



OLLI AT FSU'S MONTHLY NEWSMAGAZINE

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## **FSU RESEARCHERS FIND RESILIENCE, NOT LONELINESS, IN NATIONWIDE STUDY OF PANDEMIC RESPONSE**

By Doug Carlson, FSU News 2020

A study from the Florida State University College of Medicine found that social distancing during the COVID-19 pandemic has not led to an overall increase in loneliness among Americans.

Social distancing during the COVID-19 pandemic has not led to an overall increase in loneliness among Americans.

That's the takeaway from a comprehensive, nationwide study by Florida State University College of Medicine researchers who surveyed more than 2,000 people before and during the enactment of stay-at-home

policies in response to the COVID-19 pandemic.

The study on how loneliness and perceived support has changed from before to during the pandemic is published in [American Psychologist](#).

“There has been a lot of worry that loneliness would increase dramatically because of the social distancing guidelines and restrictions,” said lead author Martina Luchetti, an assistant professor at the College of Medicine.

“Contrary to this fear, we found that overall loneliness did not increase. Instead, people felt more supported by

others than before the pandemic. Even while physically isolated, the feeling of increased social support and of being in this together may help limit increases in loneliness.”

The paper is part of a larger study College of Medicine researchers are doing on COVID-19 to look at changes in mental health during the COVID-19 crisis and how psychological factors contribute to various aspects of response to the pandemic.

The study involved a nationwide panel of adults ages 18 to 98. Participants first completed a survey in early February unrelated to COVID-19, before the virus was widely known to be a threat to the U.S.

As the threat was being realized, researchers contacted participants again for two more surveys — one in mid-March during the 15-day period to slow the spread based on White House guidelines and another in late April as the guidelines were about to expire.

More than 2,000 responses to the surveys were included in the findings. The study also looked for increased loneliness in specific at-risk groups, finding only modest evidence of a small increase in loneliness among older adults.

Older adults reported less loneliness overall compared to younger age groups, despite an increase in

loneliness during the acute phase of the outbreak.

That increase in feelings of loneliness among older adults was temporary, leveling off after the issuance of stay-at-home orders.

Individuals living alone and those with at least one chronic condition reported feeling lonelier at the outset but did not increase in loneliness after social-distancing measures were implemented.

“Despite a small increase among some individuals, we found overall remarkable resilience in response to COVID-19,” said Angelina Sutin, associate professor of Behavioral Sciences and Social Medicine and senior author.

Loneliness already was a known health risk before the pandemic, and it has been linked to increased risks of morbidity and mortality. Surveys have found that 35 percent of adults 45 and older report feeling lonely and 43 percent of those over 60 report experiencing loneliness at least some of the time.

Some studies suggest that loneliness is even more pervasive among younger adults. “In the context of the coronavirus pandemic, it may be particularly difficult to reconnect with others given the restrictions on in-person social gatherings,”

Luchetti said. “Even these transient feelings of loneliness can have a negative effect on health, meaning there could be dangerous unintended consequences if loneliness increases in response to the restrictive measures taken as a result of the pandemic.”

Yet from the start of the pandemic, there have been anecdotal reports of people calling their family and friends more often and finding creative ways

to stay connected. This outpouring of support may have shielded them from potential increases in loneliness. The pandemic is also something that everybody is going through.

“Just knowing that you are not alone and that everyone is going through the same restrictions and difficulties may be enough in the short term to keep feelings of loneliness down,” Sutin said.

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## THE PRESIDENT’S PAGE

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Harriet Waas  
President, OLLI Advisory Council



We just completed another month of the "new normal" for OLLI. In summers past, not much went on and we all waited for the Fall semester to begin. This year, we continue our connections and learning experiences online throughout the summer. So

many wonderful volunteers are working behind the scenes to bring to us events such as the **Perspectives on the COVID-19 Pandemic and Summer in Paris** hosted by Bill Walter. While George and I spent time in Paris and visited the

Louvre, the **Summer in Paris** June event gave us a new perspective on paintings that we saw. It also allowed us to relive our trip by bringing back fond memories.

Once again, our OLLI volunteers called all OLLI members for a "wellness check" and to share with them the summer OLLI events. Special thanks go to Karyn Hornick, Marie Clewis, Kathie Emrich, Linda Kilgore, Carroll Bewley, Jill Adams, Carolyn White, Joanne Taylor, Myrtle Bailey, Debbie Justice-Obley, Jack Mapstone, Denise Zabelski-Sever, Bruce Bechard, Robin Brinkmeyer, Linda Fairbanks, Sue Wattenberg, Marsha VandenDooren, Nancy Norman, Carol Winger, and Randy and Mary Anne Soule.

Those of us who spent time talking to members received a warm reception and shared many interesting things. We all found that we miss our families and the social contacts we usually have. We learned how people are spending their time in new and creative ways and learning safety techniques to stay healthy.

If you are interested in calling OLLI members prior to Fall semester, just contact me. I promise, you will have not only done something good for others, you will gain an amazing appreciation for our coping skills in difficult times.

The OLLI Bylaws have now been updated and approved by the OLLI Advisory Council. Thanks go to all the Advisory Council members who assisted with this task.

For many years, OLLI officers and other volunteers have attempted to put into writing what we actually do. As a born organizer, I have taken on the task of compiling all the information and creating a "Procedures Manual" (final name to be determined) so that future OLLI volunteers will know what those before them accomplished in each position.

For each position or procedure, I have compiled the information others have written. Each document was then passed on to those who had served in that position for review and suggested changes to bring the document up to date. Our Executive Director, Debra Herman, now has all these documents for her review. The idea is that this is to be a "living document" that will change with the times as needed.

Thank you to all the officers and volunteers, past and present, who worked so hard on this information. I could not have accomplished this task alone and appreciate all the assistance I received. My final goal is to present Debra with a notebook and a flash drive, and finally to file all this information on the OLLI Google Drive for future reference.

I wish you all a wonderful August that is not too hot and will allow you to make many new memories in this

difficult time. Once again, thanks for all you do to make OLLI the amazing program that it is!

## MONDAY OLLI BOOK CLUB SETS FALL SCHEDULE

We begin with the first novel of Amor Towles whose **A Gentleman In Moscow** we read a few years back. The older book, our September 14 selection, is **Rules of Civility** about the social life of differing classes of young people in NYC in the late 30s. It's entertaining and informative for a good summer read. On October 12 our selection is **The Storyteller's Secret** by Sajal Badani; for November

9. **Drive Your Plow Over The Bones of the Dead** by Olga Tokarczuk and for December 14 **Call of the Wild** by Jack London. Questions can be emailed to Ramona at [rbowman0721@gmail.com](mailto:rbowman0721@gmail.com). Books have been determined for remainder of our year and will be sent to you upon request. We will continue as long as necessary on Zoom, as we did for our April, May and June meetings this year.

## OLLI SETS AUGUST SPECIAL LECTURES PROGRAM VIA ZOOM

By Fran Conaway and Carroll Bewley

OLLI will to continue to offer free special lectures via Zoom throughout August. Sessions on Wednesdays, August 5, 12 and 19 will continue July's focus on perspectives on the COVID-19 pandemic. The final Zoom of the month will address another topic of major interest at this time, political polling.

### August 5, 2-4 p.m.—Ken Brummel-Smith

Back, by Popular Demand, Dr. Ken Brummel-Smith

Following the first OLLI Zoom session on Perspectives on the COVID-19 pandemic, members said they wanted more time with Dr.

Brummel-Smith, Professor Emeritus, Department of Geriatrics, FSU College of Medicine, and OLLI instructor.

Dr. Brummel-Smith has agreed to return for a solo performance in his unique style to share more information and answer your questions about COVID-19 and its impact.

### August 12, 2-4 p.m.--Randi Atwood

Perspectives on Newspapers and the Pandemic

Randi Atwood, Tallahassee Democrat Platform Editor and OLLI instructor on theater and news media, along with several of her Democrat colleagues, will conduct a panel discussion on the

current state of newspapers, as well as their future, in response to the COVID-19 pandemic.

**August 19, 2-4 p.m.--Andi Isaacs**

**Where Is My Popcorn? The Status of Movies and Entertainment During COVID-19**

Join us for this presentation by Andi Isaacs, retired film production executive and popular instructor for several past OLLI courses. We'll discuss what is happening today in film studios around the world, the economic effects of a halted entertainment industry, and what may be the near and distant future of

movies, television, theater and live entertainment.

**August 26—Suzanne Parker**

**Understanding What Public Opinion Polls Have to Say**

Purdue University Emeritus Professor of Political Science Suzanne Parker, who earned her Ph.D. in Political Science from Florida State University, will offer an introduction to the nuts and bolts of political polling, offering guidance on how to examine and evaluate the many and varying political polls that are accompanying this election season.

Information and registration for all of these sessions is available at [olli.fsu.edu](http://olli.fsu.edu). You must be a current member to register.



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**How to fix the nursing home crisis, now and after the pandemic**

***Larry Polivka, Executive Director, Claude Pepper Center***

The COVID-19 pandemic has caused tens of thousands of deaths and more than three million infections, with predictions of many more to come. Nursing home residents have been among the most affected by the pandemic. Most of these residents are fragile, with medical co-morbidities and restricted mobility.

These conditions, and the fact that residents live in close proximity to each other, make them highly vulnerable to a pandemic. The situation is compounded by lack of preparation, including insufficient personal protective equipment (PPE) for caregivers and testing to identify those infected in a timely fashion.

To understand fully how the United States has ended up in this tragic situation, we need to take a broader view of long-term care. We are failing to provide enough community-based services, as well as quality nursing home care, to a rapidly growing population of older Americans who have serious but unmet needs.

Community-based in-home programs include a wide range of services, from home health care and personal care support to homemaker assistance. The expansion, however, of these services for persons dependent on public assistance has been slow and uneven. Most states spend more than 50 percent of their Medicaid funds, the biggest source of long-term care

funding, on nursing home care rather than community-based services.

Furthermore, the number and accessibility of services is often inadequate, resulting in growing waitlists. In Florida, the waitlist for community-based services exceeds 75,000, grows annually and will become longer with the unprecedented growth of the older population over the next 20 years if services aren't expanded. The United States spends less of its GDP (1 percent) on long-term care than virtually every other wealthy country. *To read the full article, published July 17<sup>th</sup> in the Tampa Bay Times, please visit <https://bit.ly/2OR3rJk>*

### **COVID-19 Section Updates**

We have added numerous sections to the COVID-19 portion of our website. These new sections focus on Florida policy, the cultural impact of COVID-19, public health policy, global dimensions, and COVID-19's impact on vulnerable populations. Within each section you can find curated

articles and commentaries that go into greater detail about the various effects COVID-19 is having on our nation and the world. We will be posting information daily and modifying previous posts as more information becomes available.

<https://fla.st/3cwB0Ks>



*(Updated July 1, 2020) The following stores offer additional hours reserved for our elder population in addition to their regular store hours.*

ELDER POPULATION

# Shopping Hours



**Tuesdays,**  
*One Hour Before Open*



**Tues & Wed,**  
*First Hour Open*



**Daily,**  
*First Hour Open*



**Tues & Thurs**  
*Open - 9am*



**Mon - Fri**  
*9am - 10am*





**Mon - Fri,**  
*7am-8am*



**Daily,**  
*7am - 8am*



**Daily,**  
*6am - 7:30am*



*The brands listed above have enacted nation-wide policies. Many other brands have policies in place to help but their times are determined by your local store which you can find by contacting them.*

## FALL SHOWCASE WILL BE DIFFERENT THIS YEAR

Due to the COVID-19 pandemic, Fall Showcase will be different. OLLI leadership will decide whether the showcase, which will not be open to

the public, videotaped at the FSU Turnbull Center or live on webinar. Or perhaps recorded in some other manner. Either way, the showcase



should be available by September 11, according to Executive Director Debra Herman.

There will be 38 classes offered in

Tallahassee and Panama City, and three open-air small classes at Panama City. Registration begins on September 17, she added.

# A TIME IN MY LIFE



## THAT DIRTY WORD

By Paula Walborsky

Long ago, in another century, in a youth now far, far away I taught the deaf. We were a self-contained classroom of about nine children ages ten to twelve. They had been in classes together since they were toddlers. Over the years the children got to know one another very well. We communicated with simultaneous spoken English and sign language.

And like all languages, sign language has “dirty” words. Like children everywhere “dirty” words were somehow acquired faster, easier, and from some invisible force. Among

these children was a boy named Loyalty and a girl named Monica. I think Loyalty had a crush on Monica from the time they were about five. She was a sensitive little girl with beautiful braids, patent leather MaryJane shoes, and perfectly iron and starched dresses. She cried when we read sad stories.

Loyalty was the class clown. He could walk on his hands, run like the wind, and was amazingly strong. He loved to sit just behind Monica and torment her. She was not appreciative of these attentions. On the playground he

cranked his pranks another notch while Monica sat quietly signing to her girlfriends. They were not yet even slightly interested in pesky boys.

Especially those who used dirty signs on the playground to taunt them. On several occasions Monica came to me and complained that Loyalty was using dirty signs and shocking the girls' tender constitutions. Well, she did not put it quite that way. But I never thought of words as dirty and I hated to get pulled into that silliness. Finally, she arrived tear-stained and furious at Loyalty's dirty signs and clearly at the end of her eleven-year-old's rope. I called a class meeting.

Class, I said, who knows why Monica and the girls are upset? Loyalty is using dirty signs, they signed to me. What shall we do about it, I asked. Loyalty was watching all this of course and he was not going to take this peer

pressure sitting down. He jumped up from his seat and ran to the blackboard where in an instant he wrote in the largest letters he could reach, F [group gasp of horror], A [group silence], R [group giggle], K [group divides into two, one half laughing hysterically and the other pointing with indicting fingers to the chalkboard]. Every finger in the room spelled out FARK, FARK, FARK.

It is impossible to discipline anyone while you are laughing so hard that tears are running down your face. Loyalty's "dirty" word was FARK.

Oh, he had the sign right. But I wasn't going to correct him and the class just loved it. And Monica got it. In fact, it became kind of a binding thing among us. When someone got close to the edge we would sign, FARK. And laugh.

## *FROM THE WRITERS' CLUB*

By Elizabeth Platt

### A FINNICKY EATER

Recently a friend from my church picked up some groceries for me and on delivery she included a generous helping of beef stroganoff she had prepared, along with some sour cream that she had not added while cooking the stroganoff. When she mentioned that I should add the sour cream when

heating up the stroganoff, I politely said that I didn't care for sour cream and so would probably leave it out.

She then said that the recipe included sour cream and implied that without it, the resulting dish would not be stroganoff.

When I was a baby, I was fed in a high chair, and one day my mother offered me a spoonful of spinach baby food. She later told me that I made such a nasty face (and probably also banged on the high chair with my spoon) that she never tried to feed me spinach again. So, while my mother enabled my refusal of certain foods, my father had a different view of children and food.

Growing up in a modest Irish-parented family with five children, it is doubtful that any of them would be allowed to refuse certain foods. So, he always said, "You must eat the food that's put before you on the table."

The best example of how he enacted this view happened one day when he would not let me go to school until I ate a bowl of cereal that was swimming in too much milk for my taste. I sat there complaining and refusing to eat, but eventually ate the cereal and drank the milk as we sat there at an impasse.

Another time when I refused to eat was the day he took me to lunch at the Illinois Athletic Club in Chicago,

where he had been invited by a salesman he worked with.

I ordered a hamburger, but it was not like the ones you could get at our neighborhood burger place in Lincoln, Nebraska, but a kind of gourmet burger that I refused to eat. My father was mortified; I don't remember what was said, but I was too insulted to answer for myself.

Later that evening, after some thought, I took myself to task for not having overcome my history of being a finicky eater, and wrote her these lines to apologize: "When a fine cook prepares a favorite dish, the resulting meal has a certain integrity, which does not allow for ingredients to be omitted. The integrity of the dish also includes the planning of the meal, the recipe to be followed, the cookware to be used, the time to be allotted, and the people to be included at the table.

As I prepared the stroganoff for supper recently, I decided to add the requisite sour cream. Of course, it was a delightful meal, and I felt sorry I had ever suggested altering it to suit my limited repertoire of edible food. So, the moral of this tale is that though I am a woman of 80, I am still a fifth grader!

## **POLITICAL HISTORY ON TAP FOR WEDNESDAY BOOK CLUB IN SEPTEMBER**

By Susan Barnes, Chair

On September 9, the Wednesday Book Club will be discussing Fascism: A Warning by Madeleine Albright, the first woman to serve as United States Secretary of State.

A Fascist, observes Madeleine Albright, “is someone who claims to speak for a whole nation or group, is utterly unconcerned with the rights of others, and is willing to use violence and whatever other means are necessary to achieve the goals he or she might have.”

The twentieth century was defined by the clash between democracy and

Fascism, a struggle that created uncertainty about the survival of human freedom and left millions dead. Given the horrors of that experience, one might expect the world to reject the spiritual successors to Hitler and Mussolini should they arise in our era. In Fascism: A Warning, Albright draws on her experiences as a child in war-torn Europe and her distinguished career as a diplomat to question that assumption.

ZOOM invitations for the meeting will be sent to those who registered for the June meeting.

## ***SPECIAL TO THE TIMES*** **HOW TO USE ZOOM TO STAY CONNECTED DURING THE CORONAVIRUS**

From AARP 2020

You may never have even heard of Zoom — or perhaps used the videoconferencing service only for work. But then COVID-19 changed everything.

Zoom is now a thing for pretty much everyone, including older adults who are “zooming” for family check-ins, book club meetings, happy hours,

fitness classes, weddings and religious ceremonies.

“I need the socializing, since the pandemic is so depressing and isolating,” says Alyce Appleman Mariam, 60, whose husband, Tom, taught her to use Zoom. Since then, the Rye Brook, New York, teacher has used the service to connect with

cousins, to participate in a Passover seder and to play mah-jongg with friends.

Los Angeles-based doctor Steven Goldberg, 71, a self-described “sober alcoholic,” says being able “to find a Zoom Alcoholics Anonymous meeting at any hour of the day has been the unforeseen gift of this pandemic.”

The pandemic has fueled a Zoom boom. Last December the videoconferencing platform reported 10 million “daily participants”; by April 2020 the number had climbed to 300 million.

There are many videoconferencing options, including Skype, Google Hangouts, FaceTime, Facebook Messenger, Microsoft Teams and Cisco Webex. Many Zoomers chose the service because of its relative simplicity. Click a link and you're soon schmoozing with others.

“It's really easy,” Mariam says. “My 82-year-old mom uses it.”

If you're unsure about Zoom — and maybe a little intimidated — we're here to help.

### **How do I get started?**

Zoom works on many devices: Windows PCs, Macs, smartphones and tablets, with some interface and feature distinctions among devices. You can download desktop software for Zoom on a computer at [zoom.us](https://zoom.us). Or get the iOS and Android app versions in the Apple App Store or Google Play Store.

You can also participate in a Zoom call through your web browser, albeit with more limited functionality (for example, you can't schedule onetime or recurring meetings.)

Usually, you won't need an account to join a Zoom meeting, but one is required to host your own conference.

You may also have to register to participate in webinars or other sessions. And some hosts may restrict access to people who have created an authorized profile under a Zoom account. To sign up, visit [zoom.us/signup](https://zoom.us/signup).

Keep in mind that you'll need decent connectivity. “We've struggled with some people who don't have a powerful connection, and so they haven't had as much access,” says Paula Rochelle, 74, of San Jose, California, a Zoom newcomer who learned the technology to stay active in the groups she's involved in (from an activist organization called Raging Grannies to Toastmasters). “A couple of those friends are really feeling depressed and disconnected.”

What's the difference between the free and premium versions? With a free Zoom account, you can host a meeting with up to 100 participants or hold unlimited one-on-one gatherings. But such meetings are limited to 40 minutes; after that, people can sign back in (or have another host start a meeting), though it's a bit of a hassle.

Meanwhile, the \$14.99-per-month Pro plan allows up to nine hosts and lets them conduct meetings that run for up to 24 hours. Zoom has higher-priced plans for large businesses.

### **How do I join a Zoom session?**

An invitation typically arrives via email or text. Click the Join link in the body of the message. You'll be prompted to download Zoom or to launch the app if you already have it. You then just choose to join a meeting with or without video.

If the host hasn't started the meeting yet, you'll have to wait on hold. Use the time to test your computer audio and video settings (typically through the internal microphone and speaker on your system). As part of a test, Zoom will play an audio tone and record your voice — you will know something is off if you can't hear the tone or your voice. A video preview window lets you see how you'll look to others. Tip: If you plan on using video, make sure light is shining on you, rather than coming from behind.

You may reach the platform in other ways, too. If you're attending a Zoom webinar, click the link for the meeting that has likely been provided on the sponsor's website. You can also join directly from the Zoom application. Click the Meetings tab to check out any scheduled events and select Join at the appointed time.

Certain meetings can be joined by telephone using the teleconferencing number and meeting ID supplied by the host. Some also require a password, which the host will share.

### **How will I see other people?**

There are two common layouts: speaker view, in which the active speaker takes up the majority of the screen, and gallery view, with thumbnails of participants laid out as a grid. On a laptop or desktop computer, the control to toggle between these views is toward the top right corner of the Zoom window. On a tablet the control is on the upper left — you may have to gently tap the screen to see it. You'll see all participants' live video feeds if they've enabled their camera. In the absence of video, you'll see a dark rectangle with the person's name or initial.

### **Should I mute my microphone?**

If you're not about to speak, yes, especially if you are with other people. Screaming teenagers and barking dogs are a distraction.

Press the mute button when you're not speaking. To raise your hand, click on "More" in the top right corner of the Zoom window on laptops and desktops.

"I think that the mute button is everybody's friend," says Marisa Giorgi, director of curriculum development at Senior Planet, which

offers free Zoom training for older adults. You'll know that the mic is muted when a red slash appears on top of the microphone icon. Remember to tap or click the icon to unmute when it's time for you to pipe up. Worth noting: Hosts have the power to mute all the participants.

To be recognized by the host to speak in a webinar, you may be able to tap or click a "raise hand" icon, but the host can disable this feature.

### **How do I host a Zoom meeting?**

Make sure the app is installed and enter your account credentials. Select New Meeting to start an instant meeting. Ensure that the Video On switch is enabled to proceed with video. Click Participants to invite contacts or others via email or texts. To arrange a call for a later time, click or tap Schedule and choose when the meeting will occur and, among other options, determine whether invitees will need a password.

### **What about chatting and screen sharing?**

Another way to contribute to the conversation is to type comments or questions in the chat box. You can enter comments for all to see or direct them to an individual.

Be careful, though, because while a one-to-one comment can be seen just by the person you are sending the message to during the meeting, the

host can download the chat transcript once it is over. Avoid snide remarks you wouldn't want to be seen later. "We remind people that it's only private in that moment," says Breana Clark, who runs Zoom training sessions for Senior Planet.

The Chat and Share Screen buttons in desktop view. After you hit Share Screen, choose what you want to share.

If you need to collaborate or want to show something off (pictures, recipes), you can share the contents of your computer screen. For security reasons, the host can prevent users from sharing their screens.

### **Can I change my backgrounds?**

You can swap your background for a virtual Zoom background. This popular feature not only prevents peers from seeing how messy your house is but is fun to use. You can choose a video or still image as a background or take advantage of a green screen (if so

equipped). On a computer, click the tiny carrot next to the camcorder (start/stop video) icon on the bottom left corner of the Zoom window, then choose the Virtual Background option. On a mobile device, you may see the feature nested under the three little dots that say "More."

On a desktop, choose "Virtual Background" to choose an image or video as your Zoom background.



Either way, you may have Zoom background choices you can select immediately. Or click or tap a plus sign to add a file already on your computer. You can also search Google to find and download other Zoom backgrounds.

### **Is Zoom secure?**

Alas, uninvited guests have crashed the party and made vulgar or inappropriate comments. The intrusion is known as Zoombombing. Hosts can reduce the likelihood of such a hack by controlling screen sharing and mute settings and by enabling the “waiting room” feature (in which participants

are on hold until a call starts). Taking this action prevents people from entering a meeting without the host's permission.

To bolster security, Zoom recently unveiled Zoom 5.0, featuring robust encryption and the promise of increased protections against tampering. (ED. NOTE: To learn how to ZOOM, check out these sites--  
[ZOOM-How-to-Create-Your-Zoom-Account.pdf](#)1.19 MB  
[ZOOM-How-To Join-a-Zoom-Meeting.pdf](#)272.61 KB  
[ZOOM-How-To Schedule-a-Zoom-Meeting.pdf](#)504.76 KB

## **POSITIVE ATTITUDES ABOUT AGING MAY BE A “FOUNTAIN OF YOUTH”**

From Psychology Today 2016

*Positive self-perceptions about getting older may slow down the aging process.*

Betty Friedan famously said, "Aging is not lost youth but a new stage of opportunity and strength." Recently, researchers identified that having positive self-perceptions about the benefits of getting older can create a self-fulfilling prophecy by helping someone stay mentally, physically, and psychologically younger.

Over the years, various studies have found a strong correlation between negative perceptions about aging and physical frailty. Additionally, researchers have identified that physical frailty in older age is

associated with lower cognitive abilities, when compared to peers who are less frail in older age. Frailty appears to trigger a domino effect that often cascades into dementia.

A new study by researchers in Ireland reports that having a positive attitude about aging may help prevent older adults from becoming frail, which in turn appears to keep their minds sharp.

On the flip side, the researchers confirmed that having negative attitudes about aging affect

both physical and cognitive health in later years. The researchers concluded, “Negative perceptions of aging may modify the association between frailty and frontal cognitive domains in older adults.”

The January 2016 study, “Negative Perceptions of Aging Modify the Association Between Frailty and Cognitive Function in Older Adults,” was published in the journal *Personality and Individual Differences*.

For this study, all 4,135 men and women who are part of the Irish Longitudinal Study on Aging (TILDA) at Trinity College Dublin completed the Brief Aging Perceptions Questionnaire (B-APQ), underwent cognitive testing, along with being rated for levels of physical frailty.

The data from TILDA provides a unique opportunity for researchers to study attitudes towards aging because the team tracks health changes over time in a specific community-dwelling of older adults that is representative of nationwide demographics.

### **Three Key Findings From the Study On Aging by TILDA**

1. Older adults with negative attitudes towards aging had slower walking speed and

worse cognitive abilities two years later, compared to older adults with more positive attitudes towards aging.

2. This was true even after participants' medications, mood, their life circumstances and other health changes that had occurred over the same two-year period were accounted for.
3. Furthermore, negative attitudes towards aging seemed to affect how different health conditions interacted. Frail older adults are at risk of multiple health problems including worse cognition. In the TILDA sample frail participants with negative attitudes towards aging had worse cognition compared to participants who were not frail.

In a press release, lead researcher Deirdre Robertson, Ph.D., described her team's findings, "The way we think about, talk about and write about aging may have direct effects on health. Everyone will grow older and if negative attitudes towards aging are carried throughout life they can have a detrimental, measurable effect on mental, physical and cognitive health."

## "I Believe If I Refuse to Grow Old, I Can Stay Young Till I Die"

When my mom turned forty, in the mid-1970s, my father took our family to see the original cast of *Pippin* on Broadway to celebrate her birthday. Like many women in the '70s, my mom thought that turning forty was a milestone that meant she was officially over-the-hill.

For my mother, the anticipation of her big Four-O seemed to trigger a midlife crisis. In the months leading up to her fortieth birthday, I remember my mom getting a perm, having her teeth wired together so she couldn't eat solid foods, going on a liquid-

protein diet, and buying an excessive number of Diane von Furstenberg wrap dresses in every print pattern imaginable. Luckily, seeing *Pippin* changed my mother's attitude about aging by giving her a new anthem, "No Time At All," sung by Pippin's rebellious and sly grandmother, Berthe. In the song, 'Granny' gives sage advice about the importance of having a positive attitude and sense of humor about aging. Berthe sings, "Here is a secret I never have told. Maybe you'll understand why. I believe if I refuse to grow old, I can stay young till I die."

One of my most vivid childhood memories is my mother's age-defying habit of singing along to the 8-track of *Pippin* at the top of her lungs in our vintage wood-paneled station wagon. It's been over four decades since my mom turned forty. The good news is that she still seems as young-at-heart and filled with a sense of *carpe diem* as she did the day she turned forty.

My mother's *joie de vivre* and youthfulness as an 80-year-old is an anecdotal testament to the empirical evidence of the TILDA study. As someone in my 50s now, I've officially adopted "No Time At All" as my 'positive attitudes about aging with a sense of humor' anthem.

## Conclusion: Self-Perceptions About Aging Are Influenced by the Media

Obviously, we live in an ageist society. Therefore, it's especially important to closely watch our personal inner dialogue and explanatory style about getting older. The new study from Trinity College Dublin reminds us that when it comes to aging, "attitude is everything."

The new TILDA findings also remind us that our self-perceptions about aging are important predictors of physical and cognitive function in later life.

If you are feeling cynical or dejected about getting older, it's probably time for an attitude adjustment. Hopefully, this study will inspire thought leaders and those in the media to make more of an effort to present positive images of vivacious older people.

Regardless of the media influences—or societal pressures that can make us feel depressed about getting old—your own self-perceptions about

aging are in the locus of your control.

You can decide to frame getting older as being completely negative, or you can focus on all the silver linings and benefits of being older. The choice is yours. Personally, I love getting older. Although I no longer have six-

pack abs, can't run a six-minute mile, and often wake up feeling a bit "achy breaky" . . . I wouldn't trade the wisdom of old age for my youthful physique or athletic prowess in a million years. I'm infinitely more comfortable in my own skin as an older adult. Plus, I have peace of mind and a sense of fulfillment that I didn't know was feasible as a youngster.

Lastly, although this study doesn't look at the impact of physical fitness on frailty specifically, remaining active and exercising regularly can help keep older adults robust. Staying physically strong and resilient is key to stopping the ripple effect of physical decline that is linked to poorer cognition in old age.

## **SURVIVAL OF THE FRIENDLINESS: HOW OUR CLOSE FRIENDSHIPS HELP US THRIVE**

**A growing field of science shows that friendship is vital to our health.**  
FROM NPR 2020

Lydia Denworth wants you to make more time for your friends.

We don't fully appreciate our friendships, says the science writer and author of the new book Friendship: The Evolution, Biology, and Extraordinary Power of Life's Fundamental Bond. If we did, we'd take cultivating those intimate bonds as seriously as working out or eating well. Because, she writes, a new field of science is revealing that social

connections play a vital role in our health.

On average, people have only four very close relationships, Denworth finds, and very few people can sustain more than six. But the effect of these few core relationships extends beyond our social lives, influencing our health on the cellular level — from our immune system to our cardiovascular system.

Denworth spoke with NPR about the science of friendship and its underestimated value to kids and adults and even for other species like sheep and fish. (Although she's frequently asked about human-animal friendships, Denworth sticks to bonds within one species in the book.)

### **What is most misunderstood about friendships?**

Very few people understand that your social relationships can actually change your health. They can change your cardiovascular system, your immune system, how you sleep, your cognitive health. How could this thing that exists entirely outside the body affect whether you're likely to catch a virus? And yet that's exactly what we now know that social connection does. We thought of loneliness as this difficult emotion, but just an emotion. And we think of friends as this lovely thing — but it is actually a matter of life and death. And there's this evolutionary drive to connect. People think all the time about competition and survival of the fittest, but really, it's survival of the friendliest.

### **Is friendship just something humans do, or do we see it in other species?**

"People think all the time about competition and survival of the fittest, but really its survival of the friendliest."

What has been surprising to evolutionary biologists is just how much friendship exists across species.

They have found something that looks like friendship in dolphins, and elephants, and horses, and zebras, and hyenas and all kinds of species. Even fish — their brains respond to familiar fish versus strange fish in ways that look a lot like what goes on in our brains. Understanding that tells you there's this much larger story than just human culture. And that's what people thought friendship was: a product of human culture and language. But now we understand that it is universal.

### **Are bonds with friends different from bonds with romantic or sexual partners? Or bonds with family?**

I don't actually think that it's all that unique. We generally think of friends as people we don't have sex with and to whom we're not related. But the truth is that in this new science and in fact the way we live our lives, those lines are blurred. I think of friendship now as a template for all your relationships, because if you think about the sort of basic definition of friendship — it makes you feel good, it's positive, a long-lasting stable relationship, and it has some cooperation and reciprocity to it — that's what you want to be striving for in your closest relationships. And that can be with your spouse or your sibling or a relative, but not always. What matters is the quality of the bond, not its origin.

### **Does gender play a role in friendships?**

The standard line is that women do friendship face-to-face and men do it side by side, meaning women spend their time talking and men do things together. And there's truth to that, but when you ask men how much they value friendship, their answers are the same, for the most part. The similarities are greater than the differences between men and women.

**One of your chapters focuses on the social aspect of middle school. How did researching that affect your thinking as a parent?**

The middle school thing, it's such a crucible. And it really is true: Middle school is about lunch. Most parents thinking about their kids going into middle school, they do know that socially it can be a very difficult time, but they don't necessarily think about how that plays out in the course of a day. [Realizing] that crystallized to me this idea that friendship really, really matters in kids' lives, and we are falling down on the job, as parents and teachers, if we aren't fully understanding that. Things that I might have said no to before, I am more likely to say yes to now, if it means that my kids are going to be with their good friends.

**Is social media helping or hurting our friendships?**

Friendship is alive and well in the age of social media. In terms of relationships and connectivity and networks, it's a positive. The place

where it is hard on relationships is when you're face-to-face and instead of looking at your friends, you're looking at your phone. Looking at a person face-to-face, in person, your brain responds differently even if you look at that same person on a screen, and certainly if you're online and not looking at their face. There's all this talk about the word "friend" being devalued by things like Facebook using [the term], but I don't really think that's true. We know who our really good friends are, whether we're online with them or offline.

**Do you see friendship taken for granted in the world around you?**

I do. Friendship is so familiar that we think we know all about it, but we don't fully appreciate it. We think it's pleasurable and fun, but friends are often the first thing to go when you're busy. Or you fall in love and ditch your friends. I was guilty myself of passing a friend on the street corner here in Brooklyn and saying, "Let's definitely get together," and then not. We are so achievement driven in so much of what we do. I think it's healthy to be reminded that time with other people really matters.

**How did writing this book make you**

**think differently about your own friendships?**

It's made me prioritize them more. The message is not that I want people to think of friendship as another chore. I

am hoping that people feel this is giving them permission to make friends a priority. To spend time with their friends and to know that when

they do, they're doing something good for their own health and for their friends' health, and I've taken that to heart.

## WHAT HAPPENS TO THE BRAIN AS WE AGE?

By Hannah Nichols, Medical News Today 2017

Brain aging is inevitable to some extent, but not uniform; it affects everyone, or every brain, differently. Slowing down brain aging or stopping it altogether would be the ultimate elixir to achieve eternal youth. Is brain aging a slippery slope that we need to accept? Or are there steps we can take to reduce the rate of decline?

Brain aging is experienced by everyone differently. The rate of cognitive decline affects some people more than others.

At around 3 pounds in weight, the human brain is a staggering feat of engineering with around 100 billion neurons interconnected via trillions of synapses. Throughout our lifetime our brain changes more than any other part of our body. From the moment the brain begins to develop in the third week of gestation to old age, its complex structures and functions are changing, networks and pathways connecting and severing.

During the first few years of life, a child's brain forms more than 1 million new neural connections every second. The size of the brain increases fourfold in the preschool period and by age 6 reaches around 90 percent of adult volume.

The frontal lobes - the area of the brain responsible for executive functions, such as planning, working memory, and impulse control - are among the last areas of the brain to mature, and they may not be fully developed until 35 years of age.

### **Normal brain aging**

As we age, all our body systems gradually decline - including the brain. "Slips of the mind" are associated with getting older. People often experienced those same slight memory lapses in their 20s and yet did not give it a second thought.

Having slight memory slips is normal in both younger and older people. Older individuals often become



anxious about memory slips due to the link between impaired memory and Alzheimer's disease. However, Alzheimer's and other dementias are not a part of the normal aging process.

Common memory changes that are associated with normal aging include:

- **Difficulty learning something new:** Committing new information to memory can take longer.
- **Multitasking:** Slowed processing can make processing and planning parallel tasks more difficult.
- **Recalling names and numbers:** Strategic memory that helps memory of names and numbers begins to decline at age 20.
- **Remembering appointments:** Without cues to recall the information, appointments can be put safely in storage and then not accessed unless the memory is jogged.

While some studies show that one third of older people struggle with declarative memory (memories of facts or events that have been stored and can be retrieved), other studies indicate that one fifth of 70-year-olds perform cognitive tests just as well as their 20-year-old counterparts.

Scientists are currently piecing together sections of the giant puzzle of brain research to determine how the brain subtly alters over time to cause these changes.

General changes that are thought to occur during brain aging include:

- **Brain mass:** Shrinkage in the frontal lobe and hippocampus - areas involved in higher cognitive function and encoding new memories - starting around the age of 60 or 70 years.
- **Cortical density:** Thinning of the outer-ridged surface of the brain due to declining synaptic connections. Fewer connections may contribute to slower cognitive processing.
- **White matter:** White matter consists of myelinated nerve fibers that are bundled into tracts and carry nerve signals between brain cells. Myelin is thought to shrink with age, and as a result, slow processing and reduce cognitive function.
- **Neurotransmitter systems:** Researchers suggest that the brain generates less chemical messengers with aging, and it is this decrease in dopamine, acetylcholine, serotonin, and norepinephrine activity that may play a role in declining cognition and memory and increased depression.

In understanding the neural basis of cognitive decline, researchers can uncover which therapies or strategies may help slow or prevent brain deterioration.

### Recent discoveries in brain aging

Several brain studies are ongoing to solve the brain-aging conundrum, and discoveries are being frequently made.

## **Stem cells**

Recently, researchers from Albert Einstein College of Medicine in New York revealed in a mouse study that stem cells in the brain's hypothalamus likely control how fast aging occurs in the body.

"Our research shows that the number of hypothalamic neural stem cells naturally declines over the life of the animal, and this decline accelerates aging," says Dr. Dongsheng Cai, Ph.D., professor of molecular pharmacology at Einstein. "But we also found that the effects of this loss are not irreversible. By replenishing these stem cells or the molecules they produce, it's possible to slow and even reverse various aspects of aging throughout the body."

Injecting hypothalamic stem cells into the brains of normal old mice and middle-aged mice, whose stem cells had been destroyed, slowed or reversed measures of aging. The researchers say this is a first step toward slowing the aging process and potentially treated age-related diseases.

### **SuperAgers**

"SuperAgers" are a rare group of individuals over the age of 80 years who have memories as sharp as healthy people decades younger.

SuperAgers' brains shrink at a slower rate than people of the same age.

Research by Northwestern University Feinberg School of Medicine in Chicago, IL, compared SuperAgers with a control group of same-age individuals. They found that the brains of SuperAgers shrink at a slower rate than their age-matched peers, which results in a greater resistance to the typical memory loss observed with age, thus revealing that age-related cognitive decline is not inevitable.

"We found that SuperAgers are resistant to the normal rate of decline that we see in average elderly, and they're managing to strike a balance between life span and health span, really living well and enjoying their later years of life," says Emily Rogalski, associate professor at the Cognitive Neurology and Alzheimer's Disease Center (CNADC) at Northwestern University Feinberg School of Medicine.

By studying how SuperAgers are unique, the researchers hope to unearth biological factors that might contribute to maintaining memory ability in advanced age.

## **Therapies to help slow brain aging**

Factors have been discovered that speed up brain aging. For example, obesity in midlife may accelerate brain aging by around 10 years, and both sugar and diet varieties of soda are correlated with fast-tracking brain age, having smaller

overall brain volume, poorer episodic memory, and a shrunken hippocampus.

Engaging in regular exercise may help prevent cognitive and memory decline.

A growing body of evidence suggests that people who experience the least declines in cognition and memory all share certain characteristics:

- partaking in regular physical activity
- pursuing intellectually stimulating activities
- staying socially active
- managing stress
- eating healthily
- sleeping well

Recent research highlights a plethora of ways that we can actively take charge of our health and perhaps decrease the rate at which our brains age.

## **Exercise**

One intervention that crops up time and time again to stave off age-related mental decline is exercise.

A combination of aerobic and resistance exercise of moderate Baycrest Health Sciences in Toronto, Canada, revealed why playing a musical instrument may help older adults ward off age-related cognitive Researchers found that learning to play a sound on a musical instrument changes brain waves in such a way that improves an individual's listening and hearing skills. The alteration in brain

intensity for at least 45 minutes each session and on as many days of the week as possible has been reported to boost brain power in people aged 50 and over significantly.

Likewise, other research by the University of Miami found that individuals over the age of 50 who engaged in little to no exercise experienced a decline in memory and thinking skills comparable to 10 years of aging in 5 years, compared with those who took part in moderate- or high-intensity exercise. Essentially, physical activity slowed brain aging by 10 years.

Dancing has also shown to have an anti-aging effect on the brain of seniors. A study conducted by the German Center for Neurodegenerative Diseases, Magdeburg, Germany found that while regular exercise can reverse the signs of brain aging, the most profound effect was seen in people who danced.

## **Playing an instrument**

declines and retain their listening might prevent a person's ability to perform tasks.

activity indicates that the brain rewires itself to compensate for disease or injuries that "It has been hypothesized that the act of playing music requires many brain systems to work together,

such as the hearing, motor and perception systems," said Dr. Bernhard Ross, senior scientist at Baycrest's Rotman Research Institute. "This study was the first time we saw direct changes in the brain after one session, demonstrating that the action of creating music leads to a strong change in brain activity."

### **Diet**

A key component of brain health is diet. Recent research has linked omega-3 and omega-6 fatty acids in the blood with healthy brain aging. Another study has also determined that consuming foods included in the Mediterranean or the MIND diet is associated with a lower risk of memory difficulties in older adults.

Research by the University of Illinois, Champaign, discovered that middle-aged people who have higher levels of As people get older, they experience typical decline. However, research has shown that this process can start earlier than expected. You can even start to see some differences in the 30s,"

informs Anne Walk, a postdoctoral scholar and the first author of the study. "We want to understand how diet impacts cognition throughout the lifespan. If lutein can protect against decline, we should encourage people to consume lutein-rich foods at a point in their lives when it has maximum benefit."

The number of American adults over the age of 65 is set to more than double in 40 years, rising from 40.2 million in 2010 to 88.7 million by the year 2050. Due to this aging population, it will become increasingly important to understand the cognitive changes that go hand in hand with aging. While many questions remain regarding the aging brain, research is making progress in illuminating what happens to our cognitive functions and memory throughout our lifetime, and it is emphasizing ways we can preserve our mental abilities to improve our quality of life as we advance into older adulthood.

## **HOW TO CARE FOR YOUR SKIN IN YOUR 60s AND 70s**

By American Academy of Dermatology Association 2019

If your skin feels dry and irritated, the right skin care can help you feel more comfortable. During our 60s and 70s, the many changes transforming our

skin can feel inevitable, but that doesn't mean you have to live with them. The right skin care can improve how your skin feels — and looks.

**How skin can change in your 60s and 70s**--Everyone ages differently, but during this time in your life, you may notice that your skin is:

- Drier
- Thinner and starting to look paper-like
- Itchy
- Developing more age spots, wrinkles, and creases
- Blotchier
- Irritated easily
- More susceptible to skin infections
- Bruising more easily
- Sweating less
- Healing more slowly

**Skin care changes dermatologists recommend**--When it comes to skin care in our 60s and 70s, dermatologists recommend making the following lifestyle changes if you haven't already done so.

**Bathe to relieve dry skin**--Some simple changes to your bath time can reduce (or alleviate) dry, itchy skin and prevent dry, itchy from becoming a serious problem. Here's what you can do:

- **Stop using bar soap.** Replace it with a gentle, creamy, fragrance-free cleanser or emollient.
- **Use warm (not hot) water.** Hot water strips skin of its natural oils, which can increase skin dryness.

- **Use a soft cloth to wash your skin.** A buff puff or bath brush can irritate your skin.
- **Keep your bath or shower short.** You may find that you don't need to bathe every day. When you bathe, keep it short. Take a 10-minute bath or shower.
- **Pat water gently from your skin after bathing, but leave a bit of water on your skin.** Having some water on your skin when you apply moisturizer (next step) helps hydrate your skin.
- **Apply a creamy, fragrance-free moisturizer formulated for dry skin within 3 minutes of bathing and throughout the day.** This helps ease the dryness and restore your skin's protective barrier.

**Use a humidifier when the air feels dry**--Heating and air conditioning can strip humidity from the air. Dry air can make your skin feel dry and itchy.

Keeping indoor humidity between 45% and 60% can reduce dry, itchy skin. You can easily measure the humidity in the air with a hydrometer, which you can buy at a hardware or home-improvement store.

**Wear gloves while doing housework and gardening**--Working around your house and in your garden can expose your skin to harsh chemicals, sunlight, and other things that can irritate and

dry your skin. When you wear gloves, you also reduce your risk of injuring your skin.

**Protect your skin from the sun--**If you're seeing more wrinkles, age spots, and blotches of discolored skin, you may wonder if you still need to protect your skin from the sun. You do! At this stage in your life, sun protection still offers many benefits. It helps to prevent new age spots and blotchy skin. It can reduce dry, thinning skin. It also reduces your risk of developing skin cancer. To protect your skin from the sun's harmful rays, dermatologists recommend that you:

- **Apply a broad-spectrum, water-resistant sunscreen with SPF 30 or higher every day.** You want to apply this to all skin that clothing won't cover while you're outside.
- **Seek shade when outdoors.** Sunscreen cannot block 100% of the sun's harmful rays.
- **Wear clothing that protects your skin from the sun.** To find out if a garment offers sun protection, hold it up to a bright light. If you don't see light shining through, it can protect your skin from the sun.

**Go fragrance free--**Perfumes, colognes, and skin care products that contain fragrance can irritate your skin. When you stop using these, you can reduce your risk of developing dry, itchy skin.

**See a dermatologist for skin cancer exams--**Around 50 years of age, your risk of developing skin cancer and pre-cancerous growths increases. As the years pass, this risk rises. When skin cancer is found early and removed, that's often the only treatment you'll needed. If the cancer spreads, treatment becomes more difficult. This cancer can develop quickly. Learning how to examine your skin for signs of skin cancer helps you to find skin cancer early.

**When to seek a dermatologist's help--**While the right skin care can help, medications, surgery, and health problems can take a toll on your skin. A board-certified dermatologist understands the effects each of these can have on your skin and can create a treatment plan tailored to your skin's needs. A dermatologist can also help you safely treat skin changes, such as age spots and wrinkles when a product that you used for years starts to irritates your skin.

# WHY IT'S IMPORTANT THAT WE STUDY HISTORY

From Arcadia Publishing 2018

When most of us think back to our childhood school days, we can also remember at least a handful of kids who thought history class was a drag. To them, history just seemed like a jumble of names and dates attached to events long over with and people long dead. What was the point of learning it at all?

They didn't know then that history was one of *the* most important subjects they'd ever study. Here we'll take a closer look at *why* history is important and explore why *everyone* should make it a point to study it in depth.

## **1. History helps us develop a better understanding of the world.**

You can't build a framework on which to base your life without understanding how things work in the world. History paints us a detailed picture of how society, technology, and government worked way back when so that we can better understand how it works now. It also helps us determine how to approach the future, as it allows us to learn from our past mistakes (and triumphs) as a society.

## **2. History helps us understand ourselves.**

To understand who you are, you need to develop a sense of self. A large part of that is learning where you fit into the story of your country or the global community in the grand scheme of things. History tells you the story of how your nation, city, or community came to be everything that it is. It tells you where your ancestors came from and tells you who they were. Most importantly of all, it gives you the ability to spot (and appreciate) the legacies you may have inherited from them.

## **3. History helps us learn to understand other people.**

History isn't just an essential introduction to your own country, ethnic heritage, and ancestry. It's also a valuable tool when it comes to understanding those who are different from us. Global, national, and regional history books help us understand how other cultures affect our own.

They encourage us to develop a greater appreciation for multicultural influences within our own

communities as well – exactly why everyone should study African



American history, immigrant history, and so forth, regardless of their own cultural background.

#### **4. History teaches a working understanding of change.**

It goes without saying that change can be a difficult concept to understand. Each of us has a different experience with the rest of the world – an experience shaped by societal norms, cultural differences, personal experiences, and more. We know when *we as individuals* crave change and why. History helps us better understand how, when, and why change occurs (or should be sought) on a larger scale.

#### **5. History gives us the tools we need to be decent citizens.**

Good citizens are *always* informed citizens, and no one can consider himself to be an informed citizen without a working knowledge of history. This is the case whether we're talking about our role in our community or in regards to our nation on the whole. History helps us become better voters and more effective members of *any* type of society. It helps put us in a position to better inform others as well.

#### **6. History makes us better decision makers.**

“Those that do not learn history are doomed to repeat it.” Those words were first spoken by George Santayana, and they are still very relevant today because of how true they are. History gives us the opportunity to learn from past mistakes. It helps us understand the many reasons why people may behave the way they do. As a result, it helps us become more compassionate as people and more impartial as decision makers. Our judicial system is a perfect example of this concept at work.

#### **7. History helps us develop a new level of appreciation for just about everything.**

History is more than just the living record of nations, leaders, and wars. It's also the story of *us*. It's packed with tales of how someone stood up for what they believed in, or died for love, or worked hard to make their dreams come true. All of those things are concepts we can relate to; it's enriching to know that so could the likes of Abraham Lincoln, Thomas

Jefferson, or Martin Luther King.

Plus, history is just plain *interesting*. Everything you like about your favorite movies, television shows, and fiction novels is yours to experience right here in reality when you study history. Explore the possibilities today and step into a whole new world that will change who you are forever.

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