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.

No more pencils – no more books...

Well, OLLI members, it is that time of year again when we reflect upon the work we have accomplished during the 11th year of the founding the Osher Lifelong Learning Institute at Waterbury UConn. First of all, as editor, I would like to thank Mary Ann Martin and Mary Fitzpatrick Peitler for all the work and preparation they do every week for their columns on our presenters and the art scene in Connecticut. Also, I would like to thank those who volunteered to catch my "errors" in each edition of the newsletter. The Newsletter Committee thanks Evelyn Marshak and others who contributed travel pieces for the very active Travel Committee which helped to put a little local color on those pages. We also thank those who contributed to the jokes or any other sections of the Newsletter. We are also grateful to all those who made suggestions or criticisms and we hope that we have lived up to your expectations in presenting what is happening in our OLLI community.

Last week we made a plea for new members to the committee so that we can expand the columns or new items because we have a very small committee comprised of approximately five regularly attending the two or three meetings we have during the full year of writing and publishing the newsletter. We are making the same plea again because new people bring new ideas and that has always been the goal of OLLI.

Just because the semester has ended that does not mean that OLLI is ended. There are some trips from the Travel Committee to enjoy. Summer school starts May 28. The Book Club meets through the summer. AARP has a Smart Driver Course which meets May 10 and may save you 5% on your driver's insurance. Consult the OLLI brochure for times and places. The Garden Club is planting the beginning of the fall harvest and always need volunteers. OLLI Café ends this semester with a montage of the Page to Page Class’ students' stories of local history today.

Have a great summer! See you in the fall!
Greetings OLLI’ITES…

Now that you have taken a class or two or more at OLLI, we want to invite you to submit your work to our annual publication of *Voices and Visions*. If you are an artist with words, pen, ink, watercolor, oil, pottery or photograph, we would like to see your work for inclusion in this years issue.

To submit your work, contact us at: lizhanrahan@gmail.com and submit a copy of your work. Email a copy of your written work, or a photo of your other art form creation. Once submitted, we will review the work and let you know if we can accept it. Photos of creative artwork will be photographed by our *Voices and Visions* photographer. What we need first is your submission.

You will retain all rights to the work. We will accept submissions between now and the end of the semester in May.

Thank you,

The *Voices and Visions* Committee

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**SUMMER SOLSTICE**

Believe it or not, OLLI members, summer will come soon. An article from the *Old Farmer’s Almanac* tells us why.

“The timing of the June solstice—or, summer solstice—in the Northern Hemisphere—varies between June 20 and June 22, depending on the year and time zone. This year, the June solstice falls on **Thursday, June 21, 2018** in all U.S. and Canada time zones, specifically at 6:07 A.M. EDT.

The timing of the solstice is not based on a specific calendar date and time. It depends on when the Sun reaches its northernmost point from the equator. The word solstice is from the Latin *solstitium*, from *sol* (sun) and *stitium* (to stop), reflecting the fact that the Sun appears to stop at this time (and again at the winter solstice). In temperate regions, we notice that the Sun is higher in the sky throughout the day, and its rays strike Earth at a more direct angle, causing the efficient warming we call summer.

This summer solstice is the day with the most hours of sunlight during the whole year. At the winter solstice, just the opposite occurs: The Sun is at its southernmost point and is low in the sky. Its rays hit the Northern Hemisphere at an oblique angle, creating the feeble winter sunlight.

The summer solstice in the Northern Hemisphere ranges in date from June 20 to 22. This occurs in part because of the difference between the Gregorian calendar system, which normally has 365 days, and the tropical year (how long it takes Earth to orbit the Sun once), which has about 365.242199 days. To compensate for the missing fraction of days, the Gregorian calendar adds a leap day about every 4 years, which makes the date for summer jump backward. However, the date also changes because of other influences, such as the gravitational pull from the Moon and planets, as well as the slight wobble in Earth’s rotation.

Earth’s atmosphere, land, and oceans absorb part of the incoming energy from the Sun and store it, releasing it back as heat at various rates. Water is slower to heat (or cool) than air or land. At the summer solstice, the Northern Hemisphere receives the most energy (highest intensity) from the Sun due to the angle of sunlight and day length. However, the land and oceans are still relatively cool, due to spring’s temperatures, so the maximum heating effect on air temperature is not felt just yet. Eventually, the land and, especially, oceans will release stored heat from the summer solstice back into the atmosphere. This usually results in the year’s hottest temperatures appearing in late July, August, or later, depending on latitude and other factors. This effect is called seasonal temperature lag.”

Trust Nature. Summer is coming!
Upcoming OLLI Travel

Spring Trips - 2018

5/15/2018 — South Central Park / Circle Line Cruise Tour
Landmark & Brooklyn Tour - member price- $98pp (Wait List only)

& triple

Fall Trips – 2018

10/13-18/2018 — Biltmore, Asheville NC & Monticello VA – member price - $1179 pp/dbl

11/28/2018 — Boar’s Head Feast, Williamstown MA/ Bright Lights, Springfield, MA – member price - $115

Flyers available at the OLLI Information Table. All prices are member prices. Non-members are charged a slight surcharge that is listed on all flyers. Call Friendship Tours for information and reservations. (1-800-243-1630). Mention OLLI Travel. (Please do not call the OLLI Office.)

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.

OLLI BOOK CLUB
2018 Book Selections

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<thead>
<tr>
<th>DATE</th>
<th>TITLE</th>
<th>AUTHOR</th>
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<tbody>
<tr>
<td>May 21</td>
<td>Rules of Civility</td>
<td>Amor Towles</td>
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<tr>
<td>June 18</td>
<td>All the Light We Cannot See</td>
<td>Anthony Doerr</td>
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<td>July 16</td>
<td>Hillbilly Elegy</td>
<td>J. D. Vance</td>
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<td>August 20</td>
<td>Commonwealth</td>
<td>Ann Patchett</td>
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<td>September 17</td>
<td>Lilac Girls</td>
<td>Martha Hall Kelly</td>
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April 20

Page To Stage: Telling Our Stories Presentation
Emily Matina, Linda Gordon and Their Students

By now, students enrolled in the OLLI course, Page To Stage: Telling Our Stories, have used their personal and family stories to create monologues in short plays. Come and see the fantastic theatrical stories they’ve come up with.

"When I can look life in the eyes, grown calm and very coldly wise, life will have given me the truth, and taken in exchange – my youth."
Sarah Teasdale

The young actor trying to make it on Broadway, calls up his father to proudly announce that he just got a part in an off-Broadway play. He tells his father, "It's an awesome role, Dad! I play the character of a man who has been married for over 30 years!"

The father says, "That's a wonderful son. Next time I hope you get a speaking part someday."

A couple is getting married. The bride sees a bag of golf clubs standing beside the groom. The bride whispers, "What are those golf clubs doing over there?"

The groom glances at his watch, and says, "This isn't going to take all day, right?"

A few months later – the same couple. He comes home after a horrible round of golf, turns on the television, and collapses on the sofa. He calls his wife and says, "Give me a beer before it starts." After he finishes the beer, he tells his wife, "Give me another beer before it starts!" The wife looks at him, a little angry, and slams the bottle down on the table next to him. He quickly finishes it, and says again, "Give me another beer before it starts!"

Finally fed up, she shouts, "You been all day playing golf. Are you just going to sit there and watch TV and drink beer all night? You're a fat, lazy slob, and furthermore..."

The man sips his beer, and sighs... "It's started..."
OLLI artBeat  Semester Wrap-Up Musings  by Mary Fitzpatrick Peitler

Hard to believe another OLLI semester is drawing to a close. I hope you have enjoyed journeying with me in OLLI artBeat columns, exploring new (and old!) places to visit and opportunities for enjoying the cultural and performing arts.

This past week I had a fun-filled and educational week in a lot of different venues. I took a day trip to Boston on Tuesday with a local group on a Friendship Tour. The day with some new friends from the Meriden Y (are you getting my drift with making new connections here??) was a lot of fun. We enjoyed a cooking demonstration and the lunch at Maggiano’s in Little Italy, then a bus tour of old and new Boston. The day was cold and a little rainy, but spirits were high and we learned a lot about Boston and early American history. Believe it or not, the tour guide was the very famous BOB whom we have all gotten to know on OLLI tours!

Thursday I attended the Annual Alzheimer’s Convention, at of all places, Mohegan Sun Casino. I have joked with family and friends that other people go to the casino to gamble and attend concerts and comedy shows. I go for health conventions. But I learned a lot, and oddly enough, the connections to the arts in Alzheimer’s care, philosophy, and even prevention, were palpable in the workshops. As OLLI learners and people who want to really enjoy their later years, the arts and enjoyment of them are an essential part of remaining vibrant, learning, and staying in touch with our essential humanity. We can plug along day by day, working, keeping up our homes, etc., but the arts keep us in touch with who we really are – humans hungering for beauty and meaning.

Sunday was a double whammy! In the afternoon I was privileged to attend the final concert of the Waterbury Symphony Orchestra’s 80th season. A beautiful afternoon showcased Beethoven’s 6th Symphony and Stravinsky’s Rite of Spring - a tribute to Sunday’s celebration of Earth Day. Preceded by an informative talk about Beethoven and Stravinsky’s lives and musical influences, it was a fitting end to the season. I then zoomed over to the reading of OLLI colleague Chuck Miceli’s play “Wounded Angels.” What a delight! The play was well read by a cast of seven, and it was an exploration of what makes us human. We are all flawed beings, but seeking love, kindness, and connection. Wishing the best to Chuck as he moves toward having a full production of the play. Saw many OLLI friends at both the WSO and Seven Angels.

So, for this summer things to look forward to – OLLI’s Circle Line Tour, getting back to my old stomping grounds of Rockefeller Center. I am so ancient, that when I was working for Standard Oil Company of New Jersey during my college summers, the company name was changed to Exxon. I was one of the “Exxon Girls” who distributed commemorative dishes with the new logo on them at the name change day in the 51st Street Hilton! Also will be going to Tanglewood in June for a performance featuring one of my favorite singers and actors Audra McDonald. And in September (seems far off, but we all know it really isn’t!) a trip to the September 11 Memorial.

OLLI-ites, I know I’m preaching to the choir here, because you are all so involved with life and so vibrant. Keep looking out for events in the arts to enjoy this summer. So many things in Connecticut are free, and many are low cost. Have a great summer, and don’t forget to email me with anything you would like previewed or reviewed in my fall columns – berryfitzp@gmail.com. OLLI is certainly a gift in my life, and I’m sure it is in yours also!
By MARKHAM HEID

March 19, 2018

**TIME Health.**

“It happens every year: As soon as the winter weather breaks and the temperature starts rising as spring approaches, you come down with a cold.

You’re not alone. While the biggest surge in human rhinovirus infections occurs in the fall, springtime also ushers in a second peak season for common colds. Experts say several factors play a part in these seasonal spikes.

In both spring and fall, seasonal allergies can increase a person’s vulnerability to infections, says Dr. Bradley Chipps, president of the American College of Allergy, Asthma & Immunology. The nasal inflammation caused by seasonal allergies makes it easier for viruses to “set up shop” in your nose, Chipps says. Also, since your immune system is preoccupied dealing with your allergies, it has fewer resources available to defend you from illness-causing intruders, he says.

Even if you don’t have allergies, big seasonal swings in barometric pressure, temperature and wind can irritate your airways and nasal passages — and compromise your immune system’s built-in bulwarks against colds and infections, he adds. That may be especially true this year, as the first day of spring — which falls on Tuesday, March 20 — comes amid a brutal end of winter, where a trio of Nor’easters pummeled the East Coast over the last few weeks.

Research also suggests the common cold thrives in cooler temperatures. One recent study from Yale University found a seven-degree drop in ambient temperature can mess with your body’s ability to stop cold viruses from proliferating.

“Every time we’re exposed to infections, we try to counter this by secreting interferons, which are important for blocking viruses,” says Akiko Iwasaki, a professor of immunobiology at Yale School of Medicine. “We found that if you reduce temperatures from 37 to 33 degrees Celsius”—98.6 degrees to 91.4 degrees in Fahrenheit—“that change can dampen immune response and allow viruses to replicate more.”

This helps explain why cold rates leap in the fall when the temperature plummets. But what about springtime?

It’s possible that people are more likely to venture outdoors in March and April than in the wintertime — when the weather has warmed up a bit, but is still cool enough to encourage the spread of cold viruses, Iwasaki says. While a 50 -degree fall day may keep you indoors, the same thermostat reading in spring could spur you to break out your running shorts or bike.

The increase in colds in the springtime may also have to do with spring break, Iwasaki adds. “Kids are coming back from trips and spreading things,” she says.

Put simply, a number of different variables can conspire to make you sick when the seasons change. So what can you do to prevent colds as the weather shifts?

“Keeping your nose area warm can keep your immune defenses elevated,” Iwasaki says. Even on cool spring days, wearing a scarf around your face really can make a difference, she adds. Washing your hands regularly — especially before eating or touching your eyes, nose or mouth — is probably the best way to keep illness-causing microorganisms from getting into your body.

Regular exercise and stress-lowering meditation are also research-backed ways to significantly lower your risk for colds. And while the evidence is inconsistent, a recent review study concluded that vitamin D supplements may help protect you from colds and flu.

Keeping your distance from sneezing spring-breakers is also a good idea.”