

BRIEFS

Spring sale, book fiesta at library

The Friends of Rose Garden Library are holding their Spring Book Sale on April 30, with thousands of books in all genres available for purchase. All proceeds benefit the Rose Garden Library.

The event, set for 10 a.m. to 2 p.m., coincides with a Book Fiesta taking place in the community room of the library, located at 1580 Naglee Ave. Children can make their own books at that event, being held in conjunction with Dia de los Niños, a national initiative that emphasizes the importance of literacy for all children from all backgrounds.

For more information about joining or volunteering with the Friends of the Rose Garden Library, contact Sharin Greenleaf at sharin-greenleaf@yahoo.com.

Bell team ranks first at FIRST

For the ninth consecutive year, the Cheesy Poofs—an alliance of Bellarmine College Preparatory's Team 254 with teams from Davis and Lodi—took first place in the Silicon Valley Regional FIRST Robotics Competition, held April 6-9 at San Jose State University.

Team 254's robot, Drop-shot, was designed and built in Bellarmine's newly expanded robotics lab on campus.

The FIRST competition drew 64 teams, the majority of which were from California, although teams from Hawaii, Istanbul and China also participated.

Team 254 will next compete in the World Championships in St. Louis, April 27-30.

NEWS

Lecture series deals with gray areas of aging

Chocolate and crime scenes too

By ANNE GELHAUS

Hercule Poirot, the Belgian detective who solved many an Agatha Christie murder mystery, was forever touting the benefits of keeping one's "little gray cells" active.

While most people never have to worry about finding out "whodunnit," the staff at Bay Area Older Adults wants to help local residents ages 50 and older keep as much of their gray matter intact as possible.

To that end, the nonprofit's Healthy Living Program sponsors a year-round educational lecture series, with topics ranging from potential drug side effects to experiments conducted in outer space.

Other topics directly address the memory loss that accompanies aging, particularly in its most severe forms. A May 3 lecture, "Understanding Alzheimer's and Dementia," will address their causes and signs, as well as preventative measures, diagnoses and treatment.

That lecture will be held in the community room of the Eden-



A participant at Bay Area Older Adults' 'Probiotics and the Microbiome' lecture waits to ask the speaker, Dr. Nusrat Khaleeli, a question. Khaleeli will repeat the lecture in November at both the Calabazas and Edenvale libraries.

vale Library. As Bay Area Older Adults has partnered with the San Jose Public Library for this year's lecture series, other venues are the Educational Park and Calabazas branches.



At a Bay Area Older Adults chocolate seminar, participants learn about the cacao industry, the chocolate making process and the unique stories of chocolate makers, and enjoy a tasting of chocolates from around the world.

"Our partnership with [Bay Area Older Adults] allows us to...promote the mental health and intellectual curiosity of older adults," says Educational Park librarian Renee Gimelli.

While about half the lecture topics are geared toward health sciences, the rest are fun, like a recent "chocolate seminar," and/or historically or culturally relevant. Bay Area Older Adults executive director Anne Ferguson says one of the most popular lectures in the 4-year-old series is "Crime Scene Investigation Bay Area," a virtual tour of crime labs that features stories of real Bay Area crimes. This year's CSI tour is set for July 12.

Many lectures, particularly those on medical issues, are given at more than one participating library. Dr. Nusrat Khaleeli has already presented his lecture on "Probiotics and the Microbiome" and will give it twice more in November. Among other issues,

Khaleeli discusses the benefits of probiotics and the effects that antibiotics and pesticides have on the body's beneficial bacteria.

"There is a lot of misinformation in the media," Khaleeli says, "and it is important that we explain, in an easily understandable manner, the underlying science."

To make sure participants understand the material, they're free to ask questions of the lecturer and are given time after each presentation to discuss what they've learned. Those who've attended past lectures say they appreciate this relaxed atmosphere.

"It adds an important dimension to my learning," says one participant.

Events in the Bay Area Older Adults' Educational Lecture Series are \$10-\$15. For a full series schedule or to register, visit bayareaolderadults.org/2016-bao-lectures.