



HAMPTON UNIVERSITY

Spring Issue



What Is Osher?

The OSHER Lifelong Learning Institute at Hampton University is a membership-driven organization offering noncredit courses to mature adults who want to improve their skills, explore new ideas, and interact with interesting peers in their community.

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What Are The Advantages?

- Annual Membership
- 3 OLLI Classes
- Free Parking at the W.O. Lawton Building
- Email updates about all OLLI at HU program offerings
- Subscription to the OLLI at HU quarterly newsletter
- Early notifications on OLLI trips and events



SALSA WITH MS. DEBORAH (DEDE) ANDERSON

JoKE of the Day

Mr. and Mrs. Brown had two sons. One was named Mind Your Own Business & the other was named Trouble. One day the two boys decided to play hide and seek. Trouble hid while Mind Your Own Business counted to one hundred. Mind Your Own Business began looking for his brother behind garbage cans and bushes. Then he started looking in and under cars until a policeman approached him and asked, "What are you doing?" "Playing a game," the boy replied. "What is your name?" the officer questioned. "Mind Your Own Business." Furious the policeman inquired, "Are you looking for trouble?!"

The boy replied, "Why, yes."

Puzzle of the Day

O	K	J	G	H	P	Z	F	V	X	Y	Z
G	I	S	R	U	W	B	B	O	O	T	S
A	T	Y	A	B	L	U	E	B	I	R	D
E	E	U	S	G	A	R	D	E	N	T	H
A	H	U	S	W	Y	W	B	K	M	U	K
P	X	U	K	Q	B	L	O	S	S	O	M
M	G	L	M	S	J	B	A	R	T	R	C
J	U	R	R	B	A	N	E	R	A	G	R
A	P	F	A	V	R	W	E	W	F	S	L
T	D	R	I	Q	O	E	V	S	K	V	U
U	L	I	N	L	L	G	L	C	T	R	G
L	D	A	F	F	O	D	I	L	N	V	R
I	V	U	E	P	J	H	O	J	A	C	E
P	W	I	Q	N	C	M	U	D	O	Q	E
S	E	E	D	S	B	S	Q	C	X	Q	N

Blossom

Bluebird

Boots

Chicks

Daffodils

Flowers

Garden

Grass

Green

Kite

Mud

Nest

Rain

Seeds

Tulips

Umbrella

Warm

HEALTH TIP OF THE DAY

This tip is provided from Healthier and Fitter at 60+ by Barbara Hannah Grufferman, AARP The Magazine, January 23, 2018

Beef up your brain. Instead of vegging out after dinner, beef up your brain.

Although cat videos may be addictive, they don't improve your focus the way puzzles or knitting or woodworking projects can. And if you don't have the energy to do more than watch TV, stream an online course or TED talk – to feed your mind.





Herb-Roasted Chicken WITH MELTED TOMATOES

1/2 medium red onion, roughly chopped
1/2 cup roughly chopped fresh parsley
1/2 cup roughly chopped fresh cilantro
1/4 cup roughly chopped fresh tarragon
1/4 cup roughly chopped fresh dill
1/4 cup chopped walnuts
3 cloves garlic | 1/4 cup extra-virgin olive oil
1 tablespoon red wine vinegar
Kosher salt and freshly ground pepper
1 cup plain yogurt
1 6-to7-pound roasting chicken
2 pounds plum tomatoes, halved lengthwise

RECIPE FOR THE SEASON

1. Preheat the oven to 450 degrees. Pulse the onion, parsley, cilantro, tarragon, 2 tablespoons dill, walnuts, and garlic in a food processor. Add 3 tablespoons olive oil, vinegar, 2 teaspoons salt, and pepper to taste; pulse until smooth.
2. Stir half of the herb paste with the yogurt in a small bowl; cover and refrigerate.
3. Season the chicken inside and out with salt and pepper. Loosen the skin with your fingers; rub some of the remaining herb paste under the skin and the rest on the outside of the bird. Truss the chicken. Place in a roasting pan; roast until the skin turns golden, about 30 minutes.
4. Reduce the oven temperature to 375 degrees. Toss the tomatoes with the remaining 1 tablespoon olive oil in a bowl; season with salt and pepper. Baste the chicken with the drippings and add the tomatoes, cut-side down, to the pan. Continue roasting until a thermometer inserted in the thickest part of the thigh registers 155 degrees, about 1 hour. Season with salt and pepper; let the chicken rest 10 minutes before carving.
5. Arrange the chicken and tomatoes on a platter; sprinkle with the remaining 2 tablespoons dill. Serve with the yogurt sauce.

RECIPE COURTESY OF FOOD NETWORK KITCHEN
From: Food Network Magazine

COMMUNITY NEWS

Words to PONDER



Gratitude manifests as a feeling of being blessed by life. Be grateful for everything in your life. Be grateful often. Being grateful is the express train to feeling blessed and joyful.

Jacqueline Ortiz, Extraordinary You

Grateful Quotes