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<p>802F: DNA's Secret Life: Jumping Genes are Rewriting Our Genetic Story and Reshaping Medicine</p> <p>Suresh Mohla smohla16@gmail.com</p>	<p>Why Focus on Jumping Genes? 21st century science with immense clinical significance</p> <p>Medical & Biotech Implications</p> <ul style="list-style-type: none"> • that risk is cancer and drug resistance • as drug delivery agent <p>Shifting Scientific Paradigm most ignored jumping gene flow</p> <p>novelty of genome and rapid massive genetic changes, providing a dynamic view of nucleotide evolution in <i>Humo sapiens</i></p>	<p>ENCODE: The Encyclopedia of DNA 2000-present, with periodic updates</p> <ul style="list-style-type: none"> • During 2012-2014 summary, 39 papers in 2012 (novel discoveries) • groundbreaking results showing that non-HERV retrotransposons, or jumping genes • are not "junk" but are highly active, functional components of the human genome.
<p>Since we separated from the chimpanzees – 6-8 million years ago, the human genome has added:</p> <ul style="list-style-type: none"> • Forty million ranges, and – 48 new genes <p><i>Initial sequence of the chimpanzee genome and comparison with the human genome. Nature September 2006, Vol 437:69-87, with 67 Co-Authors</i></p> <ul style="list-style-type: none"> • Differences between human and chimpanzee genomes and their implications as gene expression <i>BMC Genomics 21, 333 (2020), DOI: 10.1186/s12864-020-06063-6</i>, with 16 co-authors 	<p>• 'Jumping genes' repeatedly form new genes during evolution</p> <ul style="list-style-type: none"> • By Krishna Ramanujan February 19, 2021; <i>Cornell Chronicle</i> • In the same way that Lego pieces can be arranged in new ways to build a variety of structures, genetic elements can be mixed and matched to create new genes • In essence you are shuffling pieces of genes (called exons). 	<p>What regulates hippocampal neurogenesis – our memory center? Take notice!</p> <ul style="list-style-type: none"> • Increase: Exercise, environmental enrichment, and learning stimulate neurogenesis. • Decrease: Stress, sleep deprivation, and aging decrease it. • Clinical Potential: It is linked to the pathogenesis of neuropsychiatric disorders (like depression) and offers potential for regenerative medicine in neurodegenerative diseases.
<p>Healthy Aging vs. avoid chronic disease as long as possible</p> <p>Healthy Aging</p> <ul style="list-style-type: none"> • Chronic inflammation increases Arterial plaque <p>Arterial plaque</p> <ul style="list-style-type: none"> • Neurodegeneration • Alzheimer's • Depression • Metabolic disease • Diabetes • Obesity • Cardiovascular disease • Autoimmune disease • Chronic kidney disease • Chronic liver disease • Chronic lung disease • Chronic eye disease • Chronic ear disease • Chronic skin disease • Chronic bone disease • Chronic dental disease • Chronic reproductive disease • Chronic infectious disease • Chronic cancer 	<p>Aging = Inflammation = Inflammaging</p> <p>Aging is characterized by a progressive decline in physiological functions and functional capacity, often accompanied by chronic, low-grade systemic inflammation phenomenon termed "inflammaging"</p> <ul style="list-style-type: none"> • This persistent inflammatory milieu contributes significantly to neurodegeneration • Impaired brain – muscle coordination, and • reduced mobility. • collectively diminishing quality of life, particularly among older 	<p>Healthy Aging vs Inflammaging</p> <p>Chronic low- grade inflammation builds up in the body as we age → our immune system in a persistent peace mode</p> <ul style="list-style-type: none"> • Low grade inflammation (chronic) – you can feel the overall physiological inflammation – e.g. spleen or enlarged spleen • Causes? Low efficient immune system – less efficient at clearing up through cells – cellular debris pile-up, toxicity, inflammation • Are efficient cleaning crew that keep jumping genes under lock and key • Brain – immune system will get up to the frontlines! • Proteins, not eating proteins – available through stress. <p>Photos by Paul Van Hemel, Spring 2026</p>

Suresh Mohla, Ph.D. and Endocrinologist, presented a highly informative analysis of recent/current research on the genetics of jumping genes and promising breakthroughs in clinical treatments

April 10, 2026

Editor of the Week: Deborah Kruesi

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Alerts & Notices

- Throughout the spring term, you may use this [online form](#) to add or drop classes, clubs, or other events.
- Remember to check the [catalog updates list](#) on the website.
- Note that one of the canceled Reston classes is available in Fairfax ([802F](#)).
- The next issue of *OLLI E-News* will be published Friday, April 17; the regular deadline for submission of items is Tuesday, April 14, at 6:00.



We can SEE you. Please remember to turn your camera OFF during a Zoom class while performing personal tasks such as eating, walking from room to room, or preparing a snack.

Thank you :)

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Spread the Word: OLLI Mason's Inaugural Ideas Festival!



By Nancy Klein, Communications Associate

On May 8-9, 2026, we will host our very first OLLI Ideas Festival at Tallwood. This free, two-day open-house event is designed to inspire continued learning and connection for adults aged 50 and above, offering a glimpse into all that OLLI Mason has to offer.

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history and health. Walk and Talk will venture to the main campus for a public art tour, and the festival will close with a panel discussion, "Global Perspectives on Longevity," on Saturday, May 9 at 3:00, featuring experts from George Mason University. You are welcome to stop by for one session, one day, or both days. Bring a picnic lunch or order lunch from food trucks on site.

We know how much you value the learning and camaraderie at OLLI Mason, and we encourage you to share this exciting news with friends, family, and anyone you know who might be interested in exploring new passions and connecting with others. Flyers are available at the main office. Visit the OLLI Mason Facebook Page: https://www.facebook.com/OLLI_Mason/ or scan the QR code below for more information.



Osher Lifelong Learning Institute
4210 Roberts Road
Fairfax, VA 22032
olli.gmu.edu

Let's make our first Ideas Festival a huge success by spreading the word far and wide! For more information and to RSVP, visit olli.gmu.edu.

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Hexagon Presents Its 70th Not-To-Be-Missed Show: Lollapaloozers!



By **Norma Jean Reck**, Theater Lovers' Group Coordinator

Are you a feeling a bit overwhelmed and tired out by the current political situation we find ourselves in today? Could you use an emotional lift and a few really good belly laughs? Then be sure to join OLLI's Theater Lovers Saturday, April 25 for the 3pm performance of Hexagon's

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It's non-partisan, of course. We will have an optional lunch in Shirlington where you can park your car, then Uber to the theater for convenience. We'll carpool. Tickets are \$44.75 and can be purchased online at atlasarts.org. We welcome guests, so do your friends a favor and invite them to share a few laughs with you. Please email me at njreck@cs.com to let me know you will be joining us.

Editor's Note: At the author's request, all words are published unedited, exactly as submitted.



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TO YOUR HEALTH....

Modifying or eliminating these 5 risk factors at age 50 can add an additional 10 years to a person's lifespan: (1) high blood pressure, (2) overweight or obesity, (3) diabetes, (4) smoking, (5) high cholesterol: [Global Effect of Cardiovascular Risk Factors on Lifetime Estimates | New England Journal of Medicine](#). **It's never too late to start.**

From the Healthcare Advisory Workgroup

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Computer Club

**3rd Saturday, April 18
2026 Consumer Electronics Show
Windows 11 Keyboard Shortcuts**



By **Paul Howard**, OPCUG Program Chair

The Computer Club (OLLI Personal Computer User Group, or OPCUG) will meet with its partner, the Potomac Area Technology and Computer Society (PATACS), on Saturday, April 18, in person at

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[RS](#)**2026 Consumer Electronics Show—Presented by Rob Pegoraro**

Sights and Sounds: What's new in the world of Consumer Electronics and related technology?

Rob Pegoraro tries to make sense of computers, consumer electronics, telecom services, the Internet, software and other things that beep or blink through reporting, reviewing and analysis. You can find him at *PCMag*, *Fast Company*, *Wirecutter*, and many other outlets; from 1999 to 2011, he was the *Washington Post's* tech columnist. He once received a single-word e-mail from Steve Jobs and may be the only person to have written for both *Reader's Digest* and *Boing Boing*.

Learn in 30: Windows 11 Keyboard Shortcuts—Presented by Frank Fota Want to move faster and work smarter in Windows 11? Join us for an interactive presentation by PATACS Director at Large Frank Fota, who will demonstrate the power of keyboard shortcuts. You'll discover how simple key combinations can streamline your daily workflow, minimize mouse use, and boost productivity across common tasks—from window management and desktop navigation to file organization and system controls.

This guided session organizes essential shortcuts into practical, easy-to-learn categories, helping you build lasting muscle memory for effortless efficiency. Whether you're a casual user or a power user in the making, you'll leave with tools to make Windows 11 feel faster, smoother, and tailor-made for you.

See full details on this meeting by [clicking here](#). For information on the Computer Club, see the [OPCUG Website](#). OPCUG dues are \$5 and are now due for 2026 (and 2025, if you didn't get around to paying earlier!)—see <http://olligmu.org/opcug/comm.html> for details on making payment.

To attend via Zoom's cloud meeting service, beginning at 12:45, please click: <https://olligmu-org.zoom.us/j/87181894687?pwd=jeej4aqXUEcbKuULWcx9ACTgISnrCF.1> to join the meeting and use passcode 468224. (*Note*: enter passcode with NO spaces) or enter meeting ID 871 8189 4687 in the Zoom app and use the above passcode (preferred method).

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Poet's Corner

*Courtesy of the Poetry Workshop***Passage of Time**

I remember Mother when vexed saying,
Where *does* the time go?
No doubt she meant not only the hours
in the day, but the weeks, months, years
of our allotted time.
We cannot see times past

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but we can neither hear nor touch it.
At times we find it hard to remember
what worried us last week, last month,
last year.
Like a river, time flows on around us
reminding us that we can do better
at meeting our intentions.
Mother's rhetorical question
haunts me still.

—Jan Bohall[Back to Top of Page](#)



By Shelly Gersten, OLLI E-News Staff Writer

The College of Visual and Performing Arts (CVPA) has several web sites of performances, talks etc.

[CFA ticket purchase page](#)

[Center for the Arts YouTube channel](#)

[Hylton ticket purchase page](#)

the new <https://masonartsimplified.gmu.edu/>

music.calendar.gmu.edu/

theater.calendar.gmu.edu/

<https://dance.calendar.gmu.edu/>

masonexhibitions.org/

and if you miss a live performance, there is a pay-per-view for many:

<https://cfa.gmu.edu/events/paid-digital-performances>

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 above) or visit the venue's box office.

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

Peppa Pig – My First Concert

Sat, Apr 11, 1:00 and 4:00

Family-friendly activities in the Center's main lobby start one hour prior to the performance, featuring an interactive instrument petting zoo with Mason Community Arts Academy faculty members.

Center for the Arts

Admission: \$65, \$56, \$41.

Circa

Sun, Apr 12, 7:00

A pre-performance discussion with Circa Tour Director Nathan Boyle begins one hour prior to the performance.

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Fairfax and Arlington Campuses Visual Arts

(details can be found at <https://www.masonexhibitions.org/>)

The Prescription is Home

Through April 18, 2026

Mason Exhibitions, Arlington Campus

Voices Held in Earth: Mary Bowron's Silent Witnesses

Through April 24, 2026

School of Art & Design 1st Floor Lobby

Fairfax Campus

Living the Prescription

Through May 8, 2026

Founders Gallery, Arlington Campus

Paper as Politic

Gillespie Gallery, School of Art and Design

April 13–23, 2026

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Mason Student and Faculty Performances

(see music.gmu.edu for additional student recitals)

Mason Jazz Vocal Night

Mon, Apr 13, 8:00

Center for the Arts

Admission: \$19 Adult, \$14 Senior.

Jazz Workshop Concert

Wed, Apr 15, 8:00

Harris Theatre

Admission: Free and Open to the Public

Mason Bands Anniversary Concert: 55 Years of Mason Bands

Fri, Apr 17, 7:30

Center for the Arts

Admission: \$24 Adult, \$19 Senior.

Sat, Apr 18, 2:00 and 7:30
 Sun, Apr 19, 2:00
 deLaski Performing Arts Building, A105, TheaterSpace
 Admission: \$19 Adult, \$9 Senior.

Shawn Purcell Jazz Combos and Steel Pan Ensemble Concert
 Mon, Apr 20, 8:00
 Center for the Arts
 Admission: Free.

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At the Hylton Center (Manassas Campus)

American Festival Pops Orchestra: Celebrating America's 250 Years!
 Sat, Apr 11, 8:00
 A pre-performance discussion begins one hour prior to the performance with Bryan Kidd.
 Merchant Hall
 Admission: \$65, \$56, \$41.

The U.S. Army Concert Band
 Fri, Apr 17, 7:30
 Merchant Hall
 Admission: Free.

Ordway Ballet: The Wizard of Oz
 Sat, Apr 18, 1:00 and 5:00
 Merchant Hall
 Admission: \$41, \$38, \$35 Adult; \$39, \$36, \$32 Senior.

TheaterWorks USA: Click, Clack, Moo
 Sun, Apr 19, 1:00 and 4:00
 (4:00 performance is sensory-friendly.)
 Merchant Hall
 Admission: \$24.

VISUAL ARTS

Fountain of Truth
 Buchanan Partners Art Gallery
 Hylton Performing Arts Center
 Through April 11, 2026

Buchanan Partners Art Gallery
 Hylton Performing Arts Center
 Tue, April 14–June 20, 10:00

Offerings to the Potomac: Acknowledging Indigenous Place
 Through May 15, 2026
 Buchanan Hall Atrium Gallery, Manassas Campus

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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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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).

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. *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., **bolded below**. The OLLI office has sent (or will send) emails with links and meeting passwords to club members.*

Sat Apr 11	10:30 am	Tai Chi Club – online
Mon Apr 13	9:20 am	What's in the Daily News? – online
	4:00 pm	Chair Yoga and More – online
Tue Apr 14	2:00 pm	Chair Yoga and More – online
	3:45 pm	Caregivers Support Group – online
	4:30 pm	Tai Chi Club – online
Wed Apr 15	11:50 am	Investment Forum
	12:00 noon	Chair Yoga and More – online
	1:30 pm	Board Game Club
	1:30 pm	Bridge Club
	1:30 pm	OLLI Artists Club

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Thu Apr 16	11:50 am 3:00 pm 4:30 pm	All the News Chair Yoga and More – online Tai Chi Club – online	
Fri Apr 17	9:30 am 10:00 am 10:00 am 10:00 am 11:00 am 12:00 noon 2:00 pm	Crafts and Conversation Board of Directors Meeting Mah Jongg Club Game On: Talking Sports Club – online Homer, etc. – online Chair Yoga and More – online Classic Literature Club – online	
Sat Apr 18	10:30 am 1:00 pm	Tai Chi Club – online OLLI Personal Computer User Group	
Mon Apr 20	9:30 am 4:00 pm 4:00 pm	What's in the Daily News? – online Family History/Genealogy Club – online Chair Yoga and More – online	
Tue Apr 21	2:00 pm 4:00 pm 4:30 pm	Chair Yoga and More – online Mah Jongg Club – online Tai Chi Club – online	
Wed Apr 22	11:50 am 12:00 noon 1:30 pm 1:30 pm 4:00 pm 4:00 pm	Investment Forum Chair Yoga and More – online Board Game Club Bridge Club Spanish Page Turner Club – online Theater Lovers' Group – online	
Thu Apr 23	11:50 am 3:00 pm 4:00 pm 4:30 pm	All the News Chair Yoga and More – online Literary Fiction Book Club – online Tai Chi Club – online	
Fri Apr 24	9:30 am 9:30 am 10:00 am 11:00 am 12:00 noon 2:00 pm 4:00 pm	Photography Club Crafts and Conversation Mah Jongg Club Homer, etc. Chair Yoga and More – online Classic Literature Club – online French Conversation and Happy Hour – online	
Sat Apr 25	10:30 am	Tai Chi Club – online	

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About OLLI E-News

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

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Associate Editors: David Gundry, Deborah Kruesi			
Weekly Editor Team: Chloe DiStaso, David Gundry, Deborah Kruesi, Chitra Mohla, John Nash, Paul Van Hemel			
Proofreaders: Rebecca Jann, Susan Van Hemel, Thomas 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: ollienewseditor@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 <i>OLLI E-News</i> 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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