



Tuesday, September 28, 2004

## Lunch & Learn Series back for second year

By **Dawn Pauli**, contributing writer

The fall 2004 Lunch & Learn Series, presented by the Center for Student Activities (CSA), is under way this semester, giving students, faculty and staff the chance to learn something new, while eating lunch and relaxing.

"We got a great response last year, so we continued it this year with new topics," said Jean Ann Miller, director of the Center for Student Activities. "Our goal is for people to come for an hour between classes or work to relax and enjoy a new topic, and hopefully they'll find something interesting and jumpstart a new hobby. It's fun, entertaining and educational at the same time."

This semester's topics range from chocolate, scrapbooking, creating beautiful pastries, houseplant care and aromatherapy. Anyone with topic suggestions can contact Miller at (248) 370-4332.

Participants should bring their lunch, and dessert will be provided. All events are free and open to students, faculty and staff. OU faculty and staff should register online through the Faculty and Staff Training Web site.

### Lunch & Learn Series Schedule

- **Thursday, Sept. 23, Noon–12:30 p.m.**

Kresge Library Student Lounge

**Topic: The History of Chocolate**

Some would suggest that chocolate is a necessity of life. María Domínguez will share the history of chocolate in honor of Hispanic Celebration 2004 and will provide a free delicious sample. The film "Like Water for Chocolate" follows this presentation.

- **Tuesday, Oct. 5, Noon–1 p.m.**

Oakland Center Rooms 128-130

**Topic: Scrapbooking for Beginners**

Do you have boxes of photographs and items of special significance just waiting to be organized into your own special book? Lisa Martin, a Creative Memories consultant, will present artistic techniques for preserving your memories. This is a hands-on opportunity - bring five or six related photos and learn ways to crop them using Martin's tools.

- **Wednesday, Oct. 20, Noon–1 p.m.**

Oakland Center Rooms 128-130

**Topic: Relaxation through Aromatherapy**

Have you ever wondered if aromatherapy can help reduce stress in your life? Oakland alumna Karen Stokes, owner of Crystal Treasures in Pontiac, offers a live demonstration on the benefits of aromatherapy. Don't miss this opportunity to find a moment of rest during the hectic week.

- **Wednesday, Nov. 17, Noon–1 p.m.**

Oakland Center Rooms 128-130

**Topic: Houseplant Care and Greenhouse Operations**

The staff of Meadow Brook Greenhouse will present the basics on keeping your houseplants healthy. They will also present an overview of the Meadow Brook Greenhouse operations, which is located on the east side of Oakland's campus. Don't miss this opportunity to receive your "cutting" from Meadow Brook's own

greenhouse specialists.

- **Monday, Dec. 6, Noon–1 p.m.**  
Oakland Center Rooms 128-130

**Topic: Pastries for the Holidays**

Have you heard that “it’s all in the presentation?” Chef Jerry of Chartwell’s will demonstrate festive pastry and food tips for the upcoming holiday entertaining season. He also will provide samples for tasting.

**SUMMARY**

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