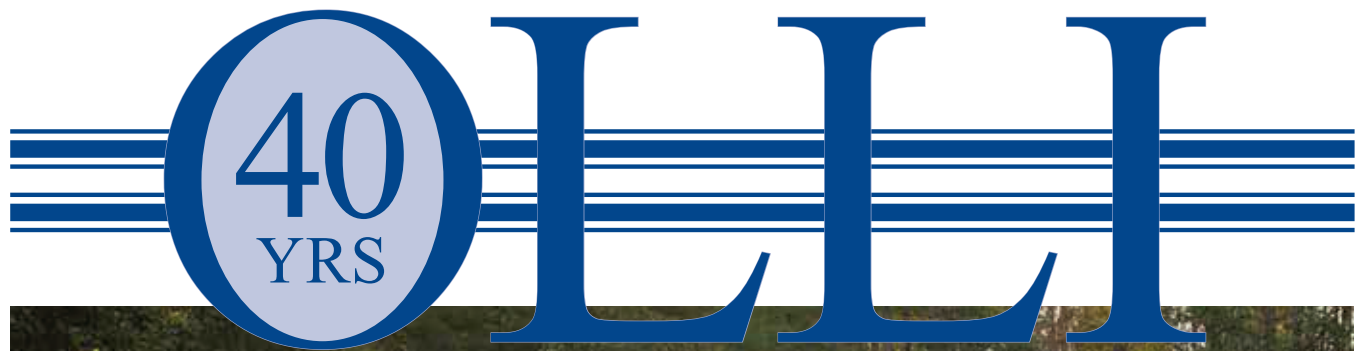
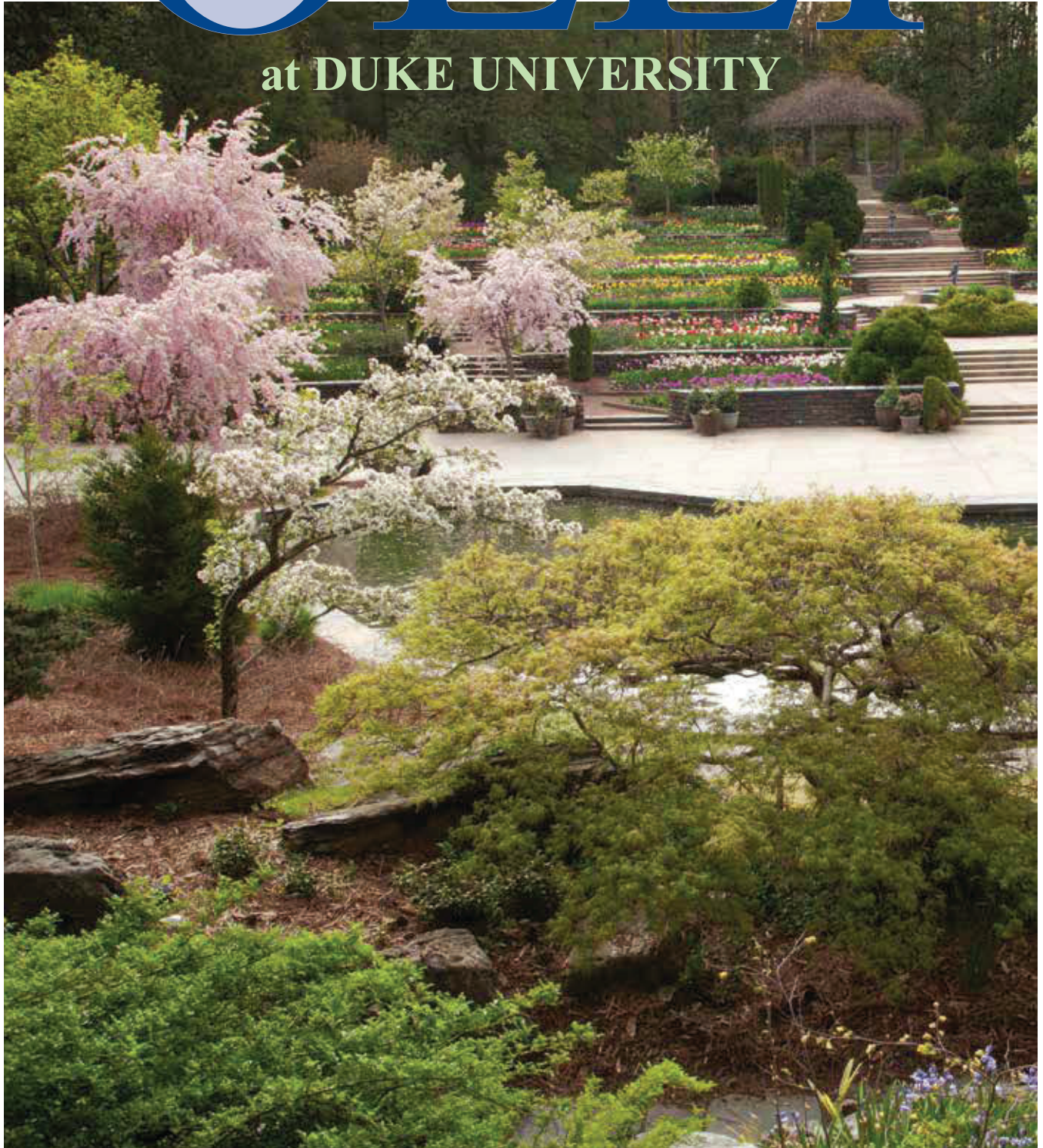


OSHER LIFELONG LEARNING INSTITUTE



at DUKE UNIVERSITY



OLLI at Duke • Learning for Life • Spring 2018

Welcome to the Osher Lifelong Learning Institute at Duke!

OLLI at Duke began in 1977 as the Duke Institute for Learning in Retirement, or DILR. Since 2004 the organization has been a member of the Osher Lifelong Learning Network, a group of over 120 institutes across the country dedicated to meeting the needs of older learners and to extending the demographic served by traditional universities. OLLI at Duke is one of the Osher institutes to have received endowments of \$2 million.

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 exemplifies “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 the Duke East Campus and in the education building at Judea Reform Congregation, 1933 W. Cornwallis Road in Durham (though in recent months, several more venues have been added), meeting once a week for 1½ hours. Class times are usually 9:00am, 11:00am, 1:30pm, and 3:15pm. Please check the detailed course descriptions for exceptions.

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 semester. For more information see the registration page and form in the center of the catalog.

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 2300 members per year.

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

A HISTORY OF THE EUROPEAN UNION: 1945 to Now

This course will take a look at the formation of the European Union as it evolved from the post-WWII era (1945) to its present state. We will study the various steps taken by European nations in their attempt to create a cooperative “union” of states following their experiences in WWI and WWII, and will trace the development of the European Union from the eras of independent states and empire building. ■ *Lecture (plus Questions); Facilitated Discussion*

ERIC JOHNSON was a high school history teacher for 40 years and continues to teach history classes in the OLLI program as well as in the Adult Evening Division of the University of Mount Olive. Eric lived in Europe from 1988 to 2007, a time period consistent with many changes in the status of the European nations as they moved toward “union.”

6 Mondays, April 16–May 21, 9:00–10:30am.
The Bishop’s House. Maximum: 15. Fee: \$60.
Course ID: 2559.

LEARN TO KNIT & PURL: Knit a Summery Shawl

Whether you love colorful accessories or just need a little extra warmth in a cool theater, summer is the ideal time to wear a colorful shawl. Join us as we learn to knit a simple shawl for your next outing. No knitting experience required. ■ *Hands-On Activity (e.g., Computer, Art)*

Required Materials:

- 500 yards of worsted-weight yarn (suggested: Berroco Modern Cotton or Lion Brand 24/7 Cotton)
- size 10 circular knitting needles, 29” length or longer
- stitch markers
- tapestry needle

AMIE PALMER is a lifelong fiber arts enthusiast who has been knitting for almost 30 years. Her favorite projects include making 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 Mondays, April 16–May 21, 9:00–10:30am.
The Bishop’s House. Maximum: 8. Fee: \$60.
Course ID: 2297.

GEORGE S. KAUFMAN & COMPANY

George S. Kaufman was a playwright, theater and movie director, producer, and drama critic, as well as the winner of two Pulitzer Prizes. From 1921 through 1958, there was at least one play written or directed by Kaufman on Broadway each year. Having written 45 plays, he was considered the most successful playwright of the American theater during Broadway’s “Golden Years.” What Eugene O’Neill was to the face of tragedy, Kaufman was to the face of comedy at that time, and still is. If one is to be judged by the company one keeps, he must be held in the highest esteem, having co-written plays with Edna Ferber, Moss Hart, Ring Lardner, Ira Gershwin, Morrie Ryskind, and the Marx Brothers. ■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos*

Recommended Texts:

- Moss Hart, *Act One: An Autobiography* (ISBN: 978-1250050892), St. Martin’s Griffin, 2014), \$12.75.
- Laurence Maslon, ed., *Kaufman and Company: Broadway Comedies* (ISBN: 978-1931082679), Library of America, 2004, \$28.77.

Pauline Kael said, “I lost it at the movies.” LARRY CHARNY believes that at the movies is where we found it. He has done graduate work in theater history at Berkeley and film studies at NYU, and had a career in special education in NYC; it was a logical progression to teach courses at OLLI on Woody Allen and HUAC and the Hollywood blacklist.

6 Mondays, April 16–May 21, 9:00–10:30am.
Judea Reform Congregation Education Building. Maximum: 16. Fee: \$60. **Course ID: 2588.**



ORDERING TEXTBOOKS

Many textbooks may be purchased from **The Regulator Bookshop**, 720 Ninth St., Durham; 919-286-2700. Many OLLI books (most at a 10% discount) are on display near the front desk (some may need to be ordered). You may also purchase your textbooks at abebooks.com, amazon.com, and other online book distributors.

POLITICS & PRIMARIES, 2018

This course will cover political events and campaigning during the 2018 primary election season. Each session will begin with a brief account from the instructor on events of the preceding week, followed by an open discussion of what's happening in politics.

WALTER MEARS covered politics and government for the Associated Press for nearly 50 years prior to his retirement in 2001. He received the Pulitzer Prize for national reporting in 1977.

6 Mondays, April 16–May 21, 9:00–10:30am.

Judea Reform Congregation Education Building.

Maximum: 30. Fee: \$60. **Course ID: 2602.**

STRENGTH & POWER FOR 50+: Resistance Training for Muscular Strength and Endurance

Resistance training is a key component of staying fit as we age, but many of us need the support of a group under the guidance of an expert to get it done. Fight sarcopenia (age-related muscle loss) by challenging your muscles and bones with a variety of equipment such as dumbbells and tubes with handles, as well as body weight exercises. Stretching will be an integral part of the workout. The ability to get down to and up from the floor mats is required. Tests administered using the Criterion Fitness Standards, at the start and end of the past few courses have shown increases in upper and lower body strength ranging from 9 to 57 percent. These results are associated with maintaining functional mobility and physical independence.

■ *Exercise or Dance*

Please note: Students should bring light or medium resistance tubes with handles. The cost is \$10–\$15.

JULIA ROSE is certified personal trainer with the American Council on Exercise, a TRX suspension trainer, and Silver Sneakers certified. She leads fitness classes on land and in the water and has been helping adults get more fit at OLLI since 2006.

6 Mondays, April 16–May 21, 9:00–10:30am.

Judea Reform Congregation Education Building.

Maximum: 15. Fee: \$60. **Course ID: 1607.**

THREE DAYS AT THE FARM

Celebrate the spring through a series of half-day classes with Catherine Tsintzos and the staff at the Duke Campus Farm. The Duke Campus Farm is a one-acre working farm and educational hub dedicated to catalyzing change in the food system. Springtime means constant change and activity and brings new growth and color to our field; 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 the veggie row. Beyond food cultivation, the Farm grows colored cotton, indigo, and other crops whose stories comprise our 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 artists' eye. Each half-day class requires separate registration. ■ *Hands-On Activity (e.g., Computer, Art)*

Monday, May 7: Plein Air Art

Each table under the pavilion will be set up with a still life with bounty from the farm. Artists or enthusiasts wanting to explore, are invited to sketch, paint, write, or photograph. Artists who paint with oils and acrylics will need to bring their own supplies and easels. Supplies for drawing, such as watercolors, pastels, and papers, will be provided. All levels are welcome for an exploration of art and agriculture.

Wednesday, May 9: Spring Salads & Salad Dressings

Come hungry as we explore spring greens and vegetables for creating tasty and healthy salads and delicious dressings to enhance flavor and embellish. Tables will be set with indigo dyed linens, spring florals and an array of delicious healthy salads from the farm. A luncheon tasting is part of the class during the last 45 minutes.

Thursday, May 10: Indigo History & Dyeing

This indigo introductory class with vat prep, also provides a history of indigo in the Carolinas and at the Duke Campus Farm. Learn about the Farm's Heritage Plot, while using Japanese Shibori surface design techniques to create your own silk scarf. You will have sample fabric and a flour sack towel to play with. You may also bring a few items from home, as long as they are not too large and are prewashed 100% cotton, hemp, linen or silk. This is a fun and popular class that always results in beautiful finished pieces that you will be delighted to share. Tools and gloves are all included. Dress for messy play.

Registration opens at 9:00am on March 29

www.learnmore.duke.edu

Please note: Each half-day class is a separate section, requiring separate registration. For each section, there is a \$20 materials fee to cover the cost of supplies and a donation to the Duke Campus Farm. Please bring the exact amount (in cash) to the class; refunds are at the discretion of the instructor.

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

Please note: There are three sections of this course open for enrollment; you can register for one, two, or all three. When registering online, enter the four-digit Course ID (**2607**) into the course search. You will then need to choose your preferred section(s). If registering by paper, write the preferred section(s) on the line(s).

Section 1—Plein Air Art: 1 Monday, May 7, 9:00am–12:00pm (please note date and times). **Duke Campus Farm**, 4934 Friends School Rd, Durham. Maximum: 20. Fee: \$20. **Course ID: 2607-001.**

Section 2—Spring Salads: 1 Wednesday, May 9, 9:00am–12:00pm (please note dates and times). **Duke Campus Farm**, 4934 Friends School Rd, Durham. Maximum: 20. Fee: \$20. **Course ID: 2607-002.**

Section 3—Indigo: 1 Thursday, May 10, 9:00am–12:00pm (please note dates and times). **Duke Campus Farm**, 4934 Friends School Rd, Durham. Maximum: 20. Fee: \$20. **Course ID: 2607-003.**

WHERE HAVE ALL THE NORMALS GONE? A History of Psychiatric Diagnosis from Demons to DSM

Doesn't it seem as if everyone you know has been diagnosed with a psychological illness or is on medication? Through lecture and discussion, we will explore the explosion and diagnostic inflation in psychiatry and its implications, including the medicalization of ordinary life. What is (and is not) a mental disorder? And who is "normal"? We will trace the history of psychiatric diagnosis from shamans and shrinks and then look at the fads of past, present, and future. ■ *Lecture (plus Questions); Facilitated Discussion*

HELEN REINER has a doctorate in clinical psychology from Columbia University and has been in private practice for more than 35 years. She was the director of the Psychology Training Clinic at Wichita State University as well as the supervising training psychologist there for more than 10 years. She developed, and was the executive director for, a center for grieving children in Wichita from 2000 to 2006.

6 Mondays, April 16–May 21, 9:00–10:30am.

Carolina Arbors, Piedmont Hall, 357 Carolina Arbors Dr, Durham. Maximum: 40. Fee: \$60.

Course ID: 2592.

OPPORTUNITIES TO PRACTICE & LEARN MORE ABOUT WATERCOLOR PAINTING

This course will expand your understanding of and abilities with watercolor painting. There will be demonstrations, handouts, and homework in addition to time for painting. Experience with watercolor painting will be most helpful, but beginners are welcome. ■ *Hands-On Activity (e.g., Computer, Art)*

Required Materials:

- **Paper:** Arches #140 cold press, at least 10" x 14." The cost is dependent on the quantity purchased, but figure \$40 for paper; \$2 will buy one 11" x 15" sheet from the instructor.
- **Brushes:** At least three synthetic bristle brushes (#14 and #8 round; 1" flat). Creative Mark Beste brand from jerrysartarama.com is highly recommended. Cost is about \$35.
- **Paints:** Cotman brand (made by Winsor & Newton) paints in tubes are preferred. *Colors:* permanent rose, cobalt blue, lemon yellow, Hooker's green, violet, orange, burnt sienna, indigo, and brown. Cost is about \$5 per 8ml tube.
- **Palette:** A white plastic plate is okay, but one with wells and cover is preferred. Cost for a larger palette is around \$25.

For purchasing supplies, the instructor highly recommends www.jerrysartarama.com.

Bring from Home:

- | | |
|------------------------|----------------------|
| ● water containers | ● #2 pencils |
| ● Viva paper towels | ● kneadable eraser |
| ● roll of toilet paper | ● paper for drawings |
| ● board to back paper | ● ruler |
| ● masking tape | ● scissors |
| ● small spray bottle | ● camera |

BECKY RAYE RUSSELL is a watercolorist of more

than 30 years who has learned from various courses, workshops, and other artists. She taught watercolor painting at Durham Center for Senior Life for 7 years, high school biology for 25 years, and early childhood development to parents for 8 years. This is her fourth year at OLLI.

6 Mondays, April 16–May 21, 10:30am–12:30pm (please note times). **Carolina Arbors, Piedmont Hall**, 357 Carolina Arbors Dr, Durham. Maximum: 15. Fee: \$60. **Course ID: 1881.**

THE MAGIC OF CHOCOLATE IN TWO NOVELS & FILMS

We will consider two bestselling novels and their award-winning film adaptations. Both are modern adult fables that use the magic of chocolate and food preparation to address gender identity, societal repression, and religious orthodoxy in life-affirming, creative, and delightful prose. Set against the backdrop of the Mexican Revolution of 1910–17, *Like Water for Chocolate* is included in any serious discussion of Latin American magic realism.

Chocolat, a charming example of feminist magical realism, is set in a small French village where a single mother with her young daughter arrives to open a chocolate shop just before Lent, setting the stage for a conflict between the enshrined patriarchal traditions of the Catholic church and other, primordial forces. In both novels, food is presented as the magical vehicle for subversive feminist expression. Both films will be shown in class; we will discuss how the adaptations differ from the books, and why we think changes were made.

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

Required Texts:

- Laura Esquivel, *Like Water for Chocolate: A Novel in Monthly Installments with Recipes, Romances, and Home Remedies* (ISBN: 978-0385420174), Anchor, 1995, \$9.49.
- Joanne Harris, *Chocolat* (ISBN: 978-0140282030), Penguin Books, 2000, \$12.48.

LOUISE MASURAT has a BA from the University of Pennsylvania and an MA from Middlebury's Graduate School of French in France, and she completed doctoral studies (a.b.d.) at Harvard in Romance languages. She especially enjoys teaching courses in novels that have been adapted for other media, whether movies or TV series.

6 Mondays, April 16–May 21, 10:30am–12:00pm

(please note times). **Galloway Ridge Retirement Community**, 3000 Galloway Ridge Rd, Pittsboro. Maximum: 20. Fee: \$60. **Course ID: 2578.**

THE ENGLISH GEORGIAN HOUSE IN THE 18th CENTURY

Many English families became very wealthy in the 18th century, evident in their patronage of the arts and architecture. Many built superb country and London houses to show off their wealth and especially their art collections, often brought back from a Grand Tour to Italy. The interior decor of these historic houses also set a style—Georgian, now seen as classic. We will take a look at Kedleston Hall, Stourhead, Holkham Hall, Osterley Park House, Syon House, Spencer House, and 20 Portman Square in London, among others, and see magical interiors from designers such as Robert Adam at Nostell Priory and Osterley Park. Also included will be a look at some of the incredible parks surrounding these houses in the country, designed by such architects as Capability Brown, and we will view some of the art displayed therein, by artists such as Gainsborough, Hogarth, and Reynolds. ■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos*

JAN ELIZABETH MOONEY received her BA and MA in art history from the University of Wisconsin. She also has an MA in history from San Diego State University, with additional art history studies at the University of Chicago and the Courtauld Institute of Art in London. She has taught a wide range of art history courses for many years. Her particular passion has been for English Baroque art and architecture, and she has been fortunate to have spent so much time in England amid these treasures.

6 Mondays, April 16–May 21, 11:00am–12:30pm. **The Bishop's House**. Maximum: 30. Fee: \$60. **Course ID: 2549.**

BEYOND KNIT & PURL: Knit a Colorful Tote Bag

Expand your basic knitting skills by creating a one-of-a-kind tote bag perfect for the pool or the farmers market. Some ability to knit and purl recommended.

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

Required Materials (approximate cost \$35):

- copy of free pattern available at com.yarnspirations.pattern-pdfs.s3.amazonaws.com/Lily_SugarnCreamweb196_kn_tote.en_US.pdf

- 310 yards of heavy worsted or aran-weight yarn in one color, and 130 yards of same yarn in a contrasting color; yarn suggestions include King Tut mercerized cotton or Sugar'n Cream cotton
- US size 7 circular knitting needles, 24" length
- US size 5 knitting needles, regular, or any length circular
- stitch markers
- tapestry needle

AMIE PALMER is a lifelong fiber arts enthusiast who has been knitting for almost 30 years. Her favorite projects include making 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 Mondays, April 16–May 21, 11:00am–12:30pm.
The Bishop's House. Maximum: 8. Fee: \$60.
Course ID: 2565.

A NEW PERSPECTIVE OF ISLAM: Hopeful Visions for Our Time

Muslims are obligated to live true to their identity, as defined in the Qur'an and the life of Muhammed the prophet. The lives of the earliest followers of the religion were a reflection of the correct picture of Islam. However, today the behavior of some people who assert that they are Muslims calls into question their faith and suggests a different picture of Muslim life. Currently there is no greater struggle for a committed Muslim than to fight for a clear recognition of the true values of Islam. For instance, the religion demands a basic commitment to the preservation of life; yet there are groups of Muslims who claim to obey religious principles while committing violence against innocent people. Islam requires its believers always to tell the truth, especially to themselves and about themselves. This course examines the essential nature of Islam and how it is expressed in today's world. ■ *Lecture (plus Questions); Facilitated Discussion*

Recommended Texts:

- Earl Abdul Malik Mohammed, *Democracy, Islam and Civic Virtue: Muslim American Jihad Against Extremism* (ISBN: 978-1495809538), Infinity, 2016, \$11.95.
- Imam W. Deen Mohammed, *Reading Is Fundamental*, ed. Ronald B. Shaheed (ISBN: 978-0692665695), n.p., 2014, \$20.00.

Imam ABDUL HAFEEZ WAHEED has been an active

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

6 Mondays, April 16–May 21, 11:00am–12:30pm.
Judea Reform Congregation Education Building.
 Maximum: 20. Fee: \$60. **Course ID: 2286.**

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

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

■ *Lecture (plus Questions)*

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

6 Mondays, April 16–May 21, 11:00am–12:30pm.
Judea Reform Congregation Education Building.
 Maximum: 30. Fee: \$60. **Course ID: 1655.**

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

This course will present a comprehensive analysis of the global climate challenge and will substantiate the following points: global warming has accelerated in recent years and is approaching a warming of

1.2 degrees Celsius from the preindustrial era; greenhouse gas emissions are the primary driver for this warming; humanity's growing population and increasing demand for resource-intensive goods and services have driven the dramatic growth in emissions over the last 50 years; serious impacts are already occurring and more serious ones appear inevitable; the Paris Climate Accord was a modest but important first step; the US abandonment of this agreement was a step in the wrong direction, and it appears unlikely we will be able to limit warming to 2 degrees Celsius or less. Aggressive action is needed to minimize the warming and associated potentially disastrous impacts; we will identify and discuss key components of such action at the global, national, local, and individual levels. ■ *Lecture (plus Questions); Facilitated Discussion*

Recommended Text:

- Frank Princiotta, ed., *Global Climate Change: The Technology Challenge* (ISBN: 978-9048131525), Springer, 2011, \$74.61.

FRANK PRINCIOTTA recently retired as a research director in the Office of Research and Development, Environmental Protection Agency, in RTP. He has a degree in chemical engineering from City University of New York and a nuclear engineering certificate from ORSORT. He played a leadership role in the development of SO₂ pollution control technology. He is also an author of many scientific papers on air pollution control, has been a frequent speaker before technical societies, and has testified before Congressional Committees.

6 Mondays, April 16–May 21, 11:00am–12:30pm.

Judea Reform Congregation Education Building.

Maximum: 30. Fee: \$60. **Course ID: 2585.**

NATIVE NORTH CAROLINIANS

This course will begin by covering Native North Carolinians before European contact. We will look at the Paleolithic, Archaic, Woodland, and Mississippian cultures and will focus on their way of life and habits, beliefs, myths, and legends. Attention will be given to the key tribes found in North Carolina's coastal, piedmont, and mountain regions, as well as the language groups each was a part of. We will then explore Native North Carolinians after European contact. We will begin with contact made on Roanoke Island, the period of colonization through Indian removal, and the ongoing struggle for Indian sovereignty and cultural identity. The course will close out with an eye on Native North

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

JOEL WULIGER is a retired middle and high school teacher, having taught North Carolina and US history for 15 years. He holds an MA in religious studies from Ashland Theological Seminary and an MEd from John Carroll University.

6 Mondays, April 16–May 21, 11:00am–12:30pm.

Judea Reform Congregation Education Building.

Maximum: 20. Fee: \$60. **Course ID: 2561.**

KEEPING YOUR MUSCLES & BONES FIT: How to Extend the Quality of Your Life

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

Recommended Materials:

- Go4life exercises (go4life.nia.nih.gov/exercise-guide), free.

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

5 Mondays, April 23–May 21, 11:00am–12:00pm

(please note dates and times). **Judea Reform Congregation Education Building.** Maximum: 16. Fee: \$50. **Course ID: 2435.**

MAC OS X FOR EXPERIENCED MAC USERS

This course is not a beginner's Mac class; it is for current Mac users who want to know more about using and navigating the Mac operating system. We will look at the Desktop, the Finder, the Finder window, the Dock, and icons; cover Preferences

for the entire system as well as for individual software; review document and file management; and explore selected software included as part of OS X as well as the Help files that apply to each application. If time allows, we will also examine some of the troubleshooting techniques for OS X.

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

Prerequisites: Mouse dexterity and a general familiarity with using a Mac.

Required: Participants must have an e-mail account and a recent version of OS X.

SUSAN EURE, a retired English teacher/editor, has been using and loving Mac computers since 1985. She began teaching OLLI's Mac class in 2008 and our iPhoto class in 2011.

6 Mondays, April 16–May 21, 11:00am–12:30pm.
Smith Warehouse Computer Lab. Maximum: 8.
Fee: \$60. **Course ID: 2598.**

WRITING FOR CHILDREN

So you want to write a children's book. You've got a great idea, your kids and grandkids have always loved your stories, and you're ready to take the next step—but where to start? In this course, you'll learn how to turn that idea into a manuscript, whether you're working on a picture book, a young adult novel, or anything in between. We'll cover character, plotting, voice, and age-appropriateness of vocabulary and emotional content. You'll read and analyze recent and classic children's books, then discuss your discoveries with classmates. Meanwhile, we'll experiment with dialogue, point of view, scene building, subtext, and revision. Finally, we'll look at how to get your book out into the world of readers. ■ *Lecture (plus Questions); Facilitated Discussion; Writing*

EILEEN HEYES is the author of five books for children and teens and is a freelance book editor. She taught for ten years as a writer-in-residence through the United Arts Council's Artists in Schools program. She has a master's degree in English from NC State University.

6 Mondays, April 16–May 21, 1:30–3:00pm.
The Bishop's House. Maximum: 15. Fee: \$60.
Course ID: 2596.

Registration opens at 9:00am on March 29
www.learnmore.duke.edu

ADVANCED STORY DEVELOPMENT

This course is aimed at intermediate and advanced writers who already know the basics and are working on short stories or novels for publication. We will investigate subtext, character arcs, structure, subplots, and similar tools of the trade. ■ *Lecture (plus Questions); Writing*

SAMANTHA SHAD spent more than 20 years writing movies for major Hollywood studios and television networks. She was active in the Writers Guild of America, chairing its Women's Committee and its Women's Foundation, and served on the Directors Guild of America–WGA Women's Filmmaker's Foundation and Joint Committee. She is an entertainment attorney and has previously taught advanced writing at UCLA, the American Film Institute.

6 Mondays, April 16–May 21, 1:30–3:00pm.
Judea Reform Congregation Education Building. Maximum: 12. Fee: \$60. **Course ID: 2593.**

THE 12 STEPS AS A WAY OF LIFE

This course will describe the origination of the 12 steps and the consequent development and application of this spiritual program for overcoming many personal and societal problems. Millions of practitioners throughout the world now rely on this approach to recover from alcoholism, drug addiction, compulsive overeating, and other problems. This course will ask students to study brief descriptions of each of the steps and participate in class discussions of their content. ■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos*

Required Text:

- Alcoholics Anonymous World Service, *Twelve Steps and Twelve Traditions* (ISBN: 978-0916856069), 1995, AA World Service, Inc., \$11.95.

Recommended Text:

- Alcoholics Anonymous World Service, *Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism* (ISBN: 978-0916856182), Hazelden, 1991, \$8.69.

BILL RICKARD, MBA, MS, MA, spent nearly 30 years working for the US government in Washington, DC, as an analyst, a manager, and a career development counselor. Since retiring in 1994, he has taught at several universities and pioneered a course titled "Right Livelihood in Recovery."

6 Mondays, April 16–May 21, 1:30–3:00pm.
Judea Reform Congregation Education Building. Maximum: 15. Fee: \$60. **Course ID: 2572.**

TWENTIETH-CENTURY WOMEN POETS:

Millay, Rukeyser, and Stone

The 20th century was a pivotal time for women's poetry in America. In this course, we will consider three extraordinary poets: Edna St. Vincent Millay, Muriel Rukeyser, and Ruth Stone. Born in the late 19th to early 20th centuries, these poets left profound legacies. Millay became a poet-celebrity, packing theaters, reading poems classically inspired yet modern in a feminine voice. Rukeyser's poetry recalls Whitman in scope, articulating an expansive vision. By encompassing art, science, history, and politics, her voice is passionate, questioning, and progressive. Stone, practicing poetry into the 21st century, took the raw material of her struggles—her poverty and the suicide of her husband—and filled her poems with the ordinary day-to-day, from middle into old age. Coupled with her need to navigate a painful life and search for meaning, Stone's poetry is narrative, musical, and philosophical. After a brief contextual introduction, we will bring collective insight to the poems. ■ *Facilitated Discussion; Listening to Music or Other Audio*

Please note: Some of the home assignments include links to audio files of poems on websites. Participants should have computer access.

Required Texts:

- Ruth Stone, *What Love Comes To: New and Selected Poems* (ISBN: 978-1556592713), Copper Canyon Press, 2008, \$12.07.
- Muriel Rukeyser, *Muriel Rukeyser Reader*, ed. Jan Heller Levi (ISBN: 978-0393313239), W. W. Norton & Company, 1995, \$20.62. (Used copies are available online at a substantial discount.)
- Edna St. Vincent Millay, *Selected Poetry of Edna St. Vincent Millay*, ed. Timothy F. Jackson (ISBN: 978-0375761232), Modern Library, 2002, \$8.50.

JANE SEITEL is an expressive arts therapist and late-blooming poet. She received an MFA in poetry from Drew University, focusing on women's spirituality in American poetry. Prizes include the Charlotte Newberger Award 2010 and honorable mentions in Voices Israel, The Florida Review, and Kakalak 2017. She founded a poetry press for women over 50.

6 Mondays, April 16–May 21, 1:30–3:00pm.

Judea Reform Congregation Education Building.
Maximum: 15. Fee: \$60. **Course ID: 2579.**

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 set you on 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 session 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. We 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 50 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 tenth digital camera.

6 Mondays, April 16–May 21, 1:30–4:30pm (please note times). **Smith Warehouse Computer Lab.**
Maximum: 10. Fee: \$60. **Course ID: 2599.**

SOLVING ALL LEVELS OF SUDOKU PUZZLES

Want to learn how to solve sudoku puzzles without “cheating”? Learn the basic strategies, intermediate strategies, and “expert” techniques required to solve all levels of sudoku puzzles. This course is for beginners as well as experts. We'll do some puzzles in class, but you'll be given puzzles to complete at home as well. This is a FUN course! ■ *Lecture (plus Questions); Facilitated Discussion; Hands-On Activity (e.g., Computer, Art); Viewing Videos*

DICK IMMEKUS is a retired business owner with BSEE and MBA degrees. He has previously taught two other courses at OLLI: one on volcanoes and one on randomness.

6 Mondays, April 16–May 21, 1:30–3:00pm.
Carolina Arbors, Piedmont Hall, 357 Carolina Arbors Dr, Durham. Maximum: 20. Fee: \$60.
Course ID: 2570.

QIGONG: Energy for Life

Qigong (say it “chee-goong”) refers to a vast body of traditional Chinese exercise designed to enhance one’s personal life force for healing, wellness, daily vitality, strength, emotional balance, and spiritual progress. Qi literally means internal energy or bioelectricity. In nature, it is the vibration of “yin” and “yang,” the source of both change and continuance. This course will focus on deepening breath and coordinating it with whole-body movement and visualization as we practice the 18 Immortals Qigong as well as auxiliary exercises, including selections from the 5 Animals Medical Qigong.

■ *Exercise or Dance*

Recommended Texts:

- Ken Cohen, *The Way of Qigong: The Art and Science of Chinese Energy Healing* (ISBN: 978-0345395290), Ballantine Books, 1997, \$15.00.
- Yang Jwing Ming, *The Root of Chinese Qigong: Secrets of Health, Longevity, and Enlightenment* (978-1886969506), Ymaa Publication Center, 1997, \$21.65.
- Shou-Yu Liang and Wen-Ching Wu, *Qigong Empowerment: A Guide to Medical, Taoist, Buddhist, and Wushu Energy Cultivation* (978-1889659022), Way of the Dragon Publishing, 1996, \$24.29.

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

6 Mondays, April 16–May 21, 3:15–4:45pm.

Judea Reform Congregation Education Building. Maximum: 24. Fee: \$60. **Course ID: 2151.**

OLLI AT NIGHT CLASSES

WRITING & IMPROV IN THE “CURB YOUR ENTHUSIASM” STYLE

Larry David has invented a new improv form with his show *Curb Your Enthusiasm*. He develops a story outline for each show but no script is written. The show is then improvised by the actors. This course will use that style to develop a story idea with a writer’s table, write a story outline, and then improv our idea until we think it works. During the last class, we will perform our finished work. This is a

great opportunity to work with other writers in developing comedy writing skills, learning a new improv form, and having fun with other funny people. ■ *Hands-On Activity* (e.g., *Computer, Art*); *Viewing Videos*; *Writing*

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

Recommended Text:

- Deidre Dolan, *Curb Your Enthusiasm: The Book* (ISBN: 978-1592402304), Gotham, 2006, \$1.99.

PAUL DEBLINGER is a writer and actor. He has published many poems, stories, essays, and articles. He is a member of the Little Green Pig Theatrical Concern, appearing recently in the improvised play *Lake Placid*. He has performed improv in Prague and North Carolina.

6 Mondays, April 16–May 21, 6:30–8:30pm (please note times). **The Bishop’s House.** Maximum: 10. Fee: \$60. **Course ID: 2595.**

GUIDE TO LOCAL JAZZ: The Hidden Gems Pop-Up Version

There are many below-the-radar jazz venues in our area that prior “Guide to Local Jazz” courses haven’t covered. Everybody knows Sharp Nine, but who goes to the 2nd Wind in Carrboro, the Durham Hotel’s Third Tuesday Jazz, or NCCU’s student jazz ensembles? Through field trips, we will discover where these jazz gems are hidden. That means spending rotating evenings (and one Saturday afternoon) in a small group listening to talented local musicians do their thing. Most venues will be pass-the-hat, and one may have a small cover charge; they will all have good music, opportunities to get to know more local musicians, and the usual good fun this course offers. ■ *Facilitated Discussion*; *Listening to Music or Other Audio*; *Field Trip(s)*

Please note: The days, times, and locations of the sessions vary; please see the schedule below.

After many years of listening to jazz and getting to know local jazz musicians, PETER BURKE has taught “Guide to Local Jazz” since Fall 2013. Listening to local musicians talk about their careers and play their music and getting to know local jazz venues, he considers himself lucky to have returned home to Carrboro to experience the growth of jazz here.

Schedule:

Monday, April 16, 7:00pm

Imbibe, 108 Henderson St, Chapel Hill

Sunday, April 22, 7:00pm

West End Wine Bar,

450 W Franklin St, Chapel Hill

Saturday, May 5, 2:00pm

The Station, 201 E Main St, Carrboro

Thursday, May 10, 8:00pm

Imbibe, 108 Henderson St, Chapel Hill

Wednesday, May 16, 7:00pm

2nd Wind, 118 E Main St, Carrboro

Tuesday, May 22, 8:00pm

Durham Hotel, 315 E Chapel Hill St, Durham

6 sessions, April 16–May 22; days, times, and locations vary (see schedule above). Maximum: 15.

Fee: \$60. **Course ID: 2605.**

*Rotating
evenings
& one
afternoon*

USING CONTRACT LAW TO ASSIST WITH COMMON TRANSACTIONS

Various elements of contract law can be helpful in negotiating common transactions, including but not limited to paying bills, mortgages, loans, product purchases, and consumer contracts, to name a few. Learning about what constitutes an adhesion contract, which types of contracts need to be in writing to be enforceable, what actually constitutes a “writing,” which important items to consider in agreeing to arbitration clauses in contracts, and what constitutes an “offer,” “acceptance,” and “consideration” can all be paramount. ■ *Lecture (plus Questions); Facilitated Discussion*

STEPHEN SCHANZ earned a business degree from Western Michigan University, a JD from Pepperdine University School of Law, and an LLM from University of Chicago-Loyola. He previously taught at Western Michigan and North Carolina State Universities. He has lectured and written extensively on legal topics.

6 Tuesdays, April 17–May 22, 9:00–10:30am.

The Bishop's House. Maximum: 30. Fee: \$60.

Course ID: 2558.

INTERMEDIATE CONVERSATIONAL SPANISH

Each week, we will listen to Spanish music, read a children's book in Spanish, eat tapas, and learn a bit more culture, grammar, and vocabulary. This is a

continuation of the Winter 2018 course, but anyone who has had a year of Spanish is welcome to join us. In this term, we will venture beyond the present tense. The first class will start with chapter 1, “Nuevas caras, nuevas perspectivas,” in the Dawson textbook. Students should obtain the text's 9th or later edition. You do not need the text's CD or access code. We will also meet for a paella luncheon at Treyburn Country Club (date to be announced).

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

Required Text:

■ Laila M. Dawson et al., *Dicho y hecho: Beginning Spanish*, 9th edition (or later) (ISBN: 978-0470880609), Wiley, 2011, \$19.94. Used copies available online at a substantial discount.

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

5 Tuesdays, April 24–May 22 (please note dates), 9:00–10:30am. **The Bishop's House.** Maximum: 15. Fee: \$50. **Course ID: 2604.**

BUILDING PEACE WITHIN & WITHOUT

Peace moves much like a ripple in water: it starts at our center and then flows outward to touch others. Often, though, we don't feel peaceful. Our feelings often catch the blame for this: “I wish I didn't feel sad . . . angry . . . so sensitive!” We resist our emotions, unintentionally increasing our suffering. No matter where we fall on the emotional sensitivity spectrum, emotions are part of who we are. Once we learn to appreciate our feelings—what they offer and how to work with them—we become more peaceful. Only then can we bring that calmer approach to our relationships. This course will offer an overview of how to build a new relationship to your emotional life and how to bring your more peaceful self to the relationships you cherish. In a respectful atmosphere, we will review knowledge and practice specific skills that we can take with us to cultivate greater peace. ■ *Lecture (plus Questions); Facilitated Discussion*

MARIAN PLACE, LCSW, is a retired psychotherapist and the author of a book on slowing down one's pace of life. She has been on a lifelong quest to cultivate increased peacefulness. Her teaching is informed by

her learning as a therapist, her membership on a conflict resolution team, and her pursuit of mindful, slower living.

5 Tuesdays, April 17—May 15 (please note dates), 9:00–10:30am. **Judea Reform Congregation Education Building.** Maximum: 15. Fee: \$50. **Course ID: 2586.**

WORDPRESS WEBSITE WORKSHOP: Beyond the Basics

This course is for OLLI students who have taken “Easy WordPress Websites,” many of whom have requested a workshop-type course in which they can suggest topics and ask questions in a more open-ended forum. The WordPress theme we are using now is called “Divi.” Previous students may have used a different WordPress theme, but we will review the Divi theme in the initial classes so everyone is comfortable with it. The rest of the class content will be entirely determined by suggested topics and questions from participants. The instructor will provide a web page that will outline all topics and questions and indicate what content will be covered in each class. ■ *Lecture (plus Questions); Hands-On Activity (e.g., Computer, Art)*

Prerequisite: The course “Easy WordPress Websites.”

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 “WordPress Websites That Sell” at Durham Technical College.

6 Tuesdays, April 17–May 22, 9:00–10:30am.
Smith Warehouse Computer Lab. Maximum: 10. Fee: \$60. **Course ID: 2293.**

BEESWAX & OIL PAINTING: Cold Process

This course introduces the student to a cold wax painting process using beeswax. It offers the opportunity to achieve effects in one’s painting often restricted by media. Using oils as color, this media sets more quickly than acrylics. It can be “re-activated” and even “erased,” yet offers unparalleled permanence of color. Effects can be as varied as watercolor, impasto, and oil glaze—all without the odor of oil and with cleanup as easy as acrylics. ■ *Hands-On Activity (e.g., Computer, Art)*

Please note: There will be a \$15 materials fee to cover the following instructor-provided materials: oil paint starter set (12+ colors); 2 soft bristle brushes, #0–2 round, 1/4” flat; palette knife; drip bottle of solvent; snap-top container of prepared beeswax; novice canvas, 10”x12”; palette (plastic, wood, or glass). Please bring the exact amount to the first day of class; refunds are at the discretion of the instructor.

G. WADE CARMICHAEL, holds a BFA in historic materials and techniques from Indiana University. He was the director of exhibits for the Indiana State Museum and the executive director for the Charlotte Museum of History. His teaching background includes fine arts for Indiana University; education through exhibitry for the Indiana State Museum; managing historic sites and properties for Queen’s College; and history, arts, and culture at the Cary Senior Center and for Wake Tech Community College.

6 Tuesdays, April 17–May 22, 9:00–10:30am.
Carolina Arbors, Piedmont Hall, 357 Carolina Arbors Dr, Durham. Maximum: 12. Fee: \$60. **Course ID: 2564.**

IMPROV THEATER GAMES WORKSHOP

Let your playfulness emerge using the “Yes . . . and” improv philosophy. Adapted from Viola Spolin’s work, Theater Games are easily learned and fun to play without any reason other than to have a good time. They can also help build improv muscles. Our attitude will be “just play and have fun.” Students new to improv may want to use this one-session workshop as a way to test the “improv waters.” Every Theater Games workshop is unique, so returning students can enjoy and benefit.

■ *Exercise or Dance*

Please note: Wear comfortable, sturdy shoes and dress for ease of movement.

CAROLYN COLE performs long-form improv in local theaters and wherever else she can. She also teaches improv at the Durham Arts Council. Trained at Second City, iO, and UCB/NYC, Carolyn believes that improv wisdom can make a positive difference in your everyday life. Her motto: “Try improv. You will become ageless.”

1 Tuesday, April 17, 9:00–11:00am (please note date and times). **Seymour Center,** 2551 Homestead Rd, Chapel Hill. Maximum: 12. Fee: \$10. **Course ID: 2443.**

RETIREMENT COMMUNITIES: What They Are, Why They're Popular, What They Cost

This two-session course is for those who would like some information about local retirement communities to decide whether they want to pursue them further. It is also for those who are only interested in local communities and do not want to visit all the communities visited in "Stay Put or Move On?" (offered Fall and Winter terms). This course reviews independent living and continuing care retirement communities in Durham and Chapel Hill, providing information on the services these communities provide, their entrance requirements, and their entrance and monthly fees. This will be the last time Fred Porter offers this course. ■ *Lecture (plus Questions)*

Please note: This course does not visit retirement communities.

FRED PORTER moved to Durham in 1971. He holds BS and MS engineering degrees from the University of New Hampshire and University of Colorado and an MBA from Duke University. He retired from the Environmental Protection Agency after a career of 34 years. He developed the OLLI course "Stay Put or Move On?" in 2012 and taught it until 2016, when he "retired" and turned it over to the current instructors.

2 Tuesdays, April 17 & 24, 10:00am–12:00pm (please note dates and times). **Judea Reform Congregation Education Building**. Maximum: 24. Fee: \$20. **Course ID: 2034.**

IMPROV THEATER: Scenework

Scenework is the keystone of improvisation. Be prepared to advance your scenework skills to a new level. Our focus will be on building relationships in worlds that you create. Live more in the moment, discovering what is present right now and how to work off that. No need to "script" a scene. You already have everything you need to make a scene "work." It's a matter of discovering what is in you and in front of you (in your partner) and learning what to do from there. Experience the true collaboration that makes improvising wonderful. Be ready for active physical participation including frequently alternating between standing and sitting, plus physical movement. An end-of-class performance is optional. ■ *Exercise or Dance*

Prerequisite: A theater background or completion of a beginning improvisation class.

Recommended Texts:

- Rob Norman, *Improvising NOW: A Practical Guide to Modern Improv* (ISBN: 978-1497408401), CreateSpace Independent Publishing Platform, 2014, \$19.81.
- Matt Besser, Ian Roberts, and Matt Walsh, *Upright Citizens Brigade Comedy Improvisation Manual* (ISBN: 978-0989387804), Comedy Council of Nicea, 2013, \$25.00.

CAROLYN COLE performs long-form improv in local theaters and wherever else she can. She also teaches improv at the Durham Arts Council. Trained at Second City, iO, and UCB/NYC, Carolyn believes that improv wisdom can make a positive difference in your everyday life. Her motto: "Try improv. You will become ageless."

5 Tuesdays, April 24–May 22, 10:00am–12:00pm (please note dates and times). **Seymour Center**, 2551 Homestead Rd, Chapel Hill. Maximum: 8. Fee: \$50. **Course ID: 2407.**

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? We 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 the eruption of Mount Vesuvius; 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 mainstay of Roman education. No prior knowledge of the Latin language is required and no homework will be assigned.

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

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

6 Tuesdays, April 17–May 22, 11:00am–12:30pm. **The Bishop's House**. Maximum: 25. Fee: \$60. **Course ID: 2574.**

CREATING DISTINCTIVE VIDEOS ON YOUR iPhone OR iPad

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

Please note: Students should bring their own iPhone or iPad to class and will need to install Apple's free iMovie application, if not already installed.

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

6 Tuesdays, April 17–May 22, 11:00am–12:30pm.
Judea Reform Congregation Education Building.
Maximum: 14. Fee: \$60. **Course ID: 2551.**

SPENDING IN RETIREMENT: Current Strategies and Techniques Being Used by Financial Planners

How to best spend your financial assets during retirement is always a daunting task. Given today's low-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. Time to pull back the curtain! We'll look at the historic 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 "Investments and Finance in Retirement" previously, but no formal prerequisite is required. The goal will be to keep the discussion at a general plain English level, but 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, an MBA from McGill University, and a BA in economics from the University of Western Ontario. 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 Tuesdays, April 17–May 22, 11:00am–12:30pm.
Judea Reform Congregation Education Building.
Maximum: 25. Fee: \$60. **Course ID: 2556.**

LAW & ORDER: Our US Legal System in the Worldwide Context

Americans live in a "legal world" but often have no understanding about how our legal world fits within the worldwide legal system or even the difference between our federal and state court systems. What are the differences between common and Sharia law, common and civil law, criminal and civil law? Why is one state's law more similar to French or Russian law than to the law in the other 49 states? How do federal and state courts interrelate? Are more serious crimes or higher money damage cases tried in "higher" federal court instead of "lower" state court? Why are "checks and balances" and "separation of powers" important? What are Americans' constitutional rights? This course will explore legal systems around the world, the US legal system's "old English" origins, US federal and state constitutions, and our court systems. ■ *Lecture (plus Questions)*

KAREN PORTER (BA, George Washington University; JD, Northeastern University School of Law) was a lawyer in Pennsylvania for 38 years. The author of business law, insurance regulation, and legal writing and oral advocacy textbooks, she worked in corporate, intellectual property, and insurance law and has taught at Villanova and Widener law schools; Arcadia University; the University of Delaware; Pericles International Law Center, Moscow; Murom Institute, Murom; and Srednerrusky University, Podolsk, Russian Federation.

6 Tuesdays, April 17–May 22, 11:00am–12:30pm.
Judea Reform Congregation Education Building.
 Maximum: 25. Fee: \$60. **Course ID: 2590.**

CHINESE BRUSH PAINTING: Animals

Learn to paint lovely animals such as squirrels, dogs, cats, or your favorite pets, along with the various surroundings—flowers, trees, or simple landscapes. Each participant will complete a beautiful painting in every class, while practicing basic brush painting techniques. This course is for both experienced and beginning students. ■ *Hands-On Activity (e.g., Computer, Art)*

Required Materials:

- paper towels
- a pad of newsprint (\$5) and a roll of rice paper
- a small bottle of black ink (\$5–\$10)
- a small dish to hold the ink and a plastic container to hold water
- medium-size and small-size brushes (\$10–\$15 each)

The instructor has good brushes and rice paper ordered from China available for purchase.

JINXIU ZHAO (ALICE) is a professional brush painting artist who specializes in the teaching of Chinese brush painting and calligraphy to both children and adults. She has taught calligraphy and brush painting in North Carolina for 22 years at all levels of the public schools, at teacher training programs, and in private classes.

6 Tuesdays, April 17–May 22, 11:00am–12:30pm.
Judea Reform Congregation Education Building.
 Maximum: 12. Fee: \$60. **Course ID: 1147.**

DANCE AROUND THE WORLD

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

ANDRE AVILA was born in Bogotá, Colombia, where his ballet, jazz, and tap training began at the age of eight. Later, he expanded his repertoire to include

South American folkdance and traditional Latin social dances. Training in rhythm and smooth ballroom dance began when Andre moved to the United States in 2003. Since that time, he has taught and competed professionally with studios in Las Vegas, New York, Massachusetts, and North Carolina, specializing in ballroom and Latin styles, which he adapts to all ages and abilities.

6 Tuesdays, April 17–May 22, 11:00am–12:30pm.
Judea Reform Congregation Education Building.
 Maximum: 14. Fee: \$60. **Course ID: 2568.**

MONEY LAUNDERING & RELATED FINANCIAL CRIMES

We will begin with the federal money laundering statute and its companion—structuring—analyzing some major cases. In order to understand the context in which the money laundering cases have been prosecuted, we then look at the rise of white-collar crime legislation via related statutes such as the Hobbes Act, the Dyer Act, conspiracy, the Fair and Accurate Credit Transaction Act (FACTA), and the Foreign Account Tax Compliance Act (FACTA). Included are some US statutes about domestic activities such as bank fraud, conspiracy and mail fraud. For persons knowingly or unknowingly involved in international transactions, the course will examine the Foreign Corrupt Practices Act (FCPA) and various asset protection schemes. In the final session, we will examine the enforcement protocols of the US Justice Department through some prominent cases: Martha Stewart, Scooter Libby, Dennis Hastert, Paul Manafort, and Eliot Spitzer, among others. ■ *Lecture (plus Questions)*

PHILIP HABLUTZEL received his law degree from the University of Chicago and recently retired from 45 years of teaching at Chicago-Kent College of Law (Illinois Institute of Technology). He was the founder of the graduate program in financial services law and was its director, 1985–96. Since 2004, he has served on the disciplinary committee of the Chicago Board Options Exchange.

6 Tuesdays, April 17–May 22, 11:00am–12:30pm.
Carolina Arbors, Piedmont Hall, 357 Carolina Arbors Dr, Durham. Maximum: 40. Fee: \$60.
Course ID: 2554.

Registration opens at 9:00am on March 29
www.learnmore.duke.edu

COMPOSERS WHO CHANGED THE COURSE OF MUSICAL DEVELOPMENT

Composers use many different devices experimentally in search of their unique creative voice. This course will look at the lives and contributions of six of those who have made significant and lasting contributions to the development of the art of music. They are Claudio Monteverdi (1567–1643), Johann Sebastian Bach (1685–1750), Wolfgang Amadeus Mozart (1756–1791), Ludwig van Beethoven (1770–1827), Richard Wagner (1813–1883), and a mystery composer to be introduced at the last session.

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

KEN HOOVER has been intensely involved in classical music ever since he heard the NBC Symphony Orchestra, conducted by Arturo Toscanini, in 1950. He has been a church choir director and a classical music radio host (WCPE), has sung in community choruses, and currently reviews classical music concerts and operas for CVNC. He is the president of the Triangle Wagner Society.

6 Tuesdays, April 17–May 22, 1:30–3:00pm.

The Bishop's House. Maximum: 25. Fee: \$60.

Course ID: 2580.

APPRECIATING RUSSIAN OPERA

Enjoy the music, pageantry, and politics of Russian opera through a sampling of 18th-to-20th-century operas and recitals by famous opera singers. We'll focus on Glinka's *Ruslan and Lyudmila*, Moussorgsky's *Khovanshchina*, Rimsky-Korsakov's *The Golden Cockerel*, Prokofiev's *The Fiery Angel*, and Shostakovich's *Lady Macbeth of the Mtsensk District*. Soprano Andrea Edith Moore, accompanied by pianist Kate Lewis, will join us for a special recital. We'll also hear music by the great baritone Dmitri Hvorostovsky, who passed away in November 2017.

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

Please note: There will be a fee of \$35 per student to support the cost of our performing artists, Ms. Moore and Ms. Lewis. Students should bring a check, made out to the instructor, to the first class.

MARGIE SATINSKY has been an opera devotee since 1976. She's attended more than 100 performances of the Metropolitan Opera and operas in Europe and has taught opera appreciation classes at OLLI for six semesters. She's also on the board of the Triangle Wagner Society.

6 Tuesdays, April 17–May 22, 1:30–3:00pm. **Judea Reform Congregation Education Building.** Maximum: 25. Fee: \$60. **Course ID: 2581.**

THE TITANIC & MASS MEDIA HISTORY: Thinking the "Unsinkable"

This course is a historical examination of mass communication and the sinking of the *Titanic* in 1912. We 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. We will investigate societal and socioeconomic changes 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 are how the disaster was covered by American and British newspapers and the influence of emerging technology on reporting and on society. We will also explore 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); Facilitated Discussion*

Please note: In addition to the recommended reading, students are encouraged to view on their own films based on the sinking, especially the 1997 *Titanic* or the 1958 *A Night to Remember*.

Recommended Reading:

- *New York Times Compilation Reprints* (available at www.titanicpigeonforge.com/cart_detail.php?sku=9781934653487&i=011.00010686&q=&g=), \$9.99.
- Walter Lord, *A Night to Remember* (ISBN: 978-0805077643), Holt Paperbacks, 2005, \$9.37.
- Walter Lord, *The Night Lives On: New Thoughts, Theories, and Revelations about the Titanic* (ISBN: 978-0688049393), William Morrow, 1986, \$9.52.
- Paul Heyer, *Titanic Legacy: Disaster as Media Event and Myth* (ISBN: 978-0275953522), Praeger, 1995, \$5.99.
- Paul Heyer, *Titanic Century: Media, Myth, and the Making of a Cultural Icon* (ISBN: 978-0313398155), Praeger, 2012, \$8.99.
- Steven Biel, *Down with the Old Canoe: A Cultural History of the Titanic Disaster* (ISBN 978-0393039658), W. W. Norton, 1996, \$4.01.

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. He has presented his research on newspapers and newspaper history at conferences in the United States, Great Britain, and Sweden, and is the author of a number of peer-reviewed articles.

6 Tuesdays, April 17–May 22, 1:30–3:00pm. **Judea Reform Congregation Education Building.** Maximum: 25. Fee: \$60. **Course ID: 2323.**

DEALING WITH PEOPLE YOU CAN'T STAND

Have you ever wondered why some people are so difficult to get along with? Do you sometimes feel that the harder you try to rectify a relationship, the worse it gets? What are the methods that underlie the ability to transform stressful situations into productive creativity? Using the book *Dealing with People You Can't Stand: How to Bring Out the Best in People at Their Worst*, by Drs. Rick Brinkman and Rick Kirschner, we will explore, discuss, and apply the approaches humorously outlined in the book. Class members will be asked to be familiar with the chapter materials, to engage in class discussion, and to make genuine attempts to apply the materials in the course of their daily lives. The course comes with a guarantee: every active participant will learn things they didn't know they didn't know. How very good it is when kindred live together in unity! (Ps 133:1). ■ *Facilitated Discussion*

Required Text:

- Rick Brinkman and Rick Kirschner, *Dealing with People You Can't Stand: How to Bring Out the Best in People at Their Worst* (ISBN: 978-0071379441), McGraw-Hill, 2002, \$7.75.

MELISSA MILLS, MBA, MTS, uses human experience and science to focus 21st-century life with historical traditions and evolving cultural trajectories. She served in academic administration at Harvard and Duke Universities for thirty years, and she holds an undergraduate degree in history from Connecticut College and two graduate degrees from Duke University.

6 Tuesdays, April 17–May 22, 1:30–3:00pm. **Judea Reform Congregation Education Building.** Maximum: 25. Fee: \$60. **Course ID: 2591.**

SYMPOSIA:

Scientific Excursions and Diversions

Here are the Spring term offerings, but keep in mind the program does change because our speakers often have late-breaking demands on their schedules.

April 17

In Pursuit of Ethics: This is a timely lecture/workshop, utilizing video modules showing real-life situations that lead to ethical dilemmas. At crucial points, the videos pause to allow group discussion regarding the situations and to suggest the most appropriate courses of action for the characters to follow. The videos resume along the path selected by the group. With multiple pauses of this nature in each module, the outcomes are unpredictable but instructive. Presented by *Steve Fromme*, Executive Director, Educational Foundation, BBB of North Carolina.

April 24

Drug Interactions: Last fall, Consumers Union had a major article in its *Consumer Reports* about the dangers of taking too many prescription and over-the-counter medications at the same time. Drug interactions are often overlooked, and as we get older we are more apt to be taking several drugs every day. *John Kessler*, PharmD, has broad experience with drug interactions. He is the chief clinical officer of Second Story Health and has been a chair of Duke Medical School's University Health System's Institutional Review Board for many years (the IRB's concern is the ethical treatment and safety of human subjects in clinical trials). We are apt to leave this lecture with questions for our own health care professionals.

May 1

It's May Day: The Ancients celebrated the wonder of spring around this time of year, and today *Kathleen Dusto*, who taught astronomy at St. Mary Magdalene School in Apex, is going to inspire us to explore the wonders of the springtime night sky. On a clear night, after today's lecture, we will be able to look at the stars and understand more of the cosmos than we had before. And the next time we are in a less-light-polluted nighttime environment, many of us will thank her for inspiring us to look again for the Milky Way.

May 8

Durham-Orange Light Rail Transit: This project has moved into the engineering phase and is expected to be completed by 2028. How much will the line between Durham and Chapel Hill ease traffic congestion? Why wouldn't it be better to

Registration opens at 9:00am on March 29

www.learnmore.duke.edu

widen roadways? Bring your questions and get thoughtful answers from two GoTriangle employees: *Willie Noble* is one of the project engineers for the Durham-Orange Light Rail Transit project, and *Robin Baker* is the project's lead public outreach specialist.

May 15

Health Care Around the Globe: OLLI member and retired oncologist *Edwin Cox*, MD, points out that for well-to-do Americans, the world's best health care is at hand, but for the rest of Americans, getting adequate health care is at best uneven, unavailable, or financially devastating. The United States spends more money for less health benefit than any other nation. He will compare our health care delivery systems with peer nations around the globe to see how their health care systems run and learn how we could improve ours.

May 22

Issues and Trends in the Global Economy: There is little doubt we are living in a time of dynamic changes in the global economy, and no one is sure where these trends will lead. Throughout history innovation and technology have been instrumental in the economic and social development of the world. Both the standard and quality of living have improved for many, but not all, of us as a result of enhanced productivity, efficiency, and innovations. At the same time, traditional patterns and structures have been destroyed or changed, as in the case of today's information age, influencing developed and developing countries in different ways. Today, Professor *Stephan Wittkowsky* is going to lead a facilitated discussion about these issues and trends and the inherent risks and benefits. This class is intended to be an idea-sharing session and a fitting way to give us something to think about until the Symposia Summer School begins.

ANTHONY WARAKSA is a retired hi tech manager who has been offering this invited speakers program at OLLI since 2006. *HARRIET SANDER*, a retired psychologist, has been co-hosting Symposia for a half dozen years. She spent years volunteering at a Guardian ad Litum for the Durham County courts and has also offered other courses at OLLI.

6 Tuesdays, April 17–May 22, 2:00–3:30pm (please note times). **The Forest at Duke**, 2701 Pickett Rd, Durham. Maximum: 150. Fee: \$60. **Course ID: 0373.**

WHO ARE WE, ANYWAY?

Today's discussions about immigration make us raise the question about our American identities. This course will compare our own family origins, discuss immigration and xenophobia in the United States, and examine iterations of this experience in literature over two centuries and many cultures. From our texts, we will read short fiction written from a range of perspectives during the past three centuries. Is it true, as some immigrants opined, that "the New World really does surpass the Old"? Or, as another wrote in 1937, is it "hell to belong to a suppressed minority"? We'll consider both in excerpts from Jacob Riis, Mary Antin, Andrew Carnegie, and Claude McKay and in more current writing by Andre Aciman, Oksana Marafioti, Gustavo Perez Firmat, and many others. Whether we are immigrants ourselves or their grandchildren, we are all part of a procession that we'll examine from many angles. ■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos*

Recommended Texts:

- Gordon Hutner, ed., *Immigrant Voices: Twenty-Four Narratives on Becoming an American*, vol. 1 (ISBN: 978-0451526984), Signet, 1999, \$7.95.
- Gordon Hutner, ed., *Immigrant Voices*, vol. 2 (ISBN: 978-0451472816), Berkley, 2015, \$10.99.

JANE S. GABIN has extensive teaching experience, including several years with OLLI's predecessor, DILR. Having earned a PhD in English from UNC–Chapel Hill, she worked at UNC Admissions for 10 years, followed by 11 years in the New York metro area as a college counselor. She has lectured in the United States, the United Kingdom, Canada, and France for the English-Speaking Union, the Victorian Society (NY), the European Association for Jewish Studies, and the International Conference on Victorian Women Writers.

6 Tuesdays, April 17–May 22, 3:15–4:45pm.

The Bishop's House. Maximum: 20. Fee: \$60.

Course ID: 2577.

YOGA & MEDITATION FOR BETTER PHYSICAL & MENTAL HEALTH

Yoga is more than improving your body's flexibility. It means union with the energy inside us that pervades our mind and body and the entire Universe. This course is based on Patanjali's teachings dated two thousand years ago. Brief lectures and discussion will review underlying biomedical research and eight steps to achieve yogic experience.

Practice will teach the student to meditate on the inner energy—the soul, if you will. The benefits are better mental focus and improved physical health and sleep, as well as peace and tranquility. Although these techniques were developed in ancient India by Hindus, they are universal and have been adopted by Buddhists, Muslims, Christians, and Jews. ■ *Lecture (plus questions); Facilitated Discussion; Exercise or Dance; Hands-On Activity (e.g., Computer, Art)*

Please note: This is not a course on Yoga positions and is suitable for students with little or no practice of assuming Yoga positions. The techniques can be practiced while sitting on a chair or on the floor, often aided by a Yoga block.

Recommended Text:

- Sri Swami Satchidananda, *The Yoga Sutra of Patanjali* (ISBN: 978-0932040381), Integral Yoga Publications, 1990, \$14.91.

Dr. VIPUL MANKAD is a former professor and chairman, Department of Pediatrics, University of Kentucky. As a physician scientist, he has more than 150 scientific publications and 4 books. He has practiced yoga and meditation for more than 20 years. He likes to relate modern biomedical research to ancient yogic practices and believes meditation promotes better physical and mental health.

6 Tuesdays, April 17–May 22, 3:15–4:45pm.

Judea Reform Congregation Education Building.
Maximum: 25. Fee: \$60. **Course ID: 2573.**

OLLI AT NIGHT CLASSES

GUIDE TO LOCAL JAZZ: The Hidden Gems Pop-Up Version

There are many below-the-radar jazz venues in our area that prior “Guide to Local Jazz” courses haven’t covered. Through field trips, we will discover where these jazz gems are hidden. That means spending rotating evenings (and one Saturday afternoon) in a small group listening to talented local musicians do their thing. See pages 12–13 for full description and session schedule.

6 sessions, April 16–May 22; days, times, and locations vary (see schedule on page 13). Maximum: 15. Fee: \$60.

Course ID: 2605.

*Rotating
evenings
& one
afternoon*

TOTALITARIANISM

Totalitarian ideologies aim not to transform the outside world or to achieve the revolutionizing transmutation of society, but to transform human nature itself. Great effort was and is made to test the changes, no matter the suffering—evil suffering without regard to the number of victims and without any consideration of its profound destructive influence on mankind. We will attempt to define Totalitarianism by studying several types of Totalitarianism: the Fascism of Italy, the Nazism of Germany, Russian Communism, and Chinese Communism. To assist us in our study, we will explore briefly the lives of the respective leaders: Mussolini, Hitler, Stalin, and Mao. The undergirding structures and the psychometrics of the leaders will be addressed. ■ *Lecture (plus Questions)*

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 feels that a day away from OLLI at Duke is a day away from happiness.

6 Wednesdays, April 18–May 23, 9:00–10:30am.

The Bishop’s House. Maximum: 32. Fee: \$60.
Course ID: 2563.

INTRO TO 3D PRINTING

Additive manufacturing, or 3D printing, is a process to create three-dimensional objects by depositing layers of material under computer control. In this course, we’ll use a consumer-level 3D printer to learn the basic workflow to turn raw ideas into physical objects using computer-aided design software (TinkerCAD and others) and even photographs. Come explore this exciting technology and its practical and artistic uses, such as home/hobby projects or toys and decorations. You’ll have an opportunity outside of class sessions to print either predefined objects (see www.thingiverse.com) or objects of your own design on the class 3D printer throughout the semester. ■ *Lecture (plus Questions), Hands-On Activity (e.g., Computer, Art), Viewing Videos*

Requirements: Plan to install free, open-source software on your own computer, practice using it on your own, and allot extra time to print your own creations between classes.

Please note: The instructor's 3D printer will be available to students between classes for printing their creations. There will be a \$30 fee for use of the printer and printing materials. Please bring exact amount to the first class; refunds are at the discretion of the instructor.

HOWARD KOSLOW has more than thirty years' experience as a software developer, mentor, and trainer. Now retired from IBM, he enjoys teaching others at OLLI at Duke to embrace technology for creative and productive purposes.

6 Wednesdays, April 18–May 23, 9:00–10:30am.

Judea Reform Congregation Education Building.
Maximum: 10. Fee: \$60. **Course ID: 1880.**

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 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 dominant institutions profit? Are there conflicts of interest, and, if so, how do they impact individual investors? How are prices determined, and how do trades get executed in the market? This course is designed for those who have basic knowledge of the stock market and would like to better understand the participants and dynamics of the market. ■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos*

Recommended Texts:

- Michael Lewis, *Flash Boys: A Wall Street Revolt* (ISBN: 978-0393351590), \$11.46. Also available in electronic format.
- Sheelah Kolhatkar, *Black Edge: Inside Information, Dirty Money, and the Quest to Bring Down the Most Wanted Man on Wall Street* (ISBN: 978-0812995800), Random House, 2017, \$12.19.

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.

6 Wednesdays, April 18–May 23, 9:00–10:30am.

Judea Reform Congregation Education Building.
Maximum: 15. Fee: \$60. **Course ID: 2553.**

ALL THE KING'S MEN: A Novel for All Time

Described by Louis Rubin as “one of those rare books that make their appeal both to the intellectual and to the popular reader,” Robert Penn Warren's *All the King's Men* is as relevant today as when it was first published in 1947. With its memorable characters and powerful prose, Warren's Pulitzer Prize-winning novel raises profound questions about morality both in and out of the political arena. We will consider the literary and historical background of this novel and watch snippets from the two movie adaptations; however, most of class time will be spent examining the text. We will read and discuss this hefty novel in weekly chunks; optional articles and videos will be posted on the course website. Warren's novel is one that rewards close readings and rereading and cannot help but generate impassioned discussions—come add your voice. For further information, see robertpennwarrenolli.weebly.com. ■ *Facilitated Discussion; Viewing Videos*

Required Text:

- Robert Penn Warren, *All the King's Men* (ISBN: 978-0141188614), Penguin Books, 2007, \$13.97.

MARJORIE LANCASTER has been fascinated with this Louisiana-based novel ever since her 4-year sojourn at Tulane for graduate school. She taught high school English for 34 years and relishes the prospect of discussing Warren's novel with other engaged readers.

5 Wednesdays, April 25–May 23 (please note dates), 9:00–10:30am. **Judea Reform Congregation Education Bldg.** Maximum: 12. Fee: \$60. **Course ID: 2575.**

HOT TOPICS IN THE COSMOS: Gravity Waves, Neutron Star Collapses, Exoplanets, SETI, and More!

19th-century astronomers saw a static, ancient sky that changed slowly over millions of years. Only recently have we discovered how wrong that view was, and how dynamic the universe really is: exploding stars, colliding black holes, neutron stars spinning at thousands of times every second. No matter where we look, no matter how we look, we find a universe that changes and evolves on all time scales, down to nanoseconds. In this course, we will investigate the latest discoveries in astronomy, such as gravitational waves, neutron star and black hole collisions, gamma ray bursts, exoplanets, the SETI endeavor, hypernovas, fast radio bursts, near earth asteroids, dark matter, dark energy, and more!

- *Lecture (plus Questions); Facilitated Discussion*

BRAND FORTNER is a teaching professor of physics at NCSU and adjunct professor of physics at UNC–Chapel Hill. He previously held positions at Johns Hopkins, NASA, and NCSA, and has written books on color vision and technical data. He holds a PhD in astrophysics from the University of Illinois.

5 Wednesdays, April 25–May 23 (please note dates), 9:00–10:30am. **Judea Reform Congregation Education Building.** Maximum: 30. Fee: \$50. **Course ID: 2606.**

GET DOWN—& BACK UP AGAIN: Excerpts from the Change Your Age Program

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, playfully and safely, without falling or going “bump.” Why? Because this movement requires and refines all the skills of a healthy human system: coordination, flexibility, strength, balance, breath, and awareness. The loss of this skill as we get older makes us afraid of falling, and, once afraid, we increasingly limit ourselves. Practice of this skill a few minutes twice a week will increase your fitness level and sense of self-assuredness as you age. 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! Both women and men are welcome.

■ *Exercise or Dance*

Please note: Ironically, to take this course, you must already be able to get down to and lie on the floor. Please call the instructor (919-967-8013) to discuss any concerns you might have about your ability to participate. 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.

Recommended Text:

- Frank Wildman, *Change Your Age: Using Your Body and Brain to Feel Younger, Stronger, and More Fit* (ISBN: 978-0738213637), Da Capo Lifelong Books, 2010, \$12.70.

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 Wednesdays, April 18–May 23, 9:00–10:30am.

Judea Reform Congregation Education Building. Maximum: 20. Fee: \$60. **Course ID: 1790.**

THREE DAYS AT THE FARM

Celebrate the spring through a series of half-day classes with Catherine Tsintzos and the Staff at the Duke Campus Farm. For a complete description of the series, please see pages 5–6.

Wednesday, May 9: Spring Salads & Salad Dressings

Come hungry as we explore spring greens and vegetables for creating tasty and healthy salads and delicious dressings to enhance flavor and embellish. Tables will be set with indigo dyed linens, spring florals and an array of delicious healthy salads from the farm. A luncheon tasting is part of the class during the last 45 minutes. This is Section 2 of 3.

Please note: For each section, there is a \$20 materials fee to cover the cost of supplies and a donation to the campus farm. Please bring the exact amount (in cash) to the class; refunds are at the discretion of the instructor.

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

Please note: There are three sections of this course open for enrollment; you can register for one, two, or all three. When registering online, enter the four-digit Course ID (**2607**) into the course search. You will then need to choose your preferred section(s). If registering by paper, write the preferred section(s) on the line(s).

Section 1—Plein Air Art: 1 Monday, May 7, 9:00am–12:00pm. See pages 5–6.

Section 2—Spring Salads: 1 Wednesday, May 9, 9:00am–12:00pm (please note date and times).

Duke Campus Farm, 4934 Friends School Rd, Durham. Maximum: 20. Fee: \$20. **Course ID: 2607-002.**

Section 3—Indigo: 1 Thursday, May 10, 9:00am–12:00pm. See pages 5–6.

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

Registration
opens at 9:00am
on Thursday,
March 29

Where do I go to register online?

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

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

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

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

We encourage you to do this before Registration Day.

I can't find my User Name or Password. What should I do?

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

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

We encourage you to practice logging in before Registration Day.

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 Garry Crites at 919-684-2703 to have someone reset the system. It is better to retrieve your User Name and Password from the system, using the procedure described above, and proceed from there.

How can I tell if I have a paid membership?

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

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

Our website offers different ways to search courses:

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

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

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

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

Note that if you begin by adding courses to your cart without logging in to your account, you will only 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 JRC at 9:00am on Registration Day—Thursday, March 29—to assist members with online registration.

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

Yes, you can also call the Registration Office at 919-684-6259 to register by phone starting at 9:00am on Registration Day—Thursday, March 29. If your call goes to voicemail because of the high volume of calls expected, leave only one message; your call will be returned as soon as possible.

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

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

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

AMERICAN-JEWISH POETS: Discussion (and Optional Lunch)

An outstanding group of first-generation American Jews invigorated 20th-century poetry. Defined by their hunger for expression, their love of language, and a two-thousand-year tradition of storytelling, these poets were reverent and irreverent, wise and wise-cracking, and their tones ranged from dead serious to wildly humorous. Their subjects ran the gamut, from Adam to Eichmann to Uncle Izzy. Many earned places in the pantheon of American poets—Jewish-themed and secular work included. We will study these brilliant poets two by two.

Poets include Stanley Kunitz, Gerald Stern, Alicia Ostriker, and Linda Pastern, among others. Sampling their poetry, we will discuss how their unique perspectives were influenced by religion, history, and culture. We will bring these poets to our table, adding our voices to their vibrant stories and art. If some in the class hunger for more, those interested can continue the discussion over lunch at Whole Foods. ■ *Facilitated Discussion; Listening to Music or Other Audio*

Required Texts:

- Steven Joel Rubin, ed., *Telling and Remembering: A Century of American-Jewish Poetry* (ISBN: 978-0807068380), Beacon Press, 1997, \$5.98.
- Richard Ellmann and Robert O'Clair, eds., *The Norton Anthology of Modern Poetry*, 2nd edition (ISBN: 978-0393956368), W. W. Norton & Co, 1988, \$20.00. (Used copies are available at a substantial discount.)

JANE SEITEL is an expressive arts therapist and late-blooming poet. She received an MFA in poetry from Drew University, focusing on women's spirituality in American poetry. Prizes include the Charlotte Newberger Award 2010 and honorable mentions in *Voices Israel*, *The Florida Review*, and *Kakalak* 2017. She founded a poetry press for women over 50.

6 Wednesdays, April 18–May 23, 11:00am–12:30pm.
The Bishop's House. Maximum: 15. Fee: \$60.
Course ID: 2576.

THE RUSSIAN REVOLUTION: The End of the Romanov Dynasty

The first Romanov Tsar was elected to the Russian throne in 1613. A mere 404 years later, a revolution in St. Petersburg and other Russian cities resulted in a collapse of the imperial government and the abdication of Tsar Nicholas II. This course will

examine the revolution and the subsequent October Revolution that deposed the Provisional Government. We will also examine the events and background that made the Russian Revolution successful and resulted in the Communist dictatorship in Russia. ■ *Lecture (plus Questions); Facilitated Discussion*

ERNIE KUNDERT is a retired general surgeon who has taught a number of courses on various aspects of Russian and Ukrainian history.

6 Wednesdays, April 18–May 23, 11:00am–12:30pm.
The Bishop's House. Maximum: 30. Fee: \$60.
Course ID: 2562.

SCIENCE BOOKS: Some OLLI Member's 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 to 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. Below are the presenters and the books they will discuss. ■ *Lecture (plus Questions); Facilitated Discussion*

Books Presented:

- Phil Carl presents *The Gene* by Siddhartha Mukherjee
- Jeff Tuson presents *Stuff Matters: Exploring the Marvelous Materials That Shape Our Man-made World* by Mark Miodownik
- Leslie Brinson presents *Life Ascending: The Ten Great Inventions of Evolution* by Nick Lane
- Elwood Linney presents *Neanderthal Man: In Search of Lost Genomes* by Svante Paabo
- David Sokal presents *From Bach to Bacteria and Back: The Evolution of Minds* by Daniel Dennett
- Doug Anderson presents *Napoleon's Buttons* by Penny Le Couteur and Jay Burreson

Facilitator PHIL CARL holds a PhD in biophysics from UC–Berkeley. He has been teaching OLLI science courses for nearly a decade. His colleagues from the OLLI Science Book Club represent a wide range of expertise from engineering to genetics to medicine.

6 Wednesdays, April 18–May 23, 11:00am–12:30pm.
Judea Reform Congregation Education Building. Maximum: 20. Fee: \$60. **Course ID: 2584.**

POVERTY, POPULISM, DEMOCRACY & ECONOMIC DEVELOPMENT

Poverty, populism, democracy, and economic development: are they related? In spite of sustained international and national efforts and substantial amounts of funds invested, poverty continues in many parts of the world. Initial sessions this semester will include an analysis of this situation and measures that have been applied to reduce poverty. Populist proposals, examples and results will be considered. We will also analyze the role and effectiveness of democracy in achieving economic and social development, reduction of poverty, and economic growth in developing countries. Interactive class participation and discussion will be encouraged. ■ *Lecture (plus questions); Facilitated Discussion*

STEPHAN WITTKOWSKY is an economist, business consultant, executive, and 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 United States.

6 Wednesdays, April 18–May 23, 11:00am–12:30pm. **Judea Reform Congregation Education Building.** Maximum: 30. Fee: \$60. **Course ID: 2555.**

THE WORLD TODAY

This course is for those interested in current events. Each week, we will discuss news from around the world, across the United States, and in the Triangle. The facilitator will provide an agenda of discussion topics, and members of the class are permitted to propose additional discussion topics. Active participation is encouraged (but not mandatory), since it expands our mutual understanding of the many events that might, and do, affect us. Discussions are enriched by the variety of class members' backgrounds, expertise, and viewpoints. Topics are discussed knowledgeably, respectfully, and, sometimes, with passion, but we always end with humor, looking forward to the next class. And many of us even continue the discussions over lunch at a nearby restaurant. We offer two sections of this class because of the large number of interested OLLIites. Most facilitators rotate between the sections. Each facilitator is a news junkie and has led discussions many times, and each brings his own distinctive style and background to the class, and, most important, 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 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 30 years.

DEAN BLOCK began his career as an officer in the US Navy and served in municipal government in three cities prior to retirement—as a budget director, a deputy city manager, and a public works director. He 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 more than 10 years ago. He has been an OLLI member for that entire time, serving as the treasurer, a board member, and then the president. He considers himself a news junkie.

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

RIC SHEPHERD, a CPA for more than 30 years, is originally from the Boston area. 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.

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

Section 1: 6 Wednesdays, April 18–May 23, 11:00am–12:30pm. **Judea Reform Congregation Education Building.** Maximum: 32. Fee: \$60. **Course ID: 0393-51.**

Section 2: 6 Thursdays, April 19–May 24, 11:00am–12:30pm. **Judea Reform Congregation Education Building.** Maximum: 32. Fee: \$60. **Course ID: 0393-52.**

CAROLINA FOR NORTHERNERS: An Introduction to the Old North State

Recent decades have seen an influx of northern refugees into North Carolina, and now the state's population ranks among the top ten in the United

States. Drawn by the promise of good weather and progressive attitudes, these newcomers have altered the nature of the state, but many still lack full understanding of the history of a state often described as a “valley of modesty between two mountains of arrogance.” ■ *Lecture (plus Questions)*

GEORGE J. LANKEVICH is a professor emeritus of history, CUNY, and the author of more than 20 books.

6 Wednesdays, April 18–May 23, 11:00am–12:30pm.
Galloway Ridge Retirement Center. Maximum: 40.
Fee: \$60. **Course ID: 2319.**

At the Durham Arts Council

THE MARRIAGE OF PAINT & COLLAGE: Watermedia Painting Workshop

We will work on both the technical and aesthetic aspects of using collage elements to enhance watermedia (watercolor, gouache, and acrylic) paintings. The course will be run in the style of a workshop, with the instructor doing some technical demonstrations but mainly working one-on-one to help each student by addressing his or her own unique artistic needs. Additional time will be spent critiquing work done in class or brought from home so students can learn to judge their own work outside of a classroom setting. ■ *Hands-On Activity (e.g., Computer, Art)*

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

6 Wednesdays, April 18–May 23, 11:00am–1:00pm (please note times). **Durham Arts Council.** Maximum: 10. Fee: \$180.

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

HEALTHCARE PERSONALIZED FOR YOU: Understanding Genomics and Precision Medicine

Precision medicine is health care tailored to each individual based on their family health history and genes (DNA), their environment, and their lifestyle. This course will help each person understand (1) how their genes contribute to health and disease, (2) what genetic/genomic testing is currently available and appropriate for participants and/or their family members, and (3) how one can learn what medicines are the best, most effective, for different individuals. Participants will gain insights into health and wellness and treatments based on available genetic technologies and tests. They will also be taught how to construct a three-generation family genetic health history and how to analyze it for risks and/or disease. This course may be informative for learners who have had genetic/genomic testing or ancestry testing; however, neither is a prerequisite. ■ *Lecture (plus Questions); Facilitated Discussion*

Recommended Text:

■ Francis S. Collins, *The Language of Life: DNA and the Revolution in Personalized Medicine* (ISBN: 978-0061733185), Harper Perennial, 2011, \$15.99.

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

RACHEL MILLS is a board certified genetic counselor and an Associate in Research at Duke's Center for Applied Genomics and Precision Medicine. Her work focuses on personalized medicine and integration of genetics and genomics into healthcare. She has worked extensively in gene-influenced medication response.

6 Wednesdays, April 18–May 23, 1:00–3:00pm (please note times). **Judea Reform Congregation Education Building.** Maximum: 24. Fee: \$60.
Course ID: 2300.

COPY WATERCOLOR MASTERS TO DEVELOP YOUR PERSONAL PAINTING STYLE

This course is for experienced watercolor painters (not for beginners) who have mastered the basic watercolor techniques and are searching for their personal painting styles. By copying the work of

watercolor masters, students hopefully will begin to understand their own manner of producing interesting images. ■ *Hand-On Activity* (e.g., Computer, Art)

Please note: Students will need to bring their own watercolor painting supplies, which they should already own. Finding images of the work of other watercolorists will require Internet access and searching know-how, and students will need a color printer or WiFi-ready tablet or laptop (not just a mobile phone).

BECKY RAYE RUSSELL is a watercolorist of more than 30 years who has learned from various courses, workshops, and other artists. She taught watercolor painting at Durham Center for Senior Life for 7 years, high school biology for 25 years, and early childhood development to parents for 8 years. This is her fourth year at OLLI.

6 Wednesdays, April 18–May 23, 1:00–3:00pm (please note times). **Judea Reform Congregation Education Building.** Maximum: 9. Fee: \$60. **Course ID: 1734.**

AN EXPLORATION OF FOUR GRAPE VARIETIES

Join us on a journey to discover four grapes, where they grow best, and the wines they produce. Each week, we will focus on one grape and will try examples from different countries to find some of the best. We will study Syrah, Sauvignon Blanc, Mourvèdre, and Cabernet Sauvignon. The wines we will sample will be ideal examples of the variety. Two sections of this course are offered, to accommodate all who are interested. Please join us. ■ *Lecture (plus Questions)*

Please note: There will be a \$28 fee per student to cover the cost of wines tasted, which will be tiny-production, top-quality wines that excite the experienced oenophile. Please bring the exact amount, in cash, to the first class; refunds are at the discretion of the instructor.

THOMAS N. THORNE has been a professional sommelier for twenty years. He owes 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 Sienna Hotel. He was previously an owner at Hope Valley Bottle Shop. He is a certified sommelier, accredited through the Court of Master Sommeliers.

Please note: There are two sections of this course open for enrollment. When registering online, enter the four-digit Course ID (2569) into the course search. You will then need to choose between the two sections. If registering by paper, write the preferred section on the line.

Section 1: 4 Wednesdays, April 18–May 9 (please note dates), 1:30–3:00pm. **The Bishop's House.** Maximum: 24. Fee: \$40. **Course ID: 2569-001.**

Section 2: 4 Wednesdays, April 18–May 9 (please note dates), 3:15–4:45pm. **The Bishop's House.** Maximum: 24. Fee: \$40. **Course ID: 2569-002.**

THE STORY OF TIN PAN ALLEY

This course tells the story of the American popular song from the 1700s through the early 1940s, using storytelling, live performances, clips of movies and songs, and class sing-a-longs of favorite tunes from each era, making the course fun and educational. Highlights include the amazing contribution of African Americans to the American popular song; the teenagers who kick-started the music publishing industry in the Gay Nineties; how George M. Cohan and Irving Berlin put Scott Joplin's new sound of Ragtime into songs and onto the stage; and the influence of blues and jazz on the songs emerging from Tin Pan Alley. We'll learn what made the Roaring Twenties roar and the thirties sparkle, as Berlin was joined by the Gershwins, Rogers and Hart, Kern, Hammerstein III, Porter, and Astaire in turning out hit after hit. The instructor's banjo/vocal renditions of W. C. Handy-style blues and Louis Armstrong jazz tunes will provide the "special sauce." ■ *Lecture (plus Questions); Facilitated Discussion; Listening to Music or Other Audio; Viewing Videos*

BOB WHYTE found his passion for Tin Pan Alley music while a student at UC–Berkeley in the 1950s, as a banjo player and performer in San Francisco. Bob continues to entertain audiences as a banjo player, jazz singer, and comedian.

6 Wednesdays, April 18–May 23, 1:30–3:00pm. **Judea Reform Congregation Education Building.** Maximum: 30. Fee: \$60. **Course ID: 0372.**

Registration opens at 9:00am on March 29
www.learnmore.duke.edu

DESTINATION: Culture USA

Do you often visit museums? If not, then this course will convince you that you should. One of OLLI's most experienced fine arts instructors looks at the major collections of paintings, sculpture, and decorative objects to be found in American museums. How were these collections amassed, whose largess provided such a wealth of cultural artifacts, and why are they treasured today? Aside from portraits of long-dead ancestors, what do museums have to offer? What can they teach us? Learning to investigate the past through the arts is to better understand our cultural and national identity. Visiting two museums and a new library will give us a glimpse of the best of collecting and identifying our heritage. The evocative treasures that our museums work so hard to bring to us are an adventure in discovery and meaningful sharing. ■ *Lecture (plus Questions); Field Trip(s)*

Please note: There may be fees for museum admission and parking.

BONNIE FUCHS has a master's degree in the history of decorative arts from the Cooper-Hewitt, Smithsonian Museum of Design, followed by a Smithsonian Fellowship in museum education. Exploration of libraries and archives, object research work, and experience as a gallery guide have expanded her knowledge of looking at museum collections and sharing her appreciation of their artifacts. Previous course include "Destination: Renaissance Venice" and "Threads of History."

6 Wednesdays, April 18–May 23, 1:30–3:00pm.
Judea Reform Congregation Education Building.
 Maximum: 30. Fee: \$60. **Course ID: 1860.**

AN INTRODUCTION TO THE DIALOGUES OF PLATO

An introduction to the immortal Dialogues of Plato through a careful reading of four short Dialogues: *Euthyphro*—where Socrates explores piety with a lawyer prosecuting his own father, prior to Socrates' own trial; *Apology*—where Socrates justifies his actions and defends himself in his one day trial; *Crito*—where Crito offers to help Socrates escape from Athens after he is condemned to death; and *Gorgias*—where Socrates argues with the famous rhetorician and Sophist Gorgias and his pupil Polus that rhetoric produces belief without knowledge. ■ *Lecture (plus Questions); Facilitated Discussion*

Required Texts:

- F. J. Church, trans., *Plato: Euthyphro, Apology, Crito* (ISBN: 978-0023224102), Pearson, 1987), \$26.80.
- Plato, *Gorgias*, trans. Donald Zeyl (ISBN: 978-0872200166), Hackett Publishing Company, Inc., 1987, \$7.57.

ROBERT PAUL WOLFF is a retired university professor who has published 21 books on the history of modern philosophy, social, and political philosophy, the philosophy of education, economics, and Afro-American studies.

6 Wednesdays, April 18–May 23, 2:00–3:30pm (please note times). **Carolina Meadows**, 100 Whip-poorwill Ln, Chapel Hill. Maximum: 40. Fee: \$60.
Course ID: 2583.

AN EXPLORATION OF FOUR GRAPE VARIETIES

Join us on a journey to discover four grapes, where they grow best, and the wines they produce. See page 29 for full description and *Section 1* (1:30–3:00pm).

Section 2: 4 Wednesdays, April 18–May 9 (please note dates), 3:15–4:45pm. **The Bishop's House.** Maximum: 24. Fee: \$40. **Course ID: 2569-002.**

NEW HORIZONS CHORUS

Men and Women: Lift Up Your Voices and Sing!

While in the Fall and Winter terms the New Horizons Chorus works on preparing pieces for an end-of-semester concert, during the Spring term there is a focus on vocal technique and health, learning music, and simply the joy of singing! Experienced as well as novice singers are welcome.

MELODY ZENTNER, recently retired from a career as chorus director at Durham Academy Middle School, is now the interim chancel choir director at Watts Street Baptist Church in Durham. CARMEN WARD is our piano accompanist.

6 Wednesdays, April 18–May 23, 3:30–5:00pm, in the **Chorus Room at Durham Academy Middle School Campus**, 3116 Academy Rd, Durham. There is ample parking after 3:15pm, when parents have picked up students from school. Fee: \$60; covers group instruction and sheet music. **Course ID: 0457.** You must be a paid member of OLLI (\$35 annual dues) to participate.

BEHIND THE SCENES— DUKE FACILITIES MANAGEMENT

Facilities Management is responsible for the stewardship of Duke University. A staff of more than 575 people oversee construction and renovations, provide utilities, maintain the buildings and their infrastructure and keep them clean, and ensure the grounds and athletic fields are well groomed. The department is tasked with preserving Duke University's heritage while planning for its future. If you have ever wondered what it takes to keep Duke's 24/7, high-tech Gothic wonderland operating, this series of classes is for you. Get an overview of the department, take a tour of the main quad with our landscape architects, and learn from two of our engineers how Duke is a leader in energy efficiency. See what it takes to keep our iconic buildings operating and tour the construction site of Duke's newest residence hall to learn how we merge a historic architectural campus with contemporary functional design. No prerequisites or homework required. ■ *Lecture (plus Questions); Facilitated Discussion; Field Trip(s)*

JOHN NOONAN began as the associate vice president for facilities in 2005 and has been the vice president since 2011. He previously held these same positions at Brown University for 13 years, as well as positions in consulting engineering, at project management firms, and in real estate development. He holds a BS in civil engineering, Worcester Polytechnic Institute, and an MBS, Columbia University.

PAUL MANNING has been the director of the Office of Project Management since 2005. He has 40 years of experience in design and construction, managing multi-million-dollar construction companies and projects in a variety of market sectors and project delivery systems in Chicago, New York City, and New Jersey. He holds a BS in architecture, University of Illinois, Champaign-Urbana.

6 Wednesdays, April 18–May 23, 3:15–4:45pm.
Smith Warehouse Bay 2, Conference Room 204 or Facilities Training Room (three sessions will be held at other sites around Duke). Maximum: 40.
Fee: \$60. **Course ID: 2548.**

Registration opens at 9:00am on March 29
www.learnmore.duke.edu

FINE ART PHOTO COLLECTING 101

This course will cover the why, what, and how of collecting fine art photography. We will explore the motivations and mechanics of collecting, as well as the presentation, care, and documentation of collections, including software; vintage versus nonvintage prints; analog versus digital; gallery and artist relationships; framing; various channels for purchasing work; and collecting as investment. If time allows, we will look at the exciting world of photo books. The course includes hands-on access to the Cassilhaus Collection and field trips to other collections in the area. No prior experience required—just a love of photography. This is *not* a class on the history of photography or a survey of photographic technique or historical processes. Classes meet at Cassilhaus, the instructor's modernist home/art gallery/studio and artist-in-residence program. ■ *Lecture (plus Questions); Hands-On Activity (e.g., Computer, Art); Viewing Videos; Filed trip(s)*

FRANK KONHAUS is the director of Cassilhaus, a home-based multidisciplinary arts venue near Durham. He directs its exhibition and artist-in-residence program and manages the Cassilhaus Collection of contemporary photography. He is also the founding principal of KONTEK Systems, Inc., an audio/video system design and integration firm based in downtown Durham. He is a graduate of Duke University.

5 Wednesdays, April 18–May 23 (please note dates; class will not meet on April 25), 3:15–4:45pm.

Cassilhaus, 6301 Mimosa Dr, Chapel Hill. Maximum: 15. Fee: \$50. **Course ID: 2550.**

OLLI AT NIGHT CLASSES

CYBERSECURITY 101: Practical Tips for Non-Techies

How secure is your computer right now? You probably don't know. Computers and the Internet have revolutionized the modern world, but if you're like most people, you have no clue how they work or what the real threats are. It's not your fault. Where would you have learned about this? While there are tons of resources on "cybersecurity" for people that already understand computers and networking, there are almost none for regular, everyday folks. That's where this course comes in. The instructor

will explain the basics of computers, networking, security, and privacy—in plain English, using simple analogies—and then will show what can be done at home to make your computer (Mac or Windows) and even mobile devices (iPhone or Android) more secure. There will be optional reading and activities using the recommended textbook (the instructor will inform students if new edition is available).

■ *Lecture (plus Questions)*

Recommended Text:

- Carey Parker, *Firewalls Don't Stop Dragons: A Step-By-Step Guide to Computer Security for Non-Techies* (ISBN: 978-0997453607), Wawasee Media, 2016, \$19.99.

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

6 Wednesdays, April 18–May 23, 6:30–8:00pm (please note times). **The Bishop's House.** Maximum: 25. Fee: \$60. **Course ID: 2327.**

WRITE A 50,000-WORD NOVEL OR MEMOIR IN SIX WEEKS

Every November, writers all over the world write a novel in a month as part of the NaNoWrimo project (nanowrimo.org). This course will use the same process, except the time period will be six weeks, not a month, and you may write a memoir or any other creative prose. During class, we will read and discuss our work, problems we encounter, discoveries we make, writing techniques, and the overall writing process. We all write at different speeds, so it is not required that you finish your book in six weeks. The idea is to make steady progress so you can discuss in class what it's like to write a long piece of writing. We will all make discoveries about the process, and it will be valuable to share our experiences in class. This class is for both beginning and experienced writers. The main idea is to have fun, share the experience, and support your fellow writers. We will also discuss publishing and self-publishing your work. ■ *Facilitated Discussion; Writing*

PAUL DEBLINGER holds an MA in creative writing from Hollins College and and MFA from Bowling Green. He has taught writing in Washington, DC; Minnesota; North Carolina, and Prague. He has published stories, essays, interviews, poems, and articles in many venues,

and has worked in the publishing industry for many years in editing and marketing.

6 Wednesdays, April 18–May 23, 6:30–8:30pm (please note times). **The Bishop's House.** Maximum: 10. Fee: \$60. **Course ID: 2594.**

GUIDE TO LOCAL JAZZ: The Hidden Gems Pop-Up Version

There are many below-the-radar jazz venues in our area that prior “Guide to Local Jazz” courses haven’t covered. Through field trips, we will discover where these jazz gems are hidden. That means spending rotating evenings (and one Saturday afternoon) in a small group listening to talented local musicians do their thing. See pages 12–13 for full description and session schedule.

6 sessions, April 16–May 22; days, times, and locations vary (see schedule on page 13). Maximum: 15. Fee: \$60.

Course ID: 2605.

*Rotating
evenings
& one
afternoon*

DEMENTIA INCLUSIVE DURHAM: Enhancing the Well-Being of Persons Living with Dementia

More than 5 million Americans are living with Alzheimer’s and other related dementias. By 2050, this number could rise to as high as 16 million. Across North Carolina, an estimated 160,000 persons, age 65 and older, are living with Alzheimer’s disease, and the number is expected to reach 210,000 by 2025. This projected upward demographic shift will affect Durham and compels transformation of our community into a place where people living with dementia can be engaged and live well, in spite of their physical or cognitive impairments. While there isn’t a cure yet, there are proven ways to enhance the quality of life and care for everyone affected by it. This course will introduce Dementia Inclusive Durham and its plans to bring the community together to understand and address the needs of persons with dementia. Participants will learn proactive, person-centered, and strength-based approaches that focus on enhancing the individual person’s well-being. ■ *Lecture (plus Questions); Facilitated Discussion; Viewing Videos*

CARMELITA KARHOFF, an experienced ombudsman, trainer, and dedicated advocate for the rights of elders

and vulnerable adults to quality of life and care, is presently working as a community volunteer and spearheading the planning and implementation of *Dementia Inclusive Durham*. Guest lecturers will participate in teaching this course.

6 Thursdays, April 19–May 24, 9:00–10:30am.

Judea Reform Congregation Education Building.

Maximum: 15. Fee: \$60. **Course ID: 2587.**

MYANMAR:

Journey to Democracy

In 2015, Myanmar became a democracy, coming out of 54 years of brutal military dictatorship. Since 1988, the National League for Democracy (NLD), a Democratic Socialist movement, has fought for decades to win freedom and set forth a new beginning. Students will learn a brief history of Myanmar and the current political environment barriers and challenges of forming a democracy, and the complex humanitarian and political crisis of the Rohingya Muslim population. ■ *Lecture (plus Questions); Facilitated Discussion*

Required Text:

- Aung San Suu Kyi, *Freedom from Fear: And Other Writings* (ISBN: 978-0141039497), Penguin Books, 2010, \$11.94.

Recommended text:

- Thant Myint-U, *The River of Lost Footsteps: A Personal History of Burma* (ISBN: 978-0374531164), Farrar, Straus, and Giroux, 2008, \$10.21.

SHAWNEE BIGELOW, PhDc, MBA, is a global change agent and human rights advocate who has dedicated her life to the strengthening of communities and individuals. In 2016, she presented at the United Nations in Geneva, Switzerland, to world leaders with the Geneva Institute on Leadership and Public Policy. She served on an elite US delegation of policy experts to Myanmar, training elected leaders of the National League for Democracy in coalition building, implementation, ethics, and rule of law.

6 Thursdays, April 19–May 24, 9:00–10:30am.

Judea Reform Congregation Education Building.

Maximum: 15. Fee: \$60. **Course ID: 2560.**

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 out of the belief that slow, continuous motion, combined with an internal focus

on subtle changes, enhances energy, well-being, and mental, emotional, and physical balance. Scientific studies have verified many of its benefits, and medical professionals now endorse it for arthritis, Parkinsons, Fibromyalgia, balance difficulties, pulmonary and cardiovascular diseases, and a wide variety of other conditions. It is easy to practice, requires no special space or equipment, and integrates natural, easy movement with a joyful, reflective approach to daily life. ■ *Exercise or Dance*

Prerequisite: This course is open only to those who have taken either Dr. Dunbar's "Moonlight" or "Starlight" courses or both. This course reviews the choreographies in those courses and combines them into the traditional 108-movement long form. The next opportunity to begin T'ai Chi study with Dr. Dunbar through OLLI will be during the Fall 2018 term.

Recommended Text:

- Tsung Hwa Jou, *The Dao of Taijiquan: Way to Rejuvenation* (ISBN: 978-0804813570), Tuttle Publishing, 1989, \$9.99.

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

6 Thursdays, April 19–May 24, 9:00–10:30am.

Barriskill Dance Theatre School, 3642 Shannon Rd, Durham. Maximum: 25. Fee: \$60. **Course ID: 0420.**

THREE DAYS AT THE FARM

Celebrate the spring through a series of half-day classes with Catherine Tsintzos and the staff at the Duke Campus Farm. For a complete description of the series, please see pages 5–6. ■ *Hands-On Activity* (e.g., Computer, Art)

Thursday, May 10: Indigo History & Dyeing

This indigo introductory class with vat prep, also provides a history of indigo in the Carolinas and at the Duke Campus Farm. Learn about the Farm's Heritage Plot, while using Japanese Shibori surface design techniques to create your own silk scarf. You will have sample fabric and a flour sack towel to play with. You may also bring a few items from home, as long as they are not too large and are pre-washed 100% cotton, hemp, linen or silk. This is a fun and popular class that always results in

beautiful finished pieces that you will be delighted to share. Tools and gloves are all included. Dress for messy play.

Please note: For each section, there is a \$20 materials fee to cover the cost of supplies and a donation to the campus farm. Please bring the exact amount (in cash) to the class; refunds are at the discretion of the instructor.

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

Please note: There are three sections of this course open for enrollment; you can register for one, two, or all three. When registering online, enter the four-digit Course ID (**2607**) into the course search. You will then need to choose your preferred section(s). If registering by paper, write the preferred section(s) on the line(s).

Section 1—Plein Air Art: 1 Monday, May 7, 9:00am–12:00pm. See page 5–6.

Section 2—Spring Salads: 1 Wednesday, May 9, 9:00am–12:00pm. See page 5–6.

Section 3—Indigo: 1 Thursday, May 10, 9:00am–12:00pm (please note date and times). **Duke Campus Farm**, 4934 Friends School Rd, Durham. Maximum: 20. Fee: \$20. **Course ID: 2607-003.**

GETTING TO KNOW GMAIL

Gmail has been around since 2004, when Google started its e-mail service. It graduated to a full-fledged service in 2009 and is now widely used by schools, corporations, and individuals like you and me. During this course, we'll check out Gmail's features and hopefully discover some ways to tame the e-mail beast. We will cover Gmail settings, accessing Gmail through Web and mobile devices, using Gmail for POP or IMAP e-mail accounts (Yahoo, Hotmail, etc.), creating Gmail filters using labels and folders, utilizing Gmail tasks and Google Calendar (reminders, invitations), and personalizing Gmail. ■ *Lecture (plus Questions); Hands-On Activity (e.g., Computer, Art)*

Prerequisites: Students should have a Gmail account and will need to bring their own device(s) for hands-on learning activities. Google provides instructions for setting up an account at goo.gl/kh2Kqm.

OUIDA WATSON is a retired educator whose professional life was changed when the school librarian introduced the Apple IIE with PFS Write and File and the “magic” of word processing. She has been an ambassador of that “magic” for more than 40 years, from classroom teacher to education consultant. In retirement, she enjoys the give-and-take of learning something new. Her motto: “I love technology 98% of the time.”

6 Thursdays, April 19–May 24, 11:00am–12:30pm.
Judea Reform Congregation Education Building.
Maximum: 15. Fee: \$60. **Course ID: 2552.**

ORGANIZING YOUR THOUGHTS, PREFERENCES & DOCUMENTS

This course will provide guidance to organize your thoughts, wishes, and documents to prepare for the unexpected and the inevitable. There will be hands-on exercises and thought-provoking discussions. The instructor has more than 30 years of experience working with individuals and families. Because she has witnessed some devastating events in which families did not have clear directives, she would like to help others prevent these occurrences. Guest speakers will include an elder-law attorney, a long-term care insurance specialist, and a critical care health care advocate. Each of these professionals are experts in their fields and will provide a wealth of information. ■ *Lecture (plus Questions); Facilitated Discussion; Writing*

TERI ROGOWSKI is a certified financial planner. She has 30+ years' experience working with individuals and families to help them build, maintain, and distribute wealth. She is the owner and founder of Day2Day Personal Financial, providing daily money management services. Her passion is to educate, empower, and assist individuals in maintaining their financial well-being.

6 Thursdays, April 19–May 24, 11:00am–12:30pm.
Judea Reform Congregation Education Building.
Maximum: 25. Fee: \$60. **Course ID: 2600.**

ISLAM AS A WAY OF LIFE & CULTURE

When you hear about Islam and Muslims, what image comes to mind? This course will give you the opportunity to develop a more accurate image, with basic information about Islamic theology and doctrines, various Islamic practices, and the many

ways this religion is practiced as a living faith in different countries, including the United States. Class time will be enriched by a variety of multi-media material, such as videos, documentaries, and voice recordings from experts. You will find this course helpful in distinguishing the realities of Islam and Muslims from the common media stereotypes and misconceptions that abound. There will also be field trips to a local mosque to observe Muslim prayer and a lunch/dinner opportunity with Muslim families to hear their perspective on various topics. ■ *Lecture (plus Questions); Facilitated Discussion; Listening to Music or Other Audio; Viewing Videos; Field Trip(s)*

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

Recommended Texts:

- Ali Unal, *The Qur'an with Annotated Interpretation in Modern English* (ISBN: 978-1597841443), Tughra Books, 2008, \$24.95.
- Marston Speight, *God Is One: The Way of Islam* (ISBN: 978-0377001961), Friendship, 2001, \$43.50. (Used copies available online at a substantial discount.)
- Syed Hussein Nasr, *The Heart of Islam: Enduring Values for Humanity* (ISBN: 978-0060730642), HarperOne, 2004, \$11.19.

TUBA FATMA KAYA is a graduate of Hartford Seminary (Connecticut) with a master's degree 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.

6 Thursdays, April 19–May 24, 11:00am–12:30pm. **Judea Reform Congregation Education Building.** Maximum: 25. Fee: \$60. **Course ID: 1081.**

THE WORLD TODAY

This course is for those interested in current events. Each week, we will discuss news from around the world, across the United States, and in the Triangle. The facilitator will provide an agenda of discussion topics, and members of the class are permitted to propose additional discussion topics. Active participation is encouraged (but not mandatory), since it expands our mutual understanding of the many

events that might, and do, affect us. Discussions are enriched by the variety of class members' backgrounds, expertise, and viewpoints. Topics are discussed knowledgeably, respectfully, and, sometimes, with passion, but we always end with humor, looking forward to the next class. And many of us even continue the discussions over lunch at a nearby restaurant. We offer two sections of this class because of the large number of interested OLLIites. Most facilitators rotate between the sections. Each facilitator is a news junkie and has led discussions many times, and each brings his own distinctive style and background to the class, and, most important, each will encourage a wide selection of views from class members. ■ *Facilitated Discussion*

See page 27 for facilitator bios.

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

Section 1: 6 Wednesdays, April 18–May 23, 11:00am–12:30pm. **Judea Reform Congregation Education Building.** Maximum: 32. Fee: \$60. **Course ID: 0393-51.**

Section 2: 6 Thursdays, April 19–May 24, 11:00am–12:30pm. **Judea Reform Congregation Education Building.** Maximum: 32. Fee: \$60. **Course ID: 0393-52.**

HARP ENSEMBLE

Join the OLLI Harp Ensemble as we journey into the warm and wonderful world of the waltz. From the “Waltz of the Flowers” to “The Blue Danube,” we will musically roam, acquiring new technical skills as we go. The class will culminate in an end of course performance titled “Harp Waltz.” Beginner through advanced harp students are welcome, since parts will be assigned at each student's level of mastery.

■ *Lecture (plus Questions); Hands-On Activity (e.g., Computer, Art); Listening to Music or Other Audio*

Please note: Students will need to rent a harp, if one is not owned. The rental fee for the Spring term is \$50 and covers the harp, carrying case, and tuning wrench. Please bring to the first class a check made out to “The Harp Studio”; refunds are at the discretion of the instructor. Students will also need to bring

a folding music stand, or one may be purchased from The Harp Studio for \$12.

WINIFRED GARRETT, a graduate of UNCSCA and Manhattan School of Music, is the principal harpist for the Fayetteville Symphony, the harpist in residence of Hayti Heritage Center, the founder/artistic director of The Harp Studio, and a harp instructor for Guilford College, the Cary School of Music, the Durham Arts Council, and NCSU.

6 Thursdays, April 19–May 24, 11:00am–12:30pm.

Judea Reform Congregation Education Building.

Maximum: 20. Fee: \$60. **Course ID: 2582.**

SELLING & BUYING TREASURES ON THE INTERNET:

Using eBay and Other Sites

If you'd like to sell or buy on eBay, we'll show you how. We'll learn to navigate around eBay—both selling and buying—but we'll also explore other venues (Craigslist, Amazon, Etsy, Rubylane, Bonanza), and we'll research and strategize for maximum effectiveness in achieving our desired results. We will focus on selling your treasures, including creative marketing and the skills of taking the perfect photo and writing exciting copy. We'll tailor the course to your needs and give you “hands-on” experience for this new adventure. ■ *Lecture (plus Questions); Hands-On Activity (e.g., Computer or Art)*

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

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

6 Thursdays, April 19–May 24, 11:00am–12:30pm.

Smith Warehouse Computer Lab. Maximum: 10.

Fee: \$60. **Course ID: 1041.**

JOYFUL HEALING SONG & DANCE

Everything in the universe is energy manifesting as sound and vibration. This course combines two modalities—sound and movement—to explore how we can heal ourselves through song and dance. Each of us will use our own energy to attune to

a universal vibration with our voices and bodies. You will experience and practice vocal toning, chant, and meditative singing, and begin to develop voice, ear, and body connection. The sound we create with our voices can communicate to specific chakras, or energy centers within our bodies, to promote healing, relaxation, and well-being. Dance movements allow us a freedom of expression, a way to connect with energies greater than ourselves, and a way to move beyond limiting beliefs, obstacles, and barriers to our health and wellness. Experience gentle movement and soothing sounds to heal body, mind, and soul. No experience is necessary. Wear comfortable clothing and bring a willing body, heart, and soul. Come dance and sing with us! ■ *Exercise or Dance, Hands-On Activity (e.g., Computer, Art); Listening to Music or Other Audio; Viewing Videos*

MALAIKA PETTIGREW is a life coach, energy healer, and dance movement instructor. Her passion for dance began as a child and will always be an essential part of her life. She has studied, performed, and taught to all ages the diverse dance styles of West Africa, Cuba, Latin America, and Brazil.

6 Thursdays, April 19–May 24, 11:00am–12:30pm.

Carolina Dance Academy, 3101 Guess Rd # E, Durham. Maximum: 16. Fee: \$60. **Course ID: 2603.**

PAPERCUTTING: Dog, Butterfly

Papercutting is the art of cutting paper designs, which has evolved uniquely all over the world to adapt to different cultural styles. *Jianzhi* is a traditional style of papercutting 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 papercutting knives. Once you get into it, you will pleasantly surprise yourself with an ornate masterpiece. Paper cutting designs will be provided by instructor.

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

Please note: There will be a \$3 materials fee for the cutting designs and colored backing paper. Please bring the exact amount to the seminar; refunds are at the discretion of the instructor.

Required Materials:

- a pair of sharp scissors, small ones if possible
- a razor or knife
- a small cutting board, or a magazine used as cutting board, to cut thin paper on

JINXIU ZHAO (ALICE) is a professional brush painting artist who specializes in the teaching of Chinese brush painting and calligraphy to both children and adults. At age 18, her papercutting creations were shown in the China National Gallery in Beijing. Some of them were also published in the newspaper and magazines in China. She has been providing papercutting workshops at the Seymour Center.

1 Thursday, April 19, 1:00–4:00pm (please note date and times). **Judea Reform Congregation Education Building.** Maximum: 12. Fee: \$20. **Course ID: 2566.**

UNDERSTANDING THE MIDDLE EAST: Roots of the Culture Gap

Gain a deeper appreciation and understanding of Middle East by comparing its history, culture, and economics to that of Europe. We will discuss surprising literature connections between the Middle East and the West, examine why the Western Enlightenment persisted while Middle East Golden Age fizzled out, and compare areas such as technology, agriculture, and social mobility. In the second half of the course, we will review roots of current conflicts and come to understand that religion and oil are not the only factors. ■ *Lecture (plus Questions); Facilitated Discussion*

Recommended Texts:

- Judith Coffin et al., *Western Civilizations: Their History and Their Culture* (ISBN: 978-0393934830), W. W. Norton & Company, 2011, \$23.97.
- Ibn Khaldun, *The Muqaddimah: An Introduction to History*, trans. Franz Rosenthal (ISBN: 978-0691166285), Princeton Univ. Press, 2015, \$16.68.
- Karen Armstrong, *Islam: A Short History* (ISBN: 978-0812966183), Modern Library, 2002, \$13.97.

These books can be purchased online at a substantial discount.

KEVIN RICHARDS has traveled to Lebanon and made contact with different political factions throughout the country. Material from these meetings will add to the course. He guest lectured at the university in Beirut in 2003, and from 2004 to 2007, he guest-lectured in California at Ventura College and CYA, Camarillo. He also worked with an organizational behavior class at Boston University from 1979 to 1981.

6 Thursdays, April 19–May 24, 1:30–3:00pm.
The Bishop's House. Maximum: 25. Fee: \$60.
Course ID: 1778.

GREEN HOME RENOVATIONS: Proven Cost-Effective Solutions

Downsizing, reorganizing living spaces, daylighting, healthier indoor air quality, and energy savings are some of the issues that homeowners are faced with. The alternatives include staying in your old home, renovating, adding on, or building new. How can you make your living spaces feel more up to date, including universal design and accessibility? Our class will focus on residential projects, with a focus on green renovations. The five-session course will begin with a brief overview of the benefits of building green: health, savings, resale value, and market desirability. Students will have an opportunity to discuss their own homes as part of a participatory class session. Students will receive a list of resources and a detailed summary of cost effective solutions, and the challenges and rewards of living in a well-designed house. We'll end with a discussion on how the design ideas can be incorporated into your own projects. ■ *Lecture (plus Questions); Facilitated Discussion*

ALICIA RAVETTO is a Fellow of the American Institute of Architects, with extensive experience and certifications in LEED design. Her nationally and internationally recognized architectural firm is based in the Research Triangle and focuses on green building design. She has 20 years of experience in consulting and with residential new construction and renovation.

5 Thursdays, April 19–May 17 (please note dates), 1:30–3:00pm. **Judea Reform Congregation Education Building.** Maximum: 15. Fee: \$50. **Course ID: 1813.**

DUTCH ART & SOCIETY IN THE 17th CENTURY

The 17th-century Dutch delighted in pictures of themselves. The paintings they purchased to decorate their homes depict husbands and wives, the places where they lived and worked, and the particulars of their day-to-day lives. This was a period of peace and prosperity for the Dutch—a Golden Age—and they were pleased to record in paint all aspects of their good lives. In fact, no other people before them produced such a remarkable pictorial record of themselves and their world.

Remarkable, too, were the painters whose pictures document the everyday. In this course, we will look at lively portraits by Frans Hals and Rembrandt; light-filled landscapes by Jacob van Ruisdael and Aelbert Cuyp; and engaging genre scenes by Judith Leyster, Pieter de Hooch, and Jan Steen. These and many other talented artists transformed mundane themes into masterpieces that bring seventeenth-century Dutch society vividly and delightfully to life. ■ *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 Thursdays, April 19–May 24, 1:30–3:00pm.

Judea Reform Congregation Education Building.

Maximum: 30. Fee: \$60. **Course ID: 1423.**

ZENTANGLE

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Almost anyone can create these beautiful images. It increases focus and creativity and provides artistic satisfaction, along with an increased sense of personal well-being. Zentangle classes are taught by CZT (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 to learn that you can deliberately relax and intentionally direct your attention while creating beautiful works of art. ■ *Hands-On Activity (e.g., Computer, Art)*

CATHY BOYTOS is an artist, graphic designer, photographer, and CZT. She lives in Raleigh, with her husband, Greg, and their cat, Annie. She has an extensive background in graphic design and used to teach graphic design in the community college arena. 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.

4 Thursdays, May 3–24, 1:30–3:30pm (please note dates and times). **Judea Reform Congregation Education Building.** Maximum: 12. Fee: \$40. **Course ID: 2567.**

IF YOU CAN WALK, YOU CAN DANCE

As sure as we can walk, we can dance. In this class we will dance (and exercise) to celebrate special occasions and just to have fun. Beginning with ballet barre (great for improving posture and balance and increasing core strength and flexibility), we will relevé, plié, and stretch our bodies from head to toe. Next, we'll take to the dance floor, where we will move to a different beat, song, and style each week. We will end each class on the floor for exercises designed to relax, rejuvenate, and revitalize our spirits (exercises can be done in a chair). No prior dance experience is necessary, just a willingness to explore the exciting and challenging ways we can move our bodies. ■ *Exercise or Dance*

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

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 elementary schools for more than 30 years and is currently a certified Pilates mat/equipment instructor and personal trainer.

6 Thursdays, April 19–May 24, 2:00–3:30pm (please note times). **Carolina Dance Academy**, 3101 Guess Rd # E, Durham. Maximum: 16. Fee: \$60. **Course ID: 0442.**

OLLI AT NIGHT CLASSES

GUIDE TO LOCAL JAZZ: The Hidden Gems Pop-Up Version

There are many below-the-radar jazz venues in our area that prior “Guide to Local Jazz” courses haven’t covered. Through field trips, we will discover where these jazz gems are hidden. That means spending rotating evenings (and one Saturday afternoon) in a small group listening to talented local musicians do their thing. See pages 12–13 for full description and session schedule.

6 sessions, April 16–May 22; days, times, and locations vary (see schedule on page 13). Maximum: 15. Fee: \$60. **Course ID: 2605.**

*Rotating
evenings
& one
afternoon*

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 their integration into the band in a comfortable and sensitive way. Because of the variety of music, the easy pieces allow the newer players to play with ease, and the harder pieces satisfy the more advanced players. The band is comprised of more than 75 musicians, and all instruments normally found in a concert band are represented.

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

Contra Band: The Contra Band will be offering a different format for the Spring term of 2018—

Contra Band for Brass. Open to brass instruments only, we will be playing medium-easy brass ensemble music. We encourage brass players of all levels to join and invite all our Contra Band woodwind players to join with the regular New Horizon Concert Band rehearsals on Thursdays. The Concert Band plays many easier selections during the mini-semester and should be enjoyable to woodwind players of all ability levels. Contra Band for Brass is also an excellent opportunity for all Thursday Concert Band brass players to get an extra day of ensemble music. Come give it a try. *The director will be Donna Goldstein.*

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

Dixie Dukes: In the same fashion, The Dixie Dukes is an additional band playing New Orleans-style Dixieland music. This small band is comprised of one instrument per part, playing scored music that features individual soloists. **Please note:** *This band demands a higher level of musical ability; participation must be approved by the director.*

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

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

Rehearsals & Cost:

Concert Band: 6 Thursdays, April 19–May 24, 3:30–5:30pm, Durham Academy Middle School. Fee: \$30. **Course ID: 0455.**

Contra Band for Brass: 6 Tuesdays, April 17–May 22, 3:30–5:30pm, Durham Academy Middle School. Fee: \$30. **Course ID: 0454.**

Swing Band and/or Dixie Dukes: 6 Wednesdays, April 18–May 23. Swing Band, 3:30–5:00pm; Dixie Dukes, 5:00–6:30pm. Durham Academy Middle School. Fee: \$20 for either or both, in addition to the \$30 Concert Band fee. **Course ID: 0456.**

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

JEFFERY ZENTNER manages all of the New Horizons bands, not only directing the bands but organizing rehearsals and concerts, selecting music, and generally keeping things running smoothly. His musical talent, charisma, and organizational skills define this successful band program. Having learned to play the trumpet at age 6, Jeff went on to attend college at SUNY Fredonia, majoring in music education, and later attended Ithaca College School of Music, earning a master's in trumpet performance. He has been teaching band for 39 years, with the past 18 of those years at Durham Academy Middle School. 919-489-9118 x 4342 or Jeff.zentner@da.org.

THE PLAYS OF SAM SHEPARD: Myths and Sagas of the American Family from *The Rock Garden* to *A Lie of the Mind*

Sam Shepard (1943–2017) was the great rock star–cowboy–poet of the American stage. He began his career as one of the founding figures of the Off-Broadway avant-garde and became (in addition to a wonderful Oscar-nominated character actor) a canonical author, a Pulitzer Prize winner, and an heir to the tradition of American domestic drama launched by O'Neill, Williams, Miller, and Albee. In this course, we will read six of Shepard's plays: two early absurdist works, *The Rock Garden* and *The Tooth of Crime*, and the four naturalistic family sagas responsible for his enduring legacy, *Curse of the Starving Class*, *Buried Child*, *Fool for Love*, and *A Lie of the Mind*. Additionally, a screening of Wim Wenders' classic film *Paris, Texas* (based on Shepard's *Motel Chronicles*) will be arranged. While biographical, theatrical, and cultural contexts will be addressed, class discussions will focus on Shepard's primary thematic concerns: trauma, family, and American identity. ■ *Lecture (plus Questions); Facilitated Discussion*

Required Texts:

- Sam Shepard, *Seven Plays* (ISBN: 978-0553346114), Dial Press Trade Paperback, 1984, \$14.12.
- Sam Shepard, *Fool for Love, and Other Plays* (ISBN: 978-0553345902), Bantam Books, 1984, \$12.09.
- Sam Shepard, *A Lie of the Mind* (ISBN: 978-0822206569), Dramatists Play Service, Inc., 1998, \$9.00.

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 since 2014.

6 Fridays, April 20–May 25, 9:00–10:30am.

The Bishop's House. Maximum: 16. Fee: \$60.

Course ID: 2597.

GERMANY'S SAGA OF UNITY & DISUNITY

Until 1870–71, there was no such thing as a “nation” of Germany, just a collection of peoples who were from similar stock and shared somewhat similar languages, customs, and folk tales. Much of the German story is a tale of attempted unification and

subsequent disunity of these Germanic peoples. We will examine the political, economic, social, religious, and philosophical factors that account for the unity-disunity cycles, from Medieval times to the fall of the Berlin Wall. This course concentrates on this one theme or big idea in an effort to clarify much of the Germans' murky history—its strengths, weaknesses, and missteps. ■ *Lecture (plus Questions)*

GINGER WILSON, a triple Duke graduate, served as the dean of humanities and taught history at the NC School of Science and Mathematics. She received four national and state excellence in teaching awards and conducted numerous workshops for other teachers on the state and national levels.

GERALD WILSON, the senior associate dean of Trinity College, holds degrees from Davidson College, Duke Divinity School, Duke Graduate School, and UNC–Chapel Hill. He was the recipient of the Duke University Medal for Distinguished Service, and *The Chronicle*, Duke's student newspaper, for four consecutive years named him Duke's Best Professor, and his “American Dreams/American Realities” was designated as a “must take” course.

6 Fridays, April 20–May 25, 11:00am–12:30pm.

The Bishop's House. Maximum: 32. Fee: \$60.

Course ID: 2557.

THE HISTORY OF WOMEN'S SUFFRAGE IN AMERICA

This course covers the 80 years of determined effort of American women to gain equality in America, especially at the voting booth. Beginning in 1840 and lasting through 1920, a small handful of strongly focused women—including Susan B. Anthony and Elizabeth Cady Stanton, among many others, both black and white—organized a groundswell of support to exercise their rights to the same privilege as was enjoyed by men: to have a voice in American elections. This course will feature lectures, videos, and class dialogue on proponents and opponents to ratify the 19th Amendment—women's right to vote.

■ *Lecture (plus Questions); Viewing Videos*

BILLY YEARGIN has a master's in liberal arts from Duke University and four certificates of completion on European history, politics, and society from the University of Oxford. He has been an OLLI instructor for 23 years, has taught in the NC community college system for more than 10 years, and has served as the president of Oak Ridge Military Academy. He also has served as the senior agriculture advisor to US senator

Robert Morgan, NC attorney general Rufus Edmisten, and NC governor James B. Hunt Jr.

6 Fridays, April 20–May 25, 1:30–3:00pm.

The Bishop's House. Maximum: 25. Fee: \$60.

Course ID: 2601.

INTRODUCTION TO DREAMWORK

Everybody dreams. And just about everything we experience in our dreams is put there by us and has significance. Dreams are the voice of our inner self striving to make us whole. This practical course provides guidance for remembering and journaling dreams, explains what dreams are and where they come from, and explores many of the important dream elements, so that the dreamer will learn to work with and interpret their own dreams. ■ *Lecture (plus Questions); Facilitated Discussion*

Please note: Students will need to have a notebook for dream journaling, if they don't already keep a dream journal. Mid-size journals with appealing covers and acid-free paper, with very subtle lines, are available from Peter Pauper Press. Please bring your journal to the first and every subsequent session.

STEVE BARRELL founded and facilitates the Dreams Study Group at the Rhine Research Center. A certified hypnotherapist, ordained minister, and "ghost hunter," he lectures on various parapsychology and esoteric topics and curates a nine-thousand-volume metaphysical, esoteric, and parapsychology library in downtown Durham. He was an AJ Fletcher Fellow and earned an MA in musicology from Duke.

6 Fridays, April 20–May 25, 1:30–3:00pm.

The Bishop's House. Maximum: 12. Fee: \$60.

Course ID: 2589.

WEEKEND

GUIDE TO LOCAL JAZZ: The Hidden Gems Pop-Up Version

There are many below-the-radar jazz venues in our area that prior "Guide to Local Jazz" courses haven't covered. Through field trips, we will discover where these jazz gems are hidden. That means spending rotating evenings (and one Saturday afternoon) in a small group listening to talented local musicians do their thing. See pages 12–13 for full description and session schedule.

6 sessions, April 16–May 22; days, times, and locations vary (see schedule on page 13). Maximum: 15. Fee: \$60.

Course ID: 2605.

*Rotating
evenings
& one
afternoon*

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

MEET & GREET AT THE BISHOP'S HOUSE

Saturday, April 21, 10:30am

New to OLLI at Duke? You are invited to join us for a morning program hosted by our Membership Committee. New OLLI at Duke members will have an opportunity to meet other members and supporters, board of advisor members, and our director, Garry Crites. We'll have refreshments, and after the program (around 12:30pm), we will tour nearby Lilly Library and the Marketplace dining hall on Duke's East Campus.

If you are planning to attend, please respond by e-mail to OLLIatDuke@aol.com, with the subject "Meet & Greet." We look forward to seeing you on April 21.



Activities are an integral part of the OLLI program, providing opportunities to learn and socialize outside the classroom. If you have general questions or suggestions for activities, call Kathy Parrish at 919-681-3476. If you want to find out more about any of the listed groups, please contact the coordinator for that activity.

BOOK GROUP

This informal group reading contemporary literature meets on the second Monday of every month at 3:15pm in The Bishop's House. Coordinator: Judy Grauer at judygrauer@gmail.com or 919-416-0755.

April 4: *The Last Days of Café Leila* by Donna Bijan

May 14: *Orphan Train* by C. Baker Kline

June 11: *The City of Falling Angels* by J. Berendt (class held offsite)

CRAFT GROUP

It's time to dig out that unfinished project from the back of the closet. Knitting, quilting, crocheting, sewing . . . whatever. All are welcome. We will meet every Monday at 3:15pm in The Bishop's House. For more information, contact Judy Grauer at judygrauer@gmail.com or 919-416-0755.

INTERNATIONAL FOLK DANCE

Join us for a fun way to get exercise, both physical and mental, and improve your balance. The folk dances we practice are done in a line or circle (no partner is needed) and are low impact (not highly strenuous). Most of the dances originated in Eastern Europe. Our ongoing class meets on Tuesdays, 1:30–2:45pm, at Croasdaile Village Retirement Community. Newcomers are welcome at any time. There is no charge, but you will need to contact coordinator Judy Stafford at 919-383-7172 or judy.stafford@dm.duke.edu for more information.

LANGUAGE TABLES

La Table Française se réunit le mardi de midi à 13 heures dans l'atelier à "The Forest at Duke Retirement Center." En ce moment, le groupe est complet, et il y a une liste d'attente. Si vous parlez français couramment et vous voulez que nous y mettions votre nom, envoyez un mail à Emily Lees (emilylees@bellsouth.net) ou à George Entenman (olli@entenman.net). Les résidents de la "Forest" qui parlent français sont toujours bienvenus. Nous sommes heureux aussi de répondre à vos questions.

Spanish Table meets 12:45–2:00pm on the third Friday of each month (September–April) at local Hispanic-themed restaurants. We welcome Spanish speakers from all levels to join in practice of conver-

sational Spanish. Meeting locations are published in the *Spotlight* each month. Please contact Margaret Riley (mrileync@gmail.com) if you are interested in joining the group.

MAC COMPUTER USERS GROUP

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

MEET & GREET

New to OLLI at Duke? You are invited to join us for a morning Meet & Greet program hosted by our Membership Committee, Saturday, April 21, 10:30am, at The Bishop's House. See page 41 for details.

MYSTERY BOOK CLUB

Whether you *have* a clue or not, this book club may be for you. We meet monthly on the second Tuesday at The Bishop House, 3:15–4:45pm, to discuss mystery books our members have designated worthy and interesting to share with the group. We have read and discussed books by the authors Ann Cleeve, Arnaldur Indriason, Ruth Rendell, and Ausam Zehant, to name just a few. We are an adventurist group looking for new and exciting authors. Coordinator: Madeline "Maddy" Kalstein, madkalstein@gmail.com.

SCIENCE BOOK CLUB

We read and discuss books of substance on topics ranging from biology, evolution, and the physical sciences to medicine, the environment, and biographies of famous scientists. You do not have to have a science degree to participate, and no registration is required. You must be an OLLI member to participate in this book club. The group usually meets the first Thursday of the month at 3:15pm at The Bishop's House. Coordinator: Dan Oldman, Daniel.oldman@gmail.com or 919-544-2686.

(See page 26 for "Science Books: Some OLLI Member's Favorites," a course led by six Science Book Club members. Join us!)

OLLI BOARD OF ADVISORS & ADMINISTRATION

OLLI at Duke is one of the programs under the auspices of Duke Continuing Studies and operating within Duke policies. Officers of the board of advisors of this membership organization are elected at the annual membership meeting, held at the end of the OLLI Winter term. Board members elected by the membership serve as advisors to OLLI staff. They operate under their own by-laws and meet as a board ten times a year. The president appoints committee chairpersons. Board members and countless other volunteers provide the experience and hard work that guide, enrich, and maintain the organization. We often need leaders and committee chairs. Please contact Garry Crites at 919-684-2703 to find out more about volunteer and leadership opportunities.

2017–2018 Officers (one-year elected term)

President: Ginny Knight

Vice-President: Margaret Riley

Past President: Gregg McPherson

Advisors at Large (three-year elected term)

To 2018: Mary Ellen Walkama, Margaret Riley

To 2019: Dick Chady, Alan Vaux

Committee Chairpersons (one-year appointed term)

Board Development: Gregg McPherson

Communications: Jackie Scott

Curriculum: Beth Anderson

Instructor Relations: Mike Bahnman

Membership: Margaret McKeon

Recording Secretary: Mike Bahnman

Space: Eugene Brown

Volunteer: Richard Melanson

Staff

Director: Garry J. Crites

Assistant to the Director: Kathy Parrish

Representatives at Judea Reform Education Building:

Susanna Chabinak-Uhlig, Jo Ann Dubberley,

Beth Bowling

REGISTRATION

You can register online or by phone (with credit card) starting 9:00am on Thursday, March 29, or by the traditional registration form (with check) starting March 28. See the insert for registration details.

www.learnmore.duke.edu

REFUND POLICY

If you want a refund for a course you will not attend, please request it from the OLLI office (919-681-3476) by the end of the first week of class (April 20). There is a \$20 processing fee for each dropped course. Membership fees are not refundable.

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SCHOLARSHIPS

We want OLLI at Duke courses to be available to all who wish to participate, so there are a limited number of need-based scholarships available. If you need financial help to attend OLLI classes, please contact Garry Crites at 919-684-2703. All requests are confidential.

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ACCESS

Duke University encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please call the OLLI office at 919-681-3476 in advance of your participation or visit.

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DUKE PRIVILEGES

1. Permission to eat in the faculty dining area of the Market Place in the East Campus Union.
2. Participation in Alumni Travel tours. Call 919-684-5114 for more information.

OLLI AT DUKE IS A COOPERATIVE VENTURE

Your suggestions for classes and activities are welcome and are necessary to maintain the vitality of our organization. If you are considering coordinating a class or activity, please contact Kathy Parrish, kathy.parrish@duke.edu or 919-681-3476.

We value your ideas!

SPRING 2018 OLLI CLASS SCHEDULE

9:00
11:00
1:30
3:15

MONDAY	MONDAY	TUESDAY	TUESDAY	WEDNESDAY
<p>History of the European Union</p> <p>Knit a Summery Shawl</p> <p>Three Days at The Farm* (Sec. 1)</p> <p>Where Have All the Normals Gone?*</p> <p>More Watercolor*</p> <p>The Magic of Chocolate*</p>	<p><i>at Judea Reform</i></p> <p>George S. Kaufman Politics 2018</p> <p>Strength & Power for 50+</p>	<p>Helpful Elements of Contract Law</p> <p>Intermediate Spanish*</p> <p>WordPress Website Workshop</p> <p>Beeswax Painting*</p> <p>Improv Theater Games Workshop*</p> <p>Improv Theater Scenework*</p>	<p><i>at Judea Reform</i></p> <p>Building Peace*</p> <p>Retirement Communities*</p>	<p>Totalitarianism</p> <p>Three Days at The Farm* (Sec. 2)</p>
<p>English Georgian Houses</p> <p>Knit a Colorful Tote Bag</p> <p>Mac OS X for Experienced Users</p>	<p>A New Perspective of Islam</p> <p>What to Eat & Why!</p> <p>Mitigating Climate Change</p> <p>Native North Carolinians</p> <p>Keeping Fit for Life*</p>	<p>About the Latin Language</p> <p>Money Laundering*</p>	<p>Creating Videos on iPhone/iPad</p> <p>Spending in Retirement</p> <p>Law & Order: US Legal System</p> <p>Chinese Brush Painting</p> <p>Dance Around the World</p>	<p>American Jewish Poets</p> <p>Russian Revolution</p> <p>Watermedia Painting with Collage*</p> <p>Old North State*</p>
<p>Writing for Children</p> <p>Spring Photography Seminar*</p> <p>Sudoku: Solve Them All!*</p>	<p>Advanced Story Development</p> <p>The 12-Step Way</p> <p>20th-Century Women Poets</p>	<p>Composers Who Changed Music</p> <p>Symposia at The Forest*</p>	<p>Russian Opera</p> <p><i>Titanic</i></p> <p>Let's Bring Out the Best</p>	<p>Exploration of Four Grape Varieties* (Sec. 1)</p> <p>Plato's Early Dialogues*</p>
				<p>Exploration of Four Grape Varieties* (Sec. 2)</p> <p>Duke Facility Operations*</p> <p>Fine Art Photo Collecting</p> <p>New Horizons Chorus*</p> <p>New Horizons Sing Band & Dixie Dukes*</p>
<p>OLLI at NIGHT:</p> <p>Writing/Acting Scripted Improv*</p> <p>Guide to Local Jazz: Hidden Gems* (rotating evenings & one afternoon)</p>	<p>Qigong: Energy for Life</p>	<p>Immigration in Literature</p> <p>New Horizons Contra Band*</p>	<p>Yoga & Meditation</p>	<p>OLLI at NIGHT:</p> <p>Cybersecurity for Non-Techies*</p> <p>Write a Novel/Memoir in Six Weeks*</p>

2018-2019 IMPORTANT DATES

WEDNESDAY	THURSDAY	THURSDAY	FRIDAY
at Judea Reform		at Judea Reform	
Intro to 3D Printing Inner Workings of Stock Market <i>All the King's Men</i> Hot Topics in the Cosmos* Get Down— & Back Up Again	T'ai Chi: Mindfulness in Motion* Three Days at The Farm* (Sec. 3)	Dementia Inclusive Durham Myanmar: Journey to Democracy	The Plays of Sam Shepard
Favorite Science Books Poverty: Lessons Learned The World Today (Sec. 1)	Selling & Buying on the Internet Joyful Healing Song & Dance*	Getting to Know Gmail Organizing Your Thoughts Introduction to Islam The World Today (Sec. 2) Waltzing Harps	Germany: Unity & Disunity
Healthcare Personalized for You* Find Your Watercolor Style* The Story of Tin Pan Alley Destination: Culture USA	Understanding the Middle East If You Can Walk, You Can Dance*	Papercutting Workshop* Green Home Renovations* Picturing a Golden Past Zentangle*	American Women's Suffrage Introduction to Dreamwork
	New Horizons Concert Band*		

SPRING 2018

Thurs, Mar 29
Registration for
Spring courses
begins at 9:00am

Mon, Apr 16
OLLI Spring
classes begin

Fri, May 25
Last day for most
OLLI Spring classes

FALL 2018

Tues, Aug 7
Registration for
Fall courses
begins at 9:00am

Mon, Sept 10
Most OLLI Fall
classes begin

Mon, Sept 10
Rosh Hashanah—
no classes at JRC

Tues, Sept 18
(after 4:00pm)
& **Wed, Sept 19**
Yom Kippur—
no classes at JRC

Mon-Fri, Oct 22-26
OLLI Fall Break—
no classes

Mon-Fri, Nov 19-23
Thanksgiving
Break—no classes

Fri, Nov 30
Last day for most
OLLI Fall classes

WINTER 2019

Tues, Dec 4
Registration for
Winter courses
begins at 9:00am

Mon, Jan 7
OLLI Winter
classes begin

Mon, Jan 21
Martin Luther
King Jr Day—
no classes

Mon-Fri, Feb 18-22
OLLI Winter
Break—no classes

Mon, Mar 25
Last day for most
OLLI Winter classes



For classes marked by an asterisk, please read course descriptions carefully—
the times, dates, and/or class locations do not follow the standard class schedule.

THE BISHOP'S HOUSE (8 East Campus Union Drive) is on the edge of Duke's East Campus, near the intersection of Markham Ave and Buchanan Blvd. **SMITH WAREHOUSE**, 114 S. Buchanan Blvd. (at Maxwell Ave), is located just south of campus.

From Durham: For *The Bishop's House*, enter Duke East Campus from Buchanan Blvd, at the drive opposite Dacian Ave. Follow the drive around until it ends at the white frame house marked "Continuing Studies: The Bishop's House." For *Smith Warehouse*, turn onto Maxwell Ave, off Buchanan Blvd just south of Main St.

From Chapel Hill and Pittsboro on 15-501: As you approach Durham on 15-501 (Durham–Chapel Hill Blvd), take the fork marked "15-501 North - To I-85" toward Duke University. Take Exit 108-B (the Durham

Freeway, Hwy 147); then take Exit 14, marked Swift Ave/ East Campus. Turn left onto Swift, and then right onto Main St. Go to the second light, Buchanan Blvd. For *The Bishop's House*, turn left onto Buchanan, go 0.4 mile, and turn left, opposite Dacian Ave, into the campus; follow the drive until you reach *The Bishop's House*. For *Smith Warehouse*, turn right onto Buchanan, and then right onto Maxwell Ave.

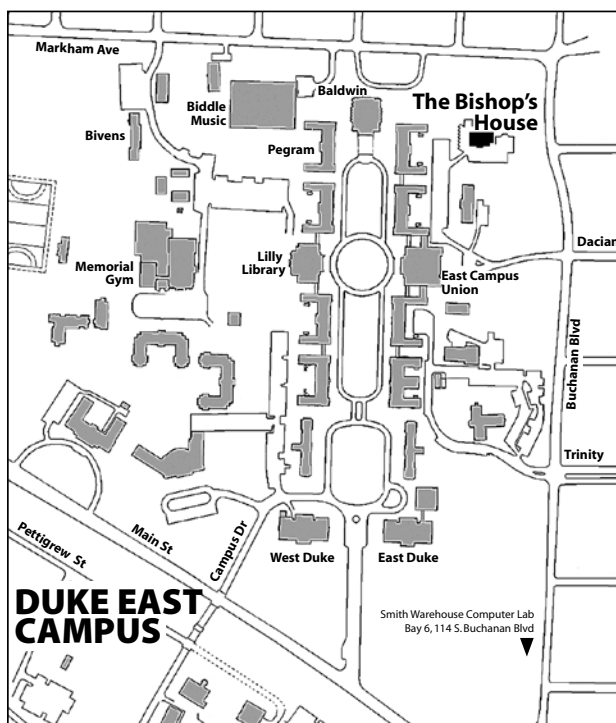
From Raleigh on I-40: As you approach Durham, take Exit 279-B (the Durham Freeway, NC 147), drive into the city, and then take Exit 14, Swift Ave. Turn right onto Swift, and then right onto Main St. Go to the second light, Buchanan Blvd. For *The Bishop's House*, turn left onto Buchanan, go 0.4 mile and turn left, opposite Dacian Ave, into the campus; follow the drive until you reach *The Bishop's House*. For *Smith Warehouse*, turn right onto Buchanan, and then right onto Maxwell Ave.

PARKING

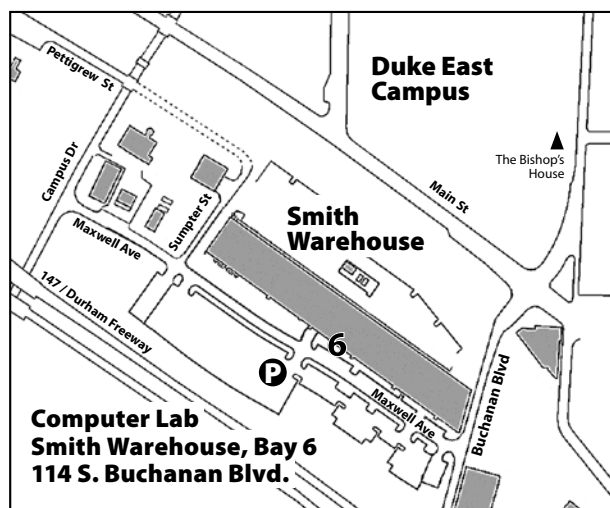
The Bishop's House: There are a limited number of parking spaces at *The Bishop's House*, including three handicapped spaces. The OLLI parking permit should be kept on your dashboard. For the handicapped spaces, you need an official NC handicapped parking tag. DO NOT park in the lower lot that you pass through before reaching *The Bishop's House*.

Your permit is also valid for the East employee parking lot just outside Baldwin Auditorium. You may only park in the sections where the signs "EAE Permit Required" or "EAE/RED Permit Required" are located, not where there is a "RED Zone Permit Required" sign. You may also park at Asbury United Methodist Church at the corner of Markham and Sedgefield, or for two hours on the streets adjacent to East Campus.

Smith Warehouse: If you sign up for a course that meets at *Smith Warehouse*, you will be issued a special Duke parking pass for the *Smith Warehouse* parking lot, accessed via Maxwell Ave, good for one semester only. **Please note:** You will not be able to park at *Smith* if you leave the pass at home. Also, a lost parking pass will require a \$30 replacement fee. Once your class finishes each day, you will need to vacate the lot to make room for OLLI members in the next class.



Under the Federal Campus Security Act (20 USC1092f), prospective students may obtain a copy of the University's annual security report by visiting the Duke University Police Department at 502 Oregon St., Durham, NC, or by calling 919-684-4602. This report includes campus crime statistics and the University's safety and security policies.



JUDEA REFORM CONGREGATION, 1933 W. Cornwallis Rd, is conveniently located on the west side of Durham. The OLLI at Duke contact number at JRC is 919-812-7160.

From I-85: From I-85, take 15/501 to W Cornwallis Rd. Exit and turn left on W. Cornwallis. Judea Reform is .6 miles ahead on the right side.

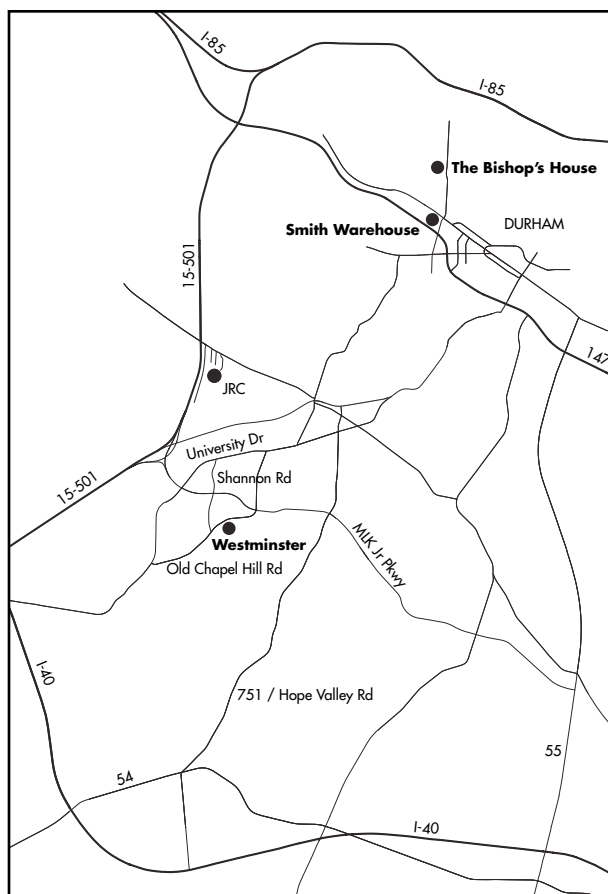
From Raleigh: Take I-40 around Durham, exiting at 15/501 (Exit 270). Turn right and follow 15/501 for about 4 miles, exiting at W. Cornwallis Rd. Turn right. Judea Reform is .5 miles ahead on the right side.

From Chapel Hill: Follow 15/501 from Chapel Hill to Durham, exiting at W. Cornwallis Rd. Turn right. Judea Reform is .5 miles ahead on the right side.

WESTMINSTER PRESBYTERIAN CHURCH, 639 Old Chapel Hill Rd, is located in Southwest Durham.

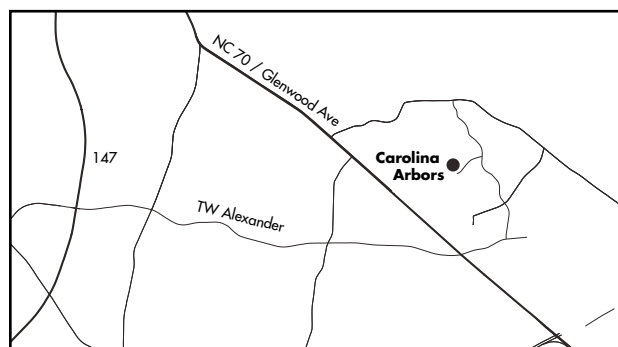
From I-85: From I-85, take 15/501 to Martin Luther King Jr. Dr. (MLK is the middle exit at a conjunction of three exits where 15-501 turns right to go to Chapel Hill). At the second stoplight, turn right onto Old Chapel Hill Rd. Westminster Presbyterian in on the left just before Shannon Rd.

From Raleigh: Take I-40 to NC-751 N in Durham. Turn right and continue approximately 1 mile to Garrett Rd (there is a CVS Pharmacy at Garrett). Turn left onto Garrett Rd and drive 2 miles to Old Chapel Hill Rd. At the first stop light, Old Chapel Hill Rd continues to the right. Westminster Presbyterian in on the right, just beyond Shannon Rd.



From Chapel Hill: Follow 15/501 from Chapel Hill to the edge of Durham, turning right onto Garrett Road. At the next stoplight, turn left on to Old Chapel Hill Rd. At the first stop light, Old Chapel Hill Rd continues to the right. Westminster Presbyterian in on the right just beyond Shannon Rd.

CAROLINA ARBORS, 357 Carolina Arbors Dr, Durham, is situated in the rapidly growing Brier Creek area. Classes are held at Piedmont Hall, the community's 37,000 square foot amenity center.



From Durham on NC 147-S: Take the TW Alexander exit. Turn left onto TW Alexander and go approximately 4 miles. Cross Hwy 70 (Glenwood Ave).

*At the second stop sign, turn left onto Del Webb Arbors Dr. Cross Andrews Chapel Rd to enter the Carolina Arbors community. Turn left onto Carolina Arbors Dr; Piedmont Hall will be on your left.

From Durham on Hwy 70-E: Take Hwy 70-E (Glenwood Ave) toward Raleigh. Turn left onto TW Alexander Dr. Follow * above.

From Raleigh on Hwy 70-W: Take Hwy 70-W (Glenwood Ave) toward Durham. Turn right onto TW Alexander. Follow * above.

Duke University
Osher Lifelong Learning Institute
Box 90700 - The Bishop's House
Durham, NC 27708

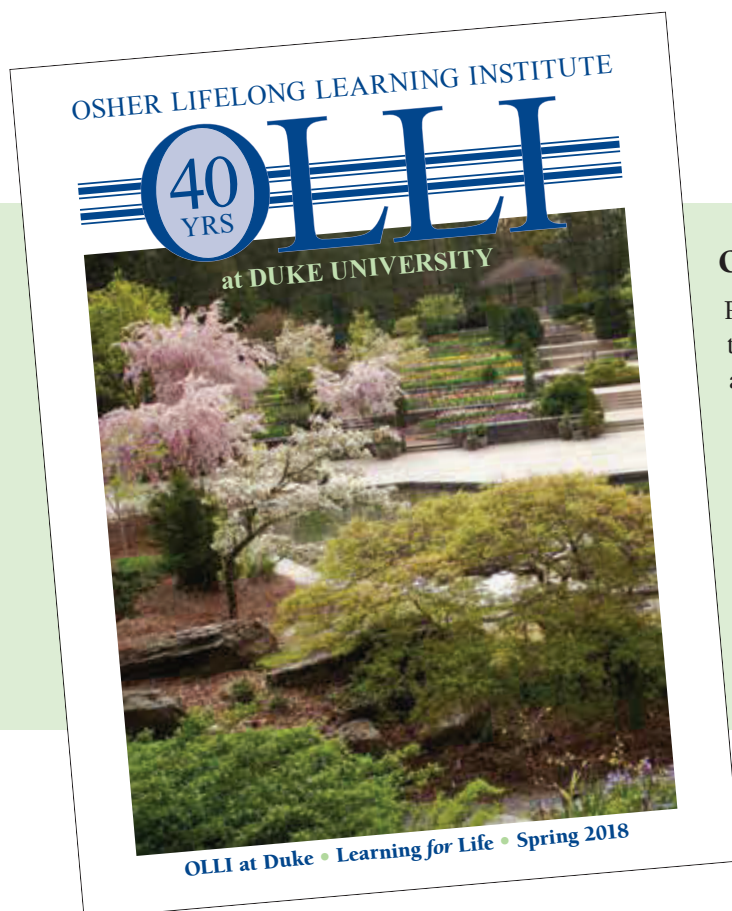
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Garry J. Crites, *Director*
919-684-2703; Fax 919-681-8235
email: gjc3@duke.edu

Kathy Parrish, *Assistant to the Director*
919-681-3476; Fax 919-681-8235
email: kathy.parrish@duke.edu

Visit our new website!
www.learnmore.duke.edu

DATED MATERIAL — PLEASE EXPEDITE!



Our Catalog Is Changing!

Perhaps you have noticed a few changes to our catalog format. We have already added a full-color cover and changed the colored text on the inside to black to improve readability.

Thanks to the input of many OLLI at Duke members and instructors, we will be making even more changes in coming catalogs to make them more attractive, readable, and useful.

Stay tuned!