Academy for Lifelong Learning

FALL TERM 1997

Courses & Special Events

University of Hawai‘i at Mānoa
Colleges of Arts & Sciences
Join us at the Academy!

The Academy for Lifelong Learning (ALL) at the University of Hawai‘i at Mānoa is an educational program that offers courses and special multi-disciplinary projects to encourage individuals from all walks of life to engage their minds, enrich their lives, and serve the community. The only requirements for participation in ALL are life experiences and a desire to learn. Founded by community individuals and a group of emeriti faculty from the University, the Academy sustains its program activities through volunteerism, individual contributions, and membership fees.

Membership at the session and annual levels entitles participants to enroll in courses, enjoy special events, and receive regular news bulletins. If you would like to join, please return the enclosed enrollment form and check for membership return to the Academy for Lifelong Learning, 2500 Campus Rd., Hawai‘i Hall 23, UH-Mānoa, Honolulu, HI 96822.

For more information about programs, opportunities and membership benefits in the Academy for Lifelong Learning, call 956-2707 or 956-8224.

Visit the Academy’s offices in Hawai‘i Hall 5 on the UH-Mānoa campus.

Volunteers are always welcome!

ALL is funded in part by a grant from the Hawai‘i State Department of Business, Economic Development & Tourism.

18
INDEX TO COURSES

FALL 1997
Age & Aging in Literature .................................. 1
Aging: Optimizing Physical Potential ........................ 9
The Art of Negotiating ....................................... 7
Critical Thinking ............................................. 2
Exploring the Spanish World ............................... 2
Feast and Famine: Agriculture in Hawaii'i ................ 8
Feminism and American Clubwomen ...................... 4
Growing Old in a New Age .................................. 10
How to Grow Pearls in Your Bathtub ...................... 11
The Illuminated Life ......................................... 5
In Search of Wisdom ......................................... 10
Knowledge Navigation in the 90s ......................... 6
On Living Your Dying ....................................... 7
Philosophy of Technology .................................. 9
Psychology & Shakespeare .................................. 3
Shakespeare & His Plays .................................. 3
Speaking to Groups ......................................... 5
Take the "Re" Out of Retirement ............................ 6
Zen of Moving ................................................ 4

COMMUNITY LECTURES
Consumer Scams .............................................. 12
Looking for the Heart in Education ........................ 12
Women's Issues Workshops ................................ 13

MEMBERSHIP REGISTRATION .............................. 14
COURSE ENROLLMENT ....................................... 16

The Illuminated Life workshop series
Wednesdays (Sept. 17, 24, Oct. 1, 8, 15, 22, 29,
Nov. 5, 12, 19), 1:30-3:00 pm; Campus Center 307

In Search of Wisdom: Further Explorations
Thursdays (Oct. 23, Nov. 6), 10:00 am-Noon;
Hawaii Hall 5

Knowledge Navigation in the 90s
Tuesdays, Sept. 23, 30, Oct. 7; 10:00-Noon;
Hamilton Library Rm. 1

On Living Your Dying
Mondays (October 6, 13, 20, 27), 10:00 am-Noon;
Kuykendall 202 HITS/ITV studio

Philosophy of Technology
Fridays (Oct. 10, 17, 24, 31), 1:00-3:00 pm; Hawaii Hall 5

Psychology and Shakespeare
Wednesdays & Fridays(Sept. 10, 12, 17, 19, 24,
26, Oct. 1, 2, 8, 10, 15, 17, 22, 24, 29, 31, Nov. 5,
7, 12, 14, 19, 21), 10:00 am-Noon; Hawaii Hall 5

Shakespeare and his plays
Tuesdays (Sept. 9, 16, 23, 30, Oct. 7, 14), 5:30-7:30
pm; Hawaii Hall 5

Speaking to Groups: How to Be Impressive &
Effective
Mondays (Sept. 15, 22, 29, Oct. 6), 1:00-3:00 pm;
Hawaii Hall 5

Take the "Re" out of Retirement
Thursday (Sept. 18), 9:00 am-12:30 pm; Hawaii Hall 5

Zen of Moving (Toning and Strengthening)
Thursdays (Sept. 11, 18, 25, Oct. 2, 9), 9:00-10:00
am; Hemenway 208

Confirmation of your course enrollment will be
sent to you at the mailing address that you provide
on the Membership Enrollment form.
Fall 1997 Course Enrollment Form

Mark below the courses in which you wish to enroll. Membership in ALL at the Annual or Fall Session level entitles you to select a total of two courses. You do not need to register for the Community Lectures. For more information about specific courses, refer to the Membership Information section.

- Age and Aging in Literature
  Instructor: Dr. Mark Wilson, English Dept.
  Dates: Mondays (Sept. 8, 15, 22, 29), 9:30-11:30 am; Hawai‘i Hall 5
  Description: This course will explore the treatment of age and aging in significant poems, stories, and autobiographical essays from a range of periods. The purpose will be to discover how literary artists have dealt with a topic of increasing concern in our rapidly aging society, a topic on which literature can offer a valuable perspective. Through several autobiographical essays we will get an inside view of age: what being old is like for certain writers. In works of fiction and poetry we will examine an outside view: how writers have portrayed older characters, sometimes with sensitivity.

- Aging: Optimizing Physical Potential
  Instructor: Dr. Jane Smith, Physiology Dept.
  Dates: Thursdays (Oct. 23, 30, Nov. 6, 13, 20, Dec. 4), 1:00-2:00 pm; Hawai‘i Hall 5
  Description: This course will focus on the latest research in aging and physical health. Participants will learn strategies for maintaining optimal physical potential through exercise, nutrition, and stress management.

- The Art of Negotiating
  Instructor: Mr. John Doe, Business Dept.
  Dates: Tuesdays (Oct. 7, 14, 21), 1:00-3:00 pm; Hawai‘i Hall 5
  Description: This course will teach the essential skills of effective negotiation in personal and professional settings. Participants will learn how to approach negotiations with confidence and achieve successful outcomes.

- Critical Thinking: Good Thinker’s Tool Kit
  Instructor: Dr. Jane Doe, Philosophy Dept.
  Dates: Mondays (Sept. 8, 15, 22, 29), 10:00 am-Noon; Campus Center 307
  Description: This course will introduce participants to the fundamental concepts of critical thinking. Participants will learn how to identify and evaluate arguments, assess evidence, and develop sound reasoning skills.

- Exploring the Spanish World
  Instructor: Dr. Maria Lopez, Spanish Dept.
  Dates: Tuesdays (Sept. 9, 16, 23, 30), 9:00-10:30 am; Hawai‘i Hall 5
  Description: This course will immerse participants in the rich culture and language of Spain. Participants will learn the basics of spoken and written Spanish, as well as explore the cultural history and contemporary issues.

- Feast and Famine: Agriculture in Hawai‘i
  Instructor: Dr. John Smith, Agriculture Dept.
  Dates: Thursdays (Oct. 9, 16), Noon-2:00 pm; Hawai‘i Hall 5
  Description: This course will examine the history of agriculture in Hawai‘i, from the traditional practices of the indigenous people to modern farming techniques. Participants will learn about the importance of agriculture in Hawai‘i’s economy and culture.

- Feminism and American Clubwomen
  Instructor: Dr. Maria Garcia, History Dept.
  Dates: Fridays (Sept. 12, 19, 26, Oct. 3), 1:00-3:00 pm; Hawai‘i Hall 5
  Description: This course will explore the role of feminism in American history, focusing on the contributions of women’s clubs and organizations in the late 19th and early 20th centuries. Participants will learn about the social, political, and cultural impact of these organizations.

- Growing Old in a New Age
  Instructor: Dr. John Doe, Sociology Dept.
  Dates: Mondays (Nov. 3, 10, 17, 24), 10:00 am-Noon; Hawai‘i Hall 5
  Description: This course will examine the experiences of aging in society, focusing on the social and psychological aspects of aging. Participants will learn about the challenges and opportunities faced by older adults in today’s world.

- How to Grow Pearls in Your Bathtub
  Instructor: Dr. Mike Johnson, Geology Dept.
  Dates: Tuesdays (Nov. 11, 18, 25), 10:00 am-Noon; Hawai‘i Hall 5
  Description: This course will teach the art of pearl cultivation in a home setting. Participants will learn the techniques for growing pearls in their own bathtubs, as well as the biological and chemical processes involved in pearl formation.
and insight (often based on the writer's own experience as an older person) and sometimes with stereotypic assumptions about age. Because of the limited amount of time, we will consider only short stories, essays, and relatively short poems that will be duplicated and made available in advance of each session. Our sessions will be discussion oriented, and the focus will be less on analyzing literary technique than on using our own personal experience with age to help us get into the literary works and bring them to life. By the end of our four sessions we should all have experienced that satisfying "shock of recognition" through which fine literature enables us better to see and understand ourselves.

Critical Thinking: The Good Thinker's Tool Kit
Instructor: Dr. Tom Jackson, UHM Philosophy Dept.
Dates: Mondays, Sept. 8, 15, 22, 29
Time: 10:00 am - Noon
Location: Campus Center 307
Description: This two-part workshop aims to develop critical thinking skills. It will begin with a bit of "thinking about thinking" to help clarify critical thinking. Next, we will together construct a "Good Thinker's Tool Kit." The Kit consists of seven letters, each letter standing for a cognitive skill essential to thinking critically. We will practice using the Kit on newspaper articles, a current controversy, and a brief TV spot.

Exploring the Spanish World
Instructor: Gaby Hanna, Spanish language/culture instructor, former UH faculty
Dates: Tuesdays, Sept. 9, 16, 23, 30
Time: 9:00 - 10:30 am
Location: Hawai'i Hall
Description: This course will employ all the senses to explore the rich history, geography, languages, and

---

ALL Membership & Enrollment Form
Fall 1997

Please type or print clearly.

Name: __________________________
Address: _________________________
Phone: __________________________
Emergency Contact: __________________
Phone: __________________________

1. Select a membership category from choices listed below. For details on membership information and benefits, see page 11.

[ ] Current ALL member (ALL membership card lists you as an ANNUAL member or a FALL TERM '97 member). Participating members who joined ALL at the $10 per year level may register for courses only if membership is upgraded to Session or Annual member level. For details, call ALL at 956-2707.

[ ] I wish to be enrolled as an Annual Member: $115 for one year (Fall, Winter, Spring).

[ ] I wish to be enrolled as a Session Member: $45 for FALL TERM '97.

Please issue check payable to University of Hawai'i Foundation (Account #18-0790)

2. Select a total of two courses in which you wish to enroll for Fall Term '97.

3. Return registration and course enrollment to:

Academy of Lifelong Learning
University of Hawai'i at Mānoa
2500 Campus Road, Hawai'i Hall 23
Honolulu, HI 96822

15
ALL Membership Information

Annual and Session members may enroll in courses, participate in special events, receive regular newsletters, and join community service projects. There are no membership requirements of prior educational experience. Categories of membership for enrolling in courses are:

- **Session Member, $45.** Entitles an individual to enroll and attend up to two courses during one session term (one session is three months during Fall, Winter or Spring Term; receive the ALL newsletter, and attend special events.

- **Annual Member, $115.** Entitles an individual to enroll and attend up to a total of two courses per term each year (three terms each year: Fall, Winter, Spring); to receive the ALL newsletter; attend special events; receive selected University Library privileges; and access to other University activities.

*Please note:* Membership fees (both annual and session) are nonrefundable. Annual membership is for a period of 12 months.

**Make check payable to**
UH Foundation Account #18-0790.

Additional tax deductible contributions to ALL are always welcome. Thank you for your support of lifelong learning in Hawai‘i!

---

**Shakespeare & His Plays**
**Instructor:** David Johnson  
**Dates:** Tuesdays, Sept. 9, 16, 23, 30, Oct. 7, 14  
**Time:** 5:30 - 7:30 pm  
**Location:** Hawai‘i Hall 5  
**Description:** Enjoy Shakespeare, the world's finest playwright and poet. Six sessions include an introduction, Shakespeare, His Life, Times & World; The Tempest; Henry IV, Part I; Antony and Cleopatra; As you Like It; and Othello. We will discuss Shakespeare's use of plot, structure, character development, humor, imagery, word music, and dramatic devices. We'll consider each play as a whole, focus on selected passages, and view one or more videos of a scene.

---

**Psychology & Shakespeare: Reciprocal Insights**  
**Instructor:** Dr. Alice Scheuer, UHM Psychology Dept.  
**Class meetings:** Wednesdays and Fridays, Sept. 10, 12, 17, 19, 24, 26, Oct. 1, 3, 8, 10, 15, 17, 22, 24, 29, 31, Nov. 5, 7, 12, 14, 19, 21.  
**Time:** 10:00 am - Noon  
**Location:** Hawai‘i Hall 5  
**Description:** Through readings, lectures, and discussions, we will review four of Shakespeare's major tragedies and leading characters from Hamlet, Macbeth, Othello, and Romeo and Juliet. We will analyze the "fatal flaws" of the characters and the role of "Fate" in the tragedies in terms of literary criticism, and also
analyze the characters' problems in terms of contemporary psychiatric/psychological diagnoses.

**Zen of Moving (Toning and Strengthening)**

**Instructor:** Dr. Harry Tagomori, UHM faculty  
**Class meetings:** Thursdays, Sept. 11, 18, 25, Oct. 2, 9  
**Time:** 9 - 10 am  
**Location:** Hemenway Hall Exercise Room 208  
**Description:** An introductory overview will provide participants with information and techniques to build a stronger, healthier body through soft exercises, stretches, and slow movements.  
Prior to the course, a physical exam by your personal physician is highly recommended. Forms for assumption of risk will be distributed during the first class meeting. Participants are strongly advised to inform instructor of any health problems during initial class meeting.

**Feminism and American Clubwomen**

**Instructor:** Dr. Margit Watts, UHM faculty  
**Dates:** Fridays, Sept. 12, 19, 26, Oct. 3  
**Time:** 1:00 - 3:00 pm  
**Location:** Hawai'i Hall 5  
**Description:** Is there a "female world view"? Do women have very different perspectives and priorities? Have women made a difference in the way our world has been constructed? By looking closely at women's clubs, especially that of the Outdoor Circle here in Hawai'i, we will discuss one way women found particularly useful in getting their agenda into the foreground. As background to this discussion, reading *High Tea at Halekulani* is recommended. Was High Tea indeed just a counterpart to the male two-martini lunch?! Business as usual.

**Women's Issues Workshops**

*Co-sponsored by the State Executive Office on Aging*

**Instructor:** Dr. Linda Cox, Professor & Chair, UHM Agricultural & Resource Economics Dept.

**How Does Your Cash Flow?**

**Dates:** Saturdays, Sept. 20 & 27  
**Time:** 9:00 am - Noon  
**Location:** Campus Center Ballroom

**Staying on Top of Your Finances**

**Dates:** Saturdays, Nov. 1 & 8  
**Time:** 1:00 - 4:00 pm  
**Location:** Campus Center Ballroom

These two workshops focus on financial issues of importance to mid-life and older women. The first topic covers the basics of personal financial planning and management. The "advanced" workshop addresses issues of concern based on feedback and topic selection by participants in first workshop.  
Space for both workshops is limited. A nominal fee will be assessed to cover costs of workshop materials.  
For more information or to register for the workshops, contact:  
Women's Issues Workshops  
Executive Office on Aging  
250 Hotel Street, Suite 109  
Honolulu, HI 96813  
Tele: 586-0100 Fax: 586-0185
Community Lectures

Community lectures are free and open to the public. Unless otherwise indicated, there is no need to pre-register.

Consumer Scams
Scam artists have moved into new territory. Learn how high-tech “boiler room” operations prey on unsuspecting consumers across the U.S. This workshop is co-sponsored by the State Executive Office on Aging and the American Association for Retired Persons (AARP) and features Doug Shadel, former fraud investigator for the Washington State Attorney General’s Office, currently economic security/consumer representative for AARP. For information, call 586-7309.

Speaker: Doug Shadel
Date: Thursday, October 9
Time: 9:00 am
Location: State Capitol Auditorium, Honolulu

Looking for the Heart in Education
Slide Show presentation is a community event sponsored by the Academy for Lifelong Learning.

Speaker: Dr. Duane Preble, Professor Emeritus, Art Dept.
Date: Tuesday, September 16
Time: 10:00 am - Noon
Location: Campus Center Room 307-308

Speaking to Groups: How to be Impressive & Effective
Instructor: Jacklyn Dame, former faculty, UHM Speech Dept.
Dates: Mondays, Sept. 15, 22, 29, Oct. 6
Time: 1:00 - 3:00 pm
Location: Hawai‘i Hall 5
Description: This course will explore the most important skills necessary to be a “good” speaker. We will discuss planning and structure of material to make talks as effective as possible, and improving delivery skills. Basic strategies will be presented during the first two class meetings; participants will not give “speeches” or oral presentations in these sessions. The optional second two meetings of the course will provide participants public speaking opportunities.

The Illuminated Life
Instructor: Dr. Abe Arkoff, Professor Emeritus, UHM Psychology Dept.
Dates: Wednesdays, Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5, 12, 19 (additional sessions are an option)
Time: 1:30 - 3:00 pm
Location: Campus Center Rooms 307-308
Description: “The unexamined life is not worth living.” So Socrates said, but many of us don’t know how to examine our lives in a helpful way, or we don’t take time to do so. A particularly beneficial time for this examination is during our “third age”—a designation increasingly given to the years past 60. It is during our “third age” that we often seek new direction, meaning, and purpose, and this can be a time of new personal growth or, sadly, stagnation or even despair. Working together, we will seek not only to examine but to illuminate our lives, drawing insights from past and present in order to guide and enrich the years to come.
In the workshop, we will pose a number of "life questions" and be assisted to find our own answers to them. We will proceed with mini-lectures, demonstrations, discussions, and complete novel explorations (exercises) and share our responses with each other in small subgroups. We will hone two skills found to enhance human relationships and psychological health: proficiency in being a "caring presence" and also a "caring discloser."

Take the "Re" out of Retirement: A Proactive Approach
Instructor: Dr. Loren Ekroth, counselor, Unity Counseling Center; columnist, *Honolulu Advertiser*
Dates: Thursday, Sept. 18
Time: 9:00 am - 12:30 pm
Location: Hawai'i Hall 5
Description: This half-day workshop will offer ideas to energize retired life to live more creatively, purposefully, and meaningfully. The course will provide opportunities for participants who are retired or near-retirement to meet other retirees for support; sketch a personal plan for "pro-retirement"; acquire "retirement" resource materials; and form continuing interest groups. Handouts will be made available during the workshop. Enrollment for this workshop will be limited to 30.

Knowledge Navigation in the 90s
Instructor: Dr. John Haak, UHM Hamilton Library
Dates: Tuesdays, Sept. 23, 30, Oct. 7
Time: 10:00 am - Noon
Location: Hamilton Library Room 1, UH-Manoa (Class meets in computer training room in basement; enrollment is limited to 28.)
Description: Course will introduce participants to computer-assisted library information systems includ-
learn the functions of the components of a "generic" cell; review and critique current aging hypotheses; discuss the effects of our psychological, physical environment on healthful aging; evaluate the use of over-the-counter "anti-aging" supplements; and learn to evaluate the scientific reliability and accuracy of information provided in the media.

In Search of Wisdom: Further Explorations
Instructor: Vernon Char, Attorney at Law
Dates: Thursdays, Oct. 23, Nov. 6
Time: 10:00 am - Noon
Location: Hawai’i Hall 5
Description: This course continues the exploration of wisdom initiated during the Spring Term class. We will examine readings from the Bible, folklore, poets, playwrights, and psychologists. Wisdom is the universal but elusive concept. Wisdom is the capacity to judge rightly in matters relating to life and conduct. What does a wise person know...so we can learn? How does a wise person act...so we can follow that example? The wisdom quest is an intellectual exercise and means to explore new horizons for personal growth.

Growing Old in a New Age
Instructor: Dr. Tony Lenzer, Professor Emeritus, UHM School of Public Health
Dates: Mondays, Nov. 3, 10, 17, 24
Time: 10:00 am - Noon
Location: Hawai’i Hall 5
Description: Four videos on aging will be presented, followed by discussion of the subject featured in each. The material is derived from the UH-Manoa Center on Aging’s PBS television series and college telecourse, Growing Old in a New Age. The award-winning telecourse has been shown nationally and internationally.

On Living Your Dying: Further Explorations
Instructor: Dr. Mitsuo Aoki, Professor Emeritus, UHM Religion Dept.
Dates: Mondays, Oct. 6, 13, 20, 27
Time: 10:00 am - Noon
Location: Kuykendall Hall 202 ITV studio/classroom. (Also available via Hawai’i Interactive Television System (HITS) and cable TV Ch. 26.)
Description: What would it feel like to truly live your dying? Well, join us and find out. Is there a meaning of death that will restore to death its awe-inspiring qualities? Only when we can acknowledge death’s dignity and power will we be able to live life fully and joyfully. Hence the saying: “The more absolute the death, the more authentic the life.”

The Art of Negotiating
Instructor: Anthony Locascio
Dates: Tuesdays, Oct. 7, 14, 21
Time: 1:00 - 3:00 pm
Location: Hawai’i Hall 5
Description: Understand the basic skills and techniques essential to every negotiation. We will examine strategies and tactics as well as how to determine your needs and the needs of the other party. A combination of lecture/discussions will explore human behavior, preparation for negotiation, and the negotiating experience on a personal, interorganizational, and international level.
Feast and Famine: Agriculture in Hawai‘i
Instructor: Dr. Michael Harrington, UHM HITAHR/CTAHR
Dates: Thursdays, Oct. 9 & 16
Time: Noon - 2:00 pm
Location: Hawai‘i Hall 5
Description: The plantations played a central role in Hawai‘ian history. For many, the plantation was the reason for coming to Hawai‘i. The plantation served as the center of life by providing housing, food, and entertainment. With the economic downturn, plantations have closed leaving people without jobs and security. In this course we will learn about the impacts of closures on the fabric of communities and families and how these units cope with change. Hawai‘i's agriculture is not dead, it's different... The UH College of Agriculture and Human Resources has fostered diversified agriculture in Hawai‘i. Today, the value of this sector exceeds that of sugar and pineapples combined. We will discover that the success of contemporary agriculture is based on the introduction of biotechnology. The underlying principles behind major advances such as genetic engineering will provide an understanding of how scientists are using technology to improve crops for growth under local conditions. Other discussions will focus on high-tech approaches to managing insect pests and facilitating shipment of local fruits and vegetables to distant markets. Finally, we'll discover how agriculture plays a significant role in the tourism industry.

Philosophy of Technology
Instructor: Dr. Margit Watts, UHM faculty
Dates: Fridays, Oct. 10, 17, 24, 31
Time: 1:00 - 3:00 pm
Location: Hawai‘i Hall 5
Description: There is no doubt that the new technologies will drive the cultural signature of our future. They are already changing the way we think, live, and work. Humans created tools long ago to aid in manipulating and negotiating their environments. Today people are a bit worried that the tools themselves are manipulating us. These discussions will focus on the new computer technologies and the people who seem to be in control of our future. It can’t be a matter of polarity; it’s not a matter of logging in or logging out. What’s important is that we discuss how technology has changed the way we are human and what we can do about using tools wisely. After all, Socrates worried that print would destroy memory’s strength. He was right. But now we embrace print media in the same way, worrying that multimedia may destroy reading. Another sea change is at hand, and we need to grapple with it.

Aging: Optimizing Physical Potential
Instructor: Dr. Deborah Merritt, Exercise Physiology
Dates: Thursdays, Oct. 23, 30, Nov. 6, 13, 20, Dec. 4
Time: 1:00 - 2:00 pm
Location: Hawai‘i Hall 5
Description: The changes in bodily function, that we interpret as disease, are associated with damage to cellular structure and organ and system function that begin in young adulthood (about age 30). By the time a person reaches the eighth or ninth decade, the individual has undergone a number of progressive aging changes that, if not recognized as normal, can result in unnecessary medical treatment. In this course we’ll