear about exercise classes, recreation and education opportunities, new volunteer programs, support for care-givers, job training, and advocacy and direct services for older adults. You'll be amazed to discover the variety of services available and will be among the first to hear about ACCA's exciting plans for expansion.

Kathryn Fowler, executive director, has been with the Council since 1982 and has directed the agency since 1986. She is a graduate of Furman University, Emory University, and Georgia State University with degrees in psychology and special education. Through her work in mental retardation and family and children's services locally and statewide, she has become involved with national councils and planning groups and is the founder of the Senior Leadership Academy.

Please make a reservation for this special program by marking "yes" on the Course Registration form.

**LIR FALL SEMESTER 2004 COURSES****AARP Defensive Driving Course – B. J. Smith**

**Thursday: May 5, 12; 9:00-1:00; Room 139**

The AARP Driver Safety Program is designed for the older driver. It takes into consideration the physical changes of the maturing driver and identifies ways the older driver may compensate for those changes. The cost of materials is \$10 payable by check made out to AARP on the first class day. Legislation has been enacted in Georgia which requires all automobile insurance companies conducting business in Georgia to provide a premium discount to graduates of the course of at least 10 percent on the liability portion if you have had no traffic violations during the past three years. Both class sessions have to be completed to receive the 10 percent discount given for taking this course.

Mr. Smith has been a volunteer instructor for AARP for the past eight years. Mr. Smith is a retired meteorologist from the National Weather Service and has lived in the Hull, Georgia, area for 31 years.

**The Age of Discovery – Dr. Louis DeVorsey**

**Wednesday: Mar. 23, 30 and Apr. 6, 13; 10:00-12:00; Room 139**

Most scholars would link the Age of Discovery with the Renaissance, that period of human awakening from 1400 to 1600, which witnessed both "the discovery of man" and "the discovery of the world." The focus of this course will be on the geographical disclosure of the earth beyond the tripartite world of Europe, and Asia. The course will cover the period prior to Columbus, the World Views of indigenous peoples encountered by the Europeans, and the complexities of Columbus's accomplishments.

Dr. DeVorsey is a past president of the Society for the History of Discoveries and author of *Keys to the Encounter*, a Library of Congress Resource Guide. He is an active member of LIR and Professor Emeritus of Geography at UGA.

**Creating a Document Using Microsoft Word XP – Anika Francis and Erin Adair**

**Tuesday: Mar. 1, 8, 15, 22, 29; 11:00-12:30; Room 143**

This course will teach you to identify the components of *Microsoft Word XP*, a powerful word processor program. You will learn to identify its components, choose commands, correct errors, emphasize points in your text, and many more helpful techniques.

Ms. Francis and Ms. Adair are graduate students in Instructional Design and Development at the University of Georgia.

**The European Union – Dr. Maurits van der Veen**

**Wednesday: Feb. 2, 9, 16, 23; 10:00-11:30; Room 135**

The European Union has recently expanded to include many East European countries, boosting its membership to 25 states. It is currently debating a European Constitution intended to formalize the relationship between the Union and its members. This course will present an overview of the EU, focusing on its functions, its powers, and membership criteria.

Dr. van der Veen is assistant professor of international affairs at UGA's School for Public and International Affairs. He received his Ph.D. from Harvard University and previously taught at the University of Pennsylvania. He is a native of the Netherlands.

**Extra Gentle Yoga – Julie Horne**

**Thursday: Feb. 10, 17, 24 and Mar. 3, 10, 24; 10:00-11:30; ACCA**

This yoga course is designed to comfortably stretch the body, encourage flexibility, strengthen the muscles, improve circulation, and reduce stress through breathing practices and *asanas* or postures and meditation. The practice always includes a deep relaxation. Modifications of the poses are introduced when needed to accommodate bodily limitations. Yoga mats are available at the ACCA, but you may bring your own. There will be no class on Mar. 17, and you are reminded to wear loose clothing for this class.

Ms. Horne is a certified integral Yoga instructor and has been practicing and teaching for more than six years. Before retirement she was a math instructor at the University of Georgia.

**False Memory: Case Studies of Common Childhood to Expert Witness Problems – Dr. Joseph Harris****Monday: Apr. 25, and May 2, 9; 2:00-4:00; Room 139**

False memories are created from suggestion, bias, and misattribution, which once established, become part of permanent memory. From Daniel Schacter's *The Seven Sins of Memory*, those that are created will be discussed in this course. They are perhaps the easiest to avoid and include many memories of events that never happened and are stored as reality, a common phenomenon. *The Seven Sins of Memory* costs \$10-14, and the paperback is available at Borders. This course is a sequel to *Keeping the Brain Alive* and the course from the Schacter text, either of which is a prerequisite.

Dr. Harris has degrees from Emory University, the University of Georgia, and Duke. A botanist with a research specialty in plant aging, he has held positions with the USDA, Young Harris and Coker colleges and the University of Wisconsin-Stevens Point.

**Fashionable You! – Janice Whitehead****Tuesday: Feb. 8, 15 and Mar. 1; 10:00-11:30; Room 129**

The first session will help you determine your figure type and what styles work best for you. Session two will focus on color that is best suited to your skin, hair, and eye color. The third session will help you create a mix and match wardrobe using the Weekender clothing concept. This will be an interactive class.

Ms. Whitehead was introduced to Weekender Fashions in 1987. In 1991 she became a fashion coordinator and, as such, enjoys helping women feel good and look great!

**The Fate of Human Societies – Dr. Marion Rice****Wednesday; Apr. 20, 27, and May 4, 11, 18, 25; 10:00-12:00; Room 139**

This course will cover an anthropological-biological perspective on human-societal development with a heavy emphasis on geography and environment. Participants will be encouraged to share their findings from recent newspaper and magazine articles on topics from agriculture to zoology. The instructor will try to serve as a class stimulator rather than lecturer. The course will use the text *Guns, Germs, and Steel: The Fates of Human Societies* by Jared Diamond, available at Borders for \$16.95.

Dr. Rice is Professor Emeritus of the University of Georgia and served as chairman of the Social Studies Department. He was co-director of the Anthropology Curriculum Project in the '60s and did extensive travel in Mexico and India in the '70s. He has been an active teacher in the LIR program.

**Faux Painting – Ronda Webb****Wednesday: Mar. 2, 9; 9:00-11:00; Room 139**

This course will cover a variety of finishes that can be applied to walls or furniture. The main objective is to provide class members with easy and inexpensive ways to spruce up homes or office spaces.

Ms. Webb manages Fresh Start Interiors, a business that specializes in helping people personalize their home and work spaces. She enjoys the challenge of assisting her clients in "showing off" their unique personalities throughout their spaces.

**Fibromyalgia and Stay Fit While You Sit – Dr. Jeff Davenport****Thursday: Mar. 24, 31; 1:00-2:30; Room 139**

The purpose of the fibromyalgia workshop, the first class session, is to educate participants on how nutrition, diet, exercise, lifestyle changes, and reducing stress without the use of drugs can relieve the symptoms associated with chronic disease. In the second class, Dr. Davenport will discuss proper posture and how an ergonomically sound environment can reduce the risk of serious health problems caused by long periods of sitting and how you can improve your health by reducing the stress caused by sitting all day.

Dr. Davenport is a local chiropractor and member of the Doctors Speakers Bureau. He is active in volunteer activities, teaching health issues within the community.

**Great Decisions 2005 – Drs. John Rudy and Ed Speir****Tuesday: Jan. 25 through Mar. 15; 9:00-10:30; Room 64**

This discussion course will use the Foreign Policy Association briefing book *Great Decisions* (2005 Edition) as the primary source. Topics include U.S. Intelligence, Russia, China, Outsourcing Jobs, Global Poverty Gap, Middle East, and Global Water Issues. The cost of the briefing book (\$15) will be included in the course fee and available from the teachers.

Dr. Rudy received his Ph.D. in International Relations from the Fletcher School of International Diplomacy, Tufts University, and pursued a career in international banking. Dr. Speir received his Ph.D. from the Graduate School of International Studies at the University of Denver. He is President Emeritus of Georgia College and State University.

**Home Landscape Design: Principles and Methods for Designing Your Landscape – David Berle****Thursday; Feb. 24 and Mar. 3, 10; 10:00-12:00; Room 139**

Prior to the class meetings, class members will be given a list of things to do to prepare for the class (available at registration). It will include requests for digital photos or scanned images of members' homes or areas they would like to landscape, locating a plat of their property, and looking through magazines to collect images of their choosing. From this, participants will work towards landscaping their own areas with his help.

Dr. Berle is currently a professor in the UGA Horticulture Department. He holds degrees in agriculture and horticulture as well as a master of landscape architecture. His past experience includes work as a county agent, owner of two landscaping companies, and head horticulturist at the UGA Botanical Garden and Grounds Department. He has been involved with residential landscape design for over 20 years.

**Inside UGA – Drs. Del Dunn, Jere Morehead, Nancy Kropf, Ron Cervero, and Elizabeth DeBray****Thursday: Mar. 31 and April 7, 14, 21; 9:30-11:00; Room 64**

This course will delve into key changes and trends at the University, with emphasis on student requirements and achievements, new initiatives in social work, and challenges in educational training in response to federal "No Child Left Behind" developments. Further information on these seminar discussions will be available at registration.

Instructors of the course are Dr. Del Dunn, vice president for Instruction; Dr. Jere Morehead, vice provost for Academic Affairs; Dr. Nancy Kropf, dean, School of Social Work; and Dr. Ron Cervero, department head, and Dr. Elizabeth DeBray, assistant professor, Department of Lifelong Learning, Administration and Policy.

**Introduction to the Internet – Anika Francis and Erin Adair  
Tuesday: Jan. 25 and Feb. 1, 8, 15; 11:00-12:30; Room 143**

The sessions will explore the Internet, its history, terminology, and capabilities. By the end of the course, you will be able to search the Internet to find useful information and understand how the Internet impacts society.

Ms. Francis and Ms. Adair are graduate students in Instructional Design and Development at the University of Georgia.

**Italian/ Mediterranean Cooking – Dr. James Okey**

**Wednesday: Apr. 6, 13, 20, 27; 3:00-5:00; ACCA**

Participants will join their teacher in preparing and consuming the wonderful cuisine of Italian cooking. Preparation and cooking techniques will be demonstrated. Menus will focus on foods prepared in the Mediterranean style with fresh, flavorful, and seasonal ingredients. **Participants who have taken the past two courses will not be eligible for this class this time.** The fee covers the expense of all food materials used in the class.

Dr. Okey is a retired professor of science education with extensive culinary training: a year at Peter Kenny's New York Cooking School as well as study in Italy and time as an apprentice in both cooking and baking abroad and in New York. He often does demonstrations at the Rolling Pin and is a frequent teacher for LIR. He travels annually to Italy.

**Making Email Work for You – Anika Francis and Erin Adair  
Tuesday: Apr. 5, 12, 19, 26; 11:00-12:30; Room 143**

This course will explore how to make email a more viable means of communication. In addition to learning how to create and send email, you will also learn how to save and send attachments such as pictures or word documents.

Ms. Francis and Ms. Adair are graduate students in Instructional Design and Development at the University of Georgia.

**Money: How to Make It and Keep It: A Three-Part Course on  
Wise Investing – Wesley Scott**

**Monday: February 14, 21, 28; 10:00-11:30; Room 139**

This seminar will cover financial areas for those of us on fixed incomes. Cash flow management, investment considerations, financial risks of retirement, taxation, and points for taking action will be discussed.

Wesley Scott is an investment representative for Edward D. Jones in Athens.

**Navigating Life's Transitions – J.C. Chappell, Teresa Murphy, Cliff Crews, Judy Wallace, Kathleen Nimmo, Rhonda Webb, Michael Berger, Richard Andersen, and Jason Wommack**

**Tuesday, April 26, and May 3, 10; 2:00 - 3:30; Room 139**

These classes are designed to help one plan and prepare for the transitions that inevitably accompany aging. The first session will examine alternatives in types of living and medical arrangements with presentations from Vista Care, Iris Place, and Morningside.

The second will focus on practical issues in downsizing: making the right choice and decorating small spaces. The third session will emphasize business decisions such as living wills/trusts, funeral considerations, and long-term health insurance.

**Neurobic and Creativity Exercises: Ways to Keep Your Brain Alive – Drs. Lenette and Zeb Burrell**

**Wednesday: Feb. 2, 9, 16; 2:00-4:00; Room 135**

Primary course objectives are to sharpen and expand the mind and improve memory. Discussion includes the new science of neurobics, how the brain works, and the creative process. Activities include those in the text *Keep Your Brain Alive* by Katz and Rubin, and in handouts providing various creative experiences. Texts can be purchased at Borders.

Dr. Lenette Burrell, R.N., Ed.D, is currently a senior research scientist at the Gerontology Center at UGA, having earned her degrees from Georgia College, Medical College of Georgia, and UGA. She taught at the Medical College of Georgia School of Nursing satellite in Athens.

Dr. Zeb Burrell holds degrees from Emory University, Medical College of Georgia, and University of Pennsylvania Graduate School of Medicine. He also serves as a senior research scientist at the Gerontology Center.

**Play Your Way to Mental Health (Play Therapy for Children) – Laura Davenport, LPC**

**Thursday: Mar. 24, 31; 10:00-11:30; Room 139**

In the first session, participants will be given information about the role of play for children and how to facilitate play with children. They will learn the basic techniques that may be applied to most interactions with people in general (adults and children). The second session will be more experiential. Participants will be invited to experience activities to demonstrate the principles outlined in session one.

Ms. Davenport holds a master's degree in mental health counseling and is a licensed profession counselor. Her private practice is in Watkinsville. She has been practicing mental health counseling since 1987.

**Strength Training – Dr. Elaine Cress**

**Tuesday and Thursday: Jan. 25 through Apr. 26; 12:30-2:00; Ramsey Center**

This twice-weekly course will hold no classes during Spring Break, Mar. 15 and 17. Students will be tested prior to and after completion of this conditioning course. Dr. Cress and UGA students studying exercise physiology will carefully follow each individual's progress. Weights training and stretching exercises are taught using the most up-to-date equipment at Ramsey Center. The first class session will be in room 225, Ramsey Center, at 12:30 on January 25. You should park in lot E03 using a parking pass as usual. The classroom for the first day is in the part of the building closest to the new dining hall. You will need a signed permission form from your physician; Amy Munnell has these for you.

Dr. Cress is repeating a very popular course for LIR. She received her Ph.D. from the University of Wisconsin. Her research has involved older adults with an interest in adults maintaining physical function as long as they wish to be independent. Her research has also defined how strength and aerobic capacity contribute to functions in everyday tasks.

**Stretching Your Way to Good Health and Five Secrets to Looking and Feeling Younger – Dr. Jeff Davenport**  
**Tuesday: Jan. 25 and Feb. 1; 1:00-3:30; Room 135**

In "Stretching" you will learn how to prevent musculoskeletal disorders that may affect muscles, nerves, tendons, joints, or spinal discs as a result of activities at home, work, or during leisure time. "Five Secrets" will discuss the effects of sugar on hormones in the body leading to weight gain and how exercise and eating healthier - not dieting - can lead to improved metabolism, health, and vitality as well as permanent weight loss.

Dr. Davenport is a local chiropractor and member of the Doctors Speakers Bureau. He is active in volunteer activities, teaching health issues within the community.

**Successful Aging: Gerontological Issues – Drs. Mary Ann Johnson, James Cooper Jr., Dick Anderson, and Leonard Poon**

**Wednesday: Mar. 2, 9, 16 at 2:00-3:30 and Thursday, Mar. 17. at 10:00-11:30; Room 139**

The first session will emphasize the importance of eating a variety of fruits, vegetables, whole grains and calcium rich foods to optimize health. Dr. Johnson is professor of food and nutrition and a member of the faculty of gerontology at UGA. Her research includes examining the role of nutrition in osteoporosis, cognitive disorders, and hearing loss, and the role of Vitamin B12 and Vitamin D in the health of older people.

Safe medication use is the topic for the second session. This session will cover key factors in medication problems, high-risk medications, etc. Registrants will have the opportunity to present questions regarding medications in writing ahead of time. Dr. Cooper is the Albert Jowdy Professor of Pharmacy Care and Clinical and Administrative Pharmacy at UGA. His primary interest is geriatric drug therapy.

The third session will reveal how to use the web as a source for medical problem solutions. Learn how one individual through trial and error turned the web into a diagnostic tool. Dr. Anderson, past LIR president, was a professor and associate dean of social work at UGA.

In the final session on Thursday, March 17, Dr. Poon examines the characteristics of the old. What will you be like at age 100? This session will focus on the survival characteristics and adaptation of centenarians. Just what do the oldest of the old have in common? Dr. Poon is professor of psychology, chair of the faculty of gerontology, and director of the Gerontology Center, UGA.

**Traditions, Culture, and Crafts of Oaxaca – Dr. Terry Perenich**

**Tuesday: Mar. 1, 8, 15; 2:00-3:30; Room 139**

The first session will focus on geography, the people, and a brief history of the state of Oaxaca. The city of Oaxaca, its history, food, culture, and nearby archeological sights will be covered in the second session, and finally the market towns, artisan villages, and their crafts and folk art will be explored.

Dr. Perenich is a retired professor of textile science. While at UGA she started an Oaxaca Study Abroad program. She has been to Oaxaca several times, learning about the arts and crafts of the area, particularly the textiles through which many of its weavers speak and express their culture.

**20th Century Theatre – Dr. Augustus Staub**  
**Tuesday: Apr. 12, 19, 26; 9:00-11:00; Room 139**

This course will cover the history of theatre in the 20th century: realism, expressionism, absurdism, and post-modernism. Six sample plays will be read: Ibsen's *Doll House*, O'Neill's *The Emperor Jones*, Williams's *A Streetcar Named Desire*, Jarry's *King Ubu*, Handke's *Kaspar*, and Meara's *After-Play*.

Dr. Staub is Professor Emeritus of Drama at UGA. He received his doctorate from LSU. In addition to teaching, he has served as director of the Jekyll Island Musical Comedy Festival, the Highlands Playhouse, Marietta's Theatre in the Square, and the Georgia Repertory Theatre. He has written plays, numerous articles, and has authored three books.

**21st Century Cuba: Images and Impressions – Dr. Gene Younts**

**Thursday: Jan. 27 and Feb. 3; 10:00-11:30; Room 64**

The first session will focus on a brief history of U.S.-Cuban relationships and how the speaker was successful in making five visits to Cuba from 2000-2004. The second session will cover 21st-century impressions and visual images as well as speculation about future U.S.-Cuban relations.

Dr. Younts is professor and Vice President Emeritus of UGA and Distinguished Public Service Scholar. He studied at North Carolina State and Cornell Universities. In 2002 he published a biography on J. W. Fanning and is currently writing a book about Cuba titled *Hola Cuba*.

**Weather, Human Comfort and Mortality – Dr. Vernon Meentemeyer**

**Wednesday: Feb. 9, 16, 23; 10:00-12:00; Room 139**

This course will examine the major mechanisms by which environmental/atmospheric variables interact with the human body. In the second session we will examine the development and use of comfort indexes such as the various heat and wind chill indexes and their geographical locations in the United States. In the third session we will look at the patterns of human mortality caused by weather extremes and close with the instructor's perspective on recent research results on global warming.

Dr. Meentemeyer is professor of geography with a specialization in applied climatology. His primary research interests involve weather and climate controls of organic decomposition and carbon cycles. Some of his most recent work has been on the role of climate in the geography of Lyme Disease.

**PARKING TAG ALERT**

UGA Parking Services has announced that it will be coming down harder on use of our parking tags. Remember to hang your tag as instructed on the rear view mirror with the year, month, and day numbers either darkened with pen on both sides or punched through.

Incorrectly marked tags or no tags displayed will result in a \$40 ticket.

## SOCIAL EVENTS FOR WINTER-SPRING

### Brighten Up January

Plan to join us at 11:30 for lunch and a shopping trip on Thursday, January 13 at Butler's Crossing. This shopping center is at the intersection of Highway 53 and Hog Mountain Road in Watkinsville. We will lunch at the authentic Italian Ristorante Roberto. Entrees are from \$4.95 to \$9.95. If you want wine with your lunch, you can bring your own. There is a \$3 cap fee.

Following lunch you can shop on your own at the variety of stores. There is the "Traffic Light" (women's apparel), Publix grocery, Frame Works, Southern Treasures, and a Hallmark (cards and gifts).

Please make a reservation by Monday, January 10, by calling Phyllis Lane at 706-548-1606.

### Greet Spring at the Hoyt House

Join your LIR friends at high noon on March 6 for an elegant and extensive buffet lunch at the charming Hoyt House. The Hoyt House is the centerpiece of the renovated Foundry Park Inn, 295 E. Dougherty Street, and is developing a reputation as one of Athens' most elegant gourmet restaurants. The buffet is \$16.95 plus tax and a gratuity of 20%. Call Jane King at 706-543-1539 to make a reservation by Thursday, March 3.

## WINTER TRAVEL/STUDY EVENTS 2005

### Abbeville Theatre Weekend

#### Friday and Saturday, January 28 and 29

This is a repeat, by request, of our popular theatre weekend package. It includes an overnight stay at the historic Belmont Inn in Abbeville, S.C., with a wine and cheese welcome on Friday afternoon, dinner at the Inn, and play tickets for the Abbeville Opera House production of the exciting American musical, OKLAHOMA! Coffee and dessert after the play and breakfast the following morning are included along with taxes and gratuities.

The Abbeville Opera House, with its scarlet and gold interior, is the official State Theatre of South Carolina. Abbeville is a delightful and historic community. Jefferson Davis, Sarah Bernhart, and John C. Calhoun played parts in its rich history. Don't miss the series of paintings depicting 100 years of Abbeville history. The paintings are displayed at the Welcome Center housed in the old bank building.

Shopping is a pleasure along spacious tree-lined Court Square with its beautiful and unusual fountain. Be sure to see Dr. Samuel R. Poliakoff's outstanding collection of western art in the county library nearby. You will see contemporary southwestern Indian pottery and textiles as well as western genre paintings and bronzes.

The cost is \$189 per couple for a queen bedroom or \$179 for a twin bedroom. Transportation to and from Abbeville is not included. You may carpool or drive yourself. Need a roommate? Let us know. Space is limited so please call Frances Lang at 706-353-7733 to reserve your space, obtain directions, and for answers to questions. Full payment is due January 15. Mail your check made payable to LIR with the reservation form to Frances Lang, 156 South Homewood Drive, Athens, GA 30606-1704.

### Celebrate Valentine's Day with This Exciting LIR Tour Monday, February 14

Take advantage of the unique site of this day trip. We will drive to Atlanta by motor coach to the Swan House, Swan Coach House, and the Atlanta History Center – all at the same general location. First, we will have the opportunity to tour the history center, known for its emphasis on southern life, Atlanta life, and military life. This includes "Georgia Remembers WWII," "Southern Folk Art," "Golf Great Bobby Jones," and a detailed account of the Civil War.

We will then be served lunch at the Swan Coach House with fresh flowers on the table and swaying palms around us. A docent-led tour of the Swan House, restored home of one of Atlanta's most prominent families, will provide an elegant close to our visit.

Join us for a very delightful and informative Valentine's Day.

Registration deadline is January 31, 2005. The fee is \$53.00 and includes all admission fees and lunch as well as transportation. The bus will depart at 8:30 on Feb. 14 from the upper parking lot of the Home Depot on Epps Bridge Rd. and will arrive back at about 5:45. Call Pat Thomas at 706-543-2814 for any additional information.

### Coming in March – Sapelo Island

Mark your calendar now for this overnight trip on March 16 and 17, 2005. On day one, after a relaxing ride on our tour bus, we stop at the Mighty U.S. Eighth Air Force Museum. From there we go to Fort King George, the first English fort built in Georgia in 1721. Then on to Jason's Executive Inn, Darien, GA, for our overnight stay. On day two, we embark on a tour of pristine Sapelo Island. Here, we will visit an antebellum mansion at one time owned by Howard Coffin, Hudson Motor Executive. In addition to one of Georgia's most beautiful beaches, we will see the Island's restored lighthouse and the Geechee settlement populated with descendants of slaves who lived on the island's plantation.

If you miss this trip, you'll regret it! More details in the next newsletter.

### LIR FITNESS ASSESSMENT DAY AT YWCO

Want to lift your spirits? look and feel better? have more energy than ever before? have more control over your health? Regular exercise is the key to good health. To get you started, the YWCO is offering a free fitness assessment day. Come to the YWCO, 562 Research Drive, Athens, on January 20 between 9:00 and noon. The fitness staff will administer a few quick and easy tests to evaluate your personal fitness needs. Then they will offer advice for the best exercise options for you. For more information or to register for a participation time slot, call the YWCO at 706-354-7880. Reservations are preferred but not necessary.

### VOLUNTEER FOR MEALS ON WHEELS

The Athens Community Council of Aging is seeking volunteers for its home delivered meals program. The program offers homebound, elderly, and disabled clients a daily hot nutritious midday meal and personal contact with a caring and friendly carrier. After an orientation and instructional program, volunteers generally donate one to two hours per week making their rounds. For more information, call Trishanne Langford or Sarah McKinney at 706-549-4850.

## SPECIAL INTEREST GROUPS REMINDER

Several groups are still expanding or forming for the first time. See if you might be interested in joining one of them.

### Conversational Spanish Group

Contact Charles Laughlin if you are interested in meeting at one of our Mexican restaurants for a friendly lunch get-together while speaking Spanish only. You can call Charles at 706-543-5487 or email him at [claughlin39@hotmail.com](mailto:claughlin39@hotmail.com).

### Quilting Group II

A second quilting group, formed in the fall, still has room for new members. The group meets on the first and third Monday of each month from 1:00 to 3:00. If you wish to join, call Mandy Robertson at 706-548-5681.

### Art Group

Doing art, appreciating it, and learning from the great masters and each other is the focus of this new group. The meeting time and place will be decided by members once the group is formed. If you are interested, call Claire Clements at 706-548-0211.

## CLASS SIZE AND ABSENCES

Classes require a minimum enrollment of 10. If that is not met, you will be notified and your money refunded. Circumstances do arise that necessitate absences. In that event, please let your presenter know. Feel free to arrange for a friend to take your place during the absence.

**PLEASE WEAR YOUR NAMETAGS TO CLASSES AND OTHER LIR EVENTS!**  
**If your mailing label has 2005, your dues are current!!**



FIRST CLASS POSTAGE

Learning  
 IN Retirement!!! Inc.  
 P.O. Box 49182  
 Athens, GA 30604-9182

## RESERVATION FORMS FOR SOCIAL EVENTS - SPRING SEMESTER 2005

Telephone reservations are the only requirement for the two social events early this year.

For **Lunch and Shopping Trip on January 13**, lunch at Ristorante Roberto, call Phyllis Lane by Monday, January 10, at 706-548-1606.

For **Buffet Lunch at the Hoyt House on March 6**, call Jane King by Thursday, March 3, at 706-543-1539.

## TRAVEL EVENTS RESERVATIONS

**Abbeville Theatre Weekend, January 28-29**  
**Full Payment due January 15, Reservation deadline.**

Name \_\_\_\_\_

Address \_\_\_\_\_

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

\_\_\_\_ Queen bedroom (\$189) or \_\_\_\_ Twin bedroom (\$179)

Call Frances Lang at 706-353-7733 to reserve your space before mailing in reservation.

Make check payable to *Learning in Retirement, Inc.*, and mail to Frances Lang, 156 South Homewood Drive, Athens, GA 30606-1704.

**Swan House and Atlanta History Center Tour, February 14**  
**Reservation deadline is January 31, 2005**

Name \_\_\_\_\_

Address \_\_\_\_\_

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

The fee is \$53.00 and includes all admission fees and lunch as well as transportation.

\_\_\_\_ No. of reservations x \$53.00 = \$ \_\_\_\_\_ enclosed

Make check payable to *Learning in Retirement, Inc.*, to Amy Munnell, 125 University Drive, Athens, GA 30605-1435.

# SPRING 2005 LIR COURSE REGISTRATION FORM

Couples should fill out one side of this form for each of them, even if they are taking the same courses. They may, however, write one check for the combined cost, made payable to *Learning in Retirement, Inc.*

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Email: \_\_\_\_\_

*Important: We send email notices and reminders of events.*

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**SPECIAL BROWN BAG LUNCH** *Circle yes if going.*      YES  
 January 31, 12:00-2:00 Council on Aging -  
 Learning New Things about an Old Friend      No charge

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**LUNCH AND LEARN LECTURE SERIES**

11:00 - 1:00 Council on Aging  
 \$15 each, or \$55 for all four      All 4 - \$55.00 \_\_\_\_\_  
 February 7 - Mapping in National Parks      \$15.00 \_\_\_\_\_  
 March 7 - Museum of Art & Visual Literacy      \$15.00 \_\_\_\_\_  
 April 4 - The Drama of Adult Life      \$15.00 \_\_\_\_\_  
 May 2 - Stem Cells Cure?      \$15.00 \_\_\_\_\_

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**SPRING SEMESTER COURSES**

AARP Defensive Driving Course      \$ 6.00 \_\_\_\_\_  
 (+\$10 to AARP for materials)  
 The Age of Discovery      \$12.00 \_\_\_\_\_  
 Creating a Document with *Word XP*      \$12.00 \_\_\_\_\_  
 The European Union      \$12.00 \_\_\_\_\_  
 Extra Gentle Yoga      \$18.00 \_\_\_\_\_  
 False Memory      \$ 9.00 \_\_\_\_\_  
 Fashionable You!      \$ 9.00 \_\_\_\_\_  
 The Fate of Human Societies      \$18.00 \_\_\_\_\_  
 Faux Painting      \$ 6.00 \_\_\_\_\_  
 Fibromyalgia and Stay Fit While You Sit      \$ 6.00 \_\_\_\_\_  
 Great Decisions 2005      \$39.00 \_\_\_\_\_  
 Home Landscape Design      \$ 9.00 \_\_\_\_\_  
 Inside UGA      \$12.00 \_\_\_\_\_  
 Introduction to the Internet      \$12.00 \_\_\_\_\_  
 Italian/Mediterranean Cooking      \$45.00 \_\_\_\_\_  
 Making Email Work for You      \$12.00 \_\_\_\_\_  
 Money: How to Make It and Keep It      \$ 9.00 \_\_\_\_\_  
 Navigating Life's Transitions      \$ 9.00 \_\_\_\_\_  
 Neurobic and Creativity Exercises      \$9.00 \_\_\_\_\_  
 Play Your Way to Mental Health      \$ 6.00 \_\_\_\_\_  
 Strength Training      \$32.00 \_\_\_\_\_  
 Stretching to Good Health      \$ 6.00 \_\_\_\_\_  
 Successful Aging      \$12.00 \_\_\_\_\_  
 Traditions, Culture, Crafts of Oaxaca      \$ 9.00 \_\_\_\_\_  
 20th Century Theatre      \$9.00 \_\_\_\_\_  
 21st Century Cuba      \$ 6.00 \_\_\_\_\_  
 Weather, Human Comfort and Mortality      \$ 9.00 \_\_\_\_\_

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Make your check payable to Learning in Retirement, Inc., and mail with this form to Amy Munnell, 125 University Drive, Athens, GA 30605-1435.

If you have questions, contact Amy at [nega\\_writer@yahoo.com](mailto:nega_writer@yahoo.com)