



OLLI *at Duke*

Fall 2018

Osher Lifelong Learning Institute at Duke University

Learning
for Life

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***Please note:** For classes involving physical activity, you will be asked to sign a liability waiver. You should always consult your medical doctor before undertaking any new form of exercise.

EXPLORING CINEMA

This course is an appreciation of film through the examination of diverse genres and themes. This term's topics and films are listed below. Each week, a complete film will be screened and followed by a class discussion. ■ *Facilitated Discussion; Viewing Videos*

Pre-Code Hollywood—From 1930 to 1934 (before the enforcement of the Hays Code), filmmakers enjoyed unprecedented freedom to push the limits of sexuality in cinema (*Baby Face*, *Red-Headed Woman*, *Blonde Venus*).

Political Documentaries—Politics have often provided grist for great documentaries. We will examine three such films (*Weiner*, *Boogie Man*, *The Times of Harvey Milk*).

Science Fiction of the 21st Century—In recent years, several thoughtful and challenging science-fiction films have emerged that focus on personal stories rather than relying on special effects (*Timecrimes*, *Another Earth*, *Under the Skin*, *Ex Machina*).

KEN WETHERINGTON has a lifelong interest in the cinema, working in film societies, commercial cinemas, and with the academic film collection in Duke's Lilly Library. He served on the selection committee for the 2018 Praxis Film Festival. He has been teaching OLLI classes since 2007.

10 Sundays, September 9–November 18, 2:00–5:00pm (please note dates and times). **The Bishop's House**. Maximum: 30. Fee: \$90. **Course ID: 2441**.

MEET & GREET AT THE BISHOP'S HOUSE

Saturday, September 8, 10:30am

New to OLLI at Duke? You are invited to join us for a morning program hosted by our Membership Committee. New OLLI at Duke members will have an opportunity to meet other members and supporters, board of advisor members, and our new director, Chris McLeod. We'll have refreshments, and after the program (around 12:30pm), we will tour nearby Lilly Library and the Marketplace dining hall on Duke's East Campus. If you are planning to attend, please respond by e-mail to OLLlatDuke@aol.com, with the subject "Meet & Greet." We look forward to seeing you.

**New to OLLI?
Let's Get Together!**

TRACING CAROLINA'S OLD ROADS

This course will trace a half dozen ancient routes of commerce and migration in the Southeastern US. In doing so it will illustrate the interplay between economics, geography, and politics in establishing transportation infrastructure in premodern times, which is to say, in the age of muscle-powered land transportation. It should also illuminate the commercial essence of transportation matrices that lend themselves to migration. We will examine how people moved east of the Appalachian chain of mountains, particularly in the case of the European movement into the Carolinas. The class may take field trips to examine local trading paths. ■ *Lecture (plus Questions); Facilitated Discussion*

TOM MAGNUSON is founder and principal researcher at the Trading Path Association, an organization dedicated to finding and studying early trade routes in the Southeastern quadrant of North America. He has degrees (BA and MA) in military history; he also has an electrical engineering degree, which he used to put himself through college while working in the integrated circuit industry and later as a logistical engineer for the US Navy's Special Projects Office, specializing in procurement of electronics and other exotic materials.

10 Mondays, September 10–November 26, 9:00–10:30am. **The Bishop's House**. Maximum: 15. Fee: \$90. **Course ID: 2629**.

BEYOND KNIT & PURL: Knit Elegant Placemats for Your Table

Roll up your sleeves and get ready to set an elegant table inspired by Biltmore House. We'll use intarsia to create blocks of color to form a cutlery design and carry and trap our background color behind the design in a technique known as "stranded intarsia." Course website: www.lli-knitting.weebly.com.

■ *Hands-On Activity (e.g., Computer, Art)*

Prerequisite: Ability to cast on, knit, and purl.

Required supplies:

- 170 yds DK weight cotton or linen in 2 colors—examples include Cascade Ultra Pima, Cestari Monticello, Cestari Old Dominion, and Cascade Nifty Cotton.
- US size 8 needles (any type)
- US size H (5.0 mm) crochet hook
- tapestry needle
- copy of Gilded-Age Placemats pattern from www.ravelry.com/patterns/library/gilded-age-placemats

Approximate cost of supplies is \$20.

AMIE PALMER is a lifelong fiber arts enthusiast who has been knitting for almost 30 years. Her favorite projects include custom-fit clothing and creating interesting textures using a variety of knitting techniques. She is a Craft Yarn Council Level II certified knitting instructor who loves sharing her craft with others.

10 Mondays, September 10–November 26, 9:00–10:30am. **The Bishop's House.** Maximum: 8. Fee: \$90. **Course ID: 2639.**

GEOLOGIC CONTROVERSIES, ANCIENT & MODERN

Topics that have played an important role in advancing our understanding of the Earth and how it has evolved, have initially been highly controversial and the subject of spirited debates. Ten such topics, chosen for both historical and modern interest, will each be the subject of a lecture in this course: Neptunism versus plutonism (early disputes on the origins of the most common rocks); Uniformitarianism versus catastrophism (dissent on the nature of geologic history); Geologic time and the age of the Earth (how far back does the history of the planet extend and how do we know); Drifting continents (is Earth a stable or a very dynamic planet?); Mass extinctions (major transformations that changed the nature of life on Earth); Tektites (pieces of glass of local or of extraterrestrial origin); Diamonds (intriguing aspects of this rare but highly prized mineral); Craters (circular structures of volcanic or of impact origin); Changing climates (a look back in time); Earth resources (on future needs, limitations versus human ingenuity). ■ *Lecture (plus Questions)*

ARCH REID is a retired professor of geology, with research and teaching experience at Western Ontario, Mellon Institute, University of Pittsburgh, Scripps Oceanography, NASA Houston, University of Cape-town, and University of Houston.

10 Mondays, September 17–November 26 (please note dates; class meets Oct. 22, during OLLI Fall Break), 9:00–10:30am. **Judea Reform Education Building.** Maximum: 20. Fee: \$90. **Course ID: 2672.**

**NO regular OLLI CLASSES
during OLLI's Fall Break, October 22–26,
or Thanksgiving week, November 19–23**

FOR RICHER, FOR POORER: The US in the 1920s and 1930s

In the United States, the period between World War I and World War II saw an economic boom and the greatest economic depression in the country's history, the beginning and end of Prohibition, the rise and fall of the Second Ku Klux Klan, scandals such as Teapot Dome and heroics such as Lindbergh's flight across the Atlantic. The United States emerged from WWI as the world's leading power, but it retreated from the world stage. There was a major flood along the Mississippi and a dust bowl in the Midwest. Congress passed legislation restricting immigration yet refused to pass legislation to stop lynching. This course will explore these and other changes, challenges and contradictions in the United States during the period between the wars.

■ *Lecture (plus Questions); Facilitated Discussion; Listening to Music or Other Audio; Viewing Videos*

PAT GAEGLER received her BA in History from the University of North Carolina-Chapel Hill, and her JD from the University of Michigan. Although Pat spent her career practicing and training others in the field of food and drug law, history has remained a lifelong passion of hers. Pat has previously taught history at OLLI.

10 Mondays, September 17–November 26 (please note dates; class meets Oct. 22, during OLLI Fall Break), 9:00–10:30am. **Judea Reform Education Building.** Maximum: 20. Fee: \$90. **Course ID: 2628.**

SONDHEIM 101

At the age of 88, musical theater composer/lyricist Stephen Sondheim continues to compose new scores. In a career spanning 60 years, Sondheim has collaborated with such artists as Leonard Bernstein, Jule Styne, Richard Rodgers, Harold Prince, and James Lapine to create such iconic works as *West Side Story*, *Gypsy*, *Company*, *Follies*, *A Little Night Music*, and *Sunday in the Park with George*. In this course, we will survey Sondheim's career by listening to and watching excerpts from his shows, focusing not just on the unqualified hits but also on those shows that were deemed failures at the time but whose scores yielded some of the songs most beloved by cabaret artists. Come find out why Lin-Manuel Miranda has called Sondheim "musical theater's greatest lyricist, full stop." You will leave every class humming! ■ *Lecture (plus Questions); Facilitated Discussion; Listening to Music or Other Audio; Viewing Videos*

ALAN B. TEASLEY retired from Durham Public Schools in 2006 after a career as a high school English, drama, and communications teacher. In the 1970s, he served on the board of the Durham Theatre Guild and as director, musical director, and actor in several productions. An avid fan, he has seen the original Broadway productions of most of Sondheim's shows.

10 Mondays, September 17–November 26 (please note dates; class meets Oct. 22, during OLLI Fall Break), 9:00–10:30am. **Judea Reform Education Building.** Maximum: 30. Fee: \$90. **Course ID: 2664.**

HOW TO HELP YOUR GRANDCHILDREN LEARN MATH

Helping school-age children learn math requires time and patience; grandparents typically have an ample supply of both, sometimes more than parents. It's the same math we learned when we were kids, but the approach and terminology used today is very different, and this difference can be a significant barrier when you try to help your grandchildren learn. In this course, we will discuss ways of overcoming this barrier with games and activities oriented to the curriculums used in today's elementary schools. ■ *Facilitated Discussion*

Professor DONALD BURDICK served on the faculty of Duke University for 40 years in the departments of mathematics and statistics. Since retiring from Duke in 2002, he has served at Lakewood Elementary School in Durham as the coordinator of math volunteers for the Duke University Retiree Outreach (DURO) program.

10 Mondays, September 17–November 26 (please note dates; class meets Oct. 22, during OLLI Fall Break), 9:00–10:30am. **Judea Reform Education Building.** Maximum: 20. Fee: \$90. **Course ID: 2385.**

FUNCTIONAL FITNESS TRAINING FOR 50+

Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work, or in sports. While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability. At the most basic level, functional fitness refers to exercises that improve daily activity. It challenges balance and coordination while simultaneously improving strength and range of motion. It's training for life more so than events. Challenge your muscles and bones with a variety of equipment

such as dumb bells and tubes with handles as well as with body weight exercises. Agility drills and balance exercises for active agers are other important components of the workouts. Exercise will be performed while standing, seated, and on the mat. Course website: gettingfitatolliatduke.weebly.com.

■ *Exercise or Dance*

Please note: You must be able to get down to the floor and back up again.

Required supplies:

- light-, medium-, or heavy-resistance tubes with handles; cost varies

JULIA ROSE is a certified personal trainer with the American Council on Exercise and a senior fitness specialist. She leads fitness classes in a variety of settings and has been helping adults get more fit at OLLI since 2006.

10 Mondays, September 17–November 26 (please note dates; class meets Oct. 22, during OLLI Fall Break), 9:00–10:30am. **Judea Reform Education Building.** Maximum: 15. Fee: \$90. **Course ID: 2652.**

In celebration of Rosh Hashana, there will be no classes at Judea Reform Education Building Monday, September 10. Some courses will meet instead on Monday, October 22, during OLLI Fall Break. Please read course descriptions carefully.

READING THE CATHEDRALS OF BRITAIN

Cathedrals, a favorite destination for adventurers and photographers, have wonderful stories to tell. But to understand their stories you have to speak their language. This five-week course explores the reasons behind the construction, design, and imagery employed in cathedrals. We will examine some of the most loved cathedrals of Britain to learn the basics of Romanesque and Gothic sacred architecture.

The first four sessions will meet at Piedmont Hall at Carolina Arbors and the final session will be a field trip either to the new cathedral in Raleigh or to Duke Chapel. ■ *Lecture (plus Questions); Field Trip(s)*

Please note: The instructor will try to schedule the final-session field trip as close as possible to the established class day/time, but details have not yet been finalized. Students will be responsible for their own transportation.

LISE JENKINS, EdD, is a syndicated newspaper col-

umnist and podcast producer. A former board member and experienced OLLI instructor, Lise shares her passion for architecture and the mystery of history in her lively classes.

5 Mondays, September 10–October 8 (please note dates), 9:00–10:30am. **Carolina Arbors**, Piedmont Hall, 357 Carolina Arbors Dr, Durham. Maximum: 50. Fee: \$50. **Course ID: 2107.**

VOLCANOES & THEIR IMPACT ON HUMAN HISTORY

Toba, Thera, Tambora, Krakatoa, Vesuvius, and a host of other volcanoes have left footprints in history that cannot be erased. Aside from learning about the nature of volcanoes and their destructive forces, we'll explore these events and examine how mankind has been affected in many ways few realize, from the near extinction of the human race to volcanoes' influence on the Bible. In addition, early investigations at one world-famous eruption site led directly to the birth of modern archaeology as a true science. We'll also explore Super Volcanoes, and what's in store for us in the future. Be prepared for fun, learning, and adventure. ■ *Lecture (plus Questions)*

Recommended text:

- Charles Pellegrino, *Ghosts of Vesuvius* (ISBN 0380973103), ~\$5 used.

DICK IMMEKUS (BSEE, MBA) has been a member of OLLI since 2004. He is a retired engineer and mortgage broker who reads and travels extensively. Volcanoes and archaeology have fascinated him since childhood. This is his fourth time teaching this course at Duke.

5 Mondays, October 15–November 26 (please note dates), 9:00–10:30am. **Carolina Arbors**, Piedmont Hall, 357 Carolina Arbors Dr, Durham. Maximum: 30. Fee: \$50. **Course ID: 0512.**

EXPLORING NARNIA: A Deeper Look

The Narnia Chronicles by renowned Oxbridge scholar C. S. Lewis have been delighting adults as well as children ever since they first appeared. The novels are often studied as Christian allegories, but serious scholars have long searched for an organizing key to the seven books. We will read the novels that constitute the chronicles for the sheer pleasure they afford us as wonderful examples of masterful storytelling, but we'll also consider a recent study that offers a key to their organizing principle: Lewis's

interest in medieval cosmology, with its seven heavenly bodies—the Sun, the Moon, and the five visible planets, with their mythological associations—and the power they were thought to exert over humans. From BBC series to Hollywood movies, Narnia continues to provide artistic inspiration, as shown by film clips we'll view in class. As we read, we will also consider whether accusations of Lewis's misogyny and racism are justified. ■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos*

Required text:

- C. S. Lewis, *The Chronicles of Narnia* (ISBN 0060765453), \$6.

Recommended text:

- Michael Ward, *The Narnia Code: C. S. Lewis and the Secret of the Seven Heavens* (ISBN 1414339658), \$12.95.

LOUISE MASURAT has a BA from the University of Pennsylvania, an MA from Middlebury's Graduate School of French in France, and completed coursework for doctoral studies at Harvard University in Romance Languages, specializing in medieval languages and literatures. A devoted Apple enthusiast, she especially enjoys teaching courses on fiction with movie tie-ins.

10 Mondays, September 10–November 26, 10:30am–12:00pm (please note times). **Galloway Ridge Retirement Community**, 3000 Galloway Ridge Rd, Pittsboro. Maximum: 20. Fee: \$90. **Course ID: 2692.**

KEEPING YOUR MUSCLES & BONES FIT:

How to Extend the Quality of Your Life

What do exercise, a good diet, relaxation, and socialization have in common? They all help to extend the quality of life. Added together, there can be 16 years of more quality. You already know it's important to maintain strength, flexibility, balance, and coordination to prevent injury and increase the quality of your life. Here's an opportunity to either kick start or kick up your program for doing just that. This course will include both exercise and discussion, with a focus on strength, flexibility, balance, coordination, and prevention of injury. If you are healthy enough to walk to the class, this is the place for you to start. If you're already exercising, we'll make it more effective. You'll leave each class feeling good about your progress and meeting goals you set for yourself. ■ *Facilitated Discussion; Exercise or Dance*

Please note: Modifications of exercises can be made if needed.

Recommended text:

- *Go4life Exercises*, go4life.nia.nih.gov/exercise-guide, free.

SHEILA TAYROSE is an occupational therapist and is interested in exercise and fitness as a hobby.

9 Mondays, September 17–November 26, 11:00am–12:00pm (please note dates and times). **Judea Reform Education Building**. Maximum: 10. Fee: \$90. **Course ID: 2435**.

WATCH THE SKIES! A History of Horror Films from Hitler to the Cold War

Horror films often have a misconception of being bloody, violent, and gratuitous. Not so much back in the day. This course explores the ways filmmakers used horror films to express the current social issues that made Americans fearful. From fears of Europeans experimenting with body eugenics (*Frankenstein*) to fears of mind-controlling invaders from a foreign land (*Invasion of the Body Snatchers*), from Hitler to the Cold War, these films will provide students with insight into what made Americans afraid of the dark. ■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos*

Required text:

- David Skal, *The Monster Show: A Cultural History of Horror* (ISBN 0571199968), \$15.

JACKSON COOPER is returning to Duke OLLI after teaching a course on Vietnam-era films in the Winter 2018 term. He is currently authoring two books on horror films and is an arts consultant for North Carolina and New York performing arts organizations.

10 Mondays, September 10–November 26, 11:00am–12:30pm. **The Bishop's House**. Maximum: 25. Fee: \$90. **Course ID: 2666**.

AMERICAN COLONIAL DEVELOPMENT & THE CREATION OF THE "AMERICAN" SYSTEM

This course will take a look at the development of the 13 original American colonies from 1607 to 1776 and will analyze how that development contributed to the creation of an "American" system of government as well as an "American" society. Each of the colonies contributed significantly to a gradual belief system that encompassed how governments should run and what a society should value for its citizens and its institutions. ■ *Lecture (plus Questions); Facilitated Discussion*

ERIC JOHNSON is a retired high school history teacher whose experience is mainly in teaching Advanced Placement courses in US and European history. In retirement Eric continues to teach in the Adult Evening Division of the University of Mount Olive and has offered three different courses for OLLI at Duke. His last teaching assignment was in two international schools, one in Milan, Italy, from 1988 to 1990, and one in Waterloo, Belgium, from 1990 to 2007. Eric has lived in Durham since 2007.

10 Mondays, September 10–November 26, 11:00am–12:30pm. **The Bishop's House**. Maximum: 15. Fee: \$90. **Course ID: 2696**.

ZENTANGLE

The Zentangle® Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Almost anyone can use it to create beautiful images. It increases focus and creativity and provides artistic satisfaction along with an increased sense of personal well-being. The Zentangle® Method is enjoyed all over the world across a wide range of skills, interests, and ages. Zentangle® classes are taught by Certified Zentangle® Teachers (CZTs). Creating Zentangle® art provides a fun and lighthearted way to relax and intentionally facilitate a shift in focus and perspective: it is an empowering and uplifting experience to learn that you can deliberately relax and intentionally direct your attention while creating beautiful works of art. Basic shading techniques are also taught. As you practice the Zentangle® Method, you will discover that not only can you create beautiful art, you can also increase your focus and create a different mood and state of mind.

- *Hands-On Activity (e.g., Computer, Art)*

CATHY BOYTOS is an artist, a graphic designer, a photographer, and a CZT. She lives in Raleigh with her husband, Greg, and their cat, Annie. She has an extensive background in graphic design and previously taught graphic design in the community college arena. She is currently teaching Zentangle® classes and workshops in the Triangle area, and her wish is to be your guide on a journey that is easy and simple to comprehend. Zentangle® is easy to learn, and fulfilling beyond expectations.

6 Mondays, September 17–October 29 (please note dates), 11:00am–12:30pm. **Judea Reform Education Building**. Maximum: 12. Fee: \$60. **Course ID: 2567**.

HOW AIRPORTS WORK & THE HISTORY OF AVIATION

Airports are fascinating organisms. While they provide the bases for the worldwide transportation systems, they are like cities unto themselves, a microcosm of the outside world. This course will take students from balloons to the Wright Brothers, up to the development of jet aircraft, the SST, and current technological advances. Go behind the scenes of airports, primarily JFK, and learn about how an airport is organized and managed; mandated functions and services; how JFK was developed; specific functions such as emergency planning and response; wildlife management; irregular operations such as snow removal; and a number of technological advances at airports such as Next Gen Air Traffic Control System. A request will be made to take a tour of RDU Airport during the term.

■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos*

JACK GARTNER *has been involved with aviation and airports for more than 50 years. He has helped manage the New York/New Jersey Airport System: JFK, LGA, and EWR, with most of his time at JFK. He is still involved with the industry as an aviation consultant and participates as a presenter and panel member at the AAAE Winter Operations Conference. He and his wife have lived in Durham for the past 20 years.*

9 Mondays, September 17–November 26 (please note dates; no class Sept. 24, and class meets Oct. 22, during OLLI Fall Break), 11:00am–12:30pm.

Judea Reform Education Building. Maximum: 20. Fee: \$90. **Course ID: 0732.**

NEW LENS: A New Way of Looking at Important Topics

Malcolm Gladwell and others have advanced our knowledge by looking at familiar topics in thought-provoking new ways. In this magazine-format class, each week a different instructor presents a challenging topic, ranging from art to science to current events, usually for about one hour, leaving plenty of time for an active discussion. Instructors will also circulate additional resources, such as books, articles, or slides, to enable deeper learning. ■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos*

Changing Lives as a Nonprofit Volunteer—Interior designer CHARLOTTA “LOTTA” SJOELIN turned a simple idea to add pillows to a women’s shelter in Chapel Hill into A Lotta Love, a Triangle-wide effort

to renovate such shelters strengthen efforts to power women and children. *Sjoelin, the executive director and founder of A Lotta Love, is Swedish and has lived all over the world for more than 22 years.*

North Carolina from Pre-History into History—The ground you walk on every day has gone through millions of years of changes, some of them very dramatic. Learn something about the natural history of this state and its original inhabitants up to the time that colonists arrived here from Europe. BETH TIMSON *is a retired college professor, landscape architect, and city planner.*

Applied Neuroscience to Improve Human Performance—How can brain science help athletes improve their performance and older adults to slow the decline in memory? *As a member of the medical school’s department of psychiatry and behavioral sciences, Dr. GREG APPELBAUM specializes in the brain mechanisms underlying visual cognition, how these capabilities differ among individuals, including Duke athletes, and how they can be improved through behavioral, neurofeedback, and neuromodulation interventions.*

North Carolina as the Epicenter of the Arts—Not only has North Carolina produced many renowned writers, actors, musicians and other artists, it is the home of a vibrant arts scene with many national events. This lecture explores the variety of ways the arts impacts North Carolinians and the value of the creative economy as the state grows. *Trained as an opera and musical theatre conductor, JACKSON COOPER directs the chamber music program at the NC Museum of Art. He is currently working on books on film, opera, and conducting, and teaches courses for OLLI on American cinema.*

The World Can Have 100% Renewable Energy by 2050—Scientists believe that replacing the use of oil, gas and coal as fuels for electricity with renewable sources (mostly solar and wind) is essential to save the planet from climate change. The instructor’s study of NC energy consumption, plus wind and solar data, shows that reaching the 100% goal by 2050 is both possible and affordable—especially considering the high health and economic costs of fossil fuels (e.g., coal ash ponds). *After wrapping up a career in medicine, EDWIN B. COX turned to climate change mitigation, earning a master’s in mechanical engineering. His thesis project investigated the parameters of 100% renewable energy in North Carolina and projected the results on CO2 mitigation and economics to a global scale.*

Caring for the Addicted and Mentally Ill: Failures and Opportunities—When the federal government began closing facilities for the mentally ill and developmentally disabled in the 1960s, it improved the care for some, but it also created huge problems of homelessness and the transfer of mentally ill persons to jails and prisons. The class will trace the history of deinstitutionalization and discuss current policy options, ranging from privatization to improving services in state-run programs or licensed nonprofits. ED HOEFLE *had a 40-year career in behavioral health and substance abuse services.*

Citizen Science—Have an interest in science and want to participate in scientific research? Your cell phone with its sensors, camera and GPS makes it possible for you to assist the scientific community to measure, record and analyze numerous everyday events. Your data can help real scientists come to real conclusions. ROSEMARY DINEEN *is a former pharmaceutical research chemist, a teacher of science and mathematics, and the director of an environmental testing laboratory who worked closely with EPA, the Army Corps of Engineers, and the American Industrial Hygiene Association. Valerie Duncan is a psychology supplemental instruction leader at Capella University and is researching her doctoral degree in industrial and organizational psychology.*

Scale: Why Godzilla Was Much Smaller in Real Life!—What do a shrew and an elephant, Carrboro and Chicago, your local coffee shop and Walmart have in common? According to Geoffrey West of the interdisciplinary Santa Fe Institute, they are all complex adaptive systems at the extremes of scale for their class. Offering a general theory, built on astonishing mathematical regularities, he addresses questions such as these: Why are there no Godzilla-sized mammals? Why do people and companies die, but cities don't? Are diverse features of animals (heart-rate to life-span) and of cities (ethnic restaurants, crime, walking pace) lawfully related to their size? ALAN VAUX *is a retired university professor, researcher, and administrator. He is still struggling to make sense of the world.*

The Battle of Good and Evil: Foundations of Morality—Some 25 years ago, Pat Buchanan declared that a “cultural war” was in progress in this country, a battle between two moral visions for America. There's no evidence that the war has abated. The goal is to explain what this war is about, and show how it is a predictable consequence of human nature. GORDON PITZ *is a retired academic. His interests cover most areas of cognitive science, which is a handy*

label for the interface of psychology, biology, and computer science.

Is Science Always True?—How do we deal with new ideas that don't conform to accepted beliefs? History is full of examples of persons who were ostracized or even persecuted for advocating what is now widely accepted (eg., Galileo). Today some scientists claim there is substantial evidence that phenomena such as telepathy are real. How do we regard that? We will look at other examples from the past and present. BRENT ROSS *spent 40+ years in the high technology industry as an engineer and marketing executive, including 26 years with IBM, before retiring in 2013. He remains actively learning through OLLI classes and keeping up with the advances in technology that are changing our daily lives.*

For more details and complete instructor bios, see the course website at olli-new-lens.weebly.com.

Facilitator DICK CHADY *is an experienced journalist, communications director, and advocate for progressive causes. He has developed materials or presented training on how nonprofits may improve their public relations efforts, health topics, the living wage and Medicaid expansion. He created the magazine-format New Lens classes in 2016 and now coordinates it. He was elected to the OLLI Board of Advisors last year.*

10 Mondays, September 17–November 26 (please note dates; class meets Oct. 22, during OLLI Fall Break), 11:00am–12:30pm. **Judea Reform Education Building.** Maximum: 35. Fee: \$90. **Course ID: 1977.**

THE HISTORY OF THE AMERICAN MUSICAL THEATER

The course will discuss the journey of the Broadway musical from the 1866 show *The Black Crook* to Sondheim's 1976 musical masterpiece *Sweeney Todd*. Special emphasis will be placed on the most influential innovators and their innovations. The instructor will use videos and CDs to examine the creators and the famous performers who brought their works to life. “How to write your own Broadway show” will be the subject of one of the classes; additional topics will include the operas that were written for Broadway and the best film versions of the greatest Broadway musicals. ■ *Lecture (plus Questions); Viewing Videos*

Maestro WILLIAM HENRY CURRY *is currently the Grammy-nominated music director of the Durham Symphony Orchestra. He recently retired as resident*

conductor of the North Carolina Symphony Orchestra. Maestro Curry has conducted more than 50 orchestras worldwide, including the major orchestras of Chicago, Los Angeles, and Cleveland, as well as, by express invitation of the King, the National Orchestra of Thailand.

10 Mondays, September 17–November 26 (please note dates; class meets Oct. 22, during OLLI Fall Break), 11:00am–12:30pm. **Judea Reform Education Building.** Maximum: 20. Fee: \$90. **Course ID: 2657.**

FUNDAMENTAL CHINESE LANGUAGE & CULTURE

Ever looked for an opportunity to learn some spoken Chinese (Mandarin)? Want to know how to write Chinese characters? This course combines those elements of language with a detailed tour of Chinese places. In each session, the instructor will introduce students to two Chinese cities, providing information on the cities' history, culture, traditions, food, and places of interest. By the term's end, students will have a better understanding of China and be able to speak and write 50 to 100 Chinese words. They will also know where to eat authentic Chinese food in the Triangle area.

ZHAO NI, a third-year PhD nursing student at Duke, grew up in Xichang, in Sichuan province, home of the giant panda. He has a bachelor's degree from Yunnan University of Traditional Chinese Medicine. Zhao has taught English to middle school students. After his 2012 arrival in the US, he received a BSN degree from Duke University in 2014. Having special interest in ethical issues in longitudinal research, for a semester he was a TA for a Duke online doctoral-level statistics class and is now active in the Duke Certificate of College Teaching program. Among the places he has visited are Chongqing, Xi'an, Chengdu, Beijing, Shanghai, Yinchuan, Kunshan, and Kunming. In 2018, he spent the summer in China.

9 Mondays, September 17–November 12 (please note dates; class meets Oct. 22, during OLLI Fall Break), 11:00am–12:30pm. **Judea Reform Education Building.** Maximum: 15. Fee: \$90. **Course ID: 2643.**

ELECTIONS 2018

As a group we will discuss the current state and congressional election campaigns and examine the prospects for each candidate's election. ■ *Facilitated Discussion*

WALTER MEARS covered politics and government for the Associated Press for nearly 50 years. His career is described in his book *Deadlines Past*.

10 Mondays, September 10–November 26, 11:00am–12:30pm. **Westminster Presbyterian Church**, 3639 Old Chapel Hill Rd, Durham. Maximum: 20. Fee: \$90. **Course ID: 2690.**

FRONTIERS IN MEDICINE

Each session, the scientific foundations of a different health-related topic will be presented. This term the topics include exercise and the brain; bone health; how much exercise is needed to prevent inactivity-related diseases; mindful eating; lessons from Chinese health care; the patient voice in drug approval and reimbursement decisions; economic factors in drug reimbursement; the historical relationship of Duke Health and the health of Durham; body weight and composition; and what to eat and why. The course website, which generally includes the entire slide presentations of each session and other supplementary information, may be accessed by going to olliatdukefrontiersinmedicine.weebly.com. ■ *Lecture (plus Questions)*

BERNARD (BOB) GUTIN, PhD, is an emeritus professor from Columbia University, where he founded the multidisciplinary Center for Health Promotion, and from the Medical College of Georgia, where he founded the Georgia Center for the Study of Obesity and Related Disorders. He has authored many scientific publications and the book *The High-Energy Factor* (Random House). He has been an OLLI member since 2006 and has taught/coordinated several OLLI courses.

10 Mondays, September 10–November 26, 11:00am–12:30pm. **The Forest at Duke**, 2701 Pickett Rd, Durham. Maximum: 100. Fee: \$90. **Course ID: 2434.**

WORLD WAR II: Europe and Africa

This course will cover World War II in the European Theater. We will begin with considering why Germany became such a threat to the world, and how that led to two world wars. We will then cover the war on land, at sea, and in the air, from North Africa, to the USSR, and in Western Europe. The course, however, will be more than just military history. We will cover the competing ideologies of communism and fascism, and how they influenced military action. We will also spend some time on the economic capacities of both sides and how they mar-

shaded, or did not marshal their resources. We will also cover how Hitler's empire treated its subject nations and peoples. Finally, we will see how decisions made during the war shaped the conflict between liberal capitalism and communism in the postwar period. The instructor hopes to also, if space is available, offer several "movie nights" at which docudramas about the war can be shown. Possible films are *The Battle of Britain*, *Sink the Bismarck*, *Stalingrad*, *Das Boot*, *12 o'clock High*, and *The Longest Day*. ■ *Lecture (plus Questions); Viewing Videos*

Recommended texts:

- James Holland, *The War in the West, Volumes 1 & 2*.
- Richard Overy, *Russia's War*.

JEFFREY GREENHUT is a retired professional military historian with a doctorate in history and who was a program director at the United States Army Center of Military History. He has published in a variety of professional and scholarly journals, and taught at every level from secondary school to university. In addition, he is a retired Lt. Col. of the US Army with service in Vietnam, Europe, Latin America, the Middle East, and Africa.

Please note: There are two sections of this course open for enrollment. When registering online, enter the four-digit Course ID (**2631**) into the course search. You will then need to choose your preferred section. If registering by paper, write the preferred section on the line.

Section 1: 5 Mondays, September 10–October 8 (please note dates), 11:00am–12:30pm. **Carolina Arbors**, Piedmont Hall, 357 Carolina Arbors Dr, Durham. Maximum: 30. Fee: \$50. **Course ID: 2631-001**.

Section 2: 5 Mondays, October 15–November 12 (please note dates), 11:00am–12:30pm. **Carolina Arbors**, Piedmont Hall, 357 Carolina Arbors Dr, Durham. Maximum: 30. Fee: \$50. **Course ID: 2631-002**.

MUSIC IN THE MOVIES: Hollywood's Classic Composers, 1915–1960

This is not a course on Hollywood musicals or music videos. Since the inception of motion pictures in the 1890s, so-called background music has been an integral part of the moviegoer's experience, even in the days of silent film. From *Casablanca* to *Psycho* to *The Magnificent Seven*, from *Lawrence of Arabia* to *Jaws* and *Star Wars*, film scores have enhanced the emotional impact of many movies and, in some cases, contributed to the film narrative as well. This

course will examine the historical role of cinematic musical scores as well as the work of several notable film composers from Hollywood's "classic" age (1915–1960). Most class sessions will feature screenings of representative movies, including scores by Max Steiner, Erich Wolfgang Korngold, Dmitri Tiomkin, Franz Waxman, and other celebrated composers of that era, and we will discuss their films and their other works. ■ *Lecture (plus Questions): Facilitated Discussion; Listening to Music or Other Audio; Viewing Videos*

Before spending several years as a writer and journalist, EDISON MCINTYRE studied music history and was a programmer and scriptwriter for classical radio stations. A self-educated film buff and amateur historian since childhood, he's a longtime resident of Durham and continues viewing, listening, and working on that novel.

10 Mondays, September 17–November 26 (please note dates; class meets Oct. 22, during OLLI Fall Break), 1:00–4:00pm (please note times). **Judea Reform Education Building**. Maximum: 20. Fee: \$90. **Course ID: 2660**.

J. S. BACH: The Suites for Solo Cello, Keyboard, and Orchestra

We will listen to, read about, and deepen our understanding of Bach's six suites for solo cello. What is it about this music that has made it so popular for so long? How does it convey such deep emotions? What are the origins of the different dance forms in the suites (*Allemande*, *Courante*, *Gavotte*, etc.)? How has performing style changed since Pablo Casals recorder the works in the 1930s? Our text by Eric Sibling will offer a guide into the suites from a highly personal point of view. The instructor will play movements from the suites in every class and invite colleagues in to perform them as well. We will focus on the cello suites but also take into account Bach's suites for other instruments. ■ *Lecture (plus Questions); Facilitated Discussion; Listening to Music or Other Audio*

Required text:

- Eric Sibling, *The Cello Suites: J. S. Bach, Pablo Casals, and the Search for a Baroque Masterpiece* (ISBN 9780802119292), \$12.

FRED RAIMI has been on the Duke faculty and the cellist of the Ciompi Quartet since 1974. He has performed worldwide with the quartet and has given many solo recitals featuring the Bach Cello Suites. He studied at Johns Hopkins and the Juilliard School.

He has made recordings with the quartet and with his wife, Jane Hawkins.

10 Mondays, September 10–November 26, 1:30–3:00pm. **The Bishop's House.** Maximum: 12. Fee: \$90. **Course ID: 2665.**

MEDIEVAL IRISH HISTORY: From St. Patrick to the Flight of the Earls

This course will explore major themes in the first millennium of Irish history, from the coming of Christianity and the “Golden Age” of the Irish Church, to the invasions of the Vikings and the English, and finally the fall of Ireland’s Gaelic civilization. Medieval Ireland was known as the “Island of Saints and Scholars,” and this course will provide an entryway into the culture that produced the *Book of Kells*, the heroic epic *Táin Bó Cúailgne* (*The Cattle Raid of Cooley*), and Brian Ború. Suggested readings will be provided, though additional reading in the recommended books is encouraged. No prior experience of or knowledge with the subject is necessary. ■ *Lecture (plus Questions)*

Recommended texts:

- Dáibhí Ó Cróinín, *Early Medieval Ireland, 400–1200* (ISBN 1846823420), \$50.
- Edel Bhreathnach, *Ireland in the Medieval World, AD 400–1000* (ISBN 1846823420), \$35.

KATHRYN O’NEILL is a PhD candidate in the Department of Celtic Languages and Literatures at Harvard University. Her interests lie in the study of medieval Irish history through the medium of the Old Irish language. Her dissertation is an edition and historical study of a small set of Irish annals written on the west coast of Ireland after the Anglo-Norman invasion.

10 Mondays, September 10–November 26, 1:30–3:00pm. **The Bishop's House.** Maximum: 30. Fee: \$90. **Course ID: 2624.**

FRANK LLOYD WRIGHT: The Man and His Architecture

The American Institute of Architects hailed him as the “greatest American architect of all time.” Frank Lloyd Wright had great contempt for the American Institute of Architects; yet, he would have agreed with their assessment of him. He compared himself to Michelangelo. He was a romantic intellectual who was opinionated, eccentric, and arrogant. He was an author, philosopher, and teacher. He loved fast cars, custom-made clothing, intelligent women, and

Beethoven symphonies. His legacy, beyond architecture, includes films, plays, books, and a Simon and Garfunkel song about him. His designs grace retail shelves on countless items including toys, clothing, pillows, neckties, wristwatches, and napkins. Join us as we examine his philosophy of organic architecture and his colorful life. His residential designs include Fallingwater, called the “greatest home ever designed”. Slides, videos, and handouts will highlight his designs of homes, places of worship, civic and business buildings, including the Guggenheim Museum, the Johnsons Wax headquarters, and the Marin County administrative complex. ■ *Lecture (plus Questions); Viewing Videos*

PETER BLAUFEUX, a member emeritus of the American Institute of Architects, was a licensed architect in multiple states. He received a BFA in design from Temple University and a BArch from City University. He was principal of his own architectural design firm for 20 years; was the director of healthcare design in the New York region for a large multinational architecture, engineering, and construction corporation; designed award-winning lighting and interiors; and taught interior design, jewelry making, and crafts at YMCAs.

5 Mondays, September 17–October 22 (please note dates; class meets during OLLI Fall Break), 1:30–3:00pm. **Judea Reform Education Building.** Maximum: 40. Fee: \$50. **Course ID: 2357.**

PILOTLESS COMMERCIAL FLIGHT— Which Is Safer: Man or Machine?

“Pilot error” is most frequently cited as a cause of aircraft accidents, so it would seem that today’s technological evolution, after drones and driverless cars, would logically lead to pilotless commercial aircraft. Just think how much weight and cost could be saved by not having a cockpit: no flight crew, seats, controls, displays, windshields. The airlines could probably stuff ten more revenue passengers into that space. . . . But wait! In too many cases, underlying the “pilot error” findings are other contributing causes. Mistakes are made in design; in testing; in training; in executive offices; and in oversight organizations. In each class, we’ll review real aviation events—both well known and obscure—that lead into the questions posed by the title. Students will be asked to identify contributing causes and then help dig down to the fundamental root cause. Discussion will be encouraged. No technical background required; just common sense and an interest in aviation and aviation safety. ■ *Facilitated Discussion; Viewing Videos*

JOHN C. DENDY retired from a career that included president/CEO of Aerospatiale Helicopters; vice president of Light Helicopter Programs, McDonnell Douglas Helicopters; manager of design for AH-64 (Apache) Hughes Helicopters Inc; and flight controls systems engineer for Sperry Flight Systems. He holds patents in flight control systems design (fault detection/self-healing, handling qualities, etc.).

10 Mondays, September 17–November 26 (please note dates; class meets Oct. 22, during OLLI Fall Break), 1:30–3:00pm. **Judea Reform Education Building.** Maximum: 12. Fee: \$90. **Course ID: 2525.**

TALKIN' BASEBALL III: Part of American Culture's Fabric

"Baseball, my son, is the cornerstone of civilization."
—Dagwood Bumstead (courtesy of Chic Young)

The above statement was assuredly written with tongue in cheek for humorous effect. However, baseball is interwoven into American culture. Encompassing theater, art, literature, movies, language, economics, architecture, and the game itself, a five-week course only "scratches the surface." Your personal knowledge and history enrich the class. Sign up to be enlightened and, to borrow from American icon Yogi Berra, to experience "déjà vu all over again." ■ *Lecture (plus Questions); Facilitated Discussion; Listening to Music or Other Audio; Viewing Videos*

Please note: This course presents baseball issues, free agency, economics, characters, and personalities not discussed in previous "Talkin' Baseball" courses, so participants of Parts I and II are welcome.

RANDALL WARD is a native Delawarean who enjoys people. He earned his BS and MEd from the University of Delaware and was a celebrated Delaware educator for 34 years. Before moving to North Carolina in November 2016, he had taken numerous OLLI classes at the University of Delaware, volunteering to teach classes on his lifetime passion. "I am enthusiastic about many things and have been in love with baseball for almost as long as I can remember."

5 Mondays, October 15–November 26 (please note dates), 1:30–3:00pm. **Carolina Arbors**, Piedmont Hall, 357 Carolina Arbors Dr, Durham. Maximum: 50. Fee: \$50. **Course ID: 2626.**

Registration opens at 9:00am on Tuesday, August 7
www.learnmore.duke.edu

"IT DID NOT START WITH GAS CHAMBERS"

Are you bothered by so much hate-filled rhetoric in our society? Are you concerned about the growth of white supremacist ideology and Neo-Nazi groups? Do you worry this is 1930s Germany all over again? Are the Pledge of Allegiance and the Golden Rule still relevant? Get answers to these questions by taking an in-depth look at the Holocaust and its lessons for today. In a repeat of last years' highly successful interactive class, students will look at how and why the Holocaust came about, how people responded, and the process that led to the Final Solution. Students will see visual records and video taped testimonies from survivors. The instructor will share the challenges his parents faced trying to survive using false identities as non-Jews. The instructor will share what it was like "growing up in the shadow of the Holocaust", and his experience visiting some of the death camps in Poland. We will examine our own attitudes and behaviors toward others and take a look at what we can do to make a difference.

■ *Lecture (plus Questions); Facilitated Discussion; Listening to Music or Other Audio; Viewing Videos*

A child of Holocaust survivors, SHELLY BLEIWEISS has been teaching about the Holocaust for more than 18 years. He is a member of the North Carolina Council on the Holocaust and the NC Holocaust Speakers Bureau; is a Holocaust educator for adult education at Temple Beth Or in Raleigh; and teaches Holocaust courses for OLLI at Duke and NC State University. He has spoken to hundreds of school students and numerous community, church, and civic organizations throughout North Carolina.

9 Mondays, September 10–November 12 (please note dates), 1:30–3:00pm. **Westminster Presbyterian Church**, 3639 Old Chapel Hill Rd, Durham. Maximum: 25. Fee: \$90. **Course ID: 2379.**

PRE-CODE FILMS

Travel back in time to the period between 1927 and 1934, the dawn of talking films and before the Hayes Code (censorship) was enforced in 1934. Learn how censorship laws changed Hollywood. This course will be an overview of three films made during the pre-code era. The theme will be powerful women characters. In each class, we will view and discuss that week's film. ■ *Lecture (plus Questions); Facilitated Discussion; Listening to Music or Other Audio; Viewing Videos*

LAURA DEBAR is a screenwriter, director, producer, and actress. She studied film at UCLA and is a 2016 recipient of the NC Arts Council Fellowship in screenwriting.

2 Mondays, November 12 & 26, 1:30–4:00pm (please note dates and times). **Judea Reform Education Building.** Maximum: 15. Fee: \$50. **Course ID: 2694.**

In celebration of Rosh Hashana, there will be no classes at Judea Reform Education Building Monday, September 10. Some courses will meet instead on Monday, October 22, during OLLI Fall Break. Please read course descriptions carefully.

WATERCOLOR PAINTING FOR ABSOLUTE BEGINNERS TO ADVANCED PAINTERS

If you have always thought it would be wonderful to paint but have never tried or never had real success, this is the opportunity for you to learn. This active, hands-on course offers highly individualized instruction. Every step and technique will be demonstrated as we work together toward completing a ready-to-frame watercolor painting. Relax; it's going to be fun! The painting, *Fragile Water Lilies*, is a soft, textured image in blue and lavender that emerges from a watery background of lily pads. It teaches you fabulous texturizing techniques on a wet surface as well as the way to define your subject. While the instructor has been told, "I will be your first student to fail," she has yet to see it happen.

■ *Hands-On Activity (e.g., Computer, Art)*

Please note: Total cost of purchased supplies will be \$125–\$150. If you are new to watercolor, the instructor suggests you "rent" her supplies (\$35; for in-class use only) rather than invest immediately. If renting, please bring exact amount to the first class; refunds are at the discretion of the instructor.

Required supplies:

Jerry's Artarama, Raleigh, www.jerrysartarama.com (919-876-6610), and Cheap Joe's, www.cheapjoes.com (800-227-2788), are good sources for materials.

- Paper—Arches #140 cold press, at least 12"x16", in a watercolor block or attached to a backboard. A block of paper is ~\$50.
- Brushes—Rounds (#2, #6, & #8); Squares (1/8", 1/4", 1/2", 1"); and a long, thin Rigger (or "Script") brush. Loew Cornell or Miller's Golden Fleece brushes (Cheap Joe's) are good. Natural-hair

brushes are not necessary. Price varies by brush, ~\$3–\$10.

- Paints—Winsor Newton tube paints recommended (not Cotman's). *Colors needed:* yellow ocher; yellow (Winsor yellow or cadmium yellow); olive green (Holbein or Lucas 1862); cobalt blue; ultramarine blue; burnt umber; Payne's gray; alizarin crimson; Windsor Red (or cadmium red); quinacridone gold or burnt sienna; translucent orange or cadmium orange (Schmincke brand). *Optional colors (nice to have; in order of importance):* brown madder, cerulean blue, Winsor violet, Holbein shadow green, cobalt turquoise, Winsor blue, Chinese white. Paints vary in price from ~\$4–\$24.
- Palette with lid—Cheap Joe's Original Watercolor Palette with 17 wells (~\$12) or 30 wells (~\$20). Have paints squeezed onto the palette before you arrive; see note below.
- a scrubber (a stiff brush to lift paint)
- graphite paper for transferring a drawing (artist's transfer paper)
- masking fluid
- mask lifter (a tough rubbery square)
- artist's kneaded eraser (looks like soft, gray putty)
- an ordinary sponge and a bit of natural sponge
- water container ● small spray bottle
- Viva paper towels ● masking tape
- mechanical pencil ● pen
- paper for drawings ● board, to back paper
- camera (optional)

Please note: You must have paints on palette before the first class. Contact the instructor if you have questions or do not know how to arrange paints on palette (919-294-9559 or carolefynn@gmail.com).

CAROL LIZ FYNN is a certified master teacher and a professional watercolor artist who has conducted demonstrations, sold paintings to collectors, and taught workshops across the US and Europe.

5 Mondays, October 1–November 5, 1:30–4:30pm (please note dates and times). **Judea Reform Education Building.** Maximum: 10. Fee: \$50. **Course ID: 1013.**

INTRODUCTION TO CALLIGRAPHY

This introduction to calligraphy will allow you to become familiar with the art. The three-hour hands-on session (with a half hour break) will help you look at letters in a new light and explore the possibilities in using a broad tip pen. ■ *Hands-On Activity (e.g., Computer, Art)*

Required supplies:

- a broad felt tip calligraphic pen (2.5mm suggested); available at A. C. Moore or Michael's
- ruler
- pencil
- unlined white copier paper

Total cost around \$10–\$12.

ANNE BAUGH *has taught calligraphy for several years at the Durham Arts Council and at OLLI.*

1 Monday, September 17, 1:30–4:30pm (please note date and times). **Judea Reform Education Building.** Maximum: 12. Fee: \$20. **Course ID: 1754.**

DIGITAL CAMERA EXPERIENCE

Recently bought your first digital camera or upgraded to a newer or more sophisticated one? Can't understand all the many options or don't have a reference manual? Want to learn how to take better photographs? This course, a combination of lecture and digital photo-taking, will teach what you really need to know to use all your camera's controls. You will learn in class and in practice sessions "in the field": how a digital camera works; camera controls and creativity; controlling sharpness; controlling exposure; capturing light and color; and using automatic flash. This course will also include an overview of basic photo-editing software and ways to organize your photos. On some days, after the session in the lab, the class will travel to a local photo-shoot location. Getting to know your camera is the first step to taking wonderful photographs.

■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos; Field Trip(s)*

JOHN SEHON *has been an amateur photographer for sixty years and has taught more than 50 classes at OLLI since 2002. He adopted digital technology early on (he bought his first digital camera in 1994) and has just purchased his tenth digital camera.*

5 Mondays, September 10–October 8, 1:30–4:30pm (please note dates and times). **Smith Warehouse Computer Lab.** Maximum: 10. Fee: \$50. **Course ID: 0448.**

INTRODUCTION TO DIGITAL IMAGE EDITING WITH ADOBE LIGHTROOM

The difference between a good digital photograph and a great one can be a simple matter of post-processing. The tools needed to take your images to the next level are all contained in one application.

Adobe Lightroom® is designed to handle all aspects of image post-processing from organizing and editing, to printing and publishing. Understanding what the application can do, however, is not the same as knowing how to use it. In this course, students will learn the basics of Lightroom, and then put their new skills into practice with hands-on lab work, using Lightroom to manipulate their own digital photographs. Students will also have the opportunity to share their "before" and "after" results in non-critical classroom reviews. ■ *Lecture (plus Questions); Facilitated Discussion; Hands-On Activity (e.g., Computer, Art)*

Prerequisites: Familiarity with Mac or Windows and use of Internet and e-mail is required. You must be able to navigate within the operating system and use the mouse with ease; knowing how to create folders, save, rename, back up, and retrieve files and documents without assistance is essential. Ability to move files from your camera's memory card to a folder on your laptop are also required skills. Ability to use Dropbox or OneDrive will be important for information and file sharing in class. Prior experience with graphics tools is helpful but not required.

DENNIS SZERSZEN *retired from the software industry to become a full-time fine art photographer. He is a member of Triangle Visual Artists, and a staff photographer for a local magazine. Dennis also volunteers with the Frank Gallery's Karen Youth Arts Group mentoring refugee youth in using photography as a means of socialization and self-expression.*

4 Mondays, October 29–November 26, 1:30–4:30pm (please note dates and times). **Smith Warehouse Computer Lab.** Maximum: 12. Fee: \$50. **Course ID: 2030.**

POETS OF THE PIANO

This lecture/recital celebrates the magic and poetry of piano music that transcends the instrument. The music on this program explores the evolving art of piano music as composers attempted to express more moods, scenes, and characters on the piano. Behind each great piece there is a story that will enrich the listening experience and open our ears to new possibilities. A 30-minute lecture and a 30-minute Q&A is followed by a 1-hour concert. ■ *Lecture (plus Questions); Listening to Music or Other Audio*

NATHAN CARTERETTE *is a classical pianist who trained at Yale University and in private study in Munich, Germany. He has performed around the world*

and has recorded Bach's Goldberg variations as well as the complete piano solo works of Korean pianist-composer Quentin Kim. He is known especially for his performances of Bach, his work with composers of today, and his educational initiative "Poets of the Piano." For more information, please visit www.nathancarterette.com.

1 Monday, November 26, 2:30–4:30 (please note date and times). **Westminster Presbyterian Church**, 3639 Old Chapel Hill Rd, Durham. Maximum: 30. Fee: \$20. **Course ID: 2663.**

THINK AGAIN & AGAIN: How Brains Work—Advanced

This is a follow up course to "Think Again" and is open to those who have taken the original course. There will be regular reading assignments including articles and independent research in preparation for lively and thought provoking discussions. It is assumed that class members will be familiar with the concepts covered in the first course, "Think Again," and are interested in more discussion, going deeper into those concepts, and exploring the new things scientists have learned since the last class.

■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos*

MATT EPSTEIN's careers have included law; executive director of university-based centers; teacher in high school, college, law, and medical schools; and work with youth, prisoners, and addicts. He has also started various businesses. He presently teaches math and is a principal in both consulting and nonprofit organizations. He has a BA in psychology from Yale and law degrees from the University of New Hampshire and Boston University.

10 Mondays, September 17–November 26 (please note dates; class meets Oct. 22, during OLLI Fall Break), 3:15–4:45pm. **Judea Reform Education Building**. Maximum: 20. Fee: \$90. **Course ID: 2678.**

RELIGIOUS HISTORY & HERITAGE OF NORTH CAROLINA

This is a survey course of the religious history and heritage of various groups that have existed and continue to exist in North Carolina. We will look at the beliefs of each religious group as well as their historic presence in the Old North State. Our focus will be placed on the Quaker, the Moravian, and the Waldensian traditions. Likewise, we will study those denominations that were born of the Great

Awakening—the Methodists and the Baptists. Other religious traditions covered in this course are African-Methodist Episcopal and African-Methodist Episcopal Zion, Anglican/Episcopal, Lutheran, Presbyterian, Catholic, Judaism, and Islam. ■ *Lecture (plus Questions)*

JOEL WULIGER is a newly retired Durham middle and high school history teacher. A one-time seminary student, he received his MA in religious studies from Ashland Theological Seminary in Ashland, Ohio. He is currently the owner and operator of a history and heritage tour company—Old North State Tours LLC.

10 Mondays, September 17–November 26 (please note dates; class meets Oct. 22, during OLLI Fall Break), 3:15–4:45pm. **Judea Reform Education Building**. Maximum: 25. Fee: \$90. **Course ID: 2668.**

QIGONG: Energy for Life

Qigong (say it: *chee-goong*) refers to a vast body of traditional Chinese exercise designed to enhance personal life-force for healing, wellness, daily vitality, physical power, emotional balance, or spiritual progress. Qi—literally, internal energy or bioelectricity—is formulated in us of air, food, environment, and in-born essence. In nature, it is the vibration of yin and yang, the source of both change and continuance. This course will focus on deepening breath, coordinating it with whole-body movement and visualization as we practice the 18 Immortals Qigong as well as auxiliary exercises, including selections from the Five Animals Medical Qigong. ■ *Exercise or Dance*

Recommended texts:

- Ken Cohen, *The Way of Qigong* (ISBN 0345395298), \$18.
- Yang Jwing Ming, *The Root of Chinese Qigong* (ISBN 9781886969506), \$30.
- Liang Shouyu, *Qigong Empowerment* (ISBN 1889659029), \$30.

JAY DUNBAR, MA (Duke), PhD (UNC–Chapel Hill), is the director of the Magic Tortoise Taijiquan School. He has studied and taught Qigong for more than 40 years with many teachers, including Ken Cohen (The Way of Qigong), Yang Jwing Ming (The Root of Chinese Qigong) and Liang Shouyu (Qigong Empowerment). He has also studied qigong therapy with Master Lisa O'Shea.

10 Mondays, September 17–November 26 (please note dates; class meets Oct. 22, during OLLI Fall Break), 3:15–4:45pm. **Judea Reform Education Building**. Maximum: 24. Fee: \$90. **Course ID: 2151.**

WHAT TO EAT & WHY! Evidence-Based Guide to Healthy Nutrition

Recommendations are abundant on what we should eat and drink in order to maximize our longevity and quality of life. Some are designed to sell us products that are not in our best interest. Others come from well-intentioned sources that don't have long-term results to back up their approach. The last decade has seen several large longitudinal studies yield solid results, correlating diet with health outcomes, upon which to base a rational diet. The instructor will present his recommendations on what to eat and drink . . . and what to avoid. The research findings supporting benefits and risks will be discussed, as well as the remaining areas of uncertainty. A spreadsheet will be supplied with which you can evaluate the nutrient value of your own current diet and calculate the results of changes in your diet. ■ *Lecture (plus Questions)*

EDWIN COX *practiced hematology and medical oncology in Durham for 30 years and was the director of database for the Duke Comprehensive Cancer Center for 11 years, during which time he designed and performed data analysis for clinical trials and research studies. His current focus is the relation between health and lifestyle, including diet and exercise, based on statistically valid evidence from research studies.*

10 Mondays, September 10–November 26, 3:15–4:45pm. **Westminster Presbyterian Church**, 3639 Old Chapel Hill Rd, Durham. Maximum: 20. Fee: \$90. **Course ID: 1655.**

OLLI AT NIGHT CLASSES

THE ART OF COOKING

Local chef David Sovero believes you can create a gourmet yet good, healthy and inexpensive meal using ingredients you already have in your pantry. Each week he will provide a meat (seafood, pork, chicken, beef, or vegetarian); students provide one vegetable and one fruit (or two of one or the other). We'll learn how to create a meal with the ingredients provided. If you have food allergies, please contact the instructor to discuss meal options (daviraymi@yahoo.com; put "Cooking class" in the subject line); the chef will provide substitutions if needed. During each class, as we are working around the kitchen table in the Center's kitchen, David will explain different methods of preparing the meat and the different variations

on the meal being prepared. This is a hands-on course with everyone participating in the preparation, dining, and clean-up. ■ *Hands-On Activity (e.g., Computer, Art)*

DAVID SOVERO *was born in Lima, Peru, and graduated from the Peruvian National Arts College. In addition to being an artist who explores his Incan ancestral roots, he also trained and was a chef at the Farrington House Restaurant and was the head chef at Antonia's Italian Restaurant in Hillsborough. Presently, he is sous chef at Tarantini Italian Restaurant and Flair Restaurant and Wine Bar near the Governor's Club.*

Please note: There are two sections of this course open for enrollment. When registering online, enter the four-digit Course ID (**1336**) into the course search. You will then need to choose your preferred section. If registering by paper, write the preferred section on the line.

Section 1: 5 Mondays, September 10–October 8, 5:30–8:30pm (please note dates and times). **Passmore Center**, 103 Meadowlands Dr, Hillsborough. Maximum: 10. Fee: \$90. **Course ID: 1336-001.**

Section 2: 5 Mondays, October 15–November 26, 5:30–8:30pm (please note dates and times). **Passmore Center**, 103 Meadowlands Dr, Hillsborough. Maximum: 10. Fee: \$90. **Course ID: 1336-002.**

INTERMEDIATE CONVERSATIONAL SPANISH

Each week we will listen to Spanish music, read a children's book in Spanish, eat tapas, and learn a bit more culture, grammar, and vocabulary. This is a continuation of the Spring 2018 course. Anyone who attended the Winter 2018 course is also welcome. Students should already know the present tense; in this term we'll be learning other tenses. Students should obtain the text's 9th or later edition. You do not need the text's CD or access code. We will hold nine regular classes, and then, for the final session, we will meet for a paella luncheon at Treyburn Country Club (date TBA). ■ *Lecture (plus Questions); Facilitated Discussion; Listening to Music or Other Audio*

Required text:

- Laila M. Dawson and others, *Dicho y hecho: Beginning Spanish*, 9th edition or later (ISBN 9780470880609), \$15.

CHAR MURPHY has a BA and an MA in Spanish literature. She spent her junior year studying at the University of Madrid and living with a Spanish Civil War widow and her daughters. She has taught at the junior high, high school, and university levels. She recently used her Spanish in Colombia, Puerto Rico, and the Dominican Republic.

10 Tuesdays, September 11–November 27, 9:00–10:30am. **The Bishop's House.** Maximum: 18. Fee: \$90. **Course ID: 2604.**

THIRTY YEARS WITHOUT A PAYCHECK: Navigating Your Way Through Retirement

There are many financial stages to each individual's retirement. The decisions one faces can be overwhelming and confusing, but they are extremely important as one plans for 30 years without a paycheck. It all starts when you leave your last employer and culminates with your leaving a legacy. This course will take you through the major stages of retirement and provide clear guidance on the investments and strategies needed to create a successful financial retirement. ■ *Lecture (plus Questions); Facilitated Discussion*

JULIE KELLY started her career working at two of the largest asset management firms in New York City. She then spent three years coaching financial advisors throughout North Carolina on successful retirement and financial planning strategies. She has been in practice in Durham for 14 years. This will be her eighth year teaching at OLLI.

10 Tuesdays, September 11–November 27, 9:00–10:30am. **The Bishop's House.** Maximum: 15. Fee: \$90. **Course ID: 0547.**

PAINTING WITH BEESWAX/OIL: For Creativity, Convenience, and Control

This course introduces the novice to the beeswax/oil medium in painting and the experienced artist to a painting process that combines benefits of other mediums (oil varnish, acrylic, watercolor, etc.) with potentials that bridge their shortcomings (dry time, reversibility, clean up and more): it's oil without the odor, acrylic that can be "revitalized," and watercolor that can be erased. This introductory course's objective is to present the medium of beeswax/oil as an alternative to other more common painting mediums. The "Start-Up" kit is designed to provide the necessary materials to get started without a

major outlay of supply expense, and participants can later expand on these basics. Instructions will also be provided to aid individual students in developing their own unique approach to painting, with the objective of assisting in the realization of the expanded potentials of the medium. ■ *Hands-On Activity (e.g., Computer, Art)*

Required supplies:

- \$15, paid to the instructor, for "starter" set-up (16x20 canvas, paint, pallet, pallet knife, brushes, wax medium, solvent).

G. WADE CARMICHAEL is a graduate of Indiana University, Herron School of Art, where he specialized in historic materials and techniques in painting. Applying his knowledge and skills to a career in museums, he worked as the exhibit designer for the Indiana State Museum, eventually attaining the position of director of exhibits and production. Today he combines experience in the arts and education creating education programs and teaching a wide range of art programs.

10 Tuesdays, September 11–November 27, 9:00–10:30am. **Judea Reform Education Building.** Maximum: 12. Fee: \$90. **Course ID: 2564.**

DOWN HOMES: Varieties of the Southern Experience

In his 1941 classic *The Mind of the South*, journalist W. J. Cash remarked, "If it can be said there are many Souths, the fact remains that there is also one South." Flip that sentence around, it's equally true. This course explores aspects of the American South and some "Souths" within it, from race relations to stock-car racin' and blues to basketball, along the way looking at the roots of Southern conservatism, forms of Southern religion, Low Country and High Country, ladies and gentlemen, memorials and mythology, the idea of "the South," and whether the region is particularly Southern anymore. ■ *Lecture (plus Questions)*

Recommended texts:

- James C. Cobb, *Away Down South: A History of Southern identity* (ISBN 9780195315813), \$18.
- Paul Theroux, *Deep South: Four Seasons on Back Roads* (ISBN 9780544323520), \$20.
- William Faulkner, *Absalom, Absalom!* (ISBN 0679732187), \$10.

Southern born and bred, JIM WISE wrote for Durham newspapers for 34 years, with a particular bent toward local history. He holds a master's degree in folklore and

has taught OLLI classes on regional culture since 1999. He is author of several books of local lore, including *On Sherman's Trail: The Civil War's North Carolina Climax and Durham Tales*.

10 Tuesdays, September 11–November 27, 9:00–10:30am. **Judea Reform Education Building.**
Maximum: 20. Fee: \$90. **Course ID: 2429.**

INTELLIGENCE OPERATIONS IN THE 20th CENTURY

This course examines the role of intelligence organizations in the Western world in the 20th century. On a broad scale, we review the development of organizations tasked with the mission of collecting, assessing, and reporting information useful for successful statecraft. We will also assess the role these organizations played in shaping the events of the 20th century. As part of this process, we will identify the purpose, methods, and problems associated with the intelligence function. The primary focus will be on the Western world, but some attention will be paid to non-Western examples as well, with especial attention paid to the problems inherent to the development of clandestine organizations in democratic republics and the eternal conflict between security and transparency.

■ *Lecture (plus Questions); Facilitated Discussion*

Required text:

- Jeffrey Richelson, *A Century of Spies: Intelligence in the Twentieth Century* (ISBN 019511390X), \$8–\$20.

JOSEPH CADDELL has a PhD in military history from Duke University. He has taught for the Department of Defense and is a professor emeritus of the National Intelligence University. He is currently teaching military and naval history at UNC–Chapel Hill and NC State University.

10 Tuesdays, September 11–November 27, 9:00–10:30am. **Judea Reform Education Building.**
Maximum: 20. Fee: \$90. **Course ID: 2622.**

EMBRACING CHALLENGES & OPPORTUNITIES IN THE LAST THIRD OF LIFE

In the last third of our lives, we face both challenges and opportunities. Retirement, loss of a job, a diagnosis, or the loss of our mate are major transitions that can create chaos in our lives and threaten our identity/self-esteem. What do we see as our challenges as we age? What are the opportunities? Our

experience watching our parents age can influence our expectations in both positive and negative ways. Do we view this third chapter as a time of learning and growth? Or is it a time of decline and physical/emotional suffering? Research shows our answers to these questions impact our health and ultimately our longevity. In each session, a series of questions will be offered to launch the discussion. The underlying premise of this course is that we each carry our own answers to these questions, and through our listening to each other we gain additional insight.

■ *Lecture (plus Questions); Facilitated Discussion; Listening to Music or Other Audio; Viewing Videos*

Recommended texts:

- Sarah Lawrence-Lightfoot, *The Third Chapter: Passion, Risk, and Adventure in the 25 Years after 50*.
- Zalman Schachter Shalomi, *From Aging to Sage-ing*.
- Ron Pevny, *Conscious Living—Conscious Aging*.

MICHAEL McLEOD practiced medicine at Duke for 33 years, including serving as associate director of the practice course for 15 years, teaching medical students how to develop a trusting relationship with patients. He is co-convenor of the Conscious Aging and Elderhood Initiative at the Eco Institute at Pickard's Mountain. He and his late wife, Anita, participated in and led community conversations about conscious aging and end-of-life issues.

10 Tuesdays, September 11–November 27, 9:00–10:30am. **Judea Reform Education Building.**
Maximum: 18. Fee: \$90. **Course ID: 2651.**

A BRIEF OVERVIEW OF ECONOMIC ISSUES AFFECTIVE SENIORS

Join us for this five-week interactive course designed to address some of today's economic issues that impact seniors. Issues include wealth accumulation and preservation facts and fallacies; globalization and trade wars; surviving in an economic system that is rigged in favor of a few; the rise of China as a superpower (should seniors be worried?); and the future of the American health care system. We welcome yours thoughts and expertise. ■ *Lecture (plus Questions); Facilitated Discussion*

INDER P. NIJHAWAN, PhD, is professor emeritus of economics at Fayetteville State University. He received several teaching excellence awards and three distinguished research paper awards. He has been actively involved in adult learning for more than 25 years and received a Great Influence Award from the North Carolina Council on Social Studies.

5 Tuesdays, September 18–October 16 (please note dates), 9:00–10:30am. **Carolina Arbors**, Piedmont Hall, 357 Carolina Arbors Dr, Durham. Maximum: 20. Fee: \$50. **Course ID: 2619.**

A TASTE OF TRADITIONAL JAPANESE EMBROIDERY

Japanese embroidery (*nihon shishu*, in Japanese) is a collection of embroidery techniques that originated more than 1600 years ago. Even today, both traditional and modern designs are being created with these methods, using silk fabrics and silk and metal threads. This course will be a “taste,” a gentle introduction to the techniques, using the authentic tools and materials. Stitching two small seasonal designs (cherry blossoms and maple leaves) with flat silk and metals will allow you to try out this ancient artform with a small investment of time and money. Patience and attention to detail is more important than previous needlework experience. ■ *Hands-On Activity* (e.g., *Computer, Art*)

Required materials:

- The instructor will provide the materials kit that will include silk habutae fabric with design, instructional notes, and sufficient silk and metallic threads to complete the designs. Embroidery frames, needles and tools will be provided by the instructor for use during class time only. The embroidery project will not be taken home until the session is complete. Kit fee is \$75; please bring exact amount to the first class. Refunds cannot be provided once the project is started. Students should bring a small pair of scissors or thread snips. If you ALREADY HAVE a portable craft light and/or magnifier that you like to use, please bring it as well.

Recommended text:

- Japanese Embroidery Center, *Japanese Embroidery: The Techniques Based on Nuido* (ISBN 9780984985715), \$42.

PAM READING has been studying traditional Japanese embroidery since 1998 and is certified as an instructor by the Japanese Embroidery Center (www.japaneseembroidery.com). She has been teaching actively since 2011, as well as attending continuing education classes and workshops in embroidery, gold-leaf work, and beading. She recently taught two OLLI courses on making tatted lace. More information and photos are available on her website: www.ncnuido.com.

5 Tuesdays, September 11–October 9, 9:30am–

12:30pm (please note dates and times). **Emily K Center**, 904 W Chapel Hill St, Durham. Maximum: 6. Fee: \$90. **Course ID: 2637.**

IMPROV THEATER FUNDamentals

This is your chance to learn and play with the basics of long-form improv. Key exercises will help get you into a “Yes . . . and” frame of mind. Learn how to draw creatively from your own life experiences. Let humor emerge naturally without jokes. Create scenes from a truthful place using group mind. All this will happen using a playful improv mindset and a little bit of homework. The ultimate goal of this course is to have fun while learning. As an added plus, you will be encouraged to see local live improv shows. ■ *Exercise or Dance*

Please note: This class involves active physical participation including frequently alternating between standing and sitting, plus physical movement.

Recommended text:

- Charna Halpern, Del Close, and Kim Howard Johnson, *Truth in Comedy: The Manual for Improvisation* (ISBN 9781566080033), \$6–\$16.

CAROLYN COLE is an adult educator turned improviser who trained at major theater schools in New York City and Chicago (UCB, Second City, and iO). She has studied under Susan Messing, Craig Cackowski, and David Razowsky, among others. Carolyn performs improv locally in INDY troupes: the Echoes and Average Couple. When traveling, she’s on stage with improv pals in NYC, Chicago, and Yosemite. She also teaches improv at the Durham Arts Council and believes that improv wisdom can make a positive difference in one’s everyday life.

5 Tuesdays, September 11–October 9, 10:00am–12:00pm (please note dates and times). **Seymour Senior Center**, 2551 Homestead Rd, Chapel Hill. Maximum: 12. Fee: \$50. **Course ID: 2659.**

STAY PUT OR MOVE ON?

Aging in Place and Continuing Care Retirement Communities

This course is designed to serve as a guide to understanding how to provide for continued independence and the highest quality of life as aging progresses and life-care needs change. We will explore the challenges and opportunities that come with aging and survey the options available for extending independence and promoting quality of

life through home, community, and/or continuing-care services. While we will explore the spectrum of choices, our focus will be on aging in place and retirement communities. We'll consider the suitability of your home and your community for aging in place; explore assistive technologies available for homes that can provide greater ease, comfort, and security; and examine various options for elder- and home-care services. Turning to retirement communities, we'll discuss what differentiates them from other senior/elder communities as well as their financial models, types of contracts, and fee structures. We'll consider both independent living and continuing care retirement communities (ILRCs and CCRCs) and the state's regulation of CCRCs. Finally, we'll visit an ILRC and a number of CCRCs to learn about these communities, the services they provide, their entrance and monthly fees, and the nature and importance of waiting lists. ■ *Lecture (plus Questions); Viewing Videos; Field Trip(s)*

Please note: The material in this course builds toward our site visits. Consequently, we ask that you sign up for this course *only if you are able to attend ALL class sessions*. An Internet connection, e-mail address, and access to the Internet are required to receive course announcements and materials.

MARGARET RILEY has a BA in education, an MA in international affairs, and a PhD in intercultural communication. She retired from Duke University after 14 years as the director of the Global Education Office (study abroad) and as associate dean and assistant vice provost for Undergraduate Global Education. "Stay Put or Move On?" was her first OLLI course.

ALINE DAWSON moved to the Triangle in 2005 after 18 years in the San Francisco Bay Area. She held a variety of management positions at Silicon Valley companies, including Apple, Xerox, and Cisco Systems. She holds a BA in business administration from the University of North Texas. "Stay Put or Move On?" was her first OLLI course.

10 Tuesdays, September 11–November 27, 10:00am–1:00pm (please note times). **Judea Reform Education Building.** Maximum: 24. Fee: \$90. **Course ID: 0997.**

SCI-FI GOES TO THE MOVIES

The science-fiction film genre dates back to silent movies of the early 20th century, including films based on classic literary works by Jules Verne and H. G. Wells. By the 1950s, movie screens were filled with alien invasions, atomic disasters, time and

space travel, paranormal activity and future societies both utopian and dystopian. This course will highlight some of the most innovative (*Metropolis*, *The Day the Earth Stood Still*, *2001: A Space Odyssey*) and popular (*Star Wars*, *The Matrix*) sci-fi movies of all time. We examine how these films reflect the fears of their time—from Cold War anxiety to futurist technology and global pandemic. Through lecture, discussion, group interaction, and brief movie clips, we will also see how sci-fi films express humanity's noblest dreams, including intergalactic exploration and universal peace. ■ *Lecture (plus Questions); Facilitated Discussion; Listening to Music or Other Audio; Viewing Videos*

CABELL SMITH served as radio and television manager at Duke University for 15 years. Earlier in his career, he spent two decades in the entertainment industry, first as an FM-rock radio announcer and producer, then as creative director for a national music retailer. He is a fan of "B" movies, cult films, science-fiction, and other "lowbrow" cinematic guilty pleasures.

8 Tuesdays, September 11–November 6 (please note dates), 11:00am–12:30pm. **The Bishop's House.** Maximum: 25. Fee: \$80. **Course ID: 2682.**

ABOUT THE LATIN LANGUAGE: What Makes It a Classic?

This course will continue to explore the interdisciplinary magic of the language of the Romans. Whether you are familiar with the Latin language or not, this course will reveal new ways of looking at Latin and its lasting effects. How has Latin stood the test of time? Why are its vocabulary and grammar intriguing? Where can we find Latin hiding throughout Western culture? This course will incorporate these questions into the following topics: Greece's influence upon the Roman Republic and Empire; Pompeii and Herculaneum; Scribes and manuscripts; Romano-British archeological sites; Julius Caesar's "Gallic Wars"; and Latin in the modern world. No prior knowledge of the Latin language is required; no homework will be required.

■ *Lecture (plus Questions); Facilitated Discussion; Listening to Music or Other Audio*

SARA MORRIS is newly retired from teaching Latin to students ages 10 to 18. She taught for 5 years in England, then for 37 years in Connecticut. She has degrees from Franklin and Marshall College and the University of London and has traveled widely through the Roman Empire.

5 Tuesdays, October 16–November 27 (please note dates), 11:00am–12:30pm. **The Bishop's House.** Maximum: 25. Fee: \$50. **Course ID: 2574.**

CHINESE BRUSH PAINTING: Flowers, Birds, and Cards

Learn to paint flowers (including some holiday flowers) and birds, which are popular brush painting subjects. Each participant will complete a beautiful painting in every class, while practicing basic brush painting techniques, and the pictures can be framed or used to make greeting cards. This course is for both experienced and beginning students. ■ *Hands-On Activity (e.g., Computer, Art)*

Required materials:

- paper towels
- a pad of newsprint
- a roll of rice paper
- a small bottle of black ink
- a small dish to hold the ink
- a plastic container to hold water
- medium size and small size brushes

The instructor has good brushes and rice paper ordered from China that you may purchase, if you like: newsprint, \$5; brushes, \$10–\$15 each; ink \$5–\$8. You can find the black ink in local art supply stores such as Michael's or A. C. Moore.

JINXIU ZHAO (*Alice*) is a professional brush painting artist who specializes in the teaching of Chinese brush painting and calligraphy to both children and adults. She has taught calligraphy and brush painting in North Carolina for 23 years in all levels of the public schools, at teacher training programs, and in private classes.

10 Tuesdays, September 11–November 27, 11:00am–12:30pm. **Judea Reform Education Building.** Maximum: 12. Fee: \$90. **Course ID: 0502.**

THE JEWS OF SPAIN

This course will examine the history of the Jews of Spain from before the Roman Era to the present day. Special emphasis will be given to the life and achievements of the Jews under Moorish rule; the treatment of Jews under monarchical and Catholic rule; and the Iberian Inquisitions and the fate and faith of conversos, Marranos, and Jews who resisted. We will examine the expulsions from Spain and Portugal and delve into the succeeding diaspora—where and when did the Jews go and what did they do? We will also examine the role of Jews in settling the New World, focusing on the Caribbean and Brazilian coasts, commerce, and Jews' participation

in piracy, sanctioned or unsanctioned. ■ *Lecture (plus Questions)*

ARNOLD B. GORDON is an attorney and a former senior executive of the IRS. He has studied Jewish history extensively and has related the Jewish experience to many student groups, including OLLI courses on French Jewry; the Blood Libel and the related trial; and martyrdom of Jews throughout history.

5 Tuesdays, September 11–October 9 (please note dates), 11:00am–12:30pm. **Judea Reform Education Building.** Maximum: 40. Fee: \$50. **Course ID: 2627.**

WARBIRDS:

A Brief History of Military Aviation, from the Wright Brothers to 1945

This course follows the history of military aviation from the earliest days of flying to the end of WWII. Most of the course will focus on planes, individuals, and events involved with WWII: we will spend one class on WWI and the important planes from that conflict; the remainder of the course will look at the most significant aircraft on both sides in WWII and their development and impact on the war. We will also look at historically significant individuals and major conflicts in which air power was the predominant element in the battle. Participants with military aviation backgrounds or significant knowledge of WWII aviation are encouraged to share their experiences and knowledge with the class. ■ *Lecture (plus Questions); Viewing Videos*

BRUCE CURRAN, a former US Air Force pilot who flew in Vietnam, has been interested in military aviation since he was in his teens. He studied military history as an undergraduate, has visited many of the aviation museums around the US, and has had the opportunity to interview a number of veteran pilots over the years. He is always happy to talk flying.

5 Tuesdays, October 16–November 27 (please note dates), 11:00am–12:30pm. **Judea Reform Education Building.** Maximum: 25. Fee: \$50. **Course ID: 2632.**

VINCENT VAN GOGH: His Life and His Art

This overview will cover the life and powerfully expressive art of this extraordinary artist. A Dutch post-impressionist, van Gogh became one of the most influential painters in the history of Western art. He was self-taught, and his short life marked

not only by great work but also by deep disappointments and failures that suffused his work. His struggles with mental illness led to his being described as an artist “where madness and creativity converge.” Guest lecturer Alva Horton will discuss the architecture of Impressionist-era Paris and of the Roman Ruins depicted in some of van Gogh’s Arles works. The recent critically acclaimed movie *Loving Vincent*, done in animation reflecting the artist’s style, may be shown at an extra session if there is interest. ■ *Lecture (plus Questions)*

Recommended texts:

- A reading list will be distributed to participants before the start of the course.

Dr. GUSTAVO MONTANA is a Duke emeritus professor of radiation oncology, with a long interest in van Gogh’s art, life, and mental illness. As a physician, he feels strongly that an appreciation of art allows individuals to better observe the human condition. Over the course of his career, he found it meaningful to encourage his trainees to draw as a means to better understand the illnesses they worked with.

With a classical education in studio art and interior design, as well as a master’s degree in architectural history, ALVA HORTON owns and operates Gingham Creative, a marketing firm dedicated to promoting the building, design, and historic preservation sectors in both the US and the UK.

6 Tuesdays, September 11–October 16 (please note dates), 11:00am–12:30pm. **Judea Reform Education Building.** Maximum: 35. Fee: \$60. **Course ID: 1841.**

THE RUSSIAN IMPERIAL MONARCHY, PART I: The Rise of Imperial Russia

This course will trace Russian history from the formation of the Kievan Rus and the emergence of Kiev as its political and cultural center in the 9th century and the subsequent change of Russia’s political center to the forest lands northeast of Moscow. We will discuss the emergence of Moscow as the new political and cultural center during the Mongol rule and how the princes of Moscow manipulated the Mongol administration to their advantage and were able to exert control over the Russian lands. We will end with the death of Peter the Great, who forged Russia into a great European and world power. This course is the first of a two-part series; Part II (planned for Winter 2019 term) will deal with the decline and fall of the Russian imperial monarchy from the death of Peter the Great to the abdication and death

of Nicholas II. Either course may be taken separately. ■ *Lecture (plus Questions)*

ERNIE KUNDERT is a retired general surgeon with a lifelong interest in history, and Russian history is one of his areas of focus.

10 Tuesdays, September 11–November 27, 11:00am–12:30pm. **Judea Reform Education Building.** Maximum: 25. Fee: \$90. **Course ID: 1212.**

BIOLOGICAL EFFECTS OF RADIATION

The course will cover the basics of radiation physics, the mechanisms of radiation interaction with human tissue, and radiation exposure measurements. The course will analyze the radiation forms and risk for all of the medical imaging and radiation therapy modalities. ■ *Lecture (plus Questions)*

JOHN ORTH has a degree in nuclear engineering and more than 30 years of experience in the design and manufacturer of medical imaging technologies.

5 Tuesdays, September 18–October 16 (please note dates), 11:00am–12:30pm. **Carolina Arbors,** Piedmont Hall, 357 Carolina Arbors Dr, Durham. Maximum: 60. Fee: \$50. **Course ID: 2669.**

UNDERSTANDING DIAGNOSIS & MENTAL DISORDERS

This course, through lecture and open discussion, will explore how mental health professionals make diagnoses and how diagnosis has changed over the past 50 years. Specifically, we will look at psychoses, bipolar and related disorders, depressive, and anxiety and personality disorders, as well as the criteria that inform diagnosis decisions. And once we know, where do we go? ■ *Lecture (plus Questions); Facilitated Discussion*

HELEN REINER has a doctorate in clinical psychology from Columbia University and has been in private practice as a psychologist for more than 35 years. In addition, she was the director of the Psychology Training Clinic at Wichita State University and a supervising training psychologist for more than 10 years.

5 Tuesdays, October 23–November 27 (please note dates; class meets during OLLI Fall Break), 11:00am–12:30pm. **Carolina Arbors,** Piedmont Hall, 357 Carolina Arbors Dr, Durham. Maximum: 40. Fee: \$50. **Course ID: 2675.**

CREATING DISTINCTIVE VIDEOS ON YOUR iPHONE OR IPAD

Have you ever wanted to make your own creative videos easily and for free? Now you can, using the powerful video production capabilities of your iPhone or iPad. This course will reveal these abilities and teach you how to make effective, attractive, and inventive videos with that extra edge—to share with family and friends or on the Internet or, if you're an OLLI instructor, to augment your course. We'll cover the eight most important aspects of effective video creation: setting objectives and expectations; creating a storyboard; gathering content; incorporating best practices and starting videography; postproduction, using only a smartphone; publishing video; continuous improvement; and advanced techniques. This course will be highly interactive, giving you a chance for hands-on practice making videos. Participants may optionally collaborate and practice outside of class. Course website: attractive-videos.weebly.com.

■ *Lecture (plus Questions); Facilitated Discussion; Hands-On Activity (e.g., Computer, Art); Writing*

Requirements: Students will need to bring their own iPhone or iPad to class, and will need to have Apple's free iMovie application installed.

BOB KARSKI *ventured into visual storytelling when he volunteered to put together a "brown bag" luncheon 25 years ago. He's been amazed and delighted that the ability to create powerful and appealing videos now requires only a smartphone. His latest activities have been assisting Durham students in projects involving the production of catchy videos, including Bringing Books to Life.*

6 Tuesdays, September 11–October 16 (please note dates), 11:00am–12:30pm. **Smith Warehouse Computer Lab.** Maximum: 14. Fee: \$60. **Course ID: 2551.**

POETRY WRITING: A Funshop

This funshop welcomes everyone who writes or wants to write poetry. We will generate creative writing through personal experience, using poetic forms as models and "stealing" from some of the greats. Participants will offer to each other casual yet thoughtful critique. Poems will be conceived, birthed, and, for anyone who wants, seen through to maturity. In this funshop, poetry has a sense of humor! ■ *Writing; Facilitated Discussion*

JO TAYLOR *has published poems in journals, magazines, and anthologies, and is the author of five poetry*

books, most recently How to Come and Go (Chatter House Press, 2016). She chairs the workshop committee for the North Carolina Poetry Society, coordinates a poetry reading series at Quail Ridge Books in Raleigh, and freelance edits poetry and prose.

10 Tuesdays, September 11–November 27, 11:00am–1:00pm (please note times). **Judea Reform Education Building.** Maximum: 10. Fee: \$90. **Course ID: 1196.**

THE STORY OF MAPS & ATLASES: From Ptolemy to Google Earth

Aside from their obvious utility for navigation, exploration, and military strategy, maps and atlases have always been a source of fascination. They give a sense of the world beyond our immediate environment and of our place in that world. They also allow us to dream of faraway places, which we might visit someday or perhaps never. We will follow their story from antiquity to the present, in which maps and atlases have become endangered species. We will look at beautiful and sometimes rather fanciful examples of historical maps and atlases, occasionally accompanied by music of the period, and we will see that maps, far from offering increasingly accurate representations of the world, inevitably express the biases of their time and place. The last part of the course will feature a discussion of the potential gains and losses offered by the new technological mapping tools, to which students will be invited to contribute their observations and experiences. ■ *Lecture (plus Questions); Listening to Music or Other Audio*

Required text:

■ Simon Garfield, *On the Map: A Mind-Expanding Exploration of How the World Looks* (ISBN 9781592407798), \$10.

Recommended text:

■ Jerry Brotton, *A History of the World in Twelve Maps* (ISBN 9780670023394), \$17 (paper, Amazon).

LEX SILBINGER *is a former chair of the Duke Music Department and also taught music history at Brandeis and the University of Wisconsin. In an earlier life he was an engineer, working in acoustics and applied mechanics. His fascination for maps dates from his sixth year, when his family fled from Nazi-occupied Holland and wandered through six countries in the search for a safe haven.*

10 Tuesdays, September 11–November 27, 1:30–3:00pm. **The Bishop's House.** Maximum: 15. Fee: \$90. **Course ID: 2623.**

REMEMBRANCE OF WRITERS PAST: Magda Szabo and Fumiko Enchi

Widely read in the authors' respective countries, Hungary and Japan, the novels of Magda Szabo and Fumiko Enchi have recently been introduced to American readers, thus sealing their importance among contemporary works. Szabo's novel *The Door* exposes the tumultuous relationship between two Hungarian women—the narrator, a well-educated writer; and her housekeeper, Emerence, a fiercely proud peasant. Unlocking the mystery of Emerence's complex character from behind her door haunts the narrator during much of the novel. In contrast, Enchi's *The Waiting Years* reveals private desires of its protagonist, Tomo, against a backdrop of Japan's repressive patriarchal society during the Meiji Period (1888–1912). Enchi's portrayal of one woman's life as one of pain and endurance in upholding the family code, together with her begrudging acceptance of her husband's concubines, illuminates women's struggle for equality within a male-dominated society. Through discussion and audio-visu-als, we will explore the intricacy of human relationships in these two novels. ■ *Facilitated Discussion; Listening to Music or Other Audio; Viewing Videos*

Please note: Students should read *The Door* before the first class meeting.

Required texts:

- Fumiko Enchi, *The Waiting Years* (ISBN 9784770028891), \$17.
- Magda Szabo, *The Door* (ISBN 9781590177716), \$16.95.

ANN EVANGELISTO has taught English in Pennsylvania and North Carolina.

6 Tuesdays, September 11–October 16 (please note dates), 1:30–3:00pm. **The Bishop's House.** Maximum: 15. Fee: \$60. **Course ID: 2645.**

GREAT DECISIONS 2018

For more than 60 years, the Foreign Policy Association has encouraged the creation of discussion groups throughout the United States to examine some of the world's greatest challenges and dilemmas. This year's eight topics are The Waning of Pax Americana; Russia's Foreign Policy; China and America—the New Geopolitical Equation; Media and Foreign Policy; Turkey—a Partner in Crisis; US Global Engagement and the Military; South Africa's Fragile Democracy; and Global Health Progress and Challenges. We will read and discuss the Great

Decisions 2018 briefing book for this course. Each of its eight chapters is about ten pages long. We anticipate lively discussions about these timely and controversial issues. ■ *Facilitated Discussion*

Required text:

- Foreign Policy Association, *Great Decisions 2018* (ISBN 9780871242617). This book can be ordered for \$30, plus shipping, at fpa.org.

RICHARD MELANSON holds a PhD in international relations from the Johns Hopkins University and enjoyed a 38-year academic career teaching American foreign policy at UCLA, Kenyon, Brown, and the National War College. He has published several books and numerous articles on post–World War II US foreign policy.

JONATHAN HOUSE is a retired Army Colonel who served all over the world. He was later VP, Global Supply Chain for several Fortune 500 companies.

8 Tuesdays, September 11–November 6 (please note dates), 1:30–3:00pm. **Judea Reform Education Building.** Maximum: 25. Fee: \$80. **Course ID: 2621.**

HOME AUTOMATION: Planning and Implementing Your “Smart Home”

Have you ever been driving home from a summer vacation and suddenly thought, “Oh no, the house will be warm and stuffy, the floors need vacuuming, and do I need milk?” Technology can help put these worries out of your mind. In this course, students will learn about smart home platforms, popular smart home devices and appliances, and how these devices can help make their lives easier. The course begins with an overview of hubs and technologies that allow smart devices to communicate with each other and automate tasks. Students will then be introduced to several popular home automation devices (e.g., Nest thermostat, Roomba, Philips Hue, Amazon Echo, etc.) and get hands-on demos of several devices during class. (A basic knowledge of how to download smartphone applications is recommended.) By the end of the course, students will have the fundamental skills to start designing and implementing their own smart home technologies. ■ *Lecture (plus Questions); Hands-On Activity (e.g., Computer, Art); Facilitated Discussion*

CHRIS DIAS is a North Carolina native with a passion for using technology to advance the lives of others. He's spoken at several retirement communities in the Triangle on how seniors can use technology to stay connected to friends and family across the globe.

6 Tuesdays, September 11–October 16 (please note

dates), 1:30–3:00pm. **Judea Reform Education Building.** Maximum: 25. Fee: \$60. **Course ID: 2618.**

HIGHLIGHTS OF THE METROPOLITAN OPERA: Live in HD and NC Opera 2018–2019 Seasons

Join us for an in-depth look at many of the operas that will be performed by both the Metropolitan Opera Live in HD and NC Opera during their 2018–2019 seasons. Through lecture, DVD, and live performance, we'll learn about the music, composers, and historical context of Verdi's *Aida* and *La Traviata*, Saint-Saens's *Samson et Dalila*, Puccini's *La Fanciulla del West*, Cilea's *Adriana Lecouvreur*, Bizet's *Carmen*, Donizetti's *La Fille du Regiment*, Wagner's *Die Walkure*, Poulenc's *Dialogues des Carmelites*, Puccini's *Tosca*, and more. Our list of special guests includes Ira Siff, vocalist and commentator for the Metropolitan Opera's Saturday Radio Broadcasts (special Sunday program at instructor's home on October 14); soprano Andrea Edith Moore and baritone Marc Callahan, accompanied by pianist Kate Lewis (September 25); baritone Bob Chapman (October 9); and Marc Callahan lecturing on opera production. Seasoned opera goers and those new to opera are all welcome. ■ *Lecture (plus Questions); Listening to Music or Other Audio; Viewing Videos*

Special additional fee: \$45 to support the cost of the special guests. Please bring exact amount to first class; refunds are at the discretion of the instructor.

MARGIE SATINSKY *has been an opera devotee since 1976. She has attended more than 100 performances of the Metropolitan Opera and European opera houses and has taught opera appreciation classes at OLLI for six years. She is a founding member and the president of the Triangle Wagner Society. Margie owns Satinsky Consulting, LLC, a firm specializing in consulting services for physicians.*

10 Tuesdays, September 11–November 27, 1:30–3:30pm (please note times). **Judea Reform Education Building.** Maximum: 30. Fee: \$90. **Course ID: 2444.**

INTRODUCTION TO iPhone PHOTOGRAPHY

The best camera is the one that you have with you. Maybe that's why the iPhone has become the predominant camera in use today, and "iPhoneographers" take and share more images than photographers with any other camera. Today's iPhones and

iPads are completely self-contained and designed to capture, edit, store, and share images all from the same platform. This course will enable iPhone users to understand and master this feature-rich camera. Topics will include how to access and use the built-in camera app; how to improve images using Apple and third-party apps; how to store files through Apple and other cloud providers; how to share files on social media, including Instagram, e-mail, and messaging; and in-class practice on using the iPhone for travel, portrait, and abstract photography. Throughout the course, students will have opportunities to practice and share images in an open, noncritical environment. ■ *Lecture (plus Questions); Facilitated Discussion; Hands-On Activity (e.g., Computer, Art)*

Prerequisites: Students should have an iPhone 6 or later with adequate storage available to add one or two apps. Familiarity with the use of Internet and e-mail is required.

Additional costs: Students will be asked to buy additional apps at a cost of less than \$10 total.

DENNIS SZERSZEN *retired from the software industry to become a full-time fine art photographer. He is a member of Triangle Visual Artists and a staff photographer for a local magazine. Dennis also volunteers with the Frank Gallery's Karen Youth Arts Group mentoring refugee youth in using photography as a means of socialization and self-expression.*

4 Tuesdays, September 11–October 2 (please note dates), 1:30–3:00pm. **Judea Reform Education Building.** Maximum: 12. Fee: \$40. **Course ID: 2478.**

HUMAN PROGRESS: No Better Time to Be Alive

No better time? Thoughtful observers of the news might be forgiven for thinking that we live in the worst of times: a world plagued by disease, war, mass shootings, poverty, political turmoil, and pollution. Why, then, do the New Optimists (most notably Steven Pinker) argue that we have never had it so good? Why did President Obama state in 2016, "If you had to choose a moment in history to be born, and you did not know ahead of time who you would be . . . , you would choose now"? In this course, we will review the evidence that progress has indeed occurred in almost every area of well-being. We will explore why this steady improvement might have occurred—particularly, the role that Reason, Science, and Humanism have played since the Enlightenment. We will also address why

progress is often overlooked and will consider criticisms of Pinker's optimistic view. ■ *Lecture (plus Questions); Facilitated Discussion*

GORDON PITZ is a retired academic who has carried out research and taught courses in cognitive science and statistics. His current interests include theories of consciousness and evolutionary theories of human behavior.

ALAN VAUX is a retired university professor, researcher, and administrator. His longstanding interest has been the well-being of human populations—how well-being is conceptualized, measured, and changed.

5 Tuesdays, October 16–November 27 (please note dates), 1:30–3:00pm. **Judea Reform Education Building.** Maximum: 25. Fee: \$50. **Course ID: 2679.**

INTRO TO PHOTOSHOP ELEMENTS: Photo Editing for Mac and PC

Learn to use Adobe's Photoshop Elements (V.14) for improving those less-than-perfect shots, cropping and resizing images for the Internet, and creating templates for special projects. Hands-on experience will include retouching photos and exploring possibilities for adjusting colors and contrast or adding artistic touches. Demos will address changes in recent versions of the software, and discussions will cover formats for saving image files and procedures for special projects such as composites, panoramas, and e-cards. Completion of homework assignments is expected. ■ *Lecture (plus Questions); Facilitated Discussion; Hands-On Activity (e.g., Computer, Art)*

Please note: Attendance at all sessions is essential.

Prerequisites: Proficiency with Mac OS or Windows and use of Internet and e-mail is required. Students must be able to navigate within the operating system and use a mouse with ease; knowing how to save, rename, back up, and retrieve files without assistance is essential. Prior experience with graphics tools will be helpful.

Requirements: Students must have Photoshop Elements 14 or newer installed on their own computers and must bring a USB memory stick with 2G of free space to use in class.

MARY JO FICKLE has been using computers for more than 25 years and has been teaching photo-editing courses for OLLI for more than 10.

8 Tuesdays, September 18–November 13 (please note dates), 1:30–3:00pm. **Smith Warehouse Computer Lab.** Maximum: 8. Fee: \$80. **Course ID: 1042.**

A MUSICAL HISTORY FROM PREHISTORY TO MID-20th CENTURY

Covering from earliest evidence through the ages, this series presents an evolution of music through image and sound, with an ear toward how development of instruments, methods of sharing, and changing abilities have shaped the way in which we perceive and relate to music. This course is being taught in two parts, each five weeks. In Part A, the classes cover: Beginnings; Early Stirrings; Getting Organized; A Renaissance of Note; and Going for Baroque. Part B will be: Getting Classy Ludwig; Everyday Music; Songs of Love and War; In the Swing of It; and Early Recording. Students may take either Part A or Part B or both Parts A and B. However students must register for each part separately. ■ *Lecture (plus Questions); Facilitated Discussion; Listening to Music or Other Audio; Viewing Videos*

G. WADE CARMICHAEL, a graduate of Indiana University, focused on historic materials and techniques. He is the former director of exhibits at the Indiana State Museum and former executive director of the Charlotte Museum of History. Has taught fine arts and history at Indiana University and Queens College and is currently teaching for the Town of Cary; at Wake Tech Community College at Cary, Garner, and Apex; and with OLLI at Duke.

Please note: There are two sections of this course open for enrollment—Part A and Part B; you may sign up for either or both. When registering online, enter the four-digit Course ID (**2516**) into the course search. You will then need to choose your preferred section(s). If registering by paper, write the preferred section(s) on the line.

Section 1 (Part A): 5 Tuesdays, September 18–October 16 (please note dates), 1:30–3:00pm. **Carolina Arbors,** Piedmont Hall, 357 Carolina Arbors Dr, Durham. Maximum: 20. Fee: \$50. **Course ID: 2516-002.**

Section 2 (Part B): 5 Tuesdays, October 23–November 27 (please note dates), 1:30–3:00pm. **Carolina Arbors,** Piedmont Hall, 357 Carolina Arbors Dr, Durham. Maximum: 20. Fee: \$50. **Course ID: 2516-003.**

SYMPOSIA: Scientific Excursions and Diversions

Symposia: Excursions and Diversions is popular with OLLI members who have busy schedules since each week presents a different lecturer with a different topic. Missing a class does not mean you will

lose course continuity. Here are our Fall offerings as of the catalog print deadline, but remember schedules do change because our lecturers are mostly working professionals whose own calendars are not always under their own control.

September 11

ROBERT ORR, a former NC Supreme Court Justice, wrote a column in the *N&O* that reported two-thirds of the accredited law school graduates in North Carolina (UNC and Duke among them) fail the two-day Bar Exam. That, he points out, is after they have invested years and tens of thousands of dollars to earn their college degrees. He speculates that the exam has gotten much tougher in part because there is an overabundance of lawyers. Whatever the reason, he argues that there are better ways to determine if someone is capable of being certified as competent to serve as a lawyer. He has agreed to come to talk with us about what is, in effect, a crisis in the educating of law students.

September 18

Today we are going to look at the overlap between science and art. JOE ROBINSON came to the Duke University Music Department as artist in residence in 2006, following 27 seasons as Principal Oboe of the New York Philharmonic. Since then he has developed a presentation elucidating the creative dimensions of the Interpretive Art of Music—that is, what performers actually do to turn notes into music. Pablo Casals called those notes just a blueprint, saying, “In every performance, we must build the house.” Explaining how musicians do that, and demonstrating, oboe in hand, Robinson will also discuss his new memoir and improbable ascent from the Lenoir High School Band to America’s oldest and most prestigious symphony orchestra without ever attending conservatory.

September 25

MARC EDWARDS is a US-trained MD, but early in his career he worked for 6 years in the Middle East and traveled extensively worldwide. He subsequently accrued more than 30 years of health-care management and consulting experience, including service as a chair of family medicine in a multispecialty group practice and as the senior physician executive in both university teaching and community hospitals. He’s uniquely qualified to talk about the contrast between Western and Eastern medical practices, and today he will be discussing *Ayurveda*. This healing medical art comes as an outgrowth of his studies because it gets to the root cause of many chronic condi-

tions—like digestive disturbances, myalgias, fatigue, skin disorders, obesity, hypertension, and diabetes—for which Western medicine often offers treatments that address the symptoms but not the causes.

October 2

TONY RICE, our area’s NASA spokesman, talked with us previously about how NASA uses robotics to explore the solar system. Today he is going to focus on Mars: what is been done, what is going on now, and what the future holds. He’ll brief us on how likely it is we or our children will hear something like what we heard in 1969—“One small step for man . . .” as the first boot print is made in the red planet’s dust. Will it even be spoken in English?

October 9

Instead of looking toward the scientific future, today we are going to take a step back in time, to the era of steamships around the beginning of the 1900s. The industrial revolution was in full swing, and there was in effect an international competition to create bigger and better ships. England, long known for its mastery of the seas, was the right environment for the creation of super ships, among them the *Titanic*. FREDERICK PIERSON, whose professional career was mostly in aviation, has researched those times, and he will be briefing us on the state of the art of shipbuilding, navigation, and seamanship then. He will help us better understand what happened to the *Titanic*.

October 16

Should a human organ go to the highest bidder? Professor DONALD RIGGS will remind us that money can and, in some parts of the world, does buy a kidney or human blood. The question is, What are the grounds for permitting or forbidding such items to be traded as commodities? Furthermore, does the attractiveness of economic efficiency crowd out moral values such as fairness and the sanctity of human life? Would knowing that an organ would be transplanted into an inmate change your feelings? Or, consider the donor side of the question. Many of us would donate a kidney to someone we love, but would you make one of yours available to a stranger for a significant fee? Or would you have such arrangements prohibited, even if agreed to by consenting adults? You will have a lot to think about after this lecture.

October 30

EDWIN B FISHER, a clinical psychologist and professor in the Gillings School of Global Public

Health at UNC–Chapel Hill, wrote a chapter of the book *The Dangerous Case of Donald Trump: 27 Psychologists and Mental Health Experts Access the President*. He has kindly agreed to come and talk with us about that book and his current views, since more than a year will have elapsed since the book was published.

November 6

One of the more volatile parts of the world is the Middle East, and today we are going to learn what it is like to negotiate and compromise with that area's political leadership. Today's lecturer is W. ROBERT PEARSON, who served as the US Ambassador in Turkey (2000–2003) and later as the Director of Human Resources in the Foreign Service and finally as the Director General of the US Foreign Service from 2003 to 2006, where he repositioned the American Foreign Service to meet the challenges of the 21st century.

November 13

Veteran's Day is next week, and it's no coincidence that today's lecture will be by MARC STERN, Commanding Officer and Professor of Naval Science at Piedmont Consortium NROTC (Duke, UNC, NC State). He had been Captain of a nuclear submarine and knows what it is like to be at the pointed end of the deterrence sword. He will review recent "high-interest events" involving other nations undersea capabilities, which sets the context for what we are doing to develop our own capabilities. He will then give a brief overview of specific potential adversary submarine forces and how they may be opposed. He might tell us about the time he got to sink a real submarine while he was in command. We will be introduced to recent changes in the silent service (no cigarettes; women being integrated into the crews; and 24-hour schedules).

November 27

It was an accidental experiment: Why did some people in the Netherlands who were sickly feel better during WWII? OLLI member DIANE McGRATH will be talking with us about that and about celiac disease, non-celiac gluten sensitivity (NCGS), and a gluten-free diet—which should give you a hint about the answer to the accidental experiment question, since certain foods were simply not available during the war. She will explain why health care professionals and the general public lack information about the lifestyle changes and the complexities of a gluten-free diet required with the diagnosis of celiac disease and

will explore some of the issues related to misdiagnoses of celiac disease and its treatment. It is more than avoiding wheat, rye, and oats.

ANTHONY WARKASA, *after having retired from the high tech industry sometime in the last century has been a member of what is now called OLLI at Duke since 2004, and has been arranging and hosting the Symposia invited-speakers series since 2006.*

HARRIET SANDER *retired after a career as a psychologist, and when she moved to Durham was a Guardian ad Litem for the court system before joining Tony as a facilitator and host of the Symposia program.*

10 Tuesdays, September 11–November 27, 2:00–3:15pm (please note times). **The Forest at Duke**, 2701 Pickett Rd, Durham. Maximum: 150. Fee: \$90. **Course ID: 0373.**

ISLAMIC & JEWISH PHILOSOPHY IN AL-ANDALUS

In the Early Medieval period, as Christian Europe lost interest in pagan philosophers, scholars in the Islamic world started studying them. Baghdad, Bukhara, and Alexandria became new centers of enlightenment. Translations of Greek philosophy were studied, commented, and expanded upon in the Islamic world in the 9th thru the 13th centuries. With the expansion of Islam into the Iberian Peninsula, Al-Andalus became a land of peaceful coexistence and fertile ground for enlightenment. For nearly four hundred years, philosophy flourished in Al-Andalus not only among Muslim scholars but also among their Jewish contemporaries. Toledo, Granada, and Cordoba became major centers of learning. Averroes, Ibn-Arabi, Ibn-Khaldun, Ibn-Gabirol, and Maimonides were among the philosophers who thrived in this fertile environment and they were instrumental in transmitting the wisdom of ancient Greece to Renaissance Europe. This course will cover the major Muslim and Jewish philosophers of Al-Andalus and their influence on European thought. ■ *Lecture (plus Questions); Viewing Videos*

MURAT TASAR *hails from the Middle East by way of Spain. He grew up in Istanbul exposed to Islamic thought. In his college years he studied under humanities professors from the Western world and discovered the works of classical philosophers. In Spain, he studied the influence of Arab philosophers and scientists of Al-Andalus on the Medieval European and Renaissance thought.*

7 Tuesdays, September 25–November 13 (please note dates), 3:15–4:45pm. **The Bishop's House**. Maximum: 20. Fee: \$70. **Course ID: 2667.**

HOW TO WRITE FOR CHICKEN SOUP FOR THE SOUL

In this course, students will learn how to compose a story that evokes an emotion in the reader. Chicken Soup for the Soul narratives are always inspirational, frequently poignant, often humorous, and sometimes thoughtful. They're also true. Mastering the personal essay benefits writers whose goal is publication. Many venues are receptive to this genre. For each session, students will have prepared a 300-word piece on an assigned theme. These themes will be ones the anthology suggests. In class, we will analyze what works and what doesn't. Students will advance from being oral storytellers to genuine writers. Students will be encouraged to submit their stories and reminded often of deadlines. ■ **Writing**

Please note: Students should bring pen and paper to class.

ERIKA HOFFMAN has been writing with the goal of publication since 2009. She's been published 280 times by paying markets. Her niche is the personal essay; Chicken Soup for the Soul anthologies have featured 14 stories by her. In addition to having her works accepted by this internationally known collection of books, her nonfiction has appeared in magazines, e-zines, newspapers, and other compilations of essays.

5 Tuesdays, September 11–October 16 (no class Sept. 18), 3:15–4:45pm. **Judea Reform Education Building.** Maximum: 12. Fee: \$50. **Course ID: 2103.**

CONTEMPORARY ISSUES IN SPORTS

The course will explore the current issues confronting sports. Topics of note in 2018 would include sports involvement in social issues; chronic encephalopathy (CTE); inferences made with some team names such as the Redskins and Indians; declining sports television viewing and in stadium/arena attendance; NCAA enforcement policies; the impact of the Supreme Court decision on gambling; considerations in awarding major sporting events; public financial contributions to building venues; the growth of eSports; corruption in sports; issues with the NFL; Leagues and Conferences impact on social issues; movement of sports franchises; future of one-and-dones in college basketball; fantasy sports; "tank-ing" by franchises; players skipping regular season games; and more. Each week issues that develop over the week prior will be discussed, for example, in 2017 the Larry Nassar issue, FBI investigation into college basketball recruiting. While many of these long

standing issues will be discussed, the course will examine emerging issues as they develop during the term. Course website: www.elli-contemporary-sports.weebly.com. ■ **Lecture (plus Questions)**

JIM STEEG has spent more than 40 years in sports, including 10 years managing the business operations of two NFL teams (the Dolphins and the Chargers) and 26 years heading the NFL's Special Events Department, where his primary job was running the Super Bowl, the annual player draft, international games, and events. He has become a contributor in print and electronic media on current issues in sports.

10 Tuesdays, September 11–November 27 (no class Sept. 18; class meets Oct. 23, during OLLI Fall Break), 3:15–4:45pm. **Judea Reform Education Building.** Maximum: 20. Fee: \$90. **Course ID: 2676.**

ROBERT LOWELL & ELIZABETH BISHOP: Selected Poems

Although Bishop met Lowell when she was in her thirties and they remained lifelong friends, their backgrounds, preoccupations, and poetry were different. Lowell wrote poems about his parents and other antecedents; Bishop's father died when she was an infant and her mother was institutionalized as insane when she was five. Lowell was interested in the effect of Puritanism on his time, he was a conscientious objector during WWII, and he opposed the war in Vietnam, supporting Eugene McCarthy for president in 1968. Bishop did not often turn to history or politics in her poetry and did not tend to write about great events like WWII or Vietnam. Unlike Lowell, she was never confessional in her poetry. Travel, place, exile, and identity are some of Bishop's themes; her poetry is often called reticent, understated, and restrained. We will have weekly reading assignments and discuss in class poems from the assignments. ■ **Lecture (plus Questions); Facilitated Discussion; Viewing Videos**

Required texts:

- Elizabeth Bishop, *The Complete Poems, 1927–1979* (ISBN 0374518173), from \$4 (used paperback).
- Robert Lowell, "Life Studies" and "For the Union Dead" (ISBN 9780374530969), from \$8 (used paperback).

HARRY BROWN holds degrees in English from Davidson College, Appalachian State University, and Ohio University. He has published six poetry collections and co-edited an anthology of Kentucky writing. After teaching for more than forty years in the English department at Eastern Kentucky University, he

returned to North Carolina and lives with his wife in Glencoe Textile Mill Village, Burlington.

PRESTON MARTIN received his undergraduate degree from Ohio University, and a Master of Arts in Teaching from the college of Charleston. His poems have received awards or recognition by the North and South Carolina Poetry Societies. He chairs the Brockman-Campbell book competition for the North Carolina Poetry Society.

10 Tuesdays, September 11–November 27 (no class Sept. 18; class meets Oct. 23, during OLLI Fall Break), 3:15–4:45pm. **Judea Reform Education Building.** Maximum: 20. Fee: \$90. **Course ID: 2647.**

A HISTORY OF CALCULUS

Modern day calculus had a long incubation period stretching back into antiquity. We will start by looking at modern-day concepts, then look to the past to see where the basic concepts originated. We will investigate how close mathematicians came to the calculus before Newton and continue with the Newton-Leibniz breakthrough and ensuing controversy. From that we will assess the spread of calculus in Europe and its relative atrophy in England and then consider the issues that arose as mathematicians struggled with the foundations of calculus and worked to provide a mathematically rigorous foundation. Along the way, we will meet a rogue's gallery of unusual functions that drove the process toward this rigorous foundation. A familiarity with high school algebra is assumed. Basic calculus concepts will be covered in class. Because this is a mathematics course, full attendance is highly encouraged: concepts build from week to week. Course website: www.lli-HistoryOfCalculus.weebly.com. ■ *Lecture (plus Questions)*

Recommended text:

- Carl B. Boyer, *The History of Calculus and Its Conceptual Development* (ISBN 0486605094), \$14.70.

FRANK BROWN has a BS from Duke University, a master's in mathematics from ECU, and a PhD in organic chemistry from Caltech. He worked almost 20 years at DuPont, first as research chemist, then as systems analyst, and finally joined Computer Sciences Corporation as a systems analyst. He has previously taught OLLI classes on cryptography and geometric topology.

10 Tuesdays, September 11–November 27 (no class Sept. 18; class meets Oct. 23, during OLLI Fall Break), 3:15–4:45pm. **Judea Reform Education Building.** Maximum: 15. Fee: \$90. **Course ID: 2673.**

THE LABYRINTH: Metaphor for Life

Walking the labyrinth is an activity from medieval times that has recently gained tremendous popularity around the world. This course will provide an opportunity to walk a 24-foot canvas labyrinth indoors. Finger labyrinths of various styles will also be introduced. Instruction will be given on maximizing the potential of a walk for meditation, for self-reflection, and for increasing energy flow and creativity. Emphasis of the course will be on learning through direct experience. There will be four segments: a short talk on history and theory, gentle energy-enhancement exercises based on Qigong, the walk itself, and, finally, integration time, including optional journaling or sharing with the group. All fitness levels are welcome; there are no prerequisites. ■ *Lecture (plus Questions); Facilitated Discussion; Exercise or Dance*

Recommended texts:

- Eve Eschner Hogan, *Way of the Winding Path* (ISBN 9781883991524), \$14.95.
- Lauren Artress, *The Sacred Path Companion* (ISBN 9781594481826), \$15.

MARILYN JACOBSON is a retired clinical psychologist (PhD, Florida State University) who was first drawn to a finger labyrinth in a gift shop on the Isle of Iona in Scotland. This led to extensive reading followed by facilitator training at Veriditas, home of the worldwide labyrinth movement. She has become convinced that the labyrinth not only represents the journey of life but also helps one be fully present in the moment.

5 Tuesdays, September 25–October 30 (please note dates), 3:15–4:45pm. **Judea Reform Education Building.** Maximum: 12. Fee: \$50. **Course ID: 2653.**

OLLI AT NIGHT CLASSES

WOMEN & SPORTS

Why do comparatively few women play sports? This course will take up this question from a variety of perspectives such as cultural anthropology, philosophy of sport and sociology of sport. We will consider what counts as a sport versus a game, what sport tells us about character—individual and national—and what it is about gender and sport that most consider it a typically masculine pursuit. There will be weekly assignments such as readings, podcasts or documentary films, and class meetings will be centered on discussion topics drawn from the

assignment. ■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos; Field Trip(s)*

Please notes: There will be an optional class field trip to attend a local women's sporting event on October 6, 2018, in Raleigh.

CIARA HEALY has experience playing team sports, coaching amateur sports, and researching in the field of sport and gender, particularly women's sports in Olympic competition.

10 Tuesdays, September 11–November 27, 5:00–6:30pm (please note times). **The Bishop's House.** Maximum: 10. Fee: \$90. **Course ID: 2685.**

CREATIVE PROSE: Writing, Editing, and Publishing Workshop

Do you have stories from your life or the history of your family you want to share? Do you use your imagination to create stories? This course will cover all aspects of prose writing from short stories, novels, memoirs, personal essays to any other type of creative prose. In addition, the class will include readings and discussions focusing on key aspects of the writing craft including how to transform your raw material, developing your own voice, writing scenes and dialogue, developing characters, establishing a narrative point of view and structuring longer works. A series of exercises will give you a chance to practice these skills. We will examine the editing process and also look at different methods of publishing your writing. Class members will have their writing critiqued by the class. The class is open to all levels of writers from beginners to published writers. The main objective is to write, have fun, and share our stories. ■ *Facilitated Discussion; Writing*

PAUL DEBLINGER has taught writing for many years and has published many stories, poems, essays, and articles, and is the author of a travel book. He was cofounder of Window, a Washington, DC, literary magazine and small press and also cofounded the Mid-American Review. He has held positions in editing and publishing and works as a writing and publishing coach.

10 Tuesdays, September 11–November 27, 6:30–8:30pm (please note times). **The Bishop's House.** Maximum: 10. Fee: \$90. **Course ID: 2697.**

Registration opens at 9:00am on Tuesday, August 7

www.learnmore.duke.edu

LEARN TO KNIT A CHUNKY SCARF

Learn to transform a few balls of yarn into a scarf in this hands-on course. No prior experience required. The course is designed for the beginner to learn how to cast on, knit, purl, and bind off stitches, but it also works well as a refresher for those who haven't knitted recently. Course website: www.olli-knitting.weebly.com. ■ *Hands-On Activity (e.g., Computer, Art)*

Required supplies:

- four skeins super bulky weight yarn in a light, solid color (examples: Malabrigo Rasta, Berroco Peruvia Quick, Cascade Baby Llama Chunky, Cestari Mount Vernon Bulky, Lion Brand Wool-Ease Thick, and Quick)
- size 11 straight or circular needle, any length
- large tapestry needle

The instructor will provide the pattern. The cost of supplies will be approximately \$30.

AMIE PALMER is a lifelong fiber arts enthusiast who has been knitting for almost 30 years. Her favorite projects include custom-fit clothing and creating interesting textures using a variety of knitting techniques. She is a Craft Yarn Council Level II certified knitting instructor who loves sharing her craft with others.

10 Wednesdays, September 12–November 28, 9:00–10:30am. **The Bishop's House.** Maximum: 8. Fee: \$90. **Course ID: 2638.**

THE THREE ROOSEVELTS

How did these patricians escape the triple confines of a family life held in a powerful class, almost a caste, system? And once they broke free and started to crack open the social and economic structure, what changes did they try to create? What inspired them all to explore the deeply entrenched myth that associated wealth with virtue? What role models, what politicians, what events influenced them? How did they balance political compromise and deal brokering with the bold, principled leadership and commitment to progressive change? And what were the reactions of their fellow patricians to these "class renegades"? In this course we will search for the answers that lie in the intertwining lives, ideas, and deeds of the three Roosevelts as they led the nation and world through the crises of their times and forged the Roosevelt Century. ■ *Lecture (plus Questions); Viewing Videos*

WENDELL MUSSER, MD, is a retired academic physician who held faculty positions at Indiana, Duke, George Washington, and Emory Universities and the University of Kentucky. He is a long-time book collector, primarily of books about Churchill and Franklin Delano Roosevelt, and feels that a day away from OLLI is a day away from happiness.

10 Wednesdays, September 12–November 28, 9:00–10:30am. **The Bishop's House.** Maximum: 35. Fee: \$90. **Course ID: 0374.**

THE SUPREME COURT IN THE 21st CENTURY

Initially we will cover the organization of the federal court system, Supreme Court jurisdiction, and the principle of Supreme Court judicial review. The course will then consider some of the more vexing constitutional law issues prevalent today, for example, Second Amendment individual rights, First Amendment cake-baking right (speech or religion?), partisan political gerrymandering, and a woman's right to choose a termination of pregnancy. Cases involving what Justice Brandeis termed "The Right to Be Let Alone" (privacy) will be read and discussed. This election year we will also ask how the Voting Rights Act became unconstitutional and how corporate money speaks. The goals of the course are to develop an understanding of how the federal judicial system works, how and why the Supreme Court Justices do what they do, and where this court might be going. Basic online legal research (finding and reading the opinions) is essential. There is no good substitute for reading the opinions. Discussion is encouraged as are questions. Speaking of which, how's Justice Gorsuch doing? For more about the course, see scotus21.weebly.com. ■ *Lecture (plus Questions); Facilitated Discussion*

DOUGLAS SHRADER (BA, Yale University; LLB, Yale Law School) was a federal court law clerk and a teaching assistant in professor Robert Bork's constitutional law seminar at Yale Law School. He practiced trial and appellate law in Connecticut for more than forty years. He is a Fellow of the American College of Trial Lawyers.

10 Wednesdays, September 12–November 28 (no class Sept. 19; class meets Oct. 24, during OLLI Fall Break), 9:00–10:30am. **Judea Reform Education Building.** Maximum: 25. Fee: \$90. **Course ID: 1512.**

GERMAN POLITICAL CURRENTS—1648 to Present

This course is intended as a discussion of the main currents in German political history since 1648. After a brief review of chronology, each session will cover one large topic, such as militarism, religion in politics, importance of Austria, socialist/communist parties, dynasties and class, and Germany in Europe. ■ *Lecture (plus Questions)*

Recommended text:

■ Hajo Holborn, *History of Modern Germany*, \$10–\$20.

GEORGE O'KEEFE graduated from the University of Chicago in 1964, received an MA from St. Louis University in 1969, and spent 29 years in the CIA and 10 years as a consultant with SAIC. He lived overseas for all of parts of 21 years, of which 12 were in Germany. He reads German fluently.

8 Wednesdays, September 26–November 28 (please note dates), 9:00–10:30am. **Judea Reform Education Building.** Maximum: 25. Fee: \$80. **Course ID: 2381.**

TRADE IN A GLOBALIZED WORLD: Could Protectionism and Trade Wars Affect You?

We are living in a globalized world where trade and international agreements have played a major role in the economic development and economic growth of developed and developing countries. Protectionism, trade wars and abandoning multilateral treaties and bilateral trade agreements could change what has been achieved since the end of World War II. Varied opinions exist about the positive and negative effects globalization has had over time, about the impact of supply and value chains across the globe, and about how the digital age, artificial intelligence, robotics and additive manufacturing could bring about major changes in what exists today. These and related issues will be analyzed and opened for class discussion. ■ *Lecture (plus Questions)*

STEPHAN WITTKOWSKY is an economist, business consultant, executive and professor who was born and worked in Guatemala and is now living part-time in Chapel Hill. He is a graduate of Cornell University and has extensive experience in the private, public, and academic areas in Latin America and the United States.

MYRON MILLER was born in Western Pennsylvania. He earned a BS at Northwestern University and an MS at Cornell University. He served two years in the

Challenged by Registration Day? Want to know how to deal with situations that have come up for many of our members before? Read on! We have lots to share that should make your experience easier and less stressful. Here are the answers to some frequently asked questions.

Registration
opens at 9:00am
on Tuesday,
August 7

Where do I go to register online?

Go to URL **learnmore.duke.edu**.

I'm new to OLLI. How do I join?

You need to create an account first. Go to **learnmore.duke.edu** and click on "Student Login," then fill in the information requested under "I am a new user." After clicking "Continue," you will be taken to a page where you can create an account.

You can then purchase a membership in one of three ways: (a) Log in to your account, find "Special Requests" on the left, and click it to purchase an OLLI membership; (b) purchase your membership when you register for classes (if you do not have an active membership, one will be automatically added to your cart); or (c) call 919-684-6259 and let a registration team member help you purchase it.

We encourage you to do this before Registration Day.

I can't find my User Name or Password. Can I get a new one?

Yes. If you have registered before, you have an account in our registration system. Go to **learnmore.duke.edu** and click on "Student Login." On the next page (under the left column labeled "I already have an account"), click "Forgot User Name" above the boxes and enter the e-mail you used when you joined OLLI at Duke. The system will send a User Name to your e-mail. Look in your e-mail to find the User Name and write it down or, better yet, use the copy-and-paste function on your computer.

Now go back to the website, which should have returned you to the Student Login page, and click "Forgot Password" above the second box. Here you will enter your User Name by typing it in or pasting from your clipboard. The system will send a new Password to the same e-mail account. Copy that and enter it into the Password field on the Student Login page, then enter or copy-and-paste your User Name and click "Continue" to log in.

We encourage you to do this before Registration Day so that you are comfortable logging in.

I know my User Name and Password but they don't seem to be working.

Check to make sure that you are using a capital "X" in your User Name; the characters following the X are all numerals. The system will not accept a small "x." Also check to see that, if you copied and pasted the User Name, you did not include any blank characters at the end of your User Name. Make sure you include all letters (case sensitive), numbers, and symbols in your password. It is best to copy and paste your password when possible.

We encourage you to practice logging in before Registration Day.

I tried that and it still doesn't work.

Stop! Do not try it a third time or you will be locked out of the system and have to call either the Registration Office at 919-684-6259 or Chris McLeod at 919-684-2703 to have someone reset the system. It is better to retrieve your User Name and Password from the system, using the procedure described above, and proceed from there.

How can I tell if I have a paid membership?

Log in using the procedure above. Then click on "My Profile" on the left menu. Next, scroll down to "Membership Information" to see what OLLI Membership you have and when it expires. If you do not see "Membership Information," then you do not have an active OLLI membership. If you do not have an active OLLI membership, you can then purchase a membership in one of three ways: (a) Log in to your account, find "Special Requests" on the left, and click it to purchase an OLLI membership; (b) purchase your membership when you register for classes (if you do not have an active membership, one will be automatically added to your cart); or (c) call 919-684-6259 and let a registration team member help you purchase it.

What's the fastest way to add courses to my Shopping Cart?

Our website offers different ways to search courses:

1. **Search Courses Link:** The most direct way to find your course is to go to learnmore.duke.edu, click on the link "Search Courses" located on the second horizontal menu at the far right, and enter either the four-digit course number or a portion of the name. Click on the link to the course, click on the "Add to Cart" button, and follow steps to checkout.
2. **By Day of the Week or by Category:** Go to learnmore.duke.edu, click on "Osher Lifelong Learning," click the down-triangle labelled "Show" under "Courses," and click on the tab "View by day" or "View by category." Click on the course title to get to the course page, click on "Add to Cart," and follow steps to checkout.
3. **Search Box:** You may also enter the course number or part of the title into the search box that appears on every page at the top right, under the shopping cart symbol. This will search the entire site and may also retrieve results from the .pdf version of the course catalog. Click on the appropriate link for the course, click on "Add to Cart," and follow steps to checkout. *Please note:* Since this is a Google search box refreshed by Google, it may not have the most up-to-date information.

I tried to register for a course I wanted and it was listed as full. What do I do now?

Almost 40 percent of our courses fill on the first day. If there is a Wait List offered, add your name, but don't depend on it for getting in. Instead, select another course that interests you.

Why do I have to give my User Name and Password again when I go to check out?

Note that if you begin by adding courses to your cart without logging in to your account, you will be prompted to log in *once* as part of checkout. If you are more comfortable logging in to the Student Portal first, then selecting your courses, you will be prompted to log in in a *second* time for this reason:

In order to protect the personal information stored in your student profile, we require that you log in again as part of the inquiry or registration checkout process. Logging in again also prevents students who share a computer from accidentally enrolling the wrong person.

I entered my credit card number at checkout but the system seems to have locked up. What happened?

If you entered a Visa card number and checked MasterCard by mistake, the system will go into a long hold while it tries to reconcile that the number and card don't match. It will eventually return control. The same is true for any mismatch between card number and card type.

I'm not comfortable with online registration. Can I get help?

Yes. Volunteers will be at JRC at 9:00am on Registration Day—Tuesday, August 7—to assist members with online registration.

Can I register by calling the office or by using the paper form in the catalog?

Yes, you can also call the Registration Office at 919-684-6259 to register by phone starting at 9:00am on Registration Day—Tuesday, August 7. If your call goes to voicemail because of the high volume of calls expected, leave only one message; your call will be returned as soon as possible.

If you want to submit a paper registration, you can bring it to The Bishop's House no earlier than 8:00am the day before Registration Day, with a check for the amount of your courses. Staff at the Bishop's House cannot accept credit card payments on paper forms.

Will I have the same priority to get classes if I register using a paper form?

Registering online is the best way of maximizing your chances of getting the courses you desire. Everyone is equal, but registration is a first-come, first-served system. Paper forms and hundreds of phone calls cannot be processed as quickly as instantaneous online registrations. Your best bet to register quickly is to get familiar with the online system by practicing well in advance of Registration Day. You can also either come to JRC or find a friend who is computer savvy to help you.

Anything else I should check as I register online?

Click on "My Enrollment History" on the left side of your profile page before you log out to insure that all the courses you registered for are listed.

US Army Counterintelligence Corp, then worked for Westinghouse Electric, the Singer Company, Sunbeam Corporation, and Sears, Roebuck. In those companies, he worked internationally and lived in Puerto Rico, Venezuela, and England, and he has work experience in 65 countries. He founded Global Trade Services, Ltd., in 1985, with offices in Washington, DC, and Brussels, Belgium, where he lived for two and a half years. In 1990 he joined the faculty of Michigan State University, where he taught international business and marketing. In his last three years there, he served as the director of Executive Development Programs (the nondegree programs).

10 Wednesdays, September 12–November 28 (no class Sept. 19; class meets Oct. 24, during OLLI Fall Break), 9:00–10:30am. **Judea Reform Education Building.** Maximum: 25. Fee: \$90. **Course ID: 2620.**

THE EXPLORATION OF MARS: Past, Present, and Future

We've been to the Moon, we continue to live and work in low Earth orbit, our next space frontier is Mars. While the incredible entry descent and landing of the Mars Science Laboratory rover Curiosity make it look easy, reaching Mars in one piece is anything but. We'll take a detailed look at the red planet and how we've studied it, from its first observation to the latest missions in orbit and on the surface. Then we'll look to future robotic missions such as InSight and the 2020 Rover as well as the challenges that must be overcome before humans can put boots on Mars. A live conversation (via web conferencing) with a JPL Mars scientist is also planned. ■ *Lecture (plus Questions)*

TONY RICE is a Solar System Ambassador with NASA's Jet Propulsion Laboratory in Pasadena, California and contributor to the NASA Langley Research Center Speakers Bureau. He speaks frequently at science museums and planetaria in the Carolinas and Virginia. Rice also contributes to WRAL-TV in Raleigh on science topics.

10 Wednesdays, September 12–November 28 (no class Sept. 19; class meets Oct. 24, during OLLI Fall Break), 9:00–10:30am. **Judea Reform Education Building.** Maximum: 10. Fee: \$90. **Course ID: 2670.**

CHANGE YOUR AGE: Use Your Body and Brain to Feel Younger, Stronger, and More Fit

For Baby Boomers: Did you know that your movement habits at ages 50 and 60 will impact how you feel at age 70 and beyond? You can shed your physically limiting habits and learn new habits that make your body and mind more agile and fit. This groundbreaking Change Your Age program, based on the Feldenkrais Method of Neuromuscular Reeducation, applies the principals of childhood development and neuroplasticity to adult learners. You will learn simple but powerful exercises that train your brain to move your muscles in healthier, stronger, and more coordinated ways. The program is not stressful, and does not involve repetitive routines. With a more intelligent body and diminished pain, you will delight in your newfound youthfulness. ■ *Exercise or Dance*

Please note: All who can lie on the floor comfortably are welcome. Please bring a mat, thick blanket, or sleeping bag on which to lie, and two big towels to fold to create support for your head. Wear comfortable clothes for movement—*dress in layers*. Call 919-967-8013 to discuss any concerns you might have about your ability to participate.

Recommended text:

- Frank Wildman, *Change Your Age: Using Your Body and Brain to Feel Younger, Stronger, and More Fit* (ISBN 9780738213637), \$20.

KAREN DOLD, *Feldenkrais practitioner and movement educator*, has changed her age and delights in watching her students do the same. "The older I get, the younger I feel." She has been teaching classes throughout the Triangle since 2000 and offers private sessions in her Chapel Hill and Cary offices.

10 Wednesdays, September 12–November 28 (no class Sept. 19; class meets Oct. 24, during OLLI Fall Break), 9:00–10:30am. **Judea Reform Education Building.** Maximum: 20. Fee: \$90. **Course ID: 0857.**

**NO regular OLLI CLASSES
during OLLI's Fall Break, October 22–26,
or Thanksgiving week, November 19–23**

*In celebration of Yom Kippur, there will be no classes at Judea Reform Education Building after 4:00pm Tuesday, September 18, or on Wednesday, September 19.
Some courses will meet instead during OLLI Fall Break. Please read course descriptions carefully.*

EXPLORE ACRYLICS:

Let's Explore This Versatile Medium

This is going to be so much fun! We'll experiment with 14 acrylic colors and mediums that come in a special package, called Golden Explore Acrylics (or Acrylics A–Z), that can be purchased for under \$30. We'll use heavy-body acrylics, fluid acrylics, open acrylics, high-flow acrylics, gels, pastes, and mediums. You'll also need a few tools, which you may already own, such as various brushes (some stiff, some soft), and some matte board or canvas for a painting surface. ■ *Hands-On Activity* (e.g., *Computer, Art*)

Required supplies:

- Golden Explore Acrylics set. Once your registration is confirmed for this course, go ahead and order this right away. It's a specialty item. This is \$27.85 at Jerry's Artarama; Dick Blick is out of stock. It may also be available at Michael's.
- You will need palette knives, some matte board or canvas, and several brushes of different sizes which you may already have—some stiff flats and some soft rounds.

NANCY DARLING *has been painting for more than 30 years. She began in watercolor and later painted in oils. Now she is doing both and is exploring acrylics. Her paintings have been shown in museums and international shows. She is a signature member of the Society of Animal Artists and a member of Oil Painters of America, the American Impressionist Society, the North Carolina Watercolor Society, and Plein Air Painters of NC. To see her work, please visit nancydarlingfineart.com.*

8 Wednesdays, September 12–November 14 (no class Sept. 19 or Nov. 7; class meets Oct. 24, during OLLI Fall Break), 10:30am–12:30pm (please note times). **Judea Reform Education Building.** Maximum: 12. Fee: \$80. **Course ID: 2636.**

TURKEY: Between Two Worlds

This course is about Turkey, a predominantly Muslim country located mostly in Asia but a sturdy member of NATO and a candidate for membership in the EU. The course will move chronologically from the first migration of Turkic tribes into Anatolia, through the centuries of Ottoman rule, and into the century of the Turkish Republic. It will cover Mustafa Kemal Ataturk, the founding of a secular republic, the evolution of the republic from a single-party oligarchy to an (often messy) multiparty

democracy, the multiple resets of the political process by the Turkish military, and the current ascendancy of President Erdogan's Justice and Development Party (AKP). It will attempt to shed light on the relationship between religion and state, Turkey's Kurdish problem, Turkey's relations with other nations (Russia, the US, the EU, and others), and concerns about increasing autocracy and diminishing human rights in the country. ■ *Lecture (plus Questions)*

Recommended text:

- Andrew Finkel, *Turkey: What Everyone Needs to Know* (ISBN 019973304X), \$12.64.

BOB BAUERNFEIND, *a retired cardiologist, was full- or part-time medical school faculty throughout his career. He has long-time interests in history and travel. Trips to the Turkish region sparked a special interest. Rob previously taught several sections of a popular course about the Ottoman Empire.*

10 Wednesdays, September 12–November 28, 11:00am–12:30pm. **The Bishop's House.** Maximum: 25. Fee: \$90. **Course ID: 2383.**

BEYOND KNIT & PURL: Demystifying Knitted Knockers

Statistically, all of us know someone affected by breast cancer. Knitted Knockers is a nonprofit dedicated to providing postsurgical breast cancer patients with high-quality, hand-knitted prosthetics. The charity relies on donations crafted to their carefully specified pattern from specific yarns. Unfortunately, the patterns aren't trivial. Join us as we spend the session upgrading our knitting skills to support this charity in their mission by learning the skills to knit a knocker. ■ *Hands-On Activity* (e.g., *Computer, Art*)

Prerequisite: Participants must be able to cast on, knit, and purl.

Required supplies:

- one skein Cascade Ultra Pima or other yarn from Knitted Knockers' approved list
- one US size 5 circular needle, 32" or longer, **or** a set of US size 5 double point needles
- stitch markers
- tapestry needle

The instructor will provide the pattern. The cost of supplies will be approx. \$15.

AMIE PALMER *is a lifelong fiber arts enthusiast who has been knitting for almost 30 years. Her favorite projects include custom-fit clothing and creating interest-*

ing textures using a variety of knitting techniques. She is a Craft Yarn Council Level II certified knitting instructor who loves sharing her craft with others.

10 Wednesdays, September 12–November 28, 11:00am–12:30pm. **The Bishop's House**. Maximum: 8. Fee: \$90. **Course ID: 2640**.

THE WORLD TODAY

This course is for those interested in current events. Each week we will discuss news from around the world, across the United States, and in the Triangle. The facilitator will provide an agenda of discussion topics, and members of the class are permitted to propose additional discussion topics. Active participation is encouraged (but not mandatory), since it expands our mutual understanding of the many events that might, and do, affect us. Discussions are enriched by the variety of class members' backgrounds, expertise, and viewpoints. Topics are discussed knowledgeably, respectfully and, sometimes, with passion, but we always end with humor, looking forward to the next class. And many of us even continue the discussions over lunch at a nearby restaurant. We offer two sections of this class because of the large number of interested OLLIites. Most facilitators rotate between the sections. Each facilitator is a news junkie and has led discussions many times, and each brings his own distinctive style and background to the class and, most important, will encourage a wide selection of views from class members. ■ *Facilitated Discussion*

RICHARD ELLMAN is a retired New York CPA who moved to Durham more than 10 years ago. He has been an OLLI member for that entire time, serving as treasurer, board member, and then president. He considers himself a news junkie.

HENRY BLINDER served as city attorney for the City of Durham for many years prior to retirement. He is past president of the North Carolina Association of Municipal Attorneys and a former deputy attorney general for the State of New Jersey. He has a JD degree from Duke University Law School and has lived in Durham for more than 35 years.

DEAN BLOCK, prior to retirement, served in municipal government in three cities: as a budget director, as a deputy city manager, and as a public works director. He began his career as an officer in the U S Navy. Dean holds a master's degree and has lived in the Triangle since 2009.

DOUG LONGMAN has taught many courses at OLLI

on international political economy, public policy, and economics. He holds a doctorate in business administration from Indiana University and has taught at the University of Chicago, UNC–Chapel Hill, and the University of Texas.

FRED SCHACHAT retired from the Duke University faculty after 35 years of research and teaching at the Duke Medical School. Born in New York City, he received his undergraduate degree from Columbia University and a PhD from Stanford. In retirement, he has focused on the importance of history, law, and the Internet in understanding current events.

RIC SHEPHERD, originally from the Boston area, has been a CPA for more than 30 years. Since 1988 he has lived and practiced in the Triangle area. His specialty is financial consulting to businesses, and he recently retired from teaching at Wake Tech Community College.

Please note: There are two sections of this course open for enrollment, one on Wednesdays and one on Thursdays. When registering online, enter the four-digit Course ID (**0393**) into the course search. You will then need to choose your preferred section. If registering by paper, write the preferred section on the line.

Section 1: 10 Wednesdays, September 12–November 28 (no class Sept. 19; class meets Oct. 24, during OLLI Fall Break), 11:00am–12:30pm. **Judea Reform Education Building**. Maximum: 33. Fee: \$90. **Course ID: 0393-053**.

Section 2: 10 Thursdays, September 13–November 29, 11:00am–12:30pm. **Judea Reform Education Building**. Maximum: 33. Fee: \$90. **Course ID: 0393-054**.

A PARED-DOWN MASSIVE OPEN ONLINE COURSE (MOOC) ON CRITICAL THINKING

One of the more popular Massive Open Online Courses (MOOCs) from Duke has been Professor William Sinnott-Armstrong's series on critical thinking—how to reason and argue. But studying at a computer in isolation at home for 12 weeks for a grade is inconsistent with OLLI's learning for the "fun of it" in a social environment. As a variation on this format, Professor Sonnot-Armstrong has agreed to provide us with 10 modules of his course, each about an hour long. We will view these as a class, after which we will have a half hour discussion. By studying as a group, our own real-world experiences will add to the richness of the course. Expect to spend an hour or two reading before each

class and be ready for an animated discussion during class. You may sample the course by viewing an introduction on youtube at www.youtube.com/watch?v=Y6GALVZfR4A. ■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos*

Required text:

- Walter Sinnott-Armstrong, *Think Again: How to Reason and Argue*, \$13.

ANTHONY WARAкса is a long-time course organizer and host at OLLI, but until now his efforts had been on *Symposia*, OLLI's invited-speakers series. Professor Walter Sinnott-Armstrong has been one of *Symposia*'s favorite speakers, and that led to this unique modification of a MOOC that has had more than 5,000 students registered to take the course for credit.

HARRIET SANDER is a retired psychologist, and has for the past 5 years been a partner with Tony in organizing *Symposia* at OLLI and can't wait to be a host and classmate for this course.

10 Wednesdays, September 12–November 28 (no class Sept. 19; class meets Oct. 24, during OLLI Fall Break), 11:00am–12:30pm. **Judea Reform Education Building**. Maximum: 30. Fee: \$90. **Course ID: 2654**.

PRACTICAL WISDOM: How to be Your Authentic Self in This Changing World

Who are we? How do our thoughts affect our world? How much does fear permeate our lives? We don't realize how often we fall into old habits and thought patterns as we move through our day. Common themes of practical wisdom are found across many spiritual traditions; respect, abundance, compassion, forgiveness and gratitude. In this course, we will use writings from *One With All of Thee: Growing Your Sacred Connection* and other spiritual books as a jumping-off point for reflective discussion on how to live a more mindful life in harmony with nature and those around us. Is there an unseen connection between us all, and if so, how can we use that to make this a kinder, gentler world? The instructor will provide simple tools, short exercises, and meditations to fit into your busy lives, as well as short reading assignments that will be discussed in class.

- *Lecture (plus Questions); Facilitated Discussion*

Recommended text:

- Celine Koropchak, *One with All of Thee: Growing Your Sacred Connection* (ISBN 9781494991739), \$12.

A retired Duke University medical researcher, CELINE KOROPCHAK is currently a blueberry farmer and author of *One with All of Thee: Growing Your Sacred*

Connection. She speaks and teaches locally, sharing practical tools to help guide others on their personal journeys. Celine has been a repeat guest on *BlogTalkRadio* and writes a weekly blog, *The Tovarysh Connection*.

10 Wednesdays, September 12–November 28 (no class Sept. 19; class meets Oct. 24, during OLLI Fall Break), 11:00am–12:30pm. **Judea Reform Education Building**. Maximum: 10. Fee: \$90. **Course ID: 2113**.

DANCE AROUND THE WORLD

This course explores rhythms from different cultures in a fun, energetic atmosphere. Each week, students will experience a different culture through music and dance. Examples of this global exploration include the Bollywood rhythms from India, Latin American styles such as Salsa, Celtic dances of the United Kingdom, and iconic American dances like the Charleston and Swing. No partner or dance experience is necessary in this class for active adults. Come burn some calories while you learn about the world!

ANDRE AVILA was born in Bogota, Colombia, where his ballet, jazz, and tap training began at the age of eight. Later, he expanded his repertoire to include South American folkdance and traditional Latin social dances. Training in rhythm and smooth ballroom dance began when Andre moved to the US in 2003. Since that time, he has taught and competed professionally with studios in Las Vegas, New York, Massachusetts, and North Carolina, specializing in Ballroom and Latin styles which he adapts to all ages and abilities.

5 Wednesdays, October 24–November 28 (please note dates; class meets during OLLI Fall Break), 11:00am–12:30pm. **Judea Reform Education Building**. Maximum: 10. Fee: \$50. **Course ID: 2568**.

SHAKESPEARE'S MACBETH: Murder and Moral Mayhem

As Shakespearean scholar David Bevington observes, Macbeth's "awareness of and sensitivity to moral issues, together with his conscious choice of evil, produce an unnerving account of human failure, all the more distressing because Macbeth is so representatively human." The question then becomes what accounts for Macbeth's "choice of evil"? How does a good man lose his moral compass? What are the internal and external forces that play upon him? As interested as Shakespeare is in motivation, his greater concern in this tragedy is the far-reaching impact of evil actions, not only on

victims, but on the perpetrator himself. As we engage in a close examination of the script, we will test Bevington's notion of Macbeth as "representatively human." Through a variety of activities and in-depth discussions, we will examine key soliloquies, dialogues, and scenes. In addition to reviewing critical scholarship on the tragedy and viewing clips of performances, we will explore ways in which it speaks to us on a personal level. ■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos*

Required text:

- William Shakespeare, *The Tragedy of Macbeth* (ISBN 9781451694727), \$9.95.

JANICE CHING retired from Durham Academy, where she taught Shakespeare's works for more than 20 years. She studied in Stratford, England, and at the replica of the Globe in London. She has conducted professional workshops on teaching Shakespeare's plays and taught more than 25 classes at OLLI.

10 Wednesdays, September 12–November 28 (no class Sept. 19; class meets Oct. 24, during OLLI Fall Break), 11:00am–12:30pm. **Judea Reform Education Building.** Maximum: 20. Fee: \$90. **Course ID: 2693.**

BEYOND BEGINNER: Topics in Photography

This course will introduce experienced digital photographers to a new photographic topic each week. We'll start with a review of the basics: exposure, composition, and depth of field. Subsequent weeks will cover topics such as macro photography, landscape photography, off-camera flash, and more. For each topic, we'll discuss equipment choices, planning the shoot, technique, and post-production. You will also have an opportunity to suggest topics you would like to be covered. You'll be expected to complete some outside-class assignments reflecting the covered topics. We'll review our photos at the start of each class. ■ *Lecture (plus Questions); Hands-On Activity (e.g., Computer, Art)*

Requirements: You should have an interchangeable lens digital camera (DSLR or mirrorless) and have a good understanding of how to operate it, including changing ISO, shutter speed and aperture settings. No specialized equipment is required for any particular topic, but is welcomed if available (e.g., macro lens, external flash, etc.).

Recommended texts:

- Glenn Randall, *The Art, Science, and Craft of Great Landscape Photography* (ISBN 1937538478), \$25.

- Scott Kelby, *The Flash Book* (ISBN 1681982749), \$20.
- John Shaw's *Closeups in Nature* (ISBN 0817440526), \$12.

TOM BENSON is a local fine art wildlife and nature photographer. With 30 years' experience, he has tried just about every photographic discipline and enjoyed some of them, and as a North Carolina native, he strives to showcase the natural beauty of the Southeast in his work. When it comes to making compelling images, he feels that "It ain't the Camera!" that makes the difference.

10 Wednesdays, September 12–November 28, 11:00am–12:30pm. **Smith Warehouse Computer Lab.** Maximum: 12. Fee: \$90. **Course ID: 2616.**

GEORGIA O'KEEFFE: The Female Image and Image Maker

In this six-week course we will use the encyclopedic collection of the North Carolina Museum of Art to survey: images of women and images by women to 1900; the world and life of Georgia O'Keeffe; and how her images relate to modern and contemporary works in the NCMA. This will include a gallery tour of the special exhibition "The Beyond: Georgia O'Keeffe and Contemporary Art" that originates at the Crystal Bridges Museum of American Art and will open in Raleigh on October 13. Lectures in the museum auditorium will alternate with gallery sessions in which we will look closely at works that were discussed in the previous week's lecture.

■ *Lecture (plus Questions); Facilitated Discussion*

October 3 (lecture)

The Female Image & Image Maker

October 10 & 11 (gallery sessions)

Images of and by women in NCMA

October 17 (lecture)

Georgia O'Keeffe: Life & Work

October 31 & November 1 (gallery sessions)

"Georgia O'Keeffe & Contemporary Art" exhibition

November 7 (lecture)

Modern to Contemporary Women Artists

November 14 & 15 (gallery sessions)

Modern to contemporary women artists

KRISTINE DOOR, PhD, taught art history at the University of North Dakota for more than a decade before moving to Raleigh in 1995. Until her retirement, she lectured at the North Carolina Museum of Art and directed the docent program. Kris has offered an OLLI art history class each year since 2007.

Please note: You can sign up for the entire course (which includes the three lectures and your choice of available gallery sessions), or you can sign up just for the lectures. All sessions meet at the **North Carolina Museum of Art**, 2110 Blue Ridge Rd, Raleigh. When registering online, enter the four-digit Course ID (**2614**) into the course search. You will then need to choose between the four sections that include lectures and gallery sessions or the one section that includes lectures only. If registering by paper, write the preferred section on the line.

Section 1: Wednesday lectures, 11:00am–12:30pm, with Wednesday Gallery Sessions, 10:30–11:30am. Maximum: 20. Fee: \$80. **Course ID: 2614-001.**

Section 2: Wednesday lectures, 11:00am–12:30pm, with Wednesday Gallery Sessions, 12:00–1:00pm. Maximum: 20. Fee: \$80. **Course ID: 2614-002.**

Section 3: Wednesday lectures, 11:00am–12:30pm, with Thursday Gallery Sessions, 10:30–11:30am. Maximum: 20. Fee: \$80. **Course ID: 2614-003.**

Section 4: Wednesday lectures, 11:00am–12:30pm, with Thursday Gallery Sessions, 12:00–1:00pm. Maximum: 20. Fee: \$80. **Course ID: 2614-004.**

Section 5 (lectures only): Wednesdays, 11:00am–12:30pm; see schedule for dates. Maximum 100. Fee: \$80. **Course ID: 2614-005.**

Additional fees: If registering for the gallery sessions, students will need to purchase tickets for the Oct. 31/Nov. 1 visit to the special NCMA exhibition “Georgia O’Keeffe & Contemporary Art.” (This is free for NCMA members.)

PAINT & COLLAGE WORKSHOP-STYLE COURSE

Special Workshop at DAC

In this course, which will be aimed at intermediate artists, we will build on skills previously taught in the areas of abstracted painting and collage application. You will use more of your own art supplies, with the addition of some unique papers and paints provided by the instructor. Most class time will be centered on personal work, with guidance and critique from the instructor, and will include instruction about some interesting processes for altering papers and manipulating paints that you may want to try. There will also be, if appropriate, some conversations about modern art and artists as they relate to work being done in class. Those who are new to this way of painting are welcome; participants will work at their own pace, and the instructor will be

able to help in an one-on-one manner. Should be fun too! ■ *Hands-On Activity (e.g., Computer, Art)*

Required materials:

- Students will receive an email prior to the class with a listing of the supplies they will need. Because it is anticipated that the students will have most, if not all, of the materials needed, the instructor is not expecting students to purchase materials; however, the students will be independently responsible for their own materials.

BERNICE KOFF enrolled in a watercolor class more than 25 years ago to enhance her art knowledge as a museum docent in Columbus, Ohio. Art classes, gallery exhibits, and juried shows began to fill up her life, and she pursued all of them with joy, energy, and a determination to make her art both more skilled and more meaningful. Teaching students the joys of watermedia painting and collage has enhanced her life and her artwork as well.

7 Wednesdays, September 26–November 14, 11:00am–1:00pm (please note dates and times). **Durham Arts Council**, 120 Morris St, Durham. Maximum: 10. Fee: \$180.

Special registration required: This course is a collaboration of the Durham Arts Council and OLLI at Duke. If you are an OLLI member, contact Kathy Parrish (919-681-3476) to get the discount code you should use, and then call the Durham Arts Council (919-560-2787) to register. *You cannot register for this workshop through the OLLI registration website or office.* Seating is extremely limited.

HISTORY OF NEW YORK CITY: A Hell of a Town

Founded in 1624, New York City has always played a vital part in the history of the American nation. It still today reigns as the commercial, financial, intellectual and psychological heart of the nation, yet many of our citizens consider it to be irredeemably “foreign.” Our lecture/discussions will cover the growth of New York from frontier settlement to metropolitan world city and consider why so many people say “It’s a great place to visit but I would never live there.” New York has dominated much of American history for almost four centuries and this course will show you why. ■ *Lecture (plus Questions); Facilitated Discussion*

GEORGE LANKEVICH is Professor Emeritus of History at CUNY, where he taught for over thirty years. He is the author of over twenty books of history.

10 Wednesdays, September 12–November 28, 11:00am–12:30pm. **Galloway Ridge Retirement Community**, 3000 Galloway Ridge Rd, Pittsboro. Maximum: 45. Fee: \$90. **Course ID: 0796.**

WATERCOLOR PAINTING FOR BEGINNERS

This course is a great opportunity to learn the basics of painting with watercolors for those who have never done this before but always wanted to try. Students will learn about materials, glazing, painting wet-in-wet, color mixing, controlling edges, negative painting, saving whites, masking, producing various textures, composition, values, and more. ■ *Hands-On Activity (e.g., Computer, Art)*

Required materials:

www.jerrysartarama.com highly recommended

- PAPER—Arches #140 cold press, at least 10" x 14". The cost is dependent on the quantity purchased, but figure \$40 for paper. \$2 will buy one 11" X 15" sheet from the instructor.
- BRUSHES—at least three synthetic bristle brushes (#14 and #8 round, 1" flat). Creative Mark, Beste brand recommended. Cost is about \$35.
- PAINTS—tube paints are preferred; Winsor & Newton, Cotman brand is recommended. The cost is about \$4 per 8ml tube. *Colors:* permanent rose, cobalt blue, lemon yellow, Hooker's green, violet, cadmium orange, burnt sienna, indigo, Van Dyke brown.
- PALETTE—a white plastic plate is okay, but one with wells and cover is preferred. Cost for a larger palette is around \$25.

From home:

- a quart-size plastic water container
- Viva paper towels
- board to back paper
- small spray bottle
- kneadable eraser
- ruler
- camera
- roll of toilet paper
- masking tape
- #2 pencils
- paper for drawings
- scissors

Please note: If you need information about materials, contact Becky Raye at rrussell6482@nc.rr.com.

BECKY RAYE RUSSELL is an experienced teacher with students ranging from preschoolers through adults. Although she is educated in biology, her major interest now, in her retirement, is art. She has painted—primarily with watercolors—for more than 30 years. Her paintings are in many private collections and all over her house. This is her thirteenth OLLI course offering.

10 Wednesday, September 12–November 28 (no class Sept. 19; class meets Oct. 24, during OLLI Fall Break), 1:00–3:00pm. **Judea Reform Education Building**. Maximum: 12. Fee: \$90. **Course ID: 0885.**

WORKING WITH DNA: What Skills Do You Need?

Many people decide to have their DNA analyzed for genealogy and to discover their ethnicity and biological relatives, known and unknown. But often they do not understand what cannot be discovered through DNA testing or what skills are necessary to analyze the data they will receive from their test results. This course will present an introduction to DNA testing for ancestry/ethnicity. It will discuss the pros and cons of the different companies and types of tests offered for DNA testing for ancestry. It will also include a discussion of the ethical and privacy issues of DNA testing and help people decide whether they wish to test or not test. Finally, it will outline the skills needed to work with DNA and their genealogical research: computer skills, websites, organizations, and third-party tools.

■ *Lecture (plus Questions); Facilitated Discussion*

Requirements: Access to the Internet and a printer is required. Handouts will be posted on the course website before each class for the students to download and print.

Please note: Completion of this course will be a prerequisite for enrolling in "Gen VI: DNA for Genealogy," to be offered Winter 2019.

MARGO FARISS BREWER is a genealogical instructor, lecturer, consultant, and coleader of genealogical research trips to the Family History Library in Salt Lake City. She is a member of the Association of Professional Genealogists, the Genealogical Speakers Guild (president), and several other genealogical societies, and has been documenting her family history for more than 25 years.

ELIZABETH (Beth) BALKITE has a master's degree from the Graduate Program in Human Genetics, Sarah Lawrence College, Bronxville, NY. She is a board-certified genetic counselor with more than 30 years' experience counseling individuals and families as well as educating healthcare professionals and the public about human genetics.

4 Wednesdays, October 24–November 14, 1:00–3:00pm (please note dates and times; class meets during OLLI Fall Break). **Judea Reform Education Building**. Maximum: 20. Fee: \$40. **Course ID: 2686.**

TANGLED-INSPIRED BOTANICALS— Zentangle Workshop

In this workshop inspired by the book *Tangled-Inspired Botanicals* by Sharla Hicks, you'll learn how to develop your own style of tangle-inspired foliage, flowers, and other nature-inspired plants to create a stunning botanical design. Use nature's own designs to create expressive marks and lines, repetitive patterns, shading, shadows, and enhancements to bring a new vision to your Zentangle artwork. ■ *Hands-On Activity* (e.g., Computer, Art)

Prerequisite: This workshop is suitable for students with prior Zentangle experience, not beginners.

Required supplies:

- black Micron 01 or 02 pen
- pencil
- tortillion (blending stump)
- 9" x 12" sheet of smooth Bristol vellum paper

Cost of supplies will be approximately \$10.

CATHY BOYTOS is an artist, a graphic designer, a photographer, and a certified Zentangle teacher. She lives in Raleigh with her husband, Greg, and their cat, Annie. She has an extensive background in graphic design and previously taught graphic design in the community college arena. She is currently teaching Zentangle classes and workshops in the Triangle area, and her wish is to be your guide on a journey that is easy and simple to comprehend. Zentangle is easy to learn, and fulfilling beyond expectations.

1 Wednesday, September 12, 1:00–3:30pm (please note date and times). **Judea Reform Education Building.** Maximum: 15. Fee: \$20. **Course ID: 2641.**

ZENTANGLE ILLUMINATED LETTER WORKSHOP

An illuminated letter—usually the first letter of a page or paragraph—is always enlarged and can be in color with gold applied in areas, while the rest of the text remains black. The images used to enhance the letters include shapes, lines, and tangles. In this workshop, you will use a preshaped alphabet stencil as a base for a unique Zentangle design. ■ *Hands-On Activity* (e.g., Computer, Art)

Prerequisite: This workshop is suitable for students with prior Zentangle experience, not beginners.

Required supplies:

- black Micron 01 or 02 pen
- pencil
- tortillion (blending stump)
- 9" x 12" sheet of smooth Bristol vellum paper

Cost of supplies will be approximately \$10.

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1 Wednesday, October 17, 1:00–3:30pm (please note date and times). **Judea Reform Education Building.** Maximum: 15. Fee: \$20. **Course ID: 2642.**

THE RUSSIAN STATE: Yeltsin through Putin

This course traces the development of the Russian Federation under Boris Yeltsin, emphasizing the economic crisis of "shock therapy" from 1991 to 1999, the accompanying presidential-parliamentary turmoil of 1993, and the adoption of the present constitution of the Russian Federation. The course then focuses on the rise to power of Vladimir Putin and the development of Russian politics from 2000 to present, including the economic and political role of the "oligarchs," the development of a single-party system, and the role of political dissent. Lengthy treatment will then be accorded to Russian foreign policy toward its former "Near Abroad," the US, the European Union, and China. Special consideration will be given to nuclear diplomacy in strategic arms reduction and the status of Russian and American antimissile systems. ■ *Lecture (plus Questions)*

Recommended text:

- Timothy J. Colton, *Russia: What Everyone Needs to Know* (ISBN 9780199917792), \$13.74 (Amazon).
- Angela E. Stent, *The Limits of Partnership* (ISBN 9780691165868), \$17.10 (Amazon).

Dr. WILLIAM DAVIDSHOFER holds a PhD in political science, with a specialization in Russian and Eastern European studies, from the University of Notre Dame. He has taught many OLLI courses, following a 40-year teaching career at the University of Maine at Presque Isle. He has recently published a work titled "Marxism and the Leninist Revolutionary Model."

10 Wednesdays, September 12–November 28, 1:30–3:00pm. **The Bishop's House.** Maximum: 30. Fee: \$90. **Course ID: 2625.**

MORE CONTEMPORARY LATIN AMERICAN CINEMA: Latest Selections

Latin American cinema is today considered among the world's best. Aided by digital advances, favorable production capacity, and international financing, its technical and artistic merit have brought global recognition. Three of its major directors (i.e., Mexico's *tres amigos*: Alfonso Cuarón, Gonzalez Inárritu, and Guillermo del Toro) have been wooed to Hollywood and have received the Oscar for Best Director each of the past four years. Other outstanding directors, with multiple critically acclaimed films, include Chile's Pablo Larraín, Argentina's Pablo Trapero, and Brazil's Fernando Coimbra. We will screen and discuss six outstanding and recently released films, their social context and production conditions, and the critical national and transnational issues they illuminate. None of the films has been previously screened in this course series.

■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos*

A specialist on Latin America, KATHLEEN MORRISON taught at UCLA and Stanford University for more than 25 years and received the Gores Prize, Stanford's top teaching honor. Her primary teaching and research focused on urban poverty and children in Latin America, and she regularly employed feature films in her classes. After moving to Durham in 2008, she cofounded Kidznotes, a classical orchestral music program for underserved children that is based on Venezuela's renowned El Sistema.

6 Wednesdays, September 12–October 17, 1:30–4:00pm (please note dates and times). **The Bishop's House.** Maximum: 18. Fee: \$60. **Course ID: 2680.**

INNER WORKINGS OF THE STOCK MARKET: An Insider's Perspective

Since the financial crisis of 2008, there has been much discussion about the potential for financial institutions to influence and, perhaps, even to manipulate, the stock market. This course examines the major participants in the market, their individual roles, and their interaction with other market participants. What are the ways that dominant institutions profit? Are there conflicts of interest, and, if so, how do they impact individual investors? How are prices determined, and how do trades get executed in the market? This course is designed for those who have basic knowledge of the stock market and would like to better understand the participants

and dynamics of the market. ■ *Lecture plus Questions; Facilitated Discussion; Viewing Videos*

Recommended texts:

- Michael Lewis, *Flash Boys* (ISBN 9780393244663), \$12.99 (iBooks).
- Sheelah Kolhatkar, *Black Edge* (ISBN 9780812995800,) \$18.77 (Amazon).
- Scott Patterson, *Dark Pools: The Rise of the Machine Traders and the Rigging of the US Stock Market* (ISBN 9780307887191), \$13.25 (Amazon).

JIM LEATHERBERRY has extensive experience in the financial markets—most recently as CEO of a hedge fund. He has held memberships at the Philadelphia Stock Exchange and the Chicago Mercantile Exchange. He has also been an adjunct professor at the College of Santa Fe. He holds a BS from Ohio State University and an MBA from George Washington University.

5 Wednesdays, September 12–October 17 (please note dates; no class Sept. 19), 1:30–3:00pm. **Judea Reform Education Building.** Maximum: 15. Fee: \$50. **Course ID: 2553.**

NEW HORIZONS CHORUS

Men and Women: Lift Up Your Voices and Sing!

The New Horizons Chorus invites you to join with fellow OLLI members in a serious, but fun, atmosphere to learn healthy singing techniques. Making music is enjoyable, but it's serious fun . . . and it can help maintain both good mental and physical health. Experienced as well as novice singers are welcome. Sing favorite music that you remember from the past. Our focus will be on learning basic concepts and vocal technique, reading music, and—most of all—experiencing the joy of singing.

Choir director (TBA) will be from Watts Street Baptist Church in Durham. CARMEN WARD is our piano accompanist.

10 Wednesdays, September 12–November 28, 3:30–5:00pm, in the **Chorus Room at Durham Academy Middle School Campus**, 3116 Academy Rd, Durham. There is ample parking after 3:15pm, when parents have picked up students from school. Fee: \$90; covers group instruction and sheet music. **Course ID: 0457.**

You must be a paid member of OLLI (\$35 annual dues) for the 2018–2019 academic year.

INVESTMENTS & FINANCE IN RETIREMENT

Good investment decisions can make for a good retirement. Join us as we explore the world of finance with a focus on the retiree. Over the ten sessions, the course will provide you with the tools to help you understand the world of retirement finances. We'll start with an overview of investing and markets. Then we'll focus on how to convert your savings into cash for retirement. Topics include sustainable spending rates, required minimum distributions, annuities and Social Security. We'll dive deeper into stocks, bonds, mutual funds, and other investment vehicles, and learn how you can put them together in portfolios that make sense. Finally, we'll probe the growing science of behavioral investing. The goal: to give you the tools to make your savings last through retirement. Classes are interactive lectures with reference to topics that are in the news today.

■ *Lecture (plus Questions); Facilitated Discussion*

KENT FISHER is a financial advisor at Old Peak Finance. He holds the Chartered Financial Analyst (CFA) designation, is a CFP certificant, and has an MBA from McGill University. Kent has taught investments and portfolio management courses for McGill University and conducted CFA preparation courses for the Los Angeles Society of Financial Analysts.

10 Wednesdays, September 12–November 28 (no class Sept. 19; class meets Oct. 24, during OLLI Fall Break), 1:30–3:00pm. **Judea Reform Education Building.** Maximum: 20. Fee: \$90. **Course ID: 2689.**

RICHARD WAGNER (1813–1883): His Legacy

More than 200 years after his birth, Richard Wilhelm Wagner still attracts passionate advocates as well as vehement opponents. His virulent anti-Semitism and his outlandish narcissism often blind listeners to the power of his musical genius and his awesome artistic instincts. This course will take a look at the circumstances of his life that may have affected the creation of his 13 operas, 7 of which are universally proclaimed as masterpieces. A synopsis of the story and a sampling of the music of each opera will introduce participants to some of the most exciting and meaningful music ever written.

■ *Lecture (plus Questions); Listening to Music or Other Audio; Viewing Videos*

KEN HOOVER was born in Chicago and grew up in Portsmouth, VA. His introduction to classical music was through a concert by the NBC Symphony Orchestra

conducted by Arturo Toscanini in 1950. He has seen Wagner's operas at the Met and in Seattle, Charleston, Washington, Bayreuth, Salzburg, and Vienna. Ken has taught courses on music at OLLI since 2011.

10 Wednesdays, September 12–November 28 (no class Sept. 19; class meets Oct. 24, during OLLI Fall Break), 1:30–3:00pm. **Judea Reform Education Building.** Maximum: 25. Fee: \$90. **Course ID: 2695.**

BALLET HISTORY: Back to Basics

The basics are back! This course will cover ballet history, its special language and training. Amply illustrated with a variety of videos, this should appeal to novices and seasoned balletomanes alike. We'll start with training, which is the same around the world, and move on to famous dancers, from Pavlova to Baryshnikov. We'll look at ballets from the Romantic period and see how they changed to Classical and more. Real fun will come from looking at choreographers, starting with Petipa and moving on to Balanchine. ■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos*

Growing up in New York City, BETSY BULLEN had the chance to see ballet companies from around the world just as she was studying technique. She choreographed for college musical productions and worked briefly as a volunteer for American Ballet Theatre. After moving to Chapel Hill, she immediately got involved volunteering for Carolina Ballet and teaching ballet history for OLLI.

10 Wednesdays, September 12–November 28 (no class Sept. 19; class meets Oct. 24, during OLLI Fall Break), 1:30–3:00pm. **Judea Reform Education Building.** Maximum: 20. Fee: \$90. **Course ID: 1253.**

In celebration of Yom Kippur, there will be no classes at Judea Reform Education Building after 4:00pm Tuesday, September 18, or on Wednesday, September 19. Some courses will meet instead during OLLI Fall Break. Please read course descriptions carefully.

WE ARE LOSING THE CLIMATE CHANGE MITIGATION CHALLENGE: Is It Too Late to Recover?

This course will present a comprehensive analysis of the global climate challenge and will substantiate and discuss that: Global warming has accelerated in recent years, approaching 1.2 C warming from the pre-industrial era; Greenhouse gas emissions

are the primary driver for the observed warming; Humanity's growing population and increasing demand for resource-intensive goods and services have driven the dramatic emission growth over the last 50 years; Serious impacts are already occurring and more serious ones appear inevitable; The Paris Climate Accord is a modest but important first step; It appears unlikely we will be able to limit warming to 2 degree C or less; and Near term, aggressive action is needed to minimize the warming and associated potentially disastrous impacts. We will discuss key components of such action at global, national, local and individual levels. ■ *Lecture (plus Questions); Facilitated Discussion*

FRANK PRINCIOTTA is a Retired Research Director at the EPA. Has a degree in Chemical Engineering from City University of New York and a Nuclear Engineering Certificate from ORSORT. He played the leadership role in the development of SO₂ pollution control technology. He is the author of scientific papers on air pollution and climate change mitigation and is a frequent speaker before technical societies and has testified before Congress.

6 Wednesdays, September 12–October 17 (please note dates), 3:15–4:45pm. **The Bishop's House.** Maximum: 15. Fee: \$60. **Course ID: 2585.**

THINK AGAIN: How Our Brains Really Work and How to Keep Them Working

The human brain, a remarkable organ with 86 billion neurons and hundreds of trillions of connections, developed through evolution for survival and procreation, not accuracy or even perception of reality. As amazing as its capacities may be, it is equally amazing what our conscious minds cannot do, what we miss, what we sense that is not there, and why our brains developed that way. Why are there optical illusions? Why do we believe obvious lies? How are men's and women's or conservatives' and liberals' brains different? Advertisers and politicians use this knowledge. Designed for the lay person, this course does not require a science background and will include presentations, discussions, videos, and demonstrations. We will discuss how to overcome some of the limitations and how to keep our brains active and healthy. We will look at how our brain has evolved and how it is likely to evolve further. Course website: olli-think-again.weebly.com. ■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos*

Required text:

■ Daniel Kahneman, *Thinking, Fast and Slow* (ISBN 9780374275631); \$9 paperback, \$17 hardcover.

MATT EPSTEIN's careers have included law; Executive Director of university-based centers; teacher in high school, college, law, and medical schools; and work with youth, prisoners, and addicts. He has also started various businesses. He presently teaches math and is a principle in both consulting and nonprofit organizations. He has a BA in psychology from Yale and law degrees from the University of New Hampshire and Boston University.

10 Wednesdays, September 12–November 28 (no class Sept. 19; class meets Oct. 24, during OLLI Fall Break), 3:15–4:45pm. **Judea Reform Education Building.** Maximum: 20. Fee: \$90. **Course ID: 2169.**

OLLI AT THE NASHER: Contemporary Art from the Permanent Collection

This discussion-based course is focused on the fall contemporary art exhibition at the Nasher: "People Get Ready—Building a Contemporary Collection." The course will explore issues of race and contemporary art using the exhibitions at the Nasher and other local exhibitions—perhaps the 21C Hotel gallery and the North Carolina Museum of Art. We will divide our time between the Nasher classroom and the museum galleries. ■ *Facilitated Discussion; Field Trip(s)*

Since her move to North Carolina, RUTH CACCAVALE has taught a number of art history classes at OLLI. She also works in the education department of the Nasher Museum at Duke. For 10 years prior to this, she taught a variety of art history classes at Rutgers University in New Jersey.

10 Wednesdays, September 12–November 28, 3:15–4:45pm. **Nasher Museum of Art at Duke University**, 2001 Campus Dr, Durham. Maximum: 15. Fee: \$90. **Course ID: 2615.**

OLLI AT NIGHT CLASSES

CYBERSECURITY 101: Practical Tips for Non-Techies

How secure is your computer right now? You probably don't know. Computers and the Internet have revolutionized the modern world, but if you're like most people, you have no clue how they work

or what the real threats are. It's not your fault. Where would you have learned about this? While there are tons of resources on "cybersecurity" for people that already understand computers and networking, there are almost none for regular, everyday folks. That's where this course comes in. The instructor will explain the basics of computers, networking, security, and privacy—in plain English, using simple analogies—and then will show what can be done at home to make your computer (Mac or Windows) and even mobile devices (iPhone or Android) more secure. There will be optional reading and activities using the recommended textbook; the instructor will inform students if a new edition is available before the first class. Course website: www.schoology.com. ■ *Lecture (plus Questions)*

Recommended text:

- Carey Parker, *Firewalls Don't Stop Dragons* (ISBN 9780997453607), \$20.

CAREY PARKER has a master's in electrical engineering from Purdue University and has been writing telecom software for more than 25 years, for both large and small companies. Carey is passionate about computer security and online privacy and is the author of the book *Firewalls Don't Stop Dragons*.

6 Wednesdays, October 3–November 14, 6:30–8:00pm (please note dates and times). **The Bishop's House**. Maximum: 25. Fee: \$60. **Course ID: 2327**.

WRITING & IMPROV:

In the *Curb Your Enthusiasm* Style

Larry David invented a new improv form with his show *Curb Your Enthusiasm*. For each show he develops a story outline but no script is written; the show is then improvised by the actors. This course will use that style: we will develop a story idea at a writer's table, write a story outline, then improv our idea until we think it works; then we will perform a finished show. This is a great opportunity to work with other writers in developing comedy-writing skills, to learn a new improv form, and to have fun with other funny people. We will review *Curb* and *Seinfeld* episodes and read interviews and articles detailing *Curb's* original structure. ■ *Facilitated Discussion; Hands-On Activity (e.g., Computer, Art); Viewing Videos; Writing*

Please note: This course is geared to people with no improv skills or established skills. The instructor will offer an optional one-day free improv workshop before the first class as an introduction or refresher.

Recommended text:

- Deidre Dolan, *Curb Your Enthusiasm: The Book* (ISBN 9781592402304), \$5.

PAUL DEBLINGER is a writer and improv actor. He has been doing improv since 2005, first in Prague, then at DSI in Carrboro. He has studied improv locally with Dan Sipp and J Chachula and many visiting teachers. He has appeared in several shows at Durham's Little Green Pig Theatrical Concern, including *This Is Not a Novel* and *Lake Placid*.

10 Wednesdays, September 12–November 28, 6:30–8:30pm (please note times). **The Bishop's House**. Maximum: 10. Fee: \$90. **Course ID: 2595**.

FINANCIAL MARKET HISTORY: Lessons from the Last 3000 Years

In this course, we will examine financial market history since about 1000 BCE. In a very quick overview, we will look at the history and causes of asset bubbles, market crashes, sovereign defaults in both the US and abroad, and some of the warning signs of some of the most audacious but not well-known financial scams. Along the way, we will look at ancient and modern currencies, from cowrie shells and squirrel skins to Bitcoins. Additional topics include whether markets are efficient and whether active or passive management is better. Is there an optimal size of government? What is the impact of income and wealth disparity? At the end, we'll open the course up to participants' financial questions.

■ *Lecture (plus Questions); Facilitated Discussion*

KEN NELSON worked on Wall Street in the 1980s and earned his MBA from Duke University in 2001. He is the president of Nelson Wealth Advisors and has managed institutional and high-net-worth clients' assets for more than 30 years.

BRETT NELSON has worked at Nelson Wealth Advisors for eight years. This is the fourth time he has been the teaching assistant for this class.

6 Thursdays, September 13–October 18 (please note dates), 9:00–10:30am. **The Bishop's House**. Maximum: 15. Fee: \$60. **Course ID: 1958**.

YOUR LIFE IS A WORK OF ART: A Creative Nonfiction Writing Workshop

Each life contains millions of stories. Maybe it's time to write yours down? With the help of prompts we will reflect, explore, share, learn from each other, and

create. We will cover such topics as battling writing perfectionism, point of view, revision, and more. Whether you are writing for personal introspection or to create keepsakes for loved ones, a supportive but rigorous setting will ensure feedback from the instructor and peers. Additional prompts and reading assignments showcasing well-known essayists will be provided by the instructor in between classes. This course will enable you to feel more connected to your own life and the lives of those around you. Open to writers of all genres and levels of experience.

■ *Lecture (plus Questions); Facilitated Discussion; Hands-On Activity (e.g., Computer, Art); Writing*

Required: Composition book and a writing utensil and/or a laptop/iPad (depending on preference).

ALLISON KIRKLAND is an editor, a writing coach, and a creative writing workshop instructor with an undergraduate degree in English from Duke University and an MFA in creative nonfiction from the New School in New York City. Learn more at allisonkirkland.com.

10 Thursdays, September 13–November 29, 9:00–10:30am. **Judea Reform Education Building**. Maximum: 10. Fee: \$90. **Course ID: 2016.**

READ & DISCUSS: Man Booker Selections

The Man Booker Prize is the leading literary award in the English-speaking world. It has brought reward, readership, and recognition to outstanding fiction for more than 40 years. In 2014 eligibility for the annual award was widened to any English-language novel. The year's winning title is generally assured international readership and the prize can transform an author's career. It is a mark of distinction for an author to be included in the "shortlist" and even to be nominated for the "longlist." We will read and discuss three Man Booker nominees representing American, Indian, and Zimbabwean authors. Class members are encouraged to take an active role in the discussion of the assigned reading. Participation is a key ingredient for this reading experience. ■ *Facilitated Discussion*

Required text:

- Colson Whitehead, *The Underground Railroad* (ISBN 9780345804327), \$15.
- Arundhati Roy, *The God of Small Things* (ISBN 9780812979657), \$14.
- NoViolet Bulawayo, *We Need New Names* (ISBN 9780316230841), \$14.

BOBBIE HARDAKER and CAROL SIROTA have

been Read & Discuss participants since 2014 and Read & Discuss coordinators since the fall of 2015.

10 Thursdays, September 13–November 29, 9:00–10:30am. **Judea Reform Education Building**. Maximum: 15. Fee: \$90. **Course ID: 2464.**

MUSIC & EMOTIONS: How Do Composers Manipulate Your Moods?

Music awakens emotions and feelings in mind and body. Yet music is fundamentally a nonverbal form of expression that does not require semantic interpretation. It's just sounds. How, then, does music reflect emotions? What causes the listener to react in certain ways? How do composers manipulate the listener's feelings, thoughts and energies, especially when there are no lyrics to influence reactions and responses? Where in your body are you sensing? What's causing certain sensations and feelings? What's the brain doing? Hearing music is a whole-body holistic experience, not just an auditory one. Come, listen, and "feel" what you think you're hearing in the music and discover what and how the various music components (there are at least six) alter awareness and physical and emotional responses. This course includes lecture, listening, and some music-making participation using YouTube and live performance samples, as well as periodic audience participation in nonverbal self-expression. ■ *Lecture (plus Questions); Hands-On Activity (e.g., Computer, Art); Listening to Music or Other Audio; Viewing Videos*

DORITA S. BERGER, PhD, is a board-certified music therapist, an educator, and a former concert pianist. She has authored and published five books addressing music-based treatment. An alumna of Carnegie Mellon University, the Juilliard School of Music, NYU, and Roehampton University, she has provided clinical services treating childhood and adult neurophysiologic and psychoemotional diagnoses.

10 Thursdays, September 13–November 29, 9:00–10:30am. **Judea Reform Education Building**. Maximum: 25. Fee: \$90. **Course ID: 1737.**

T'AI CHI: Mindfulness in Motion

Taijiquan (T'ai Chi Ch'üan), a Chinese movement system, arose out of the belief that slow, continuous motion, combined with an internal focus on subtle changes, enhances energy, well-being, and mental, emotional, and physical balance. Scientific studies have verified many of its benefits, and medical

professionals now endorse it for arthritis, Parkinsons, Fibromyalgia, balance difficulties, pulmonary and cardiovascular diseases, and a wide variety of other conditions. It is easy to practice, requires no special space or equipment, and integrates natural, easy exercise with a joyful, reflective approach to daily life. We will practice energy enhancing exercises and a sequence of movements from the traditional Wu/Hao long form, set to Beethoven's "Moonlight Sonata," to serve as the basis of a regular personal routine. ■ *Lecture (plus Questions); Exercise or Dance; Listening to Music or Other Audio*

Recommended text:

- Tsunghwa Jou, *The Dao of Taijiquan: Way to Rejuvenation* (ISBN 9780692034057), \$20.

JAY DUNBAR (MA, English literature, Duke University; PhD, education, UNC–Chapel Hill) is the director of the Magic Tortoise Taijiquan School (magictortoise.com). An "indoor" student of Grandmaster Jou Tsung Hwa, he has studied taijiquan and qigong since 1975 and has taught in the Triangle area since 1979.

10 Thursdays, September 13–November 29, 9:00–10:30am. **Barriskill Dance Theatre School**, 3642 Shannon Rd, Durham. Maximum: 30. Fee: \$90.

Course ID: 0420.

A JOURNEY THROUGH THE MUSIC OF VAN MORRISON

Van Morrison is a music icon. However, if you know only Van's catchy, early songs like "Brown-Eyed Girl," you have missed out on a treasure trove of fantastic music. We will journey through the Belfast Cowboy's 39 albums and hundreds of songs. We will meander through his early albums, *Astral Weeks* and *Moondance*, his R&B-infused rockers such as *Caravan*, and his Celtic-inspired musings and travel through his recent albums of blues and jazz standards. We will note his biographical details and the artists who inspired him and were inspired by him. We will explore Van as an artist, consider the themes he explores, and discuss how we personally respond to his music. The focus will be on listening to and discovering Van's music, talking about how it affects and moves us, and what Van is trying to tell us. ■ *Facilitated Discussion; Listening to Music or Other Audio*

Recommended, but not required: A subscription to Apple Music.

MARC SHAPIRO is a long-time attorney and longer-time Van devotee. In addition to listening to Van on the radio,

vinyl, cassettes, CDs, and now streaming media, he has seen Van perform live in venues across the country. Marc lives in Chapel Hill, where he continues to practice law when he is not golfing, reading, or listening to Van.

10 Thursdays, September 13–November 29, 11:00am–12:30pm. **The Bishop's House**. Maximum: 20.

Fee: \$90. **Course ID: 2661.**

A NEW PERSPECTIVE OF ISLAM: Hopeful Visions for Our Time

In the current sociopolitical environment there is a lack of information and sometimes even disinformation about certain subjects, among them Islam. This course aims at informing the participants about the basic tenets of Islam, explains the commonly misunderstood concepts (such as *sharia*, *khilafat*), and attempts to dispel the misconceptions fomented by the news cycle. We will then look at Islam in America, diversity and interfaith relationships (past and present) and discuss the future of Islam in America. ■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos*

Required text:

- Earl Abdul Malik Mohammed, *Democracy, Islam and Civic Virtue: Muslim American Jihad Against Extremism* (ISBN 9781495809538), \$11.95.

Recommended text:

- Imam W. Deen Mohammed/Ronald B. Shaheed, *On Racism, Religion, and Reconciliation* (ISBN 9780692983300), \$20.

Imam ABDUL HAFEEZ WAHEED has been an active member in the community led by Imam W. Deen Mohammed for 38 years. He has served on the Religious Life staff/Chaplain representing Muslims at Duke University for 18 years. For the last 25 years in Durham, he has been involved with a number of religious, business, and civic organizations and is a sought-after speaker on Islam for schools and religious groups.

10 Thursdays, September 13–November 29, 11:00am–12:30pm. **The Bishop's House**. Maximum: 15.

Fee: \$90. **Course ID: 2286.**

OLLI HARP ENSEMBLE

The "Harp Adventure" continues . . . Join the OLLI Harp Ensemble as we prepare music for our Holiday Harps Concert. Repertoire will include classic Christmas carols and selections from Tchaikovsky's Nutcracker Suite. This course is designed for students who read treble and bass clef and have prior experi-

ence with playing the harp. “Harpicle” harps (lap harps) will be available for rent for the duration of the course, but students are welcome to bring their own instruments to class. The last class of the term will be our Holiday Harps concert day. ■ *Lecture (plus Questions); Hands-On Activity (e.g., Computer, Art)*

WINIFRED GARRETT is an adjunct harp professor for NC State University and Guilford College. As principal harpist for Fayetteville Symphony and “Harpist in Residence” for Hayti Heritage Center, she teaches at the Durham Arts Council, the Cary School of Music, and Voyager Academy. Founder of the Harp Studio, Ms. Garrett holds a master’s from Manhattan School of Music and a bachelor’s from UNCSCA.

10 Thursdays, September 13–November 29, 11:00am–12:30pm. **Judea Reform Education Building.** Maximum: 20. Fee: \$90. **Course ID: 2662.**

THE WORLD TODAY

This course is for those interested in current events. Each week we will discuss news from around the world, across the US, and in the Triangle. See page 38 for full course description and instructor bios.

Please note: There are two sections of this course open for enrollment, one on Wednesdays (see page 38) and one on Thursdays. When registering online, enter the four-digit Course ID (0393) into the course search. You will then need to choose your preferred section. If registering by paper, write the preferred section on the line.

Section 2: 10 Thursdays, September 13–November 29, 11:00am–12:30pm. **Judea Reform Education Building.** Maximum: 33. Fee: \$90. **Course ID: 0393-054.**

INTO THE WILD: Modern American Nature Poetry

As we read the works of four outstanding poets, we will seek to discover and deepen our appreciation of nature and the connection of nature to poetry. In the work of Mary Oliver, a Pulitzer Prize winner, we experience a blend of intimacy and exquisite detail. She finds in a common mole creation to celebrate. Robert Bly’s poems, inspired by Haiku and Asian poetry, are spare, associational, and metaphysical. Anne Marie Macari integrates earth science, biblical richness and a distinctly feminine lyricism in her poetry. Our final poet, Wendell Berry, a farmer and writer, has been the quintessential bard of nature for more than 50 years. His poems, rooted in rural

Kentucky, place the reader in the greater context—living in a miraculous, imperiled world. Through guided discussion, we will explore tropes of the natural world, the poets, and the connections.

■ *Facilitated Discussion*

Please note: Students should have access to a computer at home.

Required texts:

- Robert Bly, *Like the New Moon, I Will Live My Life* (ISBN 9781935210641), \$14.
- Mary Oliver, *New and Selected Poems: Volume 1* (ISBN 9780807068779), \$9.
- Wendell Berry, *New Collected Poems* (ISBN 9781619021525), \$16.
- Anne Marie Macari, *She Heads into the Wilderness* (ISBN 9781932870244), \$8.

JANE SEITEL, an expressive arts therapist, a writer, and a teacher, received a master’s in education from Lesley University and an MFA from Drew University, focusing on poetry and poetry in translation. She founded a poetry press for women over 50 and has published her poems and creative nonfiction in national and international journals.

10 Thursdays, September 13–November 29, 11:00am–12:30pm. **Judea Reform Education Building.** Maximum: 10. Fee: \$90. **Course ID: 2644.**

SHAKESPEARE’S TROUBLED LOVERS: A Study of Four Plays

Many of Shakespeare’s plays focus on tangled love relationships that can lead to marriage, reconciliation, or death. This course will deal with four items: a well-known story about star-crossed lovers (*Romeo and Juliet*); a delightful comedy that climaxes with four marriages (*As You Like It*); and a tragicomedy with a remarkable ending (*The Winter’s Tale*); ending with another famous story of love with tragic consequences (*Antony and Cleopatra*). What do these plays have in common? How do they differ? How do scenes shown in class on DVD affect your understanding of the issues and what is at stake? ■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos*

Required texts:

- Any editions of the Shakespeare plays listed above.

ALAN C. DESSEN, Peter G. Phialas Professor of English (Emeritus) at UNC–Chapel Hill, is the author of eight books, most of them devoted to theater history in the age of Shakespeare.

10 Thursdays, September 13–November 29, 11:00am–12:30pm. **Judea Reform Education Building.** Maximum: 28. Fee: \$90. **Course ID: 2648.**

SELLING & BUYING TREASURES ON THE INTERNET:

Using eBay and other Sites

If you'd like to sell or buy on eBay, this course will show you how. We'll learn to navigate around eBay—both selling and buying—and also explore other venues (Amazon, eCrater, Facebook Marketplace, Etsy, Bonanza). We'll research and strategize for maximum effectiveness in achieving each student's goals. The course will focus on selling your treasures, including creative marketing and the skills of taking the perfect photo and writing exciting copy. The instructor will tailor the course to your needs and, using OLLI computers in Smith Warehouse, give you “hands-on” experience for this new adventure. ■ *Lecture (plus Questions); Hands-On Activity (e.g., Computer, Art)*

Prerequisites: Proficiency with the Mac or Windows operating system and use of a web browser (Safari, Chrome, or Firefox) are required.

KATHY DAVIS earned her MBA in marketing and management while raising a family of four. Her “business” since retiring from Duke University is called Good Riddance, helping clients downsize and organize. Using eBay showed her a new way to make money for her clients—and now she’s moving herself in the same direction by de-shopping on eBay.

6 Thursdays, September 13–October 18 (please note dates), 11:00am–12:30pm. **Smith Warehouse Computer Lab.** Maximum: 10. Fee: \$60. **Course ID: 1041.**

HANNAH ARENDT: On Human Nature, Jewish and German Identity, and the Holocaust

Hannah Arendt, a Jew born in Germany about a century ago, studied with the leading philosophers working in phenomenology and existentialism. She emigrated to New York when the Nazis came to power, taught at the New School, and wrote powerfully insightful books and essays on how totalitarianism gets its footing and particularly on how Germans came to believe and act as they did. She covered the Eichmann trial for the *New Yorker* magazine. We will read and discuss some of her work on these topics. ■ *Facilitated Discussion*

Required text:

- Hannah Arendt, *The Portable Hannah Arendt* (ISBN 9780142437565), \$15.

RICHARD PRUST is professor emeritus of philosophy at St. Andrews University. He is an organizer and regular participant in the International Forum on

Persons and is writing a book on personal identity issues in moral and legal reasoning.

10 Thursdays, September 13–November 29, 11:00am–12:30pm. **Carol Woods Retirement Community**, 750 Weaver Dairy Rd, Chapel Hill. Maximum: 15. Fee: \$90. **Course ID: 0511.**

EXPLORE WATERCOLOR PALETTES ON BOTANICAL SUBJECTS

Using available botanical subjects from fruits and nuts to fall flowers to tree leaves, students will explore the differences in color options. A variety of pigments will be used to create a study in pastel colors, primary colors, old masters, and earth tones. ■ *Hands-On Activity (e.g., Computer, Art)*

Please note: There will be a \$4 materials fee to cover the paints provided—unusual colors specific to the palette needed for the subject matter. Please bring exact amount to the first class; refunds are at the discretion of the instructor.

Required materials:

- Arches 140# hot press paper
- Winsor Newton watercolors
- brushes—round sables in #1 and #4 (or close)
- typical support materials (water container, paper towels, etc.)

Students will receive an e-mail before the first class with a complete list of suggested materials to bring.

After a career at the NC Botanical Garden, DOT WILBUR-BROOKS has enjoyed teaching nature illustration to OLLI students for the past 12 years.

10 Thursdays, September 13–November 29, 11:00am–1:00pm (please note times). **Judea Reform Education Building.** Maximum: 12. Fee: \$90. **Course ID: 2635.**

THE TRIUMPH OF THE THREE AMIGOS: Del Toro, Inárritu, and Cuarón

This course pays homage to the new wave of three new Mexican directors: Guillermo del Toro, Alejandro G. Inárritu, and Alfonso Cuarón. We will see two films by Del Toro and Cuarón and one by Inárritu. In addition, the instructor will present a PowerPoint on a related topic, such as social/historical context, style and techniques. Lively class discussion will include responses to each film as well as reasons for their international acclaim and popularity. ■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos*

SANDRA (Sandy) REUL earned a MA in Spanish Literature from the University of Oregon and moved to the Triangle in 2008. She currently teaches Spanish, has taken many courses in film, and is an avid movie-goer. She has been teaching OLLI Spanish-language film classes since 2009.

6 Thursdays, September 20–November 1, 1:00–4:00pm (please note dates and times). **Judea Reform Education Building.** Maximum: 25. Fee: \$60. **Course ID: 2658.**

EXPLORATION OF WINES FROM RHONE VALLEY: Vienne to Avignon

Join us for a four-week journey down the Rhone river from Vienne to Avignon. Each week we will focus on part of the valley that brings so much of the bounty of France's wines. We will examine the beverage styles and learn the basics of production. We will taste four of the regions wines per class, discuss food pairings and cultural elements that affect production. ■ *Lecture (plus Questions)*

Please note: There will be a \$28 materials fee to cover all wines for tastings. Please bring exact amount to the first class; refunds are at the instructor's discretion.

THOMAS N. THORNE has been a professional sommelier for 25 years. He owns Wine Fifty Five, a local consulting company focused on education, sales, and sommelier services. He has headed wine programs at the Fearington House, the Carolina Inn, and the Sienna Hotel. He was a previous owner of Hope Valley Bottle Shop and is accredited through the Court of Master Sommeliers.

Please note: There are two sections of this course open for enrollment. When registering online, enter the four-digit Course ID (2656) into the course search. You will then need to choose your preferred section. If registering by paper, write the preferred section on the line.

Section 1: 4 Thursdays, September 13–October 4 (please note dates), 1:30–3:00pm. **The Bishop's House.** Maximum: 24. Fee: \$40. **Course ID: 2656-001.**

Section 2: 4 Thursdays, September 13–October 4 (please note dates), 3:15–4:45pm. **The Bishop's House.** Maximum: 24. Fee: \$40. **Course ID: 2656-002.**

EXPLORATION OF WINES FROM PIEDMONT REGION OF ITALY

Join us for a four week journey to the Piedmont region of Italy. Each week we will focus on local wines such as Barolo, Barbaresco, Arneis, and Gavi.

We will examine the beverage styles and learn the basics of production. We will taste four of the region's wines per class, discuss food pairings and cultural elements that affect production. ■ *Lecture (plus Questions)*

Please note: There will be a \$28 materials fee to cover all wines for tastings. Please bring exact amount to the first class; refunds are at the instructor's discretion.

THOMAS N. THORNE has been a professional sommelier for 25 years. He owns Wine Fifty Five, a local consulting company focused on education, sales, and sommelier services. He has headed wine programs at the Fearington House, the Carolina Inn, and the Sienna Hotel. He was a previous owner of Hope Valley Bottle Shop and is accredited through the Court of Master Sommeliers.

Please note: There are two sections of this course open for enrollment. When registering online, enter the four-digit Course ID (2655) into the course search. You will then need to choose your preferred section. If registering by paper, write the preferred section on the line.

Section 1: 4 Thursdays, October 18–November 15 (please note dates), 1:30–3:00pm. **The Bishop's House.** Maximum: 24. Fee: \$40. **Course ID: 2655-001.**

Section 2: 4 Thursdays, October 18–November 15 (please note dates), 3:15–4:45pm. **The Bishop's House.** Maximum: 24. Fee: \$40. **Course ID: 2655-002.**

DE LA RÉVOLUTION FRANÇAISE À NAPOLEON I

This course, taught in French, is geared to students with an intermediate- to high-level knowledge of French. The French Revolution marks a total rupture with the "Ancien Régime" of divine monarchy and privileges. Danton and Mirabeau are key figures, but Robespierre is famous for "le Règne de la Vertu," involving "la Terreur" where thousands were guillotined, including the king and queen. Outside, European monarchs wage war on France, while inside France, royalists and revolutionaries battle each other. When all seems lost, a young general, Napoleon Bonaparte, saves the day with victories. In the end, his popularity and cunning allow him to take over the government and declare himself emperor of France. Handouts, pictures, and music from the Internet, along with PowerPoint presentations, will be posted on the course's website. As always, students are invited to pick an important figure and personify him or her to make us live his or her dreams and ideals. A good Internet connection is important. ■ *Lecture (plus Questions); Facilitated Discussion; Listening to Music or Other Audio; Viewing Videos*

CLAIRE DAVIDSHOFER, a native of France, has lived in Africa, France, England, and Maine. She has an MA in English and American literature from L'Université d'Aix-en-Provence. Her experience includes teaching high school, adult education, and college French (University of Maine at Presque Isle), as well as translating and interpreting.

10 Thursdays, September 13–November 29, 1:30–3:00pm. **The Bishop's House**. Maximum: 18. Fee: \$90. **Course ID: 2646**.

POSTCOLONIAL FICTION & POETRY FROM AFRICA, LATIN AMERICA & THE BLACK ATLANTIC

Thought about exploring non-Western literature? When in the 19th and 20th centuries, western Europe and the United States imposed their will upon the peoples of Africa, Asia, and Latin America, they hardly imagined that their dominance would face vigorous resistance and defeat in the mid-20th century. Much of the resistance was offered by poets and novelists in the colonized spaces. This course will consider some canonical works of the 20th-century interrogation of empire, beginning with two ur-texts of British colonialism by Joseph Conrad. The course will conclude with Coetzee's *Disgrace* from postapartheid South Africa. We will read and discuss works from Kenya, the Caribbean, and Syria. This course is framed like a book club for those curious about world literature. The only requirements are to read an average of 95 pages per week and to share your questions and insights. ■ *Lecture (plus Questions); Facilitated Discussion*

Requirement: You must have an e-mail account; some 30 pages of readings in PDF files will be e-mailed to students.

Please note: Before the first class, students should read Joseph Conrad's "An Outpost of Progress" and *Heart of Darkness*.

Required texts:

- Joseph Conrad, *Heart of Darkness, and Other Stories* (ISBN 0192801724), \$6.
- Jamaica Kincaid, *The Autobiography of My Mother* (ISBN 0374107319), \$8.
- Alejo Carpentier, *The Kingdom of This World* (ISBN 9780374530112), \$7.
- Ngugi wa Thiong'o, *Weep Not, Child* (ISBN 9780143106692), \$7.
- J. M. Coetzee, *Disgrace* (ISBN 9780140296402), \$5.

MARIA ROUPHAIL, PhD, is senior lecturer emerita. Recently retired from the faculty of the English department at NC State University, she taught courses in world literature (with emphases in Latin American and Africa) and served as academic advisor to literature majors. She has published two books of poetry and is working on a third collection.

10 Thursdays, September 13–November 29, 1:30–3:00pm. **Judea Reform Education Building**. Maximum: 12. Fee: \$90. **Course ID: 2511**.

POETRY WRITING & REVISION 2.0

This workshop invites practicing poets to grow their poetry. Each session starts with opening the poetry toolbox. We will explore together different craft elements and read a dazzling poem to illustrate the element and inspire you. After a brief discussion, we will pay close attention to your new poetry. At home, you will create poems with the option of referencing either the skill of the week or a craft skill you want to develop. Included in the open toolbox are considerations of music, voice, trope, as well as particular elements of language, line construction, and the poem as a visual presentation. When you bring in your poems, we will look at what strengthens the poem and strategies for personal revision—possibilities to deepen a poem. Everyone will have opportunities to share and hone their poems in a constructive and thoughtful environment. ■ *Writing; Facilitated Discussion*

Recommended texts:

- Ellen Bryant Voigt, *The Art of Syntax* (ISBN 9781555975319), \$5.
- Ellen Bryant Voigt, *The Flexible Lyric* (ISBN 9780230621800).
- Mark Doty, *The Art of Description* (ISBN 9781555975630), \$5.
- Mark Strand, *The Making of a Poem: A Norton Anthology of Poetic Forms* (ISBN 9780393049169), \$7.
- Stephen Dobbin, *Next Word, Better Word: The Craft of Writing Poetry* (ISBN 9780230621800), \$12.

JANE SEITEL is an expressive arts therapist, a writer, and a teacher. She received an MEd from Lesley University and an MFA from Drew University, focusing on poetry and poetry in translation. She founded a poetry press for women over 50 and has published her poems and creative nonfiction in national and international journals.

10 Thursdays, September 13–November 29, 1:30–3:00pm. **Judea Reform Education Building.** Maximum: 10. Fee: \$90. **Course ID: 2687.**

HOW DRUGS WORK

This course will allow participants to describe the fundamental effects of major classes of drugs. Class discussions will involve how the parts of your body work (physiology), what sorts of things can go wrong (pathology) and how drugs help to get things back on the right track (pharmacology). Topics will start with the structure of cells and cell membranes, and the ways cells communicate with each other by chemical signals, using as examples the pathways involved in fight-or-flight responses, muscle contraction, and steroid actions. The rest of the course will explore classes of drugs used to treat common diseases. ■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos*

Please note: This course will not get into therapeutic recommendations. For example, the course will not address questions such as “Should I be taking an ACE inhibitor, and if so, which one?” but will address questions such as “What is an ACE inhibitor, and how do ACE inhibitors work to lower blood pressure?”

Recommended text:

- Mark Simmons, *Pharmacology: An Illustrated Review* (ISBN 9781604062052), \$29.

JAMES JUNKER received a PhD in pathology from Duke University, followed by research fellowships at Penn and the National Cancer Institute, and he gained international experience by teaching biology at Bayero University Kano, Nigeria. The focus of his career was teaching cell biology and physiology to pharmacy students at Campbell University and the University of Maryland Eastern Shore, getting them prepared for pharmacology.

9 Thursdays, September 20–November 29 (please note dates), 1:30–3:00pm. **Judea Reform Education Building.** Maximum: 25. Fee: \$90. **Course ID: 2674.**

OIL PAINTING RIGHT FROM THE START

A course for absolute beginners to intermediate or advanced painters who want to review the basics or get going again. We'll cover basic equipment, brushwork, color, color mixing, color schemes, values, composition, design elements and more.

- *Hands-On Activity (e.g., Computer, Art)*

Required supplies:

- There will be a website, www.dickblick.com/lists/

blicku/008AR5LQSKOY2/items, where you can purchase all or part of the supplies. If you buy everything on the list, it is currently \$126.47 (another item might be added); however, you are welcome to use brushes, canvas, palette paper, and whatever supplies you already have. The instructor especially recommends the Gamblin oil paint set or equal professional-quality oil paints in the same colors. No cheap paint, please. Winton by Winsor Newton also has an acceptable set, but you won't get quite the same results.

Also, please buy Gamsol for your solvent—**absolutely no turpentine or odorless mineral spirits allowed because of allergies and so on.** Gamsol is on the website list or you can purchase it at Michael's or Jerry's Artarama. If in doubt, please feel free to email the instructor at njdarling@gmail.com.

NANCY DARLING has been painting for more than 30 years. She began in watercolor and later painted in oils. Now she is doing both, and exploring acrylics. Her paintings have been shown in museums, and international shows. She is a signature member of the Society of Animal Artists, a member of Oil Painters of America, American Impressionist Society, North Carolina Watercolor Society and Plein Air Painters of NC. To see her work please visit nancydarlingfineart.com.

8 Thursdays, September 13–November 15 (please note dates; no class Nov. 8), 1:30–3:30pm (please note times). **Judea Reform Education Building.** Maximum: 12. Fee: \$80. **Course ID: 2633.**

CHESSREFRESH

Stave off Alzheimer's while having a great time. Each week a different opening and theme will be explored. Cooperative analysis is employed in these stand-alone sessions. The element of competition will be removed during class time as we examine openings and strategy. Guest speakers will contribute knowledge of the game and opportunities to play locally and nationally. Should you wish, you may stay for an extra two hours to compete and participate in actual play, during our chess clinic. Chess outside of this program is encouraged, but nothing is mandated-except for joy. ■ *Facilitated Discussion; Hands-On Activity (e.g., Computer, Art); Listening to Music or Other Audio*

ROSALYN B. KATZ used her expertise in instructional design to develop this course designed specifically for seniors in the Triangle. A devoted chess competitor and enthusiast for many years, Roz is the author of

Start Playing Chess Today; Play Better Chess Today; Mensa Chess; and Chess in the Classroom. She was the president and CEO of Executive Training Concepts, Inc. and wrote the cartoon Zaria about an eight-year-old chess player for the United States Chess Federation.

CHARLES J. POLE, a former computer analyst, is an expert chess player who will happily critique games played after chess time. His passions include games of all kinds, military history, Napoleon, and Alexander the Great.

10 Thursdays, September 13–November 29, 1:30–4:30pm (please note times). **Judea Reform Education Building.** Maximum: 20. Fee: \$90. **Course ID: 2388.**

IF YOU CAN WALK, YOU CAN DANCE

As told in an African proverb, “If you can talk, you can sing; if you can walk, you can dance” and in this course we will dance to celebrate special occasions and just to have fun. Beginning with ballet barre (great for improving posture and balance and increasing core strength and flexibility), we will *relevé*, *plié*, and twirl our bodies from head to toe. Next, we will take to the dance floor, where we will move to a different beat, song, and style each week. We will end each class with floor exercises designed to relax, rejuvenate, and revitalize our spirits (exercises can be done in a chair). No prior dance experience is necessary, just a willingness to explore the exciting and challenging ways we can move our bodies. ■ *Exercise or Dance*

Please note: Students need a yoga-type mat and large towel for floor exercises. Dance shoes, slippers, socks, or bare feet are all options for dancing—no street shoes are allowed on the dance floor.

SUSAN WARTELLI has been in love with dance and movement of all kinds since she was a four-year-old ballerina/tomboy. She has a BS in physical education, an MA in elementary education, and an MS in health education. She has taught PE/health in high school for more than 30 years and is currently a certified personal trainer/aerobics instructor, with a specialty in Pilates mat/equipment training. She is currently in her eleventh year of teaching for OLLI.

10 Thursdays, September 13–November 29, 2:00–3:30pm (please note times). **Carolina Dance**, 3101 Guess Rd, #E, Durham. Maximum: 20. Fee: \$90. **Course ID: 0442.**

WESTERN ART HISTORY FROM THE RENAISSANCE TO POSTIMPRESSIONISM

Do you regret that you missed taking “Introduction to the History of Art” as an undergraduate? Here’s your opportunity to fill this void, or get an excellent refresher course, on the rich history of Western art from the Renaissance to the early 20th century. The emphasis is on painting and sculpture, but some architecture is included. The objective is to provide familiarity with the major artists since 1300 AD and how they fit into historic art movements (Renaissance, Baroque, Rocco, Historicism, and so on) along with descriptions of innovation in media and techniques. Some parallel historical context is covered, but the primary emphasis is on art. This broad overview should enable you to better understand and appreciate the context of the complex and ever-expressive world of art as you view it in the future. ■ *Lecture (plus Questions)*

Recommended texts:

- Helen Gardner et al., *Gardner’s Art through the Ages, Volume 2* (1986 or newer edition), \$10.
- H. W. Janson, *History of Art, Volume 2*, \$20.

ROB VANDEWOESTINE has a technical PhD and worked in a senior position at Corning for many years. He has taught Western art history as well as the artistry and technology of glass at OLLI. He also has a passion for cars of past eras, having restored and shown a number over the years.

10 Thursdays, September 13–November 29, 3:15–4:45pm. **Judea Reform Education Building.** Maximum: 30. Fee: \$90. **Course ID: 2688.**

THE BAUHAUS

Combining the arts and crafts movement with early-20th-century methods of industrialization against a backdrop of social turmoil and a new approach to arts education, Germany’s Staatliches Bauhaus transformed design and established the modernist style that is still ever so popular nearly 100 years later. It was founded by Walter Gropius with instructors including Wassily Kandinsky, Laszlo Maholy Nagy, and Joseph Albers (to name just a few), and later led by Mies van der Rohe. This course will explore a variety of topics from the origins of the international style of architecture to the basics of color theory as we know it today. Simultaneously, we will examine the closure of the Bauhaus by the Nazis and the migration of the school’s theories to America, including the establish-

ment of Black Mountain College and the Harvard School of Design. An optional visit to the NCMA to view related paintings may also be added. ■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos; Field Trip(s)*

With a classical education in studio art and interior design, as well as a master's degree in architectural history, ALVA HORTON owns and operates Gingham Creative, a marketing firm dedicated to promoting the building, design, and historic preservation sectors in both the US and the UK. She has taught numerous OLLI courses previously, and her dynamic and knowledgeable teaching makes her one of OLLI's most popular teachers.

10 Thursdays, September 13–November 29, 3:15–4:45pm. **Judea Reform Education Building.** Maximum: 35. Fee: \$90. **Course ID: 1493.**



NO regular OLLI CLASSES
during OLLI's Fall Break, October 22–26,
or Thanksgiving week, November 19–23

OLLI's COMMUNITY ENGAGEMENT SPECIAL INTEREST GROUP (CE-SIG)

Many OLLI organizations throughout the country (including OLLI at UNC–Asheville) support long-standing community engagement initiatives for their members. In that tradition, the Community Engagement Special Interest Group (CE-SIG), begun in Fall 2017, envisions creating vehicles for sustained and meaningful engagement in the Durham community for OLLI members. By doing so, we hope to both address key needs and issues identified by the Durham community and facilitate a sense of connection and shared purpose for OLLI members. We welcome new members who share our vision and have creative ideas, time, and energy to devote to our efforts; those currently engaged in the Durham community; those who were involved but recently retired or seeking renewed engagement following a hiatus; those who were active in other places but are new to Durham; or those who are newly committed to community engagement. For further information, contact CE SIG coordinator Virginia Lee, vlee31@yahoo.com, 919-314-7071.

FOOD INSECURITY IN DURHAM: A Community Engagement Course

This course on food insecurity in Durham is the first project of the newly formed OLLI Community Engagement Special Interest Group (CE-SIG; see below left). Participants will learn about food insecurity by engaging directly with community partners who are working to address it. Following an orientation to Durham—its demographics, structures, and characteristics, community partners will share their work with us including delivery of food to citizens in need, education, agency-level coordination of services, and policy. Working with one of the partners in small groups, participants will develop a project that will improve that partner's capacity and effectiveness. (Participants will need to meet with community partners and each other outside of class to plan their projects.) Toward the end of the term, the groups will present their projects to the class, facilitate discussion, and solicit feedback. While it will not be required, groups and the community representatives may choose to implement their projects outside of the classroom structure with support and assistance of the CE-SIG. ■ *Facilitated Discussion*

BETH ANDERSON developed national environmental health community engagement programs designed to address local issues as well as national environmental emergencies. Currently, working through multiple nonprofits, she is an advocate for children and the underprivileged in Chatham county.

VALERIE DUNCAN has been an OLLI member since 2016. She is a Psychology Supplemental Instruction Leader at Capella University and working on her PhD in industrial and organizational psychology.

MATT EPSTEIN, JD, LLM, has a long history of community engagement as an executive director, an educator, a board member, and a volunteer.

VIRGINIA S. LEE, PhD, MBA, has worked with numerous colleges and universities in the US and abroad on a range of issues related to teaching, learning and assessment in higher education. A recent focus is high school completion and access to and success in higher education for first-generation college students in Durham.

LOU MILLIN led the SIG discussion group in OLLI at UNC–Asheville and facilitated "The Gift of Years" at OLLI at Duke. He has been active in meditation, civic affairs, and city planning for many years.

10 Thursdays, September 13–November 29, 3:15–4:45pm. **Judea Reform Education Building.** Maximum: 15. Fee: \$90. **Course ID: 2677.**

NEW HORIZONS BANDS

Concert Band: Where can one expect to play music written by such greats as Gershwin, Sousa, Beethoven, and even the Jersey Boys? Look no further than the New Horizons Concert Band directed by Jeff Zentner. In true band fashion, a variety of interesting and fun music is the play list for this band comprised of musicians aged 50 and up.

All skill levels are welcome, and musicians range in ability from accomplished to beginning. Even if one has never played before, our mentoring system allows for their integration into the band in a comfortable and sensitive way. Because of the variety of music, the easy pieces allow the newer players to play with ease, and the harder pieces satisfy the more advanced players. The band is comprised of more than 75 musicians, and all instruments normally found in a concert band are represented.

The New Horizons Band is part of the New Horizons International Music Association, which includes more than two hundred bands in the US and Canada as well as eight international bands. It is designed to encourage seniors to learn to play an instrument, to welcome back those who may not have played in a long time, and to engage those who may have played all their lives. Its philosophy is one that is accepting of each player's level of accomplishment in a noncompetitive and enjoyable atmosphere.

Contra Band: The Contra Band is for beginners, players who are starting back or players who want to learn another instrument. This is a fine opportunity for beginners to learn basic skills and experienced player to get back in shape. This band also offers members of the Concert Band an opportunity to get an extra day of rehearsal. Directors will be Donna Goldstein and Al Silverman.

Swing Band: The New Horizons Band umbrella also includes a swing band, which plays many of the war-time songs by such iconic musicians as Glenn Miller and Tommy Dorsey. Its repertoire also includes newer jazz and pop pieces suitable for dancing or just listening. This band demands a higher level of musical ability, and participation must be approved by the director.

Dixie Dukes: In the same fashion, The Dixie Dukes is an additional band playing New Orleans-style

Dixieland music. This small band is comprised of one instrument per part and plays scored music that features individual soloists. Participation requires director approval.

Requirements: Members of Swing Band and the Dixie Dukes must be members of the New Horizons Concert Band. In some cases where certain instrumentation is required in the swing or Dixie but not in the concert band, the policy may be waived at the discretion of the director.

Participation in any of the bands requires you to be a paid member (\$35 annual dues) of OLLI at Duke for the current year, in addition to band fees.

Rehearsals & Cost:

Concert Band: 10 Thursdays, September 13–November 29, 3:30–5:30pm. Durham Academy Middle School. Fee: \$60. **Course ID: 0455.**

Contra Band: 10 Tuesdays, September 11–November 27, 3:30–5:30pm. Durham Academy Middle School. Fee: \$50. **Course ID: 0454.**

Swing Band and/or Dixie Dukes: 10 Wednesdays, September 12–November 28. Swing Band, 3:30–5:00pm; Dixie Dukes, 5:00–6:30pm. Durham Academy Middle School. Fee: \$40 for either or both, in addition to the \$60 Concert Band fee. **Course ID: 0456.**

All rehearsals are held at **Durham Academy Middle School Campus**, Band Room #307, 3116 Academy Road, Durham. (There is ample parking after 3:15pm when parents have picked up students from school.) For further information, contact the director.

JEFFERY ZENTNER manages all of the New Horizons bands, not only directing the bands but organizing rehearsals and concerts, selecting music, and generally keeping things running smoothly. His musical talent, charisma, and organizational skills define this successful band program. Having learned to play the trumpet at age six, Jeff went on to attend college at SUNY Fredonia, majoring in music education, and later attended Ithaca College School of Music, with a master's in trumpet performance. He has been teaching band for thirty-nine years, with the past eighteen of those years at Durham Academy Middle School. 919-489-9118 x 4342 or Jeff.zentner@da.org.

THE PLAYS OF EDWARD ALBEE: Absurdity, Tragedy, and the Uncanny in American Domesticity from *The Sandbox* to *At Home at the Zoo*

Edward Albee (1928–2016), winner of three Pulitzer Prizes and three Tony Awards (including for lifetime achievement), belongs in the pantheon of the greatest American dramatists alongside O'Neill, Williams, and Miller. In this course, we will read a dozen works (either one full-length play or two one-act plays per week) spanning the length of Albee's career, starting with his short early work *The Sandbox*; proceeding to the acclaimed hits *Who's Afraid of Virginia Woolf?* and *A Delicate Balance*; touching on middle-period dramas such as *Seascape*; and culminating with the masterpieces of his late period, including *Three Tall Women* and *The Goat, or Who Is Sylvia?* While theatrical, biographical, and cultural contexts will be addressed, class discussions will focus on Albee's formal and thematic engagement with American domesticity and the three major aesthetic categories through which he viewed, interrogated, and estranged home, marriage, and familial life: absurdity, tragedy, and the uncanny. ■ *Lecture (plus Questions); Facilitated Discussion*

Required texts:

- Edward Albee, *The Collected Plays of Edward Albee: Volume 1, 1958–65* (ISBN 9781585678846), \$22.
- Edward Albee, *The Collected Plays of Edward Albee: Volume 2, 1966–77* (ISBN 9781590200537), \$22.
- Edward Albee, *The Collected Plays of Edward Albee: Volume 3: 1978–2003* (ISBN 9781590201145), \$22.
- Edward Albee, *At Home at the Zoo* (ISBN 9781590205242), \$11.

CHARLES JOSEPH DEL DOTTO received his undergraduate education at Princeton University and holds a PhD in English from Duke University, having specialized in Renaissance drama and modern drama. He has been teaching continuously with Duke OLLI since 2014.

10 Fridays, September 14–November 30, 9:00–10:30am. **The Bishop's House**. Maximum: 15. Fee: \$90. **Course ID: 2649**.

THE EIGHT KEYS TO THRIVING AS YOU AGE

Aging can feel like a daunting task; filled with many decisions and changes that are challenging and out of our control. Now you can take back the wheel. In this course you will find yourself back in the driver's

seat as we explore the "Wheel for Happy Aging" that summarizes the eight key areas to thrive as you age: money (freedom and safety), simplicity (managing change), health (wellness), legacy (reflection), happiness (joy and growth), support (social network), purpose (giving back), and preparation (documents and final wishes). By the end of the course, you not only will have a solid understanding of the "Eight Keys" but will have designed your own "Life Map" based on the areas that are most important to you. ■ *Lecture (plus questions); Facilitated Discussion; Hands-On Art; Listening to Music or Other Audio; Viewing Videos; Writing*

BETH REEVES is an aging care advisor and holistic health coach trained at Duke's Center for Integrative Health. She brings her background in alternative health, strategic planning, and creativity to help students think holistically and positively about the third stage of life. she holds an MBA from NYU Stern School of Business and is the founder of Anamcara Health. She just returned from a sabbatical in Latin America and is happy to be back at OLLI.

10 Fridays, September 14–November 30, 9:00–10:30am. **The Bishop's House**. Maximum: 20. Fee: \$90. **Course ID: 2062**.

GREEK MYTHS IN WESTERN ART

This course will show how artists, from classical antiquity through the twentieth century, depicted the Greek views of Creation, the twelve Olympian gods, and several well-known myths associated with each deity, giving you a vocabulary of symbols associated with each god (clothing, props, animals, etc.) so that you can easily identify mythological subjects in museums. You may even learn enough to teach your grandchildren Greek mythology.

■ *Lecture (plus Questions)*

CYNTHIA DESSEN has taught more than 40 courses for OLLI since she retired from the Classics Department at UNC in 2002.

10 Fridays, September 14–November 30, 10:00–11:30am (please note times). **Carol Woods Retirement Community**, 750 Weaver Dairy Rd, Chapel Hill. Maximum: 40. Fee: \$90. **Course ID: 1319**.

INDIGO AT THE DUKE CAMPUS FARM

Join Catherine and the staff at the Duke Campus Farm for a half day of fun dyeing with indigo and learning about the heritage crop planted at the farm.

Engage with the Heritage plants at the farm while learning about North Carolina's indigo history. Learn a variety of simple surface design techniques that will include folding, binding and resist with easy accessible supplies that will provide results that resemble batik but without the hot wax. Japanese Shibori techniques will also be explored as fabric is manipulated before immersion into the indigo vat. Students will learn how to create and maintain a vat using both organic dye and fresh leaf. Get your Duke spirit going with the magic of indigo's Blue Devil Blue. ■ *Hands-On Activity (e.g., Computer, Art)*

Please note: There will be a \$30 materials fee to cover the supplies provided, which include dye materials, resist materials and sample fabrics. Please bring exact amount (in cash); refunds are at the discretion of the instructor. A portion of the fee will be donated to the Duke Campus Farm. Also, please bring snacks, water, and a sack lunch.

Additional supplies:

- Students are encouraged to bring in their own items for dyeing (cotton, silk, hemp or linen *only*). Please be sure pieces are prewashed with a low-pH soap and no dryer sheets have been used.

A 2016 TEDx Speaker, CATHERINE CROSS TSINTZOS has spent a lifetime in the arts as a practicing artist and educator. She was awarded four artist residencies to work on her Art and Agriculture Project since 2015 with exhibits and lectures at Salem College and the Cameron Art Museum in North Carolina. Her most recent residency provided the opportunity to develop art and agriculture intersections for school curriculum. In 2017, she was invited to be a Duke University Trillium Sustainability Fellow for her work with the Duke Campus Farm.

1 Friday, September 14, 10:00am–3:00pm (please note date and times). **Duke Campus Farm**, 4934 Friends School Rd, Durham. Maximum: 20. Fee: \$20. **Course ID: 2053.**

BOTANICAL CONTACT PRINTING & INDIGO

It's that time of year when harvest is happening and the leaf tannins run high along with the approaching fall color. Join us at the Duke Campus Farm to learn all about Botanical Contact Printing. Prepare your own handmade book filled with handmade paper and layered with foliage and fibers from the garden and fields like pods, seeds and items that can be used to create natural botanical contact prints engaging with the contact print process.

Learn about plants, vats, steamers, natural dyes, paper, fabrics for bundling and steaming, iron blankets, iron water, along with natural dye processes with fall's bounty of black walnut, chestnut, fresh indigo leaves, yellow root, acorns, pantry items and more. Learn technical terms and experience hands on techniques that will have you ready to enjoy the experience again and again on your own after the workshop. ■ *Hands-On Activity (e.g., Computer, Art)*

Please note: There will be a \$30 materials fee to cover the provided supplies, which include paper, fabric samples, dye ingredients, thread and needles, utensils, and more. Please bring exact amount; refunds are at the discretion of the instructor. A portion of the fee will be donated to the Duke Campus Farm. Also, please bring snacks, water, and a sack lunch.

A 2016 TEDx Speaker, CATHERINE CROSS TSINTZOS has spent a lifetime in the arts as a practicing artist and educator. She was awarded three arts residencies to work on a recent art and agriculture project with exhibits and lectures at Salem College and the Cameron Art Museum in North Carolina. Her most recent residency provided the opportunity to develop art and agriculture intersections for school curriculum. In 2017, she was invited to be a Duke University Trillium Sustainability Fellow for her work with the Duke Campus Farm.

1 Friday, September 21, 10:00am–4:00pm (please note date and times). **Duke Campus Farm**, 4934 Friends School Rd, Durham. Maximum: 20. Fee: \$20. **Course ID: 2634.**

THE SOUND OF MUSIC—American Style

It has been said that music rules the spirit of mankind, thus it helps to shape the culture of any nation. There is no doubt that music alters one's moods and influences his or her demeanor. "The Sounds of Music—American Style" is Part 2 of a course offered by OLLI in Fall 2017. While this course will revisit the origins of music from prehistoric times into modern centuries, it will travel somewhat of a different path from Part 1 and will cover genres and eras left out. We will use video, lectures, and class discussion to capture the delights of American music. Depending on what is locally available at the time, the class may take a field trip. Please note that Part 1 is not a prerequisite of this class. ■ *Lecture (plus Questions); Facilitated Discussion; Listening to Music or Other Audio; Viewing Videos; Field Trip(s)*

BILLY YEARGIN, veteran instructor for Duke's OLLI courses for 23 years, began his music career as a "Rock N' Roll" drummer in the 1950s, the Big-Band Jazz in the early 1960s. He spent several years as a studio and road drummer, based out of Nashville, Tennessee, for various Country Western stars. He has taught US History, Southern Culture, Philosophy and Public Speaking in three community colleges, as well as the Federal Prison system.

10 Fridays, September 14–November 30, 11:00am–12:30pm. **The Bishop's House.** Maximum: 30. Fee: \$90. **Course ID: 2684.**

EASY WORDPRESS WEBSITES: Professional-looking Websites without Advanced Technical Skills

Even if you are a complete beginner, you can learn to build, design, and manage your own WordPress website to share with family, friends, or others with a common interest. WordPress powers more than 25 percent of the web because it is the easy, flexible, and powerful way to create a blog or full-blown website. WordPress is free and is accessed over the Internet (there is nothing to download), and many of the "themes" and "plugins" that power WordPress are also free. This course will provide you with step-by-step class notes along with hands-on experience using a "student development site," equipped with everything you need to make learning WordPress easy and visual. And if you want to make a WordPress website with your own web address, you will learn how to obtain a domain name and web hosting for just a few dollars a month. ■ *Lecture (plus Questions); Hands-On Activity (e.g., Computer, Art)*

GREG TENHOVER has worked in high-profile positions as a marketing director, an agency art director, and a senior graphic designer. He teaches "WordPress Websites That Sell" as well as classes on Adobe Photoshop, InDesign, Dreamweaver, and Illustrator at Durham Technical Community College.

10 Fridays, September 14–November 30, 11:00am–12:30pm. **Smith Warehouse Computer Lab.** Maximum: 10. Fee: \$90. **Course ID: 1592.**

USING ENGLISH: Looking Under the Hood, for Lifelong Drivers

Why is "It is I" not correct? Who decides on correctness? How and when is "I am cold" a request for action? We are all proficient users of English, but we have vague or downright wrong ideas about how the

language works. This course will look at such topics as the King's English and "slang," getting people to do stuff, and mouth noise, with side trips into the international phonetic alphabet and morphemes. While this is not a formal linguistics course, you will learn about discoveries that linguists have made about how English works and how we use it. It is for people who have chops and curiosity. This course will work on student-teacher interaction and discussion: the week before a new topic is to be taken up, the instructor will briefly introduce it and the students will be invited to write questions about it; during the next class the instructor will present material on the topic, followed by a full class discussion.

■ *Lecture (plus Questions); Facilitated Discussion*

LARRY NESSLY received a PhD in linguistics from the University of Michigan in 1974. Locally, he has taught at UNC, Shaw University, and most recently at NC Central University (1988–2018). In addition to earlier graduate courses in phonology, he has taught undergraduates introduction to linguistics, sociolinguistics, advanced English grammar, and history of the English language.

10 Fridays, September 14–November 30, 11:00am–12:30pm. **The Bishop's House.** Maximum: 10. Fee: \$90. **Course ID: 2650.**

BASKET WEAVING

We will make a rectangular basket that measures about 5" x 10" and 4.5" tall with a diamond pattern woven with dyed reed embellishing the sides. Tools needed (if you have them on hand) are craft scissors or hand pruners; water spray bottle; about a dozen clothes pins; an awl or narrow flat-blade screw driver; an old towel to keep you dry; and a pencil and ruler or tape measure. The instructor will supply all materials and the pattern and will bring some tools for class use.

Fall Crafts Workshop

Please note: There is a materials fee of \$10. Please bring the exact amount to the first class; refunds are at the discretion of the instructor.

10 Fridays, September 14–November 30, 11:00am–1:00pm (please note times), **Emily K Center**, 904 W Chapel Hill St, Durham. There is no fee, but you must register to attend. *Register by September 1 with instructor Lu Howard, llhoward@nc.rr.com or 919-309-4925.*

THE ARCHITECTURE OF HEALING AT DUKE

Within the last 20 years, five architectural projects have been built on Duke University's campus, and each of these buildings has addressed aspects of health and well-being as their primary mission. This course will give a comprehensive presentation of ideas that have shaped these buildings, and the architect will cover the process of early conceptualizing through final construction. The projects include the Albert Eye Research Center, Duke Integrative Medicine, the Trent Semans School of Medicine, the Duke Cancer Quiet Room, and the Duke Student Health and Wellness Center. ■ *Lecture (plus Questions)*

A frequent speaker on design methodology, artistic collaboration in architecture, and the role of public space within private development, TURAN DUDA, FAIA, has taught at Yale's School of Architecture and served as a visiting critic at MIT, Columbia University, the Cooper Union, NC State University, and UNC–Charlotte. Prior to founding DudaPaine Architects with partner Jeff Paine, Turan was a design architect with Cesar Pelli and Associates in New Haven, CT. Turan was elevated to the AIA's College of Fellows for his approach to design in 2012.

3 Fridays, October 5–19 (please note dates), 11:00am–12:30pm. **DudaPaine Architects**, 333 Liggett St, Durham. Maximum: 15. Fee: \$60. **Course ID: 2613.**

THE SCIENCE OF COOKING & EATING FOR NON-SCIENTISTS

Knowingly or not, every cook is a physicist, a chemist, a microbiologist, and an anatomist, and every eater is a complicated food processor. Course participants will learn how basic science can improve their cooking and eating. Interactive lectures, demonstrations, ingredient analysis, and hands-on activities will provide an approach to answering questions such as, What's cooking? What exactly is food? How can understanding osmosis bring back sweet juicy peaches? Are there chemicals in my food? How do we taste and smell (not to others!)? What does heat do? How does my oven work? How do I use a refrigerator? How do knives work? How should I cut an onion? What digital tools to use? Why use both baking powder and baking soda? Why are fried foods so delicious? Why is water the great destroyer? How do I keep veggies from spoiling? What should we eat? The course will include knife skills, a sharpening demo, and knife recom-

mendations. ■ *Lecture (plus Questions); Facilitated Discussion; Hands-On Activity (e.g., Computer, Art)*
ALAN MAGID retired from biophysics research and medical teaching in 2007. His work uncovered why overcooking meat turns it into rubber. His cooking began in sixth grade in his school cafeteria and continues at home for his family and friends. This OLLI course marks his return to the classroom after more than a decade. Visit his cooking blog at DrDaddyCooks.com.
10 Fridays, September 14–November 30, 1:30–3:00pm. **The Bishop's House**. Maximum: 12. Fee: \$90. **Course ID: 2671.**

UNDERSTANDING THE MIDDLE EAST: Roots of the Culture Gap

Gain a deeper understanding of the Middle East by comparing its history, culture, and economics to that of Europe. We will look at surprising philosophical and literary themes common to both cultures, review common obstacles faced by kings and caliphs, and hopefully come out with an understanding of the differences that emerged on how rulers chose to handle them. We will examine why the Western Enlightenment persisted while the Middle East Golden Age fizzled out. The course will compare technology, agriculture, social mobility, mindset, education, and the type of rule. We will review roots of current conflicts—beyond religion and oil. ■ *Lecture (plus Questions)*

Recommended texts:

- Karen Armstrong, *Islam: A Short History* (ISBN 081296618X), \$15.
- Frederick Starr, *Lost Enlightenment* (ISBN 9780691157733), \$20.
- Tamim Ansary, *Destiny Disrupted* (ISBN 9781586488130), \$20.

KEVIN RICHARDS has traveled to Lebanon and made contact with different political factions throughout the country. Material from those meetings will add to course materials. He guest-lectured at the University in Beirut in 2003. From 2004–7, he guest-lectured in California at Ventura College and CYA, Camarillo. He also worked with an organizational behavior class at Boston University from 1979 to 1981.

10 Fridays, September 14–November 30, 1:30–3:00pm. **The Bishop's House**. Maximum: 25. Fee: \$90. **Course ID: 1778.**

Registration opens at 9:00am on Tuesday, August 7
www.learnmore.duke.edu

Activities are an integral part of the OLLI program, providing opportunities to learn and socialize outside the classroom. If you have general questions or suggestions for activities, call Kathy Parrish at 919-681-3476. If you want to find out more about any of the listed groups, please contact the coordinator for that activity.

BOOK GROUP

This informal group reading contemporary literature meets on the second Monday of every month at 3:15pm in The Bishop's House.

September *A Gentleman in Moscow* by A. Towles

October *Thirteen Moons* by C. Frazier

November *Killers of the Flower Moon* by D. Grann
Coordinator: Judy Grauer at judygrauer@gmail.com or 919-416-0755.

COMMUNITY ENGAGEMENT SPECIAL INTEREST GROUP (CE-SIG)

See page 56.

CRAFT GROUP

It's time to dig out that unfinished project from the back of the closet. Knitting, quilting, crocheting, sewing . . . whatever. All are welcome. We will meet every Monday at 3:15pm in The Bishop's House. For more information, contact Judy Grauer at judygrauer@gmail.com or 919-416-0755. See page 60 for the Fall Crafts Workshop.

INTERNATIONAL FOLK DANCE

Join us for a fun way to get exercise, both physical and mental, and improve your balance. The folk dances we practice are done in a line or circle (no partner is needed) and are low impact (not highly strenuous). Most of the dances originated in Eastern Europe. Our ongoing class meets on Tuesdays, 1:30–2:45pm, at Croasdaile Village Retirement Community. Newcomers are welcome at any time. There is no charge, but you will need to contact coordinator Judy Stafford at 919-383-7172 or judy.stafford@dm.duke.edu for more information.

LANGUAGE TABLES

La table française se réunit le mardi de midi à 13 heures dans l'atelier à "The Forest at Duke Retirement Center." En ce moment, le groupe est complet, et il y a une liste d'attente. Si vous parlez français couramment et vous voulez que nous y mettions votre nom, envoyez un mail à Emily Lees (emilylees@bellsouth.net) ou à George Entenman (olli@entenman.net). Les résidents de la "Forest" qui parlent français sont toujours bienvenus. Nous sommes heureux aussi de répondre à vos questions. **Spanish Table** meets from 12:45–2:00pm on the third Friday of each month (Sept–April) at local Hispanic-themed restaurants. We welcome Spanish speakers from all levels to join in practice

of conversational Spanish. Meeting locations are published in the *Spotlight* each month. Please contact Margaret Riley (mrileync@gmail.com) if you are interested in joining the group.

MAC COMPUTER USERS GROUP

Mac users will gather for Q&A and short presentations on topics of interest. The group will meet periodically at a day, time, and place to be announced. Coordinators: Mary Jo Fickle, fickle5@aol.com, and Susan Eure, asure@bellsouth.net.

MYSTERY BOOK CLUB

Whether you *have* a clue or not, this book club may be for you. Once a month we meet to discuss mystery books our members have designated worthy and interesting to share with the group. We have read and discussed books by Ann Cleeve, Arnaldur Indriason, Ruth Rendell, and Ausam Zehant, to name a few. We are an adventurist group looking for new and exciting authors. We meet the second Tuesday of the month at The Bishop's House, 3:15–4:45pm. Coordinator: Madeline "Maddy" Kalstein, madkalstein@gmail.com.

RETIREMENT TRANSITION GROUP

This informal drop-in group is for all OLLI members who are going through transitions in retirement and perhaps experiencing some challenges. The group meetings will provide an opportunity to share concerns, offer ideas that have worked, share resources we are aware of, connect with other OLLI members who are going through the same experiences, and get ideas we can try on our own. People can drop in at any of the meetings. There is no charge. The group meets on the second Friday of the month, time and location TBA. To learn more and to be put on a mailing list, contact Corinne Schillin at cschillin@yahoo.com or 919-537-8450.

SCIENCE BOOK CLUB

We read and discuss books of substance on topics ranging from biology, evolution, and the physical sciences to medicine, the environment, and biographies of famous scientists. You do not have to have a science degree to participate, and no registration is required. You must be an OLLI member to participate in this book club. The group usually meets the first Thursday of the month at 3:15pm at The Bishop's House. Coordinator: Dan Oldman, daniel.oldman@gmail.com or 919-544-2686.

OLLI BOARD OF ADVISORS & ADMINISTRATION

OLLI at Duke is one of the programs under the auspices of Duke Continuing Studies and operating within Duke policies. Officers of the board of advisors of this membership organization are elected at the annual membership meeting, held at the end of the OLLI Winter term. Board members elected by the membership serve as advisors to OLLI staff. They operate under their own by-laws and meet as a board ten times a year. The president appoints committee chairpersons. Board members and countless other volunteers provide the experience and hard work that guide, enrich, and maintain the organization. We often need leaders and committee chairs. Please contact Chris McLeod at 919-684-2703 to find out more about volunteer and leadership opportunities.

2018–2019 Officers (one-year elected term)

President: Margaret Riley
Vice-President: Alan Vaux
Past President: Ginny Knight

Advisors at Large (three-year elected term)

To 2019: Dick Chady, Jonathan House
To 2020: Marion Jervay, Stuart Kaplan

Committee Chairpersons (one-year appointed term)

Board Development: Gregg McPherson
Communications: open
Curriculum: Beth Anderson
Instructor Relations: Mike Bahnaman
IT: Howard Koslow
Membership: Roe Dineen
Recording Secretary: Mike Bahnaman
Space: Peter Blaufeux
Volunteer: Richard Melanson

Staff

Director: Chris McLeod
Assistant to the Director: Kathy Parrish
Representatives at Judea Reform Education Building:
 Susanna Chabinak-Uhlig, Jo Ann Dubberley,
 Beth Bowling

OLLI AT DUKE

IS A COOPERATIVE VENTURE

Your suggestions for classes and activities are welcome and are necessary to maintain the vitality of our organization.

If you are considering coordinating a class or activity, please contact Kathy Parrish, kathy.parrish@duke.edu or 919-681-3476.

We value your ideas!

REGISTRATION

You can register online or by phone (with credit card) starting 9:00am on Tuesday, August 7, or by the traditional registration form (with check) starting August 6. See the insert for registration details.

www.learnmore.duke.edu

REFUND POLICY

If you want a refund for a course you will not attend, please request it from the OLLI office (919-681-3476) by the end of the first week of class (September 14). There is a \$20 processing fee for each dropped course. Membership fees are not refundable.

SCHOLARSHIPS

We want OLLI at Duke courses to be available to all who wish to participate, so there are a limited number of need-based scholarships available. If you need financial help to attend OLLI classes, please contact Chris McLeod at 919-684-2703 or Kathy Parrish at 919-681-3476. All requests are confidential.

ACCESS

Duke University encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please call the OLLI office at 919-681-3476 in advance of your participation or visit.

DUKE PRIVILEGES

1. Permission to eat in the faculty dining area of the Market Place in the East Campus Union.
2. Participation in Alumni Travel tours. Call 919-684-5114 for more information.

ORDERING TEXTBOOKS



Many textbooks may be purchased from **The Regulator Bookshop**, 720 Ninth St, Durham; 919-286-2700. Many OLLI books (most at a 10% discount) are on display near the front desk (some may need to be ordered). You may also purchase your textbooks at abebooks.com, amazon.com, and other online book distributors.

FALL 2018 OLLI CLASS SCHEDULE

9:00
11:00
1:30
3:15

MONDAY	MONDAY	TUESDAY	TUESDAY	WEDNESDAY
	<i>at Judea Reform</i>		<i>at Judea Reform</i>	
Tracing Carolina's Old Roads Knit Placemats Cathedrals of Britain* Volcanoes* Exploring Narnia*	Geologic Controversies* The US in the 1920s & 1930s* Sondheim 101* Grandparent Math* Fitness Training*	Intermediate Spanish Thirty Years without a Paycheck Economic Issues & Seniors* Japanese Embroidery* Improv Theater FUNDamentals*	Beeswax Painting Southern Experience 20th-C Intelligence Operations Embracing Challenges Stay Put or Move On?*	Knit a Scarf The Three Roosevelts
Watch the Skies! American Colonies & the US Elections 2018* Frontiers in Medicine* World War II: Europe & Africa*	Keeping Fit for Life* Zentangle* Behind the Scenes at Airports* New Lens* The American Musical Theater* Fundamental Chinese & China*	Sci-Fi Goes to the Movies* About the Latin Language* Biological Effects of Radiation* Diagnosis & Mental Disorders* Creating Videos on iPhone/iPad*	Chinese Brush Painting The Jews of Spain* Warbirds: Military Aviation* Vincent van Gogh* Rise of Imperial Russia Poetry Writing	Knitted Knockers Turkey: Between Two Worlds Beyond Beginner Photography O'Keeffe & the Female Image* Paint & Collage Workshop* History of New York City*
The Bach Suites Medieval Irish History Talkin' Baseball III* Holocaust & Human Behavior* Digital Camera Experience* Intro to Adobe Lightroom* Poets of the Piano*	Music in the Movies, 1915-1960* Frank Lloyd Wright Architecture* Pilotless Commercial Flight* Pre-Code Films* Watercolor Painting* Calligraphy*	Maps & Atlases Novels by Szabo and Enchi* Beginning Photo Editing* A Musical History (2 secs.)* Symposia Excursions & Diversions*	Great Decisions 2018* Home Automation* Metropolitan & NC Opera* Intro to iPhone Photography* Human Progress*	Russia: Yeltsin through Putin Latin American Cinema
What to Eat & Why*	How Brains Work—Advanced* Religious Heritage of NC* Qigong: Energy for Life*	Philosophy in Al-Andalus* New Horizons Contra Band*	Writing for Chicken Soup* Contemporary Issues in Sports* Robert Lowell & Elizabeth Bishop* History of Calculus*	How Do We Control Climate Change? OLLI at the Nasher* New Horizons Chorus* New Horizons Swing Band* New Horizons Dixie Dukes*
OLLI at NIGHT:		OLLI at NIGHT:		OLLI at NIGHT:
Cooking with David Sovero* (2 secs.)		Women & Sports* Creative Prose Workshop*	Labyrinth: Metaphor for Life*	Cybersecurity for Non-Techies* Writing & Improv*

2018-2019 IMPORTANT DATES

WEDNESDAY	THURSDAY	THURSDAY	FRIDAY
at Judea Reform		at Judea Reform	
Supreme Court Today* Modern German History* Trade in a Globalized World* Exploration of Mars* Change Your Age*	Financial Market History* T'ai Chi: Mindfulness in Motion*	Life Stories Writing Workshop R&D: Man Booker Selections Music & Emotions	The Plays of Edward Albee Create Your Own Life Map Greek Myths Art* Indigo Dyeing* Botanical Contact Printing*
Explore Acrylics* The World Today* (Sec. 1) MOOC on Critical Thinking* Practical Wisdom* Dance Around the World* Shakespeare's Macbeth* Beginning Watercolor* Working with DNA* Zentangle Botanicals* Zentangle Illuminated Letter*	Music of Van Morrison A New Perspective of Islam* Selling & Buying on the Internet* Hannah Arendt*	OLLI Harp Ensemble The World Today (Sec. 2) Modern American Nature Poetry Shakespeare's Troubled Lovers Botanicals in Watercolor* Films by Mexican Directors*	The Sound of Music, American Style WordPress Websites Using English Duke Architecture*
Inner Workings of Stock Market* Ballet History: Back to Basics* Investing in Retirement* Wagner's Life & Art*	Wines from Rhone Valley* (Sec. 1) Wines from Piedmont, Italy* (Sec. 1) Révolution française—Napoléon I If You Can Walk, You Can Dance*	Postcolonial World Literature Poetry Writing & Revision 2.0 How Drugs Work Oil Paint: Right from the Start* ChessRefresh*	Food Science Understanding the Middle East
Brain Limitations & Potential*	Wines from Rhone Valley* (Sec. 2) Wines from Piedmont, Italy* (Sec. 2) New Horizons Concert Band*	Western Art History The Bauhaus Food Insecurity in Durham	
			SUNDAY
			Exploring Cinema*

FALL 2018

Tues, Aug 7
Registration for Fall courses begins at 9:00am

Mon, Sept 10
OLLI Fall classes begin

Mon, Sept 10
Rosh Hashanah—no classes at JRC

Tues, Sept 18 (after 4:00pm)
& Wed, Sept 19
Yom Kippur—no classes at JRC

Mon-Fri, Oct 22-26
OLLI Fall Break—no classes

Mon-Fri, Nov 19-23
Thanksgiving Break—no classes

Fri, Nov 30
Last day for most OLLI Fall classes

WINTER 2019

Tues, Dec 4
Registration for Winter courses begins at 9:00am

Mon, Jan 7
OLLI Winter classes begin

Mon, Jan 21
Martin Luther King Jr Day—no classes

Mon-Fri, Feb 18-22
OLLI Winter Break—no classes

Mon, Mar 25
Last day for most OLLI Winter classes

SPRING 2019

Thurs, Mar 28
Registration for Spring courses begins at 9:00am

Mon, Apr 15
OLLI Spring classes begin

Fri, May 24
Last day for most OLLI Spring classes



For classes marked by an asterisk, please read course descriptions carefully—the times, dates, and/or class locations do not follow the standard class schedule.

THE BISHOP'S HOUSE (8 East Campus Union Drive) is on the edge of Duke's East Campus, near the intersection of Markham Ave and Buchanan Blvd. **SMITH WAREHOUSE**, 114 S. Buchanan Blvd. (at Maxwell Ave), is located just south of campus.

From Durham: For *The Bishop's House*, enter Duke East Campus from Buchanan Blvd, at the drive opposite Dacian Ave. Follow the drive around until it ends at the white frame house marked "Continuing Studies: The Bishop's House." For *Smith Warehouse*, turn onto Maxwell Ave, off Buchanan Blvd just south of Main St.

From Chapel Hill and Pittsboro on 15-501: As you approach Durham on 15-501 (Durham–Chapel Hill Blvd), take the fork marked "15-501 North - To I-85" toward Duke University. Take Exit 108-B (the Durham

Freeway, Hwy 147); then take Exit 14, marked Swift Ave/ East Campus. Turn left onto Swift, and then right onto Main St. Go to the second light, Buchanan Blvd. For *The Bishop's House*, turn left onto Buchanan, go 0.4 mile, and turn left, opposite Dacian Ave, into the campus; follow the drive until you reach *The Bishop's House*. For *Smith Warehouse*, turn right onto Buchanan, and then right onto Maxwell Ave.

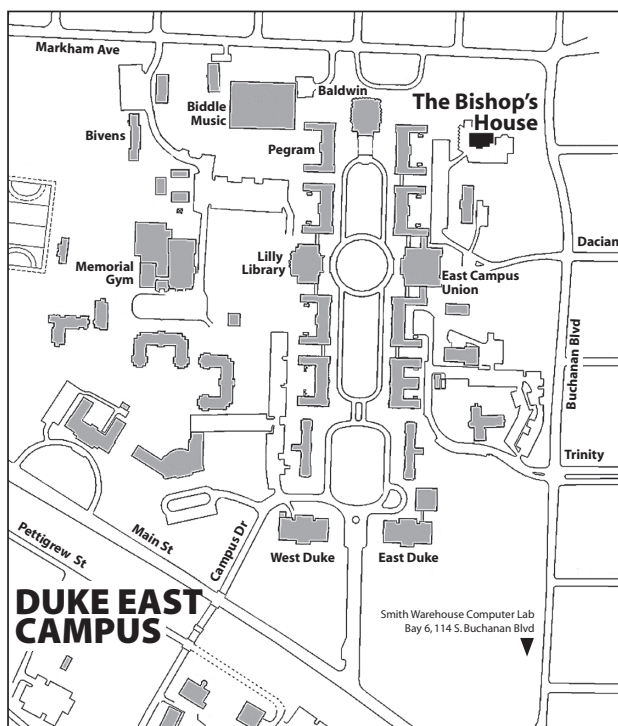
From Raleigh on I-40: As you approach Durham, take Exit 279-B (the Durham Freeway, NC 147), drive into the city, and then take Exit 14, Swift Ave. Turn right onto Swift, and then right onto Main St. Go to the second light, Buchanan Blvd. For *The Bishop's House*, turn left onto Buchanan, go 0.4 mile and turn left, opposite Dacian Ave, into the campus; follow the drive until you reach *The Bishop's House*. For *Smith Warehouse*, turn right onto Buchanan, and then right onto Maxwell Ave.

PARKING

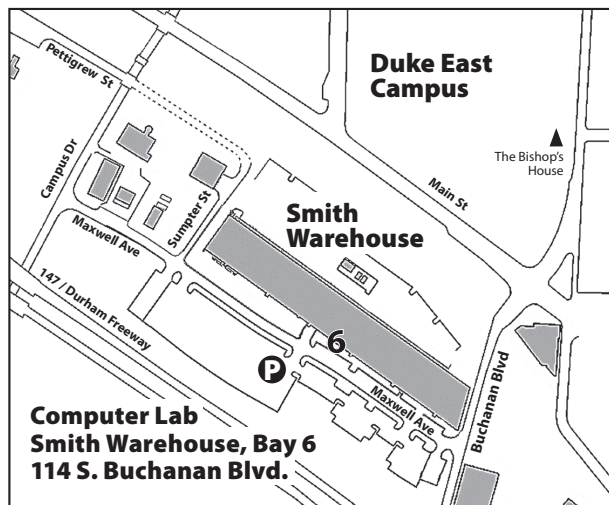
The Bishop's House: There are a limited number of parking spaces at *The Bishop's House*, including three handicapped spaces. The OLLI parking permit should be kept on your dashboard. For the handicapped spaces, you need an official NC handicapped parking tag. DO NOT park in the lower lot that you pass through before reaching *The Bishop's House*.

Your permit is also valid for the East employee parking lot just outside Baldwin Auditorium. You may only park in the sections where the signs "EAE Permit Required" or "EAE/RED Permit Required" are located, not where there is a "RED Zone Permit Required" sign. You may also park at Asbury United Methodist Church at the corner of Markham and Sedgefield, or for two hours on the streets adjacent to East Campus.

Smith Warehouse: If you sign up for a course that meets at *Smith Warehouse*, you will be issued a special Duke parking pass for the *Smith Warehouse* parking lot, accessed via Maxwell Ave, good for one semester only. **Please note:** You will not be able to park at *Smith* if you leave the pass at home. Also, a lost parking pass will require a \$30 replacement fee. Once your class finishes each day, you will need to vacate the lot to make room for OLLI members in the next class.



Under the Federal Campus Security Act (20 USC1092f), prospective students may obtain a copy of the University's annual security report by visiting the Duke University Police Department at 502 Oregon St., Durham, NC, or by calling 919-684-4602. This report includes campus crime statistics and the University's safety and security policies.



JUDEA REFORM CONGREGATION, 1933 W. Cornwallis Rd, is conveniently located on the west side of Durham. The OLLI at Duke contact number at JRC is 919-812-7160.

From I-85: From I-85, take 15/501 to W Cornwallis Rd. Exit and turn left on W. Cornwallis. Judea Reform is .6 miles ahead on the right side.

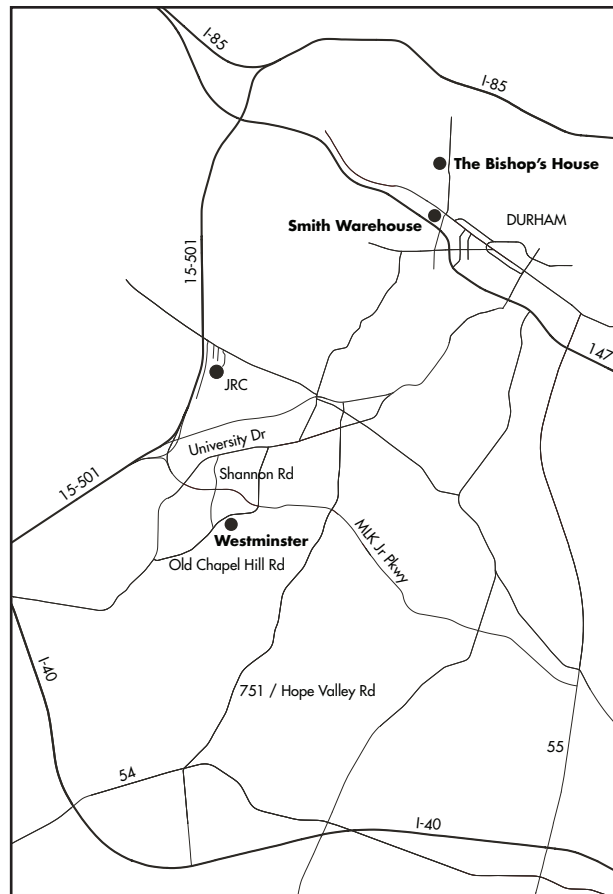
From Raleigh: Take I-40 around Durham, exiting at 15/501 (Exit 270). Turn right and follow 15/501 for about 4 miles, exiting at W. Cornwallis Rd. Turn right. Judea Reform is .5 miles ahead on the right side.

From Chapel Hill: Follow 15/501 from Chapel Hill to Durham, exiting at W. Cornwallis Rd. Turn right. Judea Reform is .5 miles ahead on the right side.

WESTMINSTER PRESBYTERIAN CHURCH, 639 Old Chapel Hill Rd, is located in Southwest Durham.

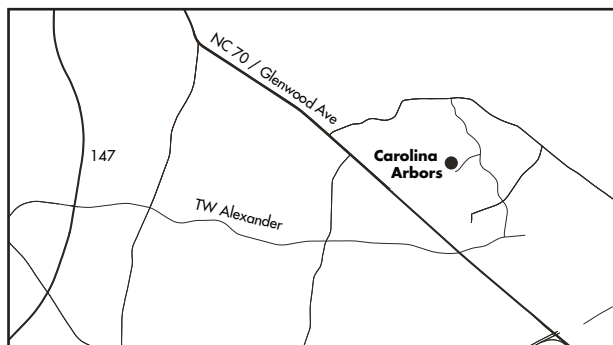
From I-85: From I-85, take 15/501 to Martin Luther King Jr. Dr. (MLK is the middle exit at a conjunction of three exits where 15-501 turns right to go to Chapel Hill). At the second stoplight, turn right onto Old Chapel Hill Rd. Westminster Presbyterian in on the left just before Shannon Rd.

From Raleigh: Take I-40 to NC-751 N in Durham. Turn right and continue approximately 1 mile to Garrett Rd (there is a CVS Pharmacy at Garrett). Turn left onto Garrett Rd and drive 2 miles to Old Chapel Hill Rd. At the first stop light, Old Chapel Hill Rd continues to the right. Westminster Presbyterian in on the right, just beyond Shannon Rd.



From Chapel Hill: Follow 15/501 from Chapel Hill to the edge of Durham, turning right onto Garrett Road. At the next stoplight, turn left on to Old Chapel Hill Rd. At the first stop light, Old Chapel Hill Rd continues to the right. Westminster Presbyterian in on the right just beyond Shannon Rd.

CAROLINA ARBORS, 357 Carolina Arbors Dr, Durham, is situated in the rapidly growing Brier Creek area. Classes are held at Piedmont Hall, the community's 37,000 square foot amenity center.



From Durham on NC 147-S: Take the TW Alexander exit. Turn left onto TW Alexander and go approximately 4 miles. Cross Hwy 70 (Glenwood Ave).

*At the second stop sign, turn left onto Del Webb Arbors Dr. Cross Andrews Chapel Rd to enter the Carolina Arbors community. Turn left onto Carolina Arbors Dr; Piedmont Hall will be on your left.

From Durham on Hwy 70-E: Take Hwy 70-E (Glenwood Ave) toward Raleigh. Turn left onto TW Alexander Dr. Follow * above.

From Raleigh on Hwy 70-W: Take Hwy 70-W (Glenwood Ave) toward Durham. Turn right onto TW Alexander. Follow * above.

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Osher Lifelong Learning Institute at Duke University
Box 90700 - The Bishop's House
Duke University
Durham, NC 27708

Chris McLeod, *Director*
919-684-2703; Fax 919-681-8235
email: chris.mcleod@duke.edu

Kathy Parrish, *Assistant to the Director*
919-681-3476; Fax 919-681-8235
email: kathy.parrish@duke.edu

Visit our new website!
www.learnmore.duke.edu

DATED MATERIAL — PLEASE EXPEDITE!



OLLI CONSCIOUS AGING SERIES

A free lunchtime lecture series with knowledgeable speakers addressing relevant issues and topics.

September 12 • ***Nonpartisan Voter Registration Efforts in NC*** (Kate Fellman)

September 26 • ***Medicare 101*** (Gary Knutson)

October 3 • ***Caregiver Alternatives to Running on Empty*** (Lisa Gwyther)

October 10 • ***How to Advocate for Yourself in the Healthcare System*** (Belinda Novik)

October 17 • ***Green Burial / Home Funerals*** (Sara Williams, Anne Weston)

October 31 • ***This Urban Planet*** (Will Wilson)

November 7 • ***Cutting the Cord*** (Howard Koslow)

November 14 • ***The Duke Forest: A Resource for All Seasons*** (Sara Childs)

November 28 • ***Carolina Tiger Rescue*** (Katie Cannon)

Wednesdays, 12:45–1:45pm, **St. Luke's Episcopal Church**, Fellowship Hall, 1737 Hillandale Rd, Durham.

Free to OLLI members. Attend as many sessions as you wish; no advance registration required.

Speakers and topics are subject to change. Check olliatduke.org under Events/Conscious Aging for details.