

OLLI AT AUBURN SCHEDULE OF FALL COURSES 2014

Fall Term 2014 courses begin the week of September 22 and conclude the week of November 17. There will be no classes held the week of November 3 due to the election. All courses, unless designated otherwise, are held at the Clarion Inn and Suites, 1577 South College Street, Auburn.

20th CENTURY AMERICAN LEADERS-A14401

(Tom McCormick, Presenter; Tuesday, 8:30 – 10:00 a.m.)

We will explore the performance of twelve great presidents who led our nation through critical times of history while advancing the power and authority of the presidential office. We will consider the personal histories, character, and values of each president, which should lead to intense conversations.

ADVANCED MICROSOFT PRODUCTS-A14403

(Huey Hogan, Presenter; Tuesday, 10:15 – 11:45 a.m.)

This course is designed to learn to intertwine the different Microsoft products. We will at the end of the course produce at least one project (object) that will use all four Microsoft products (Word, Excel, PowerPoint, Access). Beginners are welcome. The only requirement for the course is a computer. Because the instructor has a Parkinson-like disease, breaks may be needed in the class to accommodate the instructor's health.

ALABAMA HISTORY: FROM CORN TO COTTON TO CARS-A14404

(Laura Hill, Presenter; Monday, 2:30 – 4:00 p.m.)

This course offers an introduction to the connections among the various peoples of Alabama and how the ways they lived and worked influenced each other and the state's history. Learn more than just facts and dates about how Alabama transitioned from Native American corn crops to leading the nation in cotton production to establishing modern automotive factories. The course will illustrate how events that have happened over the past 70 to 50 years have roots in Alabama's rich history.

AMERICAN LIFE WRITING IN THE 17TH AND 18TH CENTURIES: -A14405

(Mary Ann Rygiel, Presenter; Monday, 8:30 – 10:00 a.m.)

Benjamin Franklin's presence in popular culture, from his image on the \$100 bill to look-alike appearances in various ads, suggests that this is a good time to re-read his autobiography, an eighteenth century American classic. Other forms of life-writing from early America have gained prominence recently. One is Mary Rowlandson's 1682 captivity narrative of the eleven weeks she was held captive by the Wampanoag during King Philip's War in 1675. Another is Olaudah Equiano's 1789 slave narrative of his life as a plantation slave in Virginia and his eventual purchase of his manumission. We will read excerpts from these writers. Text: *Norton Anthology of American Literature Vol. A* (ISBN-13: 978-0393913095), which can be rented through Amazon for \$25.22. An alternative is to purchase each separately in paperback. *Rowlandson's Narrative of the Captivity* is available for \$5.02. *Franklin's Autobiography* is available in Dover Thrift edition for \$3.02. *Equiano's Interesting Narrative of the Life* is available for \$10.79 in Simon and Brown edition.

AN INSIDE LOOK AT THE U.S. INTELLIGENCE COMMUNITY AND SPECIAL OPERATIONS-A14406

(Claude Fortin, Presenter; Tuesday, 12:45 – 2:00 p.m.)

This four-week course provides an inside view of the U.S. Intelligence Community, concentrating on the Big Five (CIA, NRO, DIA, NSA, and NSA). It will include an overview of Special Operations organization and technologies as well as a look back at an event during the Cold War that could have started WWII and was the idea for the movie *Wargames*.

AU COMMON BOOK-A14407

(Carole Pugh and Margaret Craig-Schmidt, Presenters; Monday, 10:15 – 11:45 a.m.)

Once again OLLI members will join with Auburn University freshman students by participating in the AU Connects Program. This year's common book selection is *The Boy Who Harnessed the Wind* by William Kamkwamba. Topics include climate, hunger, renewable energy, and human inventiveness. The author will be visiting campus on September 9. OLLI members will be able to hear this author, which will be an excellent introduction to the text. The course will include speakers on relevant subjects as well as group discussions on how these topics relate to us. Text: *The Boy Who Harnessed the Wind* by William Kamkwamba (ISBN # 978-0-06-173033-7).

BABY BOOMERS: THE NEW FACE OF AGING, PART II-A14408

(Leisa Askew, Presenter; Wednesday, 8:30 – 10:00 a.m.)

As the Baby Boomers are turning 65, the face of aging is changing. It is vital that one be informed and prepared for the journey of aging in place. Knowing the resources that are available and knowing how and when to utilize the resources are key factors in empowering oneself. Navigating the Medicare Benefits system can be overwhelming; being "Prepared to Care" can be a frustrating. This course is going to cover "Aging in Place" A-Z. Topics to be covered are Banking Issues, Normal Memory Loss, Being Prepared to Care, Medicare 101, Senior Medicare Patrol- Avoiding Medicare Fraud, Aging in Place in your Community, Safety 101- In Your Home, Car and Community, and Understanding Insurance Options (TLC, Burial, Reverse Mortgage POA, Estate Planning, Living Wills, and VA Benefits.

BARN AGAIN-A14409

(Bill Sherling, Presenter; Tuesday, 12:45 – 2:15 p.m., JCSM)

In 2006 OLLI members Bill and Ellen Sherling, through an internet listing, bought an 1840's hand-hewn timber frame barn located in southern Illinois. Working first with Amish men from near the barn site and later with a four-man crew of timber framers from Georgia, the barn was stripped, its members tagged, disassembled and loaded onto a flatbed trailer to be trucked to Alabama. In this course, using photos and drawings, Bill will show how the old timber frame was re-erected to begin its second life as the skeleton of an energy-efficient home on Lake Martin. The leader of the timber frame crew will come to one of the class sessions to demonstrate tools and techniques used in mortise and tenon joinery. Class members will be invited to visit the rebuilt barn house during the term.

CHINESE BRUSH PAINTING-A14410

(Dong Shang, Presenter; Monday, 12:30 – 2:00 p.m., Sept. 22, 29, Oct. 6, 13, 20, 27, first six weeks only)

This hands-on course will introduce you to Chinese brush painting and calligraphy. In freestyle Chinese brush painting, we aim to depict as much as possible in the fewest possible strokes in order to maintain spontaneity and life. You will learn the basic elements of Chinese painting, including use of bamboo brushes, ink, Chinese watercolor and rice paper, inscriptions, and seals. The subject matter will focus on flowers and animals. The supply list will be available during the first class. No prior art experience necessary. **Class size limited to 12 students.**

CHINESE CULTURE-A14411

(Dong Shang, Presenter; Monday 10:15 – 11:45 a.m., Sept. 22, 29, Oct. 6, first three weeks only)

This course is designed to provide a better experience of China for those people who plan to go to China or are interested in learning Chinese culture. The class will introduce essential aspects of Chinese culture including history, geography, ethnic minorities, religions, festivals and food. The class also provides practical travel tips regarding shopping, transportation, eating, etc. In addition, there will be an introduction to China's top attractions: the Great Wall, Forbidden City, Yangtze River Cruise, Terra Cotta Warriors and horses, and the cities Beijing, Shanghai, Guilin, Tibet. **Class size limited to 15 students.**

CULINARY CREATIONS: COURSES WITH URSULA

(Course numbers listed below)

(Ursula Higgins, Presenter; Wednesday and Thursday, 1:00 – 4:00 p.m. Friday, 12:00 – 3:00 p.m., 503 Sanders Street)

Respected culinary expert Ursula Higgins will present a seven-week series of cooking classes. OLLI members may register for one, some, or all of these classes. Each week features two classes with the same menu. This is a hands-on class. Students will eat their culinary creations at the end of each class session. There is a requirement of a \$10 per class meeting fee, payable to Ursula; this fee is nonrefundable and is required even in the event of an absence. Register for each individual class. This class will be held at Ursula's home, 503 Sanders St, Auburn. Parking is available in front or on Sanders Street. **Class size is limited to seven students.**

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| Course - A14412 | September 24 | Salad Dinners |
| Course - A14413 | September 25 | Salad Dinners |
| Course - A14414 | September 26 | Cook That Chicken Once and Have Three Meals |
| Course - A14415 | October 1 | A Louisiana Luncheon |
| Course - A14416 | October 2 | A Louisiana Luncheon |
| Course - A14417 | October 3 | Knife Skills – Let's Get Chopping |
| Course - A14418 | October 8 | Tail Gate Come-Ons |
| Course - A14419 | October 9 | Tail Gate Come-Ons |
| Course - A14420 | October 10 | Some Breakfast Goodies |
| Course - A14421 | October 15 | Quick Breads |
| Course - A14422 | October 16 | Quick Breads |
| Course - A14423 | October 17 | Bridge Nibbles |
| Course - A14424 | October 22 | A Take on Pies: Let's Get Beneath the Crust |
| Course - A14425 | October 23 | A Take on Pies: Let's Get Beneath the Crust |
| Course - A14426 | October 24 | Let's Make a Tart |
| Course - A14427 | October 29 | Quack Quack: Chicken and Duck Rule the Roost |
| Course - A14428 | October 30 | Quack Quack: Chicken and Duck Rule the Roost |
| Course - A14429 | October 31 | Company's Coming: Make Ahead Meals |
| Course - A14430 | November 12 | There's More to Ground Pork than Sausage |
| Course - A14431 | November 13 | There's More to Ground Pork than Sausage |
| Course - A14432 | November 14 | That Other White Meat |

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| Course - A14433 | November 19 | An Eggcelent Soufflé |
| Course - A14434 | November 20 | An Eggcelent Soufflé |
| Course - A14435 | November 21 | Cold Weather Soups |

CURRENT ECONOMIC TOPICS-A14436

(Don Baker, Presenter; Monday 10:15 - 11:45 a.m.)

Each week will feature a speaker from different areas our community who have expertise in various economic aspects of our everyday life. The class will encourage open discussion.

DOLL PLAY: HISTORY OF DOLLS-A14437

(Flarcie Hopkins, Presenter; Monday, 12:45 – 2:15 p.m.)

Doll collecting is America's third largest hobby. Study of dolls is "A Study of Mankind." Do you have an interest in modern dolls? Study their history, designer, and manufacturer. Gain knowledge about how to identify dolls as well as determine their value.

DRAWING IN 2D-A14438

(Dick Millman, Presenter; Tuesday, 2:30 – 4:00 p.m.)

We will work toward an understanding of basic one- and two-point perspective and apply that knowledge to composition, sketching, and value studies. We will draw from slides, from still lifes and from photos, and we will draw each other. We will work with soft pencils, markers, colored pencils, pastels, and any other tool that will make a mark on paper. Materials required: Very soft graphite pencil, kneaded eraser, sketch pad of decent quality (or white drawing paper) and a Pilot Razor Point felt tip pen (pen is available only at J & M, other items may be found at J & M and other art stores). **Class size is limited to 14 students.**

EIGHT-EYED WONDERS-A14439

(Gary Mullen, Presenter; Tuesday, 10:15 – 11:45 a.m.)

Explore the intriguing world of spiders, those amazing creatures with not only eight legs, but also eight eyes! This course will introduce you to the diversity of spiders and their arachnid cousins (e.g., daddy-longlegs, scorpions, pseudoscorpions, mites, and ticks), spider life history, uses of silk, construction of elegant orb webs, and unique ways of capturing food. Participants are encouraged to bring to class spiders they collect and will get to view and discuss parts of the 1990 movie *Arachnophobia*.

FRENCH CONVERSATION-A14440 (Paul Kouidis, Presenter; Tuesday, no class Sept. 23, 10:15 – 11:45 a.m.)

This course is a continuation of Conversational French I, II, and III. Spontaneous conversation skills will be encouraged based on fables and sundry short readings of social and literary content. Important grammatical concepts involved in such readings will be briefly reviewed. Minimal homework. So join us and express yourself. Texts: *Abord, Glencoe French*, (1994 edition); order from your favorite vendor or Amazon.com. *Manuel de Conversation*, Paul Kouidis, \$7.00 from OLLI.*

FRENCH FOR BEGINNERS II-A14441

(Paul Kouidis, Presenter; Wednesday, no class Sept. 24, 10:15 – 11:45 a.m.)

This course will develop the four main skills involved in foreign language learning: reading, understanding, writing, and speaking. The latter skill will receive special emphasis. There will be minimal homework. French Beginner students are encouraged to practice their French with their classmates each Tuesday, 8:30 – 10:00 a.m., in the Magnolia Room; this is an optional and informal gathering without an instructor. **Class size limited to 15 students.** Required Text: *Bienvenue, Glencoe French I* (1994 Edition) by Conrad J. Schmitt (ISBN # 9780026365567); order from your favorite vendor or Amazon.com.*

FOOD: A CULTURAL CULINARY HISTORY, PART II-A14442

(Charlotte Ward, Presenter; Monday, 8:30 – 10:00 a.m.)

What Kenneth Clark did for history through art (*Civilization*) and Jacob Bronowski did through science (*The Ascent of Man*) Professor Ken Albala does with the story of food, beginning with the gatherers and hunters of prehistory to “foodies” of the 21st century.

GREAT AMERICAN STANDARDS: MUSICAL AND VERBAL COMMENTARY ON FAMILIAR TUNES-A14443

(Bob Greenhaw, Presenter; Monday, 10:15 – 11:45 a.m.)

During the past century an immense body of popular song repertoire has been produced in this country. Ever wonder why and how your favorite tunes were created and achieved meaningful and lasting status? Join us as we explore, through classic recordings, live demonstration, and analytical commentary, the circumstances surrounding the composition and major performances of 100 of our nation’s most successful musical gems. Materials presented have been selected from a wide variety of genres, composers, and artists. Class participants need not have any prior advanced musical training.

GREAT DECISIONS-A14444

(Carl Thompson, Presenter; Wednesday, 10:15 – 11:45 a.m.)

Great Decisions is the Foreign Policy Association’s civic-education program in which participants learn about U.S. foreign policy and global issues. Class members discuss multiple viewpoints in a group setting. Topics for 2014 are Defense Technology, Israel and the U.S., Turkey’s Challenges, Islamic Awakening, Energy Independence, Food and Climate, China’s Foreign Policy, and U.S. Trade Policy. Each class session starts with a DVD lesson followed by discussion. Suggested text: *Great Decisions 2014*.*

GREATEST EUROPEAN PAINTERS-A14445

(JCSM Docents, Presenters; Tuesday, 2:30 – 4:00 p.m., JCSM)

In this series of classes, OLLI participants will discuss works of art on view in the galleries of the Jule Collins Smith Museum of Fine Art. Docents and museum staff will add art historical context to the specific works and exhibitions, and structure to the conversations that will elucidate the paintings, prints, drawings, and sculptures on view. Exhibitions include Rembrandt, Rubens, Gainsborough, and the Golden Age of Painting in Europe; Billy Renkl: Gleanings; The 1072 Society Exhibition; and selections from the museum’s permanent collection. A different combination of works, with conversations led by a different JCSM Docent each week will add a variety of perspectives on the objects on view and the artists that created them.

HISTORY OF THE JEWISH PEOPLE, PART II-A14446

(Mike Friedman, Presenter; Wednesday, 8:30 – 10:00 a.m.)

This is the second part of the course. I’ll start with the rise of Christianity and separation from the Jews, and the writing of the Talmud. Then, we will look at the early Islam and its link to Spanish Jewry; Ladino Jewry. Two weeks will be devoted to the rise of European Jewry, expulsion from Western Europe, rise of Jewry in Eastern Europe and topics such as Ghettoism, Askenazic Jews, Hasidism, and Mysticism. Then we will explore the opening of the Ghettos, the rise of Haskala (Jewish Enlightenment) and the settlement of Jews in the Pale in Eastern Europe and Russia. A week will be devoted to the Jewish settlement in

America. Finally, the last two weeks will be used in describing the Holocaust and Zionism (modern Israel).

HOW TO SAVE MONEY ON YOUR HEALTHCARE AND HELP IMPROVE OUTCOMES-A14447

(Keith Campagna, Presenter; Tuesday, 2:30 – 4:00 p.m.)

Are you confused by health insurance, frustrated by medical jargon and inadequate communication with your doctor, intimidated by the demands of the health system, alarmed by the increasing cost of health insurance, angry at the high cost of hospital bills? If you have any of these concerns, among others, with your healthcare, then you will want to attend this course, which will offer you ways to advocate for your healthcare needs with doctors, hospitals, pharmacies, and other providers. Patient advocacy is a means to support you in achieving a full understanding of your health issues and their treatments, incorporating your values and preferences into the decisions about your care made between you and your doctor, and reducing your healthcare costs. You will discover that there are at least two ways you can have an advocate. One is for you or your chosen family member or friend to be trained to serve as your advocate. The other is for you to avail yourself of the services of a professional patient advocate. Issues to be covered in this course will include learning your rights as a patient, understanding your health insurance, improving your health literacy, effectively presenting questions and discussing your views with your doctor, participating in decisions being made about your health care, ensuring your safety while being cared for (especially when hospitalized), using a medical billing advocate to identify billing errors and inappropriate charges, and preparing for end-of-life care.

INTRODUCTION TO MICROSOFT OFFICE WORD 2010-A14448

(Betty Corbin, Presenter; Monday, 2:30 – 4:00 p.m.)

Learn the basics of creating, editing, formatting, and printing documents in Microsoft Office Word 2010. We will cover selecting and modifying text; formatting text with font styles, sizes, etc.; formatting bulleted and numbered lists; formatting paragraphs; inserting symbols and special characters; inserting graphics; organizing data into tables; using the spell checker and the thesaurus; using headers and footers; previewing and printing. Bring your own laptop with MS Office Word 2010 installed. This course may also benefit users of Word 2007 and Word 2013. Instructor Betty Corbin has taught computer classes at AUM and AU.

KNIT PICKERS: KNITTING FOR THE FUN OF IT-A14449

(Self-led, No Instructor; Tuesday, 8:30 – 10:00 a.m.)

Novice and veteran knitters are invited to gather informally on Tuesday mornings to knit and socialize. Come and bring your own knitting supplies. The Gardenia Room will be available for your use during the fall term. No requirements, just an interest in knitting!

LONESOME DOVE: ITS PHILOSOPHY AND WIT-A14450

(Jim Foil, Presenter; Monday 2:30 – 4:00 p.m.)

Follow the cast of characters as they travel driving a herd of cattle 2,500 miles from South Texas to Montana. Get to know characters and identify with some of their struggles along the way. Perhaps you will discover something about yourself. Each week a portion of the movie is reviewed followed by reflection and discussion. Text is optional.

LIVING WELL WITH HEARING LOSS-A14451

(Marsha Kluesing, Presenter; Tuesday, 8:30 – 10:00 a.m., Sept. 23, 30 Oct. 7, 14, 21, 28, first six weeks only.)

Auburn University Speech and Hearing clinic audiology assistant clinical faculty will teach a six-week class that offers positive steps to minimize the breakdown of personal communication caused by hearing loss. The goal is to provide useful information and strategies related to hearing and communication so that participants can increase their quality of life. The presenter is an audiologist and graduate student at the Auburn University Speech and Hearing Clinic. **Class size is limited to 12 students.**

LOST WORLD OF SOUTH AMERICA-A14452

(Gloria Bowman, Presenter; Tuesday, 12:45 – 2:15 p.m.)

In this Great Courses DVD class Professor Edwin Barnhart, director of the Maya Exploration Center, leads you on an adventurous trek of discovery through the wilds of South America to the great, mysterious civilizations of the ancients. In 24 eye-opening lectures, you'll take an in-depth look at the emerging finds and archaeological knowledge of more than 12 seminal civilizations, giving you rich insight into the creative vision and monumental achievements of these wellsprings of human life. As one of only six places on earth where civilization arose spontaneously, this region offers a fresh and revelatory look at how human societies formed, from the earliest organized communities to cultures of huge complexity. They paralleled, yet were absolutely different from, the ancient cultures of Greece, Egypt, and others that we know so much better. In these sites you witness, with vivid clarity, the unfolding of one of the true cradles of civilization.

MAKING IT-A14453

(Ed Hornig, Presenter; Tuesday, 2:30 – 4:00 p.m.)

The class will read two novels by Anne Tyler: *Breathing Lessons* (ISBN-13: 978-0345485571) which won the Pulitzer Prize in 1989 and *Dinner at the Homesick Restaurant* (ISBN-13: 978-0449911594), a finalist for the Pen Prize and the Pulitzer Prize in 1983. (This is the author's favorite novel.) Anne Tyler introduces us to some *ramshackled* people, completely ordinary, delightful, and flawed as they struggle to make their marriage or family or constructed families work. The moral seems to be those who try to make it in some fashion. Delightful books for our enjoyment, discussion, and reflection on being human.

Class size is limited to 12 students.

MOVE IT OR LOSE IT: CARDIO FITNESS-A14454

(Danielle Gomberg, Presenter; Monday, 12:45 – 2:15 p.m., Sept. 22, 29, Oct. 6, 13, first four weeks only)

Cardio fit is for active participants who desire safe and effective low-impact, continuous cardiovascular workout. A variety of easy-to-follow movements promotes heart health and improved total body conditioning. Hand-held weights and elastic tubing are used during the strength segments of the class. A portion of the class will focus on proper body mechanic and core strengthening for fall prevention. Each participant will have a chair for standing balance activities and seated activity. The class includes seated and standing strength training. Low-impact aerobic choreography, smooth transitions, and sequenced movements allow anyone to participate.

POETRY WRITING-A14455

(Ken Autrey, Presenter; Monday, 8:30 – 10:00 a.m.)

This class will examine and discuss strategies for writing and revising poems. We'll spend some class time each week writing in class. One guiding assumption of the class is that reading and writing poetry can broaden our perspectives on language and the world around us. Because writing well requires reading well, we'll study the work of some prominent

contemporary poets. Among types of poetry to be considered and tried will be memory poems, elegies, poems of witness, and poems of place. We'll discuss and experiment with some poetic forms such as villanelles, pantoums, and sestinas. For one class, we'll have a guest poet in to read and discuss his or her work. Required text: *The Poet's Companion*, by Kim Addonizio and Dorianne Laux.

REELTIME-A14457

(Evie Pouncey, Presenter; Monday, 11:45 a.m. – 2:15 p.m.)

We will continue to show films suggested by class members. This fall we will watch *The Quiet Man*, *The Odd Couple*, *True Grit*, *Who Is Killing the Great Chefs of Europe?*, *Howard's End*, *A Long Long Triller*, *Arsenic and Old Lace*, and *The Seven Year Itch*. Please note this course meets during the lunch break beginning at 11:45 a.m. and concluding at 2:15 p.m.

SPANISH: ADVANCED LISTENING-A14458

(Judy Dekich, Presenter; Tuesday, 10:15 – 11:45 a.m.)

Ready for a challenge? This course consists of six episodes of a Spanish television program broadcast to Spaniards. This is NOT slowed-down Spanish. This is a fun challenge! We follow an adventure/travel journalist as she reports on issues in clear, beautiful Spanish. She spends three weeks in each fascinating locale filming each hour long episode. There are no transcripts, no English subtitles. A few Spanish subtitles are offered where needed. I have provided some "active listening exercises," but otherwise, you're on your own! Come test your listening skills!

SPANISH FOR ADVANCED BEGINNERS-A14459

(Judy Dekich, Presenter; Tuesday, 8:30 – 10:00 a.m.)

This course will take the beginning Spanish student up to the next level. EASY grammar topics, reading material, and vocabulary games will help you transition to the Intermediate class. You know how to say *milk* in Spanish, but how do you say *skim milk*? We will cover such topics as gender, prefixes and suffixes, the personal "a," body parts, and easy verb forms. We won't do much conjugating of verbs. We will read a FIRST GRADE book, *Los Cuentos del Cerdito Oliver*, by Jean Van Leeuwen. No need to order. This is an EASY Spanish class, a small step up from beginner.

SPANISH FOR BEGINNERS, PART I-A14460

(Dennis Hale, Presenter; Monday, 12:45 – 2:15 p.m.)

Relax, have fun, and learn enough Spanish to get along better in Hispanic cultures while traveling, dining, shopping and relating to the natives. This course begins in the fall and lasts three terms. Classroom conversation in Spanish, our text book reading, and the use of Internet resources insure progress. How much a student progress depends on an hour or so of out-of-class study and computer activities each week. Texts: *Easy Spanish Reader* (with CDs) and a good bilingual (Spanish-English) dictionary. **Class size is limited to 25 students.**

TAI CHI: Cultivate YOUR Qi ("chee" vital energy) -A14461

(Kitty Frey, Presenter; Tuesday, 12:45 – 1:30 p.m.)

All levels welcome. Can be modified for seated practice if needed. Please wear comfortable clothes and shoes. Qigong is one of the oldest exercises and self-care practices in Chinese history. There are many forms but all Qigongs incorporate breath control with movement and mental focus. The exercises are easy to learn but their great depth can have a powerful effect on your health and well-being. This class will include

breathing and postural awareness, simple self-massage and Shibashi (18 movement) Qigong.

TAI CHI: Yang style Taiji (Tai Chi) -A14462

(Kitty Frey, Presenter; Tuesday, 1:30 – 2:15 p.m.)

Open to anyone who can be on their feet and moving for 45 minutes. Please wear comfortable clothes and shoes. Taiji is a moving form of qigong. By design the circular flowing movements exercise and strengthen all the major joints and muscles of the body but its core principles are what lead to a sense of greater balance and harmony of body, mind and spirit in the end. With regular practice you may find the benefits/principles become part of your everyday life. This class will introduce you to the beginning movements of the popular Yang style simplified 24 movement form. See above description. For participants who feel comfortable with all beginning forms and principles and want to expand and deepen their practice of Tai Chi/Qigong.

THE CONCERTO, PART I-A14463

(Jane Brown, Presenter; Tuesday, 10:15 – 11:45 a.m.)

The concerto grew out of the same musical setting in 17th-century Italy that gave birth to opera. And like the opera, the concerto is a vehicle for the depiction of every human emotion and relationship imaginable, from the gentlest and most tender to the most violent and confrontational, and everything in between. It is also an extreme sport for soloists, representing musical life lived at the edge, as instruments and the musicians who play them are pushed to the very limit of what is possible by composers exploring the extremes of instrumental virtuosity. Dr. Robert Greenberg of the Teaching Company covers with his usual energy and enthusiasm the history and evolution of the concerto. He also relates several incidents that illustrate the fragile egos and turf wars that seem to be an inevitable part of the business of making great music.

THE RIMLAND WARS: FROM KOREA TO THE UKRAINE-A14464

(Ted Becker, Presenter; Wednesday, 12:00 – 1:30 p.m.; Sept. 24 & Oct. 1, two weeks only)

There is a direct line between the Korean War and the Ukraine today, in terms of America's long time geo-political strategy, no matter who and what party controls the presidency. Syria and the Ukraine are just the two most recent battlegrounds. Students are urged to read a book written by one of the two major American grand strategists to be prepared for the course (*The Grand Chessboard* by Zbigniew Brzezinski. It's under \$10 on Amazon.) This course is guaranteed to amaze and enlighten you about the dangerous games people in power play.

THOSE AMAZING MYSTERIOUS MUSHROOMS-A14465

(Robert Stack, Presenter; Wednesday, 10:15 – 11:45 a.m.)

Mushrooms often seem to spring up overnight and in unexpected places. In rainy seasons such as 2013, they appear everywhere: in lawns and gardens, meadows and pastures, and especially in the woods. Where do they come from? Many folks' familiarity with mushrooms begins and ends with grocery-store packages or on pizza. This course will introduce the diversity of mushrooms and the fungi that make them and demonstrate how to identify many of the wild mushrooms we meet in nature. Growing exotic mushrooms and use of mushrooms in cookery will also be considered. Bob Stack taught mycology subjects for thirty years at North Dakota State University before retiring to Alabama in 2006. He has hunted wild mushrooms ever since his student days in upstate New York.

TROUBLESOME PLANTS IN OUR LANDSCAPE: IDENTIFYING INVASIVE PLANTS & DISCUSSING THEIR CONTROL-A14466

(Jim Miller and Carolyn Carr, Presenters; Monday, 2:30 – 4:00 p.m.)

Many of the plants that press into our homescapes and lands that cause us problems are non-native invasives while some are aggressive natives. We will explore our local flora so as to tell the differences, how we can prevent and control their takeovers, and what to plant and encourage in their absence. Field guides for identification of invasive plants and their management will be provided. A one-hour lecture/discussion will be followed by hands-on examination of specimens.

UNDERSTANDING THE WORLD'S GREATEST STRUCTURES: SCIENCE AND INNOVATION FROM ANTIQUITY TO MODERNITY-A14467

(Jim Barber, Presenter; Monday, 8:30 – 10:00 a.m.)

In previous classes we have studied the great engineering achievements of mankind down through the ages, i.e., The Egyptian Pyramids, The Eiffel Tower, The Roman Coliseum, The Parthenon, and how they were constructed. Now we are going to drill down into the details of the science and basic engineering mechanics that support and explain how these magnificent structures work (and why they don't fall down). This is one of The Great Courses series, and it is a Grand Slam. Please join us for fun and frolic among the formulas and free body diagrams.

WALK THIS WAY: COUCH TO WALKING 5K - A14468

(Linda Christensen, Presenter; Thursday, 8:30 – 9:30 a.m.)

A University of Illinois study recently documented that physical activity and, specifically, walking can contribute to brain connectivity. Join us for this seven-week program designed to assist you in developing a walking exercise program. Students will meet at Big Dog Running Company every Thursday to learn about the benefits of walking as well the do's and don'ts of starting an exercise program. This course is open to novice and veteran walkers.

WHODUNIT? HOWDUNIT? AND WHY? -A14469

(Julie Strong, Presenter; Tuesday, 12:45 – 2:15 p.m.)

Why are mysteries such a diverting escape? In this informal discussion group, we will explore and analyze three classic prize winners of literary crime fiction. Our puzzles are the following: *The Alienist* by Caleb Carr, *The Poet* by Michael Connelly, *A Taste for Death* by P.D. James, Dynamic detectives, and YOU are the solving sleuths.

WHY DID JESUS, MOSES, THE BUDDHA AND MOHAMMED CROSS THE ROAD-A14470

(Janet and Bill Deutsch, Presenters; Monday, 10:15 – 11:45 a.m.)

Is it possible in today's world to have a vigorous identifying faith that is also benevolent, accepting, and interested? Although this book is written with a Christian audience in mind, many, if not all of its insights could easily be translated into other faith contexts. Are OLLI members able to take on one of the two big "no-no's" of polite conversation (the other being politics) in a way that seeks to learn and not convert? Join us. **Class size limit is 20 students.**

WRITING OUR LIVES-A14471

(Terry Ley, Cathy Buckhalt, and Marty Casey; Presenters; Tuesday, 8:30 – 10:00 a.m.)

"Our lives are like a patchwork quilt, and it is only in the evening of life that we can see the pattern of what we have woven" (Richard L. Morgan, *Saving Our Stories: A Legacy We Leave*). We all have stories to tell! Here is an opportunity to reclaim your memories, write about them, and share them with a receptive audience of peers. We will write each

Tuesday morning, responding to stimulus prompts provided by the instructors. Recommended homework: finishing and revising what you have begun in class and reading self-selected memoirs, biographies, and autobiographies. Text: *Second Cup* by Mary Belk (ISBN-13: 978-0985340445).

YOGA FOR THE REST OF US-A14472

(Brenda Montgomery, Linda Shook, Presenters; Wednesday, 10:30 – 11:30 a.m.)

This course focuses on gentle stretching, movement, and balance. Breathing techniques and the practice of mindfulness are woven into each hour-long class. Also learn healthy and safe ways to move in everyday activities. Wear comfortable shoes, and bring a mat and a pillow. **Class size limited to 25 students.**

Updated: August 4, 2014