



OLLI

*Nexus*

UConn  
WATERBURY

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The Osher Lifelong Learning Institute (OLLI) at the University of Connecticut is an academic cooperative that provides older adults with opportunities for intellectual development, cultural stimulation, and social interaction

### WILL-POWER OR SOMETHING ELSE?

Okay, OLLI members, tell me this hasn't happened to you. You get on the scale and the pointer moves to a number that causes you to get off quickly and say OMG! I have to go on a diet and you do— until you go grocery shopping next week and the chocolate marshmallow cookies suddenly jump into the cart, as they usually do. But they won't be a temptation as you will put them away in the back of the cupboard. And continue your diet until you reach into the back of the cupboard for the catsup jar and -lo and behold-there are the cookies! Maybe just one...

Is it just lack of will-power or some other cause that makes us reach for that cookie? According to **Tamar Haspel** in an article entitled, *Siren Song of Food* in the November edition of Discover Magazine, there is. "One study of 2011 college-age women found that overweight participants tended not to overeat when they weren't actively tempted. However, according the study's authors, 'the probability of overeating...increased rapidly as the number of good-tasting high-calorie foods increased...' So what makes some of us powerless in the presence of a cruller?"

A 2016 Yale research review on how we respond to food sums it up. "Food cues. They make you eat more. Those cues run the gamut. There's the sight of food, the smell of it, even just a picture of it-they all make us want. Just like the classic example of dogs drooling at the sound of a dinnertime bell, it's out and out Pavlovian—a conditioned response to a stimulus."

There are two different systems in the brain that determine our food decisions, One regulates hormones that make us feel hungry or full. The other, our hedonic reward system, is all about the liking. The two systems aren't completely separate, and hunger can increase our hedonic reward system. Yet no amount of satisfying that hunger will shut it down.

Many studies have shown that placing temptation farther away from the temptee led to more instances of not being tempted. "One work-place study of secretaries and candy jars showed that when the jars were on the desk, they ate an average of 7.7 candies... But when placed in opaque jars and out reach, consumption dropped 60 percent."

**Tamar** asks, "So where do we go from here? Maybe we manipulate those food cues—not just our diets—to try and make a dent in our obesity epidemic. A head-slappingly simple way to tackle the issue? Changing your environment is one potent solution."

So, OLLI members, the old adage applies, "Out of sight, out of reach, out of mind!"



## PARKING

Please note the following parking updates for OLLI members:

1. Parking services has mailed OLLI parking permits to all members who have submitted their electronic or paper application and payment.
2. If you have completed your parking permit application, and submitted to parking services, along with payment, you may park:

A) On levels 2 or 3 of the attached UConn ramp garage (entrance on North Elm Street) on Fridays (even if you have not received your physical decal yet). As always, parking space is available on a firstcome, first-served basis.

B) On levels 5&6 of the Scovill Street Municipal Garage any day of the week.

3. Parking is often available at the private, street level parking lot between 141 East Main Street and the UConn campus (on the east side of the campus near the bookstore). The lot has reasonable daily rates.

Please note: if you plan to utilize the attached UConn ramp garage, or the Scovill Street municipal garage this semester, you must purchase a Parking Services-issued OLLI parking permit. Applications can be submitted online at: [park.uconn.edu/olliparking-permit-application/](http://park.uconn.edu/olliparking-permit-application/)

You may also pick up a paper application form at the OLLI membership table or in the OLLI office, room 103.

### OLLI Newsletters Go Internet

OLLI newsletters are available on our web page at <http://oli.uconn.edu/weekly-newsletters/>

Then click on the left-hand index that says "Newsletters." They are available in PDF format, If you don't have the free reader, you can get it at [www.adobe.com](http://www.adobe.com) and click on the box that says "READER."

**The Newsletter** is always looking for content from our readers. This may be in the form of original work or items you have found interesting and may wish to pass on to others. We always welcome any suggestions you may have to improve the newsletter or criticisms of it. The Newsletter exists to inform and entertain our readers.

Contact **Bob Grady** at [yvoorg@aol.com](mailto:yvoorg@aol.com) or any presenter or staff member

### OLLI POETRY COFFEE HOUSE

2nd Thurs at John Bale Bookshop –10:00am

Contact Denise Whelan ([denisewhelan@yahoo.com](mailto:denisewhelan@yahoo.com))

for more information

### Openings for OLLI Leadership Council

Are you interested in becoming more involved in the internal organization of OLLI? Four positions on the OLLI Leadership Council will be open in 2017.

These positions are:

President

Vice President

2 Members-at-Large (Members-at-Large are liaisons between the OLLI general membership and the Leadership Council.)

The Nominating Committee is accepting the names of all OLLI members interested in any of these positions. (Self-nominations are also encouraged.)

This is your chance to see how decisions are made in OLLI and to have more input in those decisions.

Please send nominations by e-mail to any Nominating Committee member listed below or place your nomination in the OLLI Suggestion Box on the main information table. When sending by e-mail, please include the word OLLI in the subject line of your e-mail. If using the Suggestion Box, address to the Nominating Committee with the name of your nominee and the position. Please describe in fifty words or less why you believe this nomination should be considered.

#### Nominating Committee Members

Ann Rompre (Chairperson) – [annrompre@sbcglobal.net](mailto:annrompre@sbcglobal.net)

Merle Arcovio – [merleka@optonline.net](mailto:merleka@optonline.net)

Gen Delkescamp – [gdelkescamp11@comcast.net](mailto:gdelkescamp11@comcast.net)

Toni Escott – [toniescott1@cox.net](mailto:toniescott1@cox.net)

**What lies behind us & what lies before us are tiny matters compared to what lies within us.**

— *Ralph Waldo Emerson*

### OLLI BOOK CLUB

Contact: **Nancy Via** at [nvia@sbcglobal.net](mailto:nvia@sbcglobal.net)

All meetings of the book club will be held in room 102D, UConn, Waterbury at 1:00 PM 3rd Monday each month

October 17th...The Family by David Laskin

November 21st...The Warmth of Other Suns by Isabel

Wilkerson



**OLLI CAFE**



**Upcoming OLLI Travel**

**Friday, October 14**  
**Finding Brass Valley: A Place And Time That Has Almost Vanished**

**Emery Roth II**  
 Emery Roth II the author of Grass Valley: The Fall Of An American Industry, a photographic book that tells the story of brass manufacturing in the Naugatuck Valley through stories and vivid photographs. Come hear Emery Roth's talk about his book that tells the story of the last working brass mill, how the Brass Valley came to be and through photographs, he shares stories of the men who made the Brass Valley. Roth has been taking photographs since childhood and studied at Carnegie- Mellon University earning degrees in architecture and literature.

**Friday, October 21**  
**Louis XIV: The Man, His Strategic Plan And The Story Of Versailles**  
**Diane Stone**

**(All Fall 2016 trips are now sold out)**

**6/08/2017** – Whitney Museum of American Art/High Line Walking Tour/Chelsea Market, NYC – member price - \$78pp

**7/10-16/2017** – Bay of Fundy/New Brunswick -Canada/ Campobello, ME (overnight) – member price - \$1487 pp dbl and triple

**Flyers available at the OLLI Information Table. All prices are member prices. Non-members are charged a slight surcharge. Call Friendship Tours for information and reservations. (1-800-243-1630). Mention OLLI Travel.**

**Please Note** – All OLLI Trips will depart from and return to the Chase Parkway DOT Commuter Lot, Waterbury. Maps of this Departure Area are available on the OLLI Information Table in the main hall.

**Murphy's Real Laws**

1. Everyone has a photographic memory. Some don't have film.
2. He who laughs last, thinks slowest.
3. A day without sunshine is like, well, night.
4. Change is inevitable, except from a vending machine.
5. Back up my hard drive ? How do I put it in reverse?
6. I just got lost in thought. It was unfamiliar territory.
7. When the chips are down the buffalo is empty.
8. Seen it all, done it all. Can't remember most of it.
9. Those who live by the sword get shot by those who don't.
10. I feel like I'm diagonally parked in a parallel universe.
11. She's always late. In fact, her ancestors arrived on the "Juneflower."
12. You have the right to remain silent. Anything you say will be misquoted and used against you.
13. I wonder how much deeper the ocean would be without sponges.
14. Honk if you love peace and quiet.
15. Pardon my driving, I'm reloading.
16. Despite the cost of living, have you noticed how it remains so popular?
17. Nothing is foolproof to a sufficiently talented fool.
18. Just remember if it wasn't for gravity, we'd all fall off. (Or up)
19. The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
20. It is said that if you line up all the cars in the world end to end, someone would be stupid enough to try and pass them.  
*from the internet*



## EXPERIENCING ART FIRST HAND AT OLLI

*Photos by Ralph Famiglietti and Text by Mary Fitzpatrick Peitler*

Last Friday our intrepid *OLLI* photographer *Ralph Famiglietti* visited *Judy Jaworski's art class* and met with her students to see what they were creating this semester. He came away impressed with both the talent and the comradery and took some beautiful photos of what OLLI students are accomplishing. Judy, who has been teaching art classes at OLLI for six years, studied at the Rhode Island School of Design, and she has exhibited her work widely throughout Connecticut. OLLI is very dear to her heart and she says, "I enjoy teaching and have met many very talented and interesting students. It is a pleasure to share what I have learned and offer a rewarding experience to them."

Her students certainly adhere to her philosophy that "A painting has a life of its own. It's not a duplicate of a photograph." When Ralph arrived ten minutes before the official 10:15 am start time all of them had set up their equipment and were painting. Many have taken Judy's classes three or more times, and keep learning not only about the "artistic" aspects of painting, but also about practical matters like how to mix colors, get different textures and shading. As you can see, students pursue their personal passion in their art. Favorite themes are animals, seasons of the year, the beach, and their travels. Judy's class really does seem to be a metaphor for OLLI – a place to grow, to learn something new, and to express oneself in the company of enthusiastic and positive people!



## WAKE UP MOTIVATED

Ever wonder how that person in your life that always seems positive and motivated in the mornings does it? Do you think he or she has a ritual? Is it something you've wanted for yourself but haven't really been able to really figure it out? Here's how to make it happen.

For starters, we have to prep the night before. Make sure your room is organized, your laundry is put away, there are no messes left to clean and that you can go to bed after a bath or shower. Having a regular routine and a tidy, organized space can help you get a better night's sleep—I know it works for me!

If you have something planned the next day that involves getting dressed up, make sure everything you need for “the outfit” is planned out the night before. Have your paperwork, devices and chargers ready in your bag, waiting by the door. Rushing is one of the number one things to put a wrench in the morning. If you get ready to go the night before, you'll fly out that door calm and organized, and soaring through the day is one of the best feelings.

Next, set your alarm to a motivating ringtone. My partner loves to wake up to the sound of a motorcycle — I think it revs her up. Mine is a peaceful chime with a soft and cleansing rhythm. Some like the *Rocky* theme, others may love a DJ Khaled beat! Whatever it is, I want to make sure you pick something that wakes up your spirit.

Before you fall asleep, make sure you visualize what you have to do the next day. See yourself totally in that moment, going through the motions of your particular situation. If you have a big meeting with your bosses, imagine them smiling, see them listening to you, see yourself articulate with your speech, see the smile in your own eyes, see handshakes, see nodding heads that are saying “yes.”

As you wake up, go through your morning routine thinking about those same visualizations. Remember that positive manifestations are a real thing — if you can dream it, you can become it. So think your way into this day with as much strength and positivity as you possibly can! Listen to music that gets you pumped up on the way to wherever you're going, and set yourself up for the BEST day!

#wakeuptomottovated#readyfortheworld#bringit

*Stacey Griffith* is a senior master instructor at *SoulCycle*.  
*TimeOnline*



**2016 October Food Drive**  
Sponsored By  
**OLLI Clubs and Activities Committee**  
To Benefit  
**Greater Waterbury Interfaith Ministries**

**October 1st thru**  
**October 31st, 2016**  
Please look for donation boxes at the Member Table or in the  
**OLLI office (room 103)**  
Let us make a great success of this food drive