



See it: your whole life!

Kathy Melstrom

By

And it came to pass, that Isaac was old, and his eyes were dim (Genesis 27:1). Fortunately, eye care has advanced since biblical times. Age-related processes can affect our eyesight, but with modern care, most people can have excellent vision throughout life.

In normal aging, the lens of the eye, which focuses incoming light, changes. It becomes less flexible, so that it is harder to focus on close objects and print. This causes the typical farsightedness called presbyopia (from Greek *presbys*, meaning elder, and *ops*, meaning eye). People may have this any time after age 40, and it is easily corrected with glasses or contacts. The lens also begins to discolor over time, sometimes making it more difficult to distinguish colors. Finally, cloudiness, called a cataract, may develop in the lens, causing mild to severe vision loss. This is corrected surgically by replacing the lens with an artificial lens, now a routine procedure.

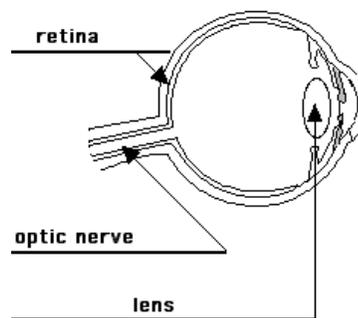
Other normal changes include need for more light, problems with glare, reduced tear production, and more time needed for adjusting to changes between light and dark. These are generally alleviated by ordinary measures, e.g. increasing light, wearing polarized sunglasses, using moisturizing drops, etc.

The retina at the back of the eye contains the receptors that convert light passing through the lens to neural signals that the optic nerve carries to the brain for interpretation. The retina and optic nerve do not normally deteriorate with age. However, diseases that can affect them are more common as people age. Macular degeneration compromises the retina and leads to tunnel vision and loss of vision if untreated. Glaucoma, caused by increased pressure in the eye, damages the optic nerve.

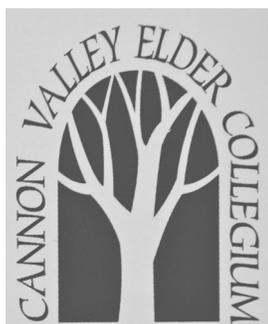
These conditions may have no early symptoms until damage has occurred, and can only be detected in a complete eye exam. People over forty should have eyes checked at least every two years. Those over sixty-five or with risk factors such as diabetes or high blood pressure, family history of glaucoma or macular degeneration, or who take medications that may affect eye health, should get an annual checkup.

Most importantly, any **sudden** change or loss of vision is an **emergency** and must be dealt with immediately. This may include increase in “floaters,” flashing lights, double vision, fluctuating or distorted vision, loss of side vision, or pain in or around the eye.

In the ordinary course of things, good eye care consists of wearing sunglasses and/or brimmed hats outdoors to protect eyes from the sun’s UV radiation, and wearing protective goggles for sports activities or when using tools that pose a risk of injury. We use our eyes constantly, for almost everything we do. Vision is precious and should be protected.



CVEC Class Schedule—Winter 2014



For Lifelong Learning
The Questing Intellect Never Retires
January 6-February 28, 2014
(Registration begins November 18, 2013)

Title of Class	Professor
Time of Class	Location

Particles: From Electrons to the Higgs Boson Monday 9:30-11:30 AM	Rich Noer Senior Center Rm 106
Sherlock Holmes Monday 1:30-3:30 PM	Randy Cox Senior Center Rm 106
Jane Austen Monday 1:30-3:30 PM	Diane Hagen Millstream Commons
Seamus Heaney Tuesday 9:30-11:30 AM	Jim McDonnell Senior Center Rm 106
Thinking About Viet Nam Tuesday 1:30-3:30 PM	Mike Harper Senior Center Rm 106
The College Art Collection: Connoisseurship and Conundrums Wednesday 10:00-11:30 AM	Laurel Bradley/Jane B. Nelson Weitz and Ditmar Centers*
Writers and Performers of the Great American Songbook Wednesday 9:30-11:30 AM	Steve Kelly Village on the Cannon
Marriages Wednesday 9:30-11:30 AM and 1:30-3:30 PM	Eric Nelson Nygaard Theater, NRC
American Immigration Revisited Wednesday 1:30-3:30 PM	Solveig Zempel Village on the Cannon
Handel's <i>Messiah</i> Thursday 9:30-11:30 AM	Richard Collman Village on the Cannon
Louis H. Sullivan: Man and Architect Thursday 9:30-11:30 AM, Feb. 6, 13, 20	Jon Rondestvedt Senior Center
Economics Over Time: How did we get From There to Here? Friday 9:30-11:30 AM	Bill Carlson Senior Center Rm 106
America and the Classics Friday 9:30-11:30 AM	Rob Hardy Millstream Commons

* For schedules, please see course descriptions.

COURSE DESCRIPTIONS FOR WINTER 2014

1. Rich Noer: Particles: From Electrons to the Higgs Boson

This year's Nobel prize in physics went to two men who imagined, fifty years ago, a particle like no others... a particle (now known as the "Higgs boson") whose existence would explain why the others had mass. For centuries people had sought to understand the substance that forms us and our universe. The chemical atoms, once seemingly indivisible building blocks, later proved to have separable parts—electrons, protons, and neutrons. Neutrinos and anti-particles turned up in the laboratory. Even stranger particles appeared in cosmic rays and high-energy accelerators, and protons themselves were found to have structure. Confused, often discouraged, theorists groped: quantum fields? quarks? novel symmetries? Surprising breakthroughs coalesced into a "Standard Model" that seemed to imply the unseen Higgs particle at its heart. And a year ago the particle was apparently found at the Large Hadron Collider in Geneva. We'll explore all this on a broad conceptual level, paying special attention to the people involved and their motivations. *See further details at www.cvec.org/newsletter.*



Rich Noer taught physics at Carleton. Courses connecting the sciences with the humanities were his special interest. rnoer@carleton.edu

2. Randy Cox: Sherlock Holmes

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 to writing, reviewing and consulting on a number of topics in popular culture as well as reading his large collection of detective fiction. cox@rconnect.com

3. Diane Hagen: Jane Austen

Jane Austen is widely regarded as one of the great English novelists. She wrote about love and marriage with wit and irony in an age when feelings were often hidden or implied. She never wrote directly about world events but was greatly influenced by them.



She published her most famous novel 200 years ago in 1813. There are no scenes of sex or murder. Nevertheless, it is more popular than ever with several movie and television versions and a recent

play at the Guthrie theater. All her six completed novels have been made into television dramas and three into movies.

In this class we will examine Jane Austen's life and the world she lived in, including the role of women. We will also attempt to analyze the enduring relevance of her work. Members of the class will be asked to familiarize themselves with three of her works: *Pride and Prejudice*, *Emma* and *Persuasion*.

Diane Hagen: Although I had read *Pride and Prejudice* as a teen, I didn't become a fan of Jane Austen until we lived in Scotland for several years in the early 1970s; as a social worker I gained understanding of Austen's world and the importance of class distinctions. Like her, I also grew to love the British countryside and the great variety of people there. Since then all her novels are like old friends. johnddianehagen@msn.com

4. Jim McDonnell: Seamus Heaney

"Both his stunning work and his life were a gift to the world. His mind, heart, and his uniquely Irish gift for language made him our finest poet of the rhythms of ordinary

lives and a powerful voice for peace.” (Bill Clinton on hearing of Seamus Heaney’s death)

The outpouring of grief and love that greeted the death of Seamus Heaney on August 30, 2013 was not a surprise. In addition to being the world’s most famous poet, he was an extraordinary human being, who, despite his celebrity, exemplified humility and a wonderful ability to relate to other people. Minutes before his death he texted words to his wife that summed up his courage and spirituality: *Noli timere* (“Be not afraid”). He strove to use “his uniquely Irish gift for language” in order to achieve what he saw farmers, craftsmen, teachers and saints do when they reshape the world. As a child he witnessed a model for his work in a blacksmith at the anvil “expending



himself in shape and music” and “striking the epic out of the usual.” We will discuss the enormous variety of his writing in relation to his life and ours. The text is Seamus Heaney’s *Opened Ground: Selected Poems 1966-96*.

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Jim McDonnell retired from the Carleton English Department in 2007 after teaching there for 38 years. He spent most of his early childhood in the rural Ireland that Heaney writes about; he returns there frequently. jmcdonne@carleton.edu

5. Mike Harper: Thinking About Vietnam

Practically everyone agreed: If America didn’t draw the line in Vietnam, all of South East Asia and the Southwestern Pacific would inevitably fall prey to the global Communist conspiracy. And surely, our vast firepower assured victory with a minimum of fuss. For our generation – people, say, who were young in the ‘60s and ‘70s—the haunting question is: what went wrong? And what did our misadventure in Vietnam teach us? Did we learn anything of value? *See longer course description at www.cvec.org/newsletter.*



Mike Harper is a retired lawyer. Between college and law school, he was a marine officer, serving

in Vietnam in 1966. For several years, he was an adjunct professor at Minnesota Law School. mike@harp3r.com

6. Laurel Bradley and Jane Becker Nelson: The College Art Collection: Connoisseurship and Conundrums

5 sessions starting January 22; Wednesdays 10 – 11:30 am. 1/22; 1/29; 2/5 Carleton’s Weitz Center for Creativity, Rm 008; 2/12; 2/19 St. Olaf Dittmer Center, Rm 206.

Enrollment limited to 12; tuition is \$30.



Carleton and St. Olaf are both home to small art museums, with art collections largely hidden from view. This behind-the-scenes course offers background on



the history and rationale for academic museums, and then provides opportunities to get up close to works of art. These connoisseurship sessions, in which students hone their knowledge of artistic media, also provide a forum for larger issues including the role of museums and collections in liberal arts college education today, quality and authenticity, fakes and forgeries, and the art market

At Carleton since 1996, **Laurel Bradley** is Director and Curator of the Perlman Teaching Museum; **Jane Becker Nelson** is the brand-new Director of the Flaten Art Museum at St. Olaf College. lbradley@carleton.edu; beckerj@stolaf.edu

7. Steve Kelly: Setting the Standard: The Writers and Performers of the Great American Songbook



During the first half of the Twentieth Century a group of American composers and lyricists created a body of work that stands comparison to the finest songs ever written. Often called “standards” to reflect both their quality and popularity, they formed the sound track to American life. Using the book “Stardust Melodies: A Biography of Twelve Songs” by Will Friedwald the class will take a mini-tour through this wonderful

repertoire. We'll examine the historical roots of the song styles and their development at the hands of their creators, especially those of the six "great composers: Berlin, Gershwin, Rogers, Kern, Porter, and Arlen, as well as some of their superb lyricists: Ira Gershwin, Johnny Mercer, Lorenz Hart. But, of course, the songs have to be sung, so on a CD compilation we'll listen to interpretations of these songs by a wide range of singers from Crosby, Sinatra, Fitzgerald, Bennett, Merman, Holiday, Waters, to recent interpreters like Ronstadt, McCorkle, LaMott, Connick, and even Stevie Wonder.

Stephen Kelly retired in 2011 after teaching music history at Carleton College for thirty-seven years. He has been a Fulbright Scholar and has published work on medieval music, medieval monasteries, jazz history, and teaching. Kelly taught jazz history for more than twenty-five years, and plays sax and clarinet in Occasional Jazz. skelly@carleton.edu

8. Eric Nelson: Marriages

This class will explore marriages in movies. The couples portrayed range in age from their early forties to their mid-eighties. Most, though not all, are recent films. We begin with a Tracy-Hepburn classic, *Adam's Rib*. *Certified Copy*, an English language film by an Iranian director that is set in Tuscany and stars Juliet Binoche and William Shimell, compares marriage to art in terms of authenticity, the real vs. the fake. *Before Midnight* follows a French-



American couple in a second marriage during an afternoon and night on the coast of Greece. *What Maisie Knew* portrays an acrimonious divorce through the eyes of a six year old girl. *Raise the Red Lantern* dramatizes the lives of wives in Confucian China. *Cherry Blossoms* (German) and *Amour* (French) look at end-of-life marriages. There will be common viewings of the films on agreed upon times outside of class for those who don't have access to them through Netflix. Study guides for all the films will be provided and we will attend to the art of these movies as well as their content.

Eric Nelson is Professor Emeritus of English, St Olaf College.

nelsoner@stolaf.edu

9. Solveig Zempel: American Immigration Revisited

Together we will take a fresh look at the story of immigration to America from pre-history to the present. We will use a variety of sources, including lecture and discussion, handouts, websites and videos (in class), and David Gerber's book, *American Immigration: A Very Short Introduction* (or another suitable text). Participants may bring their own family immigration stories to the course and see how these stories fit in the overall context of immigration and settlement history. A bibliography of essays and works of fiction written by immigrants will be provided for those



who wish to explore the immigrant story further.

Solveig Zempel is Professor of Norwegian Emerita, St Olaf College. In 2009 participated in a month long NEH seminar "American Immigration Revisited" at the Library of Congress, and taught a St. Olaf course *Chronicles of American Immigration*. zempel@stolaf.edu

10. Richard Collman: Handel's *Messiah*

Of all Handel's operas, why has **Messiah** endured so persistently? How did a German composer who moved to England, importing Italian opera in his oratorios, do so well? John Newton called hearing the **Messiah** "one of the highest and noblest gratifications of which we are capable." We will combine history, biography, music, and theology to see how this famous oratorio mirrors the 1611 King James Bible text. There will be listening and discussion; no previous musical experience is necessary. **Handel's Messiah: Comfort for God's People** by Calvin Stapert will be available as a resource book.



Richard Collman is a retired United Methodist minister and church musician who has conducted and played much of Handel's *Messiah*. He has taught previous CVEC courses on music or theology and other subjects, and he remains astounded at the popularity of Handel's greatest work. rkcollman@msn.com

11. Jon Rondestvedt: Louis H. Sullivan: Man and Architect

Four sessions in February; tuition is \$30.

"Every building tells its story, tells it plainly. With what startling clearness it speaks to the attentive ear, how palpable its visage to the open eye..."

On our first meeting together, we will look at the man--whom Frank Lloyd Wright called "der Meister"--and his significant contributions as a member of the Chicago School of Architecture.



Our second gathering will find us examining several major multi-floored commercial buildings for which he is best known and then turn to his conscious use of decoration while collaborating with George Elmslie.

Our third session turns to his final efforts as an architect: the eight "jewel box" banks spread across the Upper Midwest. We will then focus entirely on the National Farmers' Bank Building of Owatona, one of the eight.

Our final get-together takes us to Owatonna for an up-close-and-personal look at this bank building considered by many to be the best of Sullivan's "jewel boxes."

Jon Rondestvedt is a retired teacher of English and the humanities for Robbinsdale Area Schools. Since retiring, he has taught classes which focus on art and architecture for both the CVEC and for other lifelong learning programs across the state which are like old friends.

jjrondestvedt@gmail.com

12. Bill Carlson: Economics Over Time: How Did We Get From There to Here?

We will explore the rich history abroad before the United States began and then link those beginnings to our growth

to world economic leadership. This growth includes political idealism, commitment to innovation, a massive civil war, and contributions by immigrants. In the late 19th and 20th centuries this led to the United States world economic leadership, two world wars which bridged a major



economic recession, and leadership of the Western

world. Our last two classes will explore post World War II economic growth. An important component has been many changes in the distribution of income and the resulting changes in economic and social structure. We will be viewing this later part our history from personal memory. We will not have a formal textbook. An extensive set of readings for each class will be supplied through the "Sky Drive". (If this source is not familiar to you contact your grandchildren!) *See longer course description at www.cvec.org/newsletter.*

Bill Carlson is Professor Emeritus in Economics at St. Olaf College. His principle teaching emphasis was statistics and quantitative economics. In addition he has led a number of International Study Programs leading students to many places in the world. He has written three textbooks, numerous papers, including considerable research on highway accidents. He was the only member of the St. Olaf faculty with an undergraduate degree in Mining Engineering and an honorary election to Phi Beta Kappa. carlsoncharbill@msn.com

13. Rob Hardy: America and the Classics

From Cotton Mather to Caesar's Palace, the classics—especially the language, literature, and images of ancient Rome—have had a wide-ranging influence on American culture. This course will explore that influence from colonial times through the present, with particular emphasis on the Founders, the Greek Revival and Jacksonian democracy, the classics and American slavery, and the place of the classics in the American educational system. The class will consist of readings of primary sources, discussions, and brief illustrated lectures to provide background material.



Rob Hardy has a B.A. in Latin and history from Oberlin College and a Ph.D. in classics from Brown University. He has taught classics at Gustavus Adolphus College, the University of St. Thomas, and Carleton College. His most recent article is on the influence of the Roman historian Sallust on eighteenth-century British and American political thought. He is also a poet and writer. rbhardy3rd@gmail.com



CANNON VALLEY ELDER COLLEGIUM

Registration Form

2014 Winter Term Classes

January 6 – February 28, 2014

Registration Begins November 18, 2013

**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 (\$30.00 for The College Art Collection or Louis Sullivan courses), or check the financial assistance box. Books, printed materials, and travel when specified for a class, are extra and optional.

Name (A) _____

Name (B) _____

Address _____

City / ZIP _____

Telephone _____

E-mail (A) _____

E-mail (B) _____

(Email addresses to be used only for CVEC activities)

Check if you need financial assistance

Check if this is your first CVEC class

Included is a tax-deductible gift of _____

Those who feel able are invited to include a tax-deductible contribution. Actual expenses incurred by CVEC per course registration average about \$65.

Because many volunteer their time, our administrative costs have always been minimal. The difference between CVEC's tuition revenue and total cost has been bridged by member contributions and grants.

Register Early to Avoid Being Disappointed

All registrations must be accompanied by a check unless financial assistance has been requested. A registration box will be available at the Northfield Senior Center before November 18, 2013. If you must mail your registration, send it early enough to arrive by November 18. All registrations received by the end of the first day (Nov. 18) will be treated as arriving at the same time, and random selection will be used to fill courses if necessary.

Please register by December 13. If the class for which you register is oversubscribed, you will be notified immediately, so you may register for another class. Confirmation of registration will be sent by email or post card after December 13; sooner if a class fills.

Class availability and enrollment numbers will be updated periodically on the web page: www.cvec.org. The Registration Book at the Senior Center also provides information on class enrollment.

For class selection, indicate person A, B, or both.

_____ **Particles: From Electrons to the Higgs Boson**

_____ **Sherlock Holmes**

_____ **Jane Austen**

_____ **Seamus Heaney**

_____ **Thinking About Viet Nam**

_____ **The College Art Collections (\$30 tuition)**

_____ **Writers & Performers of the American Songbook**

_____ **Marriages (AM)**

_____ **Marriages (PM)**

_____ **American Immigration Revisited**

_____ **Handel's Messiah**

_____ **Louis Sullivan: Man and Architect (\$30 tuition)**

_____ **Economics Over Time**

_____ **America and the Classics**

Check if you wish to receive registration confirmation by postcard, not email. _____ (Email saves printing & postage.)

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 cannot afford the fee (Check above)
- Students may withdraw from a course before the 2nd class meeting and request a refund

Questions concerning registration should be directed to:

Dale Sommers, Operations Director
101 St. Olaf Ave #212, Northfield, MN 55057
507-645-8673 dsommers@charter.net

Non-Profit Organization

Cannon Valley Elder Collegium

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Northfield, MN 55057

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**CVEC is a non-discriminatory
Organization**

Change Service Requested



Executive Director's Note:

The Winter term course schedule presented in this newsletter has two new features that I want to highlight:

Expanded course descriptions: Space is always limited in the printed version of the newsletter, which means that course information here has always been severely restricted. Space on the web, however, is effectively unlimited. We're taking advantage of the latter, and posting further information that's been provided by the instructors of three courses (we plan for more in the future). That's indicated at the end of the printed descriptions of those courses; to find the additional material, you can go to the web version of the newsletter (at www.cvec.org) and click on the link at the end of the appropriate description there. I hope this feature will prove useful and easy to access; I'd be grateful for a comment if it is (or isn't) for you. (rnoer@carleton.edu)

Short courses: The 4-week course with field trip in the Fall term (*Frank Lloyd Wright in Mason City, Iowa*) drew a full enrollment and much enthusiasm, as did our 4-week film festival last summer. Two Winter term courses listed in this newsletter will continue our experiments with different formats: *The College Art Collection: Connoisseurship and Conundrums* – 5 weeks at the two colleges; and *Louis H. Sullivan: Man and Architect* – 4 weeks with field trip. I expect these will also prove popular courses.

Rich