



ALP-HORN

SPRING
2014

NEWSLETTER OF THE ADULT LEARNING PROGRAM

DR. ROBERT A. EVANS TO SPEAK AT SPRING PREVIEW MEETING

Tuesday, January 7, 2014

"Global Peace Through Conflict"

The Rev. Prof. Dr. Evans is the Executive Director of Plowshares Institute and received his doctorate from Union Seminary and Columbia University in New York. Together with his wife, Alice Frazer Evans, he works nationally and internationally in the field of mediation with a special focus on empowering community leaders. These programs have: helped South African partners prepare for that nation's first "all race" election, trained religious and community leaders to mediate conflicts in ten U.S. cities, addressed issues of human rights and trauma healing in Aceh Province following the 2004 tsunami, advised the Commission of Truth and Friendship to reconcile Indonesia and Timor-Leste, trained academics, non-profit organizations, government agencies and religious leaders in Mainland China in conflict transformation, and are currently equipping emerging leaders with peace skills and building peace networks in Northeast India, East Africa and South Africa. He is the author or co-author of a dozen books, including *Pedagogies for the Non-Poor*, *Human Rights: A Dialogue between the First and Third Worlds*, and *Peace Skills for Community Mediators*. Dr. Evan's most recent work focuses on issues of reconciliation and democracy building in China, South Africa and Papua, Indonesia. Plowshares was twice nominated for the Nobel Peace Prize by members of the South African parliament.



PARKING AND AGENDA

TUESDAY JANUARY 7, 9:45-12:00 AT SEABURY, BLOOMFIELD.

As usual for preview meetings, you must park at the [Beth Hillel Synagogue parking lot](#) and take the Seabury bus (it will run from 9:15 to 10:15 am) to the front entrance of Seabury. **There is no parking available at Seabury unless you have a Handicapped Permit.**

9:30-10:30	Coffee and tea will be available at the top of the stairs.
9:45-10:15	Visit with course presenters at tables set up in Heritage Hall and obtain further information about a particular course or single session.
10:15-10:30	Heritage Hall will be vacated while it is being set up for the meeting.
10:30	Short membership meeting in Heritage Hall.
11:00	Our speaker will be introduced. After his talk there will be a short question and answer period.
12:00 noon	Adjournment. The Seabury shuttle will return you to the parking lot.

WELCOME NEW MEMBERS

Kem Appell, Bloomfield
Arlene Baron, South Windsor
Violet Bell, Farmington
Barry Berson, Bloomfield
Ingrid Boelhouwer, Bloomfield
Arlene Buckey, Avon
Lois Charlow, Simsbury
Neil Clark, Bloomfield
Patricia Clark, Bloomfield
Ann Cooke, Farmington
Ann Dake, Bloomfield
Janet Eveleth, Bloomfield
Pat Fresk, Bloomfield
Elizabeth Kellerman, Bloomfield
Errol Matzke, Hartford
Robert McComb, Bloomfield
Frank McNulty, Bloomfield

Judith Porter, Bloomfield
Thomas Porter, Bloomfield
Natalie Rosen, Bloomfield
Michele Rosenberg, West Hartford
Edith Savage, West Hartford
Edward Savage, West Hartford
Mary Fran Sumple, Windsor
Estelle Taylor, Bloomfield
Elizabeth Taylor, Bloomfield
Susan Thomas, Granby
Pauline Topazian, Bloomfield
Richard Topazian, Bloomfield
Lois Woodall, West Hartford
Brian Zeiner, Windsor
Sue Zeiner, Windsor
Patricia Zwerling, Bloomfield
Steve Zwerling, Bloomfield

THANK YOU, THANK YOU, THANK YOU

The following members have made recent donations to ALP. We are very grateful.

Jean Ensling
Helen Bridburg
Jackie Brown
Kiki Eglinton
Sally Foster
Phyllis Satter
Ivan Backer
Stuart Babcock
Frances Carpenter
Harold and Joyce Buckingham
Trudy Lovell
Ralph and Bernita Sundquist

Barbara Taylor
Shirley Dudley
Frances Moulton
Kem Appell
Fannie Gabriel
Sally Welensky
Elizabeth Taylor
Don Berry
John Condron
Joy Floyd
Rosemarie Hargrave
Clara Horn

June Johnson
Elizabeth Kellerman
Marion Kellerman
JoAnn Stevens
Eleanor Sulston
David Swicker
Susan Watson
Mary Ann Watson
Marilyn Winograd
Steve and Pat Zwerling
Jim Mason
Dorothy and Dominick Cinti

If you are willing to car pool please send this coupon to the office, or contact the office by phone (860-380-5038) or email (alp@uconn.edu). The ALP office will then assemble a list and make it available to ALP participants requesting the information. If you need a ride you will be able to consult the list then contact the person who is willing to give a ride and see if she or he is going to the same class. If not, try the next person and so on.

Yes, I can car pool with other ALPers, if convenient.

Name: _____

I prefer to be contacted by phone at: _____

I prefer to be contacted by email at: _____

I travel from (town): _____

ALP DVD LIBRARY

The following DVDs are available in the ALP office for loan periods of two weeks subject to a refundable deposit of \$25.00. *Bertina Williams* is available at the office on Monday and Thursday mornings. If you wish to borrow a DVD, please phone the office at 860-380-5038.

Stretch Your Mind. Panel Discussion, Simsbury Community TV, 2007. Moderator - Don Noel: Panelists - Richard Edwards, Ivan Backer, Ruthanne Hartzheim and Ann Steele (30 min).

Mr. Lincoln: The Life of Abraham Lincoln. A tour of Lincoln's life, from his forebears' arrival in America through an evaluation of how his legacy lives for us today (12 lectures).

A History of Hitler's Empire (2nd Edition). This course describes how the Nazis were able to establish the foundations of a totalitarian regime and cause a devastating war that would consume many millions of lives (12 lectures).

The Meaning of Life - Perspectives from the World's Great Intellectual Traditions. These lectures offer a rigorous and wide-ranging exploration of what various spiritual, religious and philosophical traditions from both East and West have contributed to this profound line of questioning (36 lectures).



A chorus of ALP-Horns

EVENTS AT DUNCASTER

This spring two multi-session seminars ***Events That Changed History*** (led by Ivan Backer) and ***Big History*** (led by Jim Yaeger), will be held at Duncaster. Duncaster is located at 40 Loeffler Road in Bloomfield and is not far from Seabury; see our website for directions.

SPRING 2014 SEMINARS

SS-1, YAO TO MAO III, Peter Cruikshank, Presenter. Wednesdays, Jan. 29; Feb. 5, 19, 26; Mar. 5, 19. 10-Noon, **Heritage Hall**. This will be the third seminar based on a Great Course led by History Professor Kenneth Hammond. The course explores the history and culture of China, spanning a vast temporal and spatial domain and developing several themes to help understand this ancient and complex society. There will be two or three 30-minute lectures in each of the six sessions.

SS-2, VOICE IN CREATIVE WRITING Dorothy Sterpka, Presenter. Thursdays, Jan. 30; Feb. 6, 13, 20, 27; Mar. 6. 1-3 PM, **Seabury Learning Center**.

This semester we will focus on voice in creative literature. We will use *Now Write! Nonfiction*, Sherry Ellis's edited compilation of exercises, as well as models from other sources to help us to write non fiction, fiction, poetry, or memoir. Topics for the six classes are: 1, Listening: Voices, Memories, Delivery; 2, Listening: The Artful "I"; 3, Listening: The Interview; 4, Listening: Eavesdropping; 5, Listening: Whose Voice; and 6, Revision.

SS-3, BIG HISTORY III. Jim Yaeger, Presenter. Wednesdays, Feb. 5, 12, 19, 26; Mar. 5, 12. 1-3 PM, **Duncaster**.

The overall course is subtitled *The Big Bang, Life on Earth, and the Rise of Humanity*. This semester begins our discussions of the rise of humanity. We start with the origins of agriculture and continue into the growth of civilizations. The role of political and military power and the development of states are explored. The semester ends with a description of "long trends" in state power, technical innovation and population growth, which serve as the foundations for modern civilization.

SS-4, MOVIE BUFFS

James Hanley, Presenter. Thursdays, Feb. 6; Mar. 6; Apr. 3; May 1. 10:30-Noon, **Media Room**.

Participants view films at Cinestudio on the campus of Trinity College or elsewhere, at a time of their choosing, and then discuss them in class at Seabury with the knowledgeable director of Cinestudio.

SS-5, RETURN JOURNEYS: SECOND-GENERATION AMERICANS EXPLORE "HOME" AND IDENTITY

Hila Yanai, Ph.D., Presenter. Mondays, Feb. 17, 24; Mar. 17, 24, 31. 1-3 PM, **Media Room**.

In this course we will read from recent works by children of immigrants who, having grown up in the U.S., return to their parents' countries of origin to live, travel, and/or work. The accounts of these "return journeys" are fascinating both as insightful portraits of places and cultures largely unfamiliar to us, and as quests for self-understanding and wholeness by second-generation Americans. Readings will include excerpts from *Half and Half: Writers on Growing up Biracial and Bicultural*, edited by Claudine Chiawei O'Hearn (1998); *Catfish and Mandala*, by Andrew X. Pham (1999); *Lipstick Jihad*, by Azadeh Moaveni (2005); and *India Calling*, by Anand Giriharadas (2011). **Enrollment limited to 15.**

SS-6, EVENTS THAT CHANGED HISTORY II

Ivan Backer, Presenter. Tuesdays, Feb. 18, 25; Mar. 4, 11, 18, 25. 1-3 PM, **Duncaster**.

The lecture series *The World Was Never the Same: Events That Changed History*, given by Professor J. Rufus Fears, continues this spring. It begins with the Middle Ages starting with Dante

SPRING 2014 SEMINARS

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and ends in the nineteenth century with Darwin's voyage in 1831. In each session two half-hour DVD's will be shown, followed by small group discussions that focus upon specific questions primarily intended to integrate lecture material with situations and issues of the present day.

SS-7, ABRAHAM LINCOLN, PROPHET OF AMERICAN DEMOCRACY

Gene Leach, Retired Professor of History and American Studies, Trinity College, Presenter. Fridays, Feb 21, 28; Mar 7. 1-3 PM, **Heritage Hall.**

Lincoln's axial value was *self-government* – not union, not emancipation. By the time he ran for the presidency, Lincoln had come to believe that to save American self-government, it was necessary to put the country on the road to biracial democracy.

SS-8, EUROPEAN ART II

Ruth Hartzheim, Presenter. Tuesdays, Feb. 25; Mar. 4,11,18, 10-Noon, **Heritage Hall.**

After an overview of "13 centuries" of European Art in Fall, 2013, this class continues with DVD presentations from *The Great Courses/The History of European Art*. This semester we will take a more in-depth look at the periods of Medieval, Romanesque, Gothic, and Renaissance Art. Future semesters will follow with European Art History through the mid-twentieth Century

SS-9, CLASSIC FILMS

Joe Panitch, Presenter. Mondays, Mar. 3,10,17,24,31; April 7, 9:30-Noon, **Media Room.**

Films of historical importance and editorial impact will be shown. They are most thrilling, dramatic, scariest and funniest of all time. Films we will watch are *The 400 Blows, 8 1/2, Blue Velvet, Do the Right Thing, Paths of Glory, This is Spinal*

Tap. The class will be encouraged to discuss the films' impact.

SS-10, GOOD OL' DAYS

Bob Ellis, Presenter. Thursdays, Mar. 13,20,27. 9:30-Noon. **Heritage Hall.**

Part history lesson, part nostalgia, part interactive sharing and part sing-along, this power-point supported presentation is a look back at the good old days of the 40's and early 50's when life – as we remember it – was slower and simpler with a different set of values. We'll review and discuss everything from the war-time sacrifices we made to the products we used, the fashions we followed, the cars we drove, the songs we sang, the entertainment we enjoyed, and the events and people who shaped our lives. If you're over 70, this will be "a program to remember."

SS-11, MUSICAL THEATER

Joe Panitch, Presenter. Fridays, March 14,21,28; April 4,11,18. 1-3:30 PM, **Media Room.**

Musical theater combines music, songs, spoken dialog, and dance. The emotional content of the work - humor, pathos, love, anger - as well as the story itself - is communicated through the words, music, movement, and technical aspects of the entertainment as an integrated whole. We will view *Annie, Applause, La Cage Aux Faux, A Chorus Line, The Producers* and *A Little Night Music*.

SS-12, SHORT STORIES

Carol Matzke, Presenter. Thursdays, Mar. 20; April 17; May 15. 1-3 PM, **Media Room.**

We will discuss two short stories at each session, chosen in advance by members of the group. Information will also be provided about the authors. **Enrollment limited to 25.**

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Continued from Page 5

SS-13, WRITING YOUR MEMOIRS

Leta Marks, Presenter. Tuesdays, April 1,8,15,29. 1-3 PM, **Center for Successful Aging.**

Write and share your stories with a friendly writers' group. Each week we write short memoirs, bring them to the group to read, and delight in hearing one another. You too can come and participate in writing, talking about good writing, and giving/receiving positive, constructive conversation about your piece so we all feel energized to write more.

Enrollment limited to 18.

SS-14, CONNECTICUT FORUM

Bob Ellis, Presenter. Wednesdays, April 16,23,30. 9:30-12. **Heritage Hall.**

Three videotaped panel discussions from the archives of the Connecticut Forum will be shown: *The Presidency* (2008), by panelists Elizabeth Edwards, Matthew Dows, and Joseph Ellis; *Vision & Brilliance* (2012), Meil deGrasse Tyson, Neil Gaiman, and Neri Oxman; and *Storytellers and the Stories They Tell* (2008), Tony Kushner, Suzan-Lori Parks, and David Simon. An open discussion by ALP attendees will follow each presentation as time allows.

SS-15, EATING FOR THE TIME OF YOUR LIFE

Linda T. Drake, Nutritionist and Program Director, UConn Extension Nutritional Program, Presenter. Wednesdays, April 16,30. 1-3 PM, **Heritage Hall.**

In this seminar we will explore food choices and discuss current food and nutrition recommendations for older adults. We will also explore issues that affect nutrition such as chronic disease and food/medicine interactions.

SS-16, HISTORIC HOUSES AND STYLES

Christopher Wigren, Presenter. Thursdays, April 17,24. 10-Noon, **Heritage Hall.**

This course offers tools needed to understand houses built in Connecticut from the seventeenth to the twenty-first centuries. Topics include house forms, construction technology, and social trends, periods, and styles.

SS-17, THE PLAY'S THE THING

Nancy Kramer, Presenter. Mondays, April 7, 21; May 5,19. 1-3 PM, **Hearthside Parlor.**

We will be reading two plays. No acting skills are required. The presenter will give some information about the author, and then together we will read the play and discuss it.

SS-18, SPRING HIKES

Betty and Richard Carlson, Presenters. Fridays, April 25; May 9,23. 9:30-Noon.

Explorations of interesting sites in our area. Participants should be able to walk five miles over uneven terrain. Locations are communicated by leaders prior to hikes.

SS-19, THIS WAS A POET: EMILY DICKINSON

Karl Mason, Presenter. Mondays, April 28; May 5,12,19. 1-3 PM, **Media Room.**

"In Amherst they called her the Myth. From her late 20's she didn't even go to church...People knew she was brilliant...The critics were captious about (her) style- the quirky rhythm, imperfect style, erratic grammar, hardly a poem (wrote one) without some technical imperfections." We'll start with Sewall's essay and Dickinson's poems and take it from there. Please obtain a complete Emily Dickinson for class use, preferably Thomas Johnson's *Final Harvest; Emily Dickinson's Poems*. **Registration very limited.** This is a repeat of an oversubscribed fall course.



ALP Membership Registration Form Spring 2014

An Adult Learning Program (ALP) membership entitles you to participate in all seminars and single sessions.

PLEASE FILL OUT THIS PAGE, THEN MAIL THIS FORM WITH YOUR CHECK MADE OUT TO
"ALP" TO :

Adult Learning Program
UCONN Department of Extension
1800 Asylum Avenue, Rm. 110
West Hartford, CT 06117-2600

For additional information, call the ALP office: (860) 380-5038

PLEASE PRINT

Name _____

Phone _____

Street _____ Apt. _____

Town _____ State _____ Zip _____

Email Address _____

Annual membership includes fall and spring semesters. If you paid for an annual membership this past fall, your membership is still active.

SEMI-ANNUAL MEMBERSHIP (Fall): _____ \$55

SEABURY AND DUNCASTER RESIDENTS/ASSOCIATES
(Fees are reduced in appreciation for their providing space to ALP)

CONTRIBUTION TO ASSIST ALP PROGRAMMING: _____

Check here if you are a new member _____

HOW WILL YOU CONTRIBUTE?

ALP is a volunteer organization with each of us contributing his/her share. Please let us know which committee or activity you'd consider working on or learning more about.

_____ **Curriculum Committee:** Plans all seminars and single sessions.

_____ **Membership Committee:** Integrates new members into ALP; nominates board members;
Arranges for keynote speakers; plans and staffs membership meetings in fall and spring.

_____ **Communication Committee:** Reaches out to prospective members through the publication of promotional material and presentations; provides information to members through maintenance of website and publication of newsletter.

_____ **Presentations:** Present a seminar or single session, or put us in touch with a possible presenter.

ALP Spring 2014 Registration ALP

Name (PLEASE PRINT): _____

SEMINAR SELECTIONS - Please number the courses you wish to take in order of preference, i.e., 1 for 1st choice, 2 for 2nd, etc. This is especially important for courses with limited enrollment. For single sessions a check mark is sufficient. If a seminar is oversubscribed, a wait-list will be established and persons assigned to it will be notified if a place in the seminar becomes available. Those on waiting lists will be given priority for their second choice. Please do not register for more seminars than you intend to take. If you find you cannot participate in a seminar please inform the ALP office (860-380-5038) so that others may be considered. You do not need to notify the office if you will miss a single session of a series.

Please make a record of the courses chosen in your ALP-Horn. You can view your personal calendar (after you create it) on our website, www.uconn.alp.edu.

Unless you are notified from the ALP office that you are on a waiting list, plan to attend the course.

CHOICE	SEMINARS	CHOICE	SINGLE SESSIONS
<input type="checkbox"/>	SS-1 Yao to Mao	<input type="checkbox"/>	SSS-1 Bees, Apes, ...Human Language
<input type="checkbox"/>	SS-2 Voice in Creative Writing	<input type="checkbox"/>	SSS-2 Women in the Gilded Age
<input type="checkbox"/>	SS-3 Big History III (at Duncaster)	<input type="checkbox"/>	SSS-3 Healthcare Ethics
<input type="checkbox"/>	SS-4 Movie Buffs	<input type="checkbox"/>	SSS-4 New Reality! New Potential!
<input type="checkbox"/>	SS-5 Return Journeys...	<input type="checkbox"/>	SSS-5 Beyond Manifest Destiny
<input type="checkbox"/>	SS-6 Events That Changed History (at Duncstr)	<input type="checkbox"/>	SSS-6 Ella Grasso
<input type="checkbox"/>	SS-7 Abraham Lincoln...	<input type="checkbox"/>	SSS-7 Family Conflict...
<input type="checkbox"/>	SS-8 European Art II	<input type="checkbox"/>	SSS-8 Coin Collecting...
<input type="checkbox"/>	SS-9 Classic Films	<input type="checkbox"/>	SSS-9 The Asian Longhorned Beetle
<input type="checkbox"/>	SS-10 Good Ol' Days	<input type="checkbox"/>	SSS-10 Three Supreme Court Decisions
<input type="checkbox"/>	SS-11 Musical Theater	<input type="checkbox"/>	SSS-11 Mussolini's Rome
<input type="checkbox"/>	SS-12 Short Stories	<input type="checkbox"/>	SSS-12 ...Retirement Community Lifestyle
<input type="checkbox"/>	SS-13 Writing Your Memoirs	<input type="checkbox"/>	SSS-13 Misuse/Careful Use of Medication
<input type="checkbox"/>	SS-14 Connecticut Forum	<input type="checkbox"/>	SSS-14 Brain Health and Aging Positively
<input type="checkbox"/>	SS-15 Eating for the Time of Your Life		
<input type="checkbox"/>	SS-16 Historic Houses and Styles		
<input type="checkbox"/>	SS-17 The Play's the Thing		
<input type="checkbox"/>	SS-18 Spring Hikes		
<input type="checkbox"/>	SS-19 This Was a Poet, Emily Dickinson		

SPRING 2014 SINGLE SESSIONS

SSS-1, BEES, APES, AND THE EVOLUTION OF HUMAN LANGUAGE

Michael Park, Professor of Anthropology, Central Connecticut State University, Presenter. Monday, Feb. 24, 10-Noon, **Heritage Hall.**

The human communication system—language—is one of our species' unique traits. What defines language? How does it compare with the communication systems of other species? How and when did it evolve? How does a language reflect the culture that speaks it? And what about those apes, with whom one can have a real conversation in sign language?

SSS-2, WOMEN IN THE GILDED AGE

Dr. Jennifer Cote, Assistant Professor of History, University of St. Joseph, Presenter. Monday, March 17, 10-Noon, **Heritage Hall.**

Women in Gilded Age Connecticut were robust participants in the area's growing reform culture. The presenter will discuss the ways in which women engaged in political and social change in the late nineteenth century.

SSS-3, HEALTHCARE ETHICS

Robert McCarthy, Professor and Dean Emeritus, UConn School of Pharmacy, Presenter. Tuesday, March 25, 10-Noon, **Heritage Hall**

The presenter addresses the question of how we honestly treat all parties in health care: patients, care providers, the public, and the system as a whole.

SSS-4, NEW REALITY! NEW POTENTIAL!

David Fink, Director, Partnership for the Development of Strong Communities, Presenter. Tuesday, April 1, 10-12, **Heritage Hall.**

Powerful forces –demographic, economic, and policy based – have shaped new demand for smaller, denser, more affordable, and energy-efficient housing in

walkable neighborhoods and, if possible, close to transit. Connecticut is responding but its government, infrastructure, past, and capacity present barriers that must be overcome if Baby Boomers, Millennials, and everyone in between are to find homes that are affordable and situated in locations that unlock the doors of opportunity.

SSS-5, BEYOND MANIFEST DESTINY – EXPANSION OF U.S. POWER IN THE TWENTIETH CENTURY

Mims Butterworth, Presenter. Tuesday, April 8, 10-12, **Heritage Hall.**

The presenter will display a map showing the United States' expansion of power in the twentieth century, and tell how and why she made it. She will talk about the accompanying Teacher's Guide and show some interactive maps that further illustrate the process of expansion.

SSS-6, ELLA GRASSO

Jon Purmont and Ed Stockton, Presenters. Wednesday, April 9, 1-3, **Heritage Hall.**

Jon Purmont, Emeritus Professor at Southern Connecticut State University and author of a new book on Ella Grasso, will speak about the life and times of the Governor with Ed Stockton who served as Commissioner of Economic Development in her administration.

SSS-7, FAMILY CONFLICT: A NORMAL STATE OF AFFAIRS

Carol Simpson, Retired Marriage and Family Therapist, and Retired Human Resources Trainer, State of Connecticut, Presenter. Thursday, April 10, 1-3 PM, **Heritage Hall.**

We will discuss conflict, particularly how parents and their children deal with differences and change. We will explore communication patterns, and learn strategies for achieving authentic conversation between parents and their children.

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SSS-8, COIN COLLECTING FOR FUN AND PROFIT

Robert Hewey, Presenter. Thursday, April 10, 10-Noon, **Heritage Hall**

The presenter will describe American coinage from colonial times to the present; discuss ways to collect and why; and list publications and sources of supply. He will conclude the session with identification and evaluation of coins brought by the audience.

SSS-9, THE ASIAN LONGHORNED BEETLE

Joe Rodriguez, Presenter. Friday, April 11, 10:30-Noon, **Heritage Hall.**

The presenter describes the menace presented by the Asian longhorned beetle (ALB), an invasive insect that feeds on certain species of hardwood trees, eventually killing them. First discovered in Brooklyn, N.Y., in 1966, the beetle has caused tens of thousands of trees to be destroyed in Illinois, Massachusetts, New Jersey, and New York. Worcester, MA, located only 60 miles from Bloomfield, is the largest documented ALB infestation; from there it has spread to places as far away as Boston. It's not if the beetle will come to Bloomfield, it's only when.

SSS-10, THREE SUPREME COURT DECISIONS

Judge David Borden, Presenter. Monday, April 21, 10-Noon, **Heritage Hall.**

What has the U.S. Supreme Court done lately? Justice Borden, former Acting Chief Judge of the Connecticut Supreme Court, will explain the Court's recent decisions on gay marriage, the voting rights act, and affirmative action.

SSS-11, MUSSOLINI'S ROME

Borden Painter, Presenter. Tuesday, April 22, 10-Noon, **Heritage Hall.**

Benito Mussolini thought of himself as the Emperor Augustus of the twentieth

Century and went about rebuilding Rome as the capitol of his new Fascist version of the Roman Empire. We will take a slide-illustrated tour of Mussolini's Rome, visiting familiar sites in the historic center to newly developed areas celebrating the Duce's "Fascist Revolution."

SSS-12, THE CONTINUING CARE RETIREMENT COMMUNITY (CCRC) LIFE STYLE

Joseph Walton, Treasurer, National Continuing Care Residents Association and eleven-year resident, Seabury, Presenter. Tuesday, April 29, 10-Noon, **Heritage Hall.**

Is a Continuing Care Retirement Community Right for You? If so, which one?

Achieving a secure and happy retirement requires much forethought. Many attributes of life-care community living should be weighed. They include the CCRC's location, amenities, quality of services, culture and fiscal strength. A careful evaluation of this data will help to assure well-informed decisions.

SSS-13, MISUSE/CAREFUL USE OF MEDICATION

Leslie Aroh, Presenter. Tuesday, May 6, 10-11:30, **Media Room.**

A local registered pharmacist will discuss the obstacles we face in prescription compliance and what can be done to overcome them. She will also discuss the importance of correct disposal of medications and our options for disposal. Participants will be encouraged to ask questions.

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SSS-14, BRAIN HEALTH AND AGING POSITIVELY

Laura K.M. Donorfio, Associate Professor, UConn Department of Human Development and Family Studies, Presenter. Wednesday, May 14, 1-3 PM, **Heritage Hall**

Years ago, science and medicine held claim that our brains were unalterable. Today, science has reversed those widely held beliefs and lay claim that our brains continue to grow, change, and form new complex connections throughout our lives. Come hear some of the new discoveries made in the area of brain health and how they relate to longevity and positive aging.

Editors note: The following essay was written for the ALP Creative Writing Class in 2012. Many of the pieces written for ALP classes can be found on our website.

DEAR SPIKE

Noreen Channels

Dear Spike,

I am sorry to hear that you are in prison again. My heart goes out to you. You'll notice that - as you requested - I have stopped addressing you by your dignified, god-given name. I do understand that you want to go by the nickname that your friends picked for you, but I continue to think that Charles more clearly conveys your worth and importance.

As for prison, I know that you can't tolerate the food there - and maybe that's my fault for always giving you a hot, home-cooked meal with only the best of ingredients. You wanted macaroni and cheese, and hot dogs, like your friends,

but I wanted you to have more advantages than they ever could. I always said, "You can't be a leader if you're not healthy!"

I'm sorry that prison affords so little privacy! The time before last, as I recall, you had to share a cell with three thugs and a toilet. These are not the accommodations you expect for yourself! I believe a child should have a room of his own, and I know you appreciated yours. You made me promise to never come into your room, and I have always abided by that. Even when the police came to search the house, I did not go into your room!

Speaking of searching the house, you'll be happy to hear that I had the chance to move those heavy suitcases to Mrs. Walker's garage, where they won't be disturbed. I also put your valuable gun collection in a safe place where no damage can occur. As we know, even the police don't always respect people's property!

I hope you don't mind my mentioning that when I saw you at Christmas your Mohawk needed to be trimmed. This shagginess does not present you in your best light! I have always insisted that your hair be cut by the best stylists, because appearances are so important! Attractive people get more respect and are more successful in their careers. And, just look at you! You've become a successful ring leader! I hope that this time you'll refuse to let them shave your head! Insist on a nice professional look and some attention to eyebrows and nose hair.

You could stand to lose some weight while you're in there. That should

be easy since you're on forced labor again. Yes, I know, you have *always* been bigger than your friends. That's because I "red-shirted" you - held you back in preschool, so you would be the oldest in your kindergarten. When mothers do this, their children turn out to be better in sports, excel academically, and even make more money later in life. For you, it mostly meant that you were the biggest. And - as so often happens these days - you were pushed into the role of being the bully. That's just life, I guess. But, still, remember not to shove your roommates around - even if they are smaller. They might be tattletales and you could be blamed.

Well, I have to go now. The police are here to start digging in the back yard, and a reporter wants to ask me a few questions. I'm going to say that I've always given you every advantage!

Love and kisses,
Your mother

Special Events at Seabury and Duncaster

Both Duncaster and Seabury hold many events for their residents, such as lectures, readings, concerts, and recitals, many of which may appeal to ALP members. Some of these special events are open for ALP members to attend.

These events will be listed on our website (www.uconn.alp.edu) a few weeks before each event. Please check the website for more details.

Parking at Duncaster

For classes held at Duncaster you may park anywhere along the side of the roads, in the circle around the green awning, and even in the places that say for Duncaster residents. There are enough parking spots for everyone attending an ALP class!

YOU SIGNED UP FOR THE SEMINAR. WHERE WERE YOU?

A recent review of attendance records revealed that 49 ALP members **did not attend even one session of one of the seminars they had selected.**

This causes two problems; first, room assignments are made on the basis of enrollments and if there are many no-shows the course could have been accommodated in a smaller room; second, presenters frequently prepare hand-outs on the basis of how many people signed up.

We understand that you may have to miss a session now and then—that's life! Our concern is your missing *all* of the sessions of more than one seminar. ***So please, when you register for seminars this fall please select only those that you can attend most of the time.***



Fall Preview Meeting, 2013

SCHEDULE BY DAY OF THE WEEK—SPRING 2013

MONDAY

SS-5, Return Journeys..., Feb. 17, 24; Mar. 17, 24, 31. 1-3 PM
SS-9, Classic Films., Mar. 3, 10, 17, 24, 31, Apr. 7, 9:30-Noon
SS-17, The Play's the Thing, Apr. 7, 21, May 5, 19, 1-3 PM
SS-19, This Was a Poet: Emily Dickinson, Apr. 28, May 5, 12, 19, 1-3 PM
SSS-1, Bees, Apes, and the Evolution of Human Language, Feb. 24, 10-Noon
SSS-2, Women in the Gilded Age, Mar. 17, 10-Noon
SSS-10, Three Supreme Court Decisions, Apr. 21, 10-Noon
ALP Curriculum Committee, Jan. 6, Feb. 3, Mar. 3, Apr. 7, May 5, Jun. 2, 1-3 PM
ALP Membership Committee, Mar. 10, May 12, 1-3 PM

TUESDAY

SS-6, Events That Changed the World, Feb. 18, 25, Mar. 4, 11, 18, 25, 1-3 PM
SS-8, European Art II, Feb. 25, Mar. 4, 11, 18, 10-Noon
SS-13, Writing Your Memoirs, Apr. 1, 8, 15, 29, 1-3 PM
SSS-3, Healthcare Ethics, Mar. 25, 10-Noon
SSS-4, New Reality! New Potential!, Apr. 1, 10-Noon
SSS-5, Beyond Manifest Destiny..., Apr. 8, 10-Noon
SSS-11, Mussolini's Rome, Apr. 22, 10-Noon
SSS-12, The Continuing Care Retirement Community (CCRC) Life Style, Apr. 29, 10-Noon
SSS-13, Misuse/Careful Use of Medication, May 6, 10-11:30 AM
ALP Annual Meeting, Jun. 3

WEDNESDAY

SS-1, Yao to Mao, Jan. 29, Feb. 5, 19, 26, Mar. 5, 19, 10-Noon
SS-3, Big History III, Feb. 5, 12, 19, 26, Mar. 5, 12, 1-3 PM
SS-14, Connecticut Forum, Apr. 16, 23, 30, 9:30-Noon
SS-15, Eating for the Time of Your Life, Apr. 16, 30, 1-3 PM
SSS-6, Ella Grasso, Apr. 9, 1-3 PM
SSS-14, Brain Health and Aging Positively, May 14, 1-3 PM

THURSDAY

SS-2, Voice in Creative Writing, Jan. 30, Feb. 6, 13, 20, 27, Mar. 6, 1-3 PM
SS-4, Movie Buffs, Feb. 6, Mar. 6, Apr. 3, May 1, 10:30-Noon
SS-10, Good Ol' Days, Mar. 13, 20, 27, 9:30-Noon
SS-12, Short Stories, Mar. 20, Apr. 17, May 15, 1-3 PM
SS-16, Historic Houses and Styles, Apr. 17, 24, 10-Noon
SSS-7, Family Conflict: A Normal State of Affairs, Apr. 10, 1-3 PM
SSS-8, Coin Collecting for Fun and Profit, Apr. 10, 10-Noon
ALP Advisory Board, Jan 23, Mar. 27, Apr. 24, Jun. 26, 1-3 PM

FRIDAY

SS-7, Abraham Lincoln, Prophet of American Democracy, Feb 21, 28, Mar. 7, 1-3 PM
SS-11, Musical Theater, Mar. 14, 21, 28, Apr. 4, 11, 18, 1-3:30 PM
SS-18, Spring Hikes, Apr. 25, May 9, 23, 9:30-Noon
SSS-9, The Asian Longhorned Beetle, Apr. 11, 10:30-Noon

ALP: Adult Learning Program

Hartford County Extension
1800 Asylum Avenue, Rm. 110
West Hartford, CT 06117-2600
860-380-5038 (Hours by appointment)
E-mail: alp@uconn.edu
Jim Yaeger, ALP-Horn Editor

Meeting Place:

Seabury
200 Seabury Drive
Bloomfield, CT 06002

What is ALP?

ALP is a participatory organization directed by its volunteer members, open to older adults interested in academic learning. Members design and lead programs on a variety of subjects.

ALP is a partnership with the Department of Extension at the University of Connecticut and is one of more than 400 Lifelong Learning Institutes in Retirement affiliated with the Road Scholar Institute Network.
Visit us at www.uconn.alp.edu

ALP SPRING PREVIEW MEETING TUESDAY, JANUARY 7, 2014

9:30 A.M. -12:00 NOON

HERITAGE HALL, SEABURY

***200 SEABURY DRIVE, BLOOMFIELD, CT
(PARKING AT BETH HILLEL SYNAGOGUE)***

MEET WITH SEMINAR PRESENTERS

LEARN ABOUT SINGLE SESSION PRESENTATIONS

SOCIALIZE WITH ALP MEMBERS

HEAR OUR FEATURED PRESENTATION:

***Dr. Robert A. Evans
Executive Director of Plowshares Institute***

“Global Peace Through Conflict”