



OLLI TIMES

NEWS AND INFORMATION FROM THE MEMBERS AND STAFF TO THE MEMBERSHIP

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JANUARY 2019

BRAVE (AND CURIOUS) OLLI MEMBERS EXPLORE THE FIRE AND ICE OF ICELAND IN WINTER

A few of OLLI's hearty souls spent almost a week in Iceland in December and experienced life in a land near the Arctic Circle, a land forged by fire and ice. These 27 brave travelers saw up close lava fields, erupting geysers, baby icebergs and massive glaciers, as well as mountains and valleys that dip into thundering waterfalls and deep fjords.

The first day featured a tour of the quaint--and cold--capital city of Reykjavik. This was a walking tour because, although the most populated city in Iceland, it's a relatively small city. After all, the population of the country is about 369,000, of which more than a third live in and around Reykjavik. Did you know that Reykjavik is the northernmost capital city in the world? Well, you do now. What makes Iceland so cold is not necessarily the temperature. It is occasionally colder in New York City (and Tallahassee) in

December than it is in Reykjavik. What makes it so cold is the wind. Iceland is the third windiest country in the world, and the other two are virtually uninhabited (Antarctica is number one, and there are no plans by the Travel Club to go there).

The second day was the most ambitious one; a tour of the Golden Circle, a route that encompasses many of the country's most renowned and spectacular natural wonders. Thingvellir National Park, a UNESCO World Heritage site, features the point where the North American and Eurasian tectonic plates meet. We actually walked between these two plates! We visited and experienced the geothermal fields of Geysir and Strokkur; the latter geyser erupts every five to six minutes! We marveled in awe at the Gullfoss waterfall, a stunning 100-foot double cascade, before proceeding to Vik, the southernmost city in Iceland.

On our third day, we visited yet another spectacular waterfall and a museum containing a collection of all aspects of Icelandic life. Then we went to the black volcanic sand beach surrounded by basalt formations, with nearby cliffs scattered with caves. We collected packets of the fine black sand. The contrast between the snow-capped volcanoes and black sand beach left us awestruck.

The fourth day took us to a glacial lagoon filled with floating baby icebergs. We were able to actually touch those that, due to climate conditions, could not make it out to sea to join with the much larger icebergs. It's called Diamond Beach because some of the little icebergs look like diamonds. Imagine traipsing through these baby bergs! Well, we actually did this! Yet again, we marveled at the snow-capped mountain ranges that stood in stark contrast to the miles and miles of barren land laid waste by volcanic activity. There are 130 volcanoes in Iceland; 30 of which are active, and at any one time, a few are overdue to erupt. (We didn't want to be there when it happens.)

Our final tour date took us to the world famous Blue Lagoon. Imagine swimming in a huge thermally heated, mineral-rich pool located in the middle of a lava field, while braving winds of 40-50 miles per hour! And all we had on were our bathing suits. Yes, a hardy bunch are we!

The reason the group chose to visit Iceland in December is because of the heightened prospects of seeing the Northern Lights. Contrary to popular belief, seeing the lights

requires the confluence of many factors, such as a pitch black night, no cloud cover and light-flashing activity. The first three nights were overcast; the one chance we had to see them--clear sky and no cloud cover--was devoid of the needed level of activity for the lights to be seen with the naked eye.

However, while the lights couldn't be seen with the naked eye, Randy Soule, with his high-powered camera, was able to capture sights the naked eye couldn't see.

As a result, he captured the Northern Lights and our group had its picture taken against the backdrop of a light show. So, in a sense, we saw the Northern Lights because the camera caught what the naked eye couldn't see; sort of a virtual sighting! See Randy's Northern Lights picture below.

Finally, Iceland is a very expensive place to visit. Bowls of soup for \$25. Little pieces of volcanic rock for \$25-40. Hotdogs (Icelanders pride themselves on the quality of their hotdogs) \$8. It was a sticker shock to those of us who have been to other places in the world.

We arrived home after an 8-hour flight to Orlando and a 4-hour bus ride to Tallahassee at 4:30 a.m. tired but exhilarated by an incredible experience. And the temperature in Tallahassee on our arrival was colder than it was in Reykjavik when we left.

Below are some pictures of Iceland.





Randal Soule'



...FROM THE PEPPER INSTITUTE

The Pepper Institute on Aging and Public Policy – with support from the Claude Pepper Center, the College of Social Sciences and Public Policy, and Osher Lifelong Learning at FSU – sponsors weekly “Aging Today” segments on 88.9, WFSU-FM NPR.

Airing each Tuesday at 3:04 p.m., the one-minute segments highlight critical aging-related trends, issues, and policies, with an emphasis on social science research. Here’s a recent Aging Today question:

WHO WAS CLAUDE PEPPER?

By Anne Barrett, Professor of Sociology and Director of Pepper Institute on Aging and Public Policy.

Born on an Alabama farm in 1900, Claude Pepper became our nation’s most prominent advocate for older Americans. For over 40 years, first as a U.S. Senator from Florida and then as a Member of the U.S. House of Representatives, he staunchly defended two programs essential to older Americans. He fought to strengthen Medicare by expanding its coverage to include home healthcare for short-term conditions, and he protected Social Security benefits when they were threatened with major cuts. Senator Pepper’s efforts to improve older adults’ lives went beyond even these successes. He sponsored legislation making mandatory retirement virtually illegal.

He ensured that the Older Americans Act expanded services allowing older adults to remain in their communities.

And he established Alzheimer’s Research and Care Centers across the nation. Senator Pepper’s influence endures at FSU’s Pepper Institute and Center, where researchers examine critical issues facing our aging nation – and seek solutions that honor his legacy of fighting for the dignity of older Americans.

If you have an idea for an Aging Today question, send it to aging@fsu.edu

WHAT ARE THE RESPECTIVE ROLES OF THE CLAUDE PEPPER CENTER, THE PEPPER INSTITUTE AND THE CLAUDE PEPPER FOUNDATION?

OLLI members are well aware that the Osher Lifelong Learning Institute is located in the Claude Pepper Center Building, but do you know that also housed in the building

are three organizations that are each distinct, yet related in their respective charges? They are the Claude Pepper Center, the Pepper

Institute on Aging and Public Policy, and the Claude Pepper Foundation.

What are the roles of these three organizations, and where does OLLI fit into

this structure? This article will answer these questions. In alphabetical order, here are descriptions of each entity:

THE CLAUDE PEPPER CENTER

Larry Polivka is the director of the center. Its central mission is to use information and data from multiple sources to help inform policy makers, researchers, teachers, the media and the general public about the health, long-term care and income security

challenges confronting the nation's older citizens. In pursuing this mission, the center has generated several articles, book chapters, reports, op-ed columns and blog postings that can be found in the social media and reports on the center's website.

THE CLAUDE PEPPER FOUNDATION

Tom Herndon is the executive director of the foundation. It is a not-for-profit corporation established by Senator Claude Pepper in 1986. Its overriding purpose is to support the center and institute as well as other Claude Pepper-inspired initiatives. Senator Pepper was a key participant in shaping public policy at the state and national level throughout the 20th century and knew the educational potential and historical significance of his vast collection of papers, images, recordings and memorabilia. He established the foundation to provide the resources to properly preserve, store and conserve his collection.

He wanted to develop curricula and public activities that would maximize the educational potential of the collection. Since its founding, the foundation has not only fulfilled that purpose but has developed extensive programs to further the Senator Pepper's objectives. For example, the Pepper Library now houses the collections of several of other notable public figures with the hope of expanding the library's holdings. Currently, the collections of Governors Leroy Collins and Reuben Askew are housed at the library, along with those of other dignitaries.

THE PEPPER INSTITUTE ON AGING AND PUBLIC POLICY

Anne Barrett is the director of the institute. The institute conducts research on aging issues with implications for public policy--including economic and health disparities in later life, the manifestations and consequences of ageism, the features of our social and physical environments shaping well-being in later life, and the early life experiences that influence our later years.

The institute also supports the work of the Safe Mobility for Life Coalition to improve the aging population's transportation options, and supports the Osher Lifelong Learning Institute (OLLI), which offers hundreds of classes each year, as well as a host of events and activities, to more than 1,100 members. And now you know the differences.

UGLY SWEATERS, DANCING AND LOTS OF FOOD AND FUN HIGHLIGHT THIS YEAR'S HOLIDAY BASH

OLLI's Third Annual Holiday Bash, featuring the musical group Moondance, was held on December 19 at the Capital City Country Club. Mix the music with lots of great food and a cash bar, and the ugliest sweaters this side of Florida, and you

have the makings of a fun-filled evening. In addition to the heavy hors d'oeuvres, several members brought their own holiday sweets to share, thus contributing to the average weight gain of about five pounds over the holiday season.



The highlight of the festivities--as it is every year--is the Ugly Holiday Sweater contest. And there were some very ugly sweaters, as can readily be seen in the pictures below. But the ugliest two were worn by Susan Yelton and George Waas. For

having the ugliest sweater, Susan won two free OLLI classes for the Spring Semester. George took second place and received one free class.

Do you think these sweaters are ugly? Take a look below.



LIVING HISTORY: OLLI MEMBERS RELATE THEIR WARTIME EXPERIENCES IN VIETNAM HISTORY CLASS

Imagine yourself as an OLLI member actually having lived the history being taught in an OLLI class! This is precisely what happened during the recently concluded Fall Semester in Tallahassee Community College Prof. David Proctor's "The Vietnam War" class.

During the six-week class, several members captivated the rest of the class--and Prof. Proctor as well--with their personal recounting of events in which they participated during the Vietnam War. One of the soldiers spoke of his experiences in World War II. This is the purest example of living history, and no one appreciated their war stories more than Prof. Proctor, who repeatedly expressed appreciation for enhancing his

knowledge of war via these soldiers' first-hand experiences.

The class members were also most appreciative and enamored with the detail recounting of wartime events that added to our knowledge of this war.

Contributing their experiences are the following, who appear in the photo below.

From left to right, **Captain Robert Davis** (Vietnam); **Corporal Irving Felker** (WW II); **Major Bill Fuqua** (Vietnam); **Sam Adams** (Security Protocol Layer 4-Laos); **Buck Sergeant Randal Soule** (Vietnam); and **Professor David Proctor**. (Not Shown: **Colonel Lorin Krueger II** (Vietnam).



HISTORY PROFESSOR TO LECTURE ON WORLD WAR II AND CHEMICAL WARFARE

The FSU Institute on World War II and the Human Experience will feature a special lecture on the responses to the threat of poisonous gas in World War II on January 9. The lecture, by Dr. Marion Dorsey, will focus on the legacy of poison gas since World War I and how it shaped actions the Western allies took during the period between the world wars and the World War II period.

The lecture is entitled "A Weapon of Last Resort: World War II and

Chemical Warfare." Dr. Dorsey completed her JD from Harvard Law School and a PhD in history from

Yale. Currently, she is on the faculty of the University of New Hampshire where she teaches classes on war and society, the history of espionage, the history of medicine, and legal history.

The lecture will be held at 5:30 p.m. at the FSU Alumni Center-Rendina Room, 1030 W. Tennessee Street, and is free and open to the public. There will be a reception after the lecture.

POLICY PUB PROGRAM FEATURES LECTURE ON REGIONALIZING PUBLIC SERVICES

Policy Pub is back in the new year! Sam Staley, director of the college's DeVoe L. Moore Center, will give a 20-minute presentation: "Is Bigger Better? Benefits and Pitfalls of Regionalizing Public Services." His talk will be on Tuesday, January 8, 2019 at 5:30 p.m., at Backwoods Bistro, 401 E. Tennessee Street. After his talk, the public can ask questions and make comments on the subject.

Consolidating public services seems like a no brainer – reduce duplication of services and labor, cut costs,

increase efficiency, and get better public services. But does it work in practice?

Staley will look at local government services and explore when consolidation makes sense, when it doesn't, and what path local communities can take to improve services and avoid busting local budgets.

Staley teaches graduate and undergraduate courses in urban planning, regulation, and urban

economics. Prior to joining Florida State, he was the director of urban growth and land-use policy for the Reason Foundation, where he helped establish its urban policy program in 1997.

He is the author of several books, both within his academic field and in the areas of cultural criticism and fiction, and more than 100 professional articles, studies, and reports.

OLLI CULTURE AND ARTS OFFERS SNEAK PREVIEW OF SPRING SEMESTER ACTIVITIES

Wondering what's on tap for culture and arts activities for the spring semester? While awaiting classes during the "shoulder" you can take a tour of The Grove and attend a University Symphony Orchestra (TSO) concert. The fun doesn't stop once classes start. March brings a young string quartet and the mighty Telegraph String Quartet's (TSQ) unique "Ode to Understanding" concert, while April will take us to the "Little Shop of Horrors!" Sounds like fun, right? Here's a sneak peak of the particulars offered by Committee Chair Jan Smith:



Director's Tour of The Grove, Feb. 15th (10 AM-Noon); Registration via OLLI by Feb. 11th. This is an in-depth walking tour of the Call-Collins house led by Executive Director Jonathan Grandage. If you haven't taken this tour, now is the time!!



Enjoy an Evening of Scandinavian Music by the

University Symphony Orchestra, with a pre-concert chat with Conductor Dr. Alex Jimenez, Feb. 17th (3:00 PM, chat at 1:45 PM), Ruby Diamond Concert Hall. Register via OLLI by Feb. 6th. If you signed up for this concert in the fall, you are already registered, so tell your OLLI friends to join you for an evening of beautiful orchestral music!



The Artist Series presents the Telegraph String Quartet on March 17th (3:00 PM); registration via OLLI by March 8. Hear this fabulous young quartet from San Francisco play Mozart, Dvorak and Weinberg at Opperman Music Hall. Who knows, maybe they will play a little Irish music too!



The power of music will be front and center when the TSO presents "Ode to Understanding" on March 31st (4:00 PM) in Ruby Diamond. Register via OLLI by March 8th. Joined by Morehouse College Glee Club and the FAMU

Concert Choir, the TSO opens with the powerful **Seven Last Words of the Unarmed**, depicting the utterances of Black men before they were killed by authority figures. The concert ends on a high note with Beethoven's timeless ode to joy – the Ninth Symphony Don't miss this stunning performance.



“FEED ME SEYMOUR!!” We finish the spring semester with the hilarious musical, “Little Shop of Horrors,” presented by the FAMU

Essential Theatre on Sunday, April 7th (3:00 PM), Charles Winter Wood Theatre. Register via OLLI by March 7th. A R&B-singing carnivorous plant with world domination in mind?! What could be more entertaining?! Join us on the FAMU campus for this sci-fi musical smash!

Be sure to check your OLLI Course and Activity catalog for all the details about these exciting activities and get yourself some “culchah” dahling!!

OLLI FRIENDSHIP FORCE TO MEET IN JANUARY AND HOST VISITORS FROM THE VILLAGES

Olli Friendship Force will meet on **Friday January 25, 2019, 3 P.M.** at the N.E. Branch Public Library, 5513 Thomasville Road. On January 15 and 16, 2019 Friendship Force will be hosting a mini trip of visitors from the Villages.

Friendship Force will also discuss its upcoming slate of activities.

The next inbound domestic trip is April 6-12, 2019 with visitors from Milwaukee Wisconsin. Be a home, small dinner or day host to participate.

Our next inbound international trip is November 10-16, 2019 with

visitors from Mundo Maya de Tuxtla Gutierrez, Mexico. Spanish speaking home and dinner volunteers are needed. Practice the Spanish you have been learning in your OLLI classes! Our international outbound trip is to Iguazu Falls and two clubs in Brazil, July 12-28, 2019.

Our two domestic outbound trips are April 29-May 5, 2019 to Lake Hartwell, Georgia and our visitors from Raleigh, N.C. in March 2018 had such a wonderful experience, they have invited us to visit them in late September, 2019.

Several volunteer opportunities to help on the inbound trips are available.

Explore new countries and cultures through FFI's homestay travel. FFI is similar to a foreign exchange student program for adults. View the wide

variety of travel options at www.friendshipforce.org. For information, Contact Wendy Johnston at mrswendyjohnton@gmail.com

OLLI JAZZ INSTRUCTOR LEON ANDERSON TO APPEAR AT NORTHSIDE STAGE ON JANUARY 25

While waiting to take OLLI's next Leon Anderson jazz class come hear him live. Northside Stage welcomes percussionist Anderson along with jazz guitarist Barry Greene, pianist Kevin Bales, and bassist Rodney Jordan on Friday, Jan. 25 at 7:30 pm. This performance is free and open to the public.

Created by local musicians with a passion for collaboration, Northside

Stage provides a venue for local and regional artists to connect with appreciative audiences. This Leon Anderson & Company performance is at 7:30 pm, Friday, 01/25/19, at Northside Community Center, 8005 Oak Grove Road, Tallahassee.

For a Google map and directions to this relatively new venue, go to this website, northsidestage.com and click on events, then (map).

CURRICULUM CHAT

by Susan Yelton
Chair, OLLI Curriculum Team

Welcome to the NewYear! By now you have received the Course and Activity Catalog (CAS) and I hope you found many classes that interest you. If you haven't it is online on the OLLI website. Please share the information with your friends. We

need to keep our membership at a sustainable level.

When you read your CAS, you will see that we have provided lectures after Showcase and before classes begin. We have long recognized that

there is a long lag between Showcase and when classes begin. We would love to offer classes earlier, but it is not feasible. This Spring is the first semester when we are offering a full two weeks of lectures/activities information sessions.

If you thought you knew everything about **Gone With the Wind**, think again, and attend Jim Jones' lecture. Or find out why you may be at risk of someone becoming a guardian of you and your assets without your permission.

Parking will be available for all the lectures/activities/information sessions at the Pepper Center. We hope you will attend some of the lectures, so we can continue to attract speakers for future dates.

Your Curriculum Team has a new member representing Westminster Oaks: Mary Anne Price, replacing Jo Ann LaMaster. A special thanks to Jo Ann, who always gave us good recommendations for classes. Mary Anne has been a member of OLLI for six years and resident of Westminster for three years. She will be a wonderful addition to the Curriculum Team. In addition to being a voting

member of the Curriculum Team, she will be recommending classes to be held at Westminster.

When you are registering for Spring semester, the Curriculum Team will be getting ready to review and select proposals for May. As you know, we are not on campus for May classes. We might have some new places to meet. May is also the semester when we don't offer a full complement of classes. For those of you who love to jazz, Leon Anderson has agreed to teach during May. He is also performing at Northside Community Center at 8005 Oak Grove Road on Jan 25th at 7:30 p.m. I know some of you have missed Bill Walter. He will be teaching in May and getting us ready for the trip to Italy. We are still looking for a language instructor to teach Italian. And, I'm still coordinating with the Florida Public Archaeology Network for a class on underwater archaeological preserves.

When the Team selects the proposals in a few weeks, I can give you more information. If all goes well, I know you will be pleased with the May schedule. It is full of surprises!

SPECIAL TO THE TIMES

THE POWER OF POSITIVE AGING

More than ever before, we are living longer, healthier, and more productive lifestyles. The achievements in both health care and technology in the last fifty years has contributed greatly to our increased lifespan. People nowadays are spending more time and money on ways to improve how they look and feel. Unfortunately, the fact still remains that from a medical perspective the term "aging" has a much greater connotation than positive.

When we think about getting older, the first thing that comes to mind is "gray hair, wrinkled skin, memory loss, weakness, frailty, and an overall loss of independence". True or false? From what I have experienced in the past number of years is this. There is a strong correlation between a person's attitude and his or her ability. A positive mental attitude and a purpose or reason for living can actually make a person look and feel younger.

"From a medical point of view, negative thinking suppresses the immune system, raises the blood pressure, and creates a general level of stress and fatigue in the body. In short, infections, cardiovascular irregularities, the

degeneration of muscle, and the random growth of unwanted cells gets more opportunity."

Let's consider the title of this article, "The Power of Positive Aging". The words "power" and "positive" do not equate to such terms as "frail", "weakness", or "an overall loss of independence". So, in the process of writing this article, the author has created a simple idea called "The Three P's of Life". The motive of this principle is to live life with a "Plan", a "Purpose", and with "Passion".

In Asian philosophy, they discuss and use the concepts of the five natural elements in their way of life ("wood, fire, water, metal, and earth"). Abraham Maslow has his "Hierarchy of Human Needs". As individuals, we strive to succeed using our five basic fundamentals: physical, mental, social, spiritual, and financial. Everything we do in life can fall under each one of these categories. The author explains below in greater detail how this can be achieved.

PLAN

Physical

- beginning a new exercise program
- reading additional literature to gain a better insight on training
- joining a fitness club
- changing your eating habits
- making an appointment to see your doctor and nutritionist and let them know what you're planning

Mental

- changing your attitude from pessimistic to optimistic
- setting goals daily that will aid in improving your disposition
- reading materials on self-improvement

Social

- make a point of going out more socially ("with regularity")
- join different social groups
- travel someplace different on your next vacation
- get in touch with some old friends

Spiritual

- having a belief in something or someone
- read motivational and inspirational stories
- establish a faith ("it could be anything")

Financial

- open up another bank account
- do some investing
- maybe start a part-time business

PURPOSE

Physical

- wanting to lose some weight
- put on some lean muscle
- get healthy
- look and feel better

Mental

- an attitude change ("negative to positive")
- feeling better mentally
- reducing stress

Social

- meeting some new people
- networking for personal and professional reasons
- beginning new relationships

Spiritual

- a good internal feeling
- putting balance into your life
- helping other people
- your own emotional needs

Financial

- extra residual income
- the opportunities to travel ("business or pleasure")
- financial freedom

PASSION

Physical

- some amazing new results ("body transformations")
- motivating others to do the same thing
- becoming a mentor because it has become your "passion"

Mental

- very easy now to overcome obstacles
- a stronger and more positive disposition
- focused, driven, and more goal-oriented

Social

- becoming more charismatic ("confidence in a social setting")
- additional

Spiritual

- a deeper feeling of self-worth
- strong spiritual growth
- an internal bond with yourself

Financial

- becoming financially savvy
- good investment tips for family and friends based on your success
- financial independence

So this just gives you a general idea on how you can put your life into perspective based on your own thinking. Any of these points can be changed accordingly. The whole point.

If you live a life with purpose and a plan; passion will soon follow. Life doesn't end at 50, 60, 70, or even 80; it stops when you tell it to.

You are the master of your destiny and you will become exactly what you think. The power of positive aging is within each one of us.

HOW TO TRAIN YOUR BRAIN TO CRAVE LIFELONG LEARNING (AND WHY IT'S GOOD)

By Pam Thomas

I am in love with lifelong learning. It was not always that way, however.

To be perfectly honest, I used to think that the only way to learn was in school. And I was not always a big fan of "conventional learning", unless it was a course that really interested me.

It was not until I expanded my own definition of learning that the love affair

began. The retreats, the books, the conferences, and even my own missteps. All a means for learning.

Now I cannot learn enough or get my hands on enough information. Lifelong learning is like a potato chip to me; I want more. As a matter of fact, as of the writing of this article, I have about 12 different books going at the same time.

Why?

Simple. It sparks my curiosity and the curiosity sparks my quest to be a lifelong learner.

“Curiosity is one of the permanent and certain characteristics of a vigorous intellect.” — Samuel Johnson

The more I engage and employ lifelong learning, the more I experience some really cool things. Not only lifelong learning improved my brain functions (like my memory), but it has supported my success and growth as a business owner and made me a more effective coach.

Not to mention, as an introvert, it gives me a lot of material to work with in social settings, which is a great side benefit.

The bottom line: lifelong learning has been truly instrumental in adding new tools and knowledge to my metaphorical toolbox.

Major benefits of lifelong learning

If you think about it, the brain, while mostly grey matter has muscle. Like any muscle or skill, the less you use it the more chance for it to atrophy. But keeping your brain strong is not the only benefit.

In the article *Benefits of Lifelong Learning*, Marjaan Laal states that lifelong learning sharpens the mind,

increases confidence, enhances interpersonal skills, expands career opportunities and impacts the ability to effectively communicate.

How is that so?

When we learn, we expand our knowledge base obviously but it goes much farther than that. Learning can help us to step out of a pattern or routine. The more we do that, the more confidence we create.

It moves us past that point of complacency. It in turn enhances and improves the skills we already have by helping us to not only strengthen them, but also add to them.

It is also beneficial to our health. While it may not cure diseases like Alzheimer's, for example, it has been reported that learning can slow the progression of diseases that impact the brain.

John Coleman stated in his article **Lifelong Learning is Good for Your Health, Your Wallet and Your Social Life** that even reading for a short period everyday can reduce stress levels. With all the demands we face on a daily basis, who does not want a little stress relief?

If you are ready to reap the many benefits of lifelong learning be sure to read on.

How to train your brain to crave learning

There is no end to education. It is not that you read a book, pass an examination, and finish with education. The whole of life, from the moment you are born to the moment you die, is a process of learning. – Jiddu Krishnamurti

The more we do something and notice the benefits of doing that something, the more apt we are to do it again and again. Enter a habit. Training our brains to crave learning is no different.

Here are some simple ways to begin to train your brain to crave lifelong learning:

1. Create an objective for your learning.

That may sound funny, but it truly does help to have an objective in mind. For example, maybe your objective is to reduce your stress levels or find different ways to relax. Having an objective not only makes the learning beneficial but gives it a purpose.

2. Start small.

If lifelong learning has not been your “thing”, trying to eat this learning elephant in one bite makes it more difficult to stick with. It helps to break down the learning into bite sized pieces. For example, instead of trying to read a certain number of pages in a book every day, why not start with 15 minutes, two or three times a week?

After you have cemented that small habit into place, you can then add to it.

3. Make it fun.

If learning is a chore or becomes a chore, the act of doing it obviously decreases. Have some fun with your learning.

For example, for every new learning opportunity you take, give yourself some “props”. Give yourself a gold star. Make learning a game.

Whatever is going to make learning fun for you, make sure to engage the fun!

Ideas to begin lifelong learning

If you don't know how to begin lifelong learning, here're some ideas for you:

1. Stick your nose in a book.

The most obvious way to learn something new is to read often and read a variety of books. Benefits of reading are many. Here you can find great books to read:

- The 25 Best Self Improvement Books
- 35 Books on Productivity and Organizational Skills for an Effective Life
- 27 Must Read Books Every Novel Lover Should Read at Least Once

2. Engage in deeper thoughts and conversations.

Nothing shakes up the routine of the day-to-day surface level stuff than a deep conversation or deep thinking.

If you find that you do not have folks in your world that you can have those deeper conversations with, not to worry.

Facebook, LinkedIn, and MeetUp are loaded with all sorts of groups engaging in some pretty cool conversations around topics of interest.

3. Check out some cool podcasts and videos.

In your hot, little hand you hold a magical tool for learning. If you have not downloaded the YouTube or the TED app, give them a whirl. Some nice TED talks and podcast recommendations for you:

- 100 TED Talks Lessons In 5 Minutes
- 20 Most Inspiring TED Talks of All Time That You Should Not Miss
- 11 Podcasts To Inspire Yourself

4. Enroll in some extracurricular classes.

Community colleges offer adult learning programs and classes for cheap.

If attending classes in a bricks and mortar school is not your thing, no worries. Online courses are always available via sites like Udemy and many more.

Check 25 Killer Sites For Free Online Education

5. Leverage your missteps and mistakes.

Missteps and mistakes are great learning tools. Rather than judge yourself or use your missteps and mistakes as a 2×4 to beat yourself up with, take them as an opportunity to learn.

One thing that I find helpful is to take my missteps and mistakes and journal about them. To get the learning rolling I begin with a question like, “What am I meant to learn from this?” and then I let me pen just go. No overthinking or editing, just top of the mind writing.

Conclusion

The keys to benefiting from lifelong learning are to:

1. Set your objective for learning. When there is a purpose behind the learning, the learning becomes more compelling.
2. Start small, in bite-sized pieces.
3. Make it fun. Choosing the topics that most interest you and the way in which you want to learn that best suits you.

Following these simple steps and you will have your brain craving lifelong learning in no time!

SEVEN WALKING TIPS TO LOSE WEIGHT FASTER

BY [MARC LINDSAY](#)
MYFITNESSPAL

If you're looking for an easy way to lose weight, getting started with a walking program is a great way to do it. It's low-impact, easy to fit into a

busy schedule and accessible for almost any age or fitness level. Use these seven walking tips to burn more calories and shed pounds:

1. WALK MORE THROUGHOUT THE DAY

A power-walking workout is a great way to get in shape. And while a 30–45-minute power walk 4–5 days per week should be your focus, don't stop there. To reach your weight-loss goals, try including short walks of 20 minutes or less throughout your day when possible. Here are a few ideas to get you started:

- Try a short walk following meals, which can help control

your blood sugar, prevent cravings for more food and give your metabolism a boost.

- When completing daily errands, walk between destinations instead of driving when it's a mile or less.
- Take a short walk when you feel frustrated or stressed. It can help your mood while you burn a few more calories.
- Always take the stairs instead of the elevator.

2. INCREASE THE INTENSITY

Upping your walking speed from a leisurely at-the-park pace is one way to get the heart pumping and burn more calories. In addition to picking up the pace, researchers at Ohio State University have also found that varying your walking speed during your workouts can help you burn up

to 20% more calories than maintaining a steady pace.

During your walk, include one 30-second burst every 5 minutes, walking as fast as you can without jogging. Follow this with a slower 30-second recovery walk before you get back into your normal power-walking pace.

3. HIT THE HILLS

Walking on a hiking trail with hills is one way to include intervals in your walking routine without making it feel like torture. Walking uphill also burns more calories and helps you build muscle in the lower body, which can help speed up your metabolism, too.

If you don't have a walking trail nearby that you can access 2–3 times per week, try a staircase workout or set the incline on the treadmill at the gym. Just remember to change your technique slightly. Lean forward as you climb, take shorter steps and bend your knees more than you would normally.

4. USE YOUR ARMS

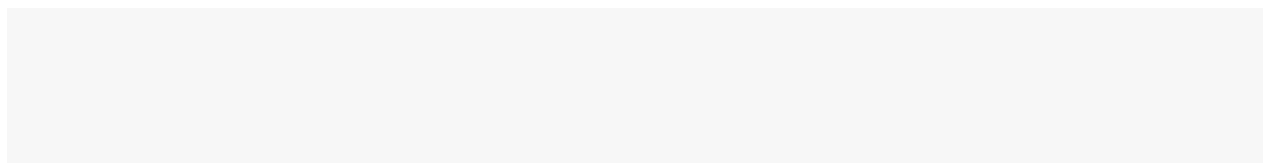
While it might look silly, exaggerating your arm swing while you walk has additional benefits. It'll help to speed up your pace, work your upper body and burn up to 10% more calories when compared to a normal arm swing. To perfect your arm-swing technique, use these tips:

- Bend your arms to 90 degrees and maintain this form.
- The arm should extend behind the body as far as you can comfortably and naturally.
- On the upswing, the hand should rise to the level of the chest.

5. HAVE A STEP GOAL

Setting goals is important to keep you motivated. One of the best goals you can have as a walker is to work toward increasing the number of steps you take per day. The more steps you take, the more likely you are to burn calories. And shortening your stride to take more steps can actually help you speed up the pace, too.

Unlike distance and speed goals that can lead to an injury when progressed too quickly, increasing your steps is safer and can be amped up more rapidly. If you're serious about losing weight, aim for 10,000 per day to start and increase your step count from there as you can tolerate.



6. KEEP YOUR CALORIE CONSUMPTION LOW

Walking can be a great way to destress, improve your health and strengthen your bones and muscles without risking injury. But for weight loss, you'll need to concentrate on diet to make it happen. Focusing on lean proteins and vegetables and

limiting sugary and processed foods is where you should start. Keeping track of your daily caloric intake helps you shed pounds quicker and more safely than opting for one of the many fad diets instead.

7. INCLUDE STRENGTH TRAINING DURING YOUR WALK

A good way to break up your walks, strengthen your muscles and burn more calories is to include bodyweight exercises during your workout. Two or three times per week, stop and perform one of these exercises every five minutes

during your walk. How many you do is up to you: Pushups (do them inclined on a park bench or against a wall to make it easier); squats; walking lunges; front or side planks.

THE CURIOUS ORIGINS OF 16 COMMON PHRASES

BY ARIKA OKRENT, LANGUAGE EXPERT

1. BY THE SAME TOKEN

Bus token? Game token? What kind of token is involved here? Token is a very old word, referring to something that's a symbol or sign of something else. It could be a pat on the back as a token, or sign, of friendship, or a marked piece of lead that could be exchanged for money. It came to mean a fact or

piece of evidence that could be used as proof. "By the same token" first meant, basically "those things you used to prove that can also be used to prove this." It was later weakened into the expression that just says "these two things are somehow associated."

2. GET ON A SOAPBOX

The soapbox that people mount when they “get on a soapbox” is actually a soap box, or rather, one of the big crates that used to hold shipments of soap in the late 1800s. Would-be motivators of crowds would use them to stand on as

makeshift podiums to make proclamations, speeches, or sales pitches. The soap box then became a metaphor for spontaneous speech making or getting on a roll about a favorite topic.

3. TOMFOOLERY

The notion of Tom fool goes a long way. It was the term for a foolish person as long ago as the Middle Ages (Thomas fatuus in Latin). Much in the way the names in the expression Tom, Dick, and Harry are used to mean “some generic

guys,” Tom fool was the generic fool, with the added implication that he was a particularly absurd one. So the word tomfoolery suggested an incidence of foolishness that went a bit beyond mere foolery.

4. GO BANANAS

The expression “go bananas” is slang, and the origin is a bit harder to pin down. It became popular in the 1950s, around the same time as “go ape,” so there may have been

some association between apes, bananas, and crazy behavior. Also, banana is just a funny-sounding word. In the 1920s people said “banana oil!” to mean “nonsense!”

5. RUN OF THE MILL

If something is run of the mill, it’s average, ordinary, nothing special. But what does it have to do with milling? It most likely originally referred to a run from a textile mill. It’s the stuff that’s just been manufactured, before it’s been

decorated or embellished. There were related phrases like “run of the mine,” for chunks of coal that hadn’t been sorted by size yet, and “run of the kiln,” for bricks as they came out without being sorted for quality yet.

6. READ THE RIOT ACT

When you read someone the riot act you give a stern warning, but what is it that you would you have

been reading? The Riot Act was a British law passed in 1714 to prevent riots. It went into effect

only when read aloud by an official. If too many people were gathering and looking ready for trouble, an

officer would let them know that if they didn't disperse, they would face punishment.

7. HANDS DOWN

Hands down comes from horse racing, where, if you're way ahead of everyone else, you can relax your

grip on the reins and let your hands down. When you win hands down, you win easily.

8. SILVER LINING

The silver lining is the optimistic part of what might otherwise be gloomy. The expression can be traced back directly to a line from Milton about a dark cloud revealing a silver lining, or halo of bright sun

behind the gloom. The idea became part of literature and part of the culture, giving us the proverb "every cloud has a silver lining" in the mid-1800s.

9. HAVE YOUR WORK CUT OUT

The expression "you've got your work cut out for you" comes from tailoring. To do a big sewing job, all the pieces of fabric are cut out before they get sewn together. It seems like if your work has been cut for you, it should make job easier, but we don't use the

expression that way. The image is more that your task is well defined and ready to be tackled, but all the difficult parts are yours to get to. That big pile of cut-outs isn't going to sew itself together!

10. THROUGH THE GRAPEVINE

A grapevine is a system of twisty tendrils going from cluster to cluster. The communication grapevine was first mentioned in 1850s, the telegraph era. Where the telegraph was a straight line of

communication from one person to another, the "grapevine telegraph" was a message passed from person to person, with some likely twists along the way.

11. THE WHOLE SHEBANG

The earliest uses of shebang were during the Civil War era, referring to a hut, shed, or cluster of bushes where you're staying. Some officers

wrote home about "running the shebang," meaning the encampment. The origin of the word is obscure, but because it also

applied to a tavern or drinking place, it may go back to the Irish

word shebeen for a ramshackle drinking establishment.

12. PUSH THE ENVELOPE

Pushing the envelope belongs to the modern era of the airplane. The “flight envelope” is a term from aeronautics meaning the boundary or limit of performance of a flight object. The envelope can be described in terms of mathematical

curves based on things like speed, thrust, and atmosphere. You push it as far as you can in order to discover what the limits are. Tom Wolfe’s *The Right Stuff* brought the expression into wider use.

13. CAN’T HOLD A CANDLE

We say someone can’t hold a candle to someone else when their skills don’t even come close to being as good. In other words, that person isn’t even good enough to hold up a candle so that a talented person can see what they’re doing

in order to work. Holding the candle to light a workspace would have been the job of an assistant, so it’s a way of saying not even fit to be the assistant, much less the artist.

14. THE ACID TEST

Most acids dissolve other metals much more quickly than gold, so using acid on a metallic substance became a way for gold prospectors

to see if it contained gold. If you pass the acid test, you didn’t dissolve—you’re the real thing.

15. GO HAYWIRE

What kind of wire is haywire? Just what it says—a wire for baling hay. In addition to tying up bundles, haywire was used to fix and hold things together in a makeshift way, so a dumpy, patched-up place came to be

referred to as “a hay-wire outfit.” It then became a term for any kind of malfunctioning thing. The fact that the wire itself got easily tangled when unspooled contributed to the “messed up” sense of the word.

16. CALLED ON THE CARPET

Carpet used to mean a thick cloth that could be placed in a range of places: on the floor, on the bed, on a table.

The floor carpet is the one we use most now, so the image most people associate with this phrase is one where

a servant or employee is called from plainer, carpetless room to the fancier, carpeted part of the house. But it actually goes back to the tablecloth

meaning. When there was an issue up for discussion by some kind of official council it was "on the carpet."

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