OLLI TIMES

REMEMBERING AN FSU ICON, LEGAL GIANT AND OLLI DEVOTEE: TALBOT "SANDY" D'ALEMBERTE

While so many knew Talbot "Sandy" D'Alemberte as former President of Florida State University and former Dean of the FSU College of Law, for those of us who attend OLLI Classes, Sandy—as everyone called him—could be seen frequently attending history classes along with his wife Patsy Palmer; classes taught by Professor Emeritus Jim Jones.

"You could easily spot him sitting in the front row, wearing his bow-tie and jacket, greeting his fellow classmates and taking copious notes. Always a student, always a teacher," OLLI Times Editor George Waas said.

"He loved history, and he loved the OLLI classes taught by Dr. Jones," he added.

He was respected not only throughout Florida's legal community, but nationally as well, having served as President of the American Bar Association from 1991 to 1992.

Over the years, Sandy enrolled in the following eight classes: The Coming Storm: U. S. 1845-61; From Sumter to Appomattox: The Military History of the Civil War; WW II in Europe; Presidential Elections of the 20th Century; Magna Carta and its Afterlife; WW II in Asia and the Pacific; WW II in Europe, 1919-1941; and WWII in Europe Part II.

"Sandy was a strong devotee of OLLI, attending classes and lending his strong voice for what OLLI stands for—the importance of lifelong learning. We were honored by his involvement in OLLI, and we will miss him," former OLLI President Fran Conaway said.

THE PRESIDENT'S CORNER

John Kilgore, President, OLLI Members Advisory Council
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Greetings! I hope everyone had a good Maymester. Student turnout was excellent.

Once again, I would like to thank the membership for their amazing participation in the Great Give. You definitely proved that many small contributions add up. Eighty-eight percent of the contributions were $50 or less.

The $12,000 that was collected all goes to the Scholarship Fund. The Great Give contributions will augment the Member Donations that are dedicated to scholarships.

The Advisory Council had its first meeting under the new officers and Member Reps early in May. One of the council's tasks is to determine what the scholarships will be for the upcoming school year. The council was faced with a pleasant problem – what to do with a much more solvent Scholarship Fund. The issue was debated thoroughly. The council took a conservative, wait-and-see approach.

The 2020 scholarships will be held at the three $2,000 scholarships that we gave this year. At the May 2020

council meeting, we will evaluate the donations and Great Give contributions from the 2019-20 year and decide if we can increase the gifts for the 2021 year. The council would like to build up equity in the Scholarship Fund so the income from the fund can contribute to the\scholarship gifts.

OLLI, as we know it, cannot exist without volunteers. The Advisory Council has six committees (Philanthropy, Scholarships, Volunteers, Curriculum, Communications, and Succession) that provide volunteers with a good way to learn how OLLI is operated and is a way to progressing to the leadership team. If you are interested in volunteering and learning, please contact me or any other council member and we will steer you to the correct contact.

CURRICULUM CHAT

by Susan Yelton
Chair, OLLI Curriculum Team

The job is done! After months of collecting proposals, writing to potential instructors, and asking instructors if they would teach an OLLI class, I won't meet with the entire Team again until October, when we select proposals for the Spring term.

Now I'll begin writing letters again, etc. I hope all the instructors like the times and dates we chose for their Fall class. Four of the instructors we selected told us they would have to postpone their class until Spring. Many instructors send in proposals months before we meet to select classes, so it is not surprising that some have a change of plans.

When scheduling classes, which is like designing a crossword puzzle, special consideration is given to selecting classes for our partners: Westminster Oaks (WO) and Allegro.

The four classes at WO are always varied in subject matter and take into account the interest of the residents. We also have to consider that some instructors have a preference for teaching at WO and the Maguire Center has a wonderful piano.

I think the Westminster Oaks residents, and OLLI members who like taking classes there, will be pleased with the classes that have been selected. I know I will be taking two of my seven classes there!

So, what can we expect at Westminster Oaks for the Fall? Arleen Pabon's classes are always scheduled there and she will be teaching something very fresh and new: **Architectural Jacks of all Trade**. Arleen will focus on architects who are distinguished in other arts, such as painting, furniture design, among other things. On a personal note, I am so glad she is going include in her lectures the works of Mies van der Rohe and Frank Lloyd Wright. I began college in NYC the year both the Seagram Building and the Guggenheim Museum opened. I can still remember sitting in a Barcelona chair for the first time in the Seagram Building.

I think all of you will be surprised that **Jim Jones' class on the Coming of the Civil War will be held at WO on a Tuesday, from 2:30-4:00 P.M.** It will have a slightly different format than prior classes. Jim will be lecturing for an hour or so, leaving time for all the questions you might want to ask him. He is so full of information that he never has time to include in his lectures so this will be your time to "pick his brain". In June, Jim will be 88 years old, and like most of us, health issues have had an impact on his life. A shorter lecture will not mean that his class will be any less informative.

The other two classes at WO are **Perceptions of Justice**, taught by retired Judge Terry Lewis and **Beethoven and the Piano** will be taught by Andre Golbert, an OLLI scholarship recipient this year. If you don't know Judge Lewis, I think you will find that he is a man of many talents. He just retired from the bench and has written several novels.

Jim Jones has been working with Terry on his latest book, which takes place during the Revolutionary War. I can't get either one of them to tell me when they think the book will be released. The class Terry will teach for us he has taught at the FSU law school for several years.

And, I am sure **Andre will perform beautiful music** for us now that he has a good piano. He is an amazing pianist. It was unfortunate that his talents were not evident during the last class he taught. The problem was the quality of the piano. Andre will be completing his studies soon, so we are fortunate that he is still able to share his gift with us. If you love Beethoven's music, you will find this class to be like attending a mini-concert.

As for the remaining classes, some of your favorite instructors will be back

by popular demand, such as Dave Davis and Allen Romano. And if you missed the fabulous class about bears, it will be repeated. Deanna Ramsey is scheduled to teach two classes for those who use an Android phone.

One three-week class will be getting to know your android and the other three week-class is about google photos.

Family Tree Maker is back at Level 11. In May, many of you wrote to me with suggestions for classes, which is keeping me busy. Keep passing on the word of good instructors and any ideas for classes. And, mark your calendar for the last week of August. That is when the Course and Activities Catalog will be coming your way.

And a few week later, you can get more information and fine-tune your class selection when you attend Showcase. The date for Showcase at the Turnbull Center is September 16th, and class registration is September 18th.

Wishing everyone a joyful summer. Looking forward to hearing about the OLLI trips to Italy and Ireland when we get back together in September. I'll miss traveling with OLLI friends this summer, but there is always 2020.

CLUB NEWS

FRIENDSHIP FORCE VISITS GEORGIA; LOOKS TO MEXICO, RALEIGH, N.C. AND BRAZIL

We had a great outbound trip to the Friendship Force Lake Hartwell, Georgia club in May. Saw CRISPR (DNA sequences) in action at the Greenwood Genetic Laboratory, test drove some BMW cars at the manufacturing plant in Spartanburg, S.C., watched a baseball game in Greenville, S.C. and learned about the fascinating history of Benjamin Mays (long time President of Morehouse College in Atlanta), saw some of Lake Hartwell 's 1000 miles of shoreline and made many new friends!

Mexico

If you would like to participate with our inbound international visitors from MEXICO, Mundo Maya de Tuxtla Gutierrez, scheduled   for November 10-16 please   email   me.   I   need

VOLUNTEERS to help be home hosts and for the small dinners. As of now, we have 3 couples, 7 women, and a mother and her 14-year-old son, on the list to visit. The small dinners have consistently been evaluated by visitors as one of their favorite activities. Practice your Spanish and make new friends.

Raleigh N.C.
Our next outgoing domestic trip is to Raleigh N.C. The Raleigh group visited us in March 2018 and they would like to return our hospitality. The dates for the visit are September 24-29. A Bluegrass festival is on the agenda for Saturday September 28th. Deadline for registration is June 10th.

Hurricane preparedness
Would you be willing to help a Friendship Force member in Florida, Alabama or Georgia that has to evacuate due to a hurricane? Other clubs in the region are opening their homes if OLLI Friendship Force members in Tallahassee need to evacuate. Let Wendy Johnston know if you are willing to help out in an emergency situation.

Brazil
In July 2019, OLLI members are off to see IGUAZU Falls in Brazil and spend two weeks home hosted by Friendship Force clubs in Belo Horizonte and Campinas. Sorry, registration is closed but watch for photos in future newsletters. For information: Wendy Johnston at mrswendyjohnston@gmail.com

VIETNAM VET AND OLLI MEMBER WELCOMES RETURNING VETS FROM TRIP TO NATIONAL MALL
RANDY SOULE AND WIFE GREET VISITORS TO WW II AND KOREAN WAR MONUMENTS

Randy and Mary Ann Soule welcomed home veterans returning from their trip to the National Mall to see the World War II and Korean War monuments. This visit was sponsored by the Honor Flight Tallahassee and is in conjunction with the Honor Flight Network, a national organization that has as its sole purpose to take every World War II and Korean War veteran who is capable of traveling and has not seen the memorials, to visit these sites at no cost to the veteran. In addition to travel, meals and support are provided to the veterans without cost.

The Honor Flight is taking Vietnam War veterans; however, plans have not yet been finalized. Randy, who along with Linda Fairbanks, organizes OLLI field trips, was recognized along with other war veterans, during recent classes on the Korean War and the Vietnam War. Call 1-888-881-1566 for more information.

SPECIAL TO THE TIMES

PROTECTING OUR SKIN AS WE AGE

WHAT CAUSES OUR SKIN TO AGE?

Many things cause our skin to age. Some things we cannot do anything about; others we can influence. One thing that we cannot change is the natural aging process. It plays a key role. With time, we all get visible lines on our face. It is natural for our face to lose some of its youthful fullness. We notice our skin becoming thinner and drier.

Our genes largely control when these changes occur. The medical term for this type of aging is "intrinsic aging." We can influence another type of aging that affects our skin.

Our environment and lifestyle choices can cause our skin to age prematurely. The medical term for this type of aging is "extrinsic aging." By taking some preventive actions, we can slow the effects that this type of aging has on our skin.

Ways to reduce premature skin aging. The sun plays a major role in prematurely aging our skin. Other things that we do also can age our skin more quickly than it naturally would. To help their patients prevent premature skin aging, dermatologists offer their patients the following tips.

Protect your skin from the sun every day. Whether spending a day at the beach or running errands, sun protection is essential. You can protect your skin by seeking shade, covering up with clothing, and using sunscreen that is broad-spectrum, SPF 30 (or higher), and water-resistant. You should apply sunscreen every day to all skin that is not covered by clothing.

Apply self-tanner rather than get a tan. Every time you get a tan, you prematurely age your skin. This holds true if you get a tan from the sun, a

tanning bed, or other indoor tanning equipment. All emit harmful UV rays that accelerate how quickly your skin ages. **If you smoke, stop.** Smoking greatly speeds up how quickly skin ages. It causes wrinkles and a dull, sallow complexion.

Avoid repetitive facial expressions. When you make a facial expression, you contract the underlying muscles. If you repeatedly contract the same muscles for many years, these lines become permanent. Wearing sunglasses can help reduce lines caused by squinting.

Eat a healthy, well-balanced diet. Findings from a few studies suggest that eating plenty of fresh fruits and vegetables may help prevent damage that leads to premature skin aging. Findings from research studies also suggest that a diet containing lots of sugar or other refined carbohydrates can accelerate aging.

Drink less alcohol. Alcohol is rough on the skin. It dehydrates the skin, and in time, damages the skin. This can make us look older.

Exercise most days of the week. Findings from a few studies suggest that moderate exercise can cause wrinkles and a dull, sallow complexion. Stopping will improve circulation and boost the immune

system. This, in turn, may give the skin a more-youthful appearance.

Cleanse your skin gently. Scrubbing your skin clean can irritate your skin. Irritating your skin accelerates skin aging. Gentle washing helps to remove pollution, makeup, and other substances without irritating your skin.

Wash your face twice a day and after sweating heavily. Perspiration, especially when wearing a hat or helmet, irritates the skin, so you want to wash your skin as soon as possible after sweating.

Apply a facial moisturizer every day. Moisturizer traps water in our skin, giving it a more youthful appearance.

Stop using skin care products that sting or burn. When your skin burns or stings, it means your skin is irritated. Irritating your skin can make it look older. **Note:** Some anti-aging products prescribed by a dermatologist may burn or sting. When using a prescription anti-aging product, this can be okay. Just be sure to let your dermatologist know.

Never too late to benefit Even people who already have signs of premature skin aging can benefit from making lifestyle changes. By protecting your skin from the sun, you give it a chance to repair some of the damage. Smokers

who stop often notice that their skin looks healthier. If signs of aging skin bother you, you may want to see a dermatologist. New treatments and less-invasive procedures for smoothing wrinkles, tightening skin, and improving one's complexion are giving many people younger-looking skin.

WHY SENIORS SHOULD AVOID EATING THESE 10 "HEALTHY" FOODS

Healthy eating is an important part of maintaining optimal health and ensuring an active lifestyle throughout the years, but did you know that there are many "healthy" foods seniors shouldn't be eating?

Many of these foods are off-limits due to their high bacteria content or food poisoning potential, which may compromise the health and safety of seniors in their older years. For seniors who want to stay healthy and cut down on the likelihood of food-borne illnesses, it's generally best to avoid the following foods:

1. Sprouts

Sprouts, the sprouted greens of broccoli, alfalfa, or bean seeds, are generally considered a health-food wonder and are consumed by people all over the world due to the fact that they provide a huge variety of nutritional and digestive support and many needed vitamin and minerals.

Sprouts are dangerous for seniors, however, because they are a virtual breeding ground for illness-inducing bacteria. When seeds sprout, they can grow bacteria like salmonella and E-coli, which then gets trapped inside the seed.

When seniors ingest contaminated seeds, they can become very ill, which may lead to dangerous secondary conditions like pneumonia or weight loss. In order to get all the benefits of sprouts without the dangerous risk of bacteria, seniors should consume plenty of leafy greens like Kale, collard greens, spinach, and Swiss chard instead.

2. Soft cheeses

Soft cheeses like Brie, chevre, Camembert, and blue cheese are generally unpasteurized and, as such, they can allow bacteria to breed in large amounts. While these soft cheese varieties may not be as much of an illness threat for younger people, they can harm seniors with a compromised immune system or a delicate stomach. It is important to note, however, that

cheese offers a good dietary source of Vitamin D and seniors can get all the health benefits of cheese by eating varieties like cheddar, Monterey jack, and Swiss rather than soft varieties.

3. Raw meat

Some raw meat dishes, like Carpaccio (which consists of thin slivers of raw filets of beef) or steak tartare, are considered delicacies, but seniors should generally avoid them. The reason for this is that these foods are uncooked, which means that any bacteria present in the meat has not been killed by heat. This can make seniors very ill and can lead to the development of secondary conditions. Instead of eating raw meat, seniors should opt to consume lean white meat like chicken and regular portions of high-quality, cooked seafood to support optimal brain function and healthy joints.

4. Sushi

Sushi is eaten around the world and is considered a health food due to its high levels of vitamins, minerals, and omega-3 fatty acids. While seniors can safely enjoy consuming cooked sushi varieties (such as those that use smoked salmon or cooked shrimp, for example), it is generally wise for seniors to avoid eating raw (sashimi) varieties as these may harbor dangerous bacteria that can make seniors very ill.

5. Oysters, clams, and mussels

For those who love them, oysters, clams, and mussels are a popular form of raw seafood that is packed with vitamins and minerals. Unfortunately, they can also pack a serious bacterial punch, which can lead to vomiting, diarrhea, and dehydration in seniors. Because these foods are raw and sourced from around the world, it can be difficult to assure their quality and purity, and if a senior eats a bad one, it can have disastrous health consequences. If seniors want to eat these foods, they should always be cooked and should come from a reputable source, although it's wise to talk to your doctor beforehand.

6. Raw eggs

We've all seen images of people consuming raw eggs in order to build muscle and have more energy, but raw and undercooked eggs can actually be very dangerous for seniors. This is because raw eggs present a salmonella risk and can have unfortunate health consequences for seniors.
In light of this, seniors shouldn't eat raw eggs and should avoid foods like unpasteurized eggnog, French toast, homemade Cesar dressing and hollandaise sauce, all of which include undercooked eggs in some form or another.

Eggs on their own are a healthy food filled with important nutrients but in

order to be safe for seniors they need to be cooked or baked fully, as in scrambled or hard-boiled eggs.

7. Unpasteurized milk

Unpasteurized milk is often revered as a health food due to its intact mineral levels and high levels of beneficial fats, but seniors should avoid it altogether. This is because unpasteurized milk breeds and harbors bacteria in higher levels than pasteurized milk, which is super-heated to kill dangerous bacteria and keep the milk safe for human consumption.

While this doesn't mean that seniors need to steer clear of milk altogether, it does mean that they should stay with pasteurized whole-milk varieties.

8. Unpasteurized juice

Unpasteurized juice has long been considered a health food due to the fact that the lack of pasteurization (high heat) leaves the juice's nutrients intact. Unfortunately, however, anything that is unpasteurized leaves itself open to dangerous bacteria development and seniors who drink unpasteurized juices are at increased risk of food-borne illnesses and diseases.

Fortunately, seniors can get all of the same health benefits of unpasteurized juices by drinking high-quality pasteurized fruit and vegetable juices.

9. Multigrain bread

This "health food" comes with a caveat: while multigrain bread *can* be good for seniors, it's important to look at the ingredient list when making bread purchasing decisions. If the bread is made with a collection of refined flours, it's likely that it doesn't pack much more of a nutritional punch than Wonder bread and, if it's made with high-fructose corn syrup, it is likely to do more harm to a senior's body than good.

To ensure that seniors are purchasing and consuming healthful multigrain bread, it's important to look for varieties that are made with whole wheat flours and to ensure that they don't have any high fructose corn syrup within them. Bread is an important staple for seniors and high-quality, multigrain varieties can support the health of a variety of body systems.

10. Low-fat foods

While the war on fat has been raging for years, it's not generally wise to avoid foods with natural levels of fat in them. Healthy fats, like those found in fish, nuts, and olive oil, have heart-protecting benefits and can help seniors stay healthy and alert for many years. That said, it's important to opt

for full-fat varieties in things like milk and yogurt. These healthy fats offer brain and joint protection and support that low-fat varieties never will.

Conclusion

What's good for one may not be good for all and seniors will do well to avoid these 10 "health foods" as they age. Doing this helps seniors reduce the risk of contracting food-borne illnesses and helps keep seniors healthy, happy, fit, and active throughout their golden years.

USING ARTIFICIAL INTELLIGENCE TO HELP OLDER ADULTS AND OTHERS

Shayok Chakraborty, Ph.D.
Assistant Professor, FSU

The progress of technology in leaps and bounds has resulted in the generation of an enormous amount of digital data in the modern era. Against this backdrop, artificial intelligence (AI) has emerged as a useful mechanism to automatically organize and categorize data and to leverage useful patterns in the data to make intelligent predictions for the future from past observations.

The most common kind of AI algorithms is supervised machine learning, which involves learning from labeled data. However, while gathering a large amount of unlabeled data is cheap and easy, hand-labeling the data is an expensive process in terms of time, labor and human expertise. Moreover, labelers must be extremely attentive because each mistake or inaccuracy negatively affects a dataset's quality and the overall performance of a predictive model.

Further, some applications require special expertise and domain knowledge, making it even more challenging to obtain high-quality labels.

For instance, consider a medical imaging application, where we are interested to develop a technology to classify images as cancer/non-cancer. To develop a reliable algorithm, we need a physician to hand-label a large number of samples for us, which may be challenging, as experienced doctors are rare and busy. The need of the hour therefore is to develop intelligent AI algorithms under the constraint of weak manual supervision.

Selective sampling algorithms like active learning automatically select the salient and exemplar samples from large amounts of redundant, unlabeled data; this tremendously reduces human annotation effort, as only a few samples, which are identified by the algorithm, need to be labeled manually. Domain adaptation algorithms attempt to develop an AI model in a particular domain by leveraging labeled data in a different, but related domain. For instance, to develop an AI system for facial expression recognition, we can try to leverage labeled data on Asian faces and develop a model on Caucasian faces, where not enough labeled data is available. Semi-supervised learning algorithms try to use labeled, as well as unlabeled data to develop a model.

All these algorithms attempt to solve the same fundamental problem – that of learning under weak human supervision. The advantage of these algorithms is that they are generic and can be applied on any kind of data (visual, audio, text, accelerometer, etc.).

At Florida State University, I am collaborating with faculty members at the Institute of Successful Longevity to develop AI algorithms, under the constraint of weak manual supervision, which can detect and predict falls in older adults.

Falls are a major source of loss of autonomy, deaths and injuries among the elderly and have a remarkable impact on the costs of national health systems.

The objective of this research is to train machine learning algorithms to recognize normal and abnormal gait patterns from wearable accelerometers in real-time; if an abnormal gait pattern is anticipated by the system, an alarm will be raised to alert the user of the potential fall event. Such a technology can potentially reduce fall-related injuries and hospitalization rates.

I am also developing advanced artificial intelligence algorithms to enrich the quality of lives of individuals with varied forms of disabilities. Adults with autism spectrum disorder (ASD), for instance, face significant challenges in social communication, which can adversely affect their personal and professional lives.

According to a recent study, only 58% of young adults with ASD reported working for pay outside of home, a rate much fewer than individuals with emotional, speech or learning disabilities. This is primarily due to their lack of social interaction or self-advocacy skills, thereby posing a fundamental challenge to independent living.

In collaboration with colleagues at the College of Education, we are attempting to develop assistive technological solutions that can be used to teach social skills to adults with high-functioning autism. Such a solution has the capability to augment their social skills and enable them to be successful in their professional life.

With the unprecedented growth of digital data in today's digital world, the gap between the volume of generated data and the available human expertise to annotate and analyze the data is increasing exponentially.

According to recent statistics, about 300 hours of video is being uploaded in YouTube every minute; Google processes about 3.5 billion searches per day; about 300 million photos get uploaded in Facebook every day.

To cope with this enormous amount of data, algorithms like active learning, domain adaptation and semi-supervised learning will continue to be of prime importance and a fertile ground of AI research in the years to come.

BRAIN TEASER:

CAN OUR BRAINS REALLY READ JUMBLED WORDS AS LONG AS THE FIRST AND LAST LETTERS ARE CORRECT?

Michelle Starr

March 31 2018

You've probably seen the classic piece of "internet trivia" in the image above before - it's been circulating since at least 2003.On first glance, it seems legit. Because you can actually read it, right? But, while the meme contains a grain of truth, the reality is always more complicated.

Aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it deosn't mttaer in waht oredr the ltteers in a wrod are, the olny iprmoetnt tihng is taht the frist and lsat ltteer be at the rghit pclae. The rset can be a toatl mses and you can sitll raed it wouthit porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe.

The meme asserts, citing an unnamed Cambridge scientist, that if the first and last letters of a word are in the correct places, you can still read a piece of text. We've unjumbled the message verbatim."

According to a researche [sic] at Cambridge University, it doesn't matter in what order the letters in a word are, the only important [sic] thing is that the first and last letter be at the right place. The rest can be a total mess and you can still read it without problem. This is because the human mind does not read every letter by itself but the word as a whole.

"In fact, there never was a Cambridge researcher (the earliest form of the meme actually circulated without that particular addition), but there is some science behind why we can read that particular jumbled text. The phenomenon has been given the slightly tongue-in-cheek name "Typoglycaemia," and it works because our brains don't just rely on what they see - they also rely on what we expect to see. In 2011, researchers from the University of Glasgow, conducting unrelated research, found that when something is obscured from or unclear to the eye, human minds can predict what they think they're going to see and fill in the blanks.

"Effectively, our brains construct an incredibly complex jigsaw puzzle using any pieces it can get access to," explained researcher Fraser Smith. "These are provided by the context in which we see them, our memories and our other senses." However, the meme is only part of the story. Matt Davis, a researcher at the University of Cambridge's MRC Cognition and Brain Sciences Unit,

wanted to get to the bottom of the "Cambridge" claim, since he believed he should have heard of the research before. He managed to track down the original demonstration of letter randomization to a researcher named Graham Rawlinson, who wrote his PhD thesis on the topic at Nottingham University in 1976. He conducted 16 experiments and found that, yes, people could recognize words if the middle letters were jumbled, but, as Davis points out, there are several caveats:

CAVEATS

- It's much easier to do with short words, probably because there are fewer variables.
- Function words that provide grammatical structure, such as and, the and a, tend to stay the same because they're so short. This helps the reader by preserving the structure, making prediction easier.
- Switching adjacent letters, such as porbelm for problem, is easier to translate than switching more distant letters, as in plorebm.
- None of the words in the meme are jumbled to make another word - Davis gives the example of wouthit vs witohut. This is because words that differ only in the position of two adjacent letters, such as calm and clam, or trial and trail, are more difficult to read.
- The words all more or less preserved their original sound - order was changed to oredr instead of odrer, for instance.
- The text is reasonably predictable.

It also helps to keep double letters together. It's much easier to decipher aoccdrnig and mttaer than adcinorc

g and metatr, for example. There is evidence to suggest that ascending and descending elements play a role, too - that what we're recognizing is the shape of a word. This is why mixed-case text, such as alternating caps, is so difficult to read - it radically changes the shape of a word, even when all the letters are in the right place. If you have a play around with this generator, you can see for yourself how properly randomizing the middle letters of words can make text extremely difficult to read.

Try this: The adkmgowenlcent - whcih cmeos in a reropt of new mcie etpnremxeis taht ddin't iotdncure scuh mantiotus - isn't thelcclnaiy a rtoatriecn of tiher eearlir fidginns, but it geos a lnog way to shnwiog taht the aalrm blels suhold plarobby neevr hvae been sdnuoed in the fsrit plcae. Maybe that one is cheating a little - it's a paragraph from a ScienceAlert story about CRISPR.

The acknowledgment - which comes in a report of new mice experiments that didn't introduce such mutations - isn't technically a retraction of their earlier findings, but it goes a long way to showing that the alarm bells should probably never have been sounded in the first place.

See how you go with this one.

Soaesn of mtiss and mloelw ftisnflurues,
Csloe boosm-feinrd of the mrtuniag sun;
Cnponsiirg wtih him how to laod and besls
Wtih friut the viens taht runod the tahtch-eevs run
That's the first four lines of the poem

"To Autumn" by John Keats.
Season of mists and mellow fruitfulness,
Close bosom-friend of the maturing sun;
Conspiring with him how to load and bless
With fruit the vines that round the thatch-eves run
So, while there are some fascinating cognitive processes behind how we use prediction and word shape to improve our reading skills, it really isn't as simple as that meme would have you believe.

For publication in the OLLI times send your information to George and Harriet Waas at
waas01@comcast.net

Do you have an idea for a class?
Please submit any ideas for future OLLI classes and instructors to
Susan Yelton, OLLI's Curriculum Team Chair at susanwyelton@gmail.com

The Osher Lifelong Learning Institute at Florida State University