

# FROM THE ROOFTOP

The Newsletter of THE FROMM INSTITUTE FOR LIFELONG LEARNING  
AT THE UNIVERSITY OF SAN FRANCISCO

## ENLIGHTENING

Issue #2 • Sept. 19, 2016

### ECHO BOOMERS FILL FROMM HALL WITH YOUTHFUL ENTHUSIASM

If you want a mid-century ‘pop’ introduction to the age-old question of communication between the generations, just google “Paul Lynde Kids Today.” It’s a scene from “Bye Bye Birdie” that’s tuneful, funny, and masterfully performed . . . and answers its title question “What’s the Matter? . . .” with the definitive conclusion, “Nothing’s the matter with kids today!” If you want a more contemporary way to reach that same conclusion, then spend some time over the next weeks with **Rose Mannas** and **Elizabeth Fernwood**. They are this year’s Fromm Gerontology Scholarship recipients, and as such they will be spending time with us all session long as part of their award. By way of background, here’s how the Fromm Institute is able to offer USF undergraduates tuition assistance.



Each December the Fromm Institute stages special December Holiday Lectures with a dual purpose in mind. Of course, “Frommies” have a good time with their favorite faculty (and each other), as about 200+ gather on each of two days in mid-December for this special and extra offering. Among the fun, food and festivities of our Holiday Lectures what is often overlooked is that the proceeds, beyond the cost of meals and honorarium, all go to the Fromm Institute Gerontology Scholarship Fund. Last year, more than the usual stipend was raised thanks to our enthusiastic Fromm Institute students and last year two USF undergraduates minoring in gerontology submitted outstanding scholarship applications — so much so that we decided to offer both a \$5,000 award. Now as the Fall term begins, the decision to do so proves really wise as it doubles our benefit.



**Elizabeth Fernwood** plans something she calls an “App Workshop!” where starting September 14th, she’ll be providing Fromm Institute students with a lunchtime and a morning assistance on smart phone applications. Each week, (Wed. from 11:50 a.m. - 1 p.m. & Thurs., 9 - 10 a.m.) she will be introducing apps involving social media, transportation, food services and more. In addition to exploring new apps, she’ll set aside time for any questions. So if you ever look at your smart phone and wonder why you paid so much money for a large, fragile, non-flip mobile phone, come to her booth in the atrium and learn why. P.S. Stay tuned for additional activities organized by Elizabeth and advertised here in your newsletter in the weeks to come, ‘cause she plans to be everywhere!



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**Rose Mannas**, is a junior nursing major with a minor in gerontology. You may have met her last year as she was taking blood pressures with the nursing sorority, holding “Generation to Generation” club meetings, or organizing the mentorship program. She’s been a committed and busy millennial. For her scholarship project Rose will be continuing the Mentorship Program, a great success of this past spring. Through it, Fromm Institute students will have the opportunity to be matched, one-to-one, with a current USF student to communicate with via email or handwritten letters, or in-person here on campus, if they should choose. The goal of the mentorship is to get to know an individual outside of your peer group, learn more about what students experience as students at USF, and much more. Rose will be in Fromm Hall each Monday from 9 to 10 a.m. and has events planned for the group the week of October 10 and November 28. If you are interested in participating, and can’t meet Rose in person, please email her at

[rmmannas@dons.usfca.edu](mailto:rmmannas@dons.usfca.edu) to get involved. The deadline to be part of the Mentorship Program is **September 30 at noon.**

Now, for those of you who might be still wondering “What’s the matter with kids today?” your encounter with Rose and Elizabeth, and all of the students at USF in the cafeteria, the library and across the campus will echo the refrain of Albert and his mom, Mr. McAfee (Paul Lynde) and his son. “Nothin’s the matter with kids today.” Just check it, and these two scholarship winners, out this session. Finally, for those who ask, “why can’t they be like we were, perfect in every way?” . . . you might want to read about all the ‘perfect’ generations that have preceded theirs, including your own.

## The Six Living Generations

*Excerpted from MarketingTeacher.Com this article was written by Dr. Jill Novak, U. of Phoenix, and Texas A&M University.*

*In America, there are six living generations, which are six fairly distinct groups of people. As a generalization each generation has different likes, dislikes, and attributes. They have had collective experiences as they aged and, therefore, have similar ideals.*

### **GI GENERATION (BORN 1901 - 1926)**

Children of the WWI generation & fighters in WWII they were young in the Great Depression... all leading to strong models of teamwork used to overcome and progress. ☞ They saved the world and then built a nation. ☞ They are the assertive and energetic do’ers who have always been community-minded. ☞ Strongly interested in personal morality and near-absolute standards of right and wrong. ☞ Strong sense of personal civic duty, which means they vote. ☞ “Use it up, fix it up, make it do, or do without.” They avoided debt... save and buy with cash. ☞ They were the generation that remembers life without airplanes, radio, and TV. ☞ Sometimes called “The Greatest Generation.”

### **MATURE/SILENTS (BORN 1927 - 1945)**

Went through their formative years during an era of conformity, but also during the postwar happiness: Peace! Jobs! Suburbs! Television! Cars! ☞ Korean War generation. ☞ The First Hopeful Drumbeats of Civil Rights! ☞ Pre-feminism women; women stayed home generally to raise children. ☞ Men pledged loyalty to the corporation, once you got a job, you generally kept it for life. ☞ The richest, most free-spending retirees in history. ☞ They are avid readers, especially newspapers. ☞ The Big-Band/Swing music generation. ☞ Strong sense of trans-generational common values. ☞ Disciplined, self-sacrificing, and cautious.

## **BABY BOOMERS (BORN BETWEEN 1946 AND 1964)**

One of the largest generations in history with 77 million people. ☞Two sub-sets: the save-the-world revolutionaries of the '60s and '70s; and the party-hardy career climbers (Yuppies) of the '70s/'80s. Self-righteous and self-centered. ☞“Rock and roll” music kids and the first TV generation. ☞Ushered in the free love and societal “non-violent” protests which triggered violence. ☞Buy it now and use credit. ☞Women of this generation began working outside the home in record numbers, thereby changing the entire nation as this was the first generation to have their own children raised in a two-income household. ☞Began accepting homosexuality in society. ☞Optimistic, driven, team-oriented. ☞The American Youth Culture that began with them is now ending with them and their activism is beginning to re-emerge.

## **GENERATION X (BORN BETWEEN 1965 AND 1980)**

These “latch-key kids” grew up street-smart but isolated, often with divorced or career-driven parents. They feel misunderstood by other generations. ☞Entrepreneurial and very individualistic. Government and big business mean little to them. ☞Want to save the neighborhood, not the world. ☞Raised in the transition phase of written based knowledge to digital knowledge; most remember school without computers and then the introduction of them in middle school or high school. School problems were about drugs. ☞They may be conversationally shallow because relating consists of shared time watching videos. ☞Tend to commit to self rather than an organization or specific career. This generation averages 7 career changes in their lifetime, it is not normal to work for a company for life, unlike previous generations. ☞Late to marry (after cohabitation) and quick to divorce... many single parents. ☞Into labels and brand names. Want what they want and want it now but struggling to buy, and most are deeply in credit card debt. ☞Survivors as individuals. They are cautious, skeptical, unimpressed with authority, self-reliant.

## **GENERATION Y/MILLENNIALS (BORN BETWEEN 1981 AND 2000)**

Aka “The 9/11 Generation” “Echo Boomers.” America’s next great generation. They feel like a generation and have great expectations for themselves. ☞They are nurtured by omnipresent parents, optimistic, and focused. ☞Respect authority. ☞They have had to live with the thought that they could be shot at school; they learned early that the world is not a safe place. ☞They schedule everything. ☞Prefer digital literacy as they grew up in a digital environment. Have never known a world without computers! They get all their information and most of their socialization from the Internet. ☞Prefer to work in teams. ☞With unlimited access to information tend to be assertive with strong views. ☞Envision the world as a 24/7 place; want fast and immediate processing. ☞They have been told over and over again that they are special, and they expect the world to treat them that way. ☞They do not live to work, they prefer a more relaxed work environment with a lot of hand holding and accolades.

## **GENERATION Z/BOOMLETS (BORN AFTER 2001)**

The number of births in 2006 far outnumbered the start of the baby boom generation, and they will easily be a larger generation; of all these births 49% were Hispanic, changing the American melting pot in terms of behavior and culture. Since the early 1700’s the most common last name in the US was ‘Smith,’ now it is ‘Rodriguez.’ ☞There are two age groups right now: (a) Tweens (Age 8-12 years old) and (b) Toddler/Elementary school age. ☞61 percent of these children 8-17 have televisions in their rooms; 35 percent have video games; 14 percent have a DVD player. ☞They have never known a world without computers and cell phones. ☞They have Eco-fatigue: they are actually tired of hearing about the environment and the many ways we have to save it. ☞With their access to computers and web based learning, they are leaving behind toys at younger age. ☞They are already savvy consumers and they know what they want and how to get it and they are over saturated with brands.



## FROMM'S MEDICAL LECTURES COVER INTERESTS YOU MAY NOT KNOW YOU HAD!

As the Fall 2016 Session moves forward, consider joining one or all of these Medical Lectures that will occur during our second, third and fourth week of classes. Who knows? You might encounter something that will expand your learning — exponentially. It's all possible, and actually likely, in this series of stand-alone medical lectures designed specifically for a lay audience, like the students of Fromm Institute. The Medical Lecture Series is a special feature of our Fall Session and the speakers and topics are coordinated by **Mel Cheitlin, M.D.**

These lectures, which are open to all Fromm Institute students and their guests, take place on **Wednesday at 10 a.m.** in the **Xavier Auditorium**.

On **September 21**, **Art Reingold, M.D.**, Professor of Epidemiology, will give us an educational 'shot-in-the-arm' with his inclusive **"From Smallpox to Zika: 200 Hundred Years of Our Love-Hate Relationship with Vaccines."** The CDC reports: "As infectious diseases become less common, we hear less about the serious consequences of preventable illnesses and more about the risks associated with vaccines. It's good to be informed about health choices, but the reality is that Americans have never been healthier than we are today and vaccines have never been safer." Join with your fellow students and Dr. Reingold to learn more about vaccines through the centuries, and this perplexing paradox of why so many believe vaccines do more harm than good.

On **September 28** the topic shifts focus onto **"Solid Tumors"** and our guest speaker is **Judith Luce, M.D.** Just what are they and how are they defined? The National Cancer Institute notes them as, "An abnormal mass of tissue that usually does not contain cysts or liquid areas. They may be benign (not cancer), or malignant (cancer). Different types are named for the type of cells that form them. Examples of solid tumors are sarcomas, carcinomas, and lymphomas." Because of the unique physiology of solid tumors, opportunities and problems exist for the cancer therapy used to treat them. Dr. Luce will discuss not only the pathology but also the treatment prospects and challenges.

On **October 05** the topic is wonderfully titled **"Telemedicine: The Future Was Yesterday; Where Were You?"** Our speaker will be **Marc Goldyne, M.D., Ph.D., FAAD**, who received his medical training at UCSF and his dermatology training at the Mayo Clinic. He then became a Professor in Residence on both the faculties of Medicine and of Dermatology at UCSF where he conducted research for 20 years. In 1997, he left his fulltime faculty position to pursue his interest in telemedicine, finally working with the state-sponsored Blue Cross of California Telemedicine Project. In 1999 he became the first private practice teledermatologist in California. Could we be in better hands to hear about this rapidly expanding field? Join us during the fourth week of Fromm's Fall Session as Dr. Goldyne will discuss (among many points) the changing scope of telemedicine/telehealth; its role in the future of world healthcare and, how telemedicine will redefine the doctor-patient relationship.

**No Medical Lecture Scheduled for Wednesday, October 12 as this is a Fromm Institute Holiday.**

### DATES TO KNOW – AND TO REMEMBER

While the Fall Session is fresh and new and barely out of the academic gate, please keep in mind the following:

- Our Census Date, the last day that you can add a course to your schedule is **Thursday, Sept. 22**. While you can drop a course for any reason at any time, keep in mind that if you wish to add another course, and it is open (enrollment capacity has not been exceeded) you must do so by the end of the second week of classes.
- While some ways off, there are two days during the fifth week of school when classes will not be meeting. They are on **Monday, October 10** (Columbus Day) and on **Wednesday, October 12** (Yom Kippur). All classes cancelled by a holiday meet one more time during "Make-Up" Week, November 7 to 10, 2016.

## FROM THE PRESIDENT • BY LOIS ROACH

### “Who We Are & What We Do . . . For You”

The Fromm Institute Student Association was founded in 1978 to address the Fromm student’s need for a social agenda when here on campus — and like the rest of Fromm, “Boy have we evolved over the years!” From the simple practice of just having a congratulatory sheet cake as a session was ending, to the dynamic program of diverse social activities we offer you this academic year, we’ve come a long way!



One thing that has never changed is the voluntary nature of the dues we ask to belong to FISA (Fromm Institute Student Association) and the amount we request you pay. We are quite proud to say we have been doing it all, for all those years, with your support of just \$5 per session. Amazing, isn’t it!

Currently, we meet our activities budget with just about 50% of attending students supporting us, and that is fantastic as we understand that some do not take part in the program. “*I’m not a joiner,*” one student told us at the booth we maintain in the atrium entrance. Our reply was, “*You can’t fault us for asking,*” and you can’t — especially when we do so much to engender a real sense of camaraderie during each and every school session. So, on behalf of the FISA Officers and Steering Committee and the volunteers who write about our many activities here in the FISA News section of this newsletter, great to have you with us. If you attend any of our activities noted below, grab any of the treats we periodically place around Fromm Hall, get a discount at performing arts organizations because you are a Fromm Institute student, or want to be a part of the annual holiday gift we give to our hard working Fromm Institute staff, then I urge you to step up to our booth and offer your dues. It would be great, and we could do more, if more students volunteered their dues.

Now it’s time for me to get off the soapbox and get to my classes. To those of you who faithfully support the Fromm Institute Student Association, thank you for that patronage. To our 150 new students joining Fromm classes for the first time this Fall, A BIG Welcome. Have fun and learn tons. Fromm is a great place to be and your time here will be well spent. Can’t wait to meet and greet both new and returning Frommies.

See you real soon. **Lois Roach**

## FROM THE FISA WELCOME COMMITTEE • MAXINE EINHORN & FRAN PINNOCK

### “Discussions, Movies and a Gathering of the ‘Newish’ Planned for the Session”

Discussion groups will continue this session on **Tuesday morning at noon** in the **Berman Room** after Professor Zimmerman’s class on **Crime and Punishment**. We will also screen two movie versions of that novel, the 1935 expressionist version and 2002 more modern adaptation with John Hurt and the wondrous Vanessa Redgrave. As we have discovered, movie adaptations of the novels we read at Fromm are always fascinating to discuss in our noontime discussions.



The **Matinée Series** will screen three films inspired by Professor Eilenberg’s course on Wednesday afternoon, “American Politics in the Movies.” All screenings at 3 p.m. and all films should be enjoyable and interesting. Take **Primary Colors**, for example. It shows us how crazy elections can be, but real life could never be so crazy. . . Right???? Look for the flyers on our film series! They are at the FISA Booth and all around Fromm Hall.

Finally, we plan to welcome new(ish) Frommies on **September, 28** at a noontime “brown bag” gathering in Maraschi (that’s the big room in the back of Fromm Hall). We hope that many of you can attend. Plan to bring your lunch and please pencil in that date. . . Thanks to the Institute, the Welcome Committee will provide cold beverages along with a warm welcome. **Maxine & Fran**

## FROM COMMAND PERFORMANCES — BOB MORGAN, FISA PERFORMING ARTS REP “Welcome Aboard Another ‘Performing Arts’ Season at Fromm”

Once again I get to wish all of you a warm welcome for my 16th year as your Performing Arts Representative and my 20th year as a student at Fromm. The new Performing Arts Season is already in full swing in the Bay Area and lots of great performances are ahead for all of us. Thanks to the sponsorship of the Fromm Institute Student Association, I have planned some exciting noontime events for the next couple of months which all take place in the Maraschi Room. I hope you will put them on your calendar, attend and give all of us who volunteer on the Student Association your feedback. Here they are.



- **ON THURS., SEPTEMBER 29 I’LL HOLD MY TRADITIONAL “PERFORMING ARTS Q & A.”**  
I encourage all new students to attend, as well as any returning students who have never attended in the past. In this forty minute meeting, I will show you how to use the internet and different websites to get the best deal on tickets. I think it’s very helpful but don’t take it from me just ask another student who has attended what they learned . . . and be sure to come with your lunch as this is a “Brown Bag” event.
- **ON THURS., OCTOBER 6 AND THURS., OCTOBER 27: “THE SF CONSERVATORY CONCERTS”**  
With the assistance of the Fromm Institute and the support of our Student Association, I have arranged these two concerts for us this fall from talented SFCM students. On 10/6 we will have a vocalist and a guitarist performing for us and on 10/27 we will have a brass trio performing. As any of you who have been to these noontime concerts over the past five years know, these young students are amazing and are a real joy to hear. These concerts will begin promptly at noon, but remember there is a class in Maraschi on Thursday, so please allow some time for morning students to exit at 11:40 p.m. before you take your seat.
- **ON THURS., OCTOBER 20, WE’LL PRESENT “ALL ABOUT OUR LOCAL PERFORMING ARTS” TALK.**  
Continuing the practice of inviting one performing arts organization each session to come and talk to us about themselves and their upcoming season, this Fall I have invited “Humanities West” to share. This wonderful organization (of which Fromm Institute is a supporter) provides three programs in their upcoming season the first beginning on November 4 & 5 with “Vienna on the Verge.” Their brochures are in the Activities Hallway display racks, and you get a student discount when you order tickets by telling them that you are a Fromm Institute student.

The two middle display racks in the Activities Hallway are for the Performing Arts promotions I receive and they are now full of postcards for individual shows and season brochures for lots of performing arts groups including the *SF Opera*, the *SF Symphony*, *ACT* and so many others. Be sure to look at them and take only what you are sure you will need. Remember, some are marked “Fromm Hall Copy: Do Not Remove” so that we can all share and enjoy them together here at school.

Most of the materials note the respective performing arts websites, too, and I encourage you to become familiar with them and the general discount websites like “Goldstar” and “Theatremania.” I have composed a list of some more familiar websites and have placed it in the display racks, for your edification.

Some familiar discounts available to you as Fromm Institute Students: *SF Opera* — 50%, on certain series (see brochure & order forms in display racks); *SF Performances* — 30% on series & individual tickets; *ACT* student discounts (see website). As there are many others, remember when you are ordering tickets online or by phone, look for or ask for that “Student Discount” first. I will discuss all of this and more and have the brochures in my “Q & A” on 9/29 so do attend if you can.

So welcome aboard! I am in classes on Tuesdays and Thursdays this session so look for me before classes in the Activities Hallway in front of the display racks. If you have a question, I’ll do my best to give you, or get you, the answer. **Bob Morgan**

## FROM "TOUR & TRAVEL" — SUSAN KENNELLY, FISA TRAVEL REP

### "Pack Your bags – FISA'S "Tour & Travel" Program Is Off to Another Great Year!"

Starting with Fromm's Fall Break there is the **Galapagos Islands Expedition** with the National Geographic and two departures for that "hot" destination **Cuba**. Unfortunately for anyone interested now, they all are sold out. This tells smart *Frommies* (aren't we all?) to *plan ahead*. So . . .



Get ready to "Play Ball" on our **Arizona Spring Training Getaway** for six days starting March 12, 2017. Over Fromm's Spring Break you can fly off to Phoenix, see two games in the Cactus League from an up close and personal vantage point, plus take in a round of museums, desert and mountains. Besides the Giants and A's (depending on their end-of season standings) there are 13 more teams playing in the 10 area stadiums. You'll also visit Scottsdale and Tucson with a chance to take an optional excursion to that magical city, Sedona. Details on the full-color flyers in the Activities Hall.

When classes end for the summer, travels are just beginning. June brings the **17th Annual** (and always successful) **Ashland Shakespeare Festival Tour**. As the program develops there will be more on that in later columns.



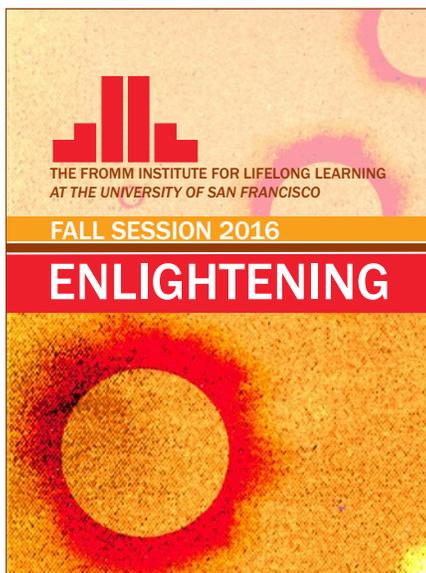
The **Romantic and Fairy Tale Roads of Germany** beckons all travelers leaving on July 13. Beginning in Berlin, we move north to the great port city of Hamburg, then follow the Grimm Brothers tales through Bremen, Hamelin, Kassel and Marburg visiting Sleeping Beauty's Castle, Rapunzel's Tower, and Hansel and Gretel's Forest. From Rothenburg ob der Tauber, the perfect medieval city, we continue on the Romantic Road to "Mad Ludwig's" castle, Neuschwanstein, and then to Munich, the capital of Bavaria. Watch for the flyers on this tour which is literally legendary.

For those who prefer staying stateside, from August 11 for 9 days, you can visit and ride **Colorado's Historic Trains**. Aboard five historic trains and through three National Parks you will tour the Old West in its scenic glory. Fly to Denver, then travel through Rocky Mountain National Park to follow the Trail Ridge Road. In Leadville, board the Colorado & Southern Railway, pass by the two tallest peaks in Colorado, headed for Gunnison National Park. You'll ride the Durango & Silverton narrow gauge railroad, often called "one of the top ten most exciting train journeys in the world." Also on your journey three more exciting trains, Mesa Verde National Park, the Air Force Academy in Colorado Springs, Pike's Peak and the Garden of the Gods. Full itinerary in the flyer coming soon to the Activities Hallway.



Looks like more than enough for even the most traveled of us. Questions? See me Mondays at Fromm or email me at [susanpk123@gmail.com](mailto:susanpk123@gmail.com) or call (707) 257-1804. I'll be holding FISA sponsored "Brown Bags" both in the Masachi Room at noon Sept. 26 on Colorado's Historic Trains and Romantic & Fairy-Tale Roads of Germany on October 24. Come on along and see what's in store for the adventurous at Fromm.

**Happy Travels! Susan Kennelly**



## WHAT? YOU'RE NOT WATCHING THE FROMMCAST!

Are you really not watching the *Frommcast*? If your answer is yes, read on. The *Frommcast* is the Fromm Institute's digital platform where you as on-line students can access an ever-growing library of educational content from anywhere you have internet access. For just \$50 for registered students (\$100 for those who are not attending classes), the On-Line Fall Session (9/1 - 12/15) awaits your registration now. For full information on all video lectures, video courses, specialty videos and audio-only courses, pick up a *Frommcast* brochure. Enroll today making the *Frommcast* your on-line companion to all the educational opportunities Fromm Hall provides and don't forget that two, election related Fall 2016 courses, ("Urgent Issues/Everyday Politics in the Midst of the National Elections" and "History of Presidential Elections") are being uploaded every Friday evening so that you can view or review them in a timely manner. Questions about the *Frommcast*? See Scott Moules, or any staff member in the Fromm Institute Office.

## USF'S GREAT LIBRARY WELCOMES YOU

Matthew Collins, MLIS, distinguished and personable reference librarian will lead three library tours, offer a talk on "Getting to Know the Gleeson Library/Geschke Learning Resource Center and the Library Website," and lead a hands-on "Getting to Know the Library Website" session this Fall Session. Each are a great way for the uninitiated or the slightly familiar to discover what lies just to the east of Fromm Hall.

**"The Getting to Know Gleeson" Tours** will explain a little history and explore the physical space of the library including the stacks, the computer labs and scanners, as well as the Thacher Art Gallery, the Donahue Rare Book Room and quiet spaces to read a good book. Three tours will be offered:

- Tuesday, October 4 at Noon
- Wednesday, October 5 at 3:00 p.m.
- Thursday, October 6 at Noon

Tours will begin inside the Library (lobby by the fountain). If you're interested in attending one of these tours (10/4, 10/5 or 10/6), "Sign-Ups" are located at the Welcome Booth, Fromm Lobby.

The **"Getting To Know Gleeson"** talk will be held in the **Maraschi Room on Wed., Oct. 5 from Noon to 12:40 p.m.** This "Listen and Learn" Lunchtime Talk sponsored by the Fromm Institute administration and will discuss the library website and a few of the resources found there. It will answer questions like: how to find a book in the Ignacio Catalog; how to get a book from Link+ when Gleeson doesn't have that book; and how to find a newspaper or journal.

The hands-on **"Getting to Know the Library Website"** meeting will be held in the **Gleeson Electronic classroom (Rm. 139) Thurs., Oct. 6 from 3:00-4:30pm.** It will be an informal drop-in session (come when you can and leave when is right for you). We'll explore the Library website a little more in depth and practice locating articles, journals and books online. There will also be plenty of time for questions.



**Matthew Collins, MLIS**, has been with the Gleeson Library since 1997. He worked many years in the Access Services Department and is currently a Reference Librarian liaison to the Fromm Institute. Remember, at all "Listen & Learn" lunchtime events you can pay in advance and pre-order a box lunch. Prices for the Bon Appetite Box Lunch that will include a sandwich, drink of your choice, pasta salad and cookie, will be \$10 and waiting for you in the Maraschi Room. Box Lunch order forms can be obtained from the Fromm Institute Office or on the Information Board at the Welcome Booth outside it.

