

**OLD DOMINION UNIVERSITY
INSTITUTE FOR LEARNING IN RETIREMENT
VIRGINA BEACH HIGHER EDUCATION CENTER**

1881 University Drive
Virginia Beach, VA 23453
(757) 368-4160 e-mail: oduilr@juno.com

SCHEDULE OF COURSES FOR SUMMER 2008

ILR does not discriminate with respect to race, color, religion, national origin or sex. The opinions expressed by our speakers are not necessarily the opinions of the ILR or Old Dominion University.

Those Liberated Women Artists – Mary Cassatt & Georgia O’Keefe

Date: Tuesday, July 8, 10:00 AM – 12:00 Noon
Cost: \$12.00
Location: VBHEC

Course Description: A study of two great women artists – Mary Cassatt and Georgia O’Keefe. Both were liberated women who passionately pursued their art.

Instructor: ILR member Leonette Adler is an award-winning artist whose works have been shown in numerous museums and galleries on the East Coast, Richmond and Raleigh, N.C. Leonette taught studio art and Art History at Norfolk Academy for 25 years and has presented many popular classes for ILR.

American Folk Heroes

Date: Thursday, July 10, 10:00 AM – 12:00 Noon
Cost: \$12
Location: VBHEC

Course Description: Nearly all cultures have their folk heroes, and the U.S. is no exception. Popular imagination produces larger-than-life figures to explain natural phenomena, account for certain life events, or simply to be regarded with respect and, on occasion, envy. This class will consist of well known characters from our early history, those who “made the wild West wild” and 1930’s criminals and up to the present.

Instructor: Dr. E. E. Brickell is currently teaching English and education courses at Virginia Wesleyan College, doctoral level courses at George Washington University. His courses at Wesleyan have included “War and Masculinity,” “Heroes and Anti-heroes in Song and Story,” and a course on Edgar Allan Poe. Dr. Brickell is President Emeritus of Eastern Virginia Medical School, and served as Superintendent of Virginia Beach Public Schools from 1968 – 1987.

Latin America and the Two Lefts: the Cases of Brazil and Venezuela

Date: Monday, July 14, 10:00 AM – 12:00 Noon
Wednesday, July 16, 10:00 AM – 12:00 Noon
Cost: \$24
Location: VBHEC

Course Description: Latin America’s democracy has resulted in the coming to power of several leftist governments. In a recent article in *Foreign Affairs*, Jorge Casteneda, a Mexican political scientist, classifies these governments as belonging to two different of “Lefts” a European-style, reformist, social democratic one (in Chile, Argentina, Uruguay and Brazil) and an old-style populist anti-American one, in Venezuela and Bolivia. This course will examine those two “Lefts,” and the policies and consequences for US-Latin American relations. The first class will focus on Brazil’s Lula da Silva’s reforms, attempts to establish an open market economy, while dealing with the inequities in the world’s eighth largest economy. The second class will focus on Hugo Chavez and his Bolivarian revolution, domestic policies, anti-American stance and his claim as leader of the region. Special attention will be paid to his deteriorating relations with Columbia, his support of the FARC guerrillas, and his intention to join Mercosur (Southern cone common market).

Instructor: Maria Fornella-Oehninger is a lecturer in the Political Science and Geography Department of ODU where she has been since 1990. Born in Montevideo, Uruguay, she holds degrees in English, French and International Law from the University of the Republic of Uruguay and a Masters in International Relations from ODU. She is Director of the ODU Model United Nations Program.

Metaphors Be With You

Date: Monday, July 14, 1:00 – 3:00 PM
Cost: \$12
Location: VBHEC

Course Description: Discovering the uses of figurative language is a powerful key to writing poetry and creative nonfiction. The class will review major figures of speech, consider examples from poetic masterpieces, and offer practice in the shaping of poems and prose.

Instructor: Suzanne Rhodes is the Director of Public Affairs for the charity, Angel Flight, in Virginia Beach. She is the author of two books of poetry, *What a Light Thing*, *This Stone and Weather of the House*, a book of creative non-fiction, *Sketches of Home*. She has also written a student guide to writing poetry, *The Roar on the Other Blackmail*. She has recent published work in the *Sow's Ear Poetry Review* and *The Spoon River Poetry Review*. Suzanne has been an Adjunct Professor of English at ODU, St. Leo University, King College and other schools. A former columnist and free lance writer whose articles have appeared in several magazines, she has a MA in poetics from Johns Hopkins University and has taught literature and creative writing to students of all ages.

Fred Astaire and Ginger Rogers – Icons of American Screen Romance

Date: Tuesday, July 15, 1:00 – 3:00 PM
Cost: \$12
Location: VBHEC

Course Description: Professor Laws will give us a study of glamour, influence and inspiration of the screen personalities, Fred Astaire and Ginger Rogers. This will include “close readings” of some of their dances. Discussion will center on our favorite films.

Instructor: Page Laws is the Director of the Honors Program and Professor of English at Norfolk State University. She is also the Humanities Consultant and Consulting Dramaturge for the Virginia Stage Company. Named NASA Eminent Scholar for 2003-2004, she is the recipient of two Fulbrights, two NEH fellowships and has published widely on theater and film. She received a M.B. from Wellesley and a M.A. and Ph.D. from Yale.

Seeing the Darks & Lights

Date: Wednesday, July 16, 1:00 – 3:00 PM

Cost: \$12
Location: VBHEC

Course Description: A special drawing session focusing on interpreting values. The emphasis will be on creating form with light and shadow. All levels are welcome!

Instructor: ILR member Jenny Windsor is a native of Roanoke, educated at William and Mary. She has been painting in the Tidewater area for over 30 years. Her works have been featured in numerous galleries and shows throughout Virginia and North Carolina. Ms. Windsor is the recipient of many awards and her art is displayed in over a dozen corporate collections.

Long Term Care Insurance

Date: Thursday, July 17, 10:00 AM – 12:00 Noon
Cost: \$12
Location: VBHEC

Course Description: Learn the definition of and issues surrounding Long Term Care. Identify resources which pay for the cost of care. Explore how long term care insurance works and learn about the features and benefits and riders available with this type of insurance.

Instructors: Maria Lerman, Penny Crowell. Ms. Lerman has a B.S. from Syracuse University and has over 25 years experience in sales, marketing, banking and financial planning. Penny Crowell, MBA, CFP, has worked in the financial service industry for over 20 years with MassMutual since 1999. She is an agency specialist for long term care insurance.

Clinical Ethical Dilemmas

Date: Tuesday, July 22, 10:00 AM – 12:00 Noon
Cost: \$12
Location: VBHEC

Course Description: Although we make advance directives, we read of cases like that of Terry Shiavo which raise many questions. Do living wills, medical powers of attorney and other directives do what the patient intended? Who decides if “quality of life” is sufficient to justify “heroic” measures to sustain life? This course will take common ethical dilemmas such as surrogate decision-making, advance directives and artificial nutrition and hydration and explore their impact on clinical decision-making. Focus will be on application of a clinical ethics framework.

Instructor: Anne Lansley graduated from George Washington University, and her master’s degree focused on end-of-life issues. She has 20 years experience working in neurosurgical intensive care and has been involved in organ and tissue donation with Life Net/Health. She is currently with the palliative care team at Sentara Norfolk General and has been a member of the hospital ethics committee for over 20 years. She currently serves as co-chair of this committee.

Beyond the Grave – A Christian Perspective

Date: Wednesday, July 23, 10:00 AM – 12:00 Noon

Cost: \$12

Location: VBHEC

Course Description: Every soul on earth, from every walk of life, eventually wonders what lies beyond the grave. It is every man and woman’s destiny to die once. But is that really the end? David Boehmer will explore a journey to the depths of Shoel and also, through that glorious place called heaven. God has plans that far surpass human understanding.

Instructor: David Boehmer is the author of two published books *Crossing the Divide* and *Seeing a Bit of God’s Kingdom Through Visions, Dreams and Revelations*. The last twenty-two years have been devoted to Mr. Boehmer’s study of the Holy Bible. He is currently a Structural Engineering Designer at Northrop Grumman Shipbuilding.

Downsizing Space and A Helping Hand

Date: Thursday, July 24, 10:00 AM – 12:00 Noon

Cost: \$12

Location: VBHEC

Course Description: Downsizing to a Smaller Space? Learn tips for transitioning to a simpler lifestyle by downsizing and organizing. Instructors from Downsize Designers

will focus on visualizing your life in a new environment, making your move an exciting adventure, getting started, and planning your new space. A Helping Hand's professional organizer will then get down and dirty, and discuss out of control collecting and hoarding.

Instructors: Downsize Designers Ann Armistead and Linda Bergeron will discuss and recommend ways to downsize and simplify your surroundings. Anne Armistead and Linda Bergeron are Relocation Professionals and members of the National Association of Senior Move Managers. Robbie Bailey is a Professional Organizer with A Helping Hand.

Behind the Scenes in Professional Baseball

Date: Monday, July 28, 10:00 AM – 12:00 Noon

Cost: \$12

Location: VBHEC

Course Description: The course will include the ins and outs of the baseball world. One aspect of the class will focus on the business end – how the team is operated year round and what it takes to be successful in professional baseball. The speakers will discuss who is responsible for the players and how the contracts and overall system works. The other part of the class will be about what happens on the field. What is a typical day like for a minor league player during the season? What is the manager telling the pitcher and team when he goes out to the mound? What is going on in the dugout that we don't know about? What are the coach's responsibilities and to whom do they report? Ample time will be available for questions.

Instructors: Heather McKeating is the Director of Community Relation for the Norfolk Tides. She will be accompanied by a coach and player with the Tides.

Arthritis – Part II

Date: Wednesday, July 30, 1:00 – 3:00 PM

Cost: \$12

Location: VBHEC

Course Description: This is a follow up to the very popular “Arthritis: Causes and Treatments” lecture presented by Dr. Eng in February. It will include a very brief recap of osteoarthritis and rheumatoid arthritis from the first lecture followed by a presentation of some of the less prevalent diseases such as gout, pseudo-gout and reactive arthritis. The presentation will also cover therapeutic interventions such as heat and ice (the Yin

and Yang) treatment, and the screening for vitamin D deficiency, particularly in osteoporosis and its effects on your musculoskeletal, immune, and cardiovascular systems.

Instructor: Dr. Benjamin Eng is a Professor of Clinical Family and Community Medicine at the EVMS Ghent Family Practice. He graduated from EVMS in 1977. His awards include the Lloyd Damsey Award, Alpha Omega Alpha – Medical Honor Society, The James P Chariton Teacher of the Year Award, Virginia Academy of Family Physicians. Dr. Eng was President of the Faculty Senate at EVMS from September 2005 to August 2006.

Take the Mystery Out of Antiques

Date: Thursday, July 31, 10:00 AM - 12:00 Noon
Cost: \$12
Location: VBHEC

Course Description: How do you tell real antiques from fakes? Learn about antique glass, silver, furniture, rugs, porcelains, etc. What about buying antiques at auctions? Find out about appraisals and much more!

Instructor: Meyer Chovitz is a lifelong resident of Tidewater with over forty years of experience in dealing in antiques. He has been a licensed auctioneer and was manager of Hoffman Galleries. He currently owns Premier Antiques & Auctions. He is an associate member of the International Society of Appraisers and the Appraisers Association of America. His appraisal work includes the IRS, the US Navy, museums, historical homes and for private individuals.

Feature Writing For Local TV

Date: Thursday, July 31, 1:00 – 3:00 PM
Cost: \$12
Location: VBHEC

Course Description: This presentation will cover the thought process, planning, production, and skills required to do TV feature stories on local TV. By using lots of

examples on DVD, Joe Flanagan will communicate what this aspect of local TV news is all about.

Instructor: Joe Flanagan has been a feature reporter on Tidewater TV for 28 years, and 34 years on television since graduating from college.

Theater—The Power of Words

Date/Time: Tuesday, August 5, 10:00 AM - Noon

Cost: \$12

Location: VBHEC

Course Description: Dominick Danza, Director of Education and Outreach at the Virginia Stage Company, will give us a preview of the Company's upcoming season. We will then be invited to write, creating characters and monologues related to the themes and times of the shows in the theater and theatrical craft. Please bring pen and paper to the class. Those wishing to acquaint themselves with the season beforehand may go to www.vastage.com.

Instructor: Mr. Danza is currently Director of Education and Outreach for the Virginia Stage Company. He has served as Education Director for the Cleveland Playhouse and Outreach Director for the Chicago Dramatists. Prior to these posts, Mr. Danza had extensive experience as director and choreographer. He received his BA in theater and math from Fordham University. In association with Professor Page Laws, he gave a presentation to us earlier this year on August Wilson and his play, "The Piano Lesson".

Chesapeake Bay: Witnesses to the Creation

Date/Time: Tuesday, August 5, 1:00 – 3:00 PM

Cost: \$12

Location: VBHEC

Course Description: The Chesapeake Bay is an extremely recent formation, in geologic terms. So recent in fact, that people living here witnessed the climatic changes that caused the bay to form. This lecture presents the natural history of the Chesapeake; how the bay was formed, who the people were who lived through that process, and how their world changed. The lecture is particularly relevant to the topic of "global warming" that

has dominated public debate for the last few years. This lecture puts that debate in a broad context of the cycles that govern the Earth.

Instructor: Aleck Loker is a freelance writer, historian and biographer. A former flight test engineer with the US Navy, he received his BS in physics from William & Mary. He has written a number of books including: *Chesapeake Bay Witness to Creation*, *Walter Raleigh's Virginia*, and his newest, an historical history mystery novel, *Grave Mistakes*. His recent ILR class on Sir Walter Raleigh was very well received. His website is <http://members.cox.net/aleck.loker/>

Organic Food—What, Where and Why!

Date/Time: Wednesday, August 6, 1:00 - 3:00 PM

Cost: \$12

Location: Farmer's Market, corner of Dam Neck and Princess Ann Road at the Virginia Garden Organic Grocerie

Course Description: How better to learn the ins and outs of organic food than from someone who actually sat on the commission to define "organic"? And better yet, she will introduce or expand our knowledge of what is available locally. Health benefits will also be addressed. The goal of this class is to inspire shopping for, cooking and eating the organic way.

Note: This class will be held at the Virginia Garden Organic Grocerie located at the Farmer's Market at the corner of Dam Neck and Princess Anne Road. The Grocerie is in the red and white "barn" behind the Market at #24. There is a one flight stair climb to the class/kitchen area. Registration is limited to 15.

Instructor: Michele Shean is the first Certified Organic Grower in Tidewater. She was on the Southern Sustainable Agricultural Working Group Board of Directors. This organization helped define organic foods for the nation. She has been involved in organic farming for 24 years. As an advocate of local farms and also an organic natural foods cook, she invites you to experience the flavors of her labors.

Studying History in Your Briefs

Date/Time: Monday, August 11, 1:00 – 3:00 PM

Cost: \$12

Location: VBHEC

Course Description: History learned mostly involuntarily by a Department of Justice lawyer. How George Washington established Washington, D.C. without any money from Congress. Does the Supreme Court mean it when it says it does not decide political issues? Why the Carter-Reagan Civil Service reform nearly cost Bill Clinton his presidency. The stories and links just go on and on. Those who took Mr. Strass's class

on environmental law will remember that his sense of humor can make the subject come alive.

Instructor: Mr. Carl Strass graduated from Syracuse University College of Law, J.D., Cum Laude. He worked for the Department of Justice for over 25 years. This tenure included positions as Appellate Attorney and Trial Attorney in the Land & Natural Resources Division. His Study of Briefs for various divisions gave him an extended historical education of things often not taught in the normal classroom.

Hands-On Jewelry Creation

Date/Time: Wednesday, August 13, 10:00 AM - Noon

Cost: \$12 (plus possible materials addition at the class)

Location: VBHEC

Course Description: Let your imagination soar and end up with a fun piece of jewelry you will be proud to wear. You may bring your own stones and beads or purchase them from the instructor's selection of semi-precious stones, pearls, and crystals. She will also provide (string, clasps, and findings) for a fee of \$5.00 **paid at the class**. Then let the fun begin as we learn some dos and don'ts of design, plan our piece, and then put it all together with the guidance and aid of our instructor

Instructor: Meredith Bunting has displayed and sold her work under the name *Imagination Beads by Meredith* in a number of area boutiques. Beading has been her hobby for several years and has been a wonderful outlet for exercising her arthritic hands.

Electricity is not a Clean Power Source!

Date/Time: Thursday, August 14, 10:00 AM - Noon

Cost: \$12

Location: VBHEC

Course Description: Ever thought about how many pounds of coal it takes to light a light bulb for an hour? This course features a short documentary film, "Kilowatt Ours," which will introduce the subject and give insight on our energy production based on coal production, its impact on our environment, particularly that of West Virginia, and opportunities for change. This film is very out of the ordinary...and the discussion could be, too.

Instructor: Rick Kennerly is a speaker for TWAN, Tidewater Climate Action Network, which is closely associated with the Chesapeake Climate Action Network, the VA Conservation Network, and the VA League of Conservation voters. TWAN has given expert testimony at hearings before the SCC, various General Assembly Committees, and the Dept. of Environmental Quality (DEQ) regarding areas within our expertise.

Great Idea That Is Going Nowhere? DARPA to the Rescue!

Date/Time: Monday, August 18, 1:00 – 3:00 PM

Cost: \$12

Location: VBHEC

Course Description: Have an idea you can't get created anywhere? Those who have gone to DARPA have often met with remarkable success. In its 50-year history, the Defense Advanced Research Projects Agency (DARPA) R&D projects have spawned technologies with both military and civilian applications. These include the Internet, the stealth plane, global positioning system (GPS), satellites, autonomous air and ground vehicles, and tools for earthquake detection and monitoring.

Technologies for current use by our troops on the ground include hand-held translator devices, night vision goggles, and gunshot detection using acoustics. This course will review this unique organization and some of these developments for the non-technical audience, stressing the applications, with minimal technical detail.

Instructor: Dr. David Smith received his Ph.D. in American History at Penn State University in 2006. He is presently working under contract to DARPA to provide historical materials for the 50th Anniversary celebration. He has provided contract support to DARPA for 16 years, primarily assisting with technology transition and working as a project liaison. His most recent presentation on this subject, "DARPA Rising: The Early Years of the Defense Advanced Research Projects Agency," was to the Air Force Historical Foundation annual symposium in October, 2007.

Beautiful Dreamer

Date/Time: Wednesday, August 20, 10:00 AM - Noon

Cost: \$12

Location: VBHEC

Course Description: What do we know about dreaming from the historical, spiritual and psychological fields? What role do dreams play in our later years? How is this different from our youth? What do dreams have to do with learning, with aging, with stress? Bring a personal dream for discussion, if you like. Dr. Paula Lippard Justice will use an interactive Power Point presentation for this lecture and discussion.

Instructor: Paula Lippard Justice, Ph.D., LPC is an Adjunct Associate Professor at ODU and a practicing therapist. She has done research, workshops, seminars and classes

on dreams for 25 years. She incorporates dream work in her counseling with clients and has participated in her own group dream analysis for more than 10 years.

Story Characters Make It All Come Alive!

Date/Time: Monday, August 25, 10:00 AM - Noon

Cost: \$12

Location: VBHEC

Course Description: Characters drive any story, carrying the reader from the first to the last word. Good writers create a sense that their characters are people—physical, emotional, living, breathing, thinking people. The more they make their characters feel real, to create the illusion of an actual person on the page, the more likely the reader is to fall into the story, past the language and words. Through discussion and short writing exercises, this class explores some techniques writers use to reveal fictional characters in subtle and implicit ways.

Instructor: Lauran Strait is an instructor at the Adult Learning Center of Virginia Beach. She teaches creative writing classes. She is managing editor of *Moondance Magazine* and her writing has been featured on NPR's Literary Show. She was a winner of NFG's 4th "Great 69er" contest in 2004. Her print and on-line work includes: *Dog-eared*, *The Gator Springs Gazette*, *The Virginian Pilot*, *Reading Divas* and *Atomic Petals*, among others.



Opera for People who don't like Opera: Verdi's "Il Travatore"

Date/Time: Wednesday, August 27, 1:00 – 3:00 PM

Cost: \$12

Location: VBHEC

Course Description: Gypsies burned at the stake; kidnapped babies; musical anvils; the twists and turns of the story line of this venerable Italian opera are so convoluted that the Marx Brothers found it ideal for lampooning opera in their film, "A Night at the Opera." Taking the point of view that operas of this style are "fairy tales for grown-ups," this course will reveal the keen understanding of human nature at the root of Verdi's always memorable tunes, which include the famous "Anvil Chorus," the stirring "Di quella pira," and the celebrated "Miserere." Appropriate for veteran opera-goers and curious newcomers alike.

Instructor: Glen Winters joined the Virginia Opera in 2004 as Community Outreach Musical Director. He received his PhD in music from Northwestern University. His background includes teaching college-level piano, arts administration, and extensive experience in performance as an operatic baritone, and composition of three children's musicals. His previous operatic introductions have been very well received.

Art for Fun and Feedback!



A small group of artists and artist want-to-bes would like you to join them once a month for a drawing and friendly critiquing session. We meet in the Folio Room of the Va. Beach Central Library on the first Monday of the month. We usually manage to have a live model which really sharpens one's skills of observation. We are open to new experiences and hope to go outside for some drawing on location when the weather is cooperative and the group is ready. So fill in the form below if you are interested and someone will contact you to answer any questions and welcome you to the group.

NAME _____

PHONE # _____

E-MAIL _____



AND CONVERSATION

Date: Thursday, July 31

Time: 11:45 – 1:15

Place: VBHEC

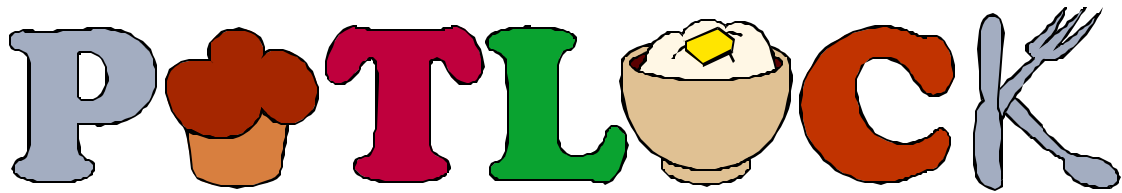
What's Coffee and Conversation? It's an opportunity to socialize with fellow ILR members. We greet old friends, get acquainted with new members, share our ideas and experiences, and make suggestions for future ILR programs and events. And Historian Link Mueller will have some fun visuals from our classes and activities.

Everyone is encouraged to come, but we particularly hope to meet the people who will be at the Higher Education Center on July 31st for the following classes: "Take the Mystery Out of Antiques" and "Feature Writing for Local TV".

The room number will be posted on the TV monitor in the lobby. We'll be there from 11:45 – 1:15.

So stop in before or after class and enjoy a beverage and sandwich and cookies provided by the ILR **free of charge**. If you wish to get a salad or larger meal from the Waves Café bring it on up as there will be tables and chairs.

Please RSVP either on the class enrollment form or call the office FOUR days or more in advance (368-4160). It helps us get the correct amount of lunch goodies.



POT LUCK DINNER

Date: Friday, September 26th

Place: June Lam's
1420 Cooper Circle
Virginia Beach
Tel: 481-5407

Directions: Virginia Beach Blvd. To North Great Neck Road, right on Mill Dam Road, left on S Woodhouse Road (ALANTON), left on Whittier Road, left on Cooper Road, right on Cooper Circle.

TIME: 5:30 PM -----

COST: \$5.00

DEADLINE: September 19

MAXIMUM: 40

Bring pot luck TO SHARE and your choice of wine or beer. Soft drinks will be provided.



OTANI -- Steak and Seafood!

Hilltop East
1532 Laskin Road
Virginia Beach, VA
425-0404

**Enjoy a delightful Japanese cuisine luncheon prepared
Hibachi-style at your table.**

Date: Friday, August 22, 2008
Time: 11:30 a.m.
Menu: Your choice of entree (\$7.99 – \$5.99)

All lunch specials include:

Soup – clear flavored broth
Salad – with Otani dressing
Vegetables – cooked Hibachi-style
(All prepared MSG-free.)
Beverages and Deserts are not included.

Cost: Separate Checks
20% Senior Citizen Discount on Entree Only

Deadline: August 8, 2008

Location: **Hilltop East Shopping Center – From Norfolk take I-264 East to First Colonial Road North. Turn right onto Laskin Road. Hilltop East Shopping Center on left. Otani on corner at entrance**





Fredericksburg Riverboat Cruise & Tour

September 16, 2008

Depart 7:30 AM from Park and Ride at Indian River Rd and Reon Dr. (Directions below)

Travel on deluxe Fun Tours motor coach. Continental breakfast served upon departure. Appropriate rest stops will be made. Board "The City of Fredericksburg" for luncheon cruise. Journey back into an era-gone-by on the scenic Rappahannock River. Enjoy the Captain's narration of the history pertaining to the Rappahannock River.

- Tour Historic Kenmore. This beautiful, Georgian-style mansion reflects the pre-Revolutionary War wealth and status of Fredericksburg merchant Fielding Lewis and his wife Betty Washington Lewis, George Washington's sister.
- Guided tour of the Rising Sun Tavern. This tavern was built around 1760 for Charles Washington~ the tavern offers a fascinating glimpse of 18th century life. Costumed "wenches" provide a living history tour to delight visitors.

7:30 p.m. Approximate return to Park and Ride

Price: \$89.00

Tour includes: Deluxe transportation, a continental breakfast, lunch cruise, all admissions and tours, gratuities, refreshments and a Fun Tours Escort throughout your tour.

Deadline for registration: July 1, 2008

Detach & mail registration to:

ODU HEC, 1881 University Ave. Virginia Beach. VA 23453 (Make check for \$89 per person payable to ODU-ILR.)

Name(s): _____

Address: _____

Phone: _____ E-mail: _____

Directions to Park and Ride at Indian River Rd and Reon Dr.

From Virginia Beach

Head West on 1-264
Take Left 1-64 towards Chesapeake/Suffolk
Take exit 286A onto Indian River Rd West
Take first right on Reon Drive

From Norfolk

Head East on 1-264
Take exit 13-14 towards Military Hwy/Chesapeake/Suffolk
Follow signs to Suffolk
Take exit 286A onto Indian River Rd West
Take first right onto Reon Drive

From Chesapeake

Head Southeast on 1-64 W
Take exit 286A onto Indian River Rd West
Turn right onto Reon Drive

Trip insurance is available through Fun Tours. Applications at ILR office.



TRADEWINDS RESTAURANT

2800 Shore Drive, Virginia Beach

Tel: 481-9000 ext 2050

Date: July 25 **Time:** Noon

Deadline to sign up: :July 18

Lunch Menu

Cajun Grilled Chicken Breast

or

Salmon Medallions Wrapped in Romaine

. or

Vegetable Napoleon with Roasted Red Pepper

Choice of entree includes Tossed Salad with Assorted Dressings Chef's choice of Starch
and vegetables,
Freshly Baked Rolls, Coffee, Tea, Soft drinks
Dessert

Cost: \$20.00

Directions: Located in Virginia Beach Resort Hotel & Conference Center, 2800 Shore Drive (at the intersection of Shore Drive and Great Neck Road) parking is available in the front entrance, underneath the hotel towards the back, and on both of the decks on the right and on the left.

NAME: _____

Veggie [] one [] two **Salmon** [] one [] two **Chicken** [] one [] two



TRADEWINDS RESTAURANT – in the Virginia Beach Resort Center



GREAT BOOKS and ILR

Exercise classes are now available thru Great Books for the 2008-09 year. Once again materials come from the University of Chicago's famous recreation department and the Great Books Foundation. The program's exercise book is *Great Conversations 4* and includes 15 selections plus two longer works, Jane Austen's *Emma* and Marcel Proust's *Swann's Way*. Exercises adopted for 2008-09 will "stretch your mind, improve your memory, provide protection from free radicals, and delay aging." *

It is an inconvenient fact that if you are at least 55 years of age and therefore qualify for Great Book activities thru ILR, your mind probably needs more stimulation. The Great Books program is specifically designed to provide this stimulation while simultaneously promoting psychological wellbeing, inner peace, higher cognitive functioning, and protection against all the predators out there who want to steal your wealth and take advantage of the older generation. *

Great Books meets on the first and third Friday of each month starting in September 2008 from 10:00 am until noon. We sometimes and irregularly socialize over lunch at Ruby Tuesday's.

Anyone with questions or interest in joining the Great Books group should contact Jim Reynierse at 547-2416 or e-mail him at jreynierse@cox.net.

* Thi last statement has not been evaluated or validated by the American Psychological Association, the National Science Foundation, any Public Health Organization in Virginia, other states in the contiguous United States or elsewhere or for that matter by any organization known to man. Neither the University of Chicago, the Great Books Foundation, nor ILR recognizes these statements and in fact would probably be appalled that they have been made. The Surgeon General of the United States has pointedly disapproved; AARP plans an editorial. in a future issue of *AARP The Magazine* warning its membership about this and similar scams; and many others too numerous to mention have significant concerns. But there isn't too much you can do about it, so please, just act mature and suffer in silence. Remember, there is no crying in ILR.