

# Golden Opportunities

VOLUME 28, NUMBER 7

THE NEWSLETTER FOR SOUTHERN ILLINOIS LEARNING IN RETIREMENT (SILIR)

MARCH 2025

## March's Presenter Robin Ridgley

### March 19 Meeting

- **Location:**  
Epiphany Lutheran Church  
West Chautauqua Rd.,  
Carbondale
- 9:30 - Coffee & Conversation
- 10:30 - Meeting & Program

### **February Greeters:**

- Verelle Leaton
- Jean Hoalgand
- Sandy Lambert

### **President:**

Gary Hartlieb

### **AT A GLANCE**

#### Monthly Meetings:

March 19, 2025  
April 16, 2025  
May 21, 2025  
June 18, 2025  
July- No Meeting

### **January Speaker:**

Robin Ridgley

### **Subject:**

The Value of Humor

### **QUESTIONS?**

### **OR SUGGESTIONS**

Email SILIR at  
silir@siu.edu

## Looking at the Funny Side – The Value of Humor



Do you look for humor in your everyday life? Humor can be good for you as it has physical and psychological benefits. Robin's talk will help us look at ways humor can help when dealing with stress and change and show us the benefits of humor in our lives.

Robin is a University of Illinois Extension Family Life educator. Her program priorities relate to social-emotional wellness, brain health, family relationships, and aging well. In her role, she connects with local partners

and community members as she provides educational programming and resources on healthy living throughout the lifespan.

A native of Benton and a two-time Southern Illinois University alumna, Robin received her bachelor's degree in elementary education and a master's degree in education administration. She currently resides in Creal Springs with her husband Rick. Together they enjoy spending time with grandchildren and enjoying the outdoors.

## Illinois Supreme Court Meets at SIU Tuesday, March 18

The public is welcome to observe the Illinois Supreme Court hear oral arguments in two cases on Tuesday, March 18, at the SIU Student Center Ballrooms.

These are two real cases and the Court's sitting in Carbondale is part of its periodic educational visits conducted throughout the state.

Those attending must arrive by 9:15 am at the latest; plan on security – no large bags, food or drink. There will be some introductory information at 9:15. When the hearings begin at 10, no one may leave until they are completed about 12 noon. High school students and law students will be attendance.

Please email Carly Holtkamp at [carly.holtkamp@siu.edu](mailto:carly.holtkamp@siu.edu) with any questions about this event.



**S.I. Learning  
in Retirement**

Visit SI Learning in Retirement  
web page at:

[conferenceservices.siu.edu/silir](http://conferenceservices.siu.edu/silir)

# SIU Simmons Law School to host Illinois Supreme Court arguments

CARBONDALE, Ill. — Southern Illinois University Carbondale's [Simmons Law School](#) will host the Illinois Supreme Court as justices hear oral arguments in two cases on March 18 in the Student Center.

“This is an extraordinary opportunity for our students and the broader Southern Illinois community to witness the Illinois Supreme Court in action,” said Angela Upchurch, SIU Simmons Law School acting dean. “This experience provides students in our community with direct exposure to the judicial process, enhancing their education and inspiring future careers in law. We are honored to partner with the Illinois Supreme Court to bring this historic event to our campus.”

[Illinois Supreme Court](#) Chief Justice Mary Jane Thies said the state's high court is “excited to continue its tradition of riding the circuit at Southern Illinois University.”

“We thoroughly enjoy visiting different parts of the state and holding court in front of hundreds of students who are likely observing the work we do for the first time,” she said. “It is important for these students to understand the court system and the role it plays in their lives.”

Arguments will start at 10 a.m. in the Student Center Ballrooms; closed circuit viewing will be available in the Student Center Auditorium and [via livestream](#). More than 350 junior high and high school students from Cairo to Paris, Illinois, along with SIU law students are expected to attend.

A limited number of seats are available for the public. Those wishing to attend should [RSVP for a reserved seat](#) by March 12. Ballroom doors will open at 8:30 a.m. — those with reserved seating are asked to arrive early as all guests should be seated by 9:30 a.m. Backpacks and other large items or bags will not be allowed. A Q&A with Upchurch and First Circuit Judge Christy W. Solverson, the presiding judge in Jackson County, will follow oral arguments.

## Cases focus on sentencing, child custody

In the first case, originating from Kendall County, state prosecutors are appealing a Second Judicial District appellate court ruling that vacated the mandatory minimum six-year sentence of a woman who pleaded guilty to drug-induced homicide. The appellate court ordered the trial court to reconsider the sentence.

The second case concerns child custody, in which a father abducted his two children who were living with their mother in Slovakia and brought them to the Chicago area. A federal court ordered the father to return the children to their mother, and she was awarded attorney's fees and other costs. The mother then sued the father's mother and brother in state court, alleging that they conspired with the father to interfere with custodial rights. A trial court dismissed the mother's lawsuit, and an appeals court agreed. The mother is appealing those decisions to the Illinois Supreme Court.

This program is sponsored by the Illinois Supreme Court, the Administrative Office of the Illinois Courts, the Supreme Court Historic Preservation Commission, Southern Illinois University Carbondale and SIU Simmons Law School.

## SILIR Monthly Interest Groups

### ***OnTheRoad*** with LIR. **SLSO Concert & Museum**

#### **ITINERARY** **Friday, March 21**

**6:30-7:00** Park&board, SIU Arena South Lot  
**7:00** DEPART CARBONDALE  
**9:15** Arrive Touthill Hall  
 Coffee, lecture, and concert  
**12:15** Board bus for History Museum  
**12:25** DEPART TOUTHILL HALL  
**12:45** Arrive Museum  
 On-board orientation  
**1:00** Lunch at Key Bistro  
**2:00** View exhibits (on your own)  
**4:05** Board bus  
**4:15** DEPART ST. LOUIS  
**6:15** ARRIVE CARBONDALE

#### **TICKETS**

You will receive your lunch tickets as you board the bus and your concert tickets en-route. If you wish to be seated next to a friend at the concert, please sit together on the bus.

#### **BUS RULES**

**Water or soda permitted ONLY in plastic bottles with screw tops. Absolutely NO GLASS. No smoking. No gum, sticky candy, or sunflower seeds. Use the trash bag for any litter. Failure to comply? LIR will be charged a fee of \$250-500.**

### **Tickets & Unexpected Situations**

Although LIR policy doesn't allow refunds for *OnTheGo* excursion tickets, even in the case of a last-minute emergency, we can offer help to individuals who suddenly find themselves in an unexpected situation. Call Events and Outreach at 618-536-7751, and give them your name as a registered ticket holder with a ticket for sale (or possibly give-away).

When there's no waiting list for tickets, an email will be sent promptly to all LIR members letting them know a ticket has become available and providing the seller's name and contact information. The seller's name will immediately be removed from the passenger list.

Anyone who wants the ticket, whether an LIR member or prospective guest, should contact the seller directly to complete the purchase. Once the ticket is sold, the buyer must notify Events and Outreach to be placed on the passenger list. **Only registered passengers will be permitted to board the bus.**

Even members who are not interested in the ticket can help fellow members by networking with friends to spread the word about ticket availability.

### SILIR Monthly Interest Groups

#### Monthly Lunch Club Discussion Group

Members are cordially invited to join this group which meets monthly to share lunch and open conversation.

**March 27– 11:45– Thursday**  
Sunny Street

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**April 24 – Thursday**  
Giant City Lodge  
*Annual Luncheon*

#### Monthly Book Club

The Book Club meets on the  
**3<sup>rd</sup> Monday of the month**  
at 9:30 a.m. at  
Epiphany Lutheran Church  
on West Chautauqua.

**March 17**  
*People of the Book*  
By Gerldine Brooks

**April 21**  
*The Reluctant Mr. Darwin: An Intimate Portrait of Charles Darwin and the Making of His Theory of Evolution*  
By David Quammen

#### Annual Luncheon - Wednesday, April 16 Giant City Lodge

**Coffee & Tea Service 9:30 to 10:30**

**LUNCH: \$23.00 PP (includes tax and gratuity)**

Fried Chicken (combo white & dark)  
Mashed potatoes and gravy  
Green beans  
Coleslaw

Vegetarian option: Vegetable stir-fry  
Dumplings  
Buttered corn  
Biscuits with butter

Coffee, iced tea, soda, water

*Vegetarian option must be requested when making reservations*

#### Travel Committee Looking for Help

LIR’s Travel Committee is looking for new members. If you’re interested in helping create or plan new trip offerings, contact Linda Helstern at [linda.helstern@gmail.com](mailto:linda.helstern@gmail.com).

#### Golden Opportunities

Our newsletter is published online as well as in print and can be found at [conferenceservices.siu.edu/silir](http://conferenceservices.siu.edu/silir)  
The online version is in color and you might enjoy seeing pictures and graphics in color, so please check out the link!

“If you have any comments or suggestions regarding the Newsletter, please email them to [silir@siu.edu](mailto:silir@siu.edu). Your feedback is greatly appreciated!”

#### Special Accommodations

SILIR members needing a special accommodation to participate in a SILIR activity must notify SIU Events and Outreach 618/ 536-7751 two weeks prior to the published date of an activity or at the time of registration for a trip. SILIR will make reasonable efforts to accommodate those with special needs. SILIR is not required to provide services of a personal nature so if you need assistance of a personal nature during a SILIR activity, it is your responsibility to provide the personal assistant.

## Spring 2025 Courses: SILIR Session II

### March 17 – April 18

#### **Mondays**

1:30-3:30

Epiphany Lutheran Church

Presenter: Fran Oros

**March 17, 24, 31 – April 7, 14**

#### **Buffy the Vampire Slayer: An overview of the TV series featuring Sarah Michelle Gellar as Buffy**

**Cost: \$15.00**

We will view and discuss a number of episodes of the *Buffy* series, which ran for seven seasons with 144 episodes. In the first episode, you learn that "Into Each Generation a Slayer is Born. One Girl Is Born with the Strength and Skill to stop the Spread of Evil." That girl is Buffy, who is not especially thrilled to be a slayer. Sometimes she just wants to be a normal teenager, but she always comes through to defeat Evil. What made it a hit was its fast and funny dialogue, its humor, its multilevel stories, and its strong, complex female lead. Join us as we take an in-depth look at this fan favorite featuring Buffy and her friends fighting demons and evil while studying for high school exams.

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#### **Tuesdays**

1:30-3:30

Epiphany Lutheran Church

Instructor: Leo Gher

**March 18, 25 – April 1, 8, 15**

#### **Mesopotamia and the Dawn of Civilization: A Cultural Discovery**

**Cost: \$15.00**

Journey through history's first civilizations as this course offers an atypical depiction of the manifold cultures of the Middle East. Meet "Shin-eqi-uninni," the oldest known writer we can name, and his (her?) story of Gilgamesh, the king of Uruk. The Sumerians, Akkadians and the Arabs of the 8th century are just a few of the subjects of our exploration. The course will be offered in a multimedia format with interactive opportunities for all participants.

Maximum number of participants: 25

## **Spring 2025 Courses: SILIR Session II**

### **March 17 – April 18**

#### **Wednesdays**

1:30-3:30

Epiphany Lutheran Church

Instructor: John Shaw

**March 19, 26 – April 2, 9, 16**

#### **Reimagining American Statesmanship**

**Cost: \$15.00**

Last year John taught a class called "Restoring American Statesmanship" in which participants defined and discussed the concept of statesmanship and explored several historical examples. This class, "Reimagining American Statesmanship", will use the concept of statesmanship to examine how the United States can confront political and social challenges such as pandemics, climate change, deficits and debt, racial tensions, income inequality, and immigration. If participants took John's earlier class it would be helpful, but it is in no way necessary.

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#### **Thursdays**

1:30-3:30

Epiphany Lutheran Church

Instructor: Gary Hartlieb

**March 20, 27 - April 3, 10, 17**

#### **How to Survive in Space**

**Cost: \$15.00**

This DVD course taught by Ronke Olabisi from the University of California, Irvine, explores the effects of spaceflight on the human body, including tissue engineering and regenerative medicine. Olabisi is a member of 100 Year Starship, an initiative that aims to make the capability of human interstellar travel a reality within the next 100 years.

# REGISTRATION FORM

•Please fill out and send entire form with payment•

## SILIR REGISTRATION FORM (PLEASE FILL IN YOUR NAME AND ADDRESS.)

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Day Phone Number \_\_\_\_\_ Cell Phone \_\_\_\_\_

\*E-mail Address \_\_\_\_\_

**NEW MEMBERS:** How did you hear about us?  Friend  Newspaper  Social Media/Online  Radio/TV

*If you are registering more than yourself for a class/trip, please list the name(s) of the SILIR member you are registering.*

Name: \_\_\_\_\_ (25M0901901)  
Addtl. Name: \_\_\_\_\_

**FY25 Membership Dues** .....\$25 x \_\_\_\_ = \_\_\_\_  
**July 1, 2024—June 30, 2025**

Name: \_\_\_\_\_ (25M0901904)  
Name: \_\_\_\_\_ (25M0901905)  
Name: \_\_\_\_\_ (25M0901924)  
Name: \_\_\_\_\_ (25M0901925)  
Name: \_\_\_\_\_ (25M0901926)  
Name: \_\_\_\_\_ (25M0901927)  
Name: \_\_\_\_\_ (25M0901928)

**INTEREST GROUPS — July 1, 2024—June 30, 2025**  
Book Study Group .....\$10 x \_\_\_\_ = \_\_\_\_  
Lunch Discussion Group .....\$10 x \_\_\_\_ = \_\_\_\_  
Buffy the Vampire Slayer.....\$15x \_\_\_\_ = \_\_\_\_  
Mesopotamia and the Dawn of Civilization:.....\$15x \_\_\_\_ = \_\_\_\_  
Reimagining American Satesmanship..\$15x \_\_\_\_ = \_\_\_\_  
How to Survive in Space .....\$15x \_\_\_\_ = \_\_\_\_  
Annual Luncheon (Giant City).....\$23x \_\_\_\_ = \_\_\_\_

**TOTAL:** \$ \_\_\_\_\_

**LEARNING IN RETIREMENT PROGRAM WAIVER DISCLAIMER:** Most SILIR activities require very little mobility. When an activity requires traveling up to 1 mile or more or navigating 10 steps or more, or involves longer waiting or standing times, we will alert you so that you may choose wisely.  
Signature \_\_\_\_\_ Date \_\_\_\_\_  
My signature confirms that I have read and understand the activity level of any trip sponsored by Learning in Retirement and accept the risks and conditions of the trip. I am aware that some trips may encounter rough terrain and closed-toe shoes will aid in maintaining my safety.

*Please submit a check payable to "SIU Carbondale" or credit card information below.*

Credit Card Number \_\_\_\_\_ Exp. \_\_\_\_\_  
Name on Card \_\_\_\_\_ CVC \_\_\_\_\_  
Email (for receipt): \_\_\_\_\_

**Mail to: Events & Outreach  
Anthony Hall - Mail Code 6705  
Carbondale, IL 62901**  
**or call Registration at 618-536-7751 to  
register with your credit card.**

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CARBONDALE

**EVENTS AND OUTREACH**  
ANTHONY HALL - MAIL CODE 6705  
SOUTHERN ILLINOIS UNIVERSITY  
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