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**THE EVIL WEED OR... GOD'S GIFT TO HUMANITY**  
MICHELE A ROMANO, MD (RETIRED)  
tufax2@gmail.com

**大麻**

**THE MOST POPULAR WAYS TO CONSUME CANNABIS**

**IN AN UNEXPECTED 2023 SURVEY RECOMMENDING CANNABIS FROM SCHEDULE I TO SCHEDULE II PROGRESSIVE STATES HAS INCREASED FROM 17% IN 2018 TO 23.9% TODAY.**

**THE AGING PROCESS CAN AFFECT HOW OLDER ADULTS RESPOND TO CANNABIS**

**TAKE HOME POINTS**

Photos by Paul Van Hemel, July 10, 2024

*Dr. Michele Romano, Board Member and Health and Safety Advisory Committee Chair, offered a thorough and informative presentation on cannabis July 10*

## July 19, 2024

Editor of the Week: John Nash

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### Alerts & Notices

- OLLI Personal Computer User Group meets Saturday, July 20 (tomorrow) in person and via Zoom; check the OLLI daily-schedule email for the Zoom link and other information.
- The next issue of *OLLI E-News* will be published Friday, July 26; the regular deadline for submission of items is Tuesday, July 23, at 6:00.

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### Dance Club Interest Meeting



*By Lila Goldstein, Dance Club Coordinator*

Do you like to dance, listen to music, meet people, and have fun? Join us for a "dance club interest meeting" via Zoom on Tuesday, July 30 at 2:00. The Zoom link will be included in the OLLI daily schedule.

No expertise in dancing is needed. Your ideas and suggestions are welcome for making this another great OLLI activity.

If you have questions, please email Lila Goldstein at <mailto:lwgoldstein@gmail.com>.

*Editor's note: This article appeared in a prior E-News issue; it is repeated here to foster interest in an OLLI dance club.*



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### Dog Days of Summer



**By John Nash, E-News editor**

Is it hot enough for you? Summer heat always seems to occur during the summer—a no brainer, huh?—but in the last few years, the summers have seemed to be hotter and sooner. You recall the pronouncement last year that “2023 will be the coolest summer we will have for a long time.” And it was HOT last summer! These are definitely the “dog days of summer!”

So how did we get the term “dog days of summer?” Since there is some space in this week’s *E-News*—and I’m the editor—a little research will tell us.

This reference to the hot summer months is nothing new. The “dog days of summer” refers to the hottest and most humid period of the year, traditionally lasting from July 3 to August 11. This term originates from ancient Greek and Roman times and is connected to the star Sirius, known as the Dog Star, which is part of the constellation Canis Major (the Greater Dog).

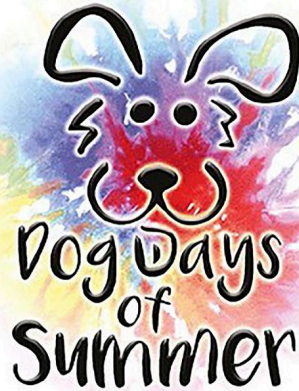
Ancient Greeks noticed that Sirius rose and set with the sun during this period, coinciding with the hottest days of the year. They believed that the combined heat from Sirius and the sun caused the extreme temperatures. The term “dog days” comes from the Latin phrase “dies caniculares,” meaning “days of the dog star.”

In ancient Egypt, Sirius’s rising also signaled the annual flooding of the Nile, an event crucial for agriculture. However, in Greek and Roman mythology, this period was often seen as a time of misfortune, associated with drought, fever, and bad luck. The *Old Farmers’ Almanac* helped readers (mostly farmers) blame any crop disasters, like no rain or intense summer heat, on the “dog days of summer.”

While the appearance of Sirius does not actually affect the weather, the association with the hottest part of summer has persisted. Today, the “dog days” are still recognized as the peak of summer heat, influenced primarily by the Earth’s tilt and the resulting direct sunlight. And maybe a little “global warming” is helping, too!

So now you know about the “dog days of summer.” Advice: stay inside, stay cool, and be glad we’re not in Arizona!

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## Photo of the Month



The July 2024 Photo of the Month theme was The Color Green. We selected John Olsen's photo "Steptoe Butte," which may also be viewed at [this page](#). To view other photos by members of the Photography Club, visit the club's photo [website](#).

**-- By John Olsen and Edward Marion, Photography Club Co-Coordinators**

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## Poet's Corner

*Courtesy of the Poetry Workshop*

### Summer Idle

the mall is awash in plaid shorts  
 a security guard listens to Boy George on the radio  
 you come and go, you come and go  
 there's a strange scent in the air  
 coconut cream pie latte  
 mother and daughter pairs stroll by  
 dressed like Barbie and Midge with matching purses  
 how much energy it takes to look like everyone else  
 toddlers in training on a perfect summer day  
 marching up and down the aisles of plenty  
 some day this all will be theirs  
 young men wearing jeans with the crotch around their knees  
 sunshine streams in through the skylight  
 you can almost feel a breeze

- Susan Bennett

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## Obituary: Norman Eric Nelson

Norm Nelson, former OLLI member who joined in the fall of 2009, died in Annandale on July 12, 2024. After service as an officer in the Navy, he attended the University of Illinois, obtaining a law degree. Norm enjoyed studies in history and music.

There will be a memorial visitation at 12:00 and a service at 1:00 on Sunday, July 21, 2024, at the Fairfax Memorial Funeral Home, 9902 Braddock Road, Fairfax, VA. Further information is available at this [link](#).

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## Arts & Music at George Mason

Performances July 19 through July 27



By Shelly Gersten, OLLI E-News Staff Writer

For tickets for either Center for the Arts Concert Hall (CFA) or Hylton Center, call 1-888-945-2468. You can also buy tickets online through the event calendar (see links below) or visit the venue's box office. For more information, see the [CFA ticket page](#) or the [Hylton Center ticket purchase page](#).

Dr. Linda Apple Monson produces a periodic "Notes from the Director." This email is full of information on interesting online performances by the students and faculty of the School of Music. If you would like to receive these bulletins, just sign up at [this link](#) to stay in touch. Also, the Center for the Arts has a website, [Mason Arts at Home](#), which has a calendar of online events and access to many past performances.

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### At the Fairfax Campus Venues

**No performances this month**, but single tickets for next season's performances go on sale for non-subscribers August 1. Check [CFA ticket purchase page](#) for schedule of performances.

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### Mason Student and Faculty Performances

(see [music.gmu.edu](#) for additional student recitals)

**No Performances**

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### At the Hylton Center (Manassas Campus)

#### Prince William Little Theatre: *110 in the Shade*

Fri, Jul 19, 8:00

Sat, Jul 20, 2:00 and 7:00

Sun, Jul 21, 2:00

Gregory Family Theater

Admission: \$30 Adult, \$25 Senior.

#### ARTfactory's Pied Piper Theatre: *Anastasia The Musical (Youth Edition)*

Friday, Jul 26 at 7:00

Saturday, Jul 27 at 2:00

Saturday, Jul 27 at 7:00

Merchant Hall

Admission: \$25 Adult, \$20 Senior.

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For further details on any of the above events, see the [CFA event calendar](#) and the [Hylton Center event calendar](#).

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*Life is a lot like jazz...  
it's best when you improvise.  
- George Gershwin*

## Meetings & Clubs

**Please note:** OLLI Meetings and Clubs may currently take place in several formats: some are in person only, some are online only, and some are hybrid, meaning that they take place in person and are accessible online simultaneously. OLLI events and activities meeting online bear the identification "Z" in their course or event number (except clubs; you may need to check the [OLLI calendar](#) and daily schedule email for location and other event information). Refer to the university's [coronavirus website](#) for official university updates.

The following list covering the next two weeks is extracted for your convenience from the master online calendar maintained by the office. The list is accurate as of mid-week, but for the most up-to-date information, please view the latest forecast of coming events on our website ([News/OLLI Calendar](#)). *Note: All OLLI members are welcome at, and encouraged to attend, meetings of the Board of Directors, committees and resource groups, kick-off coffees, etc. The OLLI office has sent (or will send) emails with links and meeting passwords to club members; you may also log in at the [member portal](#) and click on ZOOM CLASS LINKS.*

Sat Jul 20	10:30 am 1:00 pm	Tai Chi Club – online Personal Computer User Group
Mon Jul 22	9:30 am 10:00 am 10:00 am	What's in the Daily News? – online Board Game Club Bridge Club
Tue Jul 23	1:00 pm 4:30 pm	Stay Active and Independent for Life – online Tai Chi Club – online
Wed Jul 24	2:00 pm 4:00 pm 4:00 pm 4:00 pm 7:00 pm	Memoir and More Writing Group – online Mah Jongg Club – online Theater Lovers' Group Conversation with Team Bloch – online New Zealand and Ireland Travel – online
Thu Jul 25	4:30 pm 6:00 pm 7:00 pm	Tai Chi Club – online Ethnic Eats Club – online Canada and Portugal Travel – online

Fri Jul 26	9:30 am 10:00 am 11:00 am 12:00 noon 1:00 pm 2:30 pm	Crafts and Conversation Spanish Club Homer, etc. – online Photography Club Stay Active and Independent for Life – online Caregivers Support Group – online
Sat Jul 27	10:30 am	Tai Chi Club – online
Mon Jul 29	9:30 am 10:00 am 4:00 pm	What's in the Daily News? – online Bridge Club Family History/Genealogy Club – online
Tue Jul 30	1:00 pm 2:00 pm 4:30 pm	Stay Active and Independent for Life – online Dance Club Interest Meeting – online Tai Chi Club – online
Wed Jul 31	4:00 pm	Conversation with Team Bloch – online
Thu Aug 1	4:30 pm	Tai Chi Club – online
Fri Aug 2	9:30 am 9:30 am 9:30 am 11:00 am 1:00 pm	Dabbling Artists Mah Jongg Club Crafts and Conversation Homer, etc. – online Stay Active and Independent for Life – online
Sat Aug 3	10:30 am	Tai Chi Club – online

## About OLLI E-News

OLLI E-News was created by Rod Zumbro, who served as its editor from 2005 to 2013.

### Editorial Staff

Chief Editor: Paul Van Hemel  
Associate Editor: David Gundry

Weekly Editor Team: David Gundry, John Nash, Sheri Siesseger, Paul Van Hemel

Proofreaders: Rebecca Jann, Susan Van Hemel, Tom Appich, Martha Kossoff, Anne Hartshorn, Bonnie Becker, Carol McManus

**Submissions:** Members are encouraged to submit letters to the editor, letters to Ms. Ollie Ettakit (on etiquette matters), OLLI-related news items, articles, and photos. Submit material to: [ollinewseditor@gmail.com](mailto:ollinewseditor@gmail.com).

**Deadline:** Tuesday, 6:00, for that week's issue (Monday, 6:00, for letters to the editor); early submissions are greatly appreciated. Please limit articles to about 250 words.

**Note:** You can view past issues of OLLI E-News on the DocStore. To search the content of issues, use Search Our Site or put your search term in Google followed by "site:olli.gmu.edu/" without the quotes.

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r because either you are a current OLLI member or you have  
ou are an OLLI member who did not renew your membership.

