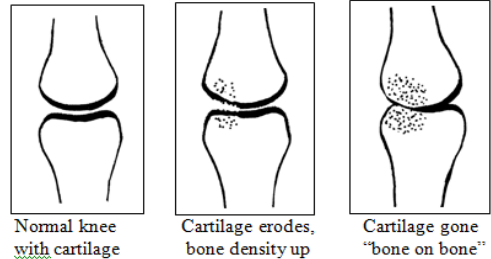




rthritis



Arthritis – inflammation of the joints resulting in pain, swelling and stiffness – affects 37 million Americans, slightly more women than men. Some arthritis is caused by autoimmune disease, such as rheumatoid arthritis and lupus, by infection, or by other conditions such as gout. However, the most common form by far is osteoarthritis (OA), which affects many people over 45.

OA involves the breakdown of cartilage which normally protects the joint and absorbs shock. It can affect any joint, but most commonly affects the knees, hips and hands. As cartilage erodes, bone density increases in the damaged area and joint may spread and become larger. Symptoms include pain, stiffness, reduced range of motion, and a grating sensation. Bone spurs may form around the joint, and fluid may collect in the joint.

Causes of OA are usually not clear, but research suggests a number of factors including the aging process, joint injury or stress, muscle weakness, and excess weight. Heredity may also play a role, especially in the case of hands. OA grows worse over time and there is no cure for it, but there are ways to slow its progress, lessen its affects and treat the pain.

The ideal approach to managing OA includes lifestyle changes. Losing any excess weight is an obvious way to lessen the impact on knees and hips. Surprisingly, judicious exercise is highly recommended. Not only does it strengthen the muscles that support the joints, but it can reduce pain and increase range of motion. Learning the best techniques to accomplish such everyday activities as sitting, standing, and walking can prevent pain and minimize further damage.

For pain reduction, using heat or cold on joints and applying pain creams are non-pharmacological options. Medications for OA pain include acetaminophen and over-the-counter anti-inflammatory drugs such as aspirin, ibuprofen and naproxen. These are not recommended for a constant or long-term approach because of side effects and risk factors. Prescription drugs called COX-2 inhibitors are effective but increase the risk of heart attack or stroke.

Medical procedures such as injecting the joint with steroids or with a synthetic joint fluid may bring some months of relief and postpone the need for surgery. The ultimate solution for severely damaged joints is surgical replacement. Knee and hip replacements are notably common, and can last up to 20 years.

The American Arthritis Society supports research and provides information. For more information about OA, visit their website at aas.org. AAR also recommends the book *Wear and Tear* by Bob Arnot for approaches to improving the function of joints and the wellbeing of those who have OA. By Kathy Mellstrom



CVEC Class Schedule - Spring 2011

For Lifelong Learning

The Questing Intellect Never Retires

March 21 – May 13, 2011
(Registration Begins February 21, 2011)

<u>Title of Class</u> <u>Time of Class</u>	<u>Professor</u> <u>Location</u>
The Turbulent Sixties Monday 9:30 – 11:30 am	Anne Aby NRC Theater & Fireside Room
Opera Tuesday 9:30 – 11:30 am	Richard Cantwell Village on the Cannon
Mocking the Supreme Court Tuesday 1:30 – 3:30 pm	Charles Umbanhowar NRC Fireside Room
The Future of Journalism – Does it Matter? Tuesday 1:30 – 3:30 pm	Jane McWilliams Northfield Senior Center Rm 106
A HISTorian looks at HERstory Wednesday 9:30 – 11:30 am Wednesday 1:30 – 3:30 pm	Bill Woehrlin Village on the Cannon
The Dakota Sioux Wednesday 1:30 – 3:30 am	Mike Harper Northfield Senior Center Rm 106
Keeping Well: Steps We Can All Take Wednesday 7:00 – 9:00 pm	Edward Lufkin, M.D. NRC Theater
Stories of Survival Thursday 9:30 - 11:30 am	Jane McDonnell Millstream Commons
Reinhold Niebuhr: A Voice for Today Thursday 9:30 - 11:30 am	Richard Crouter Village on the Cannon
Picture Books – Not just for children Thursday 1:30 - 3:30 pm	ReJean Schulte Northfield Senior Center Rm 106
Sherlock Holmes and His World Thursday 1:30 – 3:30 pm	Randy Cox NRC Fireside Room

NRC = Northfield Retirement Community

COURSE DESCRIPTIONS, SPRING TERM, 2011

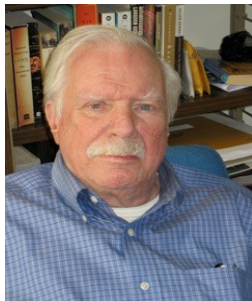
1. Anne Aby: The Turbulent Sixties anne.j.abby@gmail.com

Fifty (!) years have now passed since the start of the 1960s, a decade of turbulence, protest, movements and change. The class will start with thinking briefly about the Seeds of the Sixties (the 1950s). We will then consider various topics including the Civil Rights movement, education, including student protest and curriculum and social change, the Cold War, the space race, the women's movement and feminism, the counter-culture and 60s music, and Vietnam. We will conclude by looking at legacies and lessons. The class will include video and film clips to promote discussion.

Anne Jansen Aby graduated from Carleton College and the University of Chicago. She taught History and Political Science at Minnesota West Community and Technical College in Worthington for 31 years. After retiring in 2009, she and her husband Robert moved to Northfield where they had first met in the 1960s.

2. Richard Cantwell: Opera in HD. rncantwel@hotmail.com

This is an experimental course. The idea comes from the desire of the Elder Collegium to increase the links between course offerings in Northfield and other cultural events in the southern Minnesota area, expanding on the field trip concept. The link here would be between opera courses taught locally and the series of HD opera films originated five years ago by Peter Gelb, general manager of the Metropolitan Opera. These are films



of selected Saturday matinee performances from New York and shown in local theaters all over the world; locally they are shown at the Regal Eagan Stadium 16. The operas shown this Spring will be Donizetti's *Lucia di Lammermoor*, Rossini's *Le Comte d'Orly*, Richard Strauss's *Capriccio*, Verdi's *Il Trovatore* and Wagner's *Die Walküre*.

The class will start a week early - **on March 15**. This will enable me to spend the first period on *Lucia*, one of the gems of Italian bel canto opera and today unjustly derided. Then I'll pick up with a couple of periods on the general history of opera, and devote one period each to the other operas as above. Attendance at the performances is voluntary but recommended. Transportation to the theater and tickets - \$22 for seniors - are on your own.

Dick Cantwell is a retired Carleton faculty member. His academic field was Central European cultural history, but he is also a life-long student of vocal music in all its forms, operetta, opera and German song (Lieder) and has given CVEC courses in all of these areas. He has supplemented this academic knowledge by participation over the years in many productions of the Northfield Arts Guild and the Northfield Musical Theater, where he has played such roles as Teyve in Fiddler on the Roof, Henry Higgins in My Fair Lady and Fagin in Oliver!

3. Charles Umbanhowar Sr: Mocking The Supreme Court umbanhow@stolaf.edu

Many see the Supreme Court as the "least dangerous branch"; yet its work often stirs more political passion than the other two more dangerous ones. After a brief introduction to legal reasoning and how the Supreme Court functions, we will discuss a few recent decisions selected by the instructor. Then we will form ourselves as the Mock Supreme Court and select several cases from the current docket (2010-11) and collectively decide those cases through dis-

cussion and voting. The instructor will assume the role of the Chief Justice guiding the discussion and assigning opinions (briefs). While not absolutely necessary, access to a computer and ability to surf the internet is very important.



Charles Umbanhowar is Professor Emeritus at St. Olaf College where he taught, among other things, constitutional law for twenty-six years.

4. Jane McWilliams: The Future of Journalism – Does it Matter?

jmcwilli@charter.net



In this class, we will hear from a palate of practitioners who can help us think about what American journalism has been, is and will be. We will read relevant articles,

view some videos and take a stab at answering the question in the course title. Presenters will include Northfield News Publisher and Editor, Sam Gett; MinnPost's Local Media Reporter, David Brauer; KYMN Radio's Jeff Johnson; former New York Times reporter, Doug McGill; Editor, Star Tribune Editorial Page, Scott Gillespie; Patch Editor, Corey Butler; and Locally Grown Northfield's Griff Wigley. We will tour the Minnesota Public Radio facility in S. Paul. There will be time at each session to engage with the practitioners in what should be lively conversations, moderated by Jane McWilliams.

Jane McWilliams and her husband Burr came to Northfield in the early '60s so that he could teach at St. Olaf Col-

lege. Jane has had a busy life raising four children, doing some singing, and volunteering in a number of organizations. A recent interest is the impact of the internet on serious journalism, which prompted her to design this

5 & 6. Bill Woehrlin: A HISTorian Looks at HERstory wwoehrlin@carleton.edu

No, this is NOT a course in the universal



history of half of the human race! Rather we will examine selected episodes in the history of European and American women from the ancient world to our

own time. We hope to find answers to such questions as: How did the age-old tradition of subordination get started? In what ways and under what conditions did this subordination vary in the different periods of our past? What changes in the past two centuries permitted this situation of subordination to improve? How far has this "liberation" gone? What are its consequences and prospects for the future?

Bill Woehrlin, Professor of History Emeritus at Carleton College, taught Russian and European history

7. Mike Harper: The Minnesota Sioux

MHarper@faegre.com

We (Bob Tisdale and I) will consider our



neighbors, the Minnesota Sioux, from historical, cultural and legal perspectives, and ask whether their culture can have survived

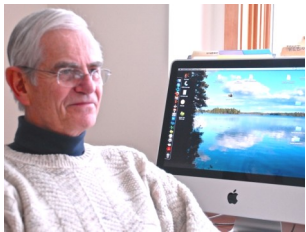
the disruptions of the last 200 years. The recent history of the Sioux has been

dominated by tribal gaming, and we will talk about how that came to be and why some tribes have thrived while many have not. Two class periods will be given over to a discussion of Native American literature, emphasizing literature of the Sioux. We will travel to Prior Lake for a guided tour of the Shakopee Mdewakanton Sioux Community. At the end, the class will talk about the main challenges facing the Minnesota Sioux today and the outlook for the future.

Mike Harper is retired from Faegre & Benson, where he specialized in finance and business law. Commencing in the early 1990's, Mike concentrated his practice on American Indian business, and represented the Shakopee Mdewakanton Sioux Community in its business and charitable transactions.

Bob Tisdale will lead the discussions of Native American literature. **Bob** taught English and American Studies for 40 years at Carleton, where his courses focused mainly on 20th century and multicultural literature.

8. **Ed Lufkin, M.D: Keeping Well: Steps We Can All Take** edward-lufkin4@gmail.com



Health and well-being, to a great extent, are under our own control. Our previous courses have addressed a major disease entity with each class, with emphasis on diagnosis and treatment. In this course we will emphasize steps we can take in the realm of preventive medicine----how we can PREVENT the major diseases in the first place. In addition we will address a number of disorders not covered by the previous two courses. As before, we will use slide shows and DVD's as our main teaching materials, with handouts and a text for background information.

Ed Lufkin was an internist and endocrinologist for ~ 40 years, most of which he spent doing patient care and academic work at Mayo Clinic in Rochester, MN, with special interests in women's health issues. He served as Medical Editor of the Mayo Clinic Health Letter, and retired in 1998. He then served as a medical advisor to Eli Lilly & Co. for six more years.

9. **Jane McDonnell STORIES OF SURVIVAL** jtmcdonn@carleton.edu

Writing is a second chance at life. Although we can never go back to change things, we can re-experience, interpret and make peace with our past lives. The class will usually read two essay length pieces per week from recent crisis memoirs and short personal narratives that are powerful testimonies to difficult experiences survived, such as illness, divorce, loss of a job or some other cultural dislocation. Some narrative poetry will also be used to illustrate compact uses of narrative. I will introduce short in-class writing exercises, and provide the opportunity for individual class members to develop a longer narrative.



Jane McDonnell retired in 2005 after 35 years of teaching at Carleton. In 1993, she published a memoir which caused a brief national stir -- a book tour, television and radio interviews, many talks around the country, etc. After this, she taught a writing course on personal narrative at Carleton, which is the foundation for this course. She is the author of *News From the Border: A Mother's Memoir of her Autistic Son* and *Living to Tell the Tale: A guide to Writing Memoir*.

10. **Richard Crouter: Reinhold Niebuhr: A Voice for Today** rcrouter@carleton.edu

Fresh interest in the Protestant theologian and political thinker Reinhold Niebuhr (1892-1971) has arisen amid shock waves unleashed since 9/11: American hubris in launching the Iraq war, the apparent quagmire in Afghanistan, and a flattening of the U.S. economy that affects all but the super

rich. The course will look at this "Niebuhr revival" through the chapters of my book *Reinhold Niebuhr: On Politics, Religion, and Christian Faith* (2010), as well as through selections from Niebuhr that spoke to (and often against) his contemporaries. Topics to be explored include his place in American culture, his appeal to secular as well as to deeply religious minds, and the ways that his legacy plays out on the political left as well as on the right.

Richard Crouter taught the history of Christian theology at Carleton for thirty-six years prior to retirement in 2003. In addition to Niebuhr, his special interests include the thought of Friedrich Schleiermacher and Søren Kierkegaard.

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11. ReJean Schulte: Picture Books - Not just for children schulteras@aol.com

From Beatrix Potter to Dr. Seuss to Mo Willems, picture books have entertained children and adults for decades, and shape the values we learn early in life. In this course we will explore both old favorites and new offerings that reflect current culture. Together we will consider a series of questions, including the following. What value do picture books have for children and families? What is the connection between these first books and learning to read? Which authors have inspired new directions in picture books? Is there a difference between how boys and girls engage with books? In addition to guest speakers, there will be many



opportunities to share special selections in course discussions. A library card is the only "text" for the course.

ReJean Schulte retired as a professor of Early Childhood Education from Cuyahoga Community College in Cleveland, OH. She has taught in a variety of early childhood education settings beginning as a faculty member at Iowa State University. Children's picture books have been a special interest throughout her career.

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12. Randy Cox: Sherlock Holmes and His World cox@rconnect.com

Who is there who does not know the name of Sherlock Holmes? People recognize the name but may have never read a word of the 56 short stories and four novels in which he appears. We will explore the career of one of the most popular figures in



detective literature and look at some of the stories as examples of early detective fiction as well as a unique view of society

in Great Britain in the late Victorian Age. We may also consider the life of Arthur Conan Doyle, considered either to be the real author of the stories or merely the literary agent for Dr. John H. Watson, the true biographer of the Great Detective. This course consists of discussions, lectures, and the viewing of films.

J. Randolph Cox is Professor Emeritus (Rolvaag Memorial Library) at St. Olaf College. In retirement he devotes much of his time as editor of *Dime Novel Round-Up: A magazine devoted to the collecting, preservation and study of old-time dime and nickel novels, popular story papers, series books, and pulp magazines*. His other activities include writing, reviewing and consulting on a number of topics in popular culture as well as reading his large collection of detective fiction.

REGISTRATION FORM
2011 CVEC SPRING TERM CLASSES
March 21 – May 13, 2011
Registration Begins February 21, 2011

Complete the form below and bring or mail to: Cannon Valley Elder Collegium,
 @Northfield Senior Center, 1651 Jefferson Parkway, Northfield MN 55057

Include course fee of \$50.00 or check the financial assistance box. Books, printed materials and travel when specified for a class, are extra and optional.

For class selection, in the first column indicate person A, B or both, and in the second column indicate your choice with X. You may register for more than one course by writing another X next to the second course, and including the tuition for each course.

Name(s)
 (A) _____
 (B) _____
 Address _____
 City _____
 Telephone _____
 E-mail Address _____
 (To be used only for CVEC activities)

A/B	X	
___	___	The Turbulent Sixties
___	___	Opera
___	___	Mocking the Supreme Court
___	___	The Future of Journalism
___	___	A HISTorian looks at HERstory (9:30)
___	___	A HISTorian looks at HERstory (1:30)
___	___	The Dakota Sioux
___	___	Keeping Well: Steps We Can All Take
___	___	Stories of Survival
___	___	Reinhold Niebuhr: A Voice for Today
___	___	Picture Books – Not just for children
___	___	Sherlock Holmes and His World

Check if you need financial assistance _____
 Check if this is your first CVEC class _____
 Included is a tax-deductible gift of _____

Cannon Valley Elder Collegium Goals

Our Purpose:

- To provide a content oriented study experience for elder students with senior faculty.

Our Program:

- CVEC focuses on a desire for life-long learning
- The courses of study are selected to provide rich academic experiences in the liberal arts
- Most of these studies will take a seminar format with learners actively participating in research and dialogue
- CVEC welcomes younger registrants (under 50) on a seat-available basis
- Previous formal education is not a requirement

Our Policies:

- Class size is generally limited to 15
- Most classes will meet 8 times, once/week
- Classes are 2 hours/session
- Financial assistance is available for registrants who can not afford the fee (Check above)
- Students may withdraw from a course before the 2nd class meeting and request a refund

Register Early to Avoid Being Disappointed

A registration box will be available at the Northfield Senior Center beginning February 21, 2011. All registrations must be accompanied by a check unless financial assistance has been requested. If you must mail your registration, send it early enough to arrive by February 21. All mail and box registrations received by the end of the first day (Feb 21) will be treated as arriving at the same time, and random selection will be used to fill courses if necessary.

Please register by March 11, 2011. If the class for which you register is oversubscribed, you will be notified as soon as possible so you may register for another course. After March 11, cards will be mailed to confirm course registration. If a course fills prior to March 11, cards will be mailed immediately to those class members. The Registration Book in the Senior Center provides information on class availability. Class availability and enrollment numbers will also be updated on the web page: WWW.CVEC.ORG.

MEMBERSHIP FUNDING: The difference between CVEC's tuition revenue and total cost has been bridged by member contributions and grants. Because many volunteer their time, our administrative costs have always been minimal. Tax deductible contributions are needed and greatly appreciated.

Questions concerning registration should be directed to:

David Halsor, Operations Director
 713 Highland Ave, Northfield
 507-645-6052 dhalsor@rconnect.com

Cannon Valley Elder Collegium
1651 Jefferson Parkway
Northfield, MN 55057

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organization**

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From the Director: “Something old, something new”----- Our Collegium continues to explore new ways of making lifelong learning a reality, not just in our community, but also for those in surrounding communities; not just for active people, but also for those who may be home-bound or in assisted-living locales. Thus we are seeking ideas and technologies to broaden our usual classroom experiences. The development of closed-circuit television channels at the Northfield Retirement Center offers one such idea, and we are very receptive to the educational possibilities this could afford. We’ll tell you more about this exciting resource later.

This newsletter outlines at least two newer ideas in our programs. The course by Richard Cantwell introduces our membership to the wonderful new world of live high definition transmission of performances of the Metropolitan Opera Company. These are available through a number of cinema theatres in the metro area, where for only \$20 or so one may see and hear, at very close range, an opera originating in Manhattan. The students in the Future of Journalism class will hear from local and regional practitioners, moderated by CVEC Board Chair, Jane McWilliams. In addition, we are planning a trip to the Minneapolis Institute of Arts Titian exhibit in collaboration with the Senior Center.

Several of our spring faculty are new to this organization, and we hope you will agree with our planners that they will meet your high standards. But you will also recognize a number of familiar names and faces. Together, this shows every promise of being another fine learning experience, one requiring early and careful registration to avoid disappointment. Word of mouth continues to be our best means of publicity, and so we hope you’ll share this news with your friends. You’ll be glad you did.

You will be hearing from us concerning the annual spring membership meeting. We are sensitive to comments heard last year about the need to make this meeting shorter, while still keeping the heartwarming social atmosphere and impressive feature presentation.

Ed