

# For the Love of Learning

Osher Lifelong Learning Institute at Duke University



OLLI  at Duke

Spring 2019

# Welcome!



Welcome to the Osher Lifelong Learning Institute at Duke University. OLLI at Duke began in 1977 as the Duke Institute for Learning in Retirement (DILR). Since 2004 the organization has been a member of the Osher Lifelong Learning Network, a group of more than 120 institutes across the country dedicated to meeting the needs of older learners and to extending the demographic served by traditional universities.

**Our Mission Statement:** The Osher Lifelong Learning Institute at Duke University, called OLLI at Duke, seeks to engage the minds, elevate the spirits, and foster the well-being of its members through a wide range of educational programs and opportunities for volunteer service, travel, and social activity. We exemplify Duke University's commitment to community service and lifelong learning through our collaborative work with academic and professional groups, area retirement centers, various research projects on aging, and other institutes for learning in retirement.

**We are a community.** We are adults with wide-ranging interests in history, literature, the natural and social sciences, fine arts, and current events. Our courses conform to an arts and sciences curriculum and are selected by a curriculum committee on the basis of member requests, the expertise of class leaders, variety, and balance. OLLI at Duke instructors are a mix of peer teachers, university professors, graduate students, independent scholars, and community experts.

**Our program embraces "learning for the love of it."** There are no tests, grades, or educational requirements. Participation, however, is essential, ranging from keeping up with assigned readings and contributing to class discussion to sharing the results of one's own research. Most classes are held in The Bishop's House on Duke's East Campus and in the education building at Judea Reform Congregation, 1933 W. Cornwallis Road in Durham, meeting once a week for 1½ hours. Class times are usually 9:00am, 11:00am, 1:30pm, and 3:15pm, but some classes meet in other area locations, at different times, and for a fewer number of sessions than normal. Please check the detailed course descriptions carefully.

**OLLI at Duke is a cooperative venture.** We gather together in three terms each year to pursue the topics that we choose. We rely on the contributions and participation, both in class and out, of each member. Members teach classes, coordinate lecture series, lead small-group discussions, organize activities and volunteer projects, serve on the Board of Advisors and committees, act as class assistants, help with data management and administration, make coffee, and volunteer for all the tasks that make us an exemplary organization.

**Becoming a member of OLLI at Duke is easy.** We have an annual membership fee of \$35. Members may participate in activities and social events, receive mailings, and vote in elections, even if they are not taking classes in a given term. For more information, see the registration information and form in the center of the catalog. Each term, we hold a **Meet & Greet** for new members; see back cover.

**Forty-one years and growing.** OLLI at Duke is part of Duke Continuing Studies, under the direction of Dr. Paula Gilbert, which sponsors lifelong learning programs and consulting nationwide. Founded in 1977 as the Duke Institute for Learning in Retirement, we began as a joint venture of Continuing Education and the Center for the Study of Aging and Human Development. We have grown from the original 42 members to more than 2400 members.

# OLLI at Duke

Spring 2019



## Planning Your Course Schedule

OLLI at Duke courses are sorted by **Subject** in this catalog. See the listing at right. If you are interested in courses on a particular day only or at a particular time only, see the **Index by Day** on pages 6–8. Interested in which courses are being offered by a particular instructor? See the **Index by Instructor** on pages 12–13. Interested in courses at your favorite venue? Or need to stay close to a particular location? See the **Index by Venue** on pages 10–11. If your schedule doesn't allow for participation in a course that runs for the whole Spring term (six weeks), see the index of **Short Courses** on page 9 for offerings that meet for one to four sessions only. Also, if you are interested in courses beyond weekdays, see the **Evenings & Weekends** index on page 9.

Use the new **Course Planner** form on page 67 to create your desired Spring term schedule. Refer to it while registering online, transfer the information from it to the enclosed registration form (see centerfold), or bring it with you when you attend the registration events at The Bishop's House. You can also use the form to track course confirmations or wait-list status.

## Courses by Subject

Art & Architecture .....	14–16
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Language, Literature & Drama...	34–38
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## Join Us!

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# About OLLI at Duke

## OLLI at Duke 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 Kathy Parrish at [kathy.parrish@duke.edu](mailto:kathy.parrish@duke.edu) or 919-681-3476 to find out more about volunteer and leadership opportunities.

### **2018–2019 Officers** (one-year elected term)

*President:* Alan Vaux

*Vice-President:* Matt Epstein

*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)

*Communications:* Aline Dawson

*Curriculum:* Beth Anderson

*Instructor Relations:* Mike Bahnaman

*IT:* Howard Koslow

*Members Relations:* Chris Abrons

*Recording Secretary:* Mike Bahnaman

*Space:* Peter Blaufeux

*Volunteer Relations:* Richard Melanson

### **Staff**

*Director:* Chris McLeod, JD

*Assistant to the Director:* Kathy Parrish

## Registration

Registration for OLLI at Duke courses opens at 9:00am on **Thursday, March 28**, for Saturday, Sunday, Monday, and Tuesday classes, and at 9:00am on **Friday, March 29**, for Wednesday, Thursday, and Friday classes.

You can register online, over the phone, by mail, or in person at The Bishop's House. See "How to Register" in the registration insert for details. *If you need help registering online, volunteers will be at The Bishop's House 9:00am–12:00pm on both Registration Days to help.* **Registration FAQs** are on pages 65–67.

## Refund Policy

If you want a refund for a course, please request it from the OLLI office (919-681-3476) by the end of the week of the first class for that course. After that time, no refunds will be issued except in the event of an emergency, at the discretion of OLLI at Duke staff. There will be a \$20 service charge per course dropped. If a course is cancelled by OLLI at Duke, no charge will be incurred by members. **Membership dues are nonrefundable.**

## Scholarships

We want OLLI at Duke courses to be available to all who wish to participate. If you need financial support to attend OLLI classes, please contact the OLLI office (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 contact the OLLI office (919-681-3476) in advance of your participation or visit.

## OLLI at Duke Is a Cooperative Venture

Your suggestions for courses and activities are welcome and are necessary to maintain the vitality of our organization. If you are considering coordinating a course or activity, please contact Kathy Parrish at [kathy.parrish@duke.edu](mailto:kathy.parrish@duke.edu) or 919-681-3476. We value your ideas!

Interested in becoming a **Class Assistant** and helping instructors to ensure that announcements are made, attendance is taken, and handouts are distributed? Please fill out the Volunteer Form in the registration insert and return it to the OLLI at Duke office. For more information, contact Kathy Parrish at [kathy.parrish@duke.edu](mailto:kathy.parrish@duke.edu) or 919-681-3476.

Teaching a course, becoming a Class Assistant, helping with administrative tasks, and joining a committee are just a few of the ways you can volunteer for OLLI at Duke. See the **Volunteer Form** in the Registration Insert for more information. We look forward to working with you!

## Help Shape the OLLI Curriculum

As you browse this OLLI Spring 2019 catalog, keep in mind that all our courses are suggested by our members and are taught largely by volunteers.

While you are selecting your choices for the Spring term, ask yourself:

- Are there topics that we should consider for future courses?
- Can you recommend who might teach them?
- Are you interested in teaching a course in an area of your interest/passion?

Let us know how you would like to contribute!

**Proposal deadline for Fall 2019 catalog is May 1.**

Contact Beth Anderson, chair of the Curriculum Committee, at [curriculum@olliatduke.org](mailto:curriculum@olliatduke.org) if you are interested in engaging the OLLI community by providing great learning experiences.

## Special Requirements & Notes

Some courses have required supplies, prerequisites, fees, and/or special notes for participants. Details can be found in the course descriptions online at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

## Important Dates

### Spring Term 2019 highlights

Thurs & Fri, Mar 28 & 29

Registration begins

Mon, Apr 15

OLLI Spring classes begin

Fri, May 24

Last day for most Spring classes

### Fall Term 2019 highlights

Tues & Wed, Aug 6 & 7

Registration begins

Mon, Sept 9

OLLI Fall classes begin

Mon, Sept 30

Rosh Hashanah—no classes at JRC

Tues, Oct 8 (after 3:00pm)

& Wed, Oct 9

Yom Kippur—no classes at JRC

Mon–Fri, Oct 21–25

OLLI Fall Break—no classes\*

Mon–Fri, Nov 25–29

Thanksgiving Break—no classes\*

Fri, Dec 6

Last day for most Fall classes

### Winter Term 2020 highlights

Tues & Wed, Dec 3 & 4

Registration begins

Mon, Jan 6

OLLI Winter classes begin

Mon, Jan 20

Martin Luther King Jr Day—no classes

Mon–Fri, Feb 17–21

OLLI Winter Break—no classes\*

Mon, Mar 23

Last day for most Winter classes

*\* Some OLLI classes do meet during breaks. Read the course descriptions carefully.*

# Courses by Day

Time, Course Title (Venue, Number of Sessions), Page

## Course Venue Abbreviations & Addresses

BA	The Bridge Academy, 2634 Durham-Chapel Hill Rd, Suite 102, Durham
BDS	Barriskill Dance Theatre School, 3642 Shannon Rd, Durham
BH	The Bishop's House, 8 East Campus Union Dr, Duke University, Durham
CA	Carolina Arbors Retirement Community, 357 Carolina Arbors Dr, Durham
CDA	Carolina Dance Academy, 3101 Guess Rd, #E, Durham
CH	Caring House, 2625 Pickett Rd, Durham
DA	Durham Academy Middle School, 3116 Academy Rd, Durham
DAC	Durham Arts Council, 120 Morris St, Durham
DCF	Duke Campus Farm, 4934 Friends School Rd, Durham
ERU	Eno River Unitarian Universalist Fellowship, 4907 Garrett Rd, Durham
FAD	The Forest at Duke, 2701 Pickett Rd, Durham
FG	FRANK Gallery, University Place, 201 S Estes Dr, Chapel Hill
GR	Galloway Ridge Retirement Community, 3000 Galloway Ridge Rd, Pittsboro
JRC	Judea Reform Congregation, Education Building, 1933 W. Cornwallis Rd, Durham
NCBG	NC Botanical Gardens, 100 Old Mason Farm Rd, Chapel Hill
NM	Nasher Museum of Art at Duke University, 2001 Campus Drive, Durham
OFT	Offsite field trip
PC	Passmore Center, 103 Meadowlands Dr, Hillsborough
PIT	The PIT Comedy Club, 462 W. Franklin St, Chapel Hill
STMC	St. Thomas More Catholic Church, 940 Carmichael St, Chapel Hill
SW	Smith Warehouse Computer Lab, Bay 6, 114 S. Buchanan Blvd, Durham
WSBC	Watts Street Baptist Church, 800 Watts St, Durham

## Monday

9:00–10:30	No More “UFOs”(BH, 6) ..... 27
9:00–10:30	Functional Fitness/Fifty+ (JRC, 6)..... 43
9:00–10:30	New Lens (JRC, 5) ..... 59
9:00–10:30	Adv. Writing Workshop (JRC, 6) ..... 60
9:00–12:30	Intro to Calligraphy (CA, 1) ..... 26
10:30–12:00	<i>Frankenstein</i> at 201 (GR, 6) ..... 35
11:00–12:30	Beyond Knit & Purl (BH, 6) ..... 27
11:00–12:30	Roosevelt & Family (JRC, 6) ..... 28
11:00–12:30	Shakespeare's World (JRC, 6) ..... 30
11:00–12:30	Philip Glass/Minimalists (JRC, 6) ..... 48
11:00–1:00	Pink Flamingos/Time Warps (BH, 6).... 47
12:30–1:30	Live African Safari! (JRC, 3) ..... 56
1:00–3:00	Continuing Care Retirement Communities (ERU, 1) ..... 20
1:00–3:00	Watercolor Art (JRC, 6) ..... 24
1:00–4:00	Music in the Movies (JRC, 6)..... 47
1:30–3:00	Cutting the Cable Cord, Sec. 1 (CA, 2) ..... 18
1:30–3:00	“Titanic Sinks, 1500 Die” (JRC, 6) ..... 31
1:30–3:00	Durham & Duke History (BH, 6) ..... 33
1:30–3:00	Verismo Operas (BH, 6) ..... 46
1:30–4:30	Spring Photography Seminar (SW, 5)... 17
3:15–4:45	Contemporary Issues in Sports (JRC, 5) ..... 31
3:15–4:45	Constitutional Thought (BH, 6) ..... 32
3:15–4:45	Qigong (JRC, 6)..... 40
5:30–8:30	Art of Cooking with David Sovero (PC, 5) ..... 45

Registration opens at 9:00am on **Thursday, March 28** (for Sat, Sun, Mon, Tues classes), and on **Friday, March 29** (for Wed, Thurs, Fri classes).

Help with online registration is available at **The Bishop's House** 9:00am to 12:00pm each Registration Day.

## Tuesday

9:00–10:30 .... MacOS Numbers/Genealogy (SW, 2) ..	18
9:00–10:30 .... Three Southern Novels (JRC, 6) .....	37
9:00–10:30 .... Options after Retirement (JRC, 6) .....	40
9:00–10:30 .... Christianity/Racism (JRC, 6) .....	50
9:00–10:30 .... Science Books (JRC, 6) .....	54
9:00–10:30 .... Ethical Wills (CA, 3) .....	57
9:00–10:30 .... Religion in the South (BH, 6) .....	57
9:00–11:00 .... Cold Wax Painting (BH, 6) .....	26
9:30–11:30 .... Labyrinths (OFT, 3) .....	43
9:00–3:00 .... Conservation Garden (NCBG, 1) .....	55

11:00–12:30... Chinese Brush Painting (JRC, 6) .....	26
11:00–12:30... The World Today, Sec. 1 (STMC, 6) .....	30
11:00–12:30... Russian Civil War (JRC, 6) .....	32
11:00–12:30... Poetry in Times of Peril (JRC, 6) .....	35
11:00–12:30... Latin Language (BH, 6) .....	37
11:00–12:30... Conscious Aging (JRC, 6) .....	42
11:00–12:30... Hot Topics in Islam 1 (JRC, 6) .....	52
11:00–12:30... Biology of Cancer (BH, 5) .....	55
11:00–1:00 .... Intro to Zentangle (STMC, 5) .....	22
11:00–2:00 .... Three Days at the Farm— Spring Salads & Dressings (DCF, 1) .....	24

1:00–3:30 .... Meet the Artists (FG, 4) .....	16
1:30–3:00 .... <i>Pop América</i> (NM, 6) .....	14
1:30–3:00 .... Art & Allegory, 1450–1800 (JRC, 6) ....	15
1:30–3:00 .... NC State Budget (JRC, 6) .....	20
1:30–3:00 .... Zentangle Greeting Cards (STMC, 5) ...	23
1:30–3:00 .... Birth of Durham (JRC, 6) .....	29
1:30–3:00 .... Practical Wisdom (BH, 4) .....	41
1:30–3:00 .... Bach Cello Suites (BH, 6) .....	49
1:30–3:00 .... Poetry Writing/Revision 2.0 (JRC, 6) ...	60
1:30–4:30 .... Intro to iPhone Photography (JRC, 4) ...	17
2:00–3:15 .... Symposia (FAD, 7) .....	53

3:15–4:45 .... Landscape Architecture (BH, 6) .....	15
3:15–4:45 .... Southern Autobiography (BH, 5) .....	38
3:30–5:30 .... New Horizons Contra Band (DA, 6) .....	61

6:30–8:30 .... Cybersecurity 101 (BH, 6) .....	17
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## Wednesday

9:00–10:30 .... Microsoft Excel/Genealogy (SW, 2) ....	18
9:00–10:30 .... Economic Development (JRC, 6) .....	20
9:00–10:30 .... Stock Market (JRC, 5) .....	21
9:00–10:30 .... Day That Will Live in Infamy (BH, 6) ....	28
9:00–10:30 .... <i>Epic of Gilgamesh</i> (JRC, 4) .....	34
9:00–10:30 .... Get Down & Back Up Again (JRC, 6) ...	42
9:00–12:00 .... Three Days at the Farm— Drawing & Painting (DCF, 1) .....	24
10:00–12:00 .. Retirement Communities (JRC, 2) .....	19
10:00–12:00 .. Taste of Improv! (PIT, 1) .....	48

11:30–12:30... Cutting the Cable Cord, Sec. 2 (JRC, 2) .....	18
11:00–12:30... Learn to Knit (BH, 6) .....	27
11:00–12:30... The World Today, Sec. 2 (JRC, 6) .....	30
11:00–12:30... American Presidents (GR, 6) .....	32
11:00–12:30... Good, Better, Best (JRC, 6) .....	47
11:00–12:30... Adv. Philosophy of Religion (BH, 6) ....	50
11:00–1:00 .... Zentangle Workshops: Dingbatz (JRC, 1) .....	23
Scrolled Tangle (JRC, 1) .....	23
“Illuminated Letter” (JRC, 1) .....	23
11:00–1:00 .... Paint & Collage (DAC, 5) .....	24
11:00–2:00 .... Foodie Field Trips (OFT, 6) .....	44

1:30–3:00 .... Website Design 101 (BH, 6) .....	19
1:30–3:00 .... Spending in Retirement (JRC, 6) .....	22
1:30–3:00 .... Climate Change Challenge (JRC, 6) ...	53
1:30–3:00 .... Prohibition Redux (BH, 6) .....	58
1:30–3:00 .... Drawing/Dementia (JRC, 4) .....	59
2:00–4:00 .... Palette Knife Painting (JRC, 6) .....	25

3:15–4:45 .... Anatomy of a Museum (NM, 6) .....	16
3:30–5:00 .... New Horizons Chorus (DA, 6) .....	61
3:30–5:00 .... New Horizons Swing Band (DA, 6) .....	61
5:00–6:30 .... New Horizons Dixie Dukes (DA, 6) .....	62

# Courses by Day

Time, Course Title (Venue, Number of Sessions), Page

## Thursday

9:00–10:00 .... Maintaining Vitality/Age (JRC, 5).....	43
9:00–10:30 .... T'ai Chi (BDS, 6).....	40
9:00–12:00 .... Three Days at the Farm— Plant Dyes & Indigo (DCF, 1).....	24
11:00–12:30... English Georgian House (JRC, 6) .....	14
11:00–12:30... Art Therapy (JRC, 6) .....	14
11:00–12:30... America's Navy (BH, 6) .....	28
11:00–12:30... The World Today, Sec. 3 (JRC, 6) .....	30
11:00–12:30... Religious Diversity (BH, 6) .....	51
11:00–12:30... Leonard Bernstein (JRC, 6).....	48
1:00–3:00..... Jewish Life/Occupied Paris (JRC, 1) ....	34
1:00–4:00..... Paper Cutting (JRC, 1).....	25
1:00–4:00..... Chinese Calligraphy (JRC, 1) .....	26
1:30–3:00..... Poetry from Great War (JRC, 6) .....	36
1:30–3:00..... Burgundy/Wines, Sec. 1 (BH, 4) .....	45
1:30–3:00..... Science & Religion (JRC, 6) .....	52
1:30–3:30..... All in the Family (JRC, 5).....	46
2:00–3:30..... "If You Can Walk" (CDA, 6) .....	38
3:15–4:45 ..... Caregiving & Dementia (JRC, 6) .....	21
3:15–4:45 ..... Crafting Policy/ Senior Hunger (JRC, 6) .....	29
3:15–4:45 ..... Meditating with the Voice (JRC, 5) .....	39
3:15–4:45 ..... Burgundy/Wines, Sec. 2 (BH, 4) .....	45
3:15–4:45 ..... Guide to Local Jazz (JRC, 6).....	46
3:30–5:30..... New Horizons Concert Band (DA, 6)....	61

## Friday

9:00–10:30 .... Modern African Drama (BH, 6).....	36
11:00–12:30... Heroes of a Divided Culture (BH, 6)....	33
11:00–12:30... Ethics (BH, 6) .....	51
1:30–3:00..... Medicine/Philosophy (BH, 6).....	49
1:30–3:00..... Emotional Intelligence (BH, 6).....	58
5:30–7:00 ..... What's Cooking (WSBC, 6) .....	44

## Saturday

8:30–9:30..... Indonesia! (BH, 6) .....	36
10:00–12:00... Language of Bridge (BA, 6).....	39
10:00–12:00... Creative Prose (BH, 6) .....	60
1:00–3:30..... Food for Life (CH, 5).....	41

**See page 6 for venue abbreviation key  
and venue addresses**

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# Short Courses | Evenings & Weekends

## Courses with 1–4 Sessions

Start Date (Number of Sessions), Time,  
Course Title (Venue), Page

### Monday

Apr 15 (1) ... 9:00–12:30	Intro to Calligraphy (CA)	26
Apr 15 (3) ... 12:30–1:30	Live African Safari! (JRC)	56
Apr 22 (1) ... 1:00–3:00	Continuing Care Retirement Communities (ERU)	20
Apr 29 (2) ... 1:30–3:00	Cutting the Cable Cord, Sec. 1 (CA)	18

### Tuesday

Apr 16 (3) ... 9:00–10:30	Ethical Wills (CA)	57
Apr 16 (2) ... 9:00–10:30	MacOS Numbers/ Genealogy (SW)	18
Apr 16 (1) ... 9:00–3:00	Conservation Garden (NCBG)	55
Apr 16 (3) ... 9:30–11:30	Labyrinths (OFT)	43
Apr 16 (4) ... 1:30–3:00	Practical Wisdom (BH)	41
Apr 16 (4) ... 1:30–4:30	Intro to iPhone Photography (JRC)	17
Apr 23 (4) ... 1:00–3:30	Meet the Artists (FG)	16
May 7 (1) ... 11:00–2:00	Three Days at the Farm— Spring Salads (DCF)	24

### Wednesday

Apr 17 (4) ... 9:00–10:30	<i>Epic of Gilgamesh</i> (JRC)	34
Apr 17 (2) ... 11:00–12:30	Cutting the Cable Cord, Sec. 2 (JRC)	18
Apr 17 (1) ... 11:00–1:00	Zentangle Workshop: Dingbatz (JRC)	23
Apr 17 (4) ... 1:30–3:00	Drawing/Dementia (JRC)	59
Apr 24 (1) ... 11:00–1:00	Zentangle Workshop: Scrolled Tangle (JRC)	23
May 1 (2) ... 9:00–10:30	Microsoft Excel/ Genealogy (SW)	18
May 1 (1) ... 11:00–1:00	Zentangle Workshop: “Illuminated Letter” (JRC)	23
May 8 (1) ... 9:00–12:00	Three Days at the Farm— Drawing/Painting (DCF)	24
May 8 (1) ... 10:00–12:00	Taste of Improv! (PIT)	48
May 15 (2) ... 10:00–12:00	Retirement Communities (JRC)	19

### Thursday

Apr 18 (1) ... 1:00–3:00	Jewish Life/ Occupied Paris (JRC)	34
Apr 18 (4) ... 1:30–3:00	Burgundy/Wines (Sec. 1) (BH)	45
Apr 18 (4) ... 3:15–4:45	Burgundy/Wines (Sec. 2) (BH)	45
Apr 25 (1) ... 1:00–4:00	Paper Cutting (JRC)	25
May 2 (1) ... 1:00–4:00	Chinese Calligraphy (JRC)	26
May 9 (1) ... 9:00–12:00	Three Days at the Farm— Plant Dyes/Indigo (DCF)	24

## Evening & Weekend Courses

Time, Course Title (Venue, Number of Sessions), Page

### Monday

5:30–8:30	Art of Cooking with David Sovero (PC, 5)	45
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### Tuesday

6:30–8:30	Cybersecurity 101 (BH, 6)	17
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### Friday

5:30–7:00	What’s Cooking (WSBC, 6)	44
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### Saturday

8:30–9:30	Indonesia! (BH, 6)	36
10:00–12:00	Creative Prose (BH, 6)	60
10:00–12:00	Language of Bridge (BA, 6)	39
1:00–3:30	Food for Life (CH, 5)	41

**See page 6 for venue abbreviation key  
and venue addresses**

# Courses by Venue

Course Title, Day, Time (Number of Sessions), Page

## The Bishop's House (BH)

Indonesia!	Sat, 8:30–9:30 (6)	36
Creative Prose	Sat, 10:00–12:00 (6)	60
No More “UFOs”	M, 9:00–10:30 (6)	27
Beyond Knit & Purl	M, 11:00–12:30 (6)	27
Pink Flamingos/Time Warps	M, 11:00–1:00 (6)	47
Durham & Duke History	M, 1:30–3:00 (6)	33
Verismo Operas	M, 1:30–3:00 (6)	46
Constitutional Thought	M, 3:15–4:45 (6)	32
Religion in the South	T, 9:00–10:30 (6)	57
Cold Wax Painting	T, 9:00–11:00 (6)	26
Latin Language	T, 11:00–12:30 (6)	37
Biology of Cancer	T, 11:00–12:30 (5)	55
Practical Wisdom	T, 1:30–3:00 (4)	41
Bach Cello Suites	T, 1:30–3:00 (6)	49
Landscape Architecture	T, 3:15–4:45 (6)	15
Southern Autobiography	T, 3:15–4:45 (5)	38
Cybersecurity 101	T, 6:30–8:30 (6)	17
Day That Will Live in Infamy	W, 9:00–10:30 (6)	28
<i>Epic of Gilgamesh</i>	W, 9:00–10:30 (4)	34
Learn to Knit	W, 11:00–12:30 (6)	27
Adv. Philosophy/Religion	W, 11:00–12:30 (6)	50
Website Design 101	W, 1:30–3:00 (6)	19
Prohibition Redux	W, 1:30–3:00 (6)	58
America's Navy	Th, 11:00–12:30 (6)	28
Religious Diversity	Th, 11:00–12:30 (6)	51
Burgundy/Wines, Sec. 1	Th, 1:30–3:00 (4)	45
Burgundy/Wines, Sec. 2	Th, 3:15–4:45 (4)	45
Modern African Drama	F, 9:00–10:30 (6)	36
Heroes of a Divided Culture	F, 11:00–12:30 (6)	33
Ethics	F, 11:00–12:30 (6)	51
Medicine/Philosophy	F, 1:30–3:00 (6)	49
Emotional Intelligence	F, 1:30–3:00 (6)	58

## Judea Reform Congregation (JRC)

Functional Fitness for Fifty+	M, 9:00–10:30 (6)	43
New Lens	M, 9:00–10:30 (5)	59
Adv. Writing Workshop	M, 9:00–10:30 (6)	60
Roosevelt & Family	M, 11:00–12:30 (6)	28
Shakespeare's World	M, 11:00–12:30 (6)	30
Philip Glass & Minimalists	M, 11:00–12:30 (6)	48
Live African Safari	M, 12:30–1:30 (3)	56
Watercolor Art	M, 1:00–3:00 (6)	24

Music in the Movies	M, 1:00–4:00 (6)	47
“Titanic Sinks, 1500 Die”	M, 1:30–3:00 (6)	31
Contemporary Sports Issues	M, 3:15–4:45 (5)	31
Qigong	M, 3:15–4:45 (6)	40
Three Southern Novels	T, 9:00–10:30 (6)	37
Options after Retirement	T, 9:00–10:30 (6)	40
Christianity/Racism	T, 9:00–10:30 (6)	50
Science Books	T, 9:00–10:30 (6)	54
Chinese Brush Painting	T, 11:00–12:30 (6)	26
Poetry in Times of Peril	T, 11:00–12:30 (6)	35
Russian Civil War	T, 11:00–12:30 (6)	32
Conscious Aging	T, 11:00–12:30 (6)	42
Hot Topics in Islam 1	T, 11:00–12:30 (6)	52
Art & Allegory, 1450–1800	T, 1:30–3:00 (6)	15
NC State Budget	T, 1:30–3:00 (6)	20
Birth of Durham	T, 1:30–3:00 (6)	29
Poetry Writing & Revision 2.0	T, 1:30–3:00 (6)	60
Intro to iPhone Photography	T, 1:30–4:30 (4)	17
Economic Development	W, 9:00–10:30 (6)	20
Stock Market	W, 9:00–10:30 (5)	21
Get Down & Back Up Again	W, 9:00–10:30 (6)	42
Retirement Communities	W, 10:00–12:00 (2)	19
Cutting the Cable Cord, Sec. 2	W, 11:00–12:30 (2)	18
The World Today, Sec. 2	W, 11:00–12:30 (6)	30
Good, Better, Best	W, 11:00–12:30 (6)	47
Zentangle Dingbatz	W, 11:00–1:00 (1)	23
Zentangle Scrolled Tangle	W, 11:00–1:00 (1)	23
Zentangle “Illuminated Letter”	W, 11:00–1:00 (1)	23
Spending in Retirement	W, 1:30–3:00 (6)	22
Climate Change Challenge	W, 1:30–3:00 (6)	53
Drawing/Dementia	W, 1:30–3:00 (4)	59
Palette Knife Painting	W, 2:00–4:00 (6)	25
Maintaining Vitality	Th, 9:00–10:00 (5)	43
English Georgian House	Th, 11:00–12:30 (6)	14
Art Therapy	Th, 11:00–12:30 (6)	14
The World Today, Sec. 3	Th, 11:00–12:30 (6)	30
Leonard Bernstein	Th, 11:00–12:30 (6)	48
Jewish Life/Occupied Paris	Th, 1:00–3:00 (1)	34
Paper Cutting	Th, 1:00–4:00 (1)	25
Chinese Calligraphy	Th, 1:00–4:00 (1)	26
Science & Religion	Th, 1:30–3:00 (6)	52
Poetry from the Great War	Th, 1:30–3:00 (6)	36
All in the Family	Th, 1:30–3:30 (5)	46

Caregiving & Dementia .....	Th, 3:15–4:45 (6).....	21
Crafting Policy/Senior Hunger...	Th, 3:15–4:45 (6).....	29
Meditating with the Voice .....	Th, 3:15–4:45 (5).....	39
Guide To Local Jazz.....	Th, 3:15–4:45 (6).....	46

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### Barriskill Dance Theatre School (BDS)

T'ai Chi .....	Th, 9:00–10:30 (6).....	40
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### Bridge Academy (BA)

Language of Bridge.....	Sat, 10:00–12:00 (6)..	39
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### Caring House (CH)

Food for Life .....	Sat, 1:00–3:30 (5) .....	41
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### Carolina Arbors (CA)

Cutting the Cable Cord, Sec. 1..	M, 1:30–3:00 (2).....	18
Intro to Calligraphy .....	M, 9:00–12:30 (1) .....	26
Ethical Wills .....	T, 9:00–10:30 (3).....	57

### Carolina Dance Academy (CDA)

“If You Can Walk” .....	Th, 2:00–3:30 (6) .....	38
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### Durham Academy (DA)

New Horizons Chorus .....	W, 3:30–5:00 (6) .....	61
New Horizons Concert Band...	Th, 3:30–5:30 (6) .....	61
Contra Band .....	T, 3:30–5:30 (6).....	61
Swing Band .....	W, 3:30–5:00 (6) .....	61
Dixie Dukes .....	W, 5:00–6:30 (6) .....	62

### Durham Arts Council (DAC)

Paint & Collage.....	W, 11:00–1:00 (5) .....	24
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### Duke Campus Farm (DCF)

Three Days at the Farm—		
Spring Salads & Dressings ..	T, 11:00–2:00 (1).....	24
Drawing & Painting.....	W, 9:00–12:00 (1) .....	24
Plant Dyes & Indigo.....	Th, 9:00–12:00 (1) .....	24

### Eno River Unitarian (ERU)

Continuing Care		
Retirement Communities.....	M, 1:00–3:00 (1).....	20

### The Forest at Duke (FAD)

Symposia.....	T, 2:00–3:15 (7) .....	53
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### FRANK Gallery (FG)

Meet the Artists .....	T, 1:00–3:30 (4).....	16
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### Galloway Ridge (GR)

Great American Presidents .....	W, 11:00–12:30 (6) ....	32
<i>Frankenstein</i> at 201 .....	M, 10:30–12:00 (6) ....	35

### Nasher Museum (NM)

<i>Pop América</i> .....	T, 1:30–3:00 (6).....	14
Anatomy of a Museum.....	W, 3:15–4:45 (6) .....	16

### NC Botanical Gardens (NCBG)

Conservation Garden .....	T, 9:00–3:00 (1).....	55
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### Offsite Field Trips (OFT)

Exploring Labyrinths.....	T, 9:30–11:30 (3) .....	43
Foodie Field Trips .....	W, 11:00–2:00 (6).....	44

### Passmore Center (PC)

Art of Cooking		
with David Sovero .....	M, 5:30–8:30 (5).....	45

### The PIT Comedy Club (PIT)

Taste of Improv!.....	W, 10:00–12:00 (1) ....	48
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### Smith Warehouse (SW)

Spring Photography Seminar ...	M, 1:30–4:30 (5).....	17
MacOS Numbers/Genealogy...	T, 9:00–10:30 (2) .....	18
Microsoft Excel/Genealogy .....	W, 9:00–10:30 (2).....	18

### St. Thomas More Church (STMC)

Intro to Zentangle .....	T, 11:00–1:00 (5).....	22
Zentangle Greeting Cards .....	T, 1:30–3:00 (5).....	23
The World Today, Sec. 1 .....	T, 11:00–12:30 (6).....	30

### Watts Street Baptist Church (WSBC)

What's Cooking .....	F, 5:30–7:00 (6) .....	44
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* Randall, Johnny .....	Conservation Garden .....	55
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* Rychener, Mike.....	Science Books .....	54
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	Poetry Writing & Revision 2.0 ...	60
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Steege, James .....	Contemporary Sports Issues....	31
* Stern, Dan .....	Conservation Garden .....	55
Szerszen, Dennis .....	Intro to iPhone Photography ....	17
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	Spring Salads & Dressings ..	24
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* Tuson, Jeff .....	Science Books.....	54
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* Waitt, Damon.....	Conservation Garden .....	55
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## Welcome to Our Newest Instructors

Instructors who are new to OLLI at Duke for the Spring 2019 term are indicated with an asterisk in this index. We look forward to seeing their names again!

Want to become an OLLI at Duke instructor yourself? See the **Volunteer Form** in the Registration Insert. We would love to hear from you.

## OLLI at Duke Instructor Appreciation

OLLI at Duke is fortunate to have many instructors who have taught for many, many years. While we appreciate all our instructors, we provide special recognition for those who have taught 25 and 50 OLLI courses. After Winter 2019 term, three instructors passed one of these major teaching milestones and were presented with Certificates of Appreciation for their efforts:

Billy Yeargin—50 courses taught

Jay Dunbar—50 courses taught

Ken Hoover—25 courses taught

These distinguished instructors join their colleagues who were previously recognized for reaching these milestones. *Congratulations to all . . . and thanks from your many grateful students!*

### 50 Courses Taught

Margo Fariss Brewer	Pete Selleck
Jay Dunbar	Rita Weimer
Julia Rose	Billy Yeargin
John Sehon	

### 25 Courses Taught

Betsy Bullen	Wally Jackson
Joe Caddell	Arnie Johanson
Janice Ching	Juanita Johnson
Margaret Clemen	Doug Longman
Sallye Coyle	Louise Masurat
Cynthia Dessen	Char Murphy
Karen Dold	Wendell Musser
Gary Duncan	Florence Nash
Dick Ellgen	Riverdave Owen
Ann Evangelisto	Tony Waraksa
Mary Jo Fickle	Susan Wartell
Ian Goddard	Jim Wright
Tom Hauck	Jeff Zentner
Ken Hoover	

# Art & Architecture

## The English Georgian House in the 18th Century

Some English families became very wealthy in the 18th century, and this was seen in their patronage of the arts and architecture. Many of them built or added on to superb country and London houses to show off their wealth and status in society, especially in their art collections. Often these were brought back from their trips abroad, particularly from Italy. The interiors of many of these houses set a style, called “Georgian” after the English kings of the 18th century, and this style is now seen as classic. We will take a look at the historical background of these houses, both large and small, including such treasures as Blenheim Palace, Kedleston Hall, Stourhead, Holkham Hall, Osterley Park House, Syon House, Spencer House, and 20 Portman Square in London. We will additionally look at many of the interiors of these houses by designers such as William Kent and Robert Adam, as well as the gardens designed by architects such as Capability Brown. Lastly we will also see some examples of middle class houses in cities and towns, and the peasant or estate workers’ cottages and workhouses. | Lecture (plus questions); viewing videos

*Jan Mooney received her BA and MA in art history from the University of Wisconsin. She also has a BA in art education from the University of Arizona and an MA in history from San Diego State University. She continued her art history studies at the University of Chicago and the Courtauld Institute of Art in London. She has been a member of the Attingham Trust for the study of English country houses since 1997. Her passion is English art and architecture of the 17th and 18th centuries, and she has spent much time in England immersed in this.*

- 6 Thurs, Apr 18–May 23, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 40; Fee: \$60; Course ID: 2549

**See page 6 for venue addresses**

## Pop América in Context: An International Experience

This spring the Nasher Museum offers the exhibition *Pop América*, a unique opportunity to explore the international character of pop art. Using the galleries of the museum as our laboratory, we will explore the world of pop and come to understand the depth and richness of this movement. We’ll see that pop art is many things: a style, an exploration of the nature of visual culture, an ideologically driven platform for socio-political expression, and a dissection of the radical transformation of modern society over the past sixty years. And you thought pop art was just a can of Campbell’s soup! | Lecture (plus questions); facilitated discussion

**Please note:** This course is offered as a joint program of OLLI and the Nasher Museum. OLLI members will need to also be members of the Nasher Museum to take this course. The Nasher is offering a half-price membership to OLLI members enrolled in OLLI/Nasher courses. Registrants will be emailed the link to complete a membership application. Parking at the Nasher is metered; the Duke University rate is currently \$2 per hour.

*James Boyles teaches at NC State University. He has an MA and PhD in art history, focusing on modern and contemporary art with the occasional venture into the medieval period and the 18th century.*

- 6 Tues, Apr 16–May 21, 1:30–3:00pm
- Nasher Museum of Art at Duke University
- Maximum: 30; Fee: \$60; Course ID: 2793

## Art Therapy: A Creative Pathway for Healing and Growth

All creative works communicate something about their maker, sometimes calculated, sometimes unprocessed. Art therapy embraces this creativity at a deeper level as a path to enhancing self-knowledge in a meaningful manner. We will

explore what an art therapist does: Is this art or is it therapy? What is the difference between engaging in art therapy versus arts and crafts? What does artistic creation convey of the inner person? How can this heal? This course will provide a brief overview of the mental health profession of art therapy. We will discuss how creative therapies, including art, drama, music, and poetry, can provide a meaningful approach to the therapeutic process, and provide healing and growth, as well as the history of this profession, different approaches, assessment tools, common (and usually funny) misconceptions about this field, and more. Class sessions will include some hands-on experiential exercises to depict the impact of art making. (These are for demonstration purposes only and will not constitute “therapy.”) No prior art experience is required, and supplies will be provided. | Lecture (plus questions); facilitated discussion; hands-on activity

**Yael Divon** obtained her MS in art therapy and counseling from the College of New Rochelle. Since then she has been a passionate practitioner and educator, working in addiction, psychiatric hospital, and school centers. Since moving to NC in 2015 she has worked with veterans and others with traumatic injuries, as well as in a Cary-based office. She is the current president of the NC Chapter of the American Art Therapy Association.

- 6 Thurs, Apr 18–May 23, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 15; Fee: \$60; Course ID: 2789

## Art & Allegory in the Early Modern Era, 1450–1800

“I could never understand allegories. The two words in the language I most respect are yes and no.” —Mrs. Touchett, in Henry James’s *Portrait of a Lady*, 1881

By Mrs. Touchett’s time, allegories had earned a reputation for being ambiguous and abstruse. Prior to the 19th century, however, allegories were a familiar and frequent mode of expression.

At a time when art was expected to delight and to instruct, artists from Botticelli, Bosch, and El Greco to Goya, Boucher, and Hogarth employed allegories to convey moral, social, or political meanings beyond the surface pleasures of their paintings. This course explores these and other artists’ use of allegorical subjects, including fables, parables, and painting cycles of the four seasons, five senses, seven virtues and vices, and other abstract themes. There is much to appreciate and respect in a visual language that is more nuanced than “yes and no”! | Lecture (plus questions)

**Carolyn Wood** has a PhD in art history with a specialty in Renaissance and Baroque art. She has taught art history and museum studies at Bowdoin College, the University of Georgia and UNC–Chapel Hill. She worked at the Ackland Art Museum for many years, serving as educator for university audiences and as the assistant director for art and education.

- 6 Tues, Apr 16–May 21, 1:30–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 30; Fee: \$60; Course ID: 2790

## Landscape Architecture & the Shaping of America’s Public Realm

Dating back to the era of Frederick Law Olmsted and the creation of New York City’s Central Park, landscape architects have played a vital role in the evolution of cities. As designers and stewards of parks, campuses, public gardens, and other civic spaces, practitioners in this often misunderstood profession have profoundly influenced on a grand scale how we experience and appreciate the environment around us. This course will delve into the history of landscape architecture and its significant cultural impact from past to present. Public landscapes of various scales and from different regions will be explored. A particular focus will be how landscapes are designed to meet the collective needs of current and future generations in

# Art & Architecture

ways that address critical issues such as climate change, social justice, and public health in beautiful and meaningful ways. An optional field trip to a local landscape will be offered. | Lecture (plus questions)

**Mark Hough** is the university landscape architect at Duke University. Prior work experience includes the Central Park Conservancy in NYC. Currently writing a UVA Press book on the evolution of designed landscapes, he is a frequent speaker and an award-winning writer who focuses on cultural and urban landscapes. He is a Fellow of the American Society of Landscape Architects.

- 6 Tues, Apr 16–May 21, 3:15–4:45pm
- The Bishop's House, Duke University
- Maximum: 25; Fee: \$60; Course ID: 2791

## Anatomy of a Museum: Behind the Scenes at the Nasher

In this course we will explore the complex activities, mostly unseen by the public, which grow, preserve and interpret collections, as well as present exhibitions at a university art museum. We will learn about topics such as the museum mission, development, acquisitions, loans, preparation, storage, conservation, curation, exhibition design, education, programming, and marketing. We will hear from a variety of Nasher staff members who will discuss their roles in a university art museum.

**Please note:** This course is offered as a joint program of OLLI and the Nasher Museum. OLLI members will need to also be members of the Nasher Museum to take this course. The Nasher is offering a half-price membership to OLLI members enrolled in OLLI/Nasher courses. Registrants will be emailed the link to complete a membership application. Parking at the Nasher is metered; the Duke University rate is currently \$2 per hour.

Since her move to NC, **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 ten years prior to this, she

taught a variety of art history classes at Rutgers University in NJ.

- 6 Wed, Apr 17–May 22, 3:15–4:45pm
- Nasher Museum of Art at Duke University
- Maximum: 18; Fee: \$60; Course ID: 2792

## Meet the Artists: Conversations with FRANK Gallery Artists

FRANK is a contemporary fine arts gallery, featuring work by outstanding local artists, enriching the community through exhibitions, events, and arts education. FRANK has 20 member artists and 50+ guest artists with diverse backgrounds, all dedicated to serving the community through the arts. Gabrielle Rousso, a FRANK board member who will coordinate this course, was previously the executive director of The Art Center, a fine art school in Chicago. | Lecture (plus questions); facilitated discussion

**Gabrielle Rousso** has degrees from State College of NJ and the Harrington Institute of Interior Design and has been involved in the arts as an educator, administrator, and artist throughout her life. She successfully led a Chicago fine art school with a million-dollar annual budget; directed and led a team of 70 faculty members and an office staff of 10 to coordinate and administer school programming for over 400 annual classes, fundraising events, human resource needs, scholarship programs, and school successes; oversaw all facets of a fine art school with an annual enrollment of 2,500 registered students and a board of directors of 25; and has served as a judge for Amdur Production's 25 nationally acclaimed and juried art festivals for over 10 years.

- 4 Tues, Apr 23–May 21, 1:00–3:30pm
- FRANK Gallery, Chapel Hill
- Maximum: 30; Fee: \$40; Course ID: 2474

## Help Shape the OLLI Curriculum

We depend on your suggestions, recommendations, and service to provide great learning experiences. See page 5.



# Computers & Photography

## Spring Photography Seminar

Have you just started down the road to becoming a digital photographer, or does your journey need a jump start? In either case, this seminar may be what you're looking for to help you down the path to better photographs. The seminar will provide participants a forum to share their photographs with others and obtain feedback, tips, and new ideas. Each class will present a different photographic technical or artistic topic and an opportunity for group discussion. Spring provides many wonderful photographic opportunities, from landscapes to outdoor portraits. The class will take advantage of these opportunities by visiting at least two locations to take photographs together as a group. Come share the path with other beginning photographers and digital camera enthusiasts and see where it leads you. | Lecture (plus questions); facilitated discussion; field trip(s)

*John Sehon has been an amateur photographer for fifty years and a teacher at OLLI for 15 years and 50 courses. He adopted digital technology early on (he bought his first digital camera in 1994) and has just purchased his 10th digital camera.*

- 5 Mon, Apr 15–May 13, 1:30–4:30pm
- Smith Warehouse, Duke University
- Maximum: 10; Fee: \$90; Course ID: 2599

## Intro 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, email, 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; field trip(s)

**Required supply fee & prerequisites:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

*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 Tues, Apr 16–May 7, 1:30–4:30pm
- Judea Reform Congregation, Durham
- Maximum: 12; Fee: \$75; Course ID: 2478

## 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. Optional time at the end of each class will be reserved for hands-on lab time with student devices. There will be optional reading and activities using the recommended textbook. | Lecture (plus questions); hands-on activity

# Computers & Photography

## Recommended text:

- Carey Parker, *Firewalls Don't Stop Dragons* (9781484238516), \$30

**Carey Parker** has a master's in electrical engineering from Purdue University and has been writing telecom software for over 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 Tues, Apr 16–May 21, 6:30–8:30pm
- The Bishop's House, Duke University
- Maximum: 25; Fee: \$60; Course ID: 2327

## Cutting the Cable Cord

Are you tired of constant price increases from your cable provider and find you're watching fewer channels, or want to watch a great new show not on cable? This course will help you make sense of the changing landscape of cable TV, streaming devices (e.g., Roku, Amazon Fire TV, Apple TV), and streaming services (Netflix, Hulu, and Amazon Prime, to name a few). Students will have an opportunity to log their cable viewing for a week and also start a wish list of streaming content. These lists will be used in the second class to help each student determine what streaming services and device would best suit their individual needs and budget. | Lecture (plus questions)

**Howard Koslow** has over 30 years' experience as a software developer at IBM. Now retired, he continues to explore technology for creative and productive uses, as well as to teach others to embrace it.

### Section 1

- 2 Mon, Apr 29 & May 6, 1:30–3:00pm
- Carolina Arbors, Durham
- Maximum: 25; Fee: \$20; Course ID: 2795.001

### Section 2

- 2 Wed, Apr 17 & 24, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$20; Course ID: 2795.002

## MacOS Numbers for Genealogy: A Spreadsheet Workshop

Genealogy research often becomes unwieldy and needs organizing. Whether you are just beginning to collect data or have a mountain of paper data at home or access to online databases of indexed family records, you'll need some tools to help assess your data. Hail the spreadsheet! This course will focus on the basics of using MacOS Numbers to analyze genealogical data. Through hands-on exercises in the computer lab, students will learn to create and import data and then use spreadsheet functions to sort, annotate, and filter data to help find patterns in their family lines. Basic proficiency with MacOS is required, but no prior experience with Numbers is assumed. | Lecture (plus questions); hands-on activity

*A teacher in the fields of both genealogy and Mac computers/devices, **Melanie Crain** brings together her use of the spreadsheet form and her abiding interest in genealogy. She welcomes the opportunity to help others find the value of the spreadsheet with family research.*

- 2 Tues, Apr 16 & 23, 9:00–10:30am
- Smith Warehouse, Duke University
- Maximum: 12; Fee: \$20; Course ID: 2796

## Microsoft Excel for Genealogy: A Spreadsheet Workshop

Genealogy research often becomes unwieldy and needs organizing. Whether you are just beginning to collect data or have a mountain of paper data at home or access to online databases of indexed family records, you'll need some tools to help assess your data. Hail the spreadsheet! This course will focus on the basics of using Microsoft Excel to analyze genealogical data. Through hands-on exercises in the computer lab, students will learn to create and import data, and then use spreadsheet functions to sort, annotate and filter data to help find patterns in their family lines. The instructor of the similar MacOS Numbers course, Mela-

nie Crain, will assist in answering genealogical questions. Basic proficiency with either the MacOS or Windows operating system is required, but no prior experience with Excel is assumed.

| Lecture (plus questions), hands-on activity.

**Howard Koslow** has over 30 years' experience as a software developer at IBM. Now retired, he continues to explore technology for creative and productive uses, as well as to teach others to embrace it.

- 2 Wed, May 1 & 8, 9:00–10:30am
- Smith Warehouse, Duke University
- Maximum: 12; Fee: \$20; Course ID: 2797

## Website Design 101

Have you ever wondered what goes into the design of a website, or tried creating one yourself but were unsure how to get started with the visual layout? In this lecture-based course students will learn how to create visually stunning “responsive” web design that looks great on all devices. Beautiful websites are not necessarily effective websites, so we will also focus on

design that powerfully communicates your intended purpose. Topics will include using the five essential building blocks of design to construct a visual hierarchy that's effective at a glance; building clear, concise navigation based on information hierarchy; constructing compelling layout using contrast and grids; applying color palettes based on an understanding of your audience; using typography to make an impact with great type combinations, scale and spacing; and making prudent use of movement and animation for maximum impact. Students will also be provided with a wealth of web design resources. | Lecture (plus questions)

**Greg Tenhover** has worked in high-profile positions as a marketing director, an agency art director, and a senior graphic designer. He teaches Adobe Photoshop, InDesign, Dreamweaver, and Illustrator as well as the class “WordPress Websites that Sell” at Durham Technical Community College.

- 6 Wed, Apr 17–May 22, 1:30–3:00pm
- The Bishop's House, Duke University
- Maximum: 15; Fee: \$60; Course ID: 2794

# Economics, Finances & Retirement

## Retirement Communities

Join us for this two-session course to explore the range of retirement community offerings while looking in depth at independent living and continuing care retirement communities (CCRCs) in Durham and Chapel Hill. Consideration will be given to their purposes, the services they offer, their entrance requirements, and fees, both entrance and monthly. This course is intended for those interested in learning about retirement communities as they think about and plan for the future. It is also for those interested in learning about retirement communities without visiting

them, as is the case with the more extensive OLLI course, “Stay Put or Move On,” which is offered in the Fall and Winter terms.

**John DiMiceli** moved to the Triangle in 2014 after a career in local government in MA. He holds a BA from Williams College and a master's in public administration from the University of Pittsburgh and is a former Peace Corps volunteer. For several semesters at OLLI, he taught “Stay Put or Move On,” the parent course of “Retirement Communities.”

- 2 Wed, May 15 & 22, 10:00am–12:00pm
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$30; Course ID: 2798

# Economics, Finances & Retirement

## Issues in Economic Development: Why the Great Differences?

Economic and social development programs and organizations have been on the forefront of world-wide searches to improve the standard of living of people. However, great differences remain throughout the planet, and a vast number of inhabitants still live below poverty lines, while some less developed countries have been able to substantially improve living standards. Why these great differences? Does it have to do with geography? With natural resources? With historical or cultural factors? With the composition of the population? With internal and external conflicts and strife? With education and health? With institutional and legal structures? With economics? With leadership? These and other topics will be discussed and active student participation will be invited. Participants will be encouraged to read articles and other materials which the instructor will distribute during the semester.

| Lecture (plus questions); facilitated discussion

**Stephan Wittkowsky** is an economist, a business consultant, an executive, and a professor who was born in 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 US.

- 6 Wed, Apr 17–May 22, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 30; Fee: \$60; Course ID: 1740

## Exploring Continuing Care Retirement Communities

The decision to move to a Continuing Care Retirement Community (CCRC) requires a significant personal financial commitment. The key feature that distinguishes CCRCs from other retirement communities is the contractually provided access to a “continuum of care” that typically includes independent living, assisted living, mem-

ory care and skilled nursing. This course will provide description of the five different types of contracts offered by CCRCs and their implications for cost as well as care. The application and qualification process is discussed as well as the benefits of being on a “wait list.” A virtual tour of several CCRCs in the area will be provided.

| Lecture (plus questions)

**Melissa McLeod** is a retired pediatric anesthesiologist with an appetite for all things financial. As part of her own process of understanding CCRCs, she took the six-week course at OLLI in Asheville and started sharing what she learned with friends and colleagues. She was invited to teach this class at Old Dominion University's Life Long Learning Association and received rave reviews.

- 1 Mon, Apr 2, 1:00–3:00pm
- Eno River Unitarian Universalist Fellowship, Durham
- Maximum: 100; Fee: \$25; Course ID: 2799

## The North Carolina State Budget: All You Want and Need to Know

North Carolina's \$24 billion General Fund budget and almost \$60 billion total budget provides critical services to our 10.3 million residents. This course will review and discuss many exciting aspects of the state budget, including (1) the roles and responsibilities of the governor, General Assembly, general public, and other stakeholders; (2) where revenues come from and the services they support; (3) in-depth discussions about the education and Medicaid budgets; (4) examining techniques budget staff utilize when reviewing recommendations; and (5) balancing a mock state budget. All materials will be provided by the instructor electronically or in hard copy. Students will have a limited amount of homework when completing a mock state budget exercise.

| Lecture (plus questions); facilitated discussion

On January 1, 2017, Governor Roy Cooper appointed **Charlie Perusse** to his second stint as the state budget director. Charlie, a 25-year state employee, most recently served for 6 years as the senior vice



president and chief operating officer of the UNC system. Previously, he served as state budget director for 9 years and spent 8 years in the General Assembly's Fiscal Research Division. Charlie graduated with honors from NC State and has a master of public administration degree from the UNC–Chapel Hill.

**Kristin Walker** has worked in both the legislative and executive branches of government at the state and federal level for over 15 years. She currently serves as the deputy director for the North Carolina Office of State Budget and Management, where she provides management oversight for statewide budget development and execution as well as demographic and economic analysis. She graduated with honors from the University of Michigan and obtained a master's in public policy from Duke University.

- 6 Tuesdays, Apr 16–May 21, 1:30–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 30; Fee: \$60; Course ID: 2800

## 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.

### Recommended texts:

- Sheelah Kolhatkar, *Black Edge* (978-0812995800), \$20 (Amazon)
- Michael Lewis, *Flash Boys* (978-0393244663), \$12.99 (iBooks)

**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 Wed, Apr 17–May 15, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 16; Fee: \$50; Course ID: 2553

## Caregiving & Dementia

Join us as we look at many aspects of caring for someone with dementia, of which Alzheimer's disease is just one of 90 to 100 kinds. We will cover resources and support for the caregiver as well as options for the individual. Areas to be covered include legal issues, presented by local experts, in-home care, care outside the home, adult day care options and placement options. Caring for someone with dementia requires different approaches than most caregivers know. By the end of the course, caregivers will have the tools to provide care that results in less stress on the caregiver and less resistance on the part of the person with dementia. We will be using Teepa Snow videos and her tips for caregivers.

**Madelyn Ashley** is a nurse and geriatric care manager for her company, Senior Transitions of North Carolina, PLLC. She has worked with (not for) older adults for over 30 years in a variety of settings, including the J. Paul Sticht Center on Aging and the Bowman Gray Department of Geriatrics at Wake Forest University, the Geriatric Research and Education Center at the Durham VA, UNC Hospitals, and home health agencies. She was a project manager on a research project addressing care for veterans with dementia.

- 6 Thurs, Apr 18–May 23, 3:15–4:45pm
- Judea Reform Congregation, Durham
- Maximum: 20; Fee: \$60; Course ID: 2801

**See page 6 for venue addresses**

# Economics, Finances & Retirement

## Spending in Retirement: Current Strategies and Techniques Used by Financial Planners

Knowing how best to spend your financial assets during retirement is a daunting task. Given today's low (but rising) interest rate environment and high equity valuations, the problem of determining a sustainable spending rate is even more challenging. Join us for a lighthearted but invigorating discussion of current best practices being used by financial planners. We'll look at the historical context for current rules of thumb and explore what evidence-based approaches tell us about solutions to today's challenges. Different approaches to modeling spending patterns and investment returns will be discussed. Students would be well served to have attended our "Investments and Finance in Retirement" course previously, but there is no formal prerequisite.

The goal will be to keep the discussion at a general plain-English level, underpinned by current research into the various topic areas. | Lecture (plus questions); facilitated discussion

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

- 6 Wed, Apr 17–May 22, 1:30–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 30; Fee: \$60; Course ID: 2556

See also . . .

**Now What? Exploring Your Options after Retirement** (page 40)

## Hands-On Art

### Introduction to 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 worldwide, across a wide range of skills, interests, and ages. Zentangle classes are taught by CZTs (certified Zentangle teachers). 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 discover that not only can you create beautiful art, you also can increase your focus and create a different mood and state of mind. | Hands-on activity

**Required prerequisites & supplies:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

**Cathy Boytos** is an artist, a graphic designer, a photographer, and a certified Zentangle teacher (CZT). She has an extensive background in graphic design and has taught graphic design in community colleges. She is currently teaching Zentangle classes and workshops in the Triangle area. As a CZT, her wish is to be your guide on a journey that is easy and simple to comprehend and fulfilling beyond expectations.

- 5 Tues, Apr 16–May 21 (no class May 7), 11:00am–1:00pm
- St. Thomas More Catholic Church, Chapel Hill
- Maximum: 15; Fee: \$50; Course ID: 2495

## Zentangle® Greeting Cards

In this course, students will use Zentangle tangles to create a unique greeting card (each week a different occasion): birthday; friendship; thank you; sympathy; and holiday. | Hands-on activity

**Required prerequisites & supplies:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

*Cathy Boytos is an artist, a graphic designer, a photographer, and a certified Zentangle teacher (CZT). She has an extensive background in graphic design and has taught graphic design in community colleges. She is currently teaching Zentangle classes and workshops in the Triangle area. As a CZT, her wish is to be your guide on a journey that is easy and simple to comprehend and fulfilling beyond expectations.*

- 5 Tues, Apr 16–May 21 (no class May 7), 1:30–3:00pm
- St. Thomas More Catholic Church, Chapel Hill
- Maximum: 15; Fee: \$50; Course ID: 2815

## Zentangle® Workshops

Dingbats (with an “s”) have been used for centuries in typography to decorate book covers; to delineate chapters or sections in a book or other document; to create visual interest; to frame text or large initials; to draw attention to a particular passage or quote; and much more. *Dingbatz* (with a “z”) are used in a similar way, and with great versatility. They’re fun to draw using familiar Zentangle techniques. In the **Zentangle Dingbatz Workshop**, you will learn how to draw dingbatz using classic Zentangle skills as a foundation. This includes suggestions on the types of tangles that play with others to make dingbatz possible. In the **Zentangle Scrolled Tangle Workshop**, you will learn how to create intricate tangled swirls using a unique method which builds on millennial-old scroll-work techniques, starting from the very basics of scrollwork and going all the way to creating beautiful swirling designs with hatched shading. In the **Zentangle “Illuminated Letter” Workshop**, you will use a pre-cut letter stencil

(provided by the instructor) to create a stunning “illuminated” and decorative letter. Students may register for one, two, or all three workshops. | Hands-on activity

**Required prerequisites & supplies:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

*Cathy Boytos is an artist, a graphic designer, a photographer, and a certified Zentangle teacher (CZT). She has an extensive background in graphic design and has taught graphic design in community colleges. She is currently teaching Zentangle classes and workshops in the Triangle area. As a CZT, her wish is to be your guide on a journey that is easy and simple to comprehend and fulfilling beyond expectations.*

### *Dingbatz Workshop*

- 1 Wed, Apr 17, 11:00am–1:00pm
- Judea Reform Congregation, Durham
- Maximum: 12; Fee: \$20; Course ID: 2811.001

### *Scrolled Tangle Workshop*

- 1 Wed, Apr 24, 11:00am–1:00pm
- Judea Reform Congregation, Durham
- Maximum: 12; Fee: \$20; Course ID: 2811.002

### *“Illuminated Letter” Workshop*

- 1 Wed, May 1, 11:00am–1:00pm
- Judea Reform Congregation, Durham
- Maximum: 12; Fee: \$20; Course ID: 2811.003

## Spring Crafts Workshop: Basketweaving

Weave a braided wine tote using reed. Bring a water spray bottle, an old towel, and a pencil.

**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.

- 5 Fri, April 26–May 24, 11:00am–1:00pm
- The Emily K Center, 904 W Chapel Hill St, Durham
- There is no fee, but you must register to attend. Register by Apr 12 with instructor Lu Howard, [llhoward@nc.rr.com](mailto:llhoward@nc.rr.com) or 919-309-4925.

# Hands-On Art

## Paint & Collage Workshop-Style Class

This class will be aimed at intermediate artists and will build on skills in the areas of abstract painting and collage techniques. Students will have more of their own art supplies, with the addition of some unique papers and paints donated by the instructor. Most class time will be centered on personal work with guidance and critique from the instructor, but will include some interesting processes for altering papers and manipulating paints that the class 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. Beginning students who are open to abstraction will be fine in this class as well. Students will be able to work at their own pace, and the instructor will be able to help in one-on-one interactions. Expect to be encouraged and challenged artistically and to have a terrific time making art!

| Hands-on activity

***Bernice Koff** enrolled in a watercolor class over 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 challenge herself to make her art both more skilled and meaningful. Teaching students the joys of painting and collage has enriched her life in the Triangle area as well as impacted the direction of her own work.*

- 5 Wed, Apr 3–May 1, 11:00am–1:00pm
- Durham Arts Council
- Maximum: 11; Fee: \$50; Course ID: 2691

## Watercolor Art

Herein, artists will, using watercolor, produce original paintings. The instructor will inspire and guide composition development and assist in painting approach and needed techniques. This course is for painters who are somewhat skilled in the following techniques: glazing, painting wet-

in-wet, edge control, negative painting, painting with sponges, use of different values, color use, masking methods, and composition control. (This course is the third in Becky Raye's year-long sequence and is appropriate for those who took the Fall and Winter courses.) The topics for this six weeks are only shapes; texture dictates; focus on a detail; in Picasso's way; change the colors; and artist's choice. | Hands-on activity

**Required supplies:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

***Becky 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 13th OLLI course offering.*

- 6 Mon, Apr 15–May 20, 1:00–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 16; Fee: \$60; Course ID: 2812

## Three Days at the Farm

The Duke Campus Farm is a one-acre working farm and educational hub dedicated to catalyzing positive change in the food system. Springtime means constant change and activity for our crops and soil. May brings new growth and color to our fields; early-spring greens and root veggies thrive while summer's best tomatoes, peppers, and more grow their green legs before transplanting time. Early herbs and flowers balance out veggie rows. Beyond food cultivation, the farm grows colored cotton varieties, indigo, and other crops whose stories comprise North Carolina's rich and complicated agricultural history. From seedlings and saved seeds to row crops and farm structures, the farm hosts a variety of botanical and structural subjects for the artist's eye. Celebrate the spring season with a series of three one-day workshops—Spring Salads & Salad Dressings; Drawing & Painting at the Farm; and Plant Dyes & Indigo. | Hands-on activity



**Additional fee:** For each workshop, there will be a \$20 materials fee to cover the supplies provided; a portion of the fee will be donated to the Duke Campus Farm.

**Required supplies:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

A 2016 TEDx Speaker, **Catherine Cross Tsintzos** is a practicing artist and educator. She was awarded three arts residencies to work on art and agriculture projects. 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.

#### *Spring Salads & Salad Dressings*

- 1 Tues, May 7, 11:00am–2:00pm
- Duke Campus Farm, Durham
- Maximum: 20; Fee: \$30; Course ID: 2607.006

#### *Drawing & Painting at the Farm*

- 1 Wed, May 8, 9:00am–12:00pm
- Duke Campus Farm, Durham
- Maximum: 20; Fee: \$30; Course ID: 2607.004

#### *Plant Dyes & Indigo*

- 1 Thurs, May 9, 9:00am–12:00pm
- Duke Campus Farm, Durham
- Maximum: 20; Fee: \$30; Course ID: 2607.005

## **Paper Cutting: People and Landscape**

The art of cutting paper designs has evolved uniquely all over the world to adapt to different cultural styles. *Jianzhi* is a traditional style of paper cutting in China and has been practiced in China since at least the 6th century AD. Jianzhi has a number of distinct uses in Chinese culture, almost all of which are for health, prosperity, or decorative purposes. Red is the most commonly used color. Come learn how to cut intricate patterns in paper and turn it into art. This interesting technique involves using scissors or paper cutting knives. Once you get into it, you will pleasantly surprise yourself with an ornate

masterpiece. Papercutting designs will be provided by the instructor. | Hands-on activity

**Required supplies:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

**Jinxu 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 is also good at paper cutting; at age 18, she had a paper-cutting creation shown in the China National Gallery in Beijing, and some of her creations have been published in newspapers and magazines in China. She has been providing paper-cutting workshops at Chapel Hill Seymour Center.

- 1 Thurs, Apr 25, 1:00–4:00pm
- Judea Reform Congregation, Durham
- Maximum: 12; Fee: \$30; Course ID: 2814

## **Palette Knife Painting**

You will love painting with a palette knife. It's loose by nature and there are no solvents—you will be using water-soluble oils. Paint simple subjects like fruits, flowers, boats, and more. The instructor will bring pictures each week and do some demonstrations. You will be amazed at how easy this is and how simple the cleanup will be: you just wipe the knife off! Students of this course from previous terms are welcome; there will be some new subjects. | Hands-on activity

**Required prerequisites & supplies:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

**Nancy Darling** is an award winning artist who has been painting for over 30 years with watercolors and oils. She is known for beautiful colors and an abstract quality in composition. Her work has been shown in museums across the country. She is a Signature Member of the Society of Animal Artists and an associate member of Oil Painters of America.

- 6 Wed, Apr 17–May 22, 2:00–4:00pm
- Judea Reform Congregation, Durham
- Maximum: 10; Fee: \$60; Course ID: 2463

**See page 6 for venue addresses**

# Hands-On Art

## Chinese Brush Painting: Fruits, Vegetables, and Sea Creatures

Learn to paint various fruits, vegetables, and sea creatures such as fish and shrimp, popular subjects for Chinese brush painting that are fun to paint. Participants will complete a beautiful painting in every session while practicing basic brush painting techniques. This course is for both experienced and beginning students.

| Hands-on activity

**Required supplies:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

***Jinxu 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 at all levels of the public schools, teacher training programs and in private classes.*

- 6 Tues, Apr 16–May 21, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 12; Fee: \$60; Course ID: 2254

## Exploring Cold Wax Painting

This six-week program explores the characteristics and potentials of painting with beeswax and oil, a cold-wax process that requires no heated tools or medium. The novice will be introduced to the medium and provided guidance in painting techniques and considerations. Experienced students will be assisted in exploring ways to apply the process and expand their painting experience. | Hands-on activity

**Required prerequisites & supplies:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

*A graduate of Indiana University's Herron School of Art and Design, **Wade Carmichael** focused his study on historic materials and techniques, which he applied to a career in the museum and education field. He served as the director of exhibits at Indiana State Museum and the executive director of the Charlotte Museum of History. He has developed programs for OLLI and other senior education forums.*

- 6 Tues, Apr 16–May 21, 9:00–11:00am
- The Bishop's House, Duke University
- Maximum: 12; Fee: \$60; Course ID: 2813

## Introduction to Calligraphy

This hands-on introduction to calligraphy will help you look at letters in a new light and explore the possibilities of using a broad tip pen.

| Hands-on activity

**Required supplies:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

***Anne Baugh** has taught calligraphy for several years at the Durham Arts Council and at OLLI.*

- 1 Mon, Apr 15, 9:00am–12:30pm
- Carolina Arbors, Durham
- Maximum: 12; Fee: \$30; Course ID: 1754

## Chinese Calligraphy

Chinese calligraphy, literally “beautiful writing,” has been appreciated as an art form in many different cultures throughout the world. This type of expression has been widely practiced in China and has been generally held in high esteem across East Asia. This workshop will cover three major areas: descriptions of Chinese characters and their components, including stroke types, layout patterns, and indications of sound and meaning; basic brush techniques and strokes; and how to write calligraphy. | Hands-on activity

**Required supplies:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

***Jinxu 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 NC for 23 years at all levels of the public schools, in teacher training programs, and in private classes.*

- 1 Thurs, May 2, 1:00–4:00pm
- Judea Reform Congregation, Durham
- Maximum: 12; Fee: \$30; Course ID: 1726

## Learn to Knit, One Dishcloth at a Time

There's no better way to learn or review knitting techniques than by making a dishcloth or hot pad. In this self-paced class, we will learn the basics of knitting by making a simple garter stitch dishcloth and then expand into color, lace, and cable work by completing several unique dishcloth patterns as time allows. Skills taught include knitting, purling, increasing, decreasing, chart reading, and cabling. No experience required; all levels welcome. | Hands-on activity

**Required supplies:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

*Amie Palmer is a lifelong fiber arts enthusiast who has been knitting and sewing for over 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.*

- 6 Wed, Apr 17–May 22, 11:00am–12:30pm
- The Bishop's House, Duke University
- Maximum: 8; Fee: \$60; Course ID: 2816

## No More “UFOs”

After three years of knitting classes, there are enough “UFOs” (UnFinished Objects) flying around to warrant a course. If you have started a class knitting project but it's still floating around, this course will help you fly through the rest of the project. Participants must have projects that were started in a previous OLLI knitting course or get instructor approval prior to enrollment. | Hands-on activity

**Required supplies:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

*Amie Palmer is a lifelong fiber arts enthusiast who has been knitting and sewing for over 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.*

- 6 Mon, Apr 15–May 20, 9:00–10:30am
- The Bishop's House, Duke University
- Maximum: 8; Fee: \$60; Course ID: 2810

## Beyond Knit & Purl: Just Enough Ruffles Scarf

Laura Chau's “Just Enough Ruffles Scarf” is a beautiful, lightweight accessory and a great opportunity to expand your knitting techniques into long tail cast-on, short rows, and ruffles. If you can knit and purl, you are ready to join us for this skill expanding class where we make a lovely springtime accessory. | Hands-on activity

**Required prerequisites & supplies:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

*Amie Palmer is a lifelong fiber arts enthusiast who has been knitting and sewing for over 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.*

- 6 Mon, Apr 15–May 20, 11:00am–12:30pm
- The Bishop's House, Duke University
- Maximum: 8; Fee: \$60; Course ID: 2817

See also . . .

## Drawing for People with Dementia: Using the Power of Zentangle® (page 59)

**For required supplies, prerequisites,  
fees, or special notes:  
Go to [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli)  
and click on “Show” under “Courses”  
for course details**

# History & Current Affairs

## A Day That Will Live in Infamy

The events of Sunday morning December 7, 1941, have always been shrouded in mystery. The hows, the whys, the shame, the anger have stayed with us over these many years. In this short course, we will attempt to delve into possible answers, or more probably possible suggestions, as to the complex historical, political and diplomatic factors that came into play before, during and after this tragic event from both the American and Japanese points of view. Such factors as recent Japanese history, development of Japanese diplomacy and Washington military communications and interaction, as well as the attack itself and its aftermath, will be examined. | Lecture (plus questions); listening to music or other audio; 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 longtime book collector, primarily of books about Churchill and Franklin Delano Roosevelt, and believes that a day away from OLLI is a day away from happiness.

- 6 Wed, Apr 17–May 22, 9:00–10:30am
- The Bishop's House, Duke University
- Maximum: 35; Fee: \$60; Course ID: 1715

## Theodore Roosevelt & Family after the Presidency

Theodore Roosevelt, the nation's youngest president, left office in 1909 at the age of only 51 and at the height of popularity. This course features two themes: how TR's decisions during his remaining 10 years of life changed history, and how his wife and children extended his legacy through heroics, notoriety, and personal tragedies, including two suicides. The following topics will be discussed: traumatic events in TR's early years that shaped his life-long thinking; the election of 1912 in which TR ran against William Howard Taft, his friend and hand-picked successor; acrimony between

TR and Woodrow Wilson; how TR used expeditions to Africa and Brazil to recover from serious anguish; TR's children in government, politics, and business—heroes in WWI and WWII including Ted Jr. earning the Medal of Honor—and Alice selected for *Time* magazine's cover; rivalry and bitterness between the family and their cousins, Eleanor and Franklin Roosevelt.

| Lecture (plus questions); facilitated discussion; viewing videos

**Mitchell Haber** has a BA in American history from Oberlin College and an MBA and a JD from the University of Michigan. He first visited Theodore Roosevelt's home at Sagamore Hill at age eight, and his attraction to TR and family has increased significantly since then. He considers studying "larger than life" historical figures and their progeny to be both fascinating and fun.

- 6 Mon, Apr 15–May 20, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$60; Course ID: 2802

## America's Navy

This course is designed to introduce students to the United States Navy—America's Navy. We will review the history and missions of the US Navy from its inception to modern times. The course will showcase America's Navy through its primary branches, including the Surface Navy, the Submarine Force, the Aviation Branch, the Marine Corps, and other components to include Naval Special Warfare, Intelligence, Support, and Information Warfare and Cyber communities. Through historical highlights, anecdotes, guest speakers, discussion of current events, and question-and-answer sessions, we will explore the United States Navy in a holistic manner and discover how the Navy defends, reflects and represents the American people. | Lecture (plus questions); facilitated discussion; viewing videos

**Required prerequisites:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).



*Dr. **Leon Jablow** is a US Naval Academy graduate. As a surface warfare officer for 22 years, he served on multiple ships, conducted numerous deployments and operations, and rose to the position of commanding officer. He served as the chief of naval operations briefer and as an associate fellow in the Strategic Studies Group and established the Maritime Civil Affairs Group.*

- 6 Thurs, Apr 18–May 23, 11:00am–12:30pm
- The Bishop's House, Duke University
- Maximum: 25; Fee: \$60; Course ID: 2803

## **Crafting Policy on Senior Hunger: A Community Engagement Course**

North Carolina ranks #2 in the nation for seniors in hunger; Durham alone has 7,000 senior citizens who are food insecure. Following an orientation to the underlying causes of food insecurity among senior citizens, class members will work in small groups with a standing committee of the Durham Partnership for Seniors. They will participate in one of two policy-oriented projects related to the funding and provision of food for seniors in need. With a minimum of lecture, participants will interact by investigating, conceptualizing and discussing their project, and then presenting their findings in the final class session. While some class time will be available for hands-on work, participants will need to be available to meet with our community partner and work individually and with other group members outside of class throughout the six-week term. The course is a project of the Community Engagement SIG (see page 63). | Facilitated discussion; hands-on activity

**Please note:** Because of the participatory nature of this course, it is requested that students plan to attend all classes.

***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.*

***Beth Anderson, MA**, developed national environmental health community engagement programs designed to address local issues as well as national environmental emergencies. Currently, she is working with the Chatham Literacy Council and is a PORCH volunteer.*

- 6 Thurs, Apr 18–May 23, 3:15–4:45pm
- Judea Reform Congregation, Durham
- Maximum: 12; Fee: \$60; Course ID: 2805

## **The Birth of Durham**

There would be no Durham, no Duke University, nor OLLI at Duke program if not for something that happened here over 150 years ago. At the beginning of the American Civil War, Durham County and the town of Durham did not even exist. Yet, this area was the site of the largest, and arguably the most significant, surrender of the Civil War. In 1865, something very dramatic happened in a simple farmhouse located only a few miles from what would later become Duke University. The end of the Civil War gave birth to the city of Durham and everything that followed, including Duke University and the Research Triangle. The class will include field trips to local historic sites. | Lecture (plus questions); field trip(s)

***Jane Hoppenworth** has an MA in English from NC State University and experience teaching adult learners. She retired from Duke University Medical Center and currently volunteers at the Bennett Place State Historic Site, where she has conducted tours and told the story about the surrender that happened there and its effects.*

- 6 Tues, Apr 16–May 21, 1:30–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 20; Fee: \$60; Course ID: 2806

**See page 6 for venue addresses**

# History & Current Affairs

## 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 three 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, each will encourage a wide selection of views from class members. | Facilitated discussion

**Henry Blinder** served as city attorney for the City of Durham for many years prior to retirement. He is a 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** has served in municipal government in three cities as budget director, deputy city manager, and public works director prior to retirement. He began his career as an officer in the US Navy, holds a master's degree, and has lived in the Triangle since 2009.

**Richard Ellman** is a retired New York CPA who moved to Durham over ten 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.

**Stuart Kaplan** grew up on a dairy farm in Connecticut.

He earned his BS in plant science from the University of Connecticut in 1969 and his MS and PhD degrees in crop physiology from Purdue University in 1972 and 1975. He performed agricultural research for over 40 years in most states in the US and in several countries in Europe and South America. Since retiring, Stuart typically volunteers weekly at Red Cross blood drives throughout the Triangle. He has taken over 30 OLLI classes covering a wide range of subjects and has lectured on GMO crops.

**Doug Longman** has taught more than 25 classes at OLLI, including international political economy, public policy, economics, and politics/political science. He holds a doctorate in business administration and has taught at the University of Texas, UNC–Chapel Hill, and the University of Chicago. He also spent 25 years in marketing management for Fortune 100 firms.

**Ric Shepherd**, originally from the Boston area, has been a CPA for over 30 years. Since 1988 he has lived, and practiced, in the Triangle area. Ric's specialty is financial consulting to businesses, and he recently retired from teaching at Wake Tech Community College.

### Section 1

- 6 Tues, Apr 16–May 21, 11:00am–12:30pm
- St. Thomas More Catholic Church, Chapel Hill
- Maximum: 32; Fee: \$60; Course ID: 0393.059

### Section 2

- 6 Wed, Apr 17–May 22, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 32; Fee: \$60; Course ID: 0393.057

### Section 3

- 6 Thurs, Apr 18–May 23, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 32; Fee: \$60; Course ID: 0393.058

## Shakespeare's World: Life in Elizabethan and Jacobean England, 1564–1616

In popular imagination, Elizabethan England exists as a country bursting into the modern age, full of scientific and geographic discovery, military victories, and literary masterpieces.

But for the people who lived it, this was a time of profound uncertainty, wracked with religious conflict and poverty, and threatened by enemies internal and external. In this course, we will explore the government, religion, society, culture and daily life of England from the perspective of ordinary people as well as royalty and the aristocracy. Note that this is a history course that should appeal both to those with a general interest in the period as well as lovers of Shakespeare. | Lecture (plus questions)

*Margaret Brill was the British history librarian at Duke University for two decades. She was also head of reference, maps librarian, and librarian for medieval and Renaissance studies at different times. Margaret has a bachelor's in history from London University, a master's in library science from NC Central University, and a master's in liberal studies from Duke, with a focus on social history.*

- 6 Mon, Apr 15–May 20, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$60; Course ID: 2804

## **“Titanic Sinks, 1500 Die”: The Ship, the Disaster, the Culture, and Mass Media History**

This course is a historical examination of mass communication and the sinking of the Titanic in 1912. Students will gain insights into the role of mass media in communicating news, cultural values, and social mores and will be introduced to mass communication theories that help explain the interrelationship of news organizations and their audiences. In addition, students will investigate changes in society that were unfolding in the early 20th century as communicated—and influenced—by mass media of the day, chiefly newspapers. Among topics to be covered will be how the disaster was covered by American and British newspapers and the influence of emerging technologies on reporting and on society. Also explored will be the nascent advertising and public relations industries as they

responded with what we now call “crisis communications,” a role that, though refined over the years, remains much the same with each new natural or human-made calamity. | Lecture (plus questions)

**Please note:** Recommended reading, including essays by the instructor to accompany each class session, will be posted on the class website. Students are encouraged to view, on their own, films based on the sinking, especially *Titanic* (1997) or *A Night to Remember* (1958).

*Dr. Frank Fee retired in June 2011 as an associate professor in the School of Journalism and Mass Communication at UNC–Chapel Hill, where he taught media history for many years at the graduate and undergraduate levels. He has presented his research on newspapers and newspaper history at conferences throughout the US and in Great Britain and Sweden and is the author of a number of peer-reviewed articles.*

- 6 Mon, Apr 15–May 20, 1:30–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$60; Course ID: 2807

## **Contemporary Issues in Sports**

This course will explore the current issues confronting sports. Topics of note in 2019 may 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 dunks in college basketball; fantasy sports; “tanking” by franchises; players skipping regular season games; the history of the NFL draft; and more. Each week issues that

# History & Current Affairs

develop over the week prior will be discussed (e.g., in 2018, 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.

| 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, annual player draft, and international games and events. He has become a contributor in print and electronic media on current issues in sports.

- 5 Mon, Apr 22–May 20, 3:15–4:45pm
- Judea Reform Congregation, Durham
- Maximum: 20; Fee: \$50; Course ID: 2321

## The Great American Presidents

Ranking the 44 men who have occupied the presidency is one of the most enjoyable games played by historians. This course examines the most significant presidential tenures and traces the development of the executive office in times of war and peace. "Greatness" is often debated, but historians all agree that relatively few of our Chief Executives deserve that accolade. Discussions will consider the many functions of the president and examine how the office has become the center of public policy. Presidents, great/mediocre/failures, are the subject of our sprint through American history. | Lecture (plus questions); facilitated discussion

**George Lankevich**, CUNY Professor Emeritus of History, has written more than 20 volumes of historical works.

- 6 Wed, Apr 17–May 22, 11:00am–12:30pm
- Galloway Ridge, Pittsboro
- Maximum: 40; Fee: \$60; Course ID: 0896

**See page 6 for venue addresses**

## The Russian Civil War: The Reds, Whites, and Greens

After the Bolsheviks overthrew the Provisional Government of Russia in October/November 1917, they faced numerous enemies, ranging from royalist, who were seeking to reestablish the monarchy, to those advocating a socialist society. In this course, we will examine the complexities of the civil war in Russia and examine the source of the final Red victory.

| Lecture (plus questions)

### Recommended text:

- W. Bruce Lincoln, *Red Victory: A History of the Russian Civil War* (9780671631666), less than \$10 used

**Ernie Kundert** is a retired general surgeon with a lifelong interest in history. Russian history is one of his areas of special interest.

- 6 Tues, Apr 16–May 21, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$60; Course ID: 1728

## Origins of American Constitutional Thought: A History of Political Ideas

This six week class and discussion forum explores the ideas that converged in the framing of the United States Constitution and the Constitutional debates leading up to the ratification of the Constitution by the States. These include the purpose of government (Locke, Montesquieu, etc.), historical antecedents (the Roman Republic and Caesar, the Holy Roman and Turkish Empires), English Constitutionalism ("Nobility, Aristocracy, and Commons," rights, absolutism), English Commonwealth and Coffee House thinkers (Harrington, Sidney, Trenchard, and Gordon), Clockwork thinking (the Enlightenment, government as a machine), state constitutions and the Articles of Confederation (esp. Pennsylvania, Virginia, and New York),



the Federalists (beyond Madison and Hamilton), the Anti-Federalists and the Bill of Rights (Brutus, Cato, the Pennsylvania Minority), and the other influences (sermons, mercantilism, and the Algonquin Republic). The class is a lecture based on primary source documents, followed by questions, discussion, and conversation. | Lecture (plus questions)

**Please note:** Participants must have access to email and the internet to receive supplemental materials and updated information about the class.

*Christopher Curley is a history and political science graduate of Penn State University's Shreyer Honors College. He is a program manager in the technology industry with more than 20 years' experience working with complex teams to deliver technical infrastructure—an environment where the study of constitutional theory and the intellectual history of the enlightenment is a vital advantage.*

- 6 Mon, Apr 15–May 20, 3:15–4:45pm
- The Bishop's House, Duke University
- Maximum: 25; Fee: \$60; Course ID: 2808

## Heroes of a Divided Culture

Eighty-five years after the American colonists transformed themselves into a nation of “these United States,” we dis-united ourselves in a fierce confrontation, designed to test the endurance of a nation based on unity. This course will examine the political and military leadership styles, of both the North and the South, in this painful separation, brutal confrontation, and ultimate reconciliation. We will focus on the public and private lives of the major icons of the Civil War on both sides, that is, Lincoln, Grant, Lee and Davis, and so on. We will also focus on the role women played in this war. | Lecture (plus questions); facilitated discussion; field trip(s)

**Please note:** There will be the option of a Saturday day trip to a major battlefield or historic Civil War site.

*Billy Yeargin is a 24-year veteran of OLLI at Duke. He has an MA in liberal studies from Duke University and four graduate certificates from Oxford University in European history, politics, and society. He has taught for ten years in the NC community college system and has served as president of Oak Ridge Military Academy, NC's only private college preparatory academy.*

- 6 Fri, Apr 19–May 24, 11:00am–12:30pm
- The Bishop's House, Duke University
- Maximum: 25; Fee: \$60; Course ID: 0853

## The History of Durham & Duke University: Embracing the Past as a Guide for the Future

In the current socioeconomic environment, with the challenges of gentrification, growth, and development in the region, this course will explore the history of Durham and Duke University. In 1853, Dr. Bartlett Durham sold four acres of land to the NC Railroad Company, which led to the establishment of a US Post Office in Durham. Sessions will be guided by lectures and small-group discussion about the many different manufacturing establishments and textile industries that attracted growth. Duke University began as Brown's Schoolhouse, a private subscription school in Randolph County, NC, in 1838. Finally moving to Durham in 1892, the school grew rapidly, primarily the result of the generosity of Washington Duke and Julian S. Carr, powerful and respected Methodists who had grown wealthy through the tobacco industry. Following how Durham County, the City of Durham, and Duke University were being transformed over the last 150 years, this course will trace their history into the 21st century. | Lecture (plus questions); facilitated discussion

### Recommended texts:

- Jim Wise, *Durham: A Bull City Story* (9780738523811), \$17
- Robert Franklin Durden, *The Launching of Duke University* (9780822313021), \$40

# History & Current Affairs

**Warren L. Herndon**, MEd, DMin, retired from Duke University Medical Center after 37 years as a senior-level administrator. During his professional career, he served as the director of community relations and was appointed to several commissions and committees by the mayor's office and county commissioners. His extensive knowledge and unique experiences living in the region for 48 years have allowed him to teach the history.

- 6 Mon, Apr 15–May 20, 1:30–3:00pm
- The Bishop's House, Duke University
- Maximum: 15; Fee: \$60; Course ID: 2809

## Jewish Life in Occupied Paris: The Tightening Noose

This will be a special one-session seminar based on the research Jane S. Gabin did for her novel, *The Paris Photo*. After a short summary of the nature of the German occupation, we will discuss the German strategy for (at first) wooing the Paris population, then their imposition of many rules along with the increased marginalization of Jewish residents. We will discuss the role of food in controlling people, as well as financial corruption, collaboration, and preexisting anti-Semitism,

while not focusing on better-known violent tactics. Finally, we will look at how the French government has, during the five decades after the war, addressed its role in working with the Germans during the occupation. A bibliography of suggested readings will be distributed shortly after students register for the course. | Lecture (plus questions); facilitated discussion

**Jane Gabin** has extensive teaching experience, including with OLLI's predecessor, DILR, and last year taught an OLLI course on immigration in literature. Having earned a PhD from UNC–Chapel Hill, she has lectured in the US, the UK, Canada, and France for the English-Speaking Union and the European Association for Jewish Studies. Besides *The Paris Photo*, she has written several academic studies.

- 1 Thurs, Apr 18, 1:00–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 30; Fee: \$20; Course ID: 2828

See also . . .

**Religion in the South: Evangelical, Exceptional, and How It Got That Way** (page 57)

# Languages, Literature & Drama

## The Epic of Gilgamesh: A Masterpiece from the Ancient World

A masterpiece of world literature, the *Epic of Gilgamesh* is composed in Akkadian, a Semitic language. Preserved on up to 12 clay tablets in versions that evolved over many centuries and cultures, it features the adventures of Gilgamesh, legendary ruler of Mesopotamian Uruk from around 2600 BCE. His exploits are beyond historical evaluation, including his meeting with the sole survivor of a divinely imposed universal flood; but they offer a splendid entry into the

lively imagination and deep humanism of ancient poets. We will delve into the epic's many delights without ignoring issues of background and literary influence. Because no single version of the epic has reached us complete, we will work from cuneiform tablets that have gaps, challenging a ready comprehension of the whole. Recommended is to supplement with Lombardo's poetic translation (with a fine Introduction) that erases difficulties and eases transitions. If Lombardo's is unavailable, the Mitchell book will do nicely. | Lecture (plus questions); facilitated discussion

# OLLI at Duke

## Volunteer Opportunities

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**Please check the relevant boxes and include your name and email**

- ☐ Teaching a course in (specify subject) .....
- ☐ Serving as a Class Assistant (specify course, if any) .....
- ☐ Technical support: audio/visual, photography, course websites
- ☐ Short-term tasks in an area of your interest (specify below)
- ☐ Working on a committee (specify committee(s) of interest)
  - ☐ **Communications**—Develops internal publications for the membership, such as the *OLLI Spotlight* and the member website ([olliatduke.org](http://olliatduke.org))
  - ☐ **Curriculum**—Recruits and vets instructors and assists them in developing courses. Edits catalog material.
  - ☐ **Information Technology**—Assists committees and instructors with using IT to help them be more effective and enhance the OLLI learning experience.
  - ☐ **Instructor Relations**—Works to enhance OLLI at Duke's relationships with existing and potential instructors.
  - ☐ **Legacy**—Explores and educates members on ways they can make OLLI part of their legacy through current and planned gifts
  - ☐ **Member Relations**—Conducts activities to welcome new members to OLLI at Duke. Coordinates offsite events. Distributes course catalogs.
  - ☐ **Space**—Identifies possible additional classroom facilities that might be suitable for use in the near and intermediate terms.
  - ☐ **Volunteer Relations**—Helps recruit, support, recognize, and retain OLLI volunteers. Maintains volunteer database.

Areas of interest .....

Other areas of expertise—e.g., writing, marketing, event planning, graphic design .....

.....

**Thanks for considering volunteering as a way to contribute to OLLI at Duke's success!**

Name .....

Phone (home) ..... Phone (cell) .....

Email .....

Please return your completed form to Kathy Parrish, OLLI Program Assistant, at The Bishop's House

# Spring 2019 Registration Form

Please fill out completely, even if you think we have this information on file

Name ..... Preferred Name for Nametag .....

Address / City / Zip .....

Phone (home) ..... (cell) .....

Email .....

**Please note:** Each member of a couple must submit a separate form to ensure proper registration.

**Photographs:** Registering for OLLI gives us permission to use your photo. If you do not want us to use your photograph, please notify the photographer at the event.

## Courses

See course descriptions for fees

Course Title	Day	ID#	Fee
.....	.....	.....	\$ .....
.....	.....	.....	\$ .....
.....	.....	.....	\$ .....
.....	.....	.....	\$ .....
.....	.....	.....	\$ .....
.....	.....	.....	\$ .....
.....	.....	.....	\$ .....

**Annual Membership Dues:** \$35 (nonrefundable) \$ .....

*Membership dues paid while registering for the Spring 2019 term are good through June 2020*

**TOTAL** \$ .....

**Class Assistant:** I would like to serve as Class Assistant for .....

*Class Assistants help the instructors to ensure that announcements are made, attendance is taken, and hand-outs are distributed*

## Payment

You do not need to submit a payment at this time. You will be invoiced after registration. At that time, you can pay:

- by credit card online at [www.learnmore.duke.edu](http://www.learnmore.duke.edu)
- by credit card on the phone with the Registration Office at 919-684-6259
- by check (payable to Duke University) mailed to OLLI Registration, The Bishop's House, PO Box 90700, Durham, NC 27708
- by check (payable to Duke University) in person at The Bishop House—see Kathy Parrish in the OLLI Office

You must pay your invoice within five (5) business days, or you will lose your course registration. Please note that we charge a fee of \$30 for all returned checks. Please do not submit any payment until after you are invoiced.

**Two Registration Days:** Registration for OLLI at Duke courses opens 9:00am on Thursday, March 28, for Saturday, Sunday, Monday, and Tuesday classes, and 9:00am on Friday, March 29, for Wednesday, Thursday, and Friday classes. Please deliver or send your paper form to The Bishop's House no sooner than Wednesday, March 27, and it will be processed on the appropriate Registration Day in the order received. See "How to Register" in this insert for details.

**Need help registering online?** Come to **The Bishop's House** between 9:00am and 12:00pm on the appropriate Registration Day, and trained OLLI mentors will assist you. See "How to Register" in this insert for details.



## OLLI at Duke Membership Dues & Course Fees

To attend OLLI at Duke classes and events, you must first remit \$35 in annual membership dues (payable when you first sign up for courses during the school year). Memberships are nonrefundable and are good for the academic year (Sept–Jun). Memberships purchased during Spring registration are good through the following academic year (June 2020, if purchased now). All courses are priced individually. The prices are listed in the course descriptions with a specific dollar amount (e.g., “Fee: \$60”).

## Registration

Registration for OLLI at Duke courses opens at 9:00am on Thursday, March 28, for Saturday, Sunday, Monday, and Tuesday classes, and at 9:00am on Friday, March 29, for Wednesday, Thursday, and Friday classes. There are many ways to register.

**Online Registration:** The Duke Continuing Studies website makes it easy for you to register! Go to [www.learnmore.duke.edu](http://www.learnmore.duke.edu), click on “Student Login,” enter your registration user name and password, and then click “Continue.” There are now several ways to find your course.

**Search Courses Link:** The most direct way to find your course is to go to [learnmore.duke.edu](http://learnmore.duke.edu), click on the link “Search Courses” located at the far right on the second horizontal menu, 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.

**By Day of the Week or by Category:** Go to [learnmore.duke.edu](http://learnmore.duke.edu), click on “Osher Lifelong Learning,” click the down-triangle labeled “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.

**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.

**Registration Event:** If you would like help registering online, there will be a registration event at **The Bishop’s House** 9:00am–12:00pm on both Registration Days: Thursday, March 28 (for Sat, Sun, Mon, and Tues

classes), and Friday, March 29 (for Wed, Thurs, and Fri classes). We will have trained OLLI mentors with computers to assist you. You must have your registration User Name and Password to register. If you have forgotten these, you must be able to access your home email from the computers we will have onsite. Please bring a credit card for payment.

**Phone Registration:** If you would like to register by phone, you may call the registration office (919-684-6259) any time after 9:00am on Thursday, March 28, to register for Saturday, Sunday, Monday, and Tuesday classes, and after 9:00am on Friday, March 29, to register for Wednesday, Thursday, and Friday classes. Please do not ask to register for classes prior to these dates. Members will be registered for classes in the order calls are received. Please note: If your call goes to voicemail because of heavy call volume, leave a message; a registration team member will contact you as soon as possible in the order calls are received. Please do not leave multiple messages, since these only slow down the registration team. You will need to pay by credit card when registering by phone.

**Paper Registration:** You still have the option of registering using the paper forms in the catalog (see at left and on reverse side). Please deliver or send your form to The Bishop’s House no sooner than Wednesday, March 27, and it will be processed on the appropriate Registration Day in the order received.

**Please note:** No checks will be accepted with the paper form; you will be invoiced after registration. At that time, you can pay one of four ways: by credit card online at [www.learnmore.duke.edu](http://www.learnmore.duke.edu); by credit card on the phone with the Registration Office at 919-684-6259; by check (payable to Duke University) mailed to OLLI Registration, The Bishop’s House, PO Box 90700, Durham, NC 27708; or by check (payable to Duke University) in person at The Bishop House—see Kathy Parrish in the OLLI Office. You must pay within five (5) business days of receiving your invoice, or you will lose your course registration. We charge a fee of \$30 for all returned checks. Please do not submit any payment until after you are invoiced.

## Refund Policy

Requests for refunds for dropped courses must be received by the end of the week of the first class for that course. After that time, no refunds will be issued except in the event of an emergency, at the discretion of OLLI at Duke staff. There will be a \$20 service charge per course dropped. If a course is cancelled by OLLI at Duke, no charge will be incurred by members. Membership dues are nonrefundable.

## Spring 2019 Registration Form

Please fill out completely, even if you think we have this information on file

Name ..... Preferred Name for Nametag .....  
 Address / City / Zip .....  
 Phone (home) ..... (cell) .....  
 Email .....

**Please note:** Each member of a couple must submit a separate form to ensure proper registration.

**Photographs:** Registering for OLLI gives us permission to use your photo. If you do not want us to use your photograph, please notify the photographer at the event.

### Courses

See course descriptions for fees

Course Title	Day	ID#	Fee
.....	.....	.....	\$ .....
.....	.....	.....	\$ .....
.....	.....	.....	\$ .....
.....	.....	.....	\$ .....
.....	.....	.....	\$ .....
.....	.....	.....	\$ .....
.....	.....	.....	\$ .....

**Annual Membership Dues:** \$35 (nonrefundable) \$ .....

*Membership dues paid while registering for the Spring 2019 term are good through June 2020*

**TOTAL** \$ .....

**Class Assistant:** I would like to serve as Class Assistant for .....  
*Class Assistants help the instructors to ensure that announcements are made, attendance is taken, and hand-outs are distributed*

### Payment

You do not need to submit a payment at this time. You will be invoiced after registration. At that time, you can pay:

- by credit card online at [www.learnmore.duke.edu](http://www.learnmore.duke.edu)
- by credit card on the phone with the Registration Office at 919-684-6259
- by check (payable to Duke University) mailed to OLLI Registration, The Bishop's House, PO Box 90700, Durham, NC 27708
- by check (payable to Duke University) in person at The Bishop House—see Kathy Parrish in the OLLI Office

You must pay your invoice within five (5) business days, or you will lose your course registration. Please note that we charge a fee of \$30 for all returned checks. Please do not submit any payment until after you are invoiced.

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**Need help registering online?** Come to **The Bishop's House** between 9:00am and 12:00pm on the appropriate Registration Day, and trained OLLI mentors will assist you. See "How to Register" in this insert for details.

# Languages, Literature & Drama

## Required text:

- Benjamin Foster, *The Epic of Gilgamesh: Norton Critical Edition*, 2nd ed. (9780393643985), \$20

## Recommended texts:

- Stanley Lombardo, *Gilgamesh* (9781624667725), \$13
- Stephen Mitchell, *Gilgamesh: A New English Version* (978-0743261692) \$16

**Jack M. Sasson** is Kenan Professor of Religious Studies (emeritus, UNC–Chapel Hill) and Werthan Professor of Biblical and Judaic Studies (emeritus, Vanderbilt University). He is a past president of the International Association for Assyriology and of the American Oriental Society. He publishes widely on biblical and Mesopotamian subjects and has directed many adult education programs. His webpage is at [my.vanderbilt.edu/jacksasson](http://my.vanderbilt.edu/jacksasson).

- 4 Wed, Apr 17–May 8, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 15; Fee: \$40; Course ID: 2830

## Frankenstein at 201

Mary Shelley's amazing novel was begun as part of a competition to write a story based on a supernatural occurrence. She was only eighteen, but the result remains as relevant and thought-provoking today as when first published in 1818. Often considered the first science fiction novel, its intricate structure promotes ambiguity as Shelley skillfully manipulates the reader's sympathies. Those only familiar with the 1931 Boris Karloff movie (and its many spinoffs) may be surprised to learn that the novel is frequently assigned today in science as well as literature classes. In fact, in 2018 the Stanford Center for Biomedical Ethics sponsored a yearlong series of academic courses and programs to examine the "numerous moral, scientific, sociological, ethical and spiritual dimensions of the work." We will examine the book from a literary perspective, and also explore some of the paths it can lead down. Snippets of some movies will be shown.

| Facilitated discussion

**Please note:** Students are expected to obtain the specified text. It contains Shelley's 1831 edition and has an appendix listing important deviations from the 1818 edition.

## Required text:

- Mary Shelley, *Frankenstein*, Penguin Classics Deluxe Edition (978143105035), \$18

**Louise Masurat** has a BA from the University of Pennsylvania and an MA from Middlebury's Graduate School of French in France and completed doctoral studies (abd) 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.

- 6 Mon, Apr 15–May 20, 10:30am–12:00pm
- Galloway Ridge, Pittsboro
- Maximum: 33; Fee: \$60; Course ID: 2832

## Poetry in Times of Peril: War in the 20th Century

In poetry of witness, poetry considers history. Nelson Mandela wrote of our course's text, *Against Forgetting*, is itself a blow against tyranny, against prejudice, against injustice." In this course, we will focus on the poetry of war and genocide, especially World War II and the Holocaust. We look at how these tragedies are translated into art by the poet-witness. Included are such stellar poets as Bertolt Brecht, Dylan Thomas, Charles Simic, Denise Levertov, Paul Celan, Primo Levi, and others. We will compare, contrast, and discuss their visions as we read a few poems for each class. These poems are stirring and painful yet superb in their music and images. Tragic yet intensely hopeful, these poems breathe life and remembrance into loss. A brief historical overview will precede our discussions. | Lecture (plus questions); facilitated discussion; listening to music or other audio

## Required text:

- Carolyn Forché, *Against Forgetting: Twentieth-Century Poetry of Witness* (9780393309768), \$30 (available used for considerably less)

# Languages, Literature & Drama

**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 poems and creative nonfiction in national and international journals.

- 6 Tues, Apr 16–May 21, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 12; Fee: \$60; Course ID: 2829

## Poetry from the Great War

Patriotism and courage; revulsion, shame, and despair; rage and regret; foolishness and clarity. World War I destroyed combatants, civilians, cities, frontiers, and hopes. From its devastation, however, came some extraordinary poetry, much of it written on the battlefield. Wilfred Owen, Robert Graves, and Siegfried Sassoon are the best-known of these poets, but there are others who deserve attention: Isaac Rosenberg, Charles Sorley, and Edmund Blunden, for example; and there are poets like Thomas Hardy and Margaret Sackville who wrote from a greater distance. We will read and discuss the poems with an eye to their form, their content, and their place in the literature of the time. This is not a lecture course, but one of intelligent discussion based on close reading, provocation, the growth of ideas, and the challenge of an open mind. | Facilitated discussion; listening to music or other audio

### Required text:

- George Walter, ed., *The Penguin Book of First World War Poetry* (978-0141181905), \$18

With degrees in English from Harvard University and law from the University of Chicago, **Joel Martin** taught English for 10 years and practiced law for 23. Since 2000 he has led courses for judges in four continents. He has taught OLLI courses on Yeats, Faulkner, Shakespeare, Frost, opera, English song, and the literature of aging.

- 6 Thurs, Apr 18–May 23, 1:30–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 24; Fee: \$60; Course ID: 2831

## Modern African Drama

### Six Plays on the Experience of Modernity, from *Sizwe Bansi Is Dead* to *Esu* and the *Vagabond Minstrels*

Just as Western traditions of drama have flourished since the late nineteenth century, non-Western traditions have also shown extraordinary artistic development, producing major works around the world. Accordingly, this course focuses on modern African drama. Over the course of the term, students will read six plays by playwrights from South Africa, Nigeria, Ethiopia, Ghana, and Kenya, including works by authors who are well known in the West such as Athol Fugard, Ngugi wa Thiong'o, and Wole Soyinka, the recipient of the 1986 Nobel Prize in Literature. While attention will be paid to the individual theatrical, cultural, historical, and political contexts of each play and playwright, class discussions will focus on the underlying questions of how these plays dramatize the experience of everyday life under modernity and how these works address the challenges of modernity, often imposed by the colonialist West, in the various African contexts examined. | Lecture (plus questions); facilitated discussion

### Required text:

- Biodun Jeyifo, ed., *Modern African Drama: A Norton Critical Edition* (9780393975291), \$22

**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 OLLI at Duke since 2014.

- 6 Fri, Apr 19–May 24, 9:00–10:30am
- The Bishop's House, Duke University
- Maximum: 17; Fee: \$60; Course ID: 2835

## Indonesia!

This course is your chance to learn about the world's third most populous democracy: a country with 900+ inhabited islands and 13,000 uninhabit-



ed; dozens of active volcanoes; 500+ languages and dialects; a capital more populous than Chicago; hundreds of tribes and ethnic groups; Borobudur, the world's largest Buddhist temple (9th century); a tenuous balance among its religions; and Bali, one of the world's top tourist spots. We'll consider all of that, along with gamelan music and how batik is made. You'll learn words and simple sentences in Indonesia's most widely spoken language, which has neither tenses (how can it do that?) nor gender. You'll read and discuss some of its traditional and modern literature. Class members can take a leisurely six-minute stroll to Duke's Marketplace cafe for lunch together after class. | Lecture (plus questions); listening to music or other audio; viewing videos

**Required supply fee:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

**Listra Lubis** grew up on the island of Sumatra. She holds a diploma from the Indonesian School of Accountancy and a law degree from Sahid University of Jakarta. She came to Durham with her husband, a student at Duke University, and is on leave from the Indonesian Ministry of Finance. John Grisham, Jane Austen, Jojo Moyes, and J. K. Rowling are some of her favorite writers, and you can hear her singing with the Duke Chapel Choir.

- 6 Sat, Apr 20–May 25, 8:30–9:30am
- The Bishop's House, Duke University
- Maximum: 15; Fee: \$60; Course ID: 2833

## Three Southern Novels: In Faulkner's Wake

A ten-day funeral trek through fire and flood to bury the family matriarch . . . the devastating effects of Hurricane Katrina on a family already stretched to their limits . . . an Outer Banks shipwreck involving Aaron Burr's daughter Theodosia and affecting generations . . . these are the backdrops of the three novels that comprise this course. *As I Lay Dying*, the National Book Award-winning *Salvage the Bones*, and *The Watery Part of the World* all bear testament to Faulkner's dictum that

the writer's most important subject is "the human heart in conflict with itself" and vividly portray what their characters are willing to sacrifice for love. Spending two weeks on each novel, we will compare and contrast their stylistic innovations, their memorable characters and their reactions to trauma, as well as the themes of, among other things, nature, place, family, isolation, and community.

### Required texts:

- William Faulkner, *As I Lay Dying* (9780679732259), \$12
- Jesmyn Ward, *Salvage the Bones* (9781608196265), \$12
- Michael Parker, *The Watery Part of the World* (9781616201432), \$10

**Marjorie Lancaster**, a former high school English teacher, is passionate about exploring literature. For her, good literature is intended to be participatory in that the reader is a crucial part of the experience; one of her chief goals and delights as an instructor is to have her students engage with the texts and with each other.

- 6 Tues, Apr 16–May 21, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 15; Fee: \$60; Course ID: 2827

## About the Latin Language— What Makes It a Classic?

This course will explore the interdisciplinary magic of the language of the Romans. How has Latin stood the test of time? Why are its vocabulary and grammar intriguing? Where can we find Latin hiding throughout Western culture? The class will incorporate these questions into the following weekly topics: Caecilius, a Pompeian banker whose house and records were frozen in time in 79 CE by Mt. Vesuvius's eruption; the unique power of Roman artifacts; from the American Founding Fathers to Harry Potter; domestic life in Roman Britain; Julius Caesar in Gaul in the 50s BCE; and persuasive speech—the original meaning of "rhetoric"—as the mainstream of Roman education. No prior knowledge of Latin is

# Languages, Literature & Drama

required. No homework. This is the same course that was taught in the Spring 2018 term. However, this course will contain little duplication of the instructor's other OLLI courses (given in the Winter 2018, Fall 2018, and Winter 2019 terms).

| Lecture (plus questions); facilitated discussion; listening to music or other audio

**Please note:** Textbooks will be provided; they may be borrowed at no fee or purchased for \$5.

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

- 6 Tues, Apr 16–May 21, 11:00am–12:30pm
- The Bishop's House, Duke University
- Maximum: 15; Fee: \$60; Course ID: 2574

## US Southern Autobiography in the 20th Century

The US South is renowned for its fiction, but one of the richest areas of Southern literature in the 20th century was autobiography. Curiously, there was very little distinguished autobiography and memoir by Southerners, at least white Southerners, in the 19th century, perhaps because autobiography of the highest order requires honest self-examination, and white Southerners before 1940 were little given to self-scrutiny. (There were notable African American autobiographies in the

19th century, particularly slave narratives.) The 1940s, however, saw an explosion of self-writing by both white and black writers, a literary output that continued to the end of the century, and we will read four of those works to see what they reveal about various "minds" of the South.

| Lecture (plus questions); facilitated discussion

### Required texts:

- William Alexander Percy, *Lanterns on the Levee* (978-0807100721), \$8
- Richard Wright, *Black Boy* (9780061443084), \$6
- Lillian Smith, *Killers of the Dream* (9780393311600), \$9

### Recommended text:

- Fred Hobson, *But Now I See: The White Southern Racial Conversion Narrative* (9780807124109), \$22

**Please note:** Participants will need to read through chapter 7 ("A Small Boy's Heroes") in *Lanterns on the Levee* before the first class.

*Fred Hobson, Lineberger Professor of English Emeritus at UNC–Chapel Hill, taught at the university for 25 years. He is the author or editor of many books dealing with the South and has written for magazines and newspapers, including the Atlantic, the New York Times Book Review, the Los Angeles Times Book Review, the Atlanta Constitution, and the Baltimore Sun.*

- 5 Tues, Apr 16–May 14, 3:15–4:45pm
- The Bishop's House, Duke University
- Maximum: 15; Fee: \$50; Course ID: 2834

# Lifestyles, Health & Wellness

## "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 class 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 relève, plié, and stretch 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 (which can be done in a chair) designed to relax, rejuvenate, and revitalize our spirits. No prior dance experience is necessary, just a willingness to explore the exciting and challenging ways we can move our bodies.  
| Exercise or dance

**Required prerequisites:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

**Sue Wartell** 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 schools for more than 30 years and is currently an ACE certified personal trainer/fitness instructor with a specialty in Pilates mat/equipment training. She is currently in her 12th year of teaching for OLLI.

- 6 Thurs, Apr 18–May 23, 2:00–3:30pm
- Carolina Dance, Durham
- Maximum: 16; Fee: \$60; Course ID: 0442

## **Meditating with the Voice: Relaxation and Healing through Sound!**

Explore your voice with the intention of healing and relaxing your body. Everything in the universe is sound and vibration; in this course, we shall engage this notion. Our voices will engage our bodies and minds through breath and vocal sound. We will experience vocal toning, chant, and meditative singing. We will develop our voice, ear, and body connections. This practice links us to our feelings of attachment and aversion to our own voices. We will discuss the science of sound and how healing our voices can be for ourselves and others. The sound we create can communicate to specific chakras or energy centers within our bodies to promote healing, relaxation, and well-being. Vocal meditation allows us to free the voice, be in the moment, and feel the inner and outer resonance of the voices surrounding us.  
| Facilitated discussion; exercise or dance; listening to music or other audio

**Required supplies:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

### **Recommended text:**

- Silvia Nakkach, *Free Your Voice: Awaken to Life through Singing* (978-1604078008), \$19 (Amazon)

*With over 20 years of classical- and non-classical-focused singing, **Shana Adams** has passionately facilitated vocal meditation workshops encouraging healing and relaxation through the voice. In 2018, Shana completed a Sound Healing certification through the Academy of Sound Healing based in Cornwall, UK. She is passionate about connecting with people through music to explore, create, share, inspire, and promote collective healing.*

- 5 Thurs, Apr 18–May 16, 3:15–4:45pm
- Judea Reform Congregation, Durham
- Maximum: 15; Fee: \$50; Course ID: 2818

## **The Language of Bridge— a Modern Approach**

This course is designed for people who dabbled with the game in college or played socially and are seeking to improve their knowledge and skills. In this hands-on class, you will learn the modern language of bidding and how the partnership communicates its hand strength and shape to reach an optimum contract; how to differentiate between forcing and nonforcing bids; and how to enter the auction by examining modern competitive bidding techniques such as doubles, overcalls, and other conventional tools to help improve your enjoyment of the game. Each class will consist of a mini-lecture followed by playing practice hands to apply the concepts learned.  
| Lecture (plus questions); facilitated discussion; hands-on activity

**Required prerequisites & supplies:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

**Henry Meguid** is the 2018 American Bridge Teachers' Association (ABTA) Teacher of the Year and one of 77 ABTA Master Teachers, the highest certification in North America. In 2012, he founded the Bridge Academy Inc, devoted to offering classes and games

# Lifestyles, Health & Wellness

to all levels of players, with emphasis on the social bridge player. “Have Fun, Play Better” captures Henry’s approach to teaching and playing bridge.

- 6 Sat, Apr 20–May 25, 10:00am–12:00pm
- The Bridge Academy, Durham
- Maximum: 24; Fee: \$60; Course ID: 2820

## T’ai Chi: Mindfulness in Motion

T’ai Chi (Taijiquan or T’ai Chi Ch’üan) is a traditional Chinese moving meditation, martial art, and health exercise. It arose from 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 movement with a joyful, reflective approach to daily life. | Exercise or dance

**Required prerequisites & supplies:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

**Jay Dunbar** (PhD, UNC–Chapel Hill, Education) is the director of the Magic Tortoise Taijiquan School ([magictortoise.com](http://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.

- 6 Thurs, Apr 18–May 23, 9:00–10:30am
- Barriskill Dance Theatre School, Durham
- Maximum: 30; Fee: \$60; Course ID: 0420

## Qigong: Energy for Life

Qigong (“chee-goong”) is an ancient way to reduce stress and reclaim joy. Qi means life force or vitality, and Gong means to nourish or cultivate. In this class we learn and practice simple movements matched with breathing and visualization

for healing, wellness, daily vitality, physical power, awareness, and emotional balance. Sources are the 18 Immortals Qigong, Five Animals Medical Qigong, and other traditional sets as well as auxiliary exercises. | Exercise or dance

### Recommended texts:

- Kenneth Cohen, *The Way of Qigong* (0345395298), \$30
- Jwing Ming Yang, *The Root of Chinese Qigong* (9781886969506), \$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 over 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.

- 6 Mon, Apr 15–May 20, 3:15–4:45pm
- Judea Reform Congregation, Durham
- Maximum: 24; Fee: \$60; Course ID: 2151

## Now What? Exploring Your Options after Retirement

Dealing with change . . . Explore what you want to do now that you are retired or soon to be. Today you have many options: working full or part time; pursuing an opportunity in a different industry; working from home; starting your own business (be an entrepreneur); owning and operating a franchise; or volunteering—Habitat for Humanity, PORCH, Table, Food Bank of NC, SCORE, hospitals/crisis centers/schools/churches, and more. *StrengthsFinder 2.0* is an excellent resource for guiding your decisions. Through class discussion and independent reading, we will identify your top five strengths. Research indicates these are not what you think they are. Through further discussions, we will learn about your successes and accomplishments. Then we will examine where, when, how, and with what outcome for each of your identified top five strengths. Awareness of this self-knowledge impact is critical to make your



next role appropriate and fitting. Change is here to stay. Though we cannot always control the circumstances, we can manage our perspective. When faced with change, ask yourself, “How can I grow from this?” | Lecture (plus questions); facilitated discussion; writing

**Required text:**

- Tom Rath, *StrengthsFinder 2.0*, Feb 2007 ed. (with access code) (978-1595620156), \$16–\$20

**Please note:** This course includes a complimentary “Self-Knowledge Check-Up,” provided by the instructor.

*Mike Komives is an employment specialist with the Orange County Department on Aging, a job and career search advisor, an adjunct professor for Durham Tech, and the creator of Job Search Strategies for Mature Professionals. In 2009, he began the JOBS NETWORK ministry at St. Thomas More Catholic Church in Chapel Hill.*

- 6 Tues, Apr 16–May 21, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 16; Fee: \$60; Course ID: 2822

## **Practical Wisdom: Is It Possible to Walk a Spiritual Path in Today’s World?**

How can you put your spirituality into practice in a world of fear, distrust, and political divide? Can you really make a difference in a world facing climate change, famine, corruption and dehumanization? Is it truly hopeless or have we just forgotten how to connect with others in a purposeful way? In this class we will address some of today’s challenges and how changing our perspective might empower us to make a difference in our lives and in the world. Come with an open mind and a willingness to discuss your place in the world. I 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

*A retired Duke University medical researcher, **Celine Koropchak** is currently a blueberry farmer and author of the One with All of Thee book series. 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.*

- 4 Tues, Apr 16–May 7, 1:30–3:00pm
- The Bishop’s House, Duke University
- Maximum: 10; Fee: \$40; Course ID: 2823

## **Food for Life: Kickstart Your Health**

### **Evidence-Based Nutrition Lessons with Easy Recipes and Food Sampling**

A plant-based diet of whole grains, beans, vegetables, and fruits can help prevent diabetes, cardiovascular disease, cancer, and other chronic diseases. According to the American Dietetic Association, “Appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases.” This course, developed by physicians and dietitians for preparing evidence-based healthy food, helps participants move toward a healthful diet while maintaining healthy weight. For some, it may be the first time that the idea of not restricting the amounts of foods but rather choosing the right types of foods has been the guiding principle for losing weight and staying healthy. Additional benefits are lower cholesterol, better diabetes control, and lower blood pressure, as well as improvements in energy and mood. Each class includes a short video nutrition lecture, discussion, demonstration of several recipes, and food sampling.

| Facilitated discussion; viewing videos

**Required supply fee:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

**Required text:**

- Dr. Neal Barnard, *21-Day Weight Loss Kickstart* (978-0446583817), \$16

# Lifestyles, Health & Wellness

**Dilip Barman** is a long-time OLLI food/nutrition, photography, and philosophy instructor. He also teaches math and homeschoools his daughter. He is the executive producer of the 2019 film *Code Blue* and leads the Triangle Vegetarian Society, hosting the country's largest vegetarian Thanksgiving. He has taught vegetarian cooking for years and is a certified instructor of the Food for Life program of evidence-based nutrition.

- 5 Sat, Apr 13–May 18 (no class May 4), 1:00–3:30pm
- Caring House, Durham
- Maximum: 15; Fee: \$50; Course ID: 1049

## Get Down—& Back Up Again: Excerpts from the Change Your Age® Program

For Baby Boomers: In these classes excerpted from the Change Your Age® Program, you will refine your ability to move from standing to lying on the ground and then back to standing. Efficiently. Effortlessly. Without falling or going “bump.” Playfully and safely. Like a child. Why? Because this movement requires and refines all the skills of a healthy human system: coordination, flexibility, strength, balance, breath, and awareness. Because the loss of this skill makes us afraid of falling. Once afraid, we increasingly limit ourselves as we get older. Because practice of this skill a few minutes twice a week will increase your fitness level and sense of self-assuredness as you age. P.S. You'll find that getting in and out of bed, getting up and down from a chair, and bending will become simple and safe. Your back comfort will increase. And you'll feel and act younger much longer! Both women and men are welcome. | Exercise or Dance

**Please note:** You must (ironically) be able to get down to and lie on the floor. Please bring a thick blanket or sleeping bag on which to lie, and a big towel to fold to create support for your head if you need it. Wear comfortable clothes for movement and dress in layers. Please call the instructor (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* (9780738213637), \$20

**Karen Dold**, Feldenkrais Method Practitioner and movement educator, teaches her students how to move from pain and limitation to ease and agility. She has been teaching classes throughout the Triangle area since 2000 and has private practices in Chapel Hill and Cary.

- 6 Wed, Apr 17–May 22, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 20; Fee: \$60; Course ID: 1790

## Conscious Aging: Embracing Challenges and Opportunities in the Third Chapter

In the last third of our lives, we face both challenges and opportunities. Retirement, loss of a job, a chronic illness, 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. Each class 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. | Facilitated discussion

### Recommended texts:

- Sarah Lawrence-Lightfoot, *The Third Chapter: Passion, Risk, and Adventure in the 25 Years after 50* (9780374532215), \$15
- Zalman Schachter Shalomi, *From Aging to Sage-ing* (9781455530601), \$16

**Michael McLeod** practiced medicine at Duke for 33 years, including serving as the 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.

- 6 Tues, Apr 16–May 21, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 16; Fee: \$60; Course ID: 2743

## Exploring Labyrinths: Walking Meditation

It is often said that labyrinth walking is perfect for “failed meditators.” Find out why in this informal course. We will meet at three different labyrinths, hidden gems in Durham and Chapel Hill. There will be a brief introduction to strategies for walking meditation at the beginning of each class. After the walk, we will discuss our experiences at a nearby coffee shop. Travel details will come after registration. We will visit Binkley Baptist Church (Willow Drive, Chapel Hill), which has a yearly tradition of providing a 36-foot canvas labyrinth, Chartres style, in a candlelit environment; an outdoor brick medieval-style labyrinth in a quiet setting on the grounds of Pilgrim United Church of Christ (Academy Road, Durham); and an outdoor Chartres-style labyrinth of glass particles and rock, in the woods at Camp New Hope (Hwy 86 north of Chapel Hill). | Field trip(s)

### Recommended text:

- Lauren Artress, *The Sacred Path Companion* (9781594481826), \$15

**Please note:** Traveling directives to sites will be emailed to participants.

**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.

- 3 Tues, Apr 16–30, 9:30–11:30am
- Various locations in Durham and Chapel Hill
- Maximum: 12; Fee: \$30; Course ID: 2824

## Functional Fitness for Fifty+

Functional training is an outcome . . . not a method. Every exercise has a goal of improving the ability to perform a particular task. We will use a model which includes the following domains: muscular, skeletal, neuromuscular, balance, mobility, cognitive/emotional, and cardiorespiratory. Since functional fitness is person and content dependent, it is not going to look the same on every person. We'll use the NLW approach: the things we “need” to do, like bathing, shopping, and dressing; the things we “like” to do, like golfing, gardening, and working; and the “wants” activities we aspire to do, like dancing, skiing, and hiking. Exercise includes integrated strengthening movements and traditional basic movements, since functional training lies somewhere between the two. | Exercise or dance

**Required supplies:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

**Julia Rose** is a certified personal trainer and senior fitness specialist with ACE, the American Council on Exercise, since 2006. She holds a functional fitness certificate with the Functional Aging Institute. She leads fitness classes at The Forest at Duke as well as the JCC of Durham/Chapel Hill.

- 6 Mon, Apr 15–May 20, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 15; Fee: \$60; Course ID: 2652

## Maintaining Vitality as We Age

Our bodies are designed to move toward health and well-being. If given the right support, they will do just that. Unfortunately, most of us get little to no guidance in how to understand the language of our bodies or what they need. As we age, our bodies have lots to say. Let's learn how we can focus on creating and maintaining greater health today

# Lifestyles, Health & Wellness

and throughout the aging process. In this interactive course, you will explore how to tune in to the wisdom of your body and learn a variety of methods to support your overall health and vitality. The importance and use of mindfulness, functional medicine, energy medicine, and simple physical exercises to promote brain function will be explored. You will walk away with a wide variety of tools you can immediately put into practice. Classes will rely on demonstrations, lectures, videos, and ample time to practice the tools you will be learning. | Lecture (plus questions); exercise or dance

**Mary Grigsby** is a psychotherapist who is certified in functional diagnostic nutrition and is a Certified Clinical Practitioner of Energy Medicine. She has a private practice in Durham. She is passionate about spreading the word about ways to improve our health and lives. Additionally, she enjoys meditation, yoga, exercise, dance, and having fun.

- 6 Thurs, Apr 18–May 23, 9:00–10:00am
- Judea Reform Congregation, Durham
- Maximum: 20; Fee: \$60; Course ID: 2821

## Foodie Field Trips

Many of us fondly remember “field trips” as the best part of our early education. Trips give us immediate access to new worlds. In this course, we will visit six local food and beverage sources, suppliers, or producers. Some venues reflect expanding cultural diversity in our region while some are traditional places still strong and adapting. Except for one in Raleigh, all sites are in Durham. Each outing will be a chance to learn, shop, and “break bread” together at an inexpensive lunch spot: Li Ming’s Global Mart (Asian produce, groceries, meats, fish); NC Farmers Market (Piedmont spring agriculture); Compare Foods (Hispanic supermarket); Fullsteam Brewery (brewery and restaurant; we’ll visit in the late afternoon); Bullocks (traditional Southern cooking); and Marketplace on Duke East Campus (Dorm food? No more). Our trips will be “virtually” organized—via email, website, and telephone. Except one, meeting times will be around 11:00

and will be announced beforehand. | Facilitated discussion; field trip(s)

**Special notes for travel/meals:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

**Kim Kelleher** continues her award-winning career as a school counselor and an environmental educator now as a sought-after educational consultant. The winner of multiple cooking and baking contests, she served as Class Assistant in the OLLI course on cooking science in Fall 2018.

**Alan Magid** retired from biophysics research and medical teaching in 2007. This course follows his first OLLI course, on “cooking science,” in Fall 2018. A Durham resident since 1975, he has witnessed the explosion of activity in food, food sources, cooking, and cultural diversity in the context of a thriving traditional Southern culture. Visit his cooking blog at [DrDaddyCooks.com](http://DrDaddyCooks.com).

- 6 Wed, Apr 17–May 22, 11:00am–2:00pm (times will vary)
- Various locations in Durham and Raleigh
- Maximum: 12; Fee: \$60; Course ID: 2819

## What’s Cooking

Current research reveals that seniors who have lost a spouse have a higher risk of being malnourished. This demonstration class will provide participants with healthy, simple to prepare recipes that target those areas of malnourishment. Once the meal is prepared, we will share the meal together with some socializing as well as a weekly lesson on important fundamentals of nutrition for older adults, including question and answer periods at the end of each session. Participants will receive a cookbook which will include all recipes and instructions, as well as notes on nutrition education sessions covered in class. Improving our nutrition can lead to a long and healthy life. The target participants for this class are those who have lost a spouse. | Lecture (plus questions); facilitated discussion

**Required supply fee:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).



**Sheri Branson** is a physical education instructor at Duke University and is finishing her master's in nutrition. She is former marathoner and now enjoys staying active by hiking and biking. She also enjoys traveling, cooking, and volunteering for Habitat for Humanity.

- 6 Fri, Apr 26–May 31, 5:30–7:00pm
- Watts Street Baptist Church, Durham
- Maximum: 12; Fee: \$60; Course ID: 2826

## The Art of Cooking with David Sovero

Local chef David Sovero believes we can create a gourmet yet good, healthy, and inexpensive meal using ingredients we already have in our pantries. Each week, he will provide a protein (seafood, pork, chicken, beef, or vegetarian) and students will provide one vegetable and one fruit (or two of one or the other). (If you have food allergies, please contact the instructor at [daviraymi@yahoo.com](mailto:daviraymi@yahoo.com) to discuss meal options—put “Cooking class” in the subject line.) The chef will provide substitutions if needed. He will show us how to prepare, cook, and present a meal using the ingredients available. During each class, as we are standing and working around the kitchen table in the center's kitchen, the chef will explain different methods of preparing the meat/protein and different variations on the meal being prepared. This is a hands-on course, with everyone participating in the preparation, dining, and clean up. The chef creatively combines fruits and green and starchy vegetables attractively arranged and sauced on individual dinner and dessert plates. We'll enjoy eating a delicious dinner together after the lesson.

| Hands-on activity

**Required supply fee:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

**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.

- 5 Mon, Apr 15–May 13, 5:30–8:30pm
- Passmore Center, Hillsborough
- Maximum: 10; Fee: \$50; Course ID: 1336

## Burgundy: An Exploration of Wines

Join us for a four-week journey across the French region of Burgundy/Bourgogne. Each week, we will focus on a subregion (or two) that brings us the bounty of Burgundy's wines. We will examine the beverage styles and learn the basics of production. We will taste four wines from Burgundy per class, discuss food pairings and cultural elements that affect production. | Lecture (plus questions); facilitated discussion

**Required supply fee:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

**Thomas Thorne** has been a professional sommelier for 25 years. He owns Wine Fifty Five, a local wine consulting company focused on education, sales, and sommelier services. He has headed wine programs at the Farrington House, the Carolina Inn, and the Siena Hotel and was an original owner of Hope Valley Bottle Shop. He is accredited through the Court of Master Sommeliers.

### Section 1

- 4 Thurs, Apr 18–May 9, 1:30–3:00pm
- The Bishop's House, Duke University
- Maximum: 24; Fee: \$40; Course ID: 2825.001

### Section 2

- 4 Thurs, Apr 18–May 9, 3:15–4:45pm
- The Bishop's House, Duke University
- Maximum: 24; Fee: \$40; Course ID: 2825.002

See also . . .

**Art Therapy: A Creative Pathway for Healing and Growth** (page 14)

# Performing Arts

## All in the Family: An Operatic Perspective

Regardless of who wrote the opera, the style in which it was written, the country in which it was first performed, and the date of the premiere—family relationships play a dominant role. Fathers and daughters, husbands and wives, sibling rivalry, romance, and hidden identity are common themes. We'll explore the ways in which different composers address family issues by watching selections from Verdi's *Don Carlo* and *Macbeth*, Donizetti's *Lucia di Lammermoor*, Halevy's *La Juive*, Mozart's *Le Nozze di Figaro*, Borodin's *Prince Igor*, and Bernstein's *West Side Story*. | Lecture (plus questions); facilitated discussion; listening to music or other audio; viewing videos

**Margie Satinsky** has been an opera devotee since 1976. She has attended more than 100 performances at the Metropolitan Opera and in European opera houses. She has taught opera appreciation classes at OLLI for six years and is a founding member and the president of the Triangle Wagner Society.

- 5 Thurs, Apr 18–May 23, 1:30–3:30pm
- Judea Reform Congregation, Durham
- Maximum: 30; Fee: \$50; Course ID: 2836

## Verismo Operas: Melodrama and Violence in Everyday Life

Few words in the operatic lexicon have been misused as regularly as “Verismo.” Often used as a blanket term for all Italian operas written between the 1890s and the 1920s, verismo more properly denotes a type of opera marked by melodramatic, often violent plots with characters drawn from everyday life. Verdi's *La Traviata* paved the way for the verismo movement by portraying a heroine who was not only humble but of questionable morality. However, the type of everyday life we find in verismo operas was considerably grittier. We'll examine Francesco Cilea's *Adriana Lecouvreur*, Umberto Giordano's *Andrea Chenier* and *Fedora*, Ruggero Leoncaval-

lo's *Pagliacci*, Pietro Mascagni's *Cavalleria Rusticana*, and Riccardo Zandonai's *Francesca da Rimini*. The instructor will provide weekly essays, and we'll view and discuss DVDs of performances of these operas. | Facilitated discussion; listening to music or other audio; viewing videos

**Robert Chapman** is host of the WCPE Opera House. An operatic bass-baritone, he has performed professionally in Germany and the US, including with the North Carolina Opera. He also served as the classical music librarian at the Hartford Public Library. Since 2009, he has taught various OLLI courses on opera at Duke and NC State University.

- 6 Mon, Apr 15–May 20, 1:30–3:00pm
- The Bishop's House, Duke University
- Maximum: 25; Fee: \$60; Course ID: 2838

## Guide To Local Jazz: Basic Jazz Listening

“Listening is the most important thing in music,” Duke Ellington wisely said. When you listen to jazz, do you wonder what it is that the musicians are doing? Wonder where the “tune” went? Want to get a feel for how jazz musicians communicate and improvise? After this course, you'll be much more comfortable. Jazz has both structure and improvisation blending together for unique sounds. You'll learn how jazz playing is organized—and you'll know what you like! | Lecture (plus questions); facilitated discussion; listening to music or other audio; viewing videos; field trip(s)

**Required prerequisites:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

**Peter Burke** has taught “Guide To Local Jazz” for five years, tweaking it regularly to help jazz fans learn new aspects of jazz. He tried to live up to Duke Ellington's dictum that “listening is the most important thing in music.”

- 6 Thurs, Apr 18–May 23, 3:15–4:45pm
- Judea Reform Congregation, Durham
- Maximum: 30; Fee: \$60; Course ID: 2840

## Good, Better, Best: The Fine Pointes of Ballet

By considering dancers in the same role, this class will provide the opportunity to compare styles and interpretations. We will cover artistic changes over the years and how outside influences impact a choreographer's creations. No prior knowledge of ballet is necessary, just curiosity about what separates the good from the not so good. Individual prejudices welcomed.

| Lecture (plus questions); viewing videos

**Betsy Bullen** has been involved with ballet all her life, studying technique as a child and pursuing the academics as an adult. She has taught many courses for OLLI, and her favorite pastime is introducing people to the ballet, making converts.

- 6 Wed, Apr 17–May 22, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 30; Fee: \$60; Course ID: 2837

## Music in the Movies: Into the 21st Century

In the third installment of this course, we will be examining trends in film composition in the late 1900s and into the 2000s. The course will focus on a few key composers, such as Hans Zimmer, Alexandre Desplat, Danny Elfman, James Newton Howard, and Thomas Newman. Each class session will focus on the work of one composer, including a representative feature-length film, plus audio excerpts, a short lecture, and post-viewing discussion. This is a course for movie fans who would like to learn more about how “background” music adds to the film experience. A knowledge of film and music history is helpful but not required, nor is participation in either of the previous courses in this series. | Lecture (plus questions); facilitated discussion; listening to music or other audio; viewing videos

**Edison McIntyre** is a former journalist and broadcaster with classical radio stations. He holds a BA in music history and a BS in broadcasting from the

University of Florida, as well as an MA in American history from UNC–Chapel Hill. An avid film buff since adolescence, he looks forward to sharing his broad knowledge of movies and music with his students.

- 6 Mon, Apr 15–May 20, 1:00–4:00pm
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$60; Course ID: 2863

## Pink Flamingos & Time Warps: Cult Films

Let's do the Time Warp AGAIN! Films like *The Rocky Horror Picture Show*, *Eraserhead*, *Reefer Madness*, *It's A Wonderful Life*, and others have gained a following for many reasons, primarily our fascination with reliving the love we felt when we first watched. This course explores how movies become “cult classics” over the years, exploring a myriad of filmmakers, forgotten Hollywood stars, late-career bloomers, and out-and-out so-bad-they're-great films. Members of the course will learn how to identify a film as a cult classic and name their own personal cult films, and discover why we love the films we love when we love them. Students will experience the joys of watching cult classics and revisiting films that they may not have considered as cult but upon second viewing will change their minds.

| Lecture (plus questions); facilitated discussion

### Required supplies, prerequisites & fees:

Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

### Required text:

- Michael Adams, *Showgirls*, *Teen Wolves*, and *Astro Zombies: A Film Critic's Year-Long Quest to Find the Worst Movie Ever Made* (0061806293), \$15

### Recommended text:

- Jonathan Rosenbaum, *Midnight Movies* (9780306804335), \$19

**Jackson Cooper** is the coordinator of performing arts and film for the North Carolina Museum of Art, where he oversees all performing arts and film pro-

# Performing Arts

*grams, including the year-round and summer movies. He is the author of two books on horror films and is currently working on a book on coded cinema.*

- 6 Mon, Apr 15–May 20, 11:00am–1:00pm
- The Bishop's House, Duke University
- Maximum: 30; Fee: \$60; Course ID: 2842

## Philip Glass & the Minimalists

Focusing on Philip Glass—“one of the most commercially successful, and critically reviled, composers of his generation,” according to *Grove's Dictionary of Music and Musicians*—this course explores minimalism and the world of Glass's time. Philip Glass says that he was influenced as much by the orient and by drama, dance, art, and cinema as he was by music (though he does have very thorough training in Western classical music). He invented new ways of conceiving music, and his music was a surprise to musicians. Our six sessions will guide all listeners into Glass's world of music. We'll start with the origins of minimalism, in Terry Riley's *In C*, and end with a focus on Steve Reich and John Adams. | Lecture (plus questions); listening to music or other audio

### Recommended text:

- Philip Glass, *Philip Glass, a Memoir: Words without Music* (9780871404381), \$20

*Anne Parks was a professor at the University of Michigan-Dearborn and, since moving to NC, has taught music history at five universities and colleges throughout the Triangle. Her specialty is music of the 20th century, and in recent years her particular interest has been in cultural change.*

- 6 Mon, Apr 15–May 20, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$60; Course ID: 2839

## A Taste of Improv!

Experience what improv can offer you in the spirit and philosophy of “Yes . . . and.” This is a two-hour introduction to the joy and art of improv: easy

warm-ups to invigorate your brain and get your laugh center engaged; group exercises to promote focus and living in the present moment. Our spirit will be playful and our attitude positive. The motto is, “There are no mistakes.” Discover your improv possibilities. We will play at Chapel Hill's new comedy theater, The PIT. | Exercise or dance

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

*Carolyn Cole is an adult educator turned improviser who trained at major theater schools in NYC (UCB), Chicago (Second City, iO), and Yosemite! She has studied with master teachers Craig Cackowski, Susan Messing, and David Razowsky, among many others. Carolyn is active in the Triangle's growing improv community, and she happily performs “dream logic” improv as a member of the troupe “The Echoes.”*

- 1 Wed, May 8, 10:00am–12:00pm
- The PIT, Chapel Hill
- Maximum: 24; Fee: \$20; Course ID: 2841

## Leonard Bernstein: The Man (and His Music)

Leonard Bernstein was the greatest all-round musician America has produced. During his centennial celebrations last year, a great deal of information that had been previously unknown about him came to the fore about his philosophies, political activism and complicated personal life. This six-session course will focus on his genius and extra-musical interests as well as his paradoxical personality and how all that related to several of his major compositions. Much of the content of this class will be taken from conversations with two of his children and three newly published (and quite candid) books by Bernstein's assistants from his later years. Please note that a portion of this course will delve into Bernstein's complicated sexuality. | Lecture (plus questions); listening to music or other audio; viewing videos



**Recommended text:**

- Humphrey Burton, *Leonard Bernstein* (9780571337934), \$18

*Maestro William Henry Curry is the music director/conductor of the Durham Symphony Orchestra and an adjunct professor at William Peace University. From 1996 to 2016, he was the resident conductor of the North Carolina Symphony. A Grammy nominee and established composer, he has conducted ensembles that include the Chicago Symphony, the Cleveland Orchestra, the Los Angeles Philharmonic, the New York City Opera, and the Israel Chamber Orchestra.*

- 6 Thurs, Apr 18–May 23, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 30; Fee: \$60; Course ID: 2844

**The Bach Cello Suites**

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 recorded the works in the 1930? Our text by Eric Soblin will offer a guide into the suites from a highly personal point of view. The instructor will be playing movements from the suites in every class and will invite colleagues in to perform them as well. We will focus on the cello suites but will also include the second orchestral suite in B minor to compare and contrast. | Lecture (plus questions); facilitated discussion; listening to music or other audio; viewing videos

**Required text:**

- Eric Soblin, *The Cello Suites: J. S. Bach, Pablo Casals, and the Search for a Baroque Masterpiece* (9780802145246), \$15

*Fred Raimi taught at Duke University as a member of the Ciompi Quartet from 1974 to 2018. With the quartet, he toured in major US cities and worldwide. He has studied and performed the Bach Cello Suites throughout his career.*

- 6 Tues, Apr 16–May 21, 1:30–3:00pm
- The Bishop's House, Duke University
- Maximum: 20; Fee: \$60; Course ID: 2843

## Religion & Philosophy

**When Medicine Was Philosophy**

Until the early Renaissance, medicine (like physics, chemistry, and astronomy) was considered a division of natural philosophy. Starting with the famous Greek philosopher-healers Hippocrates and Galen, this tradition produced many philosopher-physicians who contributed to the advancement of medicine in various ways and helped the sick. They also came up with some cures and medications that would be considered absurd by today's standards. In this course, we will take a journey through the history of medicine

when it was in the realm of philosophy. Among the philosopher-physicians whose contributions we'll discuss are Hippocrates, Galen, al-Kindi, al-Razi, Isaac Israeli, Avicenna, Anna Komnena, Constantine the African, Averroes, Maimonides, Pietro d'Abano, and Mondino de Luzzi. This course will cover the four humors; Basilius, the first hospital; the Islamic world—Eastern provinces; the Islamic world—Africa and the West; scholastic medicine; and the early Renaissance—pioneers of modern medicine. | Lecture (plus questions); viewing videos

# Religion & Philosophy

**Murat Tasar** grew up in Turkey, where he was exposed to all three major monotheistic religions. 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 and Jewish philosophers and scientists of al-Andalus on the medieval European and Renaissance thought.

- 6 Fri, Apr 19–May 24, 1:30–3:00pm
- The Bishop's House, Duke University
- Maximum: 20; Fee: \$60; Course ID: 2845

## Advanced Philosophy of Religion: Does God Exist? Part II

This course will be available to all persons who have taken the instructor's introductory course to philosophy of religion. In this advanced course, we will review the cosmological, ontological, and teleological arguments. Then, we will move forward to discussing arguments for religion and science, foreknowledge and free will, rationality and justified religious belief, and death and immortality. Each week we will read a short piece and then there will be a short lecture and discussion of the logic of each argument. At the end of this advanced course, students will write a brief piece about which argument they find most persuasive and which they find least persuasive. | Lecture (plus questions); facilitated discussion

### Required text:

- Louis Pojman and Michael Rea, *Philosophy of Religion: An Anthology*, 5th ed. (9780495095040), \$40

**Lacey Hudspeth** recently finished her coursework at Harvard University, and she currently works as a research librarian at the North Carolina School of Science and Math. She loves to walk on the Eno, bake with her niece and nephew, and hang out at the Regulator Bookshop looking for new books to read.

- 6 Wed, Apr 17–May 22, 11:00am–12:30pm
- The Bishop's House, Duke University
- Maximum: 25; Fee: \$60; Course ID: 2846

## Christianity Deconstructs Racism

This course is a study of how the Christianity of Jesus is a powerful deconstructive force against America's original sin of racism. As racism evolves, Christians continue to be challenged to either speak out or remain silent, believing that nothing can be done to combat and overcome its evil reality. The antiracism content presented in this course is grounded in equity-based models and covers systemic racism, historical racism, white privilege and other antiracist understandings. The theological content is drawn from readings and interpretation of the scriptures with close readings of the texts and biblical stories that enabled African Americans to remain unapologetically Christian and unashamedly black. | Lecture (plus questions); facilitated discussion; viewing videos

**Required supply fee:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

### Recommended text:

- Osha Gray Davidson, *Best of Enemies: Story of Race and Redemption in the New South* (9780807858691), \$30

**Keith Daniel** (ordained American Baptist) has served three decades in higher education administration and 13 years in full-time ministry, including directing Duke University Chapel's student ministry and executive director positions for faith-based, nonprofit institutions. He earned his BA in comparative area studies from Duke; his MEd from NC State University; and his master's and doctor of divinity from Duke Divinity School.

**Tom Droege** is CEO of Droege Computing, a software development company launched in Durham in 1986. He has held multiple leadership positions in the Evangelical church including missionary work in Mexico. For 10 years, he led the development of the Preparing for Marriage ministry at the Summit Church, Durham, where he currently is a worship musician. His involvement in reconciliation and racial equity began in 1995.

- 6 Tues, Apr 16–May 21, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$60; Course ID: 2848

## Ethics: The Good Life

In this complicated age that we are living in, it is often difficult to speak objectively about “ethics” or “ethical behavior.” In this course, the instructor will not tell you what she believes ethical behavior is—however, she will offer a discussion on the history of ethical arguments. One of the things we often forget is that there is not a single ethical structure but rather a dozen workable structures from which we can choose to follow and adhere. We will begin by looking at Aristotle and virtue ethics, then move to Aquinas’ theological virtue ethics. Then we will look at Kant and deontological ethics, Jeremy Bentham and John Stuart Mill utilitarian ethics, and, finally, a more contemporary care ethics with Nel Noddings. Each of these texts offers its own vision of what it means to live a good life and to be an ethical, moral human being and how we might choose to behave in difficult situations. Although this course requires several books, you can get used copies for only a few dollars each. | Lecture (plus questions); facilitated discussion

### Required texts:

- Aristotle, *Nicomachean Ethics* (9781420953640), \$8
- Immanuel Kant, *A Groundwork of the Metaphysics of Morals* (9781420954463), \$9
- Nel Noddings, *Caring: A Feminine Approach to Ethics and Moral Education* (9780520238640), \$30

**Lacey Hudspeth** recently finished her graduate coursework at Harvard University, where she specialized in medieval theology and philosophy. She lives with her two cats and loves to read and walk on the Eno.

- 6 Fri, Apr 19–May 24, 11:00am–12:30pm
- The Bishop’s House, Durham
- Maximum: 12; Fee: \$60; Course ID: 2847

**See page 6 for venue addresses**

## Religious Diversity—a Strength or Weakness in Our Society?

We live in the most religiously diverse society in human history. Respect and appreciation for the varied identities, perceptions and views should be able to be expressed freely. The climate today in our country challenges these freedoms. In this course, a Jewish rabbi, Christian pastor, and Muslim imam will explore both commonalities and differences in their traditions. The goal of the course is to demonstrate how diversity does enable us to build authentic relationships, learn about each other and participate in common action in community despite our differences. In this course students will learn about the essential beliefs and practices of these Abrahamic faiths and how they are scripturally connected. Students will also learn models of how diverse traditions can work together practically in the community. | Lecture (plus questions)

**Emeritus Rabbi John Friedman** served as leader at Judea Reform Congregation in Durham for over 30 years. He attended the University of Kansas, UNC–Chapel Hill, and Harvard Divinity School, where he was Charles Merrill Fellow in 1994. He has served as president of Durham Congregations in Action, instrumental in founding the Genesis House, a shelter for homeless families.

**Rev. Elizabeth Marie Melchionna** has served as rector at Chapel of the Cross since August 2016. She holds degrees from Davidson College and Yale University. Elizabeth has served as canon for discipleship and parish life at St. John’s Cathedral in Denver, as Episcopal campus minister at Davidson, as assistant at St. Mary’s in Virginia, and as a Luce Scholar working in interfaith engagement in Thailand.

**Abdul Hafeez Waheed** has been an active student of Imam W. Deen Mohammed for 40 years. For 27 years, the religious community in Durham has valued his leadership. Imam Waheed is an active instructor in OLLI. He is a frequent guest in the Triangle at religious institutions to present a series of lectures titled “Community and Public Education on Islam.”

- 6 Thurs, Apr 18–May 23, 11:00am–12:30pm
- The Bishop’s House, Duke University
- Maximum: 15; Fee: \$60; Course ID: 2850

# Religion & Philosophy

## Issues in Science & Religion

The common stereotype of the “conflict” between science and religion is simplistic and misleading. Many supposed conflicts are based on misunderstanding or ignorance, or serve ideological and political agendas; they can be resolved. There are indeed places where significant questions arise, but they are subject to critical study instead of knee-jerk reactions on both sides. The focus of this course will be on the natural sciences and Christianity, with some reference to Buddhism as well. Topics covered will include the history of the natural sciences, and the differences between scientific knowledge and religious claims. Sciences included will be evolutionary biology, quantum physics, astrophysics, and neuroscience; the religious issues will include different conceptualizations of god, and god’s interaction with (not intervention in) the world, creation, providence, and eschatology. The overall goal will be to seek compatibility between science and religion wherever possible, and to illuminate critically the issues that still remain. | Lecture (plus questions); viewing videos

### Recommended texts:

- Ian Barbour, *Religion and Science: Historical and Contemporary Issues* (9780060609382), \$20
- Ian Barbour, *When Science Meets Religion* (9780060603816), \$15
- John Polkinghorne, *Science and Theology: An Introduction* (9780281051762), \$27

**Special note on books:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

**Garrett E. Paul** is Professor Emeritus of Religion at Gustavus Adolphus College. Over his 38-year career, he taught courses as varied as neuroscience and religion, medical ethics, 19th-century theology, and American railroads. He is best known for his work on Ernst Troeltsch and is currently translating Troeltsch’s *Historicism and Its Problems*.

- 6 Thurs, Apr 18–May 23, 1:30–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 20; Fee: \$60; Course ID: 2851

## Hot Topics in Islam 1

Islam is one of the most debated religions which has been under scrutiny for decades in the last century. If it is one of the most misunderstood religions or not has also been a topic of discussion. This course is going to focus on a variety of the most controversial issues in Islam, including Islamic fundamentalism, jihad, and Islamophobia, along with gender-related issues such as women’s rights, honor killings, polygamy, divorce, and hijab. It will shed light on these hot button issues with a depth of knowledge from experts in the field along with examples of both traditional, cultural, and religious practices in different parts of the world. This course will offer a variety of informative articles and some controversial talks about these topics as well as an opportunity to meet with followers of this religion to hear their real life stories. | Lecture (plus questions); facilitated discussion; listening to music or other audio; viewing videos

**Required supply fee:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

### Recommended text:

- Ali Unal, *The Qur’an, with Annotated Interpretation in Modern English* (9781597841447), \$20

**Fatma (Tuba) Kaya** is a graduate of Hartford Seminary (Connecticut) with a master’s in Islamic studies and Christian-Muslim relations and dialogue and a graduate certificate in Islamic chaplaincy. She worked as a university chaplain intern at Cornell University and completed her clinical pastoral education at SUNY Upstate Medical University in Syracuse, New York, as a hospital chaplain. She is a public speaker on religion.

- 6 Tues, Apr 16–May 21, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 15; Fee: \$60; Course ID: 2849

See also . . .

**Religion in the South: Evangelical, Exceptional, and How It Got That Way** (page 57)



# Science & Technology

## The Great Climate Change Challenge

The course will present a comprehensive analysis of the global climate challenge and will substantiate and discuss the following: global warming has accelerated in recent years, approaching 1.1 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 in the right direction; and it appears unlikely we will be able to limit warming to 2 degree C or less. Near term, aggressive action is needed to minimize the warming and associated potentially disastrous impacts. We will examine key components of such action as discussed at global, national, local, and individual levels. | Lecture (plus questions); facilitated discussion; viewing videos

**Frank Princiotta** is a former EPA research director. He 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 SO<sub>2</sub> pollution control technology. He is author of scientific papers on air pollution and climate change mitigation, a frequent speaker before technical societies, and has testified before Congress.

- 6 Wed, Apr 17–May 22, 1:30–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 30; Fee: \$60; Course ID: 2858

## Symposia: Excursions and Diversions

Symposia this term offers four different hosts and seven different lecturers. You won't lose course continuity even if your schedule forces you to miss a class or two because each of our lecturers addresses a different "scientific excursion or diversion."

Because most of our speakers are still active in their careers, their schedules are not completely under their control, so the program described here is subject to change.

| Lecture (plus questions)

**Apr 16:** UNC–Chapel Hill's **Daniel Reichart**, Professor of Physics and Astronomy, is a favorite lecturer among Symposia's classmates, and he has agreed to talk with us again. Today his lecture will be about two ways to make and see a black hole. He may also say a few words about Skynet's DLT 40 project, responsible for the first detection of a gravitational wave source. He says the paper was crazy, with more than 4,000 authors! (Coordinated by Tony Waraksa)

**Apr 23:** Professor **Corinne Krupp**, Associate Dean for Academic Programs, Sanford School of Public Policy, Duke, offers the lecture "US Trade Policy: Is There a Path Out of the Wilderness?" She points out that the Trump administration has engaged in an unprecedented number of trade disputes with many countries during its first two years in office, and President Trump insists that "trade wars are good and easy to win." How well has that been working out for the US? Dr. Krupp will discuss the nature of the trade policies used, their economic impact on the US economy, the responses by our trading partners, and the disruption at the WTO. She hopes to end on a positive note, analyzing some possible paths forward to resolve these trade disputes in a more constructive way. (Coordinated by Jim Hollowood)

**Apr 30:** We will have just survived the annual college basketball March Madness and the bracketing and seeding that goes with it. With this theme in mind, **B. J. Rudell**, Associate Director of POLIS at Duke, has created a Presidential March Madness bracket, matching presidential administrations against one another. Rudell works with Professor Fritz Mayer of Sanford School. (See [polis.duke.edu/curriculum](http://polis.duke.edu/curriculum) for details; you might also Google "Duke Presidential Brackets"). The most recent Presidential March Madness

# Science & Technology

spreadsheet will be sent to class participants with notes prior to the session. (Coordinated by Jim Hollowood)

**May 7:** Dr. **Lewis N. Lampiris**, Assistant Dean for Community Engagement and Outreach, joined the faculty of UNC's School of Dentistry in July 2013 and directs the school's community based service learning program. Dr Lampiris will be reminding us that there is a growing understanding that oral health is integral to overall health and that one cannot be healthy without good oral health. He will argue that Medicare should offer access to comprehensive dental benefits because it is fundamental to maintaining general health. (Coordinated by Diane McGrath)

**May 14:** When Dr. **James Otvos** was on the faculty at NC State University, he pioneered the use of nuclear magnetic resonance (NMR) to characterize blood lipoproteins—what we informally refer to as our “cholesterol” readings. He started LipoScience, Inc., to develop clinical tests to measure HDL and LDL lipoprotein particle size rather than just their cholesterol content. LipoScience was acquired in 2014 by LabCorp, which now offers these state-of-the-art assays. Dr. Otvos will discuss what the “MRI scan of the blood” can tell us about cardiovascular and metabolic wellness, and even longevity. (Coordinated by Ed Cox)

**May 21:** Legislative support for medically assisted dying in the United States has risen steadily in recent years. Eight US jurisdictions currently authorize physicians to prescribe a lethal dose of medication to a mentally competent, terminally ill, adult patient for the purpose of ending the patient's life, provided that certain conditions are met. In this talk, Professor **Mara Buchbinder**, a medical anthropologist who is with the UNC Center for Bioethics, will present findings from the Vermont Study on Aid-in-Dying, which investigated the implementation of Vermont's “Patient Choice and Control at End of Life” Act, enacted in 2013. Drawing on two years of ethnographic

research in Vermont, she will focus on the gaps between advocacy narratives and what assisted death looks like once it is put into practice.

(Coordinated by Tony Waraksa)

**May 28:** An unintended consequence of our foster care system is that its clients “age out” when they turn 18, whether or not they have the skills to be self-sufficient. Without support, those who cannot cope become wards of the state, or homeless or worse. Working to provide support when needed is a form of applied social science, which leads us to **Alex Protzman**, the director of Life Skills Foundation in Durham. Alex will be telling us about this foundation's work and the training and housing it provides for those former foster children who need that help. Some of you may know that The Forest at Duke Summer Sessions (a Symposia and a World Today program) selects a local charity to receive the Summer Sessions registration donations, and this summer The Forest at Duke Summer Sessions is working with Life Skills. (Coordinated by Tony Waraksa)

*Harriet Sander retired after a career as a psychologist. When she moved to Durham, she became a Guardian ad Litem for the court system. Later she joined Tony as a facilitator and host of the Symposia series.*

*Tony 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. He has been arranging and hosting the Symposia invited-speaker series since 2006.*

- 7 Tues, Apr 16–May 28, 2:00–3:15pm
- The Forest at Duke, Durham
- Maximum: 150; Fee: \$70; Course ID: 0373

## Science Books: Some OLLI Members' Favorites

“There is no Frigate like a Book, to take us Lands away,” wrote Emily Dickinson. Members of the OLLI Book Club visit new lands once a month. We invite you to join six of our members as we explore some of the science books we've

recently read that “Took us Lands away.” There is no need for you to read all the books or indeed any of them—although we hope that you will read at least one book. | Lecture (plus questions)

**Special note:** To see the books the instructors will present, see the course details at [learnmore.duke.edu/olli](https://learnmore.duke.edu/olli).

**Phil Carl** holds a PhD in biophysics from the University of California Berkeley. He has taught classes for OLLI on drug development, molecular biology, the Nobel Prizes, and life in the universe.

**Doug Lyda** is a retired USAF computer scientist and retired Hewlett Packard software engineer.

**Dan Oldman** is a retired software engineer with an interest in science including evolution, genetics, geology and physics. His ‘retirement career’ is in young adult literacy where he tutors for two high-school equivalency programs in Durham.

**Mike Rychener** holds a PhD in computer science from Carnegie Mellon University. He has worked in artificial intelligence and robotics, particularly in expert systems for engineering design.

**David Sokal, MD**, trained in public health at CDC, Atlanta, and worked internationally for 30 years. After retiring, he co-founded a nonprofit to promote research to develop reversible male contraceptives.

**Jeff Tuson** is a retired engineer whose career focus was energy and environmental technologies.

**Bruce Wieland** is a PhD engineer (50 years R&D in national labs, universities, startups) who discovered and implemented cost effective ways to utilize cyclotron produced short-lived positron-emitting radio-isotopes for PET/CT metabolic imaging in diagnostic nuclear medicine.

- 6 Tues, Apr 16–May 21, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$60; Course ID: 2584

## The Biology of Cancer

Cancer. Everyone’s life has been touched by it in some way, big or small. Everyone has a story about cancer. Everyone knows about it, but how many of us really understand how it works? This

course will give a comprehensive overview of how cancer develops and spreads—starting from the basics and reaching into the future of prevention, diagnosis, and treatment. We will delve into the complexities of the biology of cancer and break them down to make them accessible and easy to understand. This course is aimed at everybody and requires no specific background in science or medicine. We’ll explore some of the most exciting recent developments in cancer science and visualize how cutting-edge research is changing the lives of patients everywhere—and how things might change in the coming years. | Lecture (plus questions)

### Recommended text:

- Paul Scotting, *Cancer: A Beginner’s Guide* (9781786071408), \$11

**Gaia Cantelli** received her BA in genetics from the University of Cambridge and her PhD in cell biology from King’s College London. She since moved to Duke University to work as a postdoctoral associate within the Duke Cancer Institute, where she focused on the mechanisms through which breast cancer spreads to the bones. She is currently a Lecturing Fellow within the Thompson Writing Program at Duke.

- 5 Tues, Apr 16–May 21 (no class Apr 30), 11:00am–12:30pm
- The Bishop’s House, Duke University
- Maximum: 25; Fee: \$50; Course ID: 2857

## A Conservation Garden: An Introduction to the North Carolina Botanical Garden

This course will provide an introduction to the North Carolina Botanical Garden (NCBG) and its primary programs, demonstration gardens, and natural areas. The Garden’s research directors will provide an overview of the ongoing conservation and systematics research related to the garden’s mission. The director of horticulture will describe how conservation is integrated into garden design and maintenance at NCBG and discuss



# Science & Technology

its “conservation through propagation” efforts to promote the use of native plants while also providing a supply that preempts wild collection. The directors of horticulture and education will provide a tour of the demonstration gardens, describing the overall conservation garden principles and practices as well as facility features of the garden’s LEED (Leadership in Energy and Environmental Design) Platinum-rated education facilities. Many of the principles and strategies are quite accessible and applicable to the home garden. | Lecture (plus questions); field trip(s)

**Joanna Massey Lelekacs**, as the director of education for NCBG, provides overall leadership and management direction for the garden’s education and outreach programs. Through its education programs, NCBG provides diverse, creative learning experiences that seek to inspire understanding, appreciation, and conservation of plants and advance a sustainable relationship between people and nature.

**Johnny Randall**, as the director of conservation at the NCBG and adjunct faculty in the UNC–Chapel Hill Environment, Ecology, and Energy Program, oversees the conservation and management of approximately 1,200 acres of natural areas, administers the garden’s conservation seed programs, and directs rare plant recovery projects. He also does research on rare plant reintroductions and habitat restoration/rehabilitation.

As the director of horticulture at NCBG, **Dan Stern** oversees development, maintenance, plant records, and labeling for over 15 acres of cultivated gardens between the NCBG’s main site and the Coker Arboretum. He also oversees the garden’s “Conservation through Propagation” activities, including seed collection, cleaning, and storage; the operation of greenhouse and nursery facilities; and plant sales.

**Damon Waitt** is the director of the North Carolina Botanical Garden and as such has broad responsibility for overall leadership and management of NCBG and for ensuring that the garden fulfills its mission to inspire understanding, appreciation, and conservation of plants in gardens and natural areas and to advance a sustainable relationship between people and nature.

**Alan Weakley** is a plant taxonomist, community ecologist, and conservationist specializing in the

*Southeastern US. He serves as the director of the UNC Herbarium, a department of the NCBG, and teaches at UNC–Chapel Hill and at the Highlands Biological Station. He is the author of The Flora of the Southeast and a coauthor of The Flora of Virginia.*

## Agenda:

- 9:00–9:30—Breakfast and Connections
- 9:30–10:40—Part 1: Introduction to the North Carolina Botanical Garden
  - A. Overview (Dr. Damon Waitt)
  - B. Conservation Gardening and Conservation through Propagation (Dan Stern)
- 10:40–10:55—Break
- 10:55–12:25—Part 2: Conservation Research and Systematics
  - A. North Carolina and the Southeast—a Biodiversity Hotspot (Dr. Alan Weakley)
  - B. North Carolina: Its Natural and Unnatural History (Dr. Johnny Randall)
- 12:25–1:15—Lunch (provided)
- 1:15–1:25—Regroup for Tour
- 1:25–2:50—Part 3: Tour of Demonstration Gardens and LEED-certified Facilities of the NCBG (Dan Stern, Joanna Massey Lelekacs)
- 2:50–3:00—Closing Remarks (Dr. Damon Waitt) and Evaluation

**Please note:** There is an outdoor component to this course. Wear comfortable walking shoes and weather-appropriate clothing.

- 1 Tues, Apr 16, 9:00am–3:00pm
- NC Botanical Garden, Chapel Hill
- Maximum: 25; Fee: \$60; Course ID: 2859

## Live African Safari!

Do you want to see African animals live? Do you want to know more about African beasts, birds, insects, and flora? If yes, this course is for you. See African animals and listen to Wild Earth safari guides explain what you are seeing.



Wild Earth has been doing online safaris for years and can tell you everything about the African wildlife environment. Learn to identify common African animals (and a few rarities), understand key ecological issues, and get questions answered about animal behavior and conservation. And it's all live!

***Peter Burke** has spent eight years of his life in African countries, developing a keen interest in African wildlife and its conservation. He's also been watching Wild Earth Safari Live for more than ten years, following many animals through their lives*

*and learning much about wildlife ecology. He spent a week in January at the South African Wild Earth operation making contacts for this course.*

- 3 Mon, Apr 15–29, 12:30–1:30pm
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$30; Course ID: 2862

See also . . .

**When Medicine Was Philosophy** (page 49)

## Social Science & Culture

### **Ethical Wills & How to Prepare Them** **A Guide to Sharing Your Values from Generation to Generation**

This course will examine the concept of ethical wills—the why, when and hows—of preserving your legacy of values for your family and community. We will discuss the history of ethical wills, with roots in the Bible and Talmud and Jewish tradition. We will look at how an ethical will can be a gift of love and value, leaving a legacy to future generations. Various exercises, outlines and guides will be provided to help you get started, helping you create a first draft of your own ethical will. | Lecture (plus questions); facilitated discussion; writing

***Helen Reiner** has a doctorate in clinical psychology from Columbia University and has been in private practice as a psychologist for over 35 years. In addition, she was the director of the Psychology Training Clinic at Wichita State University as well as a supervising training psychologist.*

- 3 Tuesdays, Apr 16–30, 9:00–10:30am
- Carolina Arbors, Durham
- Maximum: 20; Fee: \$30; Course ID: 2852

### **Religion in the South: Evangelical, Exceptional, and How It Got That Way**

In 2014, the *Economist* magazine opined that religion, even more than race relations, explains what makes the South exceptional from the rest of the United States. Indeed, the region long described as the “Bible Belt”—site of the Scopes evolution trial and home base for Religious Right leaders such as Jerry Falwell—is a prayerful kind of place the Georgia writer Flannery O'Connor described as “Christ-haunted.” But that wasn't always so, and there is more to the region's religions than what the Baltimore journalist H. L. Mencken called a “cesspool of Baptists, a miasma of Methodists.” This course will look at Southern faith from its almost agnostic beginnings through the arrival and spread of evangelicalism to the rise of today's “values voters.” Along the way we will examine religion's role in politics and society, exceptions to the evangelical rule, and such counter-conventional manifestations as speaking in tongues, faith healing, and, yes, handling snakes. | Lecture (plus questions); listening to music or other audio; viewing videos

# Social Science & Culture

## Recommended texts:

- Christine Leigh Heyrman, *Southern Cross: The Beginnings of the Bible Belt* (9780807847169), \$30
- Randall J. Stephens, *The Fire Spreads: Holiness and Pentecostalism in the American South* (9780674026728), \$28

*Southern born and bred, Jim Wise wrote his master's thesis on millenarian churches in Western North Carolina. He is a retired reporter, editor, and columnist with Durham newspapers, and has taught OLLI courses on regional culture since 1999. He is the author of several books of local lore, including On Sherman's Trail: The Civil War's North Carolina Climax and Durham Tales.*

- 6 Tues, Apr 16–May 21, 9:00–10:30am
- The Bishop's House, Duke University
- Maximum: 20; Fee: \$60; Course ID: 2853

## Emotional Intelligence: Getting to Know Yourself and Others

How well do you know yourself? If someone were to ask what your favorite sports team, favorite food, favorite song, or movie would be, you would have no problem naming it. But, what if someone were to ask you how well you knew yourself? In today's world, we spend most of our time focused outward, trying to understand the world around us, but what about the world within us? How can we know our inner world better? This is a foundational course providing the basic concepts of emotion and our hard-wiring to better understand your emotions and those of others. Join us for an interactive course to learn more about your inner world of emotions! | Lecture (plus questions); facilitated discussion; writing

## Recommended text:

- Daniel Goleman, *Emotional Intelligence: Why It Can Matter More than IQ* (9780553383713), \$12–\$17

**Please note:** Students should bring a writing pad and pen or an electronic device for taking notes.

*Valerie Duncan (Val) is a psychology supplemental instruction leader at Capella University and has taught courses such as "Tests and Measurements" and "Advanced Inferential Statistics." Her specialization is industrial and organizational psychology. She is passionate about human behavior and the many systems that impact it. Val has been an OLLI member since 2016.*

- 6 Fri, Apr 19–May 24, 1:30–3:00pm
- The Bishop's House, Duke University
- Maximum: 15; Fee: \$60; Course ID: 2856

## Prohibition Redux—Potential Benefits of Psychedelics and other Vilified and Criminalized Substances

Entheogens, also referred to as psychedelics, and other street drugs have long been vilified for political advantage. Their enormous potential, both to treat serious mental health issues and for otherwise healthy people, was well established by the 1960s. Not only were they criminalized but all further clinical research was prohibited. As limited research has been allowed in recent years, results have been remarkable. In 2018 the FDA granted breakthrough status for Psilocybin (magic mushrooms) to treat depression and MDMA (Ecstasy) to treat PTSD. They are simply more effective, have fewer side effects, and cost much less. This class will cover a number of topics including the history of drug criminalization, the science and research related to criminalized drugs, and the potential benefits when used properly. Sorry, no samples. | Lecture (plus questions); facilitated discussion; viewing videos

## Recommended text:

- Michael Pollan, *How to Change Your Mind* (9781594204227), \$17

*Matt Epstein's careers have included law; executive director of university-based centers; teaching in high school, college, law, and medical schools; starting various businesses; and working with youth, prisoners, and addicts. He presently teaches math and is a principle in both consulting and nonprofit organiza-*

tions. He has a BA in psychology from Yale and law degrees from UNH and BU.

- 6 Wed, Apr 17–May 22, 1:30–3:00pm
- The Bishop's House, Duke University
- Maximum: 25; Fee: \$60; Course ID: 2855

## **Drawing for People with Dementia: Using the Power of Zentangle®**

### **A Special Course for People with Dementia and Their Caregivers**

The Zentangle® Method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing simple structured patterns. This supportive class is designed for people with mild-to-moderate dementia and their caregivers, and will be taught at an unhurried pace. This method increases focus and creativity and provides a light-hearted way to relax and to facilitate a shift in focus and perspective. Zentangle students often find that they can not only create beautiful art but also create a different mood. It provides artistic satisfaction along with a personal sense of well-being. Zentangle classes are taught by certified Zentangle teachers to students across a wide range of interests, ages, and abilities.

| Hands-on activity

**Required supplies & fees:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

*Cathy Boytos is an artist, graphic designer, photographer, and Certified Zentangle Teacher. She lives in Raleigh with her husband, Greg, and her cat, Annie. She has an extensive background in graphic design and used to teach in the community college arena. She is currently teaching Zentangle classes and workshops in the Triangle area of NC. Cathy's wish is to be your guide on a journey that is simple to do and comprehend. It is easy to learn, and fulfilling beyond expectations.*

- 4 Wed, Apr 17–May 15 (no class May 8), 1:30–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 10; Fee: \$40; Course ID: 2854

## **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. Getting a new perspective engages students and instructors, broadens our understanding, facilitates civil discourse and encourages further learning. The course facilitator has invited five thought-provoking guest speakers who will share their perspectives on five fascinating topics.

| Lecture (plus questions)

### **Recommended text:**

- Earl Abdul Malik Mohammed, *Democracy, Islam and Civic Virtue: Muslim American Jihad Against Extremism* (9781495809538), \$12

**Special notes:** Please see the course details at [learnmore.duke.edu/olli](http://learnmore.duke.edu/olli).

*Dick Chady is an experienced journalist, communications director, and advocate for progressive causes. He has developed materials or presented trainings on how nonprofits can improve their public relations efforts, health topics, the living wage, and Medicaid expansion. He organized the New Lens courses for Spring 2016 and Winter 2017 terms. In 2017, he was elected to the OLLI board of advisors.*

- 5 Mon, Apr 15–May 13, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 50; Fee: \$50; Course ID: 1977

See also . . .

**Crafting Policy on Senior Hunger** (page 29)

**Cutting the Cable Cord** (page 18)

**Foodie Field Trips** (page 44)

**Indonesia!** (page 36)

**MacOS Numbers for Genealogy:**

**A Spreadsheet Workshop** (page 18)

**Microsoft Excel for Genealogy:**

**A Spreadsheet Workshop** (page 18)

# Writing

## Reading & Writing Creative Prose

Have you considered writing your memoir? Do you like reading and discussing memoirs? Do you want to write a novel or short story based on a true event or even one you just made up? This class will read Beryl Markham's amazing memoir *West with the Night*. We will read a few chapters each week and discuss the writing techniques she used to craft her story. Then we will discuss class members' writing in a workshop format. In addition, there will be optional writing exercises concentrating on writing scenes. Each class member will have the opportunity to present three pieces of writing during the six-week course. This class is open to any level of writers who are working on creative prose: memoir, fiction, short story, personal essay, flash fiction, etc. There will also be opportunities to meet with the instructor individually. | Lecture (plus questions); writing

### Required text:

- Beryl Markham, *West with the Night* (9781388281533), \$10

**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 co-founded the *Mid-American Review*. He has held positions in editing and publishing. He works as a writing and publishing coach.

- 6 Sat, Apr 13–May 18, 10:00am–12:00pm
- The Bishop's House, Duke University
- Maximum: 10; Fee: \$60; Course ID: 286

## Advanced Writing Workshop

Each class will begin with a short lecture on an appropriate subject. We will then function as a directed writing group. All students must be willing to share some of their writing. Students should bring to the first class a current writing piece they plan to work on for the full six weeks. This course is appropriate for those writing novels or short stories for publication. | Lecture (plus questions); writing

**Samantha Shad** is a veteran Hollywood screenwriter and writing educator.

- 6 Mon, Apr 15–May 20, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 18; Fee: \$60; Course ID: 2860

## Poetry Writing & Revision 2.0

This workshop invites poets with an eye toward publication to develop their skills and hone revision. Those in the workshop need to have or develop a working craft-skill vocabulary. Building this terminology will be part of the course. Participants should have a store of semi-developed poems to work with, far enough along to benefit from the process. Bringing brand new poems may be less rewarding. We will also be exploring craft skills with supplemental handouts and discussions of those or other craft questions during the first ten minutes of class. Included in the poetry toolbox are considerations of voice, music, trope, language, and architecture. We will focus on what strengthens the poem and different possibilities of evolution, including metaphoric development and what deepens the poem. All participant will have opportunities to share their poems and respond to the poems of others. | Facilitated discussion; writing

**Please note:** Students are responsible for printing copies of their poems for the members of the class.

### Recommended texts:

- Ellen Bryant Voigt, *The Art of Syntax* (9781555975319), \$14
- Mark Doty, *The Art of Description* (9781555975630), \$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 poems and creative nonfiction in national and international journals.

- 6 Tues, Apr 16–May 21, 1:30–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 9; Fee: \$60; Course ID: 2687



# Special Offerings

## New Horizons Chorus

### Men & 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.

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

*Choir director **Roman Testroet** is a former PhD student in Historical Musicology and current doer of a large number of part-time jobs. He is the music director at Pilgrim United Church of Christ, has worked as a visiting instructor of Music at Duke University and as a research associate at the Duke University Musical Instrument Collection, and is a frequent collaborator with the Triangle-based Voices of a New Renaissance, Singers of New and Ancient Music, El Fuego, and Christ Church Raleigh's Schola Cantorum. His research interests, when he used to do that kind of thing, were 16th-century Spanish choral music and hip-hop.*

**Carmen Ward** is our piano accompanist.

- 6 Wed, Apr 17–May 22, 3:30–5:00pm
- 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: \$60 (covers group instruction and sheet music); Course ID: 0457

**Registration opens at 9:00am  
on Thursday, March 28 (for Sat, Sun, Mon,  
Tues classes), and on Friday,  
March 29 (for Wed, Thurs, Fri classes)**

## 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 farther 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 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 comprises 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 over 200 bands in the US and Canada as well as 8 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 welcome 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 for experienced players 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 that plays many of the war-time songs by such iconic musicians as Glenn Miller and Tommy Dorsey. Its repertoire

# Special Offerings

also includes newer jazz and pop pieces suitable for dancing or just listening. *Please note:* This band demands a higher level of musical ability and participation must be approved by the director, **Donovan Cheatham**.

**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, playing scored music which features individual soloists. *Please note:* This band demands a higher level of musical ability and participation must be approved by the director.

**Requirements:** Members of the swing band and Dixieland band 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 for the current year, in addition to band fees.*

## Rehearsals & Cost:

### Concert Band

- 6 Thurs, Apr 18–May 23, 3:30–5:30pm
- Fee: \$60; Course ID: 0455

### Contra Band

- 6 Tues, Apr 16–May 21, 3:30–5:30pm
- Fee: \$90; Course ID: 0454

### Swing Band and/or Dixie Dukes

- 6 Wed, Apr 17–May 22; Swing Band, 3:30–5:00pm; Dixie Dukes, 5:00–6:30pm
- 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 Rd, Durham. There is ample parking after 3:15pm, when parents have picked up students from school.

**Jeffery Zentner** manages all of the New Horizons bands. As such, he not only directs the bands, but organizes rehearsals and concerts, selects music, and generally keeps 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 he later attended Ithaca College School of Music for a master's in trumpet performance. He has been teaching band for 39 years, with the past 18 at Durham Academy Middle School.

For additional information, contact Jeffery Zentner at 919-489-9118 x4342 or [Jeff.zentner@da.org](mailto:Jeff.zentner@da.org).

# Activities & Special Interest Groups (SIGS)

*Activities and Special Interest Groups are an integral part of the OLLI learning community and provide opportunities to connect 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 designated coordinator for that activity.*

## Active Aging Conference, Jewish Community Center—Sunday, April 14

The Jewish Federation of Durham is hosting its third annual Active Aging Conference, free for older adults and their families, on April 14, 2019, at the Levin JCC in Durham. Presentations will include information about navigating longer lives, financial and health related topics, rightsizing by

downsizing belongings, and making technology work for you. Visit [www.levinjcc.org](http://www.levinjcc.org) for more information, or contact Stacy Abramowitz at 919-354-4925 or [sabramowitz@shalomdch.org](mailto:sabramowitz@shalomdch.org).

## Book Group

This informal group reads contemporary literature and meets on the second Monday of every month at 3:15pm at Westminster Presbyterian Church, 3639 Old Chapel Hill Rd. For more information, contact Judy Grauer at [judygrauer@gmail.com](mailto:judygrauer@gmail.com) or 919-416-0755.

Mar: *Never Let Me Go* by K. Ishiguro

Apr: *Pachinko* by M. Lee

May: *Warlight* by M. Ondaatje

Jun: *The 6th Extinction* by E. Kolbert

## Community Engagement Special Interest Group (CE SIG)

Other sister OLLI organizations, such as OLLI–UNC Asheville, have longstanding community engagement efforts, each with slightly different approaches depending on participant interests and the dynamics of the local community. Since Fall 2017, we have been designing our own approach to best address Durham's needs and our own OLLI member interests. Our primary focus to date has been small cohorts of OLLI members working together collaboratively on projects identified by community partners to improve their capacity, effectiveness, and outcomes. In the process, we also hope that participants will learn more about Durham and the issues it faces, find a vehicle to use valuable talents and skills, and develop a sense of connection with other OLLI members and the wider community. We welcome new members who are interested in working in a spirit of collaboration with one another and community partners and have creative ideas, time, and energy to devote to our efforts. We meet on the third Friday of each month in the afternoon. For further information, contact Virginia Lee, CE SIG Coordinator, at [vlee31@yahoo.com](mailto:vlee31@yahoo.com) or 919-314-7071.

## 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. The group meets year round, every Monday at 3:15pm at the Durham Senior Center, 406 Rigsbee Ave. For more information, contact Judy Grauer at [judygrauer@gmail.com](mailto:judygrauer@gmail.com) or 919-416-0755. (See page 23 for the Spring 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



### CAREGIVERS SUMMIT

*Navigating the Transitions in Life*

Join us for a day full of practical resources for your journey as a caregiver.

**RTP/Durham**  
Thursday, June 6, 2019  
8:00am – 3:00pm  
The Sheraton Imperial  
4700 Emperor Blvd., Durham, NC 27703

Learn more at [caregiverssummit.org](http://caregiverssummit.org)  
Information hotline: 919.719.6765

**Cost**  
\$15 caregiver  
\$50/professional caregiver (CEs)  
Includes lunch and all sessions

# Activities & Special Interest Groups (SIGS)

partner 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, 2600 Croasdaile Farm Pkwy, Durham. 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@alumni.duke.edu](mailto:judy.stafford@alumni.duke.edu) for 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 ([emilyjlees@gmail.com](mailto:emilyjlees@gmail.com)) ou à George Entenman ([olli@entenman.net](mailto: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 to 2:00pm on the third Friday of each month (Sept–Apr) 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 *OLLI Spotlight* each month. Contact Margaret Riley ([mrileync@gmail.com](mailto:mrileync@gmail.com)) if you are interested in joining us.

## Mac Computer Users Group

Mac users gather for Q&A and short presentations on topics of interest. The group meets periodically at a day, time, and place to be announced. Coordinators: Mary Jo Fickle, [fickle5@aol.com](mailto:fickle5@aol.com), and Susan Eure, [asure@bellsouth.net](mailto:asure@bellsouth.net).

## Mystery Book Club

Whether you *have* a clue, or not, this book club may be for you. We meet once a month to dis-

cuss mystery books our members have designated worthy and interesting to share with the group. We have read and discussed books by authors Ann Cleeve, Arnaldur Indriason, Ruth Rendell, and Ausam Zehant, to name a few. We are an adventurist group looking for new and exciting authors. For more information, contact Madeline "Maddy" Kalstein, [madkalstein@gmail.com](mailto:madkalstein@gmail.com).

## Retirement Transition Group

This informal drop-in group is for OLLI members who are going through transitions in retirement and perhaps experiencing some challenges. The group meeting provides an opportunity to adjust our mindset to this new phase of life, raise awareness of shared concerns, offer ideas that have worked, recommend resources and connect with other OLLI members who are going through the same experiences. People can drop in at any of the meetings. There is no charge. The group meets on the second Friday afternoon of the month—time and location to be announced. To learn more and to be put on a mailing list for meeting reminders, contact Corinne Schillin at [cschillin@yahoo.com](mailto:cschillin@yahoo.com) or 919-537-8450.

## Science Book Club

We read and discuss nonfiction science books on topics including biology, evolution, the physical sciences, medicine, the environment, economics, and biographies of famous scientists. The group is open to all regardless of background, and no registration is required. You *do not* have to be an OLLI member to participate in this book club. The group usually meets the first Thursday of the month from 3:15 to 4:45pm at Blacknall Memorial Presbyterian Church, 1902 Perry St, Durham. Coordinator: Dan Oldman, [daniel.oldman@gmail.com](mailto:daniel.oldman@gmail.com) or 919-544-2686. (See page 54 for the course "Science Books: Some OLLI Members' Favorites.")



# Registration FAQs

Challenged by Registration Day? Want to know how to deal with situations that have come up for many of our members? 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.

## **Where do I go to register online?**

Go to URL [learnmore.duke.edu](http://learnmore.duke.edu) and click on "Student Login."

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

You need to create an account first. Go to [learnmore.duke.edu](http://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 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](http://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 email you used when you joined OLLI at Duke. The system will send a User Name to your email. Look in your email 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 email 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 Kathy Parrish at 919-681-3476 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

# Registration FAQs

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](http://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](http://learnmore.duke.edu), click on "Osher Lifelong Learning," click the down-triangle labeled "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 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 check-out 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 **The Bishop's House** 9:00am–12:00pm on both Registration Days—Thursday, March 28 (for Sat, Sun, Mon, Tues classes), and Friday, March 29 (for Wed, Thurs, Fri classes)—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 both Registration Days—Thursday, March 28 (for Sat, Sun, Mon, Tues classes), and Friday, March 29 (for Wed, Thurs, Fri classes). 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 deliver or send it to The Bishop's House no earlier than 8:00am on Wednesday, March 27, and it will be processed on the appropriate Registration Day in the order received. *Please note:* No checks will

be accepted with the paper form; you will be invoiced after registration. At that time, you can pay one of four ways; see details on the Registration Form. You must pay your invoice within five (5) business days, or you will lose your course registration. We charge a fee of \$30 for all returned checks. Please do not submit any payment until after you are invoiced.

**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 Days. You can also find a friend who is computer savvy to help you or come to **The Bishop’s House** for first-come, first-served assistance on Registration Days.

**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.

*Please see the Registration Insert for registration information and forms and information on Volunteer Opportunities with OLLI at Duke.*

Use this form to create your Spring term schedule. Refer to it while registering online, transfer the information from it to the enclosed registration form, or bring it with you when you attend the registration events at Judea Reform Congregation. You can also use the form to track course confirmations or wait-list status.



# Course Schedule Worksheet

Course Title	Day	Time	Venue	Fee	ID#	Page	Accepted / Wait List
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Osher Lifelong Learning Institute at Duke University  
Box 90700—The Bishop's House  
Duke University  
Durham, NC 27708

Chris McLeod, JD, Director  
Kathy Parrish, Assistant to the Director  
919-681-3476; Fax 919-681-8235  
kathy.parrish@duke.edu

**www.learnmore.duke.edu**

olli@olliatduke.org  
OLLI Registration Office, 919-684-6259

**DATED MATERIAL — PLEASE EXPEDITE!**

# Meet&Greet

**Saturday, April 13, 10:30am, at The Bishop's House**

New to OLLI at Duke? We invite you 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 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 email to OLLIatDuke@aol.com, with the subject "Meet & Greet."

**We look forward to seeing you.**

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