Almost all biological creatures have internal clocks that coordinate activities with the time of day. Plants lower their leaves in the evening and raise them at dawn. Human body temperature goes up and down in a daily cycle and the level of many chemicals in our bodies is controlled by our internal clocks. Over the past decades Professor Loros and her colleagues have unraveled the detailed molecular structure of biological clocks and have shown how the clocks regulate many metabolic processes in living cells.

Professor Loros received her BA and PHD degrees at UC Santa Cruz. In 1988 she received a faculty appointment at Dartmouth College. She is currently Professor in the Geisel School of Medicine at Dartmouth. She co-authored the book Chronobiology: Biological Timekeeping, and is a world leader in the investigation of biological clocks.
Our OLLI Reporter, Johnna, sent me the following: I would also be interested in people's pandemic tips, kind of a round-robin article with snippets from about 30 different people of how they keep their spirits up and themselves growing in meaningful ways.

This would be very helpful to all of us. Please email her directly at aleena12teacher@yahoo.com

Thanks for helping us.

Send us your thoughts and ideas for inclusion in future monthly newsletters. We are interested in the well-being of our members and what everyone is doing to cope with the rules created to help us weather the pandemic. Everyone is encouraged to participate in this effort.

Please send your input to: olliucsc@gmail.com with “Newsletter” in the subject line.

Like this Newsletter?
Be sure to join OLLI for the coming year so we can send it to you.
Sign up online at olli.ucsc.edu
or use the form at the end of the newsletter.

Continuing Class

The Current Crisis and World Affairs
with Prof Emerita Ronnie Gruhn

Ronnie’s “Short Commentaries” series continues with the latest installment on YouTube. https://youtu.be/VhEMqidXenE

Dr Gruhn welcomes feedback and questions. You can email her at ronnie@ucsc.edu

Event Recording Links

<table>
<thead>
<tr>
<th>China under Xi Jinping, Prof. Ben Read General Meeting 9-20-20</th>
<th>Women in the Ancient Western World #1 2020</th>
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</table>

Remembering Women's History
A Book Goes by Annette Volks
70% Native American

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Please send your input to: olliucsc@gmail.com with “Newsletter” in the subject line.
Message from the President

It was terrific to see so many of you at the first Virtual OLLI General Meeting on September 20, 2020! There were about 140 of us tuning in. Technically, it seemed to work well. We did have a few folks who did not receive the email link to Zoom in. Your board is checking to see what we can do to ameliorate that problem.

By the way, the email list is drawn from our own shadow database, not from the University’s files. If you have a new or different email address and have updated your account on the University’s website, please be aware that the University does not update us on any changes you enter there. If you did not receive the Zoom invitation to the recent General Meeting, please send an email to me at BonitaS@ucsc.edu and I will check that your information in our database is correct and current. This will help to ensure that you receive all future mailings.

The speaker (Ben Read) was really interesting and certainly presented a good perspective on life and times in China- both socially and politically. We are so lucky to have access to the wonderful speakers from the University and to have Vice President Barry Bowman recruit them for us.

Thanks to all the OLLI Board Members who contributed to the success of the meeting. It takes a team and we have a great one! We will continue to hold these meetings virtually until further notice. The next one will be October 18th at 10:00 a.m. Once again, we will begin with Breakout Rooms so you can meet with and converse with a smaller group of fellow members. The business portion of the meeting will begin at 10:40 and the speaker will start at 11:00. Mark your calendar!

Don’t forget to procure your own coffee, cake, and fruit so we can continue that tradition as well.

Best wishes, stay well and healthy,

Bonita Sebastian
Zoom Courses

WOMEN IN THE ANCIENT WESTERN WORLD

Thursday mornings, October 1, 8, 15 10 a.m.
This is a Zoom class. No advance registration is necessary. You will receive a Zoom registration notice a day or two before the class.
Instructor: Gail Greenwood

Have you ever wondered what we’re doing with bunnies bringing eggs at Easter, and pine trees covered with baubles to celebrate the birth of a Jewish baby? Gail Greenwood did, and it never made sense to her until she learned about women’s history. She is now offering us an 8-hour survey course she’s calling “Women in the Ancient Western World.” The primary idea examined will be that the story changes when the point of view of the story teller changes; though the actual facts may be the same, the significance of the facts and even which dates matter alter when viewed from women’s rather than from men’s perspective. The course will begin with Prehistory — The Great Mother and her cave children, with an examination of why we don’t begin with the Greeks — followed with the Ancient Near East, Egypt, and Crete. Then we will (in a great sweep of thousands of years in an hour or two) look at ancient and classical Greece, Rome, and the Judeo-Christian heritage.

Gail Greenwood is a retired community college history teacher. For thirty-four years, she taught survey courses in American History, Western Civilization, and Women in both American and Western Civilization. In the 1970s she created the first Women in American History courses at American River College. Her students kept asking her to explain all the odd assumptions of the founding parents and wouldn’t accept her answer that “They brought the beliefs with them along with their Bibles, pots, and pillows.” She had to return to reading and studying and then she created a course about Women in Western Civilization. Her first startling discovery for one trained in modern Western Civilization with a focus on the Third Reich was that she ended up clear back in archaeology. Fortunately this multidisciplinary approach didn’t bother folks at the community college and she hopes it will also be accepted by lifelong learners willing to gallop through history.
MAJOR SUPREME COURT DECISIONS THAT CHANGED AMERICA

Wednesdays, October 7, 14, 21, 28    10 a.m. on Zoom

You will receive a Zoom invitation from Barry Bowman before each class
Instructor:  Arthur Rolston

Some Supreme Court decisions are simply more important than others due to their impact on ordinary Americans’ economic, social, cultural, and/or political lives. We’ll look at a number of them over the course of American history and place them in historical context as both indicators and agents of cosmic changes in American life.

The first class on October 7 will look at Dartmouth College vs. Woodward (1819) and Charles River Bridge vs. Warren Bridge (1837) in the context of the social, transportation, and early industrial revolutions during the first half of the 19th Century. This class was taught in the Spring but will be repeated for those who missed it, and those of us who will enjoy hearing it again.

Next, on October 14, we’ll focus on Dred Scott vs. Sanford (1857) and the coming of the Civil War.

Then on October 21 we’ll address Brown vs. Board of Education (1954) and America’s Second Reconstruction.

Finally, our last class on October 28 will examine the influence of the libertarian resurgence in three cases: District of Columbia vs. Heller (2008) on the Second Amendment; Citizens United vs. Federal Election Commission (2010) on corporations and free speech; and Obergefell vs. Hodges (2015) on marriage equality.

While there’s no assigned reading, Google searches of the cases will lead to numerous links to the Court’s majority and minority opinions.

Arthur Rolston is new to Santa Cruz, arriving in 2017, and this is his first time teaching for OLLI. He has a JD from UC Berkeley (1967), and a PhD in History from UCLA (2006). Prior to moving to Santa Cruz Arthur practiced law in Los Angeles for over 30 years and then taught history at UCLA as an adjunct lecturer from 2006-2016. He taught a class at Cabrillo College this past spring.

The Modern Molecular Biology course will begin in November

The tentative schedule is Saturday mornings, 10:30 a.m. - Noon, November 7, 14, 21 December 5 and 12

As in previous years Barry Bowman will organize the course and offer two lectures. Three other professors from the Molecular, Cell and Developmental Biology Department at UCSC will present lectures describing their research programs. Further details will be provided on the OLLI website and in the next Newsletter.
“Awe Walks” Boost Emotional Well-Being; Broader Smiles in Participants’ Selfies Made Shift in Perspective Visible”

By Nicholas Weiler


... “Awe is a positive emotion triggered by awareness of something vastly larger than the self and not immediately understandable — such as nature, art, music, or being caught up in a collective act such as a ceremony, concert or political march,” Keltner said. “Experiencing awe can contribute to a host of benefits including an expanded sense of time and enhanced feelings of generosity, well-being and humility.”

This suggests promoting the experience of awe could be an extremely low-cost tool for improving the emotional health of older adults through a simple shift in mindset.”

“Experiencing awe is such a simple practice – just taking a moment to look out the window or pausing to consider the technological marvels that surround us – and we now show it can have measurable effects on our emotional well-being,” Sturm added. “A little more joy and a little more connectedness with the world around us is something all of us could use these days.” ...
For these pandemic days, OLLI member Bill Patterson has issued a challenge:

Take a break, find comfort in traveling back down memory lane, and share your memories with other OLLI members. Anyone remember “The Adventures to the Lone Ranger”? “Come with us now to those thrilling days of yesteryear” and the William Tell Overture?

Nostalgia serves a psychological purpose according to Krystie Batcho, PhD who discusses the importance of remembering back in her American Psychological Association podcast: Does Nostalgia Have a Psychological Purpose? Remembering the past can create a “highly social emotion, connecting us to other people.”

Bill’s point exactly. Bill has been a member of OLLI for 20 years and has served almost every office including president. He currently serving on the Board as Scholarship Chair.

“So many challenges these days requiring adjustments from our familiar routines!” says Bill. “I find it comforting to take a break, occasionally, to return to ‘Yesteryears.’ I follow my wandering thoughts back to the childhood days.”

Here are some of Bill’s recollections, his random thoughts in these pandemic days, with a little research tossed in. Maybe Bill’s memories will trigger some of your own:

- In 1938, Kate Smith sang, for the first time, Irving Berlin’s “God Bless America” on her CBS program
- *Superman* appeared in Action Comics issue #1 in 1938
- Adolph Hitler is named Man Of The Year by *Time Magazine* in 1938
- Olympics in 1936 held in Berlin, a propaganda parade for the master race but vanquished by USA’s Jesse Owens’s triumphant win of four gold medals (*The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics*)
- First VW Beetle, “the people’s car,” produced in Germany in 1938 after Volkswagen was founded in 1936; VW Beetle was created by automotive engineer Ferdinand Porsche
- Polio victim and President Franklin Roosevelt established March of Dimes in 1938; now 82 years later, the horrific children’s viral affliction has been almost eradicated, down from 350,000 in 1988 to 407 cases in 2013, more than a 99 percent decline. World Health Organization estimates 10 to 20 million polio survivors worldwide today.
- Best actor, 1938 Spencer Tracy for *Boys Town* and Juvenile Oscar to Mickey Rooney
- *The Adventures of Robin Hood*, 1938, Warner Brothers’ most expensive movie made up until that time, Errol Flynn and Olivia de Havilland. It was nominated for best picture and won for editing, art direction and original score.
- *The Citadel*, 1938, included Robert Donat and Rex Harrison in the cast. Elizabeth Allan was named leading lady but replaced by Rosalind Russell. Allan sued M.G.M.
- *Grand Illusion*, nominated in 1939 for best pictures, is deemed one of the greatest films ever made and one of the first prison escape movies,

Continued on page 8
Words that come back from the past, at one time overheard daily: Heavens to Murgatroyd. . .driving a Jalopy. . .We were Hunky Dory. . .Things were swell. . .Some guys were knuckleheads, nincompoops or pills. . .We wouldn’t take it for all the tea in China!

Back in the day, I heard the older generation speak nostalgically of spats, knickers and fedoras.

I wake up from a short nap, and before I can say, “Well, I’ll be a monkey’s uncle!” or, “This is a fine kettle of fish,” I discover words I grew up with, the words that seemed omnipresent, have vanished with scarcely any notice. Poof, go the words of our youth, words now left behind only in my mind.

Where have all those great phrases gone? Pshaw. . .The milkman did it. . .Hey! It’s your nickel. . .Don’t forget to pull the chain. . .Knee high to a grasshopper. . .Well, Fiddlesticks! . . .Going like sixty. . .I’ll see you in the funny papers. . .Don’t take any wooden nickels. . .Wake up and smell the roses.

There are more lost words and expressions than Carter has liver pills. This can be disturbing stuff! Leaves me to wonder where will Superman find a phone booth. “See you later, alligator! After while crocodile” as Bill Haley and The Comets sang in 1956.

Editor’s Note: Any of you find comfort in reflections from the past? Send your recollections, reminiscences, and wandering down memory lane to Newsletter Editor David Lieby, dlieby@gmail.com to include in a column to be called the “Good Ol Days” and yes, I remember the lyrics to Carly Simon’s song, Anticipation: “And stay right here, ‘cause these are the good old days.” Please include a little about yourself so OLLI members get to know you better.

The Upper Koenigsbourg Castle in Alsace where some scenes of the movie Grand Illusion were filmed
Interest Groups

Happy Zoomers

New Yorker, Aptos (17Sep20)

Joan Rose, Lou Rose, Diana Cooper
Carol Whitehill, Robin Drury, Naomi Bayer

Nonfiction East Side (07Sep20)

Owen Brown, Bill Patterson, Valera Templeman
David Copp, Pam Hardy, Pam Kotler
Judy McNeely (group originator now living near San Diego)
Missing members: Sylvia Brown, Barbara Schulties, Margie Lafia
**Come One, Come All!** Now that we congregate in small groups, appropriately distanced or masked, and preferably outside, interest group activity may be curtailed, at least for those unwilling or unable to carry on virtually. Nevertheless, keep in mind that interest groups meeting virtually no longer are limited by meeting room size! So try something different! Consider unfamiliar perspectives! Get out of your comfort zone! Make new friends! Contact group leaders for more information:

<table>
<thead>
<tr>
<th>Interest Group</th>
<th>Leader</th>
<th>Phone (831)</th>
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<tr>
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<td>Bagel Ladies</td>
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* full; virtual meetings
Lifelong Learning: Online Ideas


Virtual View We bring our galleries to you! New Virtual Views launch on select Thursdays but dive into our archive anytime to explore past events. We take you inside our exhibitions, highlighting favorite artworks, and sharing artists’ voices through video stories, live conversations with curators, feature articles, and more. [https://www.moma.org/calendar/groups/58](https://www.moma.org/calendar/groups/58)

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Santa Cruz Chorale 2020

Guest Concert: New Choir
Sunday, March 22, 4pm
CANCELLED

JS Bach and Franz Schubert
$postponed from May
Saturday, October 17, 8pm
Sunday, October 18, 4pm

Christmas with the Chorale
Saturday, December 19, 8pm
Sunday, December 20, 4pm

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Join or Renew Membership. Osher Lifelong Learning Institute at UCSC, Period Ending June 30, 2021

Please consider registering online at our website, http://olli.ucsc.edu. It’s faster for you, saves us time and money, and helps ensure accuracy.

To join or renew your membership, which includes unlimited participation in our peer-led interest-group program*, enter personal information. Enter credit card information or include your check payable to UC Santa Cruz Foundation. Mail this form to the address at right. For further information, contact Karen Gamell, 831-905-6636, kgamell@yahoo.com. Your membership established with this coupon and payment will end June 30, 2021.

Personal Information. Please print or to save time and postage, use online registration at http://olli.ucsc.edu.

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<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>E-Mail Address</th>
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Name to appear on ID badge if different:

Check small boxes (☐) above for information you do not want published in the OLLI at UCSC member directory. All names are published. We need your email address to send you our periodic email newsletters.

During this time when we are not meeting in person, all members will be sent an email link to a bi-weekly multipage PDF newsletter.

Current members will also receive invitations to the monthly course offering which is offered without charge.

Contribution Information:

We ask a donation of $60. Please consider an additional donation to the Silvia Miller scholarship program. If funds are limited, in confidence you may contact OLLI president Bonita Sebastian, BonitaS@ucsc.edu, to discuss alternatives.

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<thead>
<tr>
<th>Membership</th>
<th>Donations</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Membership, OLLI at UCSC</td>
<td>$60. Membership includes unlimited Interest Group participation*</td>
<td>$</td>
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<tr>
<td>Additional contribution to the Silvia Miller Scholarship Fund:</td>
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<td><strong>Total Enclosed:</strong></td>
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*Some interest groups have limited membership. You may ask a group’s leader to be placed on a waiting list or get help from our interest-group coordinator to form a new group. See our website for more information.

Contributions to the UC Santa Cruz Foundation are tax deductible as allowed by law. You will receive an acknowledgement of your contributions from the University. Thank you for your generosity!

☐ Check ☐ Visa ☐ MasterCard ☐ AMEX ☐ Discover

Card or Check Number THE __________ / __________

Name on Card Signature (for credit card purchases)