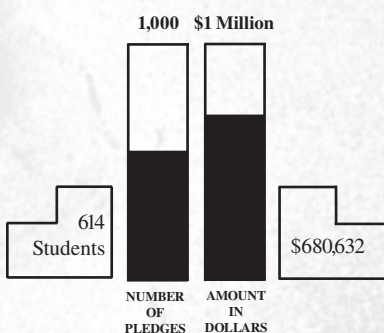


**Packets & Plans,  
Reason & Rationale...  
Always Available**

*I recently received a letter from a good friend, an officer in one of my medical institutions that began "I realize that in the past the IOM has not been one of your philanthropic priorities." He then went on, in interesting detail, to explain the reason for the current drive, and how the participation of as many members of the institution as possible was important in attracting matching funds and in making all of us feel good as active participants in a new venture. I was hooked, studied the proposal, and contributed. I am confident that those of you who have not as yet participated in our "Raising A New Rooftop" project for the new Fromm building will have a similar reaction after taking a careful look at what we are planning to do.*

**Ralph O. Wallerstein, MD**  
"Raising A New Rooftop"  
Steering Committee



**LET S MAKE A DEAL!**

The very important task before each student this week and next, one that is crucial to maintaining the cherished high caliber of our curriculum and faculty, is the completion of a course evaluation form for each class in which you are enrolled. These forms are on the information table in every classroom as is a drop box for their return. They are simple and easy to complete requesting that you evaluate the professor and course using a simple numerical statement of your feelings and then elaborate at the bottom on why you rated the class the way you did. On the back of each evaluation, there is room for you to tell us your general feelings about the entire program, its systems, personnel, attributes and shortcomings. While we will read every one that is presented, you'll only need to complete this back section once during your evaluations.



While that seems to be a simple and easy task to execute, surprisingly only 60% of you take the time to do so. That's a bit disappointing. These assessments play an important part in our future curriculum decisions and we would like to base those on a higher response than less than two-thirds. Therefore, we are asking those of you who have not yet gotten into the habit of course evaluations to make the real effort of 'getting with the program.' The Fromm Institute really does consider your opinion when making its decisions on the future academic program. Without it in greater numbers, we do so with less assurance.

So there's our plea for a greater student response to the course evaluation process — and here's the deal that we'll strike. *We'll show you ours, if you'll show us yours!* We'll tell you about the courses coming next session in April and May, that is, if you'll complete your evaluations promptly and in record numbers. Have we got a deal? Assuming we do, here's our part of the bargain.

Spring 2004 will be jam packed with courses. On Monday, Professor Bassan will teach Shaw's women while Professor Shaw lectures on more Old

Testament art. In another of his history of ideas themed courses, Professor Luppoli will examine Mills' On Liberty. Also that day, Professor Tracy will discuss Dickens' 'invented lives' and Professor Jonsen will lecture on moral philosophy in the ancient world. Finally, add to those familiar faculty members one new face as Professor Donna Brasset joins their ranks examining the Middle East, Islam and the West.

Tuesday finds Professor Clifford lecturing on modern China, Professor Maier introducing us to stocks & bonds and Professor Rothblatt returning to teach a special, six-week course on 20th century literature and politics. You'll also be able to find the exact location of love thanks to Professor Watts. These four will be joined by another new professor, Jean McMann, who'll offer a writing seminar on memoirs. To keep us all on the cutting edge of journalism, Professor Susan Rasky, will gather your not so humble opinions onto a blog!

After the Inward Eye Series on Wednesday morning, Wednesday afternoon gives you three learning opportunities — Professor Haslam's study of John Steinbeck, Professor Rodetis going from Baroque to Rococo and Professor Victoria Siu's examination of religion in China today.

Thursday ends the Fromm Institute class week with Professor Hooson on how we mapped our world, Professor Pierson on the French Revolution and Napoleon, Professor Houle's passion for Bach and Professor Zimbaro's study of some of Shakespeare's love comedies. This last school day of the week, Rabbi Krause will explain how the Bible came to be and under the coaching of Professor Lubalin, we'll run along side the race for the White House 2004.

Whew! That's quite a lot to choose from and we hope it has you thinking ahead to March 9 when the catalogs will be mailed. Next week, the last Winter Session issue of "From the Rooftop" will carry the details of pre-enrollment and enrollment for Spring 2004. In the meantime, remember you made a deal. For a few minutes stop thinking ahead to the next session and get busy writing your thoughtful critique of this one. Pick up a Course Evaluation today and don't forget to complete it by the close of this session. Your judgment is very important to us.

## BROWN BAG

### DON'T FORGET: THE TIX 'BROWN BAG' IS THIS THURSDAY

Don't forget the TIX 'Brown Bag' coordinated by *Command Performance's* **Bob Morgan** and scheduled for this **Thursday, February 26 at noon in Xavier Hall's Maraschi Room**. Bring your lunch with you but remember that beverages and a dessert will be provided courtesy of your \$5 voluntary dues paid to the Student Association.

### RAPPIN' REMINDER

If you're reading this on Monday morning February 23, we hope you plan to be with Robert Fordham at noontime in the Maraschi Room for his 'rap session' dedicated to your ideas about our new home which will soon be under construction. "Rapping with Robert About 'Raising a New Rooftop'" takes place today and in the old San Francisco tradition, it's a free lunch for everyone who's already pledged and is wearing a 'Raising a New Rooftop' button. All students are welcome to attend. See you then.



**“TELLING OUR STORY”  
CELEBRATES OUR  
COMMON EXPERIENCES  
IN AN INDIVIDUAL WAY**

At the end of every session the Fromm Institute celebrates all that its students have in common by elevating one of its fellows and encouraging him or her to share a life story. This tradition, which has been constant since the early 1990s, creates an incredible mosaic of experience, life by life, that motivates all of us to keep on living and learning.

This session **Joan Cucek, M.D.** has accepted the invitation of the Student Association and on **Tuesday, March 2** she will be featured at noon in **McLaren 251/250**. Her “*Telling Our Story*” session will be called “*Spies, Smiles & San Francisco*” and it will encompass third generation tales of a baby who “was born smiling,” an unlikely spy and a woman who lived up to her family’s expectations for excellence — all in 40 minutes!

Please plan on joining next Tuesday for this last ‘Brown Bag’ of the session. Bring your lunch and your interest in learning more about another Fromm Institute student. Beverages and dessert will be provided courtesy of the voluntary \$5 Student Association dues that are requested of everyone.

**IMAGING  
THE  
FUTURE  
CHURCH**



You’re invited to a forum for creative, collaborative and constructive dialogue on the future of the Catholic Church scheduled for Saturday, March 27, 2004, from 9 a.m. till 4:30 p.m. on USF’s Lone Mountain Campus in the Pacific Rim Room. Exploring the opportunities for responsible, faith-filled leadership, this daylong conference will feature program participants from other Jesuit campuses, *Newsweek*, *Voice of the Faithful*, and Temple University. USF will be represented by its president, Stephen Privett, S.J. and Asst. Prof. Jean Molesky-Poz. For more information about this event or to RSVP, **please contact 415-422-5200, or email [imagingchurch@usfca.edu](mailto:imagingchurch@usfca.edu). You can also visit the website [www.usfca.edu/imagingchurch](http://www.usfca.edu/imagingchurch).** Parking, lunch and child care provided. “Imagining the Future Church” is sponsored by USF’s St. Ignatius Institute, Leo T. McCarthy Center for Public Service and the Common Good, the Department of Theology, and the *Northern California Voice of the Faithful*.



**ULPAN IMMERSION SCHEDULED FOR JULY**

If you would be interested in a Hebrew language and culture immersion program, then consider participating in Ulpán San Francisco. Offered this summer by the Swig Judaic Studies Program of USF’s College of Arts & Sciences, classes will range from no prior knowledge of Hebrew to intermediate or advanced for those wishing to become more fluent. They will take place July 5 till July 23, 2004. *Ulpán San Francisco* includes 75 hours of instruction, texts, computer lab, parking and lunch on Fridays for the one fee of \$1,075 (postmarked by April 15). For more information contact the **Swig Judaic Studies Program at 415-422-6302 or E-mail [silver@usfca.edu](mailto:silver@usfca.edu).**

## TOUR AND TRAVEL NEWS

### SPRING BREAK DRAWS NEAR. ARE YOU PLANNING AHEAD?

*Frommies* who did plan ahead will be enjoying the American Orient Express Antebellum South and Civil War tour from Washington, D.C. to New Orleans aboard the luxury train, with guest lecturers and special tours.

For those who waited to make their plans - too late! Sold out! So be wise about the special travel opportunities still ahead and get in your reservation deposit while space is still available.

Coming up in June is our fourth annual trip to Ashland for the Oregon Shakespeare Festival. This four-day, three-night, four-play celebration of theatre has already drawn lots of repeat travelers and a number of new ones. Space is still available but probably not for long.

In addition to the excellent performances, there are a number of amenities that make the trip so enjoyable. A deluxe motorcoach picks you up right at the Koret Center parking lot, where free parking is provided thanks to arrangements by our Fromm Institute office. In Ashland our accommodations are in a four star hotel (not the "school dormitory with bath down the hall" offered by some other groups).

No college cafeterias either. Besides the festive welcoming dinner in a local restaurant, there is daily European breakfast, afternoon wine receptions and a midnight snack of cocoa and freshly-baked cookies.

A private lecture on KING LEAR is arranged for our group and there is a choice of Backstage Tour or a second lecture. On the way home we'll stop to investigate the Turtle Bay Museum and Butterfly Gardens. It is an exceptional trip and an excellent value. Join us!

For those going farther afield, the Blue Danube Cruise still has some cabins on the deluxe River Princess sailing from Prague to Budapest. Trip dates August 4 to 15. All aboard! **For further info call me at (707) 257-1804 or see me on campus each Tuesday.**

Happy Travels!  
*Susan Kennelty*

## COMMAND PERFORMANCES

### TIX BROWN BAG THIS THURSDAY

This Thursday at noon we will have Cara Crisman from Theatre Bay Area & TIX presenting a talk in the Maraschi room at Xavier Hall (the future Fromm Hall) on the west side of the Gleeson Library. Cara has been with TIX for many years and is their Director of Ticketing Operations. She is a very good speaker and very knowledgeable about all their operations. Many of you already use TIX to get great discounts on performing arts around the Bay. This is our first time having a representative from TIX come to speak to us, and thus your perfect opportunity to hear how TIX works in detail and to ask any questions you may have. You will learn how to get day-of-performance tickets at the TIX booths at Union Square and the Moscone Center, how to order 1/2-price tickets in advance (both online and through the mail) to performing arts from *Opera* to theatre and concerts, and so much more. I urge all of you to attend this talk and learn how TIX can save you a great deal of money in the future. I have tried to explain much of how they work over the past few years, but this is your one and only chance to learn first hand all about their great services.

As always this 'Brown Bag' talk will begin promptly at noon and be over in plenty of time to get to your afternoon classes. And for those of you who do not have classes on Thursdays, I do believe this would be well be worth your time and pocketbooks to make a special trip in to join us this Thursday. The talk is sponsored, as always, by your Student Association. Coffee and cookies will be provided. Bring your lunch along.

Next week will be my final column for the winter session. At that time I will bring you up-to-date as to what to expect in April from the new season ahead for the *Symphony*, the *Opera*, *A.C.T.*, and much more. Our Spring Session is the most active for those of you who want to order subscription tickets to the arts organizations, getting 1/2-price or better with student rates. Don't miss it!

*Bob Morgan*

## “Survivor: San Francisco...Tips for Healthy Living in our Great City”

Hello to all! Every year following the Superbowl (won this year by my very own New England Patriots!), CBS Television Network premieres its newest installment of their hit reality show, Survivor! I hate to admit it, but I absolutely love the show. Watching a bunch of grown adults get tossed onto a desert island and be forced to fend for themselves is what I call great entertainment! In fact, lately I have been thinking that I might be better off as one of Survivor's contestants living in the middle of the Pacific rather than living in a society full of convenience foods, physical inactivity, and a multitude of other barriers to healthy living. Suddenly, building shelters out of palm tree leaves and eating boiled rice for every meal sounds like a good alternative to heart disease, diabetes, cancer, and stroke. But, since none of us will be lucky enough to be on the show, I have decided to give you two important keys to surviving in our very own paradise: San Francisco.

### ***Survival Key #1: When in Doubt...Walk!***

We all have to make choices about how to get ourselves from place to place. Try to incorporate physical activity into your everyday life by choosing to walk every chance you get. We have one of the most beautiful cities in the world at our fingertips, walking is one of the best ways to experience it. The American College of Sports Medicine recommends an accumulation of 30 minutes of moderate intensity activity on most, if not all, days of the week. This amount of physical activity has the proven benefit of reducing the risk of developing many chronic diseases including heart disease, diabetes, stroke, certain types of cancer, and mild to moderate depression. Additionally, if someone is already dealing with chronic disease, regular physical activity can improve the management of the condition. Because the recommendation is for an accumulation of 30 minutes, it should not be difficult to accomplish this by simply walking a couple times during your day. So get out there, enjoy our city and take some steps (pun definitely intended!) to a more healthy life!

### ***Survival Key #2: Enjoy San Francisco's Restaurants (In Moderation!)***

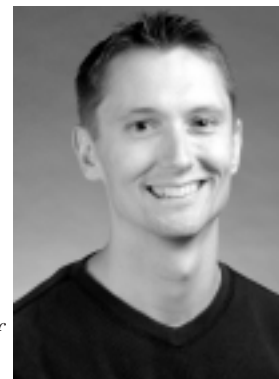
American, Chinese, Italian, French, Indian, Cambodian, Mexican, Russian, Vietnamese...etc., the ethnic diversity of our city is reflected in its variety of restaurants. Not surprisingly, San Francisco has the highest number of restaurants per capita of any city in the country. So, what's the problem? Most restaurants have portion sizes large enough to feed a small army! Many people consume far too many calories when they are out to eat because there is so much on the plate and it tastes so good. Instead, try this the next time you go out to eat: Split your order with a companion. You will get the same great food, not overeat, and even save a bit of money. Alternatively, if you are the only person crazy enough to try the Poached Turkish Sturgeon, get a doggie bag and bring home half of it to enjoy later. So, enjoy the offerings of San Francisco's restaurants. They should not be too hard to find!

Although these tips will not help you win the Survivor \$1 million prize, they are sure to keep you a bit healthier in our great city. Until next time, I'll see you on campus...unless I get a certain invitation from CBS Television!

### ***Reference:***

*American College of Sports Medicine. (2003). Recommended quantity and quality of exercise for developing and maintaining cardiorespiratory fitness in healthy adults. Medicine and Science in Sports and Exercise, 35, pp. 220-248.*

*Christian Thompson, Ph.D. is Assistant Professor of Exercise and Sports Management in the College of Arts and Sciences.*



## student by-lines

*If time is indeed the fire in which existence burns, then this week's Student By-Lines was most certainly drawn from the embers of a soul searching for fulfillment. Sadly metaphysical, it introduces us to the talent of Fromm Institute student writer Mary Heller and her protagonist whose recent past has been spent immersed in "Minutes and Hours and Days."*

### Minutes and Hours and Days

*by Mary Heller*

The clocks were old, and they had to be wound weekly, an activity somehow more gratifying than changing batteries in the various other timepieces stationed throughout the house. Wandering through the den or passing by the hall corner where the grandfather clock stood, she would remind herself to wind them before they stopped. It was a superstitious feeling, she knew it to be superstition, but still she felt compelled. As if those clocks were something of a heart fibrillator or a respirator; as though, with the proper manipulation, she could keep her husband's life going. She knew this clock winding to be simply a flag of her impotence to save him. But he had been sick for two years, and time had persisted. An unconscious determination to not think in dying time, but in living time led her to this clock prayer.

The clock on the tomato-red wall above her modest collection of red transferware, had once been in a train station. She had always imagined its home as some small town, like, maybe, Park Falls, Kansas, a community without pretensions, a minor place, more a stop than a destination. In a black case, its face old and stained, it had to be positioned just right in order to work. It was quirky enough to have personality, or as much as a clock might have. It announced the half hour and the hour in blunt and straightforward language – bong, bong, bong. She loved it because it was old, because it was plain, and because it survived.

The grandfather clock had stood in the large front hallway of her grandmother's house. As a child she had seen it as much larger, both stentorian and mysterious, with its moon and sun and landscapes rotating round and round to show the turning of the day. Recently restored to its original mahogany case, its bronze face polished, it stood in her hallway, lord of a similar landscape of Persian rug and mirror and round table, a u-shaped stairway and French doors leading to the living room. Unlike the train station clock, this one chimed every fifteen minutes, with an elegant prelude to its demarcation of the hour.

When she was winding clocks, he was either gone for another test, or walking tentatively around the block, or resting with the steady thrum of his oxygen machine going, or just sitting on the couch. His hours preempted, she was no more able to have gotten time with him, than she could have slowed the clocks for him. It made the clock-winding ritual even more senseless; in many ways he had already left. And because he had changed so, she found herself staring at old photographs, reassuring herself that she knew and loved this person she was with. They had been married 15 years.

Sometimes they sat together; often she listened while he spoke of fatigue, and he was listless, his spirit diminished and saddened. He told her that he knew she would do a better job of managing everything alone than he would; she told him she would trade places with him in a minute. He looked at her strangely, but offered no words, because he had no way to stand and look at her horizon. And because it is only those who feel lonely who listen to clocks ticking.

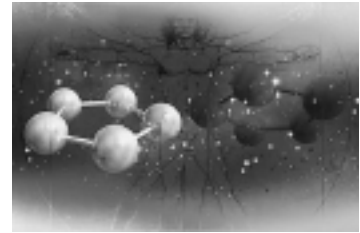
After he died she stood before the clocks at different times, as though they were the gates through which he had passed. He was on the other side of time, and had joined all the others who had once stood on this side of these clocks, timekeepers all, and thought they had had a clear conception of what was meant by the reality of time. She remembered him saying, about a year into his disease, that he was especially drawn to reading history these days, because all the people that he read about were dead. That made him feel that he was not alone in what he was about to relinquish. So she likes to believe that he had been gathered into this kinship, that he had taken his place in the retrospective.

But she just didn't know any longer where she was, in or out of time, in the past or the present, firmly in life, or standing in front of death. She simply knew that, for the living, nothing stays the same. And so the clocks no longer chanted of vital rhythms, but were impassive, unrelenting. In that way their ticking was more like death, where nothing ever changes.

*the end.*

## WONDERS OF SCIENCE SERIES

### WHO'S APING WHO?



While grammatically incorrect, this fascinating question will be the focus of our *Wonder of Science Series* this week on **Wednesday, February 25 at 10 a.m. in McLaren 252**. At that time, **Dr. Joanne Tanner** from **UC Santa Cruz** will lecture on the topic, "**Gorilla Talk,**" and share with us how she became interested in the "big questions" about the evolution of language, and her work with the sign-language using gorilla, Koko. She'll talk about communication and language in the primate order, generally discussing the natural intelligence the great apes possess that allows them to learn human symbols. Specifically, she'll explore why they express themselves most precisely in gesture, rather than in symbol.

Next week the *Wonders of Science Series* wraps up with an anticipated annual lecture from our series coordinator, **Dr. Jerold Lowenstein**. As he has done for so many years now, he'll capture our imagination and interest with his "**Science Update.**" Please join us for this traditionally wondrous conclusion to an exciting science lecture series. It will all take place on **March 3 in McLaren 252 at 10 a.m.** Everyone is welcome to attend.



### A RUSSIAN ART AND HISTORY TOUR WITH PROF. ROBERTA SHAW

Professor Roberta Shaw will again conduct her Russian Art and History Tour this fall from September 5 to 20, 2004. The trip focuses on Moscow and St. Petersburg - two of the most exhilarating cities in the world for those interested in the arts. There will be time to enjoy the splendid palaces, historic churches and museums with their treasures of European and Russian art. Daytrips to historic and beautiful nearby sites are included. Early September is an ideal time for a visit - the temperature is usually moderate and the ballet and opera seasons begin. **For more information and a brochure, please call Professor Shaw at 510-528-0708 or by email: shawroberta@hotmail.com.**

Coming soon to the Fromm Institute

**Monday, February 23**  
**Noon, Maraschi Room**

**Raising a New Rooftop - 'Brown Bag'**  
**"Rappin' with Robert"**

**Wednesday, February 25**  
**10 a.m., McLaren 252**

**Wonders of Science with Jeanne Tanner - UCSC**  
**"Gorilla Talk"**

**Thursday, February 26**  
**Noon, Maraschi Room**

**Comand Performances- 'Brown Bag'**  
**"Tix By Mail"**

**Tuesday, March 2**  
**Noon, McLaren 250/251**

**Fromm Institute Student Association presents**  
**"Telling Our Story" with Joan Cucek, M.D.**

**Wednesday, March 3**  
**10 a.m., McLaren 252**

**Wonders of Science with Jerold Lowenstein - UCSF**  
**"Science 2004 Update"**



**The Fromm Institute**  
**For Lifelong Learning**

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