Academy for Lifelong Learning
Colleges of Arts and Sciences
2500 Campus Road, Hawaii 23
University of Hawaii at Manoa
Honolulu, HI 96822

Summer Term 1999
University of Hawai'i at Manoa
Colleges of Arts and Sciences
Join us at the Academy!

The Academy for Lifelong Learning (ALL) at the University of Hawai‘i at Manoa is an educational program that offers courses and special multidisciplinary 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 experience 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 entitles participants to enroll in courses and workshops, participate in special events, and receive a quarterly newsletter. If you’d like to join, please complete the pull-out enrollment form in the center section of this brochure, include check for membership, and use the attached return envelope to mail the membership forms to the Academy for Lifelong Learning.

For more information about programs, opportunities and membership benefits in the Academy for Lifelong Learning, call 956-2707 or 956-8224. Volunteers are always welcome! Visit the Academy for Lifelong Learning offices in Hawai‘i Hall 5 on the University of Hawai‘i at Manoa campus.

Our mailing address is:

The Academy for Lifelong Learning, UH-Manoa, 2500 Campus Road, Hawai‘i Hall 23, Honolulu, HI 96822
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Writing about Hawaii: Mark Twain and Jack London
Instructor: James Caron, Ph.D, Professor of English, Director of the Honors Program at the University of Hawaii
Dates: Thursdays, June 3, 10, 17, 24
Time: 1:30—3:30 p.m. (4 Sessions)
Location: Hawaii Hall 5
Description: Sam Clemens and Jack London were both enchanted by the Hawaiian islands when they visited, Clemens in 1866 and London in 1907 and 1915. Hawaii remained a vibrant image in the works of Mark Twain, and Jack London and his wife Charmian had plans to buy a house on O‘ahu that were cut short by his death. Using a combination of lecture, discussion, and slides, the class will read a few short pieces on Hawaii written by these famous authors and investigate their interest in the islands and their people.
Treatment of Pain and Depression Without Drugs

Instructors: John W. Stiller, M.D—SNN, neurologist; Gary S. Rinzler, M.D., M. Ph., FABPMR, physiatrist

Dates: Wednesdays, July 7, 14, 21, 28
Time: 3:30—5:00 p.m. (4 Sessions)
Location: Hawaii Hall 5

Description: This course will explore breakthrough alternatives for the relief of pain and depression. Dr. Rinzler specializes in Physical Medicine and Rehabilitation, Pain Management and Neuromuscular disorders such as migraine and tension type headaches, chronic pain, and fibromyalgia. This is a unique opportunity to learn about the latest developments in alternatives for the treatment of pain and depression without drugs. Dr. Rinzler and Dr. Stiller will discuss definitions, problems, and solutions for pain and depression through discussing the various symptoms and types of pain and depression. In addition, they will provide information on vitamin and herbal supplements that can be used to alleviate pain. This course will explore the latest types of non-drug therapy treatment available to those who suffer from pain and depression such as massage and electromedicine relief. This course will demonstrate that the treatment of pain and depression does not have to result in the use of medication. A question and answer session will round out each session.

Appreciating Western Music: Exploring the Fundamentals

Instructor: Wilson Pang, Music lecturer, UHM Department of Music

Dates: Mondays, July 5, 12, 19, 26, August 2, 9
Time: 9:00—11:00 am. (6 Sessions)
Location: Hawaii Hall 5

Description: This course will explore the fundamentals of music theory. You will be invited to develop and/or enhance your appreciation of music as an expressive medium in Western cultures. We will discuss the roles of the composer, performer, and listener. We will pay special attention to the elements, styles, and forms of music from the listener’s standpoint.

Art of Negotiation

Instructor: Tony Locascio, M.B.A, Long Island University with more than 25 years of experience in the aerospace industry including 15 years overseas.

Dates: Tuesdays, July 13, 20, 27, August 3
Time: 10:00—Noon
Location: Hawaii Hall 5

Description: The basic elements to be considered are the preparation, strategies, and tactics to reach a fair and equitable negotiation agreement (without giving in.) Simple case examples, dialog, and class discussions will be used to demonstrate the bargaining techniques. The recommended soft copy text, Getting To Yes (1991), Second Edition, by Fisher, Ury, and Patton, published by Penguin Books, may be purchased at your local bookstore.
Basic Computer: Internet & Email
Instructor: Debby Golden, M.A.
Dates: Thursdays, May 27, June 3, 10, 17, 24, July 1
Time: 12:00—1:30 p.m. (6 Sessions)
Location: Hawaii Hall 5
Description: This course is designed for computer novices. We begin with very basic computer information, learning the terminology, and feeling comfortable with the machine. We will then explore how to browse the Web, again, beginning at a very basic level. Then we will cover basic email functions. If you already browse the Web and are using Email, this class is probably too basic for you. If you’re just getting started, this class would be perfect for you. Class is limited in size so that everyone will have a computer to work on as this is a “hands-on” class.

The Culture Behind Flamenco Gypsy Dances
Instructor: Gaby Hanna, Spanish language/culture instructor, former UH faculty
Dates: Thursdays, June 17, 24, July 1, 8
Time: 3:30—4:30 p.m. (4 Sessions)
Location: Hawaii Hall 5
Description: Gypsy and Flamenco dance provides exercise for the body, mind, and spirit. This course is designed to explore the culture behind Flamenco Gypsy dance as well as to learn how to exercise the mind and spirit as inspired by the teachings of gypsy culture. We will learn basic steps and movements from the Gypsy Flamenco dances done for ritual and spiritual fulfillment. We will also listen to and appreciate famous dancers viewed on video.

Nutrition and Health
Instructors: Alan Titchenal, Ph.D, Instructor, UHM Department of Food Science and Human Nutrition and Joannie Dobbs, Ph.D, Lecturer, UHM Department of Food Science and Human Nutrition and UHM School of Nursing.
Dates: Thursdays, July 8, 15, 22, 29, August 5, 12
Time: 9:30—11:30 am. (6 sessions)
Location: Hawaii Hall 5
Description: Topics in nutrition and health will be selected based on the interests of the students. Participants will be given an opportunity to obtain answers to questions concerning health and nutrition. The purpose of this course is to help you separate fact from fiction based on the latest findings from sound scientific research.

Strategies for Financial Fitness
Instructor: Saleem Ahmed, Academician-turned-registered representative, EQ Financial Consultants, Inc., who qualified for The Million Dollar Round Table within the first year of his “reincarnated life.”
Dates: Tuesdays, June 15, 22, 29, July 6, 13, 20
Time: 1:30—3:30 p.m. (6 Sessions)
Location: Hawaii Hall 5
Description: This course will help participants identify and prioritize their financial goals and objectives and learn of strategies to improve their financial fitness (SM) at various age, economic, and risk-tolerance levels. The class will be conducted in an informal, interactive, and workshop-style mode, involving case studies and illustrations to explain complex ideas. Participants will learn to assess their own net worth, risk tolerance levels, and steps needed to achieve “Financial Independence.”
● Introduction to Microsoft Word
Instructor: Debby Golden, M.A.
Dates: Tuesdays, May 25, June 1, 8, 15, 22, 29
Time: 12:00—1:30 p.m. (6 Sessions)
Location: Social Sciences Building 342
Description: This course is designed to give you a basic understanding and knowledge of how to use Word. We will begin with a few basic computer concepts and then spend the rest of our time learning the functions of Word and how you can get the most out of that software. This is a basic class, intended for beginners. If you are already using Word or another word processing package, this class may be too basic for you. If you are just getting started, this class would a great place to begin.

● Japanese Career Women
Instructor: Takie S. Lebra, Emeritus Professor of Anthropology
Dates: Fridays, August 6, 13, 20, 27
Time: 10:00—12:00 a.m. (4 Sessions)
Location: Hawaii Hall 5
Description: This course will provide an analysis of the experiences recalled by successful career women in Japan and the changes in their lives and Japanese society over the years. We will also explore their male-female relationships and their views of feminism.

● Exploring the Spanish World
Instructor: Gaby Hanna, Spanish language/culture instructor, former UH faculty
Dates: Tuesdays, June 15 through August 3
Time: 9:00—11:00 a.m. (8 Sessions)
Location: Hawaii Hall 5
Description: Part 6 of the series. In this course we’ll discover the many faces of today’s Mexico. We will see a portrait of this neighbor nation—a country experiencing painful rebirth, caught between a turbulent past and a promising future. The history of Mexico echoes over a stark and beautiful landscape of peaks and valleys rising and falling like the country’s tumultuous history. The Mexican land, which nourished the first great civilizations on the continents of the Americas, has endured the shocks of European conquest, frequent wars, hard poverty, and civil travail to be born anew in the late 20th Century.

● Hawaiian Culture and Values
Instructor: Manu Ka‘iama, CPA, Director of Native Hawaiian Leadership Project
Dates: Tuesdays, July 6, 13, 20, 27
Time: 10:30—Noon
Location: Gartley 216
Description: This course attempts to introduce the concepts of Hawaiian values and culture as they permeate society today. Discussions will range from current legislation to traditional protocol.
Feminist Perspectives on Women and Aging
Instructor: Colette V. Brown, Dr. PH., MSW, Professor in the School of Social Work at the University of Hawaii
Dates: Mondays, July 5, 12, 19, 26
Time: 11:15—1:00
Location: Hawaii Hall 5
Description: Women, the majority of the nation’s aging population, face both similar and dissimilar concerns with age compared to men. Women’s lives are characterized by both varying degrees of intensities of advantage and disadvantage across their lives that differ from men’s by historical forces, personal biography, race and ethnicity, class, and numerous other factors. In this workshop, we examine the relationships among gender, power, and age, uncover the negative stereotypes that are directed against women, and discuss their linkages to women’s economic, health, caregiving, and social status. Through informal discussion groups, we will work towards outlining a potential new vision for being an older woman in today’s society. Handouts will be provided. Participants, if interested, can purchase Women, Feminism, and Aging (Springer Publishing, New York, 1998), written by Dr. Browne.

The Illuminated Life
Instructor: Elizabeth Bailey, Instructor, UHM Department of Human Resources
Dates: Wednesdays, May 26 through August 25
Time: 1:00—3:00 p.m. (14 Sessions)
Location: Hawaii Hall 5
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 try. A particularly beneficial time for this examination is during our “third age”—a designation increasingly given to the years past 60. It is during the third age that we often seek new direction, meaning, and purpose. This can be a time of personal growth or, sadly, stagnation, and even despair. Working together, we will seek not only to examine our lives but also to illuminate and enrich them. And we will draw insights from the past and present to guide us in the years to come.

We will prepare each week in advance of class by reading one chapter of a new workbook, The Illuminated Life: Your Third Age Lifebook, and by completing the exploration at the end of the chapter. For our first meeting, read the first chapter (“Where am I on my journey in life?”), complete its exploration, and bring it with you to class. Also read the four appendices. The workbook has just been completed and is in manuscript form; it is available only at Professional Image, 2633 S. King (parking on the makai-diamond head corner of King and University). Call ahead to have a copy made ready for you (973-6599). The price of the workbook is $19.95 plus tax.
ALL Membership & Enrollment Form
Summer 1999

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 7.

☐ Current ALL member (ALL membership card lists you as an Annual member or a Summer Term '99 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, Spring, Summer)

☐ I wish to be enrolled as a Session Member: $45 for Summer Term '99.

Please issue check payable to: University of Hawaii Foundation (Account #18-079-0)

2. Select a total of three courses in which you wish to enroll for Summer Term '99.

3. Return registration and course enrollment to:

Academy for Lifelong Learning
University of Hawaii at Manoa
2500 Campus Road, Hawaii Hall 23
Honolulu, HI 96822

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 three courses during the Summer term, receive the ALL newsletter, and attend special events.

Annual Member, $115. Entitles an individual to enroll and attend up to three courses during the Summer term; course enrollment for the Fall & Spring terms; receive the ALL newsletter; attend special events; receive selected University Library privileges; and access other University activities.

Please note: Membership fees (both annual and session) are nonrefundable. Annual membership is for a period of 12 months. Assume you are enrolled in the courses you request unless otherwise notified. There will be no written confirmation. If you have any questions, please call our office at 956-2707.

Please send us your enrollment application, membership check, and selected courses.

Make check payable to UH Foundation Account #18-079-0.
Summer 1999 Course Enrollment Form

Mark below the courses in which you wish to enroll. Membership in ALL at the Annual or Summer Session level entitles you to select three courses. If space permits, you may sign up for additional courses. For more information about specific courses, refer to Membership Information section.

___ Appreciating Western Music: Exploring the Fundamentals
Mondays (July 5, 12, 19, 26, August 2, 9)
9:00—11:00 am; Hawaii Hall 5

___ Art of Negotiation
Tuesdays (July 13, 20, 27, August 3)
10:00—Noon; Hawaii Hall 5

___ Basic Computer: Internet & Email
Thursdays (May 27, June 3, 10, 17, 24, July 1) 12:00—1:30 p.m; Hawaii Hall 5

___ The Culture Behind Flamenco Gypsy Dances
Thursdays (June 17, 24, July 1, 8)
3:30—4:30 p.m; Hawaii Hall 5

___ Exploring the Spanish World
Tuesdays (June 15 through August 3)
9:00—11:00 a.m.; Hawaii Hall 5

___ Feminist Perspectives on Women and Aging
Mondays (July 5, 12, 19, 26);
11:15—1:00; Hawaii Hall 5

___ Hawaiian Culture and Values
Tuesdays (July 6, 13, 20, 27) 10:30—Noon;
Gartley 216

___ The Illuminated Life
Wednesdays (May 26 through August 25);
1:00—3:00 p.m.; Hawaii Hall 5

___ Introduction to Microsoft Word
Tuesdays (May 25, June 1, 8, 15, 22, 29)
12:00—1:30 p.m.; Social Sciences Building 342

___ Japanese Career Women
Fridays (August 6, 13, 20, 27)
10:00—12:00 a.m.; Hawaii Hall 5

___ Nutrition and Health
Thursdays (July 8, 15, 22, 29, August 5, 12)
9:30—11:30 am.; Hawaii Hall 5

___ Strategies for Financial Fitness
Tuesdays (June 15, 22, 29, July 6, 13, 20)
1:30—3:30 p.m.; Hawaii Hall 5

___ Treatment of Pain and Depression Without Drugs
Wednesdays (July 7, 14, 21, 28) 3:30—5:00 p.m.; Hawaii Hall 5

___ Writing about Hawaii: Mark Twain and Jack London
Thursdays (June 3, 10, 17, 24) 1:30—3:30 p.m.;
Hawaii Hall 5

Important Note! Assume you are enrolled in the courses you request unless otherwise notified. There will be no written confirmation. If you have any questions, please call our office at 956-2707.