



# LIFE TIMES

SINCE 1993

MARCH 2023

## March 2023

- 1-The Real Pirates of the Caribbean
- 1-Women in the KKK in Colorado
- 2-Great Books
- 2-How did Slavery Begin in English N. America?
- 2-From Genes to Ecosystems: SPRUCE Project
- 6-Women and Radio: A Sound Relationship
- 6-A Very British Hero or Villain: Lawrence of Arabia
- 7- History of the Baker Chocolate Company: A Sweet History
- 7-A Funny Program: Greatest Sitcoms of All Time
- 8-Marriage Reform in Nineteenth Century America
- 9-Harriet Tubman and Harriet Beecher Stowe
- 12-TRIP-"Tina - The Tina Turner Musical"
- 13-A Very British Explorer: Shackleton
- 13-World Religions from Hinduism to Buddhism
- 14-German Virtuosa—Clara Schumann
- 14-Life & Times of Margaret "Molly" Brown
- 15-Ukrainian Antiquities & Woven Art of Ukraine
- 15-Dressed for Freedom: Politics of Fashion in American History
- 15-Great Decisions 2023 Discussion Topic: War Crimes
- 16-Condor's Flight/The Land that Shapes Us
- 16-Presidency of Herbert Hoover
- 17-LIFE Book Group
- 20-A Very British Explorer: Livingstone
- 20-Ca' d'Zan! - The Ringling!
- 21-Dr. Seuss is on the Loose: Life of Theodor Seuss Geisel
- 21-Letters from the Edge: One Family's Correspondence, 1856-1884
- 22-TRIP-Mick Sterling Presents: "Memphis & the Meantimes"
- 23-TRIP-"Diesel Heart"
- 27-His Royal Highness Prince Philip, Duke of Edinburgh
- 27-The Architecture of Thomas Jefferson
- 28-Seventeen Summers in a Garden/ How to Reform Conscience
- 29-The 1840s America's First 1960s
- 29-La Belle Epoque, Part 3
- 30-The History of Maine Whaling

## RCTLIFE... A Health Club for Your Mind

"Wellness" is the current buzzword applied to maintaining and enhancing healthy living. It has physical, mental and emotional facets, and LIFE is a prime time player in the wellness business.

Several years ago, curiosity led me to volunteer in a project about aging. Detecting factors that predict dementia is the holy grail. The study involves questionnaires, follow-up phone calls, yearly blood tests and an occasional brain scan. As we grow older, it seems like heart valves leak a little bit, and the cortex in our brains shrinks a little bit. Surprising to me was the brain scan where I saw a few small white spots called UBOs, unidentified bright objects. Said to be a common finding in this study about aging, nobody knows their cause or significance, but they are age-related.

So, with or without leaky valves or UBOs, please sign up for LIFE classes where membership enrolls you in a health club for the mind. The focus is not limited to mental maintenance. It's about learning new things and contributing to class discussions. The March catalog features a marvelous array of topics, including history (always a favorite), architecture (Ken Allsen, need I say more), and literature (Taylor Hagood, keynote speaker at LIFE's upcoming April 30th Anniversary Party).



Tom Gaffey  
LIFE Board Member



Learning Is ForEver...Providing adult education, insight, and engagement

## TEACHER FEATURE...

*Jim Gibbons has made a name for himself teaching the importance of history. He has been re-researching history and historical figures since he was in college. Using his slogan, "Life is no mystery when you know your history," he has a passion for retelling historical stories of presidential, world, and U.S. history, with a strong emphasis on how history continually repeats. Jim's goal is to not only teach the important parts of history, but to point out that if history's warnings are heeded, mankind stands to have a brighter future.*



Jim's class is on Tue,  
March 21 at 10 am



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