

For the Love of Learning

Osher Lifelong Learning Institute at Duke University



OLLI  at Duke

Fall 2019

Welcome!



Welcome to the Osher Lifelong Learning Institute at Duke University. OLLI at Duke, began in 1977 as the Duke Institute for Learning in Retirement (DILR) as part of Duke Continuing Studies under the direction of Dr. Paula Gilbert. We began as a joint venture of Continuing Education and the Center for the Study of Aging and Human Development, and our membership has grown from the original 42 members to more than 2400 members.

DILR became the Osher Lifelong Learning Institute (OLLI) in 2006 when we received the second \$1 million grant, and our name was changed to reflect the Bernard Osher Foundation's generous contribution. Today, OLLI at Duke is one of the oldest and largest (#7) institutes within the Osher Lifelong Learning Network, a group of more than 123 institutes across the country dedicated to meeting the needs of older learners and extending the demographic reach of colleges and universities.

Our Mission Statement: The Osher Lifelong Learning Institute at Duke University, called OLLI at Duke, seeks to engage the minds, elevate the spirits, and foster the well-being of its members through a wide range of educational programs and opportunities for volunteer service 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 learning community. The OLLI Curriculum Committee, comprised of more than 30 volunteers, is responsible for curating the courses and recruiting the instructors for more than 400 courses a year. These volunteers invest hundreds of hours meeting with prospective instructors and coaching them through the course proposal process. OLLI members have wide-ranging interests in history, literature, the natural and social sciences, fine arts, and current events. While our courses conform to an arts and sciences curriculum, we also offer workshops on a variety of topics that don't necessarily meet that criterion. Our course offerings are based on members' requests, the expertise of class leaders, variety, and balance. OLLI at Duke instructors include peer teachers, university professors, graduate students, independent scholars, business professionals, artists, writers, and community experts.

We embrace "learning for the love of it." Our members and instructors appreciate the fact that there are no tests, grades, or educational requirements. While OLLI classes rarely require homework, active participation is essential, ranging from contributing to class discussion to sharing the results of one's own research and keeping up with assigned readings.

OLLI is growing! OLLI courses are offered at 23 locations in Durham, Wake, Orange, and Chatham Counties. Most classes are held in the education building at Judea Reform Congregation, 1933 W. Cornwallis Road in Durham, and at The Bishop's House on Duke's East Campus. Most classes meet once a week for 1½ hours. We have been operating at maximum capacity for several years, so occasionally a new classroom is added to accommodate the growth. An active search for a new classroom hub for OLLI at Duke is currently underway.

OLLI at Duke is a cooperative venture. More than 500 volunteers are involved in making the magic happen for OLLI members. Getting involved is a great way to make new connections and build community. We rely on the contributions and participation, both in class and out, of each member. Members teach courses, 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, and volunteer for all the tasks that ensure the excellence of OLLI at Duke.

Becoming a member of OLLI at Duke is easy. We have an annual membership fee of \$45. Members may participate in activities and social events, receive mailings, and vote in elections, even if they are not taking classes in a given term. For more information, see the registration information and form in the center of the catalog. Each term, we hold a **Meet & Greet** for new members; see back cover for details.

OLLI at Duke

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Planning Your Course Schedule

OLLI at Duke courses are organized by **Subject** in this catalog (see list at right). We also have several indices you can reference when choosing your courses:

- **Index by Day** is helpful if you are interested in courses on a particular day or time, including weekends.
- **Index by Instructor** is useful if you are interested in which courses are being taught by a particular instructor.
- **Index by Venue** is handy if you are interested in courses at your favorite venue or need to stay close to a particular location.
- The **Short Courses & Workshops** index, sorted by day and start date, is helpful if your schedule doesn't allow for participation in a course that runs the entire term.
- The **Evening Courses** index is helpful for quick reference to courses that meet after 5:00pm, if your schedule doesn't allow for participation during the day.

Use the **Course Schedule Worksheet** on page 87 to help you plan your schedule. Note that **Course ID** #s are critical to being able to register. Refer to them while registering online and to track course confirmations or wait-list status.

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About OLLI at Duke

OLLI at Duke Board of Advisors & Administration

OLLI at Duke operates under the auspices of Duke Continuing Studies. Officers of the Board of Advisors of this membership organization are elected by OLLI members in the Winter or Spring term. The OLLI Board of Advisors serves as a resource for the director of OLLI and meets ten times a year. The OLLI board president appoints committee chairpersons. Board members and more than 500 volunteers provide the experience and hard work that guide, enrich, and ensure the excellence of OLLI at Duke.

If you are interested in getting more involved, please contact Kathy Parrish at kathy.parrish@duke.edu or 919-681-3476 to find out more about volunteer and leadership opportunities.

2019–2020 Officers (one-year elected term)

President: Matt Epstein

Vice-President: Marion Jervay

Past President: Alan Vaux

Recording Secretary: Mike Bahnman

Advisors at Large (three-year elected term)

To 2020: Stuart Kaplan, Alan Teasley

To 2021: Margaret Brill, Abdul Waheed

Committee Chairs (one-year appointed term)

Community Engagement: Virginia Lee

Curriculum: Beth Anderson

Instructor Relations: Ginny Knight

IT: Howard Koslow

Legacy: Lisa Gabriel

Member Engagement: Beth Timson

Social Activities & Hospitality: Chris Abrons

Space: Peter Blaufeux

Staff

Director: Chris McLeod, JD

chris.mcleod@duke.edu (919-684-2703)

Assistant to the Director: Kathy Parrish

kathy.parrish@duke.edu (919-681-3476)

Fall Registration

Registration for Fall courses opens at 9:00am on **Tuesday, August 6**, for Saturday, Sunday, Monday, and Tuesday classes, and at 9:00am on **Wednesday, August 7**, for Wednesday, Thursday, and Friday classes.

Online: The quickest way to register is online. You have the best chance of getting into the most popular courses by registering online. This requires that you create a login and secure a User Name and password in advance of registration day. There is a helpful video posted on the learnmore.duke.edu/OLLI website that provides tips and strategies for successful online registration. You can change the first password you receive to one that is easier to remember.

By Paper: If you wish to register using the course registration form in the catalog, you may drop off forms at The Bishop's House on the scheduled Registration Days between 9:00am and 4:00pm. There is no priority or preferences given for early drop offs.

By Phone: You can also register over the phone by calling the Registration Team at 919-684-6259. Since we have only three registration staff, you may receive a recording. Leave a message and one of them will call you back in the order your call was received.

See "How to Register" in the registration insert for details. Registration FAQs are on pages 85–87.

Refund Policy

Membership dues are nonrefundable. Requests for refunds for an OLLI course must be made within five business days of the first class meeting. To drop a course and request a refund within this time period, please email learnmore@duke.edu or call OLLI Registration at 919-684-6259. There is a \$20 service charge per course dropped. After five business days from the start of the course, no refunds will be issued except in the case of an emergency. To request an emergency refund, please email kathy.parrish@duke.edu. If a course is cancelled by OLLI at Duke, no charge will be incurred.

Scholarship Support

We want OLLI at Duke courses to be available to all who have a passion for lifelong learning. Thanks to the generosity of an OLLI member who made a gift through her estate, scholarship support is available to those who would not otherwise be able to afford course fees. If you would like to request financial support to attend OLLI classes, please contact the OLLI office (919-681-3476) and ask about our “Community Membership.” All requests are confidential.

Access

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

OLLI at Duke Is a Cooperative Venture

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

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

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

Help Shape the OLLI Curriculum

As you browse the Fall 2019 catalog, keep in mind the majority of courses being taught were suggested by our members. While you are selecting your classes for the Fall term, ask yourself:

- Is there a course you would like to take that is not offered?
- Do you know someone who would be a great instructor?
- Are you interested in teaching a course in an area of your interest/passion?

Let us know how you would like to make a difference! Course Proposal deadline for Winter 2020 catalog is September 1. Contact Beth Anderson, chair of the Curriculum Committee, at curriculum@olliatduke.org if you are interested in teaching.

Special Requirements & Notes

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

Fall Workshops

Watch the *OLLI Newsletter* for details about a variety of workshops planned this fall that are not included in the catalog. From a 90-minute presentation to a full-day session, topics include:

- **Campaign ZERO: An Empowering Approach to Patient Safety**—Nancy Ruffner
- **Creative Storytelling**—Judith Valerie
- **Cohousing: Aging in Community**—Dona McNeill
- **Leverage the Changes in Your Brain**—Carl Nordgren
- **Diabetes: New Research on a1c and Why It Matters**—Ellen Davis
- **Deep Listening**—Diantha Rau
- **Being Present: A Day at Camp New Hope**—Marilyn Jacobsen

More details will be available on www.learnmore.duke.edu/OLLI in late August.

OLLI at Duke

Code of Conduct

Curiosity + Connection + Kindness + Compassion = Community

OLLI at Duke endeavors to create a positive and affirming environment that fosters learning and social connection. Members, instructors and staff are expected to demonstrate mutual respect, personal and academic integrity, kindness, and civil discourse. Ensuring OLLI at Duke is a welcoming and affirming learning community is a responsibility we all share.

These principles particularly apply to our courses that offer a forum for the lively and passionate exchange of views. Opposing viewpoints are welcomed and appreciated.

Instructors are responsible for leading and moderating classroom discussion. They have the prerogative of inviting/allowing questions throughout the class or asking members to hold their questions to the end of class or other designated time.

Members, instructors and staff of the OLLI at Duke Community are encouraged to contact the Director if they observe behavior that is a significant violation of this code of conduct. The Director shall investigate and if there is a problem, address it directly with the alleged violator and determine the consequences, which may include suspension or termination of membership/teaching privileges or a disciplinary warning/termination of employment of a staff member.

Instructor Appreciation

OLLI at Duke is fortunate to have many instructors who have taught for many, many years. While we appreciate all our instructors, we provide special recognition for instructors who reach 25 and 50 OLLI courses taught. Congratulations to all . . . and thanks from your many grateful students!

50+ Courses Taught

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

25–49 Courses Taught

Betsy Bullen
Joe Caddell
Janice Ching
Margaret Clemen
Sallye Coyle
Cynthia Dessen
Karen Dold
Gary Duncan
Dick Ellgen

Ann Evangelisto
Mary Jo Fickle
Ian Goddard
Tom Hauck
Ken Hoover
Wally Jackson
Arnie Johanson
Juanita Johnson
Doug Longman

Louise Masurat
Char Murphy
Wendell Musser
Florence Nash
Riverdave Owen
Tony Waraksa
Susan Wartell
Jim Wright
Jeff Zentner

Volunteer Appreciation

In the last month of the Spring term, two volunteers were recognized for their outstanding service to OLLI at Duke. They are two among more than five hundred volunteers who make the magic happen every year. Some work quietly behind the scenes and others are more visible and out front. The truth is, Kathy Parrish and I could not do what we do without the enthusiastic support and generous investment of time and expertise of folks like Gregg McPherson and Mike Bahnaman. If you see Mike and Greg in the halls of Bishop's House or JRC, please let them know how much you appreciate the difference they make every day.

—Chris McLeod, Director, OLLI at Duke

Gregg McPherson Receives Bill Wright Award

Each year, we honor a volunteer who has done particularly outstanding service to OLLI. This year the Bill Wright Award was presented to Gregg McPherson at the Annual Volunteer Appreciation Reception in May. OLLI Board President Alan Vaux shared some thoughtful remarks highlighting Gregg's contributions to OLLI at Duke, which included teaching courses and serving on the OLLI Board of Advisors (two terms as OLLI President). He led a renewed effort to recruit and appreciate our volunteers, and he was responsible for the development and implementation of Measures of Success—a critically important tool by which we monitor the functioning of OLLI. Gregg also oversaw the development and implementation of the strategic plan under which we currently operate. Please join us in congratulating Gregg McPherson!

Mike Bahnaman Presented the OLLI Milestone Award

At the Annual Instructor Appreciation Reception in April, OLLI at Duke presented the Milestone Award to Mike Bahnaman, for his more than 10 years of service leading OLLI's Instructor Relations Committee and serving on OLLI's Board of Advisors. OLLI at Duke's Administration and Tony Waraksa shared words of appreciation and expressed their deep gratitude for Mike's efforts to support new and experienced OLLI instructors. By convening seminars devoted to excellence in teaching, facilitating networking opportunities for instructors, and recognizing outstanding teaching, Mike has made our OLLI Community more vibrant and successful.

Important Dates

Fall 2019

Tue & Wed, Aug 6 & 7
Registration begins

Mon, Sep 9
OLLI Fall classes begin

Mon, Sep 30
Rosh Hashanah—
no classes at JRC

Tue, Oct 8 (after 3:00pm)
& Wed, Oct 9
Yom Kippur—no classes at JRC

Mon–Fri, Oct 21–25
OLLI Fall Break—no classes*

Mon–Fri, Nov 25–29
Thanksgiving Break—no classes

Fri, Dec 6
Last day for most Fall classes

Winter 2020 Highlights

Tues & Wed, Dec 3 & 4
Winter registration begins

Sun, Dec 8
OLLIday Luncheon

Mon, Jan 6
OLLI Winter classes begin

Mon, Jan 20
Martin Luther King Jr Day—
no classes

Mon–Fri, February 17–21
OLLI Winter Break—no classes*

Mon, March 23
Last day for most Winter classes

Spring 2020 Highlights

Wed & Thu, Mar 25 & 26
Spring registration begins

Mon, April 13
OLLI Spring classes begin

Fri, May 22
Last day for most Spring classes

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

Courses by Day

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

Course Venue Abbreviations & Addresses

BA	The Bridge Academy, 2634 Durham-Chapel Hill Rd, Suite 102, Durham
BDS	Barriskill Dance Theatre School, 3642 Shannon Rd, Durham
BH	The Bishop's House, 8 East Campus Union Dr, Duke University, Durham
CA	Carolina Arbors Retirement Community, 357 Carolina Arbors Dr, Durham
CDA	Carolina Dance Academy, 3101 Guess Rd, #E, Durham
CH	Caring House, 2625 Pickett Rd, Durham
CW	Carol Woods Retirement Community, 750 Weaver Dairy Rd, Chapel Hill
DA	Durham Academy Middle School, 3116 Academy Rd, Durham
DAC	Durham Arts Council, 120 Morris St, Durham
DCF	Duke Campus Farm, 4934 Friends School Rd, Durham
EKC	Emily K Center, 904 W Chapel Hill St, Durham
FAD	The Forest at Duke, 2701 Pickett Rd, Durham
GR	Galloway Ridge Retirement Community, 3000 Galloway Ridge Rd, Pittsboro
INS	Instructor's home/studio
JRC	Judea Reform Congregation, Education Building, 1933 W Cornwallis Rd, Durham
NCMA	North Carolina Museum of Art, 2110 Blue Ridge Rd, Raleigh
OFT	Offsite field trip
PC	Passmore Center, 103 Meadowlands Dr, Hillsborough
STMC	St. Thomas More Church, 940 Carmichael St, Chapel Hill
SW	Smith Warehouse Computer Lab, Bay 6, 114 S Buchanan Blvd, Durham
WM	Westminster Presbyterian Church, 3639 Old Chapel Hill Rd, Durham

**See pages 12-13 for
index of courses by venue**

Monday

9:00–10:30	Financial Markets Today (BH, 7)	28
9:00–10:30	Geologic Wonders (JRC, 10).....	68
9:00–10:30	Knit a Soft Chunky Cowl (BH, 5)	31
9:00–10:30	Meditating with the Voice (JRC, 5)	39
9:00–10:30	Portugal (BH, 10).....	73
9:00–10:30	Rodgers & Hammerstein (JRC, 10).....	60
9:00–10:30	Battle of Waterloo (WM, 10)	47
9:00–10:30	Female Am. Baby Boomer (JRC, 10) ..	77
9:00–12:00	Boro Sew & Mend, Sec 1 (GR, 1)	31
9:00–12:00	Write w/ Brush or Pen & Ink (JRC, 1) ..	35
9:00–10:30	Knit a Warm Winter Hat (CA, 5).....	31
10:00–2:00....	Fall Crops: Collards (DCF, 1).....	41
10:00–2:00....	Fall Crops: Root Cellar (DCF, 1).....	41
10:30–12:00 ..	Virginia Woolf (GR, 10).....	57
11:00–12:30...	Hitler & the Nazi Party (BH, 10).....	48
11:00–12:30...	Federal Budget & Debt (JRC, 2).....	26
11:00–12:30...	Frank Lloyd Wright (CA, 5)	19
11:00–12:30...	Frontiers in Medicine (FAD, 10)	41
11:00–12:30...	Aviation/Airports History (JRC, 10).....	45
11:00–12:30...	History of the Bull City (JRC, 8).....	47
11:00–12:30...	Self-Publishing Your Writing (WM, 9) ...	80
11:00–12:30...	Using English (BH, 10)	56
1:00–3:00.....	50+ Improvisers— FUNDamentals (JRC, 5)	62
1:00–4:00.....	The “Silver” Screen (JRC, 9)	62
1:30–2:50	Women's Dance/Exercise (CDA, 10) ...	39
1:30–3:00	Cut the Cable Cord, Sec 2 (CA, 2)	24
1:30–3:00	Durham & Duke University (BH, 10)....	43
1:30–3:00	Hand Embroidery (JRC, 10)	16
1:30–3:00	Wealth/Poverty/Well-Being (JRC, 10) ..	75
1:30–3:00.....	What to Eat & Why (WM, 10).....	41
1:30–4:30	Contemp. Latin Am. Film (BH, 6).....	73
1:30–4:30	Digital Camera (SW, 2).....	22
1:30–4:30	Intro to iPhone Photography (JRC, 4) ...	21
1:30–4:30	Photo Composition (SW, 5)	23
1:30–4:30	Watercolor Painting (JRC, 5)	36
3:15–4:45	Qigong (JRC, 10).....	38
3:15–4:45	Stock Options (WM, 5)	27
5:00–6:30.....	Writing Nonfic. Narr. (M–F) (BH, 5)	78
5:30–8:30.....	Cooking/Sovero, 2 Secs (PC, 5)	54
6:30–8:30.....	Poetry Writing (BH, 10).....	80

Tuesday

9:00–10:00 Deception 101 (JRC, 10)	48
9:00–10:30 30 Years w/out Paycheck (BH, 10).....	26
9:00–10:30 Burning Issues/Journalism (BH, 10)....	75
9:00–10:30 Gandhi/Nonviolent Resist. (JRC, 6).....	74
9:00–10:30 Impact Investing (JRC, 3)	29
9:00–10:30 Journey of Caregiving (JRC, 3)	27
9:00–10:30 Writing for Young Readers (JRC, 9)	77
9:00–11:00 Introduction to Zentangle® (CA, 5).....	33
9:00–10:30 Better Dead Than Red (STMC, 10)	46
10:00–1:00 Stay Put or Move On (JRC, 12)	26
11:00–12:30... Latin Language (STMC, 6)	56
11:00–12:30... Chinese Brush Painting (JRC, 10).....	35
11:00–12:30... Economic Development (JRC, 10)	28
11:00–12:30... Functional Fitness for 50+ (JRC, 10)....	37
11:00–12:30... Generational Differences (BH, 4)	76
11:00–12:30... Knit Summer Wanes Hat/Cowl (BH, 10)	31
11:00–12:30... Latitude & Darwin (JRC, 8).....	69
11:00–12:30... New Lens (JRC, 5)	72
11:00–12:30... Sci-Fi Goes to the Movies (BH, 8).....	74
11:00–12:30... The World Today, Sec 1 (STMC, 10)....	45
11:00–12:30... Using Apple's iMovie (JRC, 6)	23
11:30–1:30..... Calligraphy: Italic, Sec 2 (CA, 5)	35
1:00–3:00..... Drawing Basics & More (JRC, 10)	33
1:00–3:00..... Random-Weave Baskets (CA, 5).....	32
1:00–3:00..... Watercolor for Beginners (JRC, 9).....	36
1:00–3:30..... Creative Writing (BH, 8).....	77
1:30–3:00..... Classical Myth (CW, 10)	58
1:30–3:00..... Intro Photoshop Elements (SW, 8)	21
1:30–3:00..... I've Got This Yarn (BH, 2).....	30
1:30–3:00..... Julian Abele (STMC, 3)	18
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1:30–3:00..... Philosophy in Islamic World (BH, 6)	64
1:30–3:00..... Pictorial Politics in Art (JRC, 8).....	20
1:30–3:00..... American Civil War (STMC, 10).....	43
1:30–3:00..... Worldmaking (Part 2) (JRC, 10)	49
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3:30–5:30..... New Horizons Contra Band (DA, 10)....	81
5:00–6:30..... Writing Nonfic. Narr. (M–F) (BH, 5)	78
6:30–8:00..... Cybersecurity 101 + Lab (BH, 9).....	25

Wednesday

9:00–10:30 21st-Century Cosmos (JRC, 10).....	70
9:00–10:30 Change Your Age (JRC, 10)	40
9:00–10:30 Poetic Stories (JRC, 10)	55
9:00–10:30 Periodic Table (JRC, 10).....	69
9:00–10:30 Volcanoes/Human History (JRC, 9)	68
9:00–10:30 Lincoln's Real Virtues (BH, 8)	48
9:30–11:30..... Exploring Labyrinths (OFT, 2)	53
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11:00–12:30... Exploring Website Design (BH, 6).....	24
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11:00–12:30... Frida Kahlo, Sec 1 (NCMA, 4) (add. secs. have gallery sess. W/Th) ...	16
11:00–12:30... Intelligence Community (JRC, 2).....	44
11:00–12:30... Law/Court/Americans (GR, 10).....	50
11:00–12:30... Poetry of John Berryman (BH, 4)	58
11:00–12:30... The World Today, Sec 2 (JRC, 10)	45
11:00–12:30... Tourism/Special Places (JRC, 5).....	75
11:00–1:00..... Paint & Collage (DAC, 9)	33
11:00–1:00..... Risking Words (JRC, 10)	79
11:00–1:00..... Topics in Photography (JRC, 10).....	22
11:00–2:00 Fall Crops: Butternut/Acorn (DCF, 1)...	41
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1:30–3:00..... American Photography (JRC, 10).....	18
1:30–3:00..... Conscious Aging (JRC, 6)	52
1:30–3:00..... Cut the Cable Cord, Sec 1 (JRC, 2)	24
1:30–3:00..... DNA 1 (JRC, 3).....	76
1:30–3:00..... Mah-Jongg 101 (JRC, 8)	51
1:30–3:00..... Painting by Design (JRC, 10).....	34
1:30–3:00..... Political Philos./Governing (BH, 10)	43
1:30–3:00..... Practical Wisdom (BH, 10)	53
1:30–3:00..... Selling/Buying on the Web (JRC, 7)	25
3:15–4:45..... Retirement, Now What? (JRC, 6)	29
3:15–4:45..... Art & Women (JRC, 7)	19
3:15–4:45..... Calligraphy: Italic, Sec 1 (STMC, 6)	35
3:15–4:45..... Guide to Local Jazz (JRC, 10).....	63
3:15–4:45..... Science Behind Cooking (BH, 8).....	71
3:30–5:00..... New Horizons Chorus (DA, 10)	81
3:30–5:00..... New Horizons Swing Band (DA, 10)....	81
5:00–6:30..... New Horizons Dixie Dukes (DA, 10)....	81
5:00–6:30..... Writing Nonfic. Narr. (M–F) (BH, 5)	78
5:30–8:30..... Movies Go to War (BH, 10).....	61
6:30–8:30..... Creative Prose (BH, 10).....	78

Courses by Day

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Thursday

9:00–10:30 Growing Poetry (JRC, 10).....	79
9:00–10:30 Harp Ensemble III (JRC, 10).....	62
9:00–10:30 Read & Discuss (JRC, 10).....	57
9:00–10:30 Science Books (BH, 6)	71
9:00–10:30 T'ai Chi (BDS, 10).....	38
9:00–10:30 Vincent van Gogh (JRC, 6).....	17

11:00–12:30... New Perspective on Islam (BH, 10).....	64
11:00–12:30... Chess Refresh (JRC, 10).....	51
11:00–12:30... Exploring Ethics (CW, 10).....	64
11:00–12:30... Great Steals (JRC, 10).....	79
11:00–12:30... It Started with Speech (JRC, 10)	46
11:00–12:30... Shakespeare/Controversy (JRC, 10)...	55
11:00–12:30... Music of Van Morrison (BH, 10)	63
11:00–12:30... The World Today, Sec 3 (JRC, 10)	45
11:00–1:00..... Flora & Fauna/Mix. Media (JRC, 10)....	36

1:00–3:00 Cold Wax Painting (JRC, 10)	34
1:00–4:30 Barnett Photographic Symposium (SW, 9).....	23
1:30–3:00 19e siècle en France, Pt 2 (BH, 10).....	58
1:30–3:00 Bordeaux-Style Blends, Sec 1 (BH, 8)...	54
1:30–3:00 Finances in Retirement (JRC, 10)	29
1:30–3:00 Fall & Rise of World Disorder (JRC, 7)...	49
1:30–3:00 Nature-Inspired Nonfiction (JRC, 10) ..	59
1:30–3:00 Supermrkt. Chemical Magic (JRC, 6)...	68
1:30–3:00 Tuscany Wines, Sec 1 (BH, 8).....	54
2:00–3:30..... If You Can Walk, You Can Dance (CDA, 10).....	37

3:15–4:45 Bordeaux-Style Blends, Sec 2 (BH, 8) ..	54
3:15–4:45 Tuscany Wines, Sec 2 (BH, 8).....	54
3:30–5:30..... Horizons Concert Band (DA, 10)	81

5:00–6:30..... Writing Nonfic. Narr. (M–F) (BH, 5)	78
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Friday

9:00–10:30 Eight Keys to Thriving (BH, 10)	53
9:00–10:30 Plays of Athol Fugard (BH, 10)	59
9:00–12:00 Boro Sew & Mend, Sec 2 (GR, 1)	31

11:00–12:30... Amazing Beauty of Numbers (BH, 9) ..	65
11:00–12:30... Three Russian Films (BH, 10)	49
11:00–1:00..... Basket Weaving (EKC, 10)	32

1:30–3:00 Art Reflected (BH, 5)	18
1:30–3:00 Basic Crochet (BH, 10).....	30
1:30–3:00 Walking the Camino de Santiago (BH, 5)	52

5:00–6:30..... Writing Nonfic. Narr. (M–F) (BH, 5)	78
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Saturday

9:30–12:30 Work & Retire? (BH, 1)	72
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1:00–3:30 Family Photos, Sec 2 (INS, 2)	17
1:00–3:30 Food for Life (CH, 5)	37

Sunday

2:00–5:00..... Exploring Cinema (BH, 10).....	61
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Evening Courses

Monday

5:30–8:30..... Cooking/Sovero, 2 Secs (PC, 5)	54
6:30–8:30..... Poetry Writing (BH, 10).....	80

Monday–Friday

5:00–6:30..... Writing Nonfiction Narratives (BH, 5)....	78
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Tuesday

6:30–8:00..... Cybersecurity 101 + Lab (BH, 9)	25
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Wednesday

5:00–6:30..... New Horizons Dixie Dukes (DA, 10)....	81
5:30–8:30..... Movies Go to War (BH, 10).....	61
6:30–8:30..... Creative Prose (BH, 10).....	78

**See page 8 for venue abbreviation key
and venue addresses**

Short Courses & Workshops

Courses with 1–6 Sessions

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

Monday

Sep 9 (5).... 9:00–10:30....	Meditating w/ Voice (JRC) ..	39
Sep 9 (5).... 9:00–10:30....	Knit a Winter Hat (CA)	31
Sep 9 (5).... 11:00–12:30 ..	Frank Lloyd Wright (CA)	19
Sep 9 (5).... 1:00–3:00	50+ Improvisers (JRC)	62
Sep 9 (4).... 1:30–4:30	Intro iPhone Photog. (JRC) ..	21
Sep 9 (5).... 3:15–4:45	Stock Options (WM)	27
Sep 9 (5).... 5:30–8:30	Cooking/Sovero, S1 (PC) ...	54
Sep 16 (1) .. 9:00–12:00....	Boro Sew/Mend, S1 (GR) ..	31
Sep 16 (2) .. 11:00–12:30 ..	Fed. Budget/Debt (JRC) ...	26
Sep 23 (5) .. 5:00–6:30	Writing Nonfiction Narratives (M–F) (BH)	78
Sep 23 (6) .. 1:30–4:30	Latin Am. Film (BH)	73
Sep 23 (2) .. 1:30–4:30	Digital Camera (SW)	22
Sep 23 (5) .. 1:30–4:30	Paint Watercolor (JRC)	36
Oct 14 (5) ... 9:00–10:30....	Knit a Cowl (BH)	31
Oct 14 (1) ... 10:00–2:00 ...	Fall Crops: Collards & Conversation (DCF)	41
Oct 14 (5) ... 1:30–4:30	Photo Comp. (SW)	23
Oct 14 (5) ... 5:30–8:30	Cooking/Sovero, S2 (PC) ..	54
Oct 21 (1) ... 10:00–2:00 ...	Fall Crops: Root Cellar (DCF)	41
Nov 4 (1) 9:00–12:00....	Write with Brush (JRC)	35
Nov 11 (2) .. 1:30–3:00	Cut the Cable, S1 (CA)	24

Tuesday

Sep 10 (6) .. 9:00–10:30....	Gandhi (JRC)	74
Sep 10 (3) .. 9:00–10:30....	Caregiving Journey (JRC) ..	27
Sep 10 (5) .. 9:00–11:00	Zentangle® (CA)	33
Sep 10 (6) .. 11:00–12:30 ..	Latin Language (STMC)	56
Sep 10 (4) .. 11:00–12:30 ..	Gen. Differences (BH)	76
Sep 10 (5) .. 11:00–12:30 ..	New Lens (JRC)	72
Sep 10 (2) .. 1:30–3:00	I've Got This Yarn (BH)	30
Sep 24 (6) .. 11:00–12:30 ..	Apple's iMovie (JRC)	23
Sep 24 (5) .. 1:00–3:00	Random-Weave Baskets (CA)	32
Sep 24 (3) .. 1:30–3:00	Julian Abele (STMC)	18
Oct 1 (5) 1:30–3:00	Living with Art (OFT)	20
Oct 8 (6) 1:30–3:00	Islamic Philosophy (BH)	64
Oct 29 (5) .. 11:30–1:30	Calligraphy: Italic, Sec 2 (CA)	35
Oct 29 (4) .. 1:30–4:30	Adv. iPhone Photog. (JRC) ..	21
Nov 5 (3) 9:00–10:30....	Impact Investing (JRC)	29

Wednesday

Sep 11 (6) .. 11:00–12:30 ..	Ageless Sexuality (JRC) ...	40
Sep 11 (6) .. 11:00–12:30 ..	Website Design (BH)	24
Sep 11 (2) .. 11:00–12:30 ..	Intelligence Comm. (JRC) ..	44
Sep 11 (6) .. 1:30–3:00	Conscious Aging (JRC)	52
Sep 11 (6) .. 3:15–4:45	Retire., Now What? (JRC) ..	29
Sep 11 (6) .. 3:15–4:45	Calligraphy: Italic, Sec 1 (STMC)	35
Sep 25 (2) .. 9:30–11:30	Labyrinths (OFT)	53
Oct 2 (4/6) . 10:30–1:00	Frida Kahlo, S1 (NCMA) (add. sections have gallery sessions W/Th)	16
Oct 16 (1) ... 11:00–2:00	Fall Crops: Butternut/Acorn (DCF)	41
Oct 16 (3) .. 1:30–3:00	DNA 1 (JRC)	76
Oct 30 (4) .. 11:00–12:30 ..	John Berryman (BH)	58
Oct 30 (5) .. 11:00–12:30 ..	Tourism (JRC)	75
Oct 30 (2) .. 1:30–3:00	Cut the Cable, S2 (JRC)	24
Nov 6 (2) 1:00–3:30	Family Photos, S1 (INS)	17

Thursday

Sep 12 (6) .. 9:00–10:30....	Science Books (BH)	71
Sep 12 (6) .. 9:00–10:30....	Vincent van Gogh (JRC) ...	17
Oct 10 (6) .. 1:30–3:00	Supermarket Chemical Magic (JRC)	68

Friday

Sep 13 (5) .. 1:30–3:00	Art Reflected (BH)	18
Oct 18 (1) ... 9:00–12:00....	Boro Sew/Mend, S2 (GR) ..	31
Nov 1 (5) 1:30–3:00	Walking the Camino de Santiago (BH)	52

Saturday

Sep 14 (1) .. 9:30–12:30....	Work & Retire? (BH)	72
Oct 5 (5) 1:00–3:30	Food for Life (CH)	37
Nov 9 (2) 1:00–3:30	Family Photos, S2 (INS)	17

**See page 8 for venue abbreviation key
and venue addresses**

Courses by Venue

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

The Bishop's House (BH)

Financial Markets Today.....	M, 9:00–10:30 (7).....	28
Knit a Soft Chunky Cowl	M, 9:00–10:30 (5).....	31
Portugal	M, 9:00–10:30 (10)	73
Hitler & the Nazi Party.....	M, 11:00–12:30 (10) ...	48
Using English	M, 11:00–12:30 (10) ...	56
Durham & Duke University	M, 1:30–3:00 (10).....	43
Contemp. Latin Am. Film.....	M, 1:30–4:30 (6).....	73
Writing Nonfic. Narratives.....	M–F, 5:00–6:30 (5) ...	78
Poetry Writing.....	M, 6:30–8:30 (10).....	80
30 Years w/out Paycheck.....	T, 9:00–10:30 (10)	26
Burning Issues/Journalism.....	T, 9:00–10:30 (10)	75
Generational Differences	T, 11:00–12:30 (4).....	76
Knit Summer Wanes Hat.....	T, 11:00–12:30 (10)	31
Sci-Fi Goes to the Movies	T, 11:00–12:30 (8).....	74
Creative Writing	T, 1:00–3:30 (8).....	77
I've Got This Yarn.....	T, 1:30–3:00 (2).....	30
Philosophy in Islamic World ...	T, 1:30–3:00 (6).....	64
Cybersecurity 101 + Lab	T, 6:30–8:00 (9).....	25
Lincoln's Real Virtues.....	W, 9:00–10:30 (8).....	48
Website Design	W, 11:00–12:30 (6)	24
Free at Last?	W, 11:00–12:30 (9)	44
Poetry of John Berryman	W, 11:00–12:30 (4)	58
Political Philos./Governing	W, 1:30–3:00 (10).....	43
Practical Wisdom.....	W, 1:30–3:00 (10).....	53
Science Behind Cooking.....	W, 3:15–4:45 (8).....	71
Movies Go to War.....	W, 5:30–8:30 (10).....	61
Creative Prose.....	W, 6:30–8:30 (10).....	78
Science Books	Th, 9:00–10:30 (6).....	71
New Perspective on Islam.....	Th, 11:00–12:30 (10) ..	64
Music of Van Morrison	Th, 11:00–12:30 (10) ..	63
19e siècle en France, Pt 2.....	Th, 1:30–3:00 (10).....	58
Bordeaux-Style Blends, Sec 1 ..	Th, 1:30–3:00 (8)	54
Tuscany Wines, Sec 1.....	Th, 1:30–3:00 (8)	54
Bordeaux-Style Blends, Sec 2 ..	Th, 3:15–4:45 (8).....	54
Tuscany Wines, Sec 2.....	Th, 3:15–4:45 (8).....	54
Eight Keys to Thriving.....	F, 9:00–10:30 (10)	53
Plays of Athol Fugard	F, 9:00–10:30 (10)	59
Amazing Beauty of Numbers ...	F, 11:00–12:30 (9).....	65
Three Russian Films	F, 11:00–12:30 (10)	49
Art Reflected	F, 1:30–3:00 (5).....	18
Basic Crochet.....	F, 1:30–3:00 (10)	30
Walking the Camino		
de Santiago.....	F, 1:30–3:00 (5).....	52
Work & Retire?	Sat, 9:30–12:30 (1)	72
Exploring Cinema.....	Sun, 2:00–5:00 (10) ..	61

Judea Reform Congregation (JRC)

Geologic Wonders.....	M, 9:00–10:30 (10)	68
Meditating with Voice	M, 9:00–10:30 (5).....	39
Rodgers & Hammerstein 101 ...	M, 9:00–10:30 (10)	60
Female Am. Baby Boomer	M, 9:00–10:30 (10)	77
Write with Brush/Pen & Ink	M, 9:00–12:00 (1)	35
Fed. Budget & Debt.....	M, 11:00–12:30 (2)	26
Aviation & Airports	M, 11:00–12:30 (10) ...	45
Bull City History.....	M, 11:00–12:30 (8)	47
50+ Improvisers—		
FUNdamentals	M, 1:00–3:00 (5).....	62
The “Silver” Screen	M, 1:00–4:00 (9).....	62
Hand Embroidery	M, 1:30–3:00 (10)	16
Wealth/Poverty/Well-Being	M, 1:30–3:00 (10)	75
Intro to iPhone Photography....	M, 1:30–4:30 (4).....	21
Watercolor Painting	M, 1:30–4:30 (5).....	36
Qigong.....	M, 3:15–4:45 (10)	38
Gandhi/Nonviolent Resist.	T, 9:00–10:30 (6).....	74
Deception 101	T, 9:00–10:00 (10)	48
Impact Investing	T, 9:00–10:30 (3).....	29
Journey of Caregiving	T, 9:00–10:30 (3).....	27
Writing for Young Readers	T, 9:00–10:30 (9).....	77
Stay Put or Move On	T, 10:00–1:00 (12).....	26
Chinese Brush Painting.....	T, 11:00–12:30 (10)	35
Economic Development	T, 11:00–12:30 (10)	28
Functional Fitness for 50+	T, 11:00–12:30 (10)	37
Latitude & Darwin	T, 11:00–12:30 (8).....	69
New Lens.....	T, 11:00–12:30 (5).....	72
Using Apple's iMovie	T, 11:00–12:30 (6).....	23
Drawing Basics & More	T, 1:00–3:00 (10).....	33
Begin. Watercolor	T, 1:00–3:00 (9).....	36
Pictorial Politics in Art.....	T, 1:30–3:00 (8).....	20
Worldmaking (Part 2)	T, 1:30–3:00 (10).....	49
2019–2020 Opera Season	T, 1:30–3:30 (10).....	60
Adv. iPhone Photography.....	T, 1:30–4:30 (4).....	21
Super Bowl History.....	T, 3:15–4:45 (10).....	46
21st-Century Cosmos.....	W, 9:00–10:30 (10)	70
Change Your Age	W, 9:00–10:30 (10)	40
Poetic Stories	W, 9:00–10:30 (10)	55
Periodic Table.....	W, 9:00–10:30 (10)	69
Volcanoes & Human History ...	W, 9:00–10:30 (9).....	68
Ageless Sexuality	W, 11:00–12:30 (6)	40
Intelligence Community	W, 11:00–12:30 (2)	44
The World Today, Sec 2	W, 11:00–12:30 (10) ...	45
Tourism/Special Places.....	W, 11:00–12:30 (5)	75
Risking Words	W, 11:00–1:00 (10).....	79
Topics in Photography	W, 11:00–1:00 (10).....	22
American Photography.....	W, 1:30–3:00 (10).....	18
Conscious Aging	W, 1:30–3:00 (6)	52
Cut the Cable, Sec 1	W, 1:30–3:00 (2)	24
DNA 1	W, 1:30–3:00 (3)	76

**See page 8 for venue addresses,
alphabetical by abbreviation**

Mah-Jongg 101.....	W, 1:30–3:00 (8)	51
Painting by Design	W, 1:30–3:00 (10).....	34
Selling & Buying on the Web... W, 1:30–3:00 (7).....		25
Retirement, Now What?	W, 3:15–4:45 (6).....	29
Art & Women	W, 3:15–4:45 (7)	19
Guide to Local Jazz.....	W, 3:15–4:45 (10)	63
Growing Poetry.....	Th, 9:00–10:30 (10) ..	79
Harp Ensemble III.....	Th, 9:00–10:30 (10) ..	62
Read & Discuss.....	Th, 9:00–10:30 (10) ..	57
Vincent van Gogh.....	Th, 9:00–10:30 (6).....	17
Chess Refresh.....	Th, 11:00–12:30 (10) ..	51
Great Steals.....	Th, 11:00–12:30 (10) ..	79
It Started with Speech.....	Th, 11:00–12:30 (10) ..	46
Shakespeare & Controversy....	Th, 11:00–12:30 (10) ..	55
The World Today, Sec 3	Th, 11:00–12:30 (10) ...	45
Flora & Fauna Mixed Media	Th, 11:00–1:00 (10).....	36
Cold Wax Painting	Th, 1:00–3:00 (10).....	34
Finances in Retirement	Th, 1:30–3:00 (10).....	29
Fall & Rise of World Disorder ...	Th, 1:30–3:00 (7).....	49
Nature-Inspired Nonfiction	Th, 1:30–3:00 (10).....	59
Supermarket Chemical Magic..	Th, 1:30–3:00 (6)	68

Barriskill Dance Theatre School (BDS)

T'ai Chi	Th, 9:00–10:30 (10) ...	38
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Bridge Academy (BA)

Introduction to Bridge.....	W, 9:30–11:30 (10)	51
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Caring House (CH)

Food for Life	Sat, 1:00–3:30 (5)	37
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Carol Woods (CW)

Classical Myth.....	T, 1:30–3:00 (10)	58
Exploring Ethics	Th, 11:00–12:30 (10) ..	64

Carolina Arbors (CA)

Knit a Warm Winter Hat.....	M, 9:00–10:30 (5)	31
Frank Lloyd Wright	M, 11:00–12:30 (5)	19
Cut the Cable Cord, Sec 1 ...	M, 1:30–3:00 (2).....	24
Introduction to Zentangle®....	T, 9:00–11:00 (5)	33
Calligraphy: Italic, Sec 2.....	T, 11:30–1:30 (5).....	35
Random-Weave Baskets.....	T, 1:00–3:00 (5).....	32

Carolina Dance Academy (CDA)

Women's Dance/Exercise....	M, 1:30–2:50 (10)	39
If You Can Walk/Dance.....	Th, 2:00–3:30 (10).....	37

Durham Academy (DA)

New Horizons Chorus	W, 3:30–5:00 (10).....	81
New Horizons Concert Band .	Th, 3:30–5:30 (10).....	81
Contra Band.....	T, 3:30–5:30 (10).....	81
Swing Band.....	W, 3:30–5:00 (10).....	81
Dixie Dukes.....	W, 5:00–6:30 (10).....	81

Durham Arts Council (DAC)

Paint & Collage	W, 11:00–1:00 (9)	33
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Duke Campus Farm (DCF)

Fall Crops at the Duke Campus Farm:

Collards & Conversation ...	M, 10:00–2:00 (1)	41
Root Cellar	M, 10:00–2:00 (1)	41
Butternuts & Acorns.....	W, 11:00–2:00 (1)	41

The Emily K Center (EKC)

Basket Weaving	F, 11:00–1:00 (10)	32
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The Forest at Duke (FAD)

Frontiers in Medicine.....	M, 11:00–12:30 (10)...	41
Symposia	T, 2:00–3:15 (10)	65

Galloway Ridge (GR)

Boro Sew & Mend, Sec 1	M, 9:00–12:00 (1)	31
Virginia Woolf	M, 10:30–12:00 (10) ...	57
Law/Court/Americans	W, 11:00–12:30 (10) ...	50
Boro Sew & Mend, Sec 2	F, 9:00–12:00 (1)	31

Instructor's Home/Studio (INS)

Family Photos, Sec 1	W, 1:00–3:30 (2)	17
Family Photos, Sec 2	Sat, 1:00–3:30 (2)	17

North Carolina Museum of Art (NCMA)

Frida Kahlo, Sec 1.....	W, 10:30–11:30 (4)	16
(additional sections with 2 gallery sessions, W or Th)		

Offsite Field Trips (OFT)

Living with Art.....	T, 1:30–3:00 (5).....	20
Exploring Labyrinths	W, 9:30–11:30 (2)	53

Passmore Center (PC)

Cooking with David Sovero ..	M, 5:30–8:30 (5).....	54
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Smith Warehouse (SW)

Digital Camera	M, 1:30–4:30 (2).....	22
Photo Composition.....	M, 1:30–4:30 (5).....	23
Intro Photoshop Elements....	T, 1:30–3:00 (8).....	21
Barnett Photog. Symposium..	Th, 1:00–4:30 (9)	23

St. Thomas More Church (STMC)

Better Dead Than Red	T, 9:00–10:30 (10)	46
Latin Language	T, 11:00–12:30 (6).....	56
The World Today, Sec 1	T, 11:00–12:30 (10) ...	45
Julian Abele.....	T, 1:30–3:00 (3).....	18
American Civil War.....	T, 1:30–3:00 (10)	43
Calligraphy: Italic, Sec 1.....	W, 3:15–4:45 (6).....	35

Westminster Presbyterian Church (WM)

Battle of Waterloo.....	M, 9:00–10:30 (10)	47
Self-Publishing Your Writing..	M, 11:00–12:30 (9)	80
What to Eat & Why	M, 1:30–3:00 (10)	41
Stock Options.....	M, 3:15–4:45 (5)	27

Courses by Instructor

Instructor Name, Course Title, Page

Adams, Shana	Meditating with the Voice	39	Fickle, Mary Jo	Intro to Photoshop Elements ...	21
* Aujero, Mauricio	Mah-Jongg 101	51	Filene, Peter	American Photography	18
Balkite, Beth	DNA 1	76	Fisher, Kent	Finances in Retirement.....	29
Barman, Dilip	Food for Life	37	Fortner, Brand	21st-Century Cosmos	70
Baugh, Anne.....	Calligraphy: Italic, 2 Secs	35	* Fox, Richard	Gandhi/Nonviolent Resist.	74
	Write with Brush/Pen & Ink.....	35	* Fulkerson, Katherine ..	Work & Retire?.....	72
Benson, Tom	Topics in Photography	22	Fynn, Carol	Watercolor Painting.....	36
Blafeux, Peter	Frank Lloyd Wright.....	19	Gaegler, Pat.....	Better Dead Than Red.....	46
Bleiweiss, Sheldon	It Started with Speech	46	Garrett, Winifred	Harp Ensemble III	62
* Bosgraaf, Kay	Creative Writing	77	Gartner, Jack.....	History of Aviation & Airports ...	45
Boyto, Cathy	Introduction to Zentangle®	33	* Goodrum, Shayne	Female Am. Baby Boomer.....	77
Brown, Frank	Amazing Beauty of Numbers....	65	Greenhut, Jeffrey.....	American Civil War	43
Burke, Peter.....	Guide to Local Jazz	63	Gutin, Bernard	Frontiers in Medicine	41
Caccavale, Ruth	Art & Women	19	* Hall, Dede.....	The "Silver" Screen.....	62
Caddell, Joe	Deception 101	48	Hardaker, Bobbie.....	Read & Discuss	57
Canzanella, John.....	Free at Last?	44	Harvard, Joe.....	History of the Bull City	47
Carl, Phil	Periodic Table	69	Haslam, Kenneth.....	Ageless Sexuality	40
	Science Books.....	71	* Healy, Robert.....	Tourism/Special Places	75
Carmichael, G Wade..	Art Reflected	18	Herndon, Warren.....	Durham & Duke University	43
	Drawing Basics & More	33	Hoffman, Erika.....	Writing Nonfic. Narratives	78
	Cold Wax Painting	34	Horton, Alva.....	Vincent van Gogh	17
Chady, Dick	New Lens	72	Howard, Lu	Basket Weaving	32
Cheatham, Donovan ..	New Horizons Swing Band	81	Immekus, Richard	Volcanoes & Human History....	68
Clemen, Margaret.....	Women's Dance/Exercise	39	Isabel, Dick.....	Hitler & the Nazi Party	48
Cole, Carolyn.....	50+ Improvisers—		Jacobson, Marilyn	Exploring Labyrinths	53
	FUNdamentals	62	Johanson, Arnie	Poetry of John Berryman.....	58
* Combs, Chris.....	Journey of Caregiving	27	* Johnson, Edward.....	Federal Budget & Debt	26
	Impact Investing.....	29	Johnson, Eric.....	Battle of Waterloo	47
Cox, Edwin	What to Eat & Why.....	41	* Johnson, William	Self-Publishing Your Writing	80
	Frontiers in Medicine	41	Karski, Robert.....	Using Apple's iMovie.....	23
Darling, Nancy	Painting by Design.....	34	Katz, Rosalyn	Chess Refresh	51
Davidshofer, Claire	19e siècle en France, Pt 2	58	Kelly, Julie.....	30 Years w/out Paycheck	26
Davidshofer, William...	Political Philos./Governing.....	43	King, William.....	Julian Abele	18
Davis, Kathy	Selling & Buying on Web	25	Koff, Bernice	Paint & Collage	33
Dawson, Aline.....	Stay Put or Move On.....	26	Komives, Mike	Retire, Now What?.....	29
Deblinger, Paul	Creative Prose	78	Koropchak, Celine	Practical Wisdom	53
	Poetry Writing	80	Koslow, Howard.....	Cut the Cable Cord, 2 Secs.....	24
Del Dotto, Charles	Plays of Athol Fugard.....	59	* Kotlar, Kim	Intelligence Community	44
Dessen, Alan	Shakespeare & Controversy....	55	Kundert, Ernie	Three Russian Films.....	49
Dessen, Cynthia	Classical Myth	58	* Lamb, Vicki.....	Hand Embroidery.....	16
Dold, Karen	Change Your Age.....	40		Basic Crochet	30
Door, Kristine.....	Frida Kahlo, 5 Secs	16	Lankevich, George	Law/Court/Americans.....	50
Dunbar, Jay	Qigong	38	Leatherberry, Jim.....	Stock Options	27
	T'ai Chi.....	38	Levine, Sol.....	Supermarket	
Ellman, Richard	The World Today, 3 Secs.....	45		Chemical Magic.....	68

Magid, Alan	Science Behind Cooking	71	Sovero, David	Cooking with Sovero, 2 Secs....	54
Masurat, Louise.....	Virginia Woolf.....	57	Steeg, Jim	Super Bowl History	46
McIntyre, Edison.....	Movies Go to War	61	Szerszen, Dennis	Intro iPhone Photog.	21
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Welcome to Our Newest Instructors

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

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

While we appreciate all our instructors, we provide special recognition for instructors who reach 25 and 50 OLLI courses taught. See page 6.

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Art & Architecture

Frida Kahlo & Diego Rivera: Mexican Modernism

In this six-week course, we will begin with an exploration of modernism and the Mexican aesthetic. Then we will look at the life and work of Mexican modern artists Frida Kahlo, Diego Rivera, and others. Our survey will conclude with a tour of the North Carolina Museum of Art special exhibition *Frida Kahlo, Diego Rivera, and Mexican Modernism* from the Jacques and Natasha Gelman Collection. • Lecture, plus questions; Facilitated discussion.

Please note: For the Nov 13 & 14 Gallery Sessions, students will need to purchase tickets for the exhibition.

Section 1

- Lectures only; 4 Wed, 11:00am–12:30pm, Oct 2, 16 & 30, Nov 6
- Maximum: 100; Fee: \$60; Course ID: 2871.001

Section 2

- 4 Lectures (see Section 1 above)
2 Wed Gallery Sessions, 10:30–11:30am, Oct 9 & Nov 13
- Maximum: 20; Fee: \$80; Course ID: 2871.002

Section 3

- 4 Lectures (see Section 1 above)
2 Wed Gallery Sessions, 12:00–1:00pm, Oct 9 & Nov 13
- Maximum: 20; Fee: \$80; Course ID: 2871.003

Section 4

- 4 Lectures (see Section 1 above)
2 Thu Gallery Sessions, 10:30–11:30am, Oct 10 & Nov 14
- Maximum: 20; Fee: \$80; Course ID: 2781.004

Section 5

- 4 Lectures (see Section 1 above)
2 Thu Gallery Sessions, 12:00–1:00pm, Oct 10 & Nov 14
- Maximum: 20; Fee: \$80; Course ID: 2871.005

Kristine Door, PhD, taught art history at the University of North Dakota for over a decade before

moving to Raleigh in 1995. Until her retirement, she lectured at the North Carolina Museum of Art and directed the docent program. Kris has offered an OLLI at Duke art history class each year since 2007.

- 4–6 sessions, Wed or Wed/Thu, Oct 2–Nov 14; see details above for dates and times
- North Carolina Museum of Art, Raleigh
- 5 sections; see details above for fees and Course IDs

Hand Embroidery: A Partial History of Techniques, Artistry, and Culture

Embroidery, the decoration of textiles or other materials with needle and thread, has been a part of human history for centuries. This art has been dated back to Cro-Magnon civilization with the discovery of decorated clothing and other garments. In this course we will examine different embroidery techniques and functions, starting in Asia and the Middle East and then focusing on Europe and the British Isles. Examples of embroidery techniques to be discussed will include silk embroidery in China, items found in the tomb of King Tutankhamun, the Bayeux Tapestry, embroidered ecclesiastical garments, blackwork, opus anglicanum, and samplers. We will also talk about those who did the embroidery, the development of professional workshops and guilds, and the printing of pattern books. • Lecture, plus questions.

Vicki Lamb recently retired from NC Central University, where she was professor of sociology and family and consumer sciences. She has been embroidering all her life. She has taken classes from the Royal School of Needlework and Thistle Threads and has won awards for her embroidery. Vicki also pursues other arts, including crocheting, knitting, bobbin lacing, and sewing.

- 9 Mon, Sep 9–Nov 18, 1:30–3:00pm (no class Sep 30)
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$100; Course ID: 2872

Vincent van Gogh: His Life and His Art

This overview course will cover Van Gogh's life and the powerfully expressive art he produced. A self-taught Dutch post-impressionist artist, he is one of the most influential painters in the history of Western art. Despite his early death, his artistic output and correspondence (particularly with his brother) were extraordinary. His life was marked by constant disappointments and failures that suffused his work and productivity. His talent was not recognized in his lifetime. His struggles with mental illness led to his being described as an artist "where madness and creativity converge." Guest lecturer Alva Horton will discuss the architecture of impressionist-era Paris and of the Roman ruins depicted in some of Van Gogh's Arles paintings. The acclaimed movie *Loving Vincent*, animated in the artist's style, may be shown at an extra session. A listing of additional resources will be provided by the instructor. • Lecture, plus questions.

Recommended text:

- Ingo F. Walter and Rainer Metzger, *Van Gogh: The Complete Paintings* (9783836557153), \$20

Gustavo Montana, a Duke University radiation oncology professor emeritus, has had a long interest in Van Gogh's life, art, and mental illness. He feels that appreciating art helps individuals, particularly physicians, further understand mental and physical diseases. As a mentor, he encouraged trainees to draw what they observed to enhance their observational skills, insight, and documentation.

Alva Horton has a classical education in studio art and interior design as well as a master's degree in architectural history. She owns a marketing studio dedicated to promoting the art, fashion, design, and architecture sectors in both the US and the UK.

- 6 Thu, Sep 12–Oct 17, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 40. Fee: \$70. Course ID: 1841

See page 8 for venue addresses

Family Photos Workshop: Memory, Art, and Archives

Are your boxes of family photos still languishing in the attic? This two-session workshop offers you the opportunity to consider what is meaningful about your personal trove, reacquaint yourself with the personal and family value residing there, and explore practical resources for preserving this heritage. In the first class, participants will bring five of their most meaningful photos for discussion and sharing. At the end of this discussion, each participant will select one photograph for the instructor to render as a fine-art digital reproduction. In the second class, the group will discuss the process of organizing and preserving a family photo collection to provide a legacy for future generations. Each student will receive an edited version of the chosen image on fine-art archival paper suitable for framing. • Facilitated discussion; Active participation.

Please note: This course meets at the instructor's home/studio in Chapel Hill. The address will be provided prior to the first class.

Required supplies/fee: There is a \$10 fee, payable to the instructor at the first class. Please see the course details at learnmore.duke.edu/olli.

The Washington Post describes **Barbara Tyroler** as "a photographer and educator of uncommon talent." With graduate degrees in digital art and education, Barbara offers advanced workshops at the Center for Documentary Studies and at Cullowhee Mountain Arts Program. She is a FRANK Gallery member artist and board member. Her work can be viewed at www.barbaratyroler.com.

Section 1

- 2 Wed, Nov 6 & 13, 1:00–3:30pm
- Instructor's home/studio, Chapel Hill
- Maximum: 12; Fee: \$50; Course ID: 2873.001

Section 2

- 2 Sat, Nov 9 & 16, 1:00–3:30pm
- Instructor's home/studio, Chapel Hill
- Maximum: 12; Fee: \$50; Course ID: 2873.002

Art & Architecture

Julian Abele: The Design of Duke University and the Price of Prejudice

After many years, it is now accepted that Julian Abele (1881–1950), an African American, was the chief designer of the Duke University campus. Abele was a highly educated architect in the Philadelphia firm of Horace Trumbauer. Common attribution honors his design of the Gothic West Campus, but this skilled architect also designed the Georgian style East Campus. In 2016, the Duke Board of Trustees named the central portion of the campus Abele Quad. This course will discuss Abele and his work by placing him in the context of his time, noting some of the racial challenges he faced, and will include a walking tour of the main quadrangle of the West Campus to observe his grand scheme for the new university and its fascinating details. • Lecture, plus questions; Field trip(s).

Required fee: There is a parking fee for some Duke lots for the Duke Campus tour.

Recommended text:

- William E. King, *Julian Abele and the Design of Duke University: An Extended Essay* (9780970984746). Text is available only through Duke University Stores and in satellite locations, including the Duke Gardens Store and East Campus Store.

Bill King (BA/PhD Duke) is the Duke University archivist emeritus. He taught American history at two colleges, then started the Duke archival program in 1972, retiring in 2002. He has given many presentations and written numerous articles and two books about Duke and the Duke family. In 2005 he received the university's highest honor, the University Medal for Meritorious Service.

- 3 Tue, Sep 24–Oct 8, 1:30–3:00pm
- St. Thomas More Church, Chapel Hill; plus a visit to Duke University, Durham
- Maximum: 25; Fee: \$35; Course ID: 2874

American Photography: Portrayals of Family, Friends, and Strangers

This course will demonstrate the diverse ways 20th-century American photographers portrayed people. The photographers include, among others, Alfred Stieglitz, Dorothea Lange, Gordon Parks, Sally Mann, Diane Arbus, Nan Goldin, and Cindy Sherman. We will grapple with three overarching questions: How did the photographers' aesthetics shape their portrayals? How did race and gender make a difference? And how and why do we react to their photographs? This course is primarily discussion based, supplemented by the instructor's presentations. As "homework," students will collect images on the internet and bring copies to class. • Lecture, plus questions; Facilitated discussion; Active participation.

Required text:

- Edward Steichen, *The Family of Man* (0671554115), \$18.50

When **Peter Filene** taught at UNC–Chapel Hill, he earned six teaching awards and published six books on topics ranging from gender identities to the right to die. Last year he published *Striving Fathers, Troubled Sons: From John Adams to James Baldwin*. He is also a fine arts photographer and a member of FRANK Gallery in Chapel Hill.

- 10 Wed, Sep 11–Nov 20, 1:30–3:00pm (no class Oct 9)
- Judea Reform Congregation, Durham
- Maximum: 16; Fee: \$100; Course ID: 2876

Art Reflected

The appreciation of "art" covers a vast range of possible perspectives. For this course, the instructor has chosen five differing subjects to explore, each representing a specific focus within the world of art, touching on the aesthetic and/or scientific: "Why There Is No Color" will cover the physics of light, the physiology of vision, and the illusion we "see" about us; "Mind to the Ceiling" is a look

at Michelangelo's Sistine Chapel and its significance beyond the images themselves; "Catching Light" will explore the influence of visual arts in the evolution of photography; "Making the Sale" is a brief look at how art has been used as a tool of advertising persuasion; and "A History of Art at War" is a look at the role of visual arts in war, including how this can be woven into the science of combat. • Lecture, plus questions.

G Wade Carmichael, BFA Indiana University (historic materials and techniques), has been the director of exhibits at Indiana State Museum and the executive director at Charlotte Museum of History. His teaching background includes "Fine Arts," Indiana University; "Education through Exhibitory," Indiana State Museum; "Managing Historic Sites and Properties," Queens College; and "History, Arts, Culture," Cary Senior Center and Wake Tech Community College.

- 5 Fri, Sep 13–Oct 11, 1:30–3:00:pm
- The Bishop's House, Duke University, Durham
- Maximum: 25; Fee: \$60; Course ID: 2878

Frank Lloyd Wright: The Man and His Architecture

The American Institute of Architects hailed Frank Lloyd Wright as the "greatest American architect of all time." He had great contempt for the American Institute of Architects, yet he agreed with their assessment of him. Wright compared himself to Michelangelo. He was a romantic intellectual who was opinionated, eccentric, and arrogant. He was an author, philosopher, and teacher. He loved fast cars, custom-made clothing, and intelligent women. His legacy, beyond architecture, includes films, plays, books, and a Simon and Garfunkel song about him. His designs grace retail shelves on clothing, pillows, neckties, and wristwatches. His residential designs include Fallingwater, called the "greatest home ever designed." Join us as we examine Wright's philosophy of organic architecture and his colorful life. Slides, videos, and handouts will highlight his designs of homes, places of worship, and

civic and business buildings, including the Guggenheim Museum, SC Johnson's headquarters, and the Marin County administrative complex.

- Lecture, plus questions; Viewing videos.

Peter Blaufeux, a licensed architect, is a member emeritus of the American Institute of Architects. He received a BFA in design from Temple University and a BA from City University. He was the principal of his own architectural design firm. He designed award-winning lighting and interiors and has taught interior design, jewelry making, and crafts at YMCAs.

- 5 Mon, Sep 9–Oct 7, 11:00am–12:30pm
- Carolina Arbors, Durham
- Maximum: 45; Fee: \$60; Course ID: 2357

Art & Women: An Examination of 19th- and 20th-Century Western Women Artists

In this discussion-based course, we will examine European and American art made by women in the 19th and 20th centuries. We will discuss interdisciplinary trends of feminist scholarship in art history and consider the issue of differences between art made by women and art made by men. We will evaluate the various strategies employed by successful women artists and consider how their art has been received. Discussion will include an examination of the feminist art movement and consider issues of essentialism in art, art as protest, and appropriation in art. This course is a continuation of a course taught in Winter 2019 but does not require that course as a prerequisite. (Men are cordially invited to this course—please don't be intimidated!) An optional visit to a regional museum or gallery may be included. • Lecture, plus questions; Facilitated discussion; Field trip(s).

Please note: There may be some fees associated with museum field trips.

Recommended texts:

- Whitney Chadwick, *Art, Women, and Society* (9780500204054), \$25

Art & Architecture

- Norma Broude and Mary D. Garrard, *The Power of Feminist Art* (9780810926592), \$27.50

Since her move to North Carolina, **Ruth Caccavale** has taught a number of OLLI at Duke courses. She also works in the education department of Duke University's Nasher Museum of Art. For ten years prior to this, she taught a variety of art history classes at Rutgers University in New Jersey.

- 7 Wed, Sep 25–Nov 20, 3:15–4:45pm (no class Oct 9)
- Judea Reform Congregation, Durham
- Maximum: 20; Fee: \$80; Course ID: 2877

Living with Art: Private Art Collection Tours

This course, new to the OLLI at Duke art lineup, provides a unique opportunity to visit the homes of five private art collectors, each with extensive art collections whose owners have graciously agreed to share them with OLLI. Learn about art collecting while viewing contemporary, midcentury, classic, and newer artists' work in these area homes. You will hear stories about the paintings and artists while perusing works by Andy Warhol, Chagall, Picasso, Dali, Chris Roberts-Antieau, Maurice Chapuis, Chihuly, Valerie Bunnell, and other North Carolina, national, and international artists. • Field trip(s).

Please note: The five private homes visited in Chapel Hill and Durham do not allow photographs. Addresses will be provided to registered students prior to the first class.

Gabrielle Rousso was previously the executive director of the Art Center Highland Park, a fine art school with over two thousand students in the Chicago area. She has degrees from State College of New Jersey and attended the Harrington Institute of Interior Design. She is currently on the board of directors of FRANK Gallery, Chapel Hill, and is an avid art collector.

- 5 Tue, Oct 1–29, 1:30–3:00pm
- Private homes, Chapel Hill and Durham
- Maximum: 14; Fee: \$60; Course ID: 2879

Pictorial Politics in Art: The Issues That Polarized Painters and Sculptors from the Renaissance to Rodin

Prompted by the adversarial political culture of today, this course looks back to the partisan perspectives that shaped the works of artists from the 15th and 16th centuries (Riemenschneider, Van Eyck, Leonardo, and others) through the 19th century (Delacroix, Courbet, Rodin, and others). Painters and sculptors visually proclaimed their points of view on such divisive issues as high versus low art, art of the real versus art of the ideal, official art versus outsider art, art of reason versus art of emotion, and art honoring the past versus art highlighting the present. Few artists were willing to compromise; this course also considers those rare few, above all Bernini and his sculptural exemplars of reconciliation. As we will learn, pictorial politics played as great a role in the lives and careers of premodern artists as party politics play in our lives today.

- 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 assistant director for art and education.

- 8 Tue, Sep 10–Nov 5, 1:30–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 30; Fee: \$90; Course ID: 2875

Most classes do not meet during
OLLI Fall Break, October 21–25,
or **Thanksgiving Break**, November 25–29

See page 8 for venue addresses

Computers & Photography

Intro to Photoshop Elements: Photo Editing for Mac and PC

Learn to use Adobe's Photoshop Elements software for retouching photos, cropping and resizing images for the Internet, or other special uses. We will use Photoshop Elements version 19 in the OLLI Computer Lab for editing images and exploring possibilities for adjusting colors and contrast or adding artistic touches. This eight-session course will include discussion of formats for saving image files and making backups. Procedures for special projects such as composites and e-cards will also be addressed. Students will be introduced to the use of layers for editing images.

- Lecture, plus questions; Facilitated discussion; Active participation.

Please note: Completion of homework assignments is expected. Please do not sign up for this class unless you can attend all sessions.

Prerequisites: Proficiency with the Mac or Windows operating system is required; prior experience with graphics tools will be helpful.

Requirements: Access to Internet and email; Photoshop Elements Software, Version 14 or newer; and a USB flash memory device to bring to class.

Mary Jo Fickle has been using computers for more than 25 years, and she has been teaching photo-editing classes for OLLI at Duke for more than 10.

- 8 Tue, Sep 17–Nov 12, 1:30–3:00pm
- Smith Warehouse, Duke University, Durham
- Maximum: 8; Fee: \$100; Course ID: 1042

Intro to iPhone Photography

The best camera is the one that you have with you. Maybe that's why the iPhone has become the predominant camera in use today, and "iPhoneographers" take and share more images than photographers with any other camera. Today's iPhones and iPads are completely self-contained and designed to capture, edit, store, and share

images all from the same platform. This course will enable iPhone users to understand and master this feature-rich camera. Topics will include how to access and use the built-in camera app; how to improve images using Apple and third-party apps; how to store files through Apple and other cloud providers; how to share files on social media, including Instagram, email, and messaging; and in-class practice on using the iPhone for travel, portrait, and abstract photography. Throughout the course, students will have opportunities to practice and share images in an open, noncritical environment.

- Lecture, plus questions; Facilitated discussion; Active participation.

Required: Students should have an iPhone 6 or later with adequate storage to add apps; additional apps will cost less than \$10 total. Familiarity with the use of Internet and email is required.

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

- 4 Mon, Sep 9–Oct 7, 1:30–4:30pm
(no class Sep 30)
- Judea Reform Congregation, Durham
- Maximum: 12; Fee: \$65; Course ID: 2478

Advanced iPhone Photography

The iPhone has revolutionized how we capture and share the world around us. Images taken by ordinary people flood every aspect of our lives. How do we incorporate a bit of ourselves into the images we take and share that with others? This course is intended to help attendees explore and develop their own sense of aesthetic values as applied to their images, whether shooting documentary photos or creating abstract images. Brief lectures will introduce concepts including how to "read" an image, compositional ideas, composite imagery, and color versus black

Computers & Photography

and white. These topics will provide context for interactive class discussions intended to challenge students to develop their own sense of creativity and artistry. The majority of class time will be discussion, with students sharing images taken outside of class each week that explore the concepts being taught. • Facilitated discussion; Active participation.

Prerequisite: Students must have completed “Intro to iPhone Photography,” taught by the same instructor.

Required: Students should have an iPhone 6 or later with adequate storage available to add one or two apps; additional apps will cost no more than \$20 total and will require a minimum of 400MB of available space on the phone. Familiarity with the Internet and email is required.

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

- 4 Tue, Oct 29–Nov 19, 1:30–4:30pm
- Judea Reform Congregation, Durham
- Maximum: 12; Fee: \$65; Course ID: 2880

Topics in Photography: Beyond Beginner

This course will introduce experienced digital photographers to a new photographic topic every week. We’ll start with a review of the basics: exposure, composition, depth of field. Subsequent weeks will cover topics such as macro photography, landscape photography, off-camera flash, and more. For each topic, we’ll discuss equipment choices, planning the shoot, technique, and postproduction. Students will also have an opportunity to suggest topics they would like to have covered. Participants will be expected to complete some outside class assignments reflecting the covered topics for those weeks. We’ll review

student photos at the start of each class. While no specialized equipment is required for any particular topic, it is welcomed if available (e.g., macro lens, external flash, etc.). • Lecture, plus questions; Active participation; Facilitated discussion.

Required: Students should have an interchangeable lens digital camera (DSLR or mirrorless) and a good understanding of how to operate it, including changing ISO, shutter speed, and aperture settings.

***Tom Benson** is a local fine art wildlife and nature photographer. With thirty years of experience, he has tried most photographic disciplines and enjoyed some of them. A North Carolina native, he strives to showcase the natural beauty of the Southeast in his work. His philosophy on making compelling images is “It ain’t the camera!” that makes the difference.*

- 10 Wed, Sep 11–Nov 20, 11:00–1:00pm (no class Oct 9)
- Judea Reform Congregation, Durham
- Maximum: 12; Fee: \$100; Course ID: 2881

Get to Know Your Digital Camera: A Short Course

This short course is for anyone who wants to get familiar with their digital camera, whether they are using a brand-new camera, refreshing their knowledge of an older camera, or looking to try out additional features. Using a camera is like riding a bicycle: the more you practice, the easier it gets. In two three-hour sessions, students will learn the most important controls on their camera, including automatic and manual modes. Session 1 will be hands-on, learning where all the controls are and how they work, as well as practicing using them. A two-week break will allow students time to practice operating their cameras and to solidify the material covered in Session 1. Session 2 will combine sharing photos taken at home and Q&A with the instructor to answer any outstanding questions.

- Lecture, plus questions; Active participation; Facilitated discussion.

***John Sehon** is a lifelong photographer. He has taught over fifty courses at OLLI at Duke since retiring to North Carolina in 2001. John experimented with early digital cameras in the 1990s and made a complete transition to digital from film in 2000. His teaching style encourages sharing and class participation.*

- 2 Mon, Sep 23 & Oct 7, 1:30–4:30pm
- Smith Warehouse, Duke University Durham
- Maximum: 12; Fee: \$55; Course ID: 2882

Photo Composition

Composition can make an interesting photo bland or make an ordinary image appear beautiful. This course explores the concepts of photographic composition, from basics, such as the rule of thirds, to more advanced topics, such as the way the eye travels through a photo. It also addresses how the camera differs from the eye and introduces composition fundamentals, such as balance and point of view. It examines the importance of geometry, light, and color in composition and looks at how composition can be improved with a variety of photo editing software programs. Students will have an opportunity to share their photographs and participate in critiquing others' images. Come along and take a chance to move outside your comfort zone and take better photographs. • Active participation; Lecture, plus questions.

Please note: Students should be familiar with their camera and will be expected to complete photo assignments between classes.

***John Sehon** is a lifelong photographer. He has taught over fifty courses at OLLI at Duke since retiring to North Carolina in 2001. John experimented with early digital cameras in the 1990s and made a complete transition to digital from film in 2000. His teaching style encourages sharing and class participation.*

- 5 Mon, Oct 14–Nov 18, 1:30–4:30pm
- Smith Warehouse, Duke University, Durham
- Maximum: 10; Fee: \$110; Course ID: 2480

Barnett Photographic Symposium: A Collaborative Discussion

The Barnett Photographic Symposium is for active digital photographers who wish to make a yearlong monthly commitment to sharing their experience with others. The symposium meets the third Thursday of each month from September to May, with participants presenting and leading discussions on agreed upon photographic topics and critiquing each other's photographs. Each month the group decides on an assignment due the following month. Many participants are continuing members for multiple years. The success of the symposium is dependent on the contribution of all members. • Lecture, plus questions; Active participation; Facilitated discussion.

Please note: Admission to the symposium is subject to the instructor's approval.

***John Sehon** is a lifelong photographer. He has taught over fifty courses at OLLI at Duke since retiring to North Carolina in 2001. John experimented with early digital cameras in the 1990s and made a complete transition to digital from film in 2000. His teaching style encourages sharing and class participation.*

- 8 Thu (monthly, third Thu), Sep 19–May 21, 1:00–4:30pm (no session in Dec)
- Smith Warehouse, Duke University, Durham
- Maximum: 10; Fee: \$110; Course ID: 1427

Using Apple's iMovie: Creating Treasured Videos

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, iPad, or MacBook laptop. Students will learn how to make effective, attractive, and inventive videos with that extra edge—to share with family and friends or on the Internet, or to use in teaching. The course focuses on getting the most out of Apple's powerful iMovie application on mobile devices and on macOS. Learn all the steps

Computers & Photography

involved, including taking meaningful and well-composed videos and photos, locating and organizing your media, creating a story, creating hooks to interest your audience and keep their attention, and using a spectrum of editing and “postproduction” techniques to add the kind of professionalism that will make your video sparkle. This course will be highly interactive, giving students hands-on practice making videos and getting class feedback. • Lecture, plus questions; Active participation; Viewing videos.

Requirements: Students will need to bring their own iPhone or iPad to class, with Apple’s free iMovie app installed. (No prior experience with taking photos or movies with a device is required.) Students can optionally bring a Mac laptop to explore iMovie on macOS.

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 Tue, Sep 24–Nov 5, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 12; Fee: \$70; Course ID: 2883

Exploring Website Design

Have you ever wondered what goes into the design of a website or tried creating one but were unsure how to get started? This lecture-based course will show students how to create a visually stunning “responsive” Web design that looks great on all devices and effectively communicates your intended purpose. Topics include using the five essential building blocks of design to construct a compelling visual appearance; building clear, concise navigation based on information hierarchy; creating an engaging layout using contrast and grids; applying color palettes based on your audience; making effective choices of

typography with great type combinations, scale, and spacing; and applying prudent use of movement and animation for maximum impact. The instructor will demonstrate how to build a sample website that applies these principles, using popular website-building tools. Students will also be provided with a wealth of Web design resources.

- Lecture, plus questions.

Please note: This course provides essential background for any future hands-on course in which students build their own websites.

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

- 6 Wed, Sep 11–Oct 16, 11:00am–12:30pm
- The Bishop’s House, Duke University, Durham
- Maximum: 15; Fee: \$70; Course ID: 2884

Cutting the Cable Cord

Are you tired of constant price increases from your cable provider? Do you find you’re watching fewer channels or that you want to watch a great show not on cable? This course will help you make sense of the changing landscape of cable TV, streaming devices (e.g., Roku, Amazon Fire TV, Apple TV), and streaming services (Netflix, Hulu, Amazon Prime, to name a few). The instructor will give live demonstrations of these devices and services and suggest online resources that are essential when planning to cut the cord. Students will be encouraged to log their cable viewing and also start a wish list of streaming content to help them decide which streaming service(s) and device(s) best suit their individual needs and budget. • Lecture, plus questions.

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

Section 1

- 2 Wed, Oct 30 & Nov 6, 1:30–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 24; Fee: \$30; Course ID: 2795.004

Section 2

- 2 Mon, Nov 1 & 18, 1:30–3:00pm
- Carolina Arbors, Durham
- Maximum: 36; Fee: \$30; Course ID: 2795.005

Selling & Buying on the Web: Exploring eBay and More!

If you've wanted to know more about selling items on the Internet, this course will help you get started. Students will work primarily with eBay but will also learn about many other sites and ways to sell using the Internet. The course will focus on selling your "treasures," including creative marketing, taking the perfect photo, writing exciting copy, and researching values and pricing. The Web is a sales arena that is changing rapidly—and we're trying to keep up with the "curve" to help each student achieve his or her individual goals. • Lecture, plus questions; Active participation.

Required: Students should bring their own devices (a smartphone, a tablet, or a Mac or Windows laptop) to use during class. Proficiency with navigating the operating system of their device and using a Web browser (Safari, Chrome, or Firefox) are required.

Kathy Davis earned her MBA in marketing and management while raising a family of four. Her "business" since retiring from Duke University is called *Good Riddance*, which helps clients down-size and organize. Using eBay showed her a new way to make money for her clients—and now she's moving herself in the same direction by "de-shopping" on eBay.

- 7 Wed, Sep 25–Nov 20, 1:30–3:00pm (no class Oct 9)
- Judea Reform Congregation, Durham
- Maximum: 10; Fee: \$80; Course ID: 1041

Cybersecurity 101 + Lab: 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. While there are tons of resources on "cybersecurity" for technically savvy people, 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. There will be six sessions of lecture and three sessions of "office hours" (alternating with lecture), when students can receive one-on-one help using their own devices. • Lecture (plus questions); Active participation.

Recommended text:

- Carey Parker, *Firewalls Don't Stop Dragons* (9781484238516), \$38 (This book is optional, but is needed to get the most out of the class)

Carey Parker has a master's in electrical engineering from Purdue University and has been writing telecom software for more than 26 years for both large and small companies. Carey is passionate about computer security and online privacy, and he is the author of *Firewalls Don't Stop Dragons*. He writes a blog and hosts a podcast.

- 9 Tue, Sep 10–Nov 12, 6:30–8:00pm
- The Bishop's House, Duke University, Durham
- Maximum: 15; Fee: \$100; Course ID: 2327

See also . . .

Self-Publishing Your Writing (page 80)

Economics, Finances & Retirement

Stay Put or Move On: Age in Place or Move to a Continuing Care Retirement Community

This course explores the challenges and opportunities aging presents and the options available for extending independence and promoting quality of life through home, community, and/or continuing care services. While a spectrum of choices is explored, the focus is on aging in place and retirement communities. First, the suitability of your home and your community for aging in place and various options for elder and home care services will be considered. Turning to retirement communities, discussion will focus on what differentiates them from other senior/elder communities and the financial models, types of contracts, and fee structures at both independent living retirement communities (ILRCs) and continuing care retirement communities (CCRCs), including the state's regulation of CCRCs. Finally, an ILRC and a number of CCRCs will be visited to learn about these communities, the services they provide, and the nature and importance of waiting lists. • Lecture, plus questions; Viewing videos; Field trip(s).

Requirements: An Internet connection, email address, and access to the Web.

Margaret Riley has a BA in education, MA in international affairs, and PhD in intercultural communication. She retired from Duke University after fourteen years as the director of Duke's Global Education Office (study abroad), associate dean, and assistant vice provost for undergraduate global education. SPOMO was her first OLLI at Duke course.

Aline Dawson moved to the Triangle in 2005 after 18 years in the San Francisco Bay Area. She held a variety of management positions at Silicon Valley companies including Apple, Xerox and Cisco Systems. She holds a BA in Business Administration from The University of North Texas. SPOMO was her first OLLI course.

- 12 Tue, Sep 10–Dec 3, 10:00am–1:00pm
- Judea Reform Congregation, Durham
- Maximum: 22; Fee: \$150; Course ID: 0997

30 Years without a Paycheck: Navigating Your Way through Retirement

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

- Lecture, plus questions; Facilitated discussion.

Julie Kelly has been teaching for 10 years at Olli at Duke and practicing retirement and financial planning for 16.

- 10 Tue, Sep 10–Nov 19, 9:00–10:30am
- The Bishop's House, Duke University, Durham
- Maximum: 25; Fee: \$100; Course ID: 0547

Federal Budget & Debt: So What?

The current budget is \$5 trillion and the federal debt is \$22 trillion (\$90 thousand per US adult). What we don't know, we can't change. Would you write a check every day without knowing what you are buying??? This is an examination of what makes up the federal budget, benefits of the budget to North Carolina, the impact of the increasing federal debt, and a perspective on possible future events. The course objective is to "simplify" the federal budget by discussing the timing/type of decisions that go into creating it, the "trade-offs" and "IOUs" involved, what "balance the budget" means, the choices/impacts (e.g., Medicare) of the budget process, and what happens when the unexpected occurs (e.g., hurricanes, pandemic flu, stock market crash). The course will be interactive and participants will get to "decide" on proposed budget actions to send to "DC" to

determine if we can “have our cake and eat it too.”

- Lecture, plus questions; Facilitated discussion.

Recommended reading:

- Committee for Responsible Budgeting website (www.crbf.org/)
- Peterson-Pew Commission on Budget Reform website (budgetreform.org/)
- White House Budget website (www.whitehouse.gov/omb/budget/)
- Congressional Research Service’s “Introduction to the Federal Budget Process” (fas.org/sgp/crs/misc/98-721.pdf)

This list may be added to or changed prior to class start date, based on most recent updates and information online.

Ed Johnson, a retired federal executive, is a federal budget and finance expert. As a chief financial officer, budget director, financial manager, and strategic planner for federal agencies, Ed’s highly recognized experience is top-to-bottom, working for or with the White House, Congress, nearly all federal agencies, state/local governments, and oversight entities. More information is at www.linkedin.com/in/edward-h-johnson-4b78a8b0/.

- 2 Mon, Sep 16 & 23, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$30; Course ID: 2885

See also . . .

Conscious Aging: Embracing Challenges and Opportunities in the Third Chapter (page 52)

Eight Keys to Thriving as You Age! (page 53)

Work & Retire? (page 72)

New Lens: New Ways of Looking at the Third Age (page 72)

Wealth, Poverty & Well-Being: Inequality within Countries, across Countries, and across Time (page 75)

The Journey of Caregiving: Honor, Responsibility, and Financial Complexity

This course will include three sessions. The sessions will be a combination of lecture and facilitated discussion. Session 1—Family Decisions—will include communicating with relatives about expectations, assessing your own obligations, and considering in-home care versus care facilities. Session 2—Financial Planning—will look at coordinating and organizing immediate finances, talking about long-term care insurance, considering trust services to simplify financial management, and considering protection against identity theft and financial exploitation. Session 3—Legal Documentation—will cover arranging for power of attorney, starting to plan for end-of-life issues, and determining a health care proxy. • Lecture, plus questions; Facilitated discussion.

After graduating from Duke University, **Chris Combs** played in the National Football League with the Pittsburgh Steelers and Jacksonville Jaguars prior to joining Merrill Lynch in 2008. Chris is a Certified Financial Planner and a Chartered Retirement Planning Counselor, and he resides in Durham with his wife, Angela, and their three children, whom Chris coaches in baseball, soccer, and basketball.

- 3 Tue, Sep 10–Sep 24, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$35; Course ID: 2891

Stock Options: Developing Strategies for Retail Investors

Options are not widely used by many retail investors in the stock market. However, if utilized properly, a wide variety of nuanced, risk-managed strategies can be employed. They can be used for hedging, income enhancement, or investment purposes. The underlying mathematics of options pricing is fairly complex, but acquiring an intuitive grasp of how they behave is very accessible. There are many useful analytical tools that can

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be used to model the behavior of options strategies and determine risk and return parameters upfront. The course will examine the various kinds of options and how they behave. Participants will “paper trade” positions during the course and see how they would behave in real market conditions. Optimal trade execution methods will be covered as well. Various strategies will be illustrated, and the course will highlight the potential risks inherent in each strategy.

- Lecture, plus questions; Facilitated discussion.

Requirement: Participants should have a basic understanding of how the stock market works and some experience trading equities.

Required text:

- Michael Sincere, *Understanding Options* (9780071817844), \$21

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

- 5 Mon, Sep 9–Oct 7, 3:15–4:45pm
- Westminster Presbyterian Church, Durham
- Maximum: 12; Fee: \$60; Course ID: 2886

Economic Development in Review: A Discussion of Current Leading and Prominent Topics

This course will be a discussion of current leading and prominent economic development topics. Prior to each class, participants will receive an email with readings on different topics that are related to current issues, such as the changing economic scenarios as China, India, and other countries attain world-wide economic predominance; the evolution of globalization; institutional changes; multilateralism and the new world order;

successful and failed economic development models; current technology-driven effects on development; and other topics that may come to the forefront during the ten-week period of the course. Each week, the instructor will provide a brief introduction to the topic and will invite volunteer class participants to alternate roles as discussion leaders. Classroom participation is intended to improve the understanding and enjoyment of the participants.

- Lecture, plus questions; Active participation.

Please note: Participants will be expected to read the materials, provided by the instructor, before each class. Readings will be readily understandable to noneconomists and should take less than an hour a week to read.

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

- 10 Tue, Sep 10–Nov 19, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$100; Course ID: 2888

Financial Markets Today

This seven-week course explores current topics in the financial markets and economy. It is appropriate for both the beginner interested in learning what all the fuss is about as well as the seasoned observer of the economy and financial markets. Typically, each week there will be an article assigned to be read for the next class. This article will relate to the weekly core topic to be discussed. However, a portion of the class will be devoted to current financial and economic events of interest to the attendees. Guest speakers may be invited to add relevance to the topic of the week. Although we may explore the current financial market's impact on investment portfolios, investing is not the main focus of the class. Class participation is strongly encouraged; no

prior knowledge of the subject area is required.

- Lecture, plus questions; Facilitated discussion.

Jim Tucker is a Certified Financial Planning™ professional and a co-founder of the wealth advisory firm Tucker Bria Wealth Strategies. Jim enjoyed a 15-year business career crossing the fields of investment banking and institutional real estate management. He was a key employee of an entrepreneurial company that went public in 1992. Jim is a graduate of Duke University and the Harvard Business School.

- 7 Mon, Sep 9–Nov 4, 9:00–10:30am
- The Bishop's House, Duke University, Durham
- Maximum: 15; Fee: \$80; Course ID: 2889

Exploring Finances in Retirement

Investments can be a fun hobby in retirement! Join us as we explore the world of finance with a focus on the retiree. Over ten sessions, the course will provide the tools to help you understand the world of retirement finances. We'll start with an overview of investing and markets. Then we'll focus on how to convert your savings into cash for retirement. Topics include sustainable spending rates, required minimum distributions, annuities, and Social Security. We'll dive deeper into stocks, bonds, mutual funds, and other investment vehicles and learn how you can put them together in portfolios. Finally, we'll take a look at the changes coming to the financial marketplace due to technology. Robo-advisers, hybrids, and do-it-yourself approaches will be explored. The goal: to give you the tools to make your savings last through retirement. The classes are interactive lectures with reference to topics that are in the news today. • Lecture, plus questions; Facilitated discussion.

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

- 10 Thu, Sep 12–Nov 21, 1:30–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 50; Fee: \$100; Course ID: 2887

Impact Investing: Aligning Your Wealth with Purpose

This course will include three sessions, which will be a combination of lecture and facilitated discussion. Session 1—What Is “Impact Investing”?—will include socially responsible investing, sustainable investing, and thematic investing. Session 2—Why Is the Growth and Demand of Impact Investing on the Rise?—will cover the rise of the “good corporate citizen”; trends with inherited wealth, high-tech entrepreneurs, educators, and health care professionals; and trends with foundations, endowments, faith-based institutions, pension plans, and hospitals. Session 3—How Have These Investments Performed, and How Are They Being Implemented?—will ask, “Is there a ‘performance trade-off’ in order to invest according to my convictions?” and discuss how this investment approach can be implemented.

- Lecture, plus questions; Facilitated discussion.

After graduating from Duke University, **Chris Combs** played in the National Football League with the Pittsburgh Steelers and Jacksonville Jaguars prior to joining Merrill Lynch in 2008. Chris is a Certified Financial Planner and a Chartered Retirement Planning Counselor, and he resides in Durham with his wife, Angela, and their three children, whom Chris coaches in baseball, soccer, and basketball.

- 3 Tue, Nov 5–Nov 19, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$35; Course ID: 2890

After Retirement, Now What?

This course is about dealing with change. Explore what you want to do now that you are retired or will soon be. Today you have many options: (a) working full or part-time, (b) pursuing an opportunity in a different industry, (c) working from

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home, (d) owning your own business, (e) owning and operating a franchise, and (f) volunteering. *StrengthsFinder 2.0* is an excellent resource to guide selection of an activity. Through discussion and independent reading, you will identify your top five strengths. Research indicates these are not what you think they are. You will confirm your accomplishments, then identify where, when, how, and with what outcome each top five strength was involved. Awareness of this will make your next role appropriate. Change is here to stay. Though we cannot always control circumstances, we can manage our perspective. When faced with change, ask yourself, "How can I grow from this?" • Lecture, plus questions; Facilitated discussion; Writing.

Required text:

- Tom Rath, *StrengthsFinder 2.0*, Feb 2007 ed. (9781595620156), \$34

Mike Komives is an employment specialist at the Orange County Department on Aging. He has been a job and career search adviser with 15 years of experience. He received the 2014 Excellence in Teaching Award at Durham Technical Community College Continuing Education, co-created *Job Search Strategies for Mature Professionals*, and founded the Jobs Network of St. Thomas More Catholic Church.

- 6 Wed, Sep 11–Oct 30, 3:15–4:45pm (no class Oct 9)
- Judea Reform Congregation, Durham
- Maximum: 16; Fee: \$70; Course ID: 2822

Hands-On Art

Basic Crochet for Beginners

Crochet can be a very portable art that you can take anywhere! Come learn basic crochet stitches, such as a chain stitch, as well as single, double, and triple crochets. You also will learn how to read patterns and abbreviations. As you learn new stitches, you will be making dishcloths with interesting patterns to master (or reinforce) each type of stitch. Everyone is welcome! • Active participation.

Required supplies/fee: Students will purchase materials independently for an estimated cost of \$10–\$15. Please see the course details at learnmore.duke.edu/olli for supply list.

Vicki Lamb has recently retired from North Carolina Central University, where she was a professor of sociology and family and consumer sciences. She has been engaged in arts and crafts all her life, including crocheting, knitting, embroidering, sewing, and, more recently, bobbin lacing. Her goal for retirement is to pursue and share her love of fiber arts.

- 10 Fri, Sep 13–Nov 22, 1:30–3:00pm
- The Bishop's House, Duke University, Durham
- Maximum: 8; Fee: \$100; Course ID: 2913

I've Got This Yarn . . .

Calling all fiber crafters who have unidentified yarn! In the first session, we'll gain the detective skills needed to identify the fiber content of your mystery yarns and talk about characteristics of specific types of yarn. During the second session, we'll explore basic features of online tools to figure out what you can do with your existing stash of yarn. • Active participation; Lecture, plus questions.

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

- 2 Tue, Sep 10–Oct 8, 1:30–3:00pm
- The Bishop's House, Duke University, Durham
- Maximum: 12; Fee: \$30; Course ID: 2907

Learn to Knit a Warm Winter Hat

Learn to transform a ball of yarn into a warm winter hat in this five-week hands-on course, which is designed as an introduction for the beginner to learn how to cast on, knit, purl, decrease, and bind off stitches and as a refresher for those who haven't knitted recently. No prior experience required. • Active participation.

Required supplies/fee: Students will purchase materials independently at an estimated cost of \$20. For additional information on supplies, please see the course details at learnmore.duke.edu/olli.

Amie Palmer is a lifelong fiber arts enthusiast who has been knitting and sewing for over 30 years. Her favorite projects include 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.

- 5 Mon, Sep 9–Oct 7, 9:00–10:30am
- Carolina Arbors, Durham, (Hatteras 1 Room)
- Maximum: 8; Fee: \$60; Course ID: 2137

Learn to Knit a Soft Chunky Cowl

A soft, chunky cowl is the perfect cold-weather accessory. This course will give you the skills to take a ball of super bulky yarn and transform it into an accessory you'll be delighted to wear or gift. This is a great course to begin or refresh your knitting skills. No knitting experience is necessary. • Active participation.

Required supplies/fee: Students will purchase materials independently for an estimated cost of \$12. For additional information on supplies,

please see the course details at learnmore.duke.edu/olli.

Amie Palmer is a lifelong fiber arts enthusiast who has been knitting and sewing for over 30 years. Her favorite projects include 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.

- 5 Mon Oct 14–Nov 18, 9:00–10:30am
- The Bishop's House, Duke University, Durham
- Maximum: 8; Fee: \$60; Course ID: 2905

Knit Summer Wanes Hat or Cowl: Beyond Knit and Purl

Full of beautiful fall colors, Heather Storta's Summer Wanes hat and cowl are perfect for the season. If you can knit and purl, let's explore stranded color work techniques including color chart reading and corrugated ribbing by knitting one or both pieces of this beautiful set. • Active participation.

Required supplies/fee: Students will purchase the yarn in standard colorway from the instructor for \$30 and other materials independently at an estimated cost of \$25. For additional information on supplies, please see the course details at learnmore.duke.edu/olli.

Amie Palmer is a lifelong fiber arts enthusiast who has been knitting and sewing for over 30 years. Her favorite projects include 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.

- 10 Tue, Sep 10–Nov 19, 11:00am–12:30pm
- The Bishop's House, Durham
- Maximum: 8; Fee: \$100; Course ID: 2906

Boro Sewing & Mending

Work with scraps and pieces of lightweight cotton, linen, and silk to piece together your own design. Learn about the Japanese boro stitch

Hands-On Art

and how a culture of making do and mending grew into a fabric revolution. Learn about stitches and techniques that will bring a contemporary flair to your fiber arts. Hand-sewing tools are provided during the class, as well as scissors, threads, and fabrics. If you have your own favorite sewing tools, feel free to bring them. Enough material will be available for you to design one of the following: a scarf, quilt squares, a sampler, a book cover, or an iPad cover. Be inspired by visuals of Japanese farm clothes as you learn about this tradition. • Active participation.

Required supplies/fee: The instructor will provide all supplies for a fee of \$20, due at the first class. For additional information on supplies, please see the course details at learnmore.duke.edu/olli.

*A 2017 Duke University Trillium Sustainability Fellow and 2016 TEDx speaker, **Catherine Cross Tsintzos** has spent a lifetime in the arts as a practicing artist and educator. She was awarded three artist residencies to work on her recently completed five-year project on art and agriculture.*

Section 1

- 1 Mon, Sep 16, 9:00–12:00pm
- Pittsboro Galloway Ridge Retirement Community, Pittsboro
- Maximum: 15; Fee: \$40; Course ID: 2908.001

Section 2

- 1 Fri, Oct 18, 9:00–12:00pm
- Pittsboro Galloway Ridge Retirement Community, Pittsboro
- Maximum: 15; Fee: \$40; Course ID: 2908.002

Random-Weave Baskets

Learn the random-weave process and create a basket to use for yourself or to gift to another. Seemingly chaotic, the random weave actually embraces several fundamental structural components and allows for a range of forms to be built with highly textured surfaces. In this two-week course, you will learn the random-weave

process while making a basket tailored to your own aesthetics. No former basket experience is required. This course is great for those new to artistic work as well as for artists wanting to learn a new medium. • Active participation.

Required supplies/fee: An \$18 materials fee, payable to the instructor at the first session, includes all reed and most supplemental items. For additional items to bring, please see course details at learnmore.duke.edu/olli.

***Anne Willson** works with the random-weave process to develop sculptural works and contemporary baskets. With a focus on communication and information that exists beyond literal translation, Willson's art is rooted in the natural world. It functions as a marking of wildness and inherent knowledge, both in the environment and in our human selves. Visit www.annewillsonart.com.*

- 2 Tue, Sep 24–Oct 1, 1:00–3:00pm
- Carolina Arbors, Durham (Hatteras 1 Room)
- Maximum: 8; Fee: \$30; Course ID: 2737

Basket Weaving

Weave a small market-style basket using reed. No experience is needed. The instructor will provide weaving materials and a pattern. Please bring an old small towel, a spray bottle for water, and, if you have them, a hand pruner or shears, awl, and spring-type clothespins. The instructor will provide tools and clothespins for those who need them. • Active participation.

Required supplies/fee: There will be a materials fee of \$15, due to the instructor at the first class. For additional information on supplies, please see the course details at learnmore.duke.edu/olli.

***Lu Howard** has been weaving baskets since 1983. She has been teaching craft classes at OLLI at Duke for about fifteen years.*

- 10 Fri, Sep 13–Nov 22, 11:00am–1:00pm
- Emily K Center, Durham
- Maximum: 12; Fee: \$100; Course ID: 2912

Drawing Basics & More

This course is geared to both the novice and experienced artist. A “workshop” approach encourages participants to develop their own work and skills in an open discussion forum where techniques are introduced and shared. Participants may focus on their own work or explore a range of possibilities using “dry media” like graphite, charcoal, pastel, colored pencil, and more. • Active participation.

Required supplies/fee: The instructor will provide the required materials for the class at a cost of \$10. For students who have participated in previous classes and have the “starter set” (see course details at learnmore.duke.edu/olli), the cost will be \$5.

G. Wade Carmichael, BFA Indiana University (historic materials and techniques), has been director of exhibits at Indiana State Museum and executive director at Charlotte Museum of History. His teaching background includes “Fine Arts,” Indiana University; “Education through Exhibitory,” Indiana State Museum; “Managing Historic Sites and Properties,” Queens College; and “History, Arts, Culture,” Cary Senior Center and Wake Technical Community College.

- 10 Tue, Sep 10–Nov 19, 1:00–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 10; Fee: \$100; Course ID: 2736

Introduction to Zentangle®

The Zentangle® Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Almost anyone can use it to create beautiful images. It increases focus and creativity and provides artistic satisfaction along with an increased sense of personal well-being. The Zentangle Method is enjoyed worldwide, across a wide range of skills, interests, and ages. Zentangle classes are taught by CZTs (certified Zentangle teachers). Creating Zentangle art provides a fun and lighthearted way to relax and intentionally facilitate a shift in focus and perspective. It is an empowering and

uplifting experience to learn that you can deliberately relax and intentionally direct your attention while creating beautiful works of art. Basic shading techniques are also taught. As you practice the Zentanagle Method, you will discover that you can not only create beautiful art but also increase your focus and create a different mood and state of mind. • Active participation.

Required supplies/fee: The instructor will provide the materials for a \$35 fee, due at the first class.

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

- 5 Tue, Sep 10–Oct 8, 9:00–11:00
- Carolina Arbors, Durham (Hatteras 1 Room)
- Maximum: 12; Fee: \$60; Course ID: 2495

Paint & Collage Workshop

This course, jointly sponsored by OLLI and the Durham Arts Council, will build on skills in the areas of abstract painting and collage techniques. Students will use their own art supplies, with the addition of some unique papers and paints donated by the instructor. Most class time will be centered on personal work with guidance and critique from the instructor, but will include some interesting processes for altering papers and manipulating paints that the class may want to try. There will also be, if appropriate, some conversations about modern art and artists as they relate to work being done in class. Beginning students who are open to abstraction will be fine in this class as well. Students will work at their own pace, and the instructor will help in one-on-one interactions. Expect to be encouraged and challenged artistically and to have a terrific time making art! • Active participation.

Please note: Students will receive an email from the instructor in advance of the first class with

Hands-On Art

suggested supplies to purchase (which must be done independently) or advice from the instructor about waiting until the first class for a fuller explanation and opportunity to try out various supplies before purchasing them. This is intended to keep students from purchasing unnecessary and costly supplies that they may not end up using.

Bernice Koff enrolled in a watercolor class over 25 years ago to enhance her art knowledge as a museum docent in Columbus, Ohio. Art has filled her life and teaching students the joy of painting and collage has enriched her life as well as impacted the direction of her own artwork.

- 9 Wed, Sep 11–Nov 20, 11:00am–1:00pm (no class Oct 2 & 9)
- Durham Arts Council, Durham
- Maximum: 10; Fee: \$162; DAC registration

Special registration required: Please note that this class takes place at the Durham Arts Council and is jointly sponsored by OLLI and the DAC. **Registration is through the Arts Council, not through OLLI.** DAC's registration often occurs before the official OLLI registration, so prospective students should contact the Durham Arts Council directly (919-560-2726) to find out the registration schedule and procedures.

Cold Wax Painting

This course is geared to both the novice and experienced artist. For the novice, this is an introduction to using cold beeswax and oil as a painting medium. For the experienced artist, this program explores the range and potentials of the medium as an alternative to classic oil, acrylic, or watercolor. Key features of the medium are portability, short wait time for overpainting, range of effects, and easy cleanup. You will review basic principles of the medium or apply them to a painting of your own. • Active participation; Lecture, plus questions.

Required supplies/fee: The instructor will provide the required materials for the class at

a cost of \$15. For students who have participated in previous classes and have the “starter set” (see course details at learnmore.duke.edu/olli), the cost will be \$5.

G. Wade Carmichael, BFA Indiana University (historic materials and techniques), has been director of exhibits at Indiana State Museum and executive director at Charlotte Museum of History. His teaching background includes “Fine Arts,” Indiana University; “Education through Exhibitory,” Indiana State Museum; “Managing Historic Sites and Properties,” Queens College; and “History, Arts, Culture,” Cary Senior Center and Wake Technical Community College.

- 10 Thu, Sep 12–Nov 21, 1:00–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 12; Fee: \$100; Course ID: 2813

Painting by Design

Want to be a better painter? We all do! This course will cover the basic elements we appreciate in the paintings of the masters. We will do quick studies to loosen up and lose the fear of the blank surface. We'll study color, value, design elements, lighting, and brushwork. Above all, we'll acquire brush mileage, the number one process to improve your painting skills. This is an any medium course: watercolor, oil, pastel, acrylic. • Lecture, plus questions; Facilitated discussion; Active participation; Viewing videos.

Required supplies/fee: Students will purchase materials independently for an estimated cost of up to \$50. Please see the course details at learnmore.duke.edu/olli. Beginners or those needing advice on trying a different medium can contact the instructor at njdarling@gmail.com.

Nancy Darling has been painting for over 30 years. She began in watercolor and later painted in oils. Now she is doing both. Her paintings have been shown in museums and international shows.

- 10 Wed, Sep 11–Nov 20, 1:30–3:00pm (no class Oct 9)
- Judea Reform Congregation, Durham
- Maximum: 10; Fee: \$100; Course ID: 2425

Chinese Brush Painting: Flowers, Birds, and Cards

Learn to paint flowers (including some holiday flowers) and birds, which are popular brush painting subjects. The pictures can be framed or used to make greeting cards. 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. • Active participation.

Required supplies/fee: Students will purchase materials independently for an estimated cost of \$10–\$15. Please see the course details at learnmore.duke.edu/olli for supply list.

***Jinxu Zhao** (Alice) is a professional brush painting artist who specializes in the teaching of Chinese brush painting and calligraphy to both children and adults. She has taught calligraphy and brush painting in North Carolina for 24 years at all levels of the public schools, in teacher training programs, and in private classes.*

- 10 Tue, Sep 10–Nov 19, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 10; Fee: \$100; Course ID: 0908

Calligraphy: The Art of Italic Writing

Create written works in elegant Italic calligraphy. You will learn the basic strokes of Italic lettering. Please bring a broad felt-tip calligraphic pen (2.5mm suggested, which can be obtained at A. C. Moore or Michaels), ruler, pencil, and a pad of tracing paper to each class. A folder for your work is suggested. • Active participation.

Required supplies/fee: Students will purchase materials independently at an estimated cost of \$10–12. For additional information on supplies, please see the course details at learnmore.duke.edu/olli.

***Anne Baugh** has taught calligraphy at OLLI at Duke and the Durham Arts Council.*

Section 1

- 6 Wed, Sep 11–Oct 23, 3:15–4:45pm
- St. Thomas More Church, Chapel Hill
- Maximum: 12; Fee: \$70; Course ID: 1138

Section 2

- 6 Tue, Oct 29–Dec 3, 11:30–1:30pm
- Carolina Arbors, Durham (Hatteras 1 Room)
- Maximum: 12; Fee: \$70; Course ID: 1975

Write with Brush or Pen & Ink

Dip your ink pen into this three-hour workshop. Try different writing instruments, from brushes and pointed pens to broad-tip pens, with a variety of inks. Work with white and colored inks on white, black, and colored papers. Students may bring their favorite ink pen and ink, a pencil, a ruler, a small container of water, paper towels, an ink rag to wipe the pen, envelopes, practice paper, and an eyedropper. If you have a water-color pallet for mixing inks, a soapstone quilting pencil, and a kneaded eraser, those would be welcome additions. Students may also just come and explore the materials provided by the instructor. • Active participation.

Recommended supply list: Please see the course details at learnmore.duke.edu/olli for recommended supply list.

***Anne Baugh** has taught calligraphy at OLLI at Duke and the Durham Arts Council.*

- 1 Mon, Nov 4, 9:00am–12:00pm
- Judea Reform Congregation, Durham
- Maximum: 12; Fee: \$40; Course ID: 2914

Special Requirements & Notes

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

Hands-On Art

Flora & Fauna in Mixed Media

Using any combination of graphite, watercolor, and colored pencil, we will compose and execute compatible flora and fauna in realistic detail. Reference materials can be natural objects such as leaves, flowers, snails, and so on or photographs. Previous experience in drawing and color manipulation is desired. • Active participation.

Required supplies/fee: Students will purchase materials independently for an estimated cost of \$10–\$15. Please see the course details at learnmore.duke.edu/olli for supply list.

***Dot Wilbur-Brooks** has taught nature illustration classes for 20 years, the last 12 at OLLI at Duke. Previously she was the programs director of the North Carolina Botanical Garden until retirement in 2004.*

- 10 Thu, Sep 12–Nov 21, 11:00am–1:00pm
- Judea Reform Congregation, Durham
- Maximum: 10; Fee: \$100; Course ID: 2915

Watercolor for Beginners

This course is a great opportunity to learn the basics of painting with watercolors for those who have not done this before but always wanted to try it. Students will learn about materials, glazing, painting wet-in-wet, color mixing, controlling edges, negative painting, saving whites, masking, producing various textures, composition, values, and more. • Active participation.

Required supplies/fee: Students will purchase materials independently for an estimated cost of \$150. Please see the course details at learnmore.duke.edu/olli.

***Becky Raye** is an experienced teacher with students ranging from preschoolers through adults. Although her education was in biology, her major interest now, in her retirement, is art. She has painted—primarily with watercolors—for more than 30 years. Her paintings are in many private collections and all over her house.*

- 9 Tue, Sep 10–Nov 19, 1:00–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 14; Fee: \$100; Course ID: 0885

Watercolor Painting: Splatter Grapes, Absolute Beginners to Advanced

If you have always thought it would be wonderful to paint but you have never tried or never had real success, this is the opportunity to learn. This active, hands-on course offers highly individualized instruction. Every step and technique will be demonstrated as we work together to complete a ready-to-frame watercolor painting. Relax, it's going to be fun! The painting, *Splatter Grapes*, is an exciting mix of wild washes and careful details. It will force you to paint loosely and teach you how to mix unfriendly colors while avoiding muddiness. The instructor has been told, "I will be your first student to fail," but that has not happened once. • Active participation.

Required supplies/fee: The instructor will provide materials for a \$35 fee, due at the first class. Please see the course details at learnmore.duke.edu/olli for supply list.

***Carol Liz Fynn** is a certified master teacher and a professional watercolor artist who conducts demonstrations, sells paintings, and teaches workshops across the US and Europe.*

- 5 Mon, Sep 23–Nov 4, 1:30–4:30pm
(no class Sep 30)
- Judea Reform Congregation, Durham
- Maximum: 10; Fee: \$65; Course ID: 2916

See also . . .

**Hand Embroidery: A Partial History
of Techniques, Artistry, and Culture**
(page 16)

Health & Wellness

Functional Fitness for 50+

The goal of functional training is to improve the ability to do the tasks we need to do in activities of daily living; the things we like to do such as gardening and golfing; and the things we aspire to do such as dancing, traveling, and skiing. This 90-minute class is divided into segments, with rest periods in between each one: warm-up, low-intensity interval training, a functional fitness workout, strength training with dumbbells, resistance training with tubes, and exercises on the mat. Stretching will be incorporated throughout and as part of the cooldown. If you are looking to stay in shape, recover from surgery, or improve your physical fitness while having fun, this might be the course for you. Upbeat music will energize our movements, and we will engage our brains and develop neural pathways while we “play”! Students can opt to download a fitness app on their own mobile devices to use outside class.

- Exercise or dance.

Required supplies/fee: Students will purchase materials independently (estimated cost, \$10–\$15). For a list of items, please see the course details at learnmore.duke.edu/olli.

***Julia Rose** is a certified personal trainer and senior fitness specialist with the American Council on Exercise. She holds a functional fitness certificate with the Functional Aging Institute. She leads fitness classes at the Forest at Duke and trains at the JCC of Durham/Chapel Hill and in her own fitness studio. Her personal fitness passions are swimming and dancing.*

- 10 Tue, Sep 10–Nov 19, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 16; Fee: \$100; Course ID: 2652

If You Can Walk, You Can Dance

As told in an African proverb, “If you can talk, you can sing, if you can walk, you can dance,” and in this course, we will dance to celebrate special occasions and just to have fun. Beginning with

ballet barre (great for improving posture and balance and increasing core strength and flexibility), we will *relevé*, *plié*, and stretch our bodies from head to toe. Next we will take to the dance floor, where we will move to a different beat, song, and style each week. We will end each class with floor exercises designed to relax, rejuvenate, and revitalize our spirits (exercises may 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.

Required supplies/fee: Students will purchase materials independently. For a list of the required materials (estimated cost, \$20), please see the course details at learnmore.duke.edu/olli.

***Sue Wartell** has been in love with dance and movement 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 taught physical education/health in high schools and is a certified aerobics instructor/personal trainer specializing in Pilates mat/equipment training. She is currently in her 12th year with OLLI at Duke.*

- 10 Thu, Sep 12–Nov 21, 2:00–3:30pm
- Carolina Dance Academy, Durham
- Maximum: 30; Fee: \$100; Course ID: 0442

Food for Life: Kick-Start Your Health

A plant-based diet of whole grains, beans, vegetables, and fruits can help prevent diabetes, cardiovascular disease, cancer, and other chronic diseases. According to the American Dietetic Association, “appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases.” This course, developed by physicians and dietitians for preparing evidence-based healthy food, helps participants move toward a healthful diet while maintaining

Health & Wellness

a healthy weight. For some, it may be the first time that the idea of not restricting the amounts of foods but rather choosing the right types of foods has been the guiding principle for losing weight and staying healthy. Additional benefits are lower cholesterol, better diabetes control, and lower blood pressure, as well as improvements in energy and mood. Each class includes a short video nutrition lecture, discussion, demonstration of several recipes, and food sampling.

- Facilitated discussion; Active participation; Viewing videos.

Required supplies/fee: The instructor will provide materials for a fee of \$30, payable at the first class. For a list of materials, please see the course details at learnmore.duke.edu/olli.

Required text:

- Neal Barnard, *21-Day Weight Loss Kickstart* (9780446583824), \$18

Dilip Barman, a longtime OLLI at Duke instructor, is a certified Food for Life instructor, teaching healthful eating through evidence-based nutrition. Since 1995, he leads the Triangle Vegetarian Society, hosting the country's largest vegetarian Thanksgiving. He is executive producer of the 2019 documentary *Code Blue*, director of nutrition education at Central Park School for Children, and an American College of Lifestyle Medicine Associate.

- 5 Sat, Oct 5–Nov 2, 1:00–3:30pm
- Caring House, Durham
- Maximum: 16; Fee: \$65; Course ID: 1049

Qigong: Energy for Life

Qigong (say it: chee-goong) is a traditional Chinese approach to exercise designed to enhance personal life force for healing, wellness, daily vitality, physical power, emotional balance, and/or spiritual progress. *Qi*—literally, internal energy or bioelectricity—is formed from breath, food, environment, and inborn essence. In nature, it is the vibration of *yin* and *yang* that manifests and sustains all things. This course will focus on deepening breath and coordinating breath, whole-

body movement, and visualization as we learn 18 Immortals Qigong and other exercises, including selections from the Five Animals Medical Qigong. • Lecture, plus questions; Exercise or dance; Active participation.

Recommended materials: Instructor will provide handouts as PDFs at no charge. For a list of other recommended materials for a fee of \$20–\$45, please see the course details at learnmore.duke.edu/olli.

Recommended text:

- Kenneth Cohen, *The Way of Qigong* (0345395298), \$27.50

Jay Dunbar (MA, English literature, Duke; PhD, education, UNC–Chapel Hill) is the director of the Magic Tortoise Taijiquan School. He has studied and taught qigong for over 40 years with many teachers, including Ken Cohen (The Way of Qigong), Yang Jwing-Ming (The Root of Chinese Qigong), and Liang Shou-Yu (Qigong Empowerment). He has also studied qigong therapy with Master Lisa O'Shea.

- 10 Mon, Sep 9–Nov 18, 3:15–4:45pm (no class Sep 30)
- Judea Reform Congregation, Durham
- Maximum: 24; Fee: \$100; Course ID: 2151

T'ai Chi: Mindfulness in Motion

Taijiquan (t'ai chi ch'üan), a Chinese movement system, arose from the belief that slow, continuous motion, combined with an internal focus on subtle changes, enhances energy, well-being, and mental, emotional, and physical balance. Scientific studies have verified many of its benefits, and medical professionals now endorse it for arthritis, Parkinson's disease, fibromyalgia, balance difficulties, pulmonary and cardiovascular diseases, and a wide variety of other conditions. It is easy to practice, requires no special space or equipment, and integrates natural, easy exercise with a joyful, reflective approach to daily life. We will practice energy-enhancing exercises

and a sequence of movements from the traditional Wu/Hao long form, set to Beethoven's "Moonlight Sonata," to serve as the basis of a regular personal routine. • Lecture, plus questions; Exercise or dance; Active participation; Listening to music or other audio.

Recommended materials: Instructor will provide handouts as PDFs at no charge. For a list of other recommended materials for a fee of \$5, please see the course details at learnmore.duke.edu/olli.

Recommended text:

- Tsung-hwa Jou, *The Dao of Taijiquan: Way to Rejuvenation* (9780692034057), \$28

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

- 10 Thu, Sep 12–Nov 21, 9:00–10:30am
- Barriskill Dance Theatre School, Durham
- Maximum: 30; Fee: \$100; Course ID: 0420

Meditating with the Voice: Relaxation and Healing through Sound

We will explore our voices with the intention of healing and relaxing our bodies. Everything in the universe is sound and vibration. We shall engage this notion during this five-week course, as we experience vocal toning, chant, and meditative singing. We will develop our voice, ear, and body connection. This practice links us to our feelings of attachment and/or aversion to our own voices. We will discuss the science of sound and how healing our voices can be for ourselves and others. The sound we create can communicate to specific chakras or energy centers within our bodies to promote healing, relaxation, and well-being. Additionally, we will explore the playful side of our vocal instrument. Meditating with the voice allows us to free the voice, to be in the

moment, and to feel the inner and outer resonance of the sound surrounding us. • Facilitated discussion; Exercise or dance; Listening to music or other audio.

Special note: This course will incorporate minimal, relaxing movements that can be done standing in place.

Recommended text:

- Jonathan Goldman, Andi Goldman, and John Beaulieu, *The Humming Effect* (9781620554845), \$15

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

- 5 Mon, Sep 9–Oct 14, 9:00–10:30am (no class Sep 30)
- Judea Reform Congregation, Durham
- Maximum: 20; Fee: \$60; Course ID: 2818

Women's Dance/Exercise: Roma (Gypsy) Dance

Build core muscles! Use your whole body to dance! Build strength and flexibility! Learn basic dance styles that trace Roma (Gypsy) influence on ethnic dance from northern India through the eastern Mediterranean. We will dance to music from Rajasthan, Russia, Turkey, Albania, and other countries. Some of these traditional dances are enthusiastic with an earthy beat, while others are graceful and melodic. Long full skirts will be provided as needed. Dance moves will be practiced and then used in choreographies that build on each other. If you have taken one of my classes, this one will reinforce and build on what we have done. However, no previous experience is required. The types of exercises and dance

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moves that we do are adapted for mature physiques. As with any exercise class, check with your medical practitioner to find out about the type of exercise that is best for you. • Exercise or dance; Active participation.

Required: Wear any comfortable clothes and bring clean flexible, soft soled shoes to wear on the dance floor.

Margaret Clemen (Rayahanna) has enjoyed and performed varied international dance styles, including belly dance, for over forty years. She has taught popular dance courses for OLLI at Duke for the past ten years. Margaret loves researching varied dance cultures and works continually on dance styles through workshops with foreign teachers, classes, and videos from the regions.

- 10 Mon, Sep 9–Nov 18, 1:30–2:50pm
- Carolina Dance Academy, Durham
- Maximum: 16; Fee: \$100; Course ID: 2061

Ageless Sexuality for Seniors

The myth is that sexual expression stops at 50. Actually, sexuality changes and requires learning new skills to accommodate our aging bodies. The last third of life requires discussion of major changes in sexual expression and expectations. Regrettably, many of our age group are uncomfortable talking about sex—there is a “conspiracy of silence” around sex. This six-week course will address how aging affects our sexuality. Topics include anatomy and physiology of sexual pleasure; male and female changes with aging; erectile dissatisfaction; orgasm inequality; sexless marriage; spontaneous and responsive desire; desire discrepancy; nonpenetrative sex; masturbation; communication, authenticity, and vulnerability; health and longevity; and changing times in marital fidelity. We will use videos, minimal lectures, and discussion. Laughter in class is encouraged, as we take sex much too seriously. • Lecture, plus questions; Facilitated discussion; Listening to music or other audio; Viewing videos.

Recommended text:

- Joan Price, *The Ultimate Guide to SEX after 50* (9781627780964), \$23

Kenneth Haslam is a retired anesthesiologist and former Duke University faculty member. A graduate of Cornell University and Harvard University, he retired in 1994 and has since taught Consensual Non-monogamy (Polyamory) and sex education for senior citizens; he has taught human sexual diversity at OLLI at Duke for the past four years. He believes sex should be fun and pleasure is good for you. He resides at the Forest at Duke with his partner, Ann, a hospice nurse.

- 6 Wed, Sep 11–Oct 30, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 20; Fee: \$70; Course ID: 2918

Change Your Age: Use Your Body and Brain to Feel Younger, Stronger, and More Fit

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

Suggested materials: Please see course details at learnmore.duke.edu/olli.

Recommended text:

- Frank Wildman, *Change Your Age* (9780738213637), \$19

Karen Dold is a Feldenkrais Method® practitioner,

movement educator, and avid student of neuroplasticity who teaches her clients how to move from pain and restriction to more youthful ease and agility. She has been teaching throughout the Triangle since 2000. She offers private sessions that are uniquely tailored to client's individual needs in her Chapel Hill and Cary offices.

- 9 Wed, Sep 11–Nov 20, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 15; Fee: \$100; Course ID: 0857

Frontiers in Medicine

New discoveries from the frontiers of science and medicine regularly divulge more of nature's complex blueprint of life, providing us with insights and tools for maximizing our health and well-being. The torrid pace of the news cycle gives us glimpses of these new developments but obscures details needed to apply them effectively in our own lives. The goal is to bridge that gap by bringing experts to our podium from the leading edge of medical research, development, and delivery. This course will cover topics ranging from basic cell biology all the way up through the integration of the body's functions via the nervous system, the causes and treatments of diseases, and the organization of health care. As the lineup of speakers for the coming term falls into place, the speakers and their topics will be listed on the course website, olliatdukefrontiersinmedicine.weebly.com.

- Lecture, plus questions.

Bernard (Bob) Gutin, PhD, is an emeritus professor from Columbia University, where he founded the multidisciplinary Center for Health Promotion, and from the Medical College of Georgia, where he founded the Georgia Center for the Study of Obesity and Related Disorders. He has authored many scientific publications and a book. He has taught/coordinated several OLLI at Duke courses.

- 10 Mon, Sep 9–Nov 18, 11:00am–12:30pm
- Forest at Duke, Durham
- Maximum: 50; Fee: \$100; Course ID: 2434

What to Eat & Why: Evidence-Based Guide to 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 upon which a rational diet can be based. The instructor will present his recommendations on what to eat and drink and what to avoid. The research findings supporting benefits and risks will be discussed, as well as the remaining areas of uncertainty. A spreadsheet will be supplied with which you can evaluate the nutrient value of your own current diet and calculate the results of changes in your diet. • Lecture, plus questions.

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

- 10 Mon, Sep 9–Nov 18, 1:30–3:00pm
- Westminster Presbyterian Church, Durham
- Maximum: 20; Fee: \$100; Course ID: 1655

Fall Crops at the Duke Campus Farm

Grab a sweater and gather at the farm. Catherine and the farm staff will be on hand to host a morning of learning and tasting what's in season at the Duke Campus Farm this fall.

A 2017 Duke University Trillium Sustainability Fellow and 2016 TEDx speaker, **Catherine Cross Tsintzos** has spent a lifetime in the arts as a practicing artist

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and educator. She was awarded three artist residencies to work on her recently completed five-year project on art and agriculture.

Collards & Conversation: Collards are the greens of Southern tradition. Learn all there is to know about this special leaf. History shares that Thelonious Monk, musician and composer from North Carolina, carried a collard leaf in his suit pocket when he left for the big city. Come and learn more about the food we love to eat in the fall. Recipes for cold and warm collard preparations along with a collard tasting and cornbread sampling will round out a fun time at the Duke Campus Farm. • Active participation.

Required supplies/fee: The instructor will provide materials for a \$10 fee.

- 1 Mon, Oct 14, 10:00am–2:00pm
- Duke Campus Farm, Durham
- Maximum: 25; Fee: \$40; Course ID: 2909

Butternuts & Acorns: Come and learn about these winter squash fruits that are harvested in the fall. What is a good squash? What is some of the history about these plants? Exchange recipes while enjoying a tasting where ways for growing and storing, flavors, and preparation will be shared. Stay warm and enjoy some butternut soup, glazed acorn, a bite of pumpkin bread, and more. Enjoy a cup of coffee, tea, or cider as you create fall hors d'oeuvres, appetizers, and snacks. Explore and sample some side dishes and main vegetarian courses just in time for harvest season celebrations. • Active participation.

Required supplies/fee: The instructor will provide materials for a \$10 fee.

- 1 Wed, Oct 16, 11:00am–2:00pm
- Duke Campus Farm, Durham
- Maximum: 25; Fee: \$40; Course ID: 2910

Root Cellar: Discover North Carolina root vegetables, their history, and that of the root cellar. Learn how to store and create with root vegetables. Learn ways to prepare raw and cooked root vegetables while enjoying a tasting of this season's root vegetables being harvested on the farm. Make appetizers, snacks, hors d'oeuvres, main dishes, and side dishes. Winter is almost here. Time to enjoy the bounties of summer's plantings. • Active participation.

Required supplies/fee: The instructor will provide materials for a \$10 fee.

- 1 Mon, Oct 21, 10:00am–2:00pm
- Duke Campus Farm, Durham
- Maximum: 25; Fee: \$40; Course ID: 2911

See also . . .

Walking the Camino de Santiago
(page 52)

DNA 1: Should I Have a DNA Test?
(page 76)

The Science Behind Cooking (page 71)

Help Shape the OLLI Curriculum

The majority of courses being taught at OLLI were suggested by our members. Is there a course you would like to take that is not offered? Do you know someone who would be a great instructor?

Are you interested in teaching a course in an area of your interest/passion?

Let us know how you would like to make a difference! Course Proposal deadline for Winter 2020 catalog is September 1. Contact Beth Anderson, chair of the Curriculum Committee, at curriculum@olliatduke.org if you are interested in teaching.

History & Current Affairs

The American Civil War

The impact of the Civil War was profound. It destroyed a quasi-aristocratic economic and social system based on slavery, created an all-powerful national government, and accelerated the rise of an industrial economy. This course will examine the men who formed and led the great armies across the length and breadth of much of our country. The armies advanced and retreated until, finally, at Appomattox Court House, the vastly changed nation was restored. Consideration will be given to the impact of the war on women, black soldiers, the government, and the economy. Part 1 of the course (first five weeks), "South Rises," covers the beginnings of the national crisis over slavery through Lee's great victories at Fredericksburg and Chancellorsville. Part 2 (second five weeks), "Union Restored," covers the Union victories at Gettysburg and Vicksburg to Lee's surrender at Appomattox, Reconstruction, and the Lost Cause narrative. • Lecture, plus questions.

Recommended text:

- James P. McPherson, *Battle Cry of Freedom* (9780195038637), \$50

Jeffrey Greenhut holds a doctorate in history with a specialty in military history. He was a program director at the US Army Center of Military History and is a retired Army officer with service in Vietnam, Panama, Somalia, and Desert Storm.

- 10 Tue, Sep 10–Nov 18, 1:30–3:00pm
- St. Thomas More Church, Chapel Hill
- Maximum: 25; Fee: \$100; Course ID: 2892

Political Philosophy & Governing: Part 1

Part 1 of "Political Philosophy & Governing," in the Fall term, covers six political thinkers from Plato through Thomas Hobbes and modern schools of political thought that follow their philosophical foundations of government rule. Part 2, in the Winter term, will then continue from John Locke to modern theorists such as Friedrich

Nietzsche and John Rawls, following the same theme of political philosophy and government rule. Emphasis in all treatment is on fashioning government rule in light of differing philosophical perspectives of human nature. • Lecture, plus questions.

Recommended text:

- David Boucher and Paul Kelly, *Political Thinkers* (9780198708926), \$40

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

- 10 Wed, Sep 11–Nov 20, 1:30–3:00pm
- The Bishop's House, Duke University, Durham
- Maximum: 30; Fee: \$100; Course ID: 2895

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

In the current socioeconomic environment, with the challenges of gentrification, growth, and development, this class will explore the history of Durham and Duke University equally. In 1853, Dr. Bartlett Durham sold four acres of land to the North Carolina Railroad Company, which led to the establishment of a US post office in Durham. The history of Duke University began when Brown's Schoolhouse, a private subscription school in Randolph County, North Carolina, was founded. Finally moving to Durham in 1892, the school grew rapidly, primarily because of the generosity of Washington Duke and Julian S. Carr, powerful and respected Methodists. This course will trace the history of Durham and Duke University from their beginnings into the 21st century. Throughout the sessions, participants will discuss and explore documentation and research on this rich and transformative history using dia-

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logue and active learning. • Lecture, plus questions; Facilitated discussion; Viewing videos.

Recommended text:

- Jim Wise, *Durham: A Bull City Story* (9780738523811), \$25

Warren Herndon, MEd, DMin, retired from Duke University Medical Center after 37 years as a senior-level administrator. During his professional career, he served on several commissions, boards, and committees, appointed by the mayor's office and county commissions. He taught at North Carolina Central University in the School of Business. Warren has been very active in Durham's local politics.

- 10 Mon, Sep 9–Nov 18, 1:30–3:00pm
- The Bishop's House, Duke University, Durham
- Maximum: 25; Fee: \$100; Course ID: 2809

The Intelligence Community: A Two-Class Seminar

This is a two-class seminar. The first session will introduce participants to the importance of the US Intelligence Community in protecting the nation. The class will focus on the roles, missions, functions, laws, and authorities of the major elements of the Intelligence Community. Attendees will also gain an understanding of the various forms of intelligence, including human intelligence, signals intelligence, imagery, and open source intelligence. During the second session, participants will be exposed to mechanisms used for oversight and management as well as selected examples of Intelligence Community reforms.

- Lecture, plus questions; Facilitated discussion.

Kim Kotlar brings more than 40 years of public service and private sector experience, including diverse executive leadership positions that have resulted in positive and lasting contributions to the National Security Agency (NSA), Intelligence Community (IC), Department of Defense (DoD), and other federal agencies.

- 2 Wed, Sep 11 & 18, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 30; Fee: \$30; Course ID: 2893

Free at Last? Slavery and Civil Rights in America

The year 2019 marks the 300-year anniversary of when Africans were traded for “victuelle” at Jamestown. The ship, probably pirated from the islands of the Caribbean, left twenty Africans at the English settlement and sailed into oblivion after receiving food. This course will explore the history of slavery, which began before the Pilgrims landed at Plymouth Rock, and continued through emancipation, segregation, and two aspects of the civil rights movement: the legal challenge and the moral challenge. The course will conclude with a tour at the North Carolina Museum of History in Raleigh, exploring black contributions to Carolina history. We will use a website prepared for this course that includes history, art, music, poetry, literature, and videos.

- Lecture, plus questions; Listening to music or other audio; Viewing videos; Field trip(s).

Recommended text:

- Richard Kluger, *Simple Justice* (9781400030613), \$28

Recommended reading:

- Lerone Bennett, *Before the Mayflower* (9781684220403), \$14
- Bryan Stevenson, *Just Mercy* (9780812984965), \$16

John Canzanella had a successful career in banking (once an honorable profession) and, after 25 years, left the world of finance and went on an *Outward Bound* course in the mountains of Montana. John then enrolled at Teachers College, Columbia University, and obtained two graduate degrees. He taught history, English, philosophy, math, and economics at private and public schools.

- 9 Weds, Sep 11–Nov 20, 11:00am–12:30pm
- The Bishop's House, Duke University, Durham
- Maximum: 25; Fee: \$100; Course ID: 1999

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The World Today

This course is for those interested in current events. Each week the class will discuss news from around the world, across the US, 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). Topics are discussed knowledgeably, respectfully, and, sometimes, with passion, but we always end with humor. And many of us even continue the discussions over lunch at a nearby restaurant. There are three sections of this class. Most facilitators rotate among the sections. Each facilitator is a news junkie, 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 who, hopefully, represent points of view from across the political spectrum. • Facilitated discussion.

Richard Ellman is a retired New York certified public accountant who moved to Durham over 10 years ago. He has been an OLLI at Duke member for that entire time, serving as treasurer, board member, and then president. He considers himself a news junkie.

Henry Blinder served as City Attorney for the City of Durham for many years prior to retirement. He is past president of the North Carolina Association of Municipal Attorneys and a former Deputy Attorney General for the State of New Jersey. He has a JD degree from Duke University Law School, and has lived in Durham for more than 35 years.

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

Doug Longman has taught more than 30 classes at OLLI, including international political economy, public policy, economics, and politics/political science. He holds a doctorate in business administration and has taught at the University of Texas, UNC–Chapel Hill, and the University of Chicago. He also spent 25 years in marketing management for Fortune 100 firms.

Ric Shepherd, has been a CPA for over 30 years, 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.

Stuart Kaplan earned his BS in plant science from the University of Connecticut and his MS and PhD degrees in crop physiology from Purdue University in 1972 and 1975. He performed agricultural research for over 40 years in most states in the US and in several countries in Europe and South America.

Section 1

- 10 Tue, Sep 10–Nov 19, 11:00am–12:30pm
- St. Thomas More Church, Chapel Hill
- Maximum: 25; Fee: \$100; Course ID: 0393.062

Section 2

- 10 Wed, Sep 11–Nov 20, 11:00am–12:30pm
(no class Oct 9)
- Judea Reform Congregation, Durham
- Maximum: 30; Fee: \$100; Course ID: 0393.060

Section 3

- 10 Thu, Sep 12–Nov 21, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 30; Fee: \$100; Course ID: 0393.061

History of Aviation & Airports

Airports are fascinating organisms. While they provide the basis for the worldwide transportation system, they are like cities unto themselves. This course will take students behind the scenes of major airports: their development, their evolution, and how they operate today. The course covers how an airport is organized and managed; what services and functions are provided; some history of flight from balloons, to the Wright brothers, to super jumbo aircraft, to drones; plus some little-known functions such as emergency planning and response, wildlife management, aircraft recovery, snow and ice removal, and the NextGen air traffic control system. A tour of the Raleigh-Durham Airport is planned. • Lecture, plus questions; Viewing videos; Field trip(s).

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Jack Gartner has been involved with aviation and managing airports for over 50 years. He has helped to manage the New York-New Jersey airport system with assignments at JFK, LaGuardia, and Newark airports, with most of his time at JFK. He is still involved with the industry as a consultant. He has taught this course since 2004.

- 10 Mon, Sep 9–Nov 18, 11:00am–12:30pm (no class Sep 30)
- Judea Reform Congregation, Durham
- Maximum: 30; Fee: \$100; Course ID: 2894

The History of the Super Bowl: The Making of America's Premier Sporting Event

This course will track the history of the Super Bowl from the first game in 1967 till the current day. There will be a discussion of the game itself and the special moments that are etched in sports lore. The focus primarily will be on those processes that have made it into America's unofficial eighth holiday, which will include the evolution of the site award process, innovations in the game presentation and experience, the pregame/anthem presentation, the halftime show, player rings, the making of the Vince Lombardi Trophy, community events, charitable activities, ticket prices/distribution/scalping, logo/theme art design, corporate hospitality, concessions, television presentation, television commercials, international coverage, economic impact, transportation, hotel usage, practice facilities, events, social statements, security, host committees, the media, merchandise, and more. • Lecture, plus questions.

Recommended texts:

- Bethany Bradshaw, *Celebrating 50 Years of America's Greatest Game* (9780986085017), \$30
- David Fischer, *The Super Bowl* (9781613218969), \$25
- Allen St. John, *The Billion Dollar Game* (9780767928151), \$15
- Bob McGinn, *The Ultimate Super Bowl Book* (9780760343715), \$25

- Don Weiss and Chuck Day, *The Making of the Super Bowl* (9780071395052), \$25

Jim Steeg spent 26 years in charge of the National Football League's special events department and is credited with being the person responsible for making the Super Bowl the world's greatest one-day sporting event. He grew the game into America's unofficial eighth national holiday, worth in excess of \$500 million to a hosting community.

- 9 Tue, Sep 10–Nov 19, 3:15–4:45pm
- Judea Reform Congregation, Durham
- Maximum: 30; Fee: \$100; Course ID: 2896

Better Dead Than Red

Communism and this country's reaction to it played a major role in the history of the United States in the twentieth century. This course will look at Communism and anti-Communism in the United States and their impact on both domestic and foreign policy. Some of the topics that will be covered in this course are the first Red Scare of 1919–1920, the history of the Communist Party in the US, the second Red Scare of the late 1940s to early 1950s, Communist espionage, the origins and development of the Cold War, the impact of the Cold War on American culture, and events leading to the collapse of Communism in 1989.

- Lecture, plus questions.

Pat Gaegler received her BA in history from UNC–Chapel Hill and her JD from the University of Michigan. Although Pat spent her career practicing law, she has remained a lifelong student of history. This is Pat's third year teaching history courses at OLLI.

- 10 Tue, Sep 10–Nov 19, 9:00–10:30am
- St. Thomas More Church, Chapel Hill
- Maximum: 25; Fee: \$100; Course ID: 2903

It Started with Speech

Many people have compared our society today to that of 1930s Germany and fear another Holocaust. Why? What happened then that makes people say this now? Could another Holocaust

happen? What can be done about it? Get answers to these questions by taking an in-depth look at the Holocaust and its lessons for today. In this interactive course, students will learn how and why the Holocaust came about, how people responded, and the process that led up to the extermination of six million Jews. Students will view videos of events and survivor testimonies. The instructor will share his parents' stories of surviving with fake identities as non-Jews and what it was like growing up as a child of survivors. Students will examine their own attitudes and behaviors toward others and what they can do to help fulfill the promise of "Never Again."

- Lecture, plus questions; Facilitated discussion; Viewing videos.

*A child of Holocaust survivors and a Holocaust educator for 19 years, **Shelly Bleiweiss** is a member of the North Carolina Council on the Holocaust and North Carolina's Holocaust Speakers Bureau. He has spoken to teachers, hundreds of students, and numerous church and community organizations. He teaches the Holocaust at OLLI at Duke and NC State University.*

- 10 Thu, Sep 12–Nov 21, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 20; Fee: \$100; Course ID: 2898

The Battle of Waterloo: The Trigger to 100 Years of Changes in Europe

This course will take a look at the Battle of Waterloo. By looking at the causes for, and result of, this battle between the forces of Napoleon and a European alliance led by the English Duke of Wellington, students will discover what the long-ranging impact of Napoleon's defeat meant for Europe. The results created an immediate resurgence of conservatism which led to a counter-resurgence of liberalism and nationalism, revolutions, and nation building throughout Europe. This course will not be a study of the battle in the military sense, although military

strategy may be briefly discussed, but will instead be an analysis of the political forces churning in Europe that surfaced with the eruption of the French Revolution on July 14, 1789, and how those forces, many of them conflicting, spread throughout the continent to create the tensions that led to the "Great War" in 1914. • Lecture, plus questions; Facilitated discussion.

***Eric Johnson** has been an OLLI at Duke instructor since 2015 and has offered courses in American Colonial history, the American Constitutional period, and the history of the European Union. Eric taught history at St. John's International School in Waterloo, Belgium, from 1990 to 2007, and has an affinity for that Belgium village and the famous Battle of Waterloo.*

- 10 Mon, Sep 9–Nov 18, 9:00–10:30am
- Westminster Presbyterian Church, Durham
- Maximum: 18; Fee: \$100; Course ID: 2897

History of the Bull City: Durham 1997 to Present

This course will take a "behind-the-scenes" look at the remarkable transformation in downtown Durham. Durham's vibrant downtown is the result of inspired leaders who had vision and persistence and were willing to take risks. Community leaders, past and present, will tell the story of their involvement and the roles they played and will share their perspectives on the obstacles they faced in helping to bring new life to a dormant city. Speakers will also address the challenges the city faces today as a result of the enormous growth in the last two decades. A field trip is planned to view some of the changes in Durham.

- Lecture, plus questions; Facilitated discussion; Field trip(s).

***Joe Harvard** is pastor emeritus of First Presbyterian Church in downtown Durham, where he served as the pastor/head of staff for 33 years. Prior to coming to Durham, Joe served congregations in Louisville, Kentucky; Tallahassee, Florida; and Atlanta, Georgia. He has served on numerous nonprofit boards, including Downtown Durham, Inc.; Habitat for*

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Humanity; Senior PharmAssist; and Urban Ministries of Durham.

- 8 Mon, Sep 9–Oct 28, 11:00am–12:30pm (no class Sep 30)
- Judea Reform Congregation, Durham
- Maximum: 50; Fee: \$90; Course ID: 2729

Hitler & the Nazi Party

This course will focus on Nazi politics and ideology and the implementation of both concepts in Germany and conquered countries. Each class will consist of three segments: an instructor lecture, viewing a lecture on DVD, and class discussion. The DVD lectures are by Thomas Childers, a well-respected history professor at the University of Pennsylvania. For one class the instructor is hoping to have a guest lecture by a German Jew who lived in Germany during the 1930s and witnessed the destruction of his synagogue during Kristallnacht. • Lecture, plus questions; Facilitated discussion; Viewing videos.

Recommended text:

- William Shirer, *The Rise and Fall of the Third Reich* (9781451651683), \$30

Dick Isabel has taught both history and wine courses at OLLI at Duke. He has taught this course on four previous occasions. He has studied the Nazi era in depth and has carefully examined how Hitler came to power and how he led Germany into a world war.

- 10 Mon, Sep 9–Dec 2, 11:00am–12:30am
- The Bishop's House, Duke University, Durham
- Maximum: 20; Fee: \$100; Course ID: 1777

Deception 101: A History of Deception

This course provides an overview of the history of deception, especially in regard to military and intelligence operations. However, we will examine some examples of disinformation in the political and economic realms as well. The purpose is to provide a historical perspective on the subject,

to explore case studies, to examine various techniques of deception, and to describe the evolution of the practices. We will discuss various doctrines of deception and delve into the claim that cultural norms shape these doctrines. We will also discuss various defenses and counters to deception. • Lecture, plus questions.

Recommended text:

- Jon Latimer, *Deception in War* (9781585673810), \$20

Joe Caddell has a PhD in military history from Duke University. He has taught at a number of schools for the Department of Defense and is currently teaching military history, air power history, intelligence, and naval history at the UNC–Chapel Hill and NC State University.

- 10 Tue, Sep 10–Nov 19, 9:00–10:00am
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$100; Course ID: 1870

Lincoln's Real Virtues

Everyone wants to define the man who signed his name “A. Lincoln.” Abraham Lincoln is the most iconic figure in American history. He exerts a unique hold on our historical imagination as an embodiment of core American ideals and myths—the self-made man, the frontier hero, the liberator of the slaves. Thousands of works have been written about Lincoln, and almost any Lincoln you want can be found somewhere in the literature. Lincoln has been portrayed as a shrewd political operator driven by ambition, a moralist for whom emancipation was the logical conclusion of a lifetime hatred of slavery, and a racist who actually defended and tried to protect slavery. Politicians from conservatives to communists, civil rights activists to segregations, have claimed him as their own. Will the real Abraham Lincoln please identify himself? We will try. • Lecture, plus questions; Listening to music or other audio; Viewing videos.

Wendell Musser, MD, is a retired academic physician who held faculty positions at Indiana, Duke,

George Washington, and Emory Universities and the University of Kentucky. He is a longtime book collector, primarily of books about Winston Churchill and Franklin Delano Roosevelt, and believes that a day away from OLLI is a day away from happiness.

- 8 Wed, Sep 11–Nov 6, 9:00–10:30am
- The Bishop's House, Duke University, Durham
- Maximum: 35; Fee: \$90; Course ID: 2900

Fall & Rise of World Disorder: A Roundtable Discussion

In this seminar/discussion course, we will read Michael Mandelbaum's *The Rise and Fall of Peace on Earth* and examine why the early years of the post–Cold War world witnessed the unprecedented rise of democratic governments. Then we will investigate how Russia, China, and Iran have attempted to undermine this relatively peaceful world order with provocative policies aimed at overturning the prevailing political arrangements in Eurasia, East Asia, and the Middle East. Finally, we will consider whether it is possible to re-create the world of the “democratic peace” in an era of aggressive nationalism. Students will be expected to read approximately 25 pages each week and to actively participate in class. • Facilitated discussion; Active participation.

Required text:

- Michael Mandelbaum, *The Rise and Fall of Peace on Earth* (9780190935931), \$28

Richard Melanson holds a PhD in international relations from Johns Hopkins University and enjoyed a thirty-eight-year academic career at the University of California Los Angeles, Kenyon College, Brown University, and the National War College. He has published several books and numerous articles on post-World War II US foreign policy. Since retiring, he has taught at OLLI at George Mason and OLLI at Duke.

- 7 Thu, Sep 12–Oct 31, 1:30–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 12; Fee: \$80; Course ID: 2901

Three Russian Films: The Genius of Sergei Eisenstein

This course will deal with the last three completed films by the brilliant Russian cinematographer Sergei Eisenstein. The films are *Alexander Nevsky*; *Ivan the Terrible, Part 1*; and *Ivan the Terrible, Part 2*. The historical events upon which the films are based will be presented, and the plot and cast of characters for each film will be discussed, as well as Eisenstein's use of symbolism and special effects. Finally, we will view each film in its entirety. The DVDs to be shown are remastered versions, with HD restoration of Sergei Prokofiev's music and updated subtitles. Discussion is encouraged. • Lecture, plus questions; Viewing videos.

Ernie Kundert is a retired general surgeon with a lifelong interest in history. Russian history, art, and culture are areas of special interest.

- 10 Fri, Sep 13–Nov 22, 11:00am–12:30pm
- The Bishop's House, Duke University, Durham
- Maximum: 20; Fee: \$100; Course ID: 2904

Worldmaking (Part 2): A Roundtable Discussion

In this continuation of the discussion course/seminar “Worldmaking (Part 1),” we will read the last five chapters of David Milne's *Worldmaking: The Art and Science of American Diplomacy*. Discussion will focus on five significant shapers of US foreign policy: George F. Kennan, the architect of the strategy of Soviet containment; Paul Nitze, who universalized and militarized Kennan's strategy; Henry Kissinger, the diplomatic historian who served as national security advisor and secretary of state under two presidents; Paul Wolfowitz, a political scientist and neoconservative who helped George W. Bush plan the invasion of Iraq; and Barack Obama, whose foreign policy attempted to place reason and evidence above passion and ideology. Students will be expected to read approximately

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25 pages each week. • Facilitated discussion; Active participation.

Prerequisite: Participants must have taken “Worldmaking (Part 1).”

Required text:

- David Milne, *Worldmaking: The Art and Science of American Diplomacy* (9780374292560), \$35

Richard Melanson holds a PhD in international relations from Johns Hopkins University and enjoyed a 38-year academic career at the University of California Los Angeles, Kenyon College, Brown University, and the National War College. He has extensively published on post–World War II US foreign policy. Since retiring in 2010, he has taught at OLLI at George Mason and OLLI at Duke.

- 10 Tue, Sep 10–Nov 19, 1:30–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 12; Fee: \$100; Course ID: 2899

The Law, the Court & Americans: The Constitutional History of the United States

Having survived special counsel investigations, Supreme Court nomination fights, and the never-ending saga of a gerrymandered nation, Americans now face a presidential election campaign in which all candidates will pledge to protect Constitutional rights, safeguard citizen privacy, and defend citizens’ every liberty. Yet few citizens are cognizant of the struggles that define those rights and liberties. This course studies the foundations of American law and the history of the Supreme Court that is responsible for interpreting the Constitution. It is not a law school course filled with case histories, but rather an examination of the intersections between people, politics, and fundamental documents such as the Declaration of Independence, the Constitution, and the Bill of Rights. Americans often assert, “I know my rights,” but they are often mistaken. Participants will study the cases and justices who have de-

fined the rights of citizens across 230 years and address the issues faced by the present Supreme Court. • Lecture, plus questions.

Recommended texts:

- Melvin Urofsky, *Dissent and the Supreme Court* (9780307379405), \$35
- Jeffrey Rosen, *The Supreme Court* (9780805081824), \$25

George Lankevich is professor emeritus of history at the City University of New York. He has written and edited over 30 volumes of history, including books on the Supreme Court and the Bill of Rights.

- 10 Wed, Sep 11–Nov 20, 11:00am–12:30pm
- Galloway Ridge Retirement Community, Pittsboro
- Maximum: 40; Fee: \$100; Course ID: 2902

See also . . .

Julian Abele: The Design of Duke University and the Price of Prejudice (page 18)

American Photography: Portrayals of Family, Friends, and Strangers (page 18)

Pictorial Politics in Art: The Issues That Polarized Painters and Sculptors from the Renaissance to Rodin (page 20)

Federal Budget & Debt: So What? (page 26)

The Movies Go to War: 1939–1946 (Part 1) (page 61)

Amazing Beauty of Numbers (page 65)

Volcanoes & Human History (page 68)

Burning Issues in Journalism (page 75)

See page 8 for venue addresses

Lifestyles

Chess Refresh

Through cooperative analysis and strategy, exercise your brain with chess to actively stave off Alzheimer's. Many participants in previous terms had not played for decades, but found renewed joy in revisiting this great and royal game. You can too, whatever your level. We will study the value and focus of each chess piece as it relates to the others. The element of competition will be mitigated as we explore ideas. We will play in tandem, in pairs, and individually. The 90-minute lessons are stand-alone, so missing a class will not impact your progress. All materials will be made available to you on Weebly and through email. Following class each week, there will be a clinic offered for individual attention and assistance, should any class members wish to stay. Homework is strictly voluntary and involves solving challenging chess puzzles. The only mandate is to have fun while employing the game of chess. • Facilitated discussion; Active participation.

***Rosalyn B. Katz** has been a chess advocate, devoted competitor, and enthusiast since her son started playing in the 1970s. Roz is the author of Start Playing Chess Today!, Play Better Chess, Mensa Chess, and Chess in the Classroom. Her award-winning cartoon, Zaria®, was published by Chess Life for 14 years. Roz was president and chief executive officer of Executive Training Concepts, Inc.*

***Charles J. Pole** is an expert chess player who will happily critique games played after class time. He is considered a game aficionado, of both board games and strategy games on the computer. He is also a passionate student of history, particularly of military history, Napoleon, and Alexander the Great.*

- 10 Thu, Sep 12–Nov 21, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 20; Fee: \$100; Course ID: 2388

Introduction to Bridge

Join us to explore the most exciting card game in the world, meet new people, make new friends, and keep an agile mind. This course is suitable

for people who have never played the game before or those who casually dabbled with it in college. Through active participation, you will explore the mechanics of the game, basic hand evaluation, trick-taking techniques, planning to declare no-trump and suit contracts, as well as basic bidding structure. Each class consists of a mini-lecture followed by playing practice hands to apply the concepts learned. • Active participation; Lecture, plus questions; Facilitated discussion.

Required supplies/fee: The instructor will provide printed materials for a fee of \$10 (non-refundable); please bring exact amount to the first class.

Required text:

- Jeff Bayone, *A Taste of Bridge* (9781771400343), \$20

***Henry Meguid** is an American Bridge Teachers' Association Master Teacher, the highest certification in North America. He is also the 2018 ABTA Teacher of the Year. In 2012, he founded the Bridge Academy, an American Contract Bridge League–sanctioned club offering classes and games to all levels of players. The club motto “Have Fun, Play Better” captures Henry's approach to teaching and playing.*

- 10 Wed, Sep 11–Nov 20, 9:30–11:30am
- The Bridge Academy, Durham
- Maximum: 48; Fee: \$100; Course ID: 2740

Mah-Jongg 101: For Beginners and Intermediates

Mah-jongg, a tile-based game developed in China and currently played throughout the world, is a game of skill, strategy, and calculation and involves a degree of chance. In this course, the theory behind the board and tiles will be reviewed. Playing techniques will be developed, and ample time will be provided for practice with other class members. Willingness to learn this very social game is all that is required. It is fun and enjoyable. • Lecture, plus questions; Active participation.

Lifestyles

Special note: Mah Jongg boards and tiles will be provided; however, students are welcome to bring their own.

Recommended text:

- Elaine Sandberg, *A Beginner's Guide to American Mah Jongg* (9780804838788), \$17

Mauricio Aujero has been playing mah-jongg since age seven. He has taught this traditional game to family members for fun and enjoyment for many years and is skilled with the various regional forms of the game.

- 8 Wed, Sep 11–Nov 20, 1:30–3:00pm (no class Oct 9 & 30)
- Judea Reform Congregation, Durham
- Maximum: 16; Fee: \$90; Course ID: 2928

Walking the Camino de Santiago

The Camino de Santiago is a network of medieval Christian pilgrimage routes that run throughout Europe to Santiago de Compostela, Spain. The most popular route (the Camino Frances) is about 500 miles from St. Jean Pied de Port, France, and takes about five weeks to walk over the Pyrenees across Spanish meseta and through the mountains of Galicia. This five-week course is for those who are thinking about walking the Camino de Santiago and those who just want to learn more about the Camino's history, culture, and traditions. Sessions will include "Discovering the Camino" (history, routes, and culture); "Planning Your Camino"; "Preparing for Your Camino" (legal, financial, transportation, communication, emotional, spiritual, physical, equipment, etc.); "Walking the Camino" (typical day on the Camino, accommodations, food, stages, first aid, and more); and "Returning from the Camino." • Lecture, plus questions; Listening to music or other audio; Viewing videos.

John L. Saxon is a co-coordinator for the Raleigh chapter of the American Pilgrims on the Camino. He walked the Camino Frances in the fall of 2015; the

Norte, Primitivo, and Finisterre caminos in the summer of 2018; and the Portugues and Ingles caminos in the summer of 2019.

- 5 Fri, Nov 1–Dec 6, 1:30–3:00pm
- The Bishop's House, Duke University, Durham
- Maximum: 20; Fee: \$60; Course ID: 2929

Conscious Aging: Embracing Challenges and Opportunities in the Third Chapter

In the last third of our lives, we face both challenges and opportunities. Retirement, loss of a job, a chronic illness, or the loss of our mate are major transitions that can create chaos in our lives and threaten our identities. Watching our parents age can influence our expectations. Do we view this third chapter as a time of learning and growth, or is it a time of decline and physical/emotional suffering? Research shows our answers to this question impact our health and ultimately our longevity. In each class, questions will be offered to launch the discussion. We each carry our own answers to these questions, and through our listening to one another, gain additional insight. • Facilitated discussion.

Recommended texts:

- Sarah Lawrence-Lightfoot, *The Third Chapter* (9780374532215), \$15
- Zalman Schachter Shalomi, *From Aging to Sage-ing* (9781455530601), \$16

Michael McLeod practiced medicine at Duke for 33 years, serving as associate director of the Practice Course for 15 years, teaching medical students how to build trust with patients. He is co-convenor of the Elderhood Initiative at the Eco-Institute at Pickards Mountain. He and his late wife, Anita, led community conversations about conscious aging and end-of-life issues.

- 6 Wed, Sep 11–Oct 16, 1:30–3:00pm (Oct 9 class offsite)
- Judea Reform Congregation, Durham
- Maximum: 12; Fee: \$70; Course ID: 2743

Exploring Labyrinths: Walking Meditation

It is often said that labyrinth walking is perfect for “failed meditators.” Find out why in this informal course. We will meet at two different outdoor labyrinths, hidden gems in Durham and Chapel Hill. At the beginning of each class, there will be a brief introduction to strategies for walking meditation. After the walk, we will discuss our experiences and consider why the labyrinth not only represents the journey of life but also helps one be fully present in the moment. We will visit a Chartres-style labyrinth in the woods at New Hope Camp and a classical labyrinth at the Duke Center for Living in Durham. Travel details will come after registration. • Field trip(s).

Recommended text:

- Lauren Artress, *Walking a Sacred Path* (9781594481819), \$16

Marilyn Jacobson is a retired clinical psychologist (PhD, Florida State University) who was first drawn to a finger labyrinth in a gift shop on the Isle of Iona in Scotland. This led to extensive reading followed by facilitator training and certification at Veriditas, home of the worldwide labyrinth movement.

- 2 Wed, Sep 25 & Oct 2, 9:30–11:30am
- Local labyrinths in Durham and Chapel Hill
- Maximum: 12; Fee: \$30; Course ID: 2824

Practical Wisdom: How to Be Your Authentic Self in This Changing World

Who are we? How do our thoughts affect our world? How much does fear permeate our lives? We don’t realize how often we fall into old habits and thought patterns as we move through our days. Common themes of practical wisdom are found across many spiritual traditions: respect, abundance, compassion, forgiveness, and gratitude. In this course, we will use writings from *One with All of Thee: Growing Your Sacred Connection* and other spiritual books as a jumping-off point

for reflective discussion on how to live a more mindful life in harmony with nature and those around us. Is there an unseen connection between us all, and if so, how can we use that to make this a kinder, gentler world? The instructor will provide simple tools, short exercises, and meditations to fit into our busy lives, as well as short reading assignments that we will discuss in class.

- Lecture, plus questions; Facilitated discussion.

A retired Duke University medical researcher, **Celine Koropchak** is currently a blueberry farmer and the author of the book *One with All of Thee: Growing Your Sacred Connection*. She speaks and teaches locally, sharing practical tools to help guide others on their personal journeys. Celine has been a repeat guest on *BlogTalkRadio* and writes a weekly blog, *TheTovaryshConnection*.

- 10 Wed, Sep 11–Nov 20, 1:30–3:00pm
- The Bishop’s House, Duke University, Durham
- Maximum: 10; Fee: \$100; Course ID: 2113

Eight Keys to Thriving as You Age!

Aging can feel like a daunting task filled with many decisions and changes that are challenging and out of our control. In this course you will find yourself back in the driver’s seat, as we explore the eight keys to thriving as you age: money (safety and options), simplicity (managing change), health (independence), legacy (your story), happiness (your dream), support (connections), purpose (meaning), and preparation (relaxation). Each session will be a blend of current information, helpful tips, and presentations from guest speakers on that topic. The course is not intended to dictate a particular “right answer” but rather to help each student feel more organized and perhaps a little more curious and positive about the process of growing older. By the end of the course, you will not only have a solid understanding of the “Eight Keys” but you will have designed your own “Life-Map.” • Lecture, plus questions; Facilitated

Lifestyles

discussion; Active participation; Listening to music or other audio; Viewing videos.

Beth Reeves is an integrative health coach trained at Duke's Center for Integrative Health. She is the creator of the "Eight Keys," which was inspired by her experience journeying along with her sisters as her mother aged and faced important life decisions. Beth holds an MBA from New York University Stern School of Business.

- 10 Fri, Sep 13–Nov 22, 9:00–10:30am
- The Bishop's House, Duke University, Durham
- Maximum: 20; Fee: \$100; Course ID: 2062

Tuscany: An Exploration of Wines

Join us for a four-week journey across the Italian region of Tuscany. Each week, we will focus on a subregion or two that brings us the bounty of Tuscany's wines. We will examine the beverage styles and learn the basics of production. In each class, we will taste four wines from Tuscany and discuss food pairings and cultural elements that affect production. • Lecture, plus questions; Active participation.

Required supplies/fee: There will be a fee of \$28 per person for wine tasting of four wines per class. Fee paid to the instructor at the first class.

Thomas N. Thorne, a professional certified sommelier for twenty years owns Wine Fifty Five, a local wine consulting company focused on education, sales and Sommelier services. He has headed wine programs at the Fearrington House, Carolina Inn and the Siena Hotel and was an owner at Hope Valley Bottle Shop.

Section 1

- 4 Thu, Sep 12–Oct 3, 1:30–3:00pm
- The Bishop's House, Duke University, Durham
- Maximum: 24; Fee: \$40. Course ID: 2931.001

Section 2

- 4 Thu, Sep 12–Oct 3, 3:15–4:45pm
- The Bishop's House, Duke University, Durham
- Maximum: 24; Fee: \$40; Course ID: 2931.002

Bordeaux-Style Blends: An Exploration of Wine

Join us for a four-week journey starting in Bordeaux and tracing their famous blend around the wine world. Each week, we will focus on a subregion or two that brings us the bounty of this miraculous blend. We will examine the beverage styles and learn the basics of production. In each class, we will taste four Bordeaux-style blends from Bordeaux and other world wine regions and discuss food pairings and cultural elements that affect production. • Lecture, plus questions; Active participation.

Required supplies/fee: There will be a fee of \$28 per person for wine tasting of four wines per class. Fee paid to the instructor at the first class.

Thomas N. Thorne, a professional certified sommelier for twenty years owns Wine Fifty Five, a local wine consulting company focused on education, sales and Sommelier services. He has headed wine programs at the Fearrington House, Carolina Inn and the Siena Hotel and was an owner at Hope Valley Bottle Shop.

Section 1

- 4 Thu, Oct 31–Nov 21, 1:30–3:00pm
- The Bishop's House, Duke University, Durham
- Maximum: 24; Fee: \$40; Course ID: 2932.001

Section 2

- 4 Thu, Oct 31–Nov 21, 3:15–4:45pm
- The Bishop's House, Duke University, Durham
- Maximum: 24; Fee: \$40; Course ID: 2932.002

Cooking with Chef David Sovero

Local chef David Sovero believes you can create a gourmet yet good, healthy, and inexpensive meal using ingredients you already have in your pantry. Each week, he will provide a protein (seafood, pork, chicken, beef, or vegetarian) and participants will provide one vegetable and one fruit (or two of one or the other). The chef will show us how to prepare, cook, and present a meal using

the fruits and vegetables provided by fellow class members and the protein he provides. During each class, as we are standing and working around the table in the center's kitchen, the chef will explain different methods of preparing the meat/protein and different variations on the meal being prepared. The chef creatively combines fruits, greens, and starchy vegetables and attractively arranges and sauces them on individual dinner and dessert plates. We will enjoy eating a delicious dinner together after the lesson. This is a hands-on course, with everyone participating in the preparation, dining, and cleanup. • Active participation.

Required supplies/fee and special note:

Please see the course details at learnmore.duke.edu/olli.

David Sovero was born in Lima, Peru, and graduated from the Peruvian National Arts College. In addition to being an artist who explores his Incan

ancestral roots, he also trained and was a chef at the Fearington House Restaurant. Presently, he is sous chef at Tarantini Italian Restaurant and Flair Restaurant and Wine Bar near the Governors Club.

Section 1

- 5 Mon, Sep 9–Oct 7, 5:30–8:30pm
- Passmore Center, Hillsborough
- Maximum: 10; Fee: \$65; Course ID: 1336.019

Section 2

- 5 Mon, Oct 14–Nov 11, 5:30–8:30pm
- Passmore Center, Hillsborough
- Maximum: 10; Fee: \$65; Course ID: 1336.020

See also . . .

The History of the Super Bowl: The Making of America's Premier Sporting Event (page 46)

Literature, Language & Drama

Shakespeare & Controversy: A Study of Four Comedies

This course will deal with four of Shakespeare's comedies, each of which has generated controversy. Petruchio's taming of Kate in *The Taming of the Shrew* has made that play unacceptable to many today. The role of Shylock in *The Merchant of Venice* continues to trouble readers and playgoers, as does the last-scene conversion of Bertram, the comic hero of *All's Well That Ends Well*. Finally, act 5 of *Measure for Measure*, Shakespeare's in-depth exploration of justice, provides major problems in staging and interpretation for readers and playgoers. How "comic" are these comedies, and how do scenes shown in class affect your understanding of what is

at stake? • Lecture, plus questions; Facilitated discussion; Viewing videos.

Alan Dessen, UNC–Chapel Hill Peter G. Phialas Professor of English (emeritus), is the author of eight books, most of them devoted to theater history in the age of Shakespeare.

- 10 Thu, Sep 12–Nov 21, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 20; Fee: \$100; Course ID: 2919

Poetic Stories: Page-Turners

Longer poems tell dynamic stories, delivering history, biography, or fiction. We will discuss three riveting works. Natasha Trethewey's *Native Guard*, a Pulitzer Prize winner, confronts the South's racial complexities. Trethewey starts with

Literature, Language & Drama

her own biracial journey, then turns to the story of a free slave who becomes a Union soldier in Louisiana. In *Gabriel: A Poem*, National Book Award finalist and celebrated poet Edward Hirsch explores the turbulent life and death of his mentally ill son. A page-turner, this fast read follows Gabe's life from adoption to death, from crisis to crisis. Rebecca Gayle Howell's Sexton Prize-winner *American Purgatory* is dystopian fiction. It features a Gothic cast of characters living in a future South wasted by environmental squalor and poverty. Howell waves a warning flag in the age of agribusiness. With three weeks devoted to each book, we will bring our considerable resources into energetic discussion, focusing on important topics. • Facilitated discussion.

Required texts:

- Natasha Trethewey, *Native Guard* (9780618872657), \$15
- Edward Hirsch, *Gabriel: A Poem* (9780804172875), \$17
- Rebecca Gayle Howell, *American Purgatory* (9781911335443), \$14.49

Jane Seitel is an expressive arts therapist, writer, and teacher. She received her MEd from Lesley University and her MFA from Drew University, where she studied poetry, poetry in translation, and the art of the essay. She founded a poetry press for women over 50 and has published her poems and creative nonfiction in national and international journals.

- 10 Wed, Sep 11–Nov 20, 9:00–10:30am (no class Sep 30)
- Judea Reform Congregation, Durham
- Maximum: 15; Fee: \$100; Course ID: 2920

Most classes do not meet during
OLLI Fall Break, October 21–25,
or **Thanksgiving Break**, November 25–29

See page 8 for venue addresses

About the Latin Language: What Makes It a Classic?

This course will explore the interdisciplinary magic of the language of the Romans. How has Latin stood the test of time? Why are its vocabulary and grammar intriguing? Where can we find Latin hiding throughout Western culture? The course will incorporate these questions into the following weekly topics: Greece's influence on the Roman Republic and Empire; Pompeii and Herculaneum; scribes and manuscripts; Romano-British archaeological sites; Julius Caesar's "Gallic Wars"; and Latin in the modern world. No prior knowledge of Latin is required. This is the same course that was taught in Fall 2018; however, it will contain little duplication of the instructor's other OLLI at Duke courses from Winter 2019 and Spring 2019.

- Lecture, plus questions; Facilitated discussion; Listening to audio from the textbook.

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

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

- 6 Tue, Sep 10–Oct 14, 11:00am–12:30pm
- St. Thomas More Church, Chapel Hill
- Maximum: 25; Fee: \$70; Course ID: 2574

Using English

Why is "It is I" appropriate only in limited circumstances? Who decides on correctness? How and when is "I am cold" a request for action? Many of us users of English have vague or even wrong ideas about how the language works. This course will give you a sense of how linguists (language professionals) think about such topics and will also give you occasional opportunities to think like a linguist. In doing so, you will work on devel-

oping such skills as making a linguistic “proof,” assembling evidence, identifying meaningful word blocks, and identifying and classifying sounds. You will develop a more sophisticated understanding of correctness, language change, and dialects, all in the context of using English. The course works on student-teacher interaction and discussion, with a “teaser” before each class (including the first one) to get you to think about the topic. • Lecture, plus questions.

Larry Nessly received a PhD in linguistics from the University of Michigan in 1974. Locally, he has taught at UNC, Shaw University, and NC Central University. In addition to graduate courses in phonology, he has taught the undergraduate courses “Intro to Linguistics,” “Sociolinguistics,” “Advanced English Grammar,” and “History of the English Language” at NCCU (1988–2018).

- 10 Mon, Sep 9–Nov 18, 11:00am–12:30am
- The Bishop’s House, Duke University, Durham
- Maximum: 15; Fee: \$100; Course ID: 2650

Virginia Woolf: Three Novels and Films

Virginia Woolf was a great observer of everyday life, and she lived in turbulent times, both politically and intellectually. Her “stream of consciousness” style exemplifies a modernist movement in which traditional forms were abandoned to reflect new realities and ways of looking at them—think Stravinsky and Picasso’s cubist period. Two of the novels we will read focus on normal people in everyday situations. *Mrs. Dalloway*, Woolf’s first major success, centers on an upper-class woman preparing for a dinner party she’s giving. As she walks through London, there’s an interesting juxtaposition with a shell-shocked veteran of World War I. *To the Lighthouse* focuses on just two days, but separated by ten years. The delightful *Orlando* is the biography of a young Elizabethan nobleman who finishes the novel as a woman in contemporary London, inviting discussions of feminism and gender issues. We will also view

films based on each of the novels. • Lecture, plus questions; Facilitated discussion; Viewing videos.

Required texts, by Virginia Woolf:

- *Mrs. Dalloway* (9780156628709), \$15
- *To the Lighthouse* (9780156907392), \$15
- *Orlando: A Biography* (9780156701600), \$15

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 (abd) at Harvard University in romance languages, with a specialty in medieval literatures. She has taught more than 25 OLLI at Duke literature courses and especially enjoys teaching fiction with film tie-ins.

- 10 Mon, Sep 9–Nov 18, 10:30am–12:00pm
- Galloway Ridge Retirement Community, Pittsboro
- Maximum: 40; Fee: \$100; Course ID: 2924

Read & Discuss: Master Storytellers Ruth Praver Jhabvala and Jhumpa Lahiri

Master short-story-teller Ruth Praver Jhabvala is best known as the screenwriting talent behind many Merchant Ivory films, among them sumptuous, Oscar-winning adaptations of E. M. Forster’s work. The author of a dozen novels and twice as many screenplays—she’s the only person to have won both the Booker Prize (for her eighth and best-known novel, *Heat and Dust*) and an Academy Award (twice, for best adapted screenplay)—Jhabvala’s early works are portraits of the social mores, idealism, and chaos of the early decades of independent India. Pulitzer Prize–winning storyteller Jhumpa Lahiri is also a Booker nominee. She and her Bengali-Indian family moved to the US when she was two; Lahiri considers herself an American and has said, “I wasn’t born here, but I might as well have been.” Lahiri’s storytelling chronicles the nuances and details of immigrant psychology and behavior. Class participation is key. • Facilitated discussion; Active participation; Viewing videos.

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Required texts:

- Ruth Praver Jhabvala, *At the End of the Century* (9781640093249), \$17
- Jhumpa Lahiri, *Unaccustomed Earth* (9780307278258), \$16

Bobbie Hardaker and **Carol Sirota** have been Read & Discuss coordinators since the fall of 2015.

- 10 Thu, Sep 12–Nov 21, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 20; Fee: \$100; Course ID: 2923

Classical Myth: In English Literature

This course will explore the varied ways in which poets and short-story writers use classical myth to enrich their writing. We will look at poems and short stories from many centuries written by English authors or written by European authors and translated into English. The instructor will tell the story of each myth and show how some painters and sculptors have interpreted it, and then we will look at the written versions, including reading aloud some shorter selections. If you have favorite poems or short stories based on myth, please feel free to suggest we read them. • Facilitated discussion.

Recommended text:

- Nina Kossman, *Gods and Mortals: Modern Poems on Classical Myths* (9780195133417), \$55

Cynthia Dessen has taught over 40 courses for OLLI at Duke since 2002. She also taught in the Classics Department at UNC–Chapel Hill between 1973 and 1994.

- 10 Tue, Sep 10–Nov 19, 1:30–3:00pm
- Carol Woods Retirement Community, Chapel Hill
- Maximum: 16; Fee: \$100; Course ID: 2925

The Poetry of John Berryman

John Berryman (1914–1972), recipient of the Pulitzer Prize and the National Book Award, was an American poet whose works reflect a troubled

life, haunted by memories of his father's suicide (when John was 12) and premonitions of his own. His poetic voice has been described by Edward Hirsch as "quirky and whimsical, brilliantly learned and painfully mannered, smart-alecky, anguished." Berryman's poetry grapples with issues of life and death, despair and faith. In class we will read and discuss a generous sampling of Berryman's poems, perhaps coming to grips with some of those issues ourselves. Class sessions will focus on reading poems aloud, then talking about them. Lecturing will be kept to a bare minimum. • Facilitated discussion.

Required texts, by John Berryman:

- *The Dream Songs* (0374516707), \$18
- *Collected Poems, 1937–1971* (0374126194), \$25

Arnie Johanson is professor emeritus of philosophy at Minnesota State University Moorhead. He has been active in OLLI at Duke since 1999, teaching classes in philosophy, religion, and poetry. He has published three chapbooks of his poems. He has taught over 30 courses at OLLI, in religion, philosophy, and poetry.

- 4 Wed, Oct 30–Nov 20, 11:00am–12:30pm
- The Bishop's House, Duke University, Durham
- Maximum: 15; Fee: \$40; Course ID: 2927

19e siècle en France, Part 2: Complexité, richesse et diversité

This course, taught entirely in French, is geared to students with an intermediate high- or advanced low-level of French proficiency. In 1850, the political future of France is still unclear. Will it be an empire, a monarchy, a republic, a dictatorship, secular, Catholic? The 1870 Franco-Prussian War and French defeat undermine its world prestige and territory, while the Commune of Paris creates a brief socialist government. However, France becomes an industrial and colonial power, which benefits the bourgeois, while the proletariat grows poorer. Antisemitism culminates with the Dreyfus affair. Literature and art take new forms: naturalism, realism, symbolism, impressionism,

and so on. As always, students are invited to impersonate people of the period. • Lecture, plus questions; Facilitated discussion; Listening to music or other audio; Viewing videos.

Required: Handouts, videos, music, and Power-Point presentations will be posted on the class's website, therefore a good Internet connection at home is required.

Claire Davidshofer, a native of France, has lived in Africa, France, England, and Maine. She has an MA in English and American literature from L'Université d'Aix-en-Provence. Her experience includes teaching high school, adult education, and college French at the University of Maine at Presque Isle, as well as translating and interpreting. So far, she has taught 12 different courses at OLLI at Duke.

- 10 Thu, Sep 12–Nov 21, 1:30–3:00pm
- The Bishop's House, Duke University, Durham
- Maximum: 15; Fee: \$100; Course ID: 2922

The Plays of Athol Fugard

Bearing Witness, Staging Resistance, and Seeking Truth and Reconciliation in Apartheid/Post-Apartheid South Africa

For more than 60 years, Athol Fugard (b. 1932) has been creating extraordinary plays about his native South Africa and about everyday life under the country's apartheid and postapartheid regimes. Works such as *Boesman and Lena*, "Master Harold" . . . and the Boys, and *My Children! My Africa!*—singular in their moral acumen, generosity of spirit, and emotional power—have been produced worldwide, consolidating Fugard's place as one of the greatest dramatists alive today. In this course, students will typically read one play per week, with the plays selected spanning from early works (*Blood Knot*) to Fugard's most recently published play (*The Painted Rocks at Revolver Creek*). A screening of *Tsotsi*, the Oscar-winning film based on Fugard's lone novel, will also be arranged. While attention will be paid to biographical, cultural, historical, and political

contexts, class discussions will focus on the themes of bearing witness, staging resistance, and seeking truth and reconciliation. • Lecture, plus questions; Facilitated discussion.

Required texts, by Athol Fugard:

- *The Train Driver, and Other Plays* (9781559363860), \$18
- *My Children! My Africa!* (9781559360142), \$15
- *Playland and a Place with the Pigs* (9781559360715), \$11
- *The Painted Rocks at Revolver Creek* (9781559365222), \$15
- *Township Plays* (9780192829252), \$15
- *Interior Plays* (9780192880352), \$10
- *Port Elizabeth Plays* (9780192825292), \$35

Charles Joseph Del Dotto received his undergraduate education at Princeton University and holds a PhD in English from Duke University, having specialized in Renaissance drama and modern drama. He has been teaching continuously with OLLI at Duke since 2014.

- 10 Fri, Sep 13–Nov 22, 9:00–10:30am
- The Bishop's House, Duke University, Durham
- Maximum: 20; Fee: \$100; Course ID: 2926

Nature-Inspired Nonfiction

The father of American nature writers, Henry David Thoreau, wrote in *Walking*, "I wish to speak for nature." Our class will begin with his essay, as vibrant now as in 1851, and we notice much that remains true today. We will go on to read two stars in the world of nature-inspired prose. Annie Dillard, who is considered a latter-day Thoreau, won the Pulitzer Prize with *Pilgrim at Tinker Creek* (1974). *The Abundance*, selected essays, basks in her exceptional scope in science-inflected essays of everyday life—ranging from her home in the Virginia mountains to a full solar eclipse in Oregon. Here we find her breathtaking insights on nature and human nature. Finally, in *The Sea Around Us*, Rachel Carson swims currents of biological diversity. Now that we are in a time

Literature, Language & Drama

when Carson's beloved oceans are imperiled, we will read selected chapters and discuss her masterpiece. • Facilitated discussion.

Required texts:

- Henry David Thoreau, *Walking: Annotated Edition* (9781940777115), \$8.95
- Rachel Carson, *The Sea Around Us* (9780190906764), \$15
- Annie Dillard, *The Abundance* (9780062432964), \$17

Jane Seitel is an expressive arts therapist, writer, and teacher. She received her MEd from Lesley University and her MFA from Drew University, where she studied poetry, poetry in translation, and the art of the essay. She founded a poetry press for women over 50 and has published her poems and creative nonfiction in national and international journals.

- 10 Thu, Sep 12–Nov 21, 1:30–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 15; Fee: \$100; Course ID: 2921

Performing Arts

The 2019–2020 Opera Season: Highlights of the Metropolitan Opera Live in HD and NC Opera

Join us for an in-depth look at many of the operas that will be performed by both the Metropolitan Opera Live in HD and North Carolina Opera during their 2019–20 seasons. Through lecture, DVD, and live performance, we'll learn about the music, composers, and historical context of Puccini's *Turandot*, Massenet's *Manon*, Glass's *Akhnaton*, Gershwin's *Porgy and Bess*, Wagner's *Der Fliegende Hollander* and *Siegfried*, Donizetti's *Maria Stuarda*, and more. Our list of special guests includes **Ira Siff**, vocalist and commentator for the Metropolitan Opera's Saturday radio broadcasts (a special Sunday program at The Forest at Duke on Oct 20); soprano **LaToya Lain**, accompanied by pianist **David Heid** (Oct 29); **Nick Malinowski**, executive director of Kidznotes and former director of education for the Seattle Opera (Sep 24); and **Scott MacLeod**, opera singer, conductor, director, and teacher, discussing "The Evolving Role of the Opera Audience" (Nov 5). Seasoned operagoers and those new to opera are all welcome. • Lecture, plus questions; Facilitated discussion; Viewing videos.

Required materials fee: \$45 per student, payable directly to the instructor for course material and support of the special guests.

Margie Satinsky has been an opera devotee since 1976. She has attended more than 150 performances of the Metropolitan Opera and European opera houses and has taught opera appreciation classes at OLLI at Duke for seven years. She is a founding member and president of the Triangle Wagner Society.

- 10 Tue, Sep 10–Nov 19, 1:30–3:30pm (no class Oct 8)
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$100; Course ID: 2933

Rodgers & Hammerstein 101

On March 31, 1943, the curtain went up on *Oklahoma!*, the first collaboration between Richard Rodgers and Oscar Hammerstein II, two Broadway veterans, and American musical theater was never again the same. Over the next 20 years, they produced five acknowledged masterpieces, some near-misses, and a few notable flops. This course will explore their collaboration in detail—from "Oh, What a Beautiful Mornin'" to

“Climb Ev’ry Mountain”—to understand what distinguished their work from previous musical comedies and how their legacy continues to influence us today. • Lecture, plus questions; Listening to music or other audio; Viewing videos.

Required text:

- Todd S. Purdum, *Something Wonderful: Rogers and Hammerstein’s Broadway Revolution* (9781627798341), \$32

Alan Teasley began his career in education as a high school English and drama teacher. In the 1970s, he served as the director or musical director for and an actor in several productions of the Durham Theatre Guild. He is an avid fan of musical theater. The first LP he ever bought with his own money was an album of Rodgers and Hammerstein overtures.

- 10 Mon, Sep 9–Nov 18, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 40; Fee: \$100; Course ID: 2936

Exploring Cinema

Exploring Cinema is an appreciation of film through the examination of diverse genres and themes. Each week, a complete film will be screened, followed by a class discussion. This semester, the course will explore the following topics: “Movies about Television”—films that shed light on the way television manipulates public perceptions and impacts contemporary society (*Quiz Show*, *The Truman Show*, *Pleasantville*); “Hot Spots”—a mix of documentary and fiction films examining wars, rebellions, and resistance movements from Vietnam to the Balkans (*Last Days in Vietnam*, *The Tillman Story*, *Before the Rain*, *The Battle of Algiers*); and “Dysfunctional Families”—many directors, from independent filmmakers to the Coen Brothers, have chronicled struggles within families, especially those with single mothers (*Fish Tank*, *The Florida Project*, *A Serious Man*). • Facilitated discussion; Viewing videos.

Ken Wetherington has a lifelong interest in the cinema, working in film societies, commercial cine-

mas, and with the academic film collection in Duke’s Lilly Library. He served on the selection committee for the 2018 Praxis Film Festival. He has been teaching OLLI classes since 2007.

- 10 Sun, Sep 8–Nov 17, 2:00–5:00pm
- The Bishop’s House, Duke University, Durham
- Maximum: 30; Fee: \$100; Course ID: 2441

The Movies Go to War: 1939–1946 (Part 1)

For the boomer generation, the Second World War grows increasingly distant—and yet, for some of us, it has always been present in the hundreds of movies made in the United States during the war years. These films often are dismissed as so much propaganda, phony exhortations to support “the Good War.” But there is much to be learned from these movies about the fears, hopes, and ambitions of Americans who fought and endured the war. This course seeks to demonstrate the evolution of Hollywood’s wartime role and how these films expressed and sometimes betrayed American ideals. Each class will feature a relevant movie, with an introductory lecture and post-film discussion. Part 1 will cover the period 1939–42; part 2, 1942–46, is proposed for the Winter 2020 term. A knowledge of US motion picture history and of the Second World War is useful but not required. • Lecture, plus questions; Facilitated discussion; Viewing videos.

Edison McIntyre earned an MA in American history at UNC–Chapel Hill and has been a longtime student of “the cinema,” especially films that deal with the past. He has previously taught OLLI at Duke courses on music in motion pictures.

- 10 Wed, Sep 11–Nov 20, 5:30–8:30pm
- The Bishop’s House, Duke University, Durham
- Maximum: 25; Fee: \$100; Course ID: 2937

See page 8 for venue addresses

Performing Arts

The “Silver” Screen: Hollywood’s Views on Love, Sex, and Romance after 60

This course will cover some recent films and a few earlier films for grown-ups. Discussions may include the casting choices, the place in the history of film, and the reality of the relationships portrayed, in the class attendees’ experiences. The films may be shown chronologically or thematically: younger man/older woman, older man/younger man, the “walker” and the gigolo, older man/younger woman, sex in retirement communities, sex with the ex, and creative solutions for relationships as we age. There will be frank discussions and uncensored scenes; students should be aware that there will be mature themes and images that some may find offensive. Each class will include a screening of an entire film and a following class discussion. • Lecture, plus questions; Facilitated discussion; Viewing videos.

Dede Hall is a lifelong moviegoer and film lover. She has attended numerous film festivals and was lucky enough to participate in several shot-by-shot classes with Roger Ebert. Her teaching background is in French, and she managed the Intimate Bookshop for nine years. She has been a successful realtor in Chapel Hill and Durham since 1986.

- 9 Mon, Sep 9–Nov 18, 1:00–4:00pm
(no class Sep 30)
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$100; Course ID: 2935

50+ Improvisers— FUNdamentals

Want to have fun with others while expanding your creativity and sense of joy? That’s what “50+ Improvisers” is all about. Live more in the moment and put your life experiences to good use. You don’t need the cleverness found in *Whose Line Is It Anyway?* We will play specially tailored games/exercises where “there are no mistakes.” This course approaches improv with

a “yes . . . and” attitude. Enjoy creating imaginary stories and scenes. We’ll use some easy-to-learn tools to help you find that inner comic you didn’t know existed. No prior experience necessary, just a willingness to have fun with others. • Exercise or Dance; Active participation.

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

Recommended text:

- Charna Halpern, Del Close, and Kim Howard Johnson, *Truth in Comedy* (9781566080033), \$18

Carolyn Cole is an adult educator turned improviser. She trained at major theater schools, including the Upright Citizen’s Brigade (UCB/NYC), Second City, and iO Theater. Carolyn also teaches improv at the PIT Chapel Hill comedy theater and the Durham Arts Council. She loves teaching! Her performance schedule includes the ECHOES, a local improv troupe that she founded. Her website is ImprovNow.org.

- 5 Mon, Sep 9–Oct 14, 1:00–3:00pm
(no class Sep 30)
- Judea Reform Congregation, Durham
- Maximum: 14; Fee: \$60; Course ID: 2659

Harp Ensemble III

Join the OLLI Harp Ensemble as we hone our technical skills on the lever harp. Pulling from a classical music repertoire, students will learn how to practice correctly and efficiently, develop harp music fingering skills, and mature in their mastery of chamber music performance. Repertoire will include works from the Baroque, Classical, Romantic, and Impressionistic periods with a little “holiday fare” included for the season. Students will present a showcase concert for the final class. • Active participation; Listening to music or other audio.

Required: The ability to read treble and bass clef.

Required supplies for rent: Lap harps, a tuning wrench, and a harp cover may be rented at a cost of \$75 for the term. Please see the course details at learnmore.duke.edu/olli.

Winifred Garrett is principal harpist for the Fayetteville Symphony Orchestra and adjunct lecturer/harp instructor at NC State University, Methodist University, and Guilford College. Proprietor of the Harp Studio, Ms. Garrett is harpist in residence at the Hayti Heritage Center, a music faculty member of the Durham Arts Council, and high-tea harpist at the Umstead Hotel and Spa.

- 10 Thu, Sep 12–Nov 21, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 20; Fee: \$100; Course ID: 2938

Guide to Local Jazz

Do you wonder where to hear jazz? Do you want to know how many local jazz musicians and venues there are? This course is for you. You will learn who is playing where in our area—by using the Locavore Jazz website links to players and venues and its handy weekly blog. You will meet local musicians—by hearing them speak and sometimes play live in class, by visiting university jazz classes, and by going to local venues. We may even pop up at a venue one evening. There's plenty of jazz in this area, and our guide is meant to help you find it! • Facilitated discussion; Listening to music or other audio; Viewing videos.

Please note: There may be a small cover charge and/or a tip jar or passed hat for some performances. In addition to the 10 formal classes and field trip to a university class, there may be a field trip to a local venue one evening.

Fall term marks the sixth anniversary of **Peter Burke** leading this course, having extended his love of jazz into helping folks find jazz in our area, including establishing the Locavore Jazz website as the source for local jazz information.

- 10 Wed, Sep 11–Nov 20, 3:15–4:45pm
(no class Sep 30)
- Judea Reform Congregation, Durham
- Maximum: 50; Fee: \$100; Course ID: 1832

The Music of Van Morrison

Van Morrison is a music icon. But if you only know Van's catchy, early songs like "Brown-Eyed Girl," you have missed out on a treasure trove of fantastic music. We will journey through the Belfast Cowboy's 40 albums and hundreds of songs, including his early albums *Astral Weeks* and *Moondance*, his R&B rockers such as "Caravan," his Celtic-inspired songs, and his more recent blues and jazz-flavored albums. We will also take note of important biographical details that inform his music and the artists who inspired him and were inspired by him. We will consider Van as an artist, his place in the pantheon of singer-songwriters, the themes he explores, and how we personally respond to his music. The focus will be on listening to and discovering Van's music and discussing how it moves us and what Van is trying to tell us. • Facilitated discussion; Listening to music or other audio.

Recommended: It is not required but strongly recommended that students subscribe to Apple Music, where playlists will be available.

Marc Shapiro is a long-time attorney and longer-time Van devotee. In addition to listening to Van on the radio, vinyl, CD, and, now, streaming media, Marc has seen Van perform live in venues across the country. Marc lives in Chapel Hill where he continues to practice law when he is not golfing, reading, or listening to Van.

- 10 Thu, Sep 12–Nov 21, 11:00am–12:30pm
- The Bishop's House, Duke University, Durham
- Maximum: 20; Fee: \$100; Course ID: 2661

See also . . .

Three Russian Films: The Genius of Sergei Eisenstein (page 49)

Religion & Philosophy

Philosophy in Islamic World/ East: House of Wisdom to al-Ghazali

In the early medieval period, as Christian Europe lost interest in pagan philosophers, scholars in the Islamic world started studying them. Baghdad, Bukhara, and Alexandria became new centers of enlightenment. Translations of Greek philosophy were studied, commented on, and expanded upon in the Islamic world from the 9th through the 13th centuries. Arabic versions of Greek and Hellenistic philosophers' works, as well as original works by al-Kindi, al-Razi, al-Farabi, and Ibn-Sina, provided the bridge from antiquity to late medieval scholastic philosophy. Muslim, Jewish, and Christian scholars in the Eastern lands under Islamic rule made significant contributions to philosophic sciences and medicine. In this course, we will review the development of Islamic philosophy; its Aristotelian, Platonic, and Neoplatonic origins; and its influence on European thought. • Lecture, plus questions; Viewing videos.

Murat Tasar grew up in Turkey, where he was exposed to all three major monotheistic religions. In his college years, he studied under humanities professors from the Western world and discovered the works of classical philosophers. In Spain, he studied the influence of Arab and Jewish philosophers and scientists of al-Andalus on medieval European and Renaissance thought.

- 6 Tue, Oct 8–Nov 19, 1:30–3:00pm
- The Bishop's House, Duke University, Durham
- Maximum: 20; Fee: \$70; Course ID: 2939

See also . . .

**Political Philosophy & Governing:
Part 1** (page 43)

**Science Books: Some OLLI Members'
Favorites** (page 71)

Exploring Ethics: Debating Contemporary Moral Issues

In this course, we will read essays by ethicists arguing each side of several important ethical issues: the morality of abortion, whether euthanasia should ever be practiced, how we should respond to world hunger, what counts as terrorism, and whether the use of torture can be justified. We will also look into theories about how moral decisions can reasonably be made. • Lecture, plus questions; Facilitated discussion.

Required text:

- Steven M. Cahn, *Exploring Ethics*; 3rd ed. (9780199946587), \$50, **or** 4th ed. (9780190273637), \$57

Richard Prust is professor emeritus of philosophy at St. Andrews University and the co-author of Personal Identity in Moral and Legal Reasoning, forthcoming from Vernon Press.

- 10 Thu, Sep 12–Nov 21, 11:00am–12:30pm
- Carol Woods Retirement Community, Chapel Hill
- Maximum: 15; Fee: \$100; Course ID: 1767

A New Perspective on Islam: Hopeful Visions for Our Time

In the current sociopolitical environment, there is a lack of information and sometimes even disinformation about certain subjects, among them Islam. This course aims to inform us about the basic tenets of Islam, explain the commonly misunderstood concepts (such as *jihad*, *sharia*, *khilafat*), and attempt to dispel the misconceptions fomented by the news cycle. In addition, this course will introduce Islam's true character and deliver a debilitating blow to the schemes and ideologies of extremists. We will then look at Islam in America, diversity, and interfaith relationships (past and present) and discuss the future of Islam in America. • Lecture, plus questions.

Required texts, by Earl Abdulmalik Mohammed:

- *On Nature and Nations* (9781733603409), \$25
- *Democracy, Civic Virtue, and Islam* (9781495809538), \$12

Imam **Abdul Hafeez Waheed** is an active member of the Muslim community led by Imam Deen Mohammed for over 40 years. He served on the Religious Life staff at Duke University, has been involved with

several Durham organizations for the last 28 years, and gives speeches and facilitates discussions—"Community and Public Education on Islam"—for religious communities, schools, and organizations.

- 10 Thu, Sep 12–Nov 21, 11:00am–12:30pm
- The Bishop's House, Duke University, Durham
- Maximum: 20; Fee: \$100; Course ID: 2286

Science & Technology

Amazing Beauty of Numbers

Euler's identity, $e^{i\pi} + 1 = 0$, is widely regarded as the most beautiful equation in mathematics. We will study these five constants and their importance as a way to study the history and evolution of modern mathematics. We will look at "1," the origin of counting, and how that has evolved into modern abstract concepts. We will consider the evolution of number representation, such as positional notation and the importance of zero. We will then look at pi, its relation to the circle, and various ways to estimate pi. We will investigate the origin of the constant "i" and the development and application of complex numbers, and consider "e," its origins, the various ways to calculate it, and its link to many practical problems. We will conclude with Euler's formula— $e^{ix} = \cos x + i \sin x$ —and with the special case where x is pi. Only a knowledge of high school-level mathematics is needed. • Lecture, plus questions; Facilitated discussion; Active participation.

Frank Brown has an MS in mathematics (East Carolina University) and a PhD in organic chemistry (California Institute of Technology). He earlier had received a BS from Duke University. He worked for almost 20 years at DuPont, first as a research chemist and then as a systems analyst, and for almost 10 years at Computer Sciences Corporation as a systems analyst. He retired when his job "migrated" to India.

- 9 Fri, Sep 13–Nov 22, 11:00am–12:30pm
- The Bishop's House, Duke University, Durham
- Maximum: 20; Fee: \$100; Course ID: 2098

Symposia: Scientific Excursions and Diversions

This is a popular invited-speaker program for at least two reasons: we hear very interesting and very busy professionals tell us about their work, and since every lecture is an independent topic, we can miss some lectures and not lose course continuity. It is OLLI at Duke's version of the One Day University programs some newspapers are offering.

Nearly every term, we have to alter the schedule after it is published, but as of the press deadline, here is the program planned for Fall term. The name in parentheses following each lecture's description is the facilitator and host of the session.

Sep 10: Disagreeing without Being Disagreeable. Professor *Walter Sennot-Armstrong* is one of our favorite and most thought-provoking lecturers. Of today's lecture, he says, "Our country is being torn apart by toxic talk and inflexibility by partisans on both sides. Everyone complains about this polarization, but what can we do about it? You and I cannot civilize the Internet or make elected officials do their jobs. What we can do is

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improve the quality of our interactions with some of our fellow citizens who disagree with us about contentious issues. In this talk, I will show how we can reduce polarization by learning to ask the right questions and then to answer other's questions with good arguments." (*Tony Waraksa*)

Sep 17: Sunshine—Is It the Best Alternative Energy? *John E. P. Morrison*, senior VP for North American operations of Ecoplexus Inc., will discuss the evolution and future of solar energy in North Carolina, in recent years second only to California in rate of new installations. Mr. Morrison has played a major role in the NC renewable energy revolution while overseeing the engineering, procurement, construction, and operations and maintenance of over 70 ground mounted solar facilities totaling approximately 600 MW. (*Ed Cox*)

Sep 24: A Woman's Place? It Is in the Congress, the Senate, and the House, so Long as It's White. *Deondra Rose* is an assistant professor of public policy and political science at the Sanford School, Duke University. Her research includes political engagement and the politics of gender, race, and class. She will be speaking with us about women running for president and other elective offices in 2020. Not only is this the Centennial of the 19th Amendment, women are asking for and receiving votes in unprecedented numbers. In the entire history of America, there have been but 13 women of major parties seeking the presidency; there are perhaps equal or more seeking the office in the upcoming election. Why these numbers? Are the women qualified? What are the motivations? What are the chances of success? Who among these women stand out as particularly able and likely to be among the few finalists? As important, are women running for senate and house offices likely to match male numbers? State offices are increasingly open to and filled by women. (*Jim Hollowood*)

Oct 1: Live Long and Evolve. *Mohamed Noor*, PhD, is a Duke University professor noted for

research in understanding what genetic changes contribute to the formation of new species and how the process of genetic recombination affects species formation and molecular evolution. He will discuss his book *Live Long and Evolve*, using a *Star Trek* approach. (*Mike Smith*)

Oct 8: NC's Good Roads Help Make Good Connections. Today we will be learning about North Carolina's roads from someone who is well versed in our infrastructure, and, as important, how NC roads are funded. *Michael Walden* is the Neal Reynolds Distinguished Professor and Extension Economist at NC State University and is a member of a new state commission on transportation funding. He has authored several relevant books, including, in 2017, *North Carolina beyond the Connected Age*. (*Tony Waraksa*)

Oct 15: How Much Good Health Is Inherited? *Jay A. Pearson* is an assistant professor of public policy and the director of the Global Inequality Research Initiative, Sanford School, Duke University. Among his several research areas, he has been examining the social determinants of population health differences. Professor Pearson will speak with us about his research objectives and the results to date. He is examining health variation by nativity for racially and ethnically diverse groups, and asking what are the health effects of various factors over time for US immigrant groups. While there is much to be discovered, a reasonable hypothesis is that providing health insurance or even medical services does little to address the stress associated with dehumanization of immigrants of color, in particular. In turn, how might racialization be reversed to eliminate the distresses and improve health conditions? (*Jim Hollowood*)

Oct 29: Integrity in Research—in Theory and in Practice. Dr. *Geeta Swamy*, Vice Dean and Associate Vice Provost for Scientific Integrity of Duke Med, works with leaders across the Duke campus to provide a consistent vision for scientific integrity standards and expectations and drives

efforts to ensure the advancement of scientific integrity. Her responsibilities include leading the Duke Office of Scientific Integrity and she also oversees the Duke Office of Research Initiatives (DORI), which works to facilitate effective research and collaborations for the Duke research community. Every researcher is aware there is an internal bias to provide positive results. Dr. Swarmy's task is to, among other things, be sure those biases do not influence results. Today we'll gain some insights into how that is done. (*Tony Waraksa*)

Nov 5: The City as an Environmental Lab?

Some climate-change researchers have to travel to Greenland or Antarctica to do their work, but when Professor *Steven Frank* of NC State University wants to visit his laboratory, he just walks out the door. His recent paper explores using cities as laboratories to understand and prepare for climate change. We've heard cities described as "heat islands," but Frank and his team are using that effect as a way of predicting how the nearby areas not in the heat shadow of a city might respond as average temperatures increase. Today we will learn more about his research. (*Tony Waraksa*)

Nov 12: Just How Safe Is America, Anyway?

This lecture, "New Dimensions of American National Security," will be given by Admiral *Dennis Blair*, a graduate of the US Naval Academy. Admiral Blair earned a master's degree in history and languages from Oxford University as a Rhodes scholar, and was a White House fellow at the Department of Housing and Urban Development from January 2009 to May 2010. As Director of National Intelligence, Blair led the 16 national intelligence agencies and reported to the president. From 2003 to 2006, he was president and chief executive officer of the Institute for Defense Analyses. Prior to retiring from the Navy in 2002, after a career of 34 years, Admiral Blair was the Commander in Chief, US Pacific Command. (*Mike Smith*)

Nov 19: Connections between Scientific Research and Society.

Michael "Buz" Waitzkin is the deputy director of Science and Society and a Senior Lecturing Fellow at Duke University. Much of his work and lecturing has been on issues of science law, policy, ethics, and politics. He has had a particular focus on biomedical technologies. Also, he has served as special counsel to the president in the White House Counsel's Office. For Symposia, approximately one month prior to this November talk, Buz will survey the frontiers of Science Public Policy. And based on the survey results, he will present a thoughtful talk on what may be considered the most important contemporary issues of Science and Society. (*Jim Hollowood*)

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

Tony Waraksa's former career was as a program manager, general manager, and chief executive officer of small high-tech companies. More recently, he has worked for a dozen years on the Duke Med Institutional Review Board.

Mike Smith, a retired marketing executive who often arranges wine and food pairing sessions at OLLI, is an active member of the Duke Med Institutional Review Board.

Edwin Cox is a retired oncologist and a frequent course giver at OLLI. He has a particular interest in healthy eating.

For most of his career, *Jim Hollowood* was a manager in a range of educational and nonprofit organizations. His work focused on strategy, finance, and general management. In addition, he taught a number of graduate-level courses over the years, part time. Jim is a three-year member of OLLI, assisting with the development of a public policy interest group.

- 10 Tue, Sep 10–Nov 19, 2:00–3:15pm
- The Forest at Duke Retirement Community, Durham
- Maximum: 120; Fee: \$100; Course ID: 0373

Science & Technology

Supermarket Chemical Magic

This course will include a series of chemistry demonstrations and hands-on experiments that can be done by children of all ages using materials readily available in supermarkets and the like. We will begin with demonstrations to help understand the chemistry involved, followed by handy household hints on using ordinary materials to replace specialized products. We will then go into activities that can be done with children of all ages involving chemistry but using readily available materials. We will learn how to make edible finger paints, create removable bathtub “paints” and tattoos, and conduct experiments with candy, edible clay, and more. We will make butterflies, flowers, and slime. Teaching will be done via discussion, demonstration, and hands-on classroom work (and you will make things you can take home to show those grandkids!). Handouts with the “recipes” will be available online to participants. • Lecture, plus questions; Active participation.

Required supplies/fee: The instructor will provide materials for a fee of \$20 per student, payable at the first class.

Sol Levine has a PhD in chemistry, worked at IBM for almost 30 years, and taught chemistry at Durham Technical Community College, NC Central University, and NC State University. Now “retired,” he does chemistry demos in elementary schools, libraries, and the Museum of Natural Sciences. He has taught this course at NCSU’s Encore and has a part-time nature and wildlife photography business.

- 6 Thu, Oct 10–Nov 21, 1:30–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 20; Fee: \$70; Course ID: 2526

See also . . .

Frontiers in Medicine (page 41)

Geologic Wonders

A few of the wondrous features of planet Earth in ten stand-alone lectures with no prerequisites. Topics: “Big Crystals” (occurrence and origin of large crystals); “Big Floods” (large floods in recent history and in the past); “Big Bangs” (explosive eruptions in some volcanoes); “Sky-stones in the Ice” (the Antarctic treasure trove of extraterrestrial material); “Planetary Bits and Pieces” (materials from different solar system sources); “Presolar Grains” (small grains older than planet Earth); “Recent Extinctions” (Ice Age and recent extinctions); “Cracks in the Earth” (places where the Earth is pulling apart); “Magical Magnetism” (the profound influence of the Earth’s magnetic field); and “The Wonder of Water” (the unique feature of our planet that plays a major role in most geologic processes). • Lecture, plus questions.

Arch Reid is a retired professor of geology, previously at the University of Houston. He has worked in teaching and research in Canada, Australia, and South Africa, and at the Mellon Institute, Scripps Institution of Oceanography, and NASA’s Johnson Space Center.

- 10 Mon, Sep 9–Nov 18, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$100; Course ID: 2950

Volcanoes & Human History

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

and adventure. • Lecture, plus questions; Viewing videos.

Recommended text:

- Charles Pellegrino, *Ghosts of Vesuvius*, (0380973103), \$26

Dick Immekus (BSEE, MBA) has been a member of OLLI at Duke since 2004. He is a retired engineer and mortgage broker who reads and travels extensively. Volcanoes and archaeology have fascinated him since childhood. He has taught this OLLI course multiple times at both Duke and NC State University.

- 10 Wed, Sep 11–Nov 20, 9:00–10:30am (no class Oct 9)
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$100; Course ID: 0512

Latitude & Darwin: The Origins of Religion and Demographics

This course, given by Harry Roegner, an international economist, lepidopterist, and student of Darwinian variation, is based on the findings of a lifetime of traveling the world looking for correlations between latitude and physical/spiritual manifestations. For example, seasonal changes are very common in the midlatitudes but of lesser importance in equatorial regions. Hence, it is not surprising that animal adaptations, such as butterfly colors and fertility, are rather different in the midlatitudes from those in equatorial regions. What is, however, quite surprising is that such latitude effects are even seen in human cultures. For example, winter solstice celebrations to bring back the sun are common in the midlatitudes but much rarer in equatorial regions. This course will reference ancient and modern religions, animal adaptations, and global demographic data. The course challenges status-quo thinking and encourages student interaction. • Lecture, plus questions.

Harry Roegner, with degrees from Princeton University and the University of California Berkeley, has taught the “Wonderful World of Butterflies” course at OLLI at Duke for the past four years. He taught

the “Latitude and Darwin” course at OLLI at Clemson from 2010 to 2015.

- 8 Tue, Sep 10–Nov 5, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 18; Fee: \$90; Course ID: 2948

The Periodic Table

This course will focus on the discovery by the Russian chemist Dmitri Mendeleev that the known chemical elements could be listed in a periodic table in which the properties of the elements repeated themselves—rather like the notes in a musical scale. We’ll examine how the elements were born in incredibly hot stars and follow the story of Marie Curie, whose quest to understand radioactivity led to the isolation of radium. We’ll examine how particular elements, like carbon and oxygen, came to play a key role in the origin and evolution of life and how others, the so-called rare earths and silicon, became key players in many areas of modern technology. We’ll see how the properties of minerals that make up the earth arise from the elements that constitute them and how elements like sodium and potassium lie at the very heart of how our cells and our brains work. Titles of the individual presentations are noted below. • Lecture, plus questions.

Phil Carl: “From Earth, Air, Fire, and Water to the Periodic Table”

Brand Fortner: “How Are Elements Made? Supernova, Stellar Cores, Colliding Neutron Stars, and the Big Bang”

Brinnae Bent: “Silicon—How It’s Transformed the World through Technology”

Joseph McCarthy: “The Scintillating Story of Radioactive You”

Ralph Nelson: “Glenn Seaborg—Creator of Elements with Brief Lives”

Morgan Waugh: “Rare Earths: Rare and Everywhere”

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James Junker: “Elements, Ions, and the Charged Life of Cells”

Alan Boudreau: “Minerals—Earth’s Elements Express Themselves”

Dan Oldman: “Oxygen: Shaper of the Earth and Its Life”

Terri Toohil: “Madam Curie, a Superwoman of her Time, and the (Almost) Impossible Quest for Radium”

Phil Carl holds a PhD in biophysics from the University of California Berkeley and was on the faculty at UNC–Chapel Hill. He has taught classes for OLLI at Duke on drug development, molecular biology, the Nobel Prizes, and life in the universe.

Brand Fortner is a teaching professor of physics at NC State University, an adjunct professor of physics at UNC–Chapel Hill, and a cofounder of several computer software companies. He previously held positions at Johns Hopkins Applied Physics Lab, NASA, and the National Center for Supercomputing Applications.

Brinnae Bent is a PhD Candidate in the Duke University Biomedical Engineering Department, where she works in the BIG IDEAS Lab. Her background in wearable-device technologies will drive the topics behind her lecture on Silicon. When not doing data analysis, building mobile apps, or developing machine-learning algorithms, she can be found ultrarunning, backpacking, or crocheting.

Joseph McCarthy holds an MD and is board certified in radiology and nuclear medicine. He served on medical school faculties and was in private practice for 25 years.

Ralph Nelson is a Fellow of the Amer. Inst. of Chemical Engineers, has worked with the Oak Ridge and Savannah River National Labs, and retired from DuPont as a senior research associate. He recommends reading *The Periodic Table*, by Primo Levy.

Morgan Waugh retired from IBM after 28 years in military and commercial project management. He later operated a consultancy specializing in recovery of troubled software projects. His early interest in rare-earth technology started with project management of research and development of Gallium Arsenide devices for military applications.

James Junker received a PhD in pathology from Duke University, followed by research fellowships at the University of Pennsylvania and the National Cancer Institute. The focus of his career was teaching cell biology and physiology to pharmacy students at Campbell University and the University of Maryland Eastern Shore.

Alan Boudreau studies igneous processes. One of his specialties is the geology of the platinum-group element (PGE) deposits. He received his BA from Berkeley, and received his MS and PhD from the Universities of Oregon and Washington, respectively. He has been at Duke since 1989, currently residing in the Nicholas School of the Environment.

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

Terri Toohil has an MA in the teaching of mathematics, an MS in library science, and a PhD in information management. She taught mathematics and library science and after, worked for a medical device company in Europe doing research, writing papers for medical journals, and drafting regulatory papers for EU acceptance.

- 9 Wed, Sep 11–Nov 20, 9:00–10:30am (no class Oct 9)
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$100; Course ID: 2952

21st-Century Cosmos

Exploding Universes, Gravity Waves, Colliding Neutron Stars, and Black Hole Pictures

Discoveries just in the last 20 years have radically changed our concept of the universe: how it began, how it evolved, how that evolution made our existence possible, and how it will end. This course will explore the major 21st-century astrophysical discoveries, including dark matter, dark energy, gravitational waves, colliding neutron stars and black holes, the death of the universe, and, most recently, images of black holes. We will also discuss what the future holds for the

rest of the century in terms of cosmic discoveries, as revolutionary new observatories and space probes come online. Join us in our journey of discovery! • Lecture, plus questions.

Brand Fortner is a teaching professor in physics at NC State University and adjunct professor of physics at UNC–Chapel Hill. His PhD in theoretical high energy astrophysics is from the University of Illinois at Urbana-Champaign. A founder of two software companies, he previously held positions at NASA, the National Center for Supercomputing Applications, and Johns Hopkins University.

- 9 Wed, Sep 11–Nov 20, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 30; Fee: \$100; Course ID: 2953

Science Books: Some OLLI Members' Favorites

Six book club members will present on a variety of scientific/medical topics, based on books read in the Science Book Club. Students are not expected to read all six books; however, the discussion will be more meaningful if they have, at least, read some of them. The presenters/book titles/topics follow.

Phil Carl presents *Rigor Mortis*, by Richard Harris—“How sloppy science creates worthless cures, crushes hope, and wastes billions.”

David Sokal presents *How to Change Your Mind*, by Michael Pollan—“A renaissance in research on psychedelics for the treatment of PTSD, depression, and addiction; FDA approvals likely.”

Jeff Tuson presents *The Story of Earth*, by Robert Hazen—“The first 4.5 billion years in the evolution of our planet, from stardust to the present.”

Bruce Wieland presents *Thinking, Fast and Slow*, by Daniel Kahneman—“Our two modes of thinking: one is instinctive and emotional, the other is more deliberative and logical.”

Dan Oldman and Doug Lyda present *Darwin's Backyard*, by James T. Costa—“Darwin's lifelong search for the origin of species.”

Mike Rychener presents *The Tell-Tale Brain*, by V. S. Ramachandra—“A neuroscientist with decades of experience treating brain traumas looks at what makes us human.”

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

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

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

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

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

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

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

- 6 Thu, Sep 12–Oct 17, 9:00–10:30am
- The Bishop's House, Duke University, Durham
- Maximum: 15; Fee: \$70; Course ID: 2584

The Science Behind Cooking

Knowingly or not, every cook is a physicist, a chemist, a microbiologist, and an anatomist, while all of us are “food processors.” Course participants will learn how basic science can improve their cooking and eating. Interactive lectures, demonstrations, ingredient analyses, and hands-on activities will provide an approach to answer-

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ing questions such as, What's cooking? What exactly is food? How can understanding osmosis bring back sweet juicy peaches? Are there chemicals in my food? How do we taste and smell? What does heat do? How does your oven work? Why is your refrigerator like your oven? How do knives work? How should you cut an onion? What are some knife skills, including sharpening, and knife recommendations? What digital tools should you use? Why is there both baking powder and baking soda? Why are fried foods so delicious? Why is water the great destroyer? How do you keep veggies from spoiling? What should we eat? • Lecture, plus questions; Facilitated discussion; Active participation.

Required supplies: For a list of what to bring to class, see course details at www.learnmore.duke.edu/olli. The instructor will provide demo materials and vegetables.

Alan Magid retired from biophysics research and medical teaching in 2007. His work uncovered why overcooked meat turns to rubber. His cooking began in sixth grade in his school cafeteria and continues at home for his family and friends. This OLLI at Duke course expands on the version taught in Fall 2018. Visit his cooking blog at DrDaddyCooks.Com.

- 8 Wed, Sep 11–Nov 6, 3:15–4:45pm
- The Bishop's House, Duke University, Durham
- Maximum: 12; Fee: \$90; Course ID: 2954

Social Science & Culture

Work & Retire?

Once upon a time, "retirement" meant dropping out of the workforce entirely to pursue leisure or rest. But in the last 100 years, we have been granted an unprecedented gift—a 30-year increase in life expectancy. Work and retirement no longer need to be mutually exclusive. Indeed, recent surveys show that 80 to 90 percent of retirees will work during retirement. And, even when working out of necessity, their work will offer new and meaningful ways to use their hard-earned wisdom and experience. Using *A Long Bright Future* by Laura Carstensen, we will brainstorm how to retire in ways suited to supersized life expectancy. We will each develop possible alternatives to full-stop retirement and grapple with internal and external barriers to these alternatives. Expect challenges to long-held beliefs about aging and spirited discussions with each other about new ways to combine work and leisure.

- Lecture, plus questions; Facilitated discussion.

Recommended text:

- Laura Carstensen, *A Long Bright Future* (9781610390576), \$17

For 35 years, **Katherine Fulkerson** has been a practicing psychologist. She founded *Encore Career Coaching* to provide guidance to those considering alternatives to retirement. She has taught communication, relationship, and life management skills to a wide variety of people, including executives and medical students. She has struggled personally with questions about retirement.

- 1 Sat, Sep 14, 9:30–12:30pm
- The Bishop's House, Duke University, Durham
- Maximum: 20; Fee: \$40; Course ID: 2941

New Lens: New Ways of Looking at the Third Age

New Lens is a magazine-format class that presents challenging new ways of looking at important topics, similar to the approaches of Malcolm Gladwell, Freakonomics, and so on. In this array

of five classes, expert instructors will present lectures, then moderate discussions on the major issues facing persons in the third age. • Lecture, plus questions; Facilitated discussion.

Corine Schillini: “Transitions to Retirement and the Third Age: Six Questions That Can Help Lead to a Fulfilling Third Age”

Lisa Gabriel: “Understanding the Health and Wealth Connection: Healthcare Is the New ‘Wealthcare’”

Janice Tyler: “The Advantages of Living in an Age-Friendly Community: Orange County Initiatives”

John DiMicelli: “Intentional Aging in Place: New Options for Senior Living and Eldercare”

Dick Chady: “Champions of the Third Age: Jane Pauley and Others Reimagine the Third Age”

*Before retiring, **Corine Schillini** was involved in an organization called Discovering What’s Next: Revitalizing Retirement. Once here, she developed an OLLI at Duke course, “Now What: A Road Map into Retirement,” and leads a drop-in monthly discussion group focused on transitions.*

***Lisa Gabriel** has an extensive career as an institutional investment manager, including at Duke University, and in private wealth management. She teaches “Tax-Smart Retirement Strategies” at OLLI. In addition to being active with financial and women’s groups, she chairs the Legacy Committee on the OLLI Board of Advisors to develop a gift/planned giving effort as OLLI grows.*

***Janice Tyler** has worked for the Orange County Department on Aging for 32 years and was named director in 2011. She has held leadership posts with the Coalition on Aging; the NC Association on Aging; the NC Senior Center Alliance; the Southern Gerontological Society; the American Society on Aging; the National Council on Aging; and the National Institute of Senior Centers.*

***John DiMicelli** is a retired public sector administrator, consultant, and teacher. He has been a contributor to, and instructor with, two other OLLI senior/elder courses: “Stay Put or Move On” and “Retirement Communities.”*

***Dick Chady**, a former journalist and communications manager with NYS agencies and a large health care system, created and organizes the New Lens magazine-format class to present a variety of challenging topics. He recently served in an at-large position on the OLLI Board of Advisors.*

- 5 Tue, Sep 10–Oct 8, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$60; Course ID: 1977

Portugal: The Garden of Europe Planted by the Sea!

Come discover Portugal and its glory, from the discoveries of the brave 15th-century navigators, to the soul-touching fado music and mouthwatering culinary delicacies, to the innovative changes of today. Students will engage with the course content by reading, listening, and seeing videos, at their leisure, on the different topics presented each week or by simply engaging in class participation. • Lecture, plus questions; Facilitated discussion; Listening to music or other audio; Viewing videos.

*A native of Lisbon, Portugal, **Anabela Mendes** has made her home in North Carolina for the past 24 years. She is a French teacher and takes pleasure in playing the flute and the piano. She enjoys traveling, gardening, and engaging with people. She has earned an MA from Appalachian State University in Romance languages, French, and Spanish.*

- 10 Mon, Sep 9–Nov 18, 9:00–10:30am
- The Bishop’s House, Duke University, Durham
- Maximum: 20; Fee: \$100; Course ID: 2681

Contemporary Latin American Film: New Selections

In five of the last six years, the winners of the Academy Award for Best Director have hailed from Mexico. Known affectionately as the *tres amigos*, Alfonso Cuarón (2013, 2018), Alejandro González Iñárritu (2014, 2015, and 2006), and Guillermo del Toro (2017) form part of the van-

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guard of *la nueva onda* (the new wave) of Latin American cinema. Since the 1990s, when the new wave began, the technical and artistic merits, as well as the expanded production of Latin American films, have brought global recognition. Other outstanding Latin American directors, with multiple critically acclaimed films, include Chile's Pablo Larraín, Argentina's Pablo Trapero, and Brazil's Fernando Coimbra. We will screen six outstanding and recently released films and discuss their social context and production conditions, their place in the context of *la nueva onda*, and the critical national and transnational issues they illuminate. • Lecture, plus questions; Facilitated discussion; Viewing videos.

A specialist on Latin America, Kathleen Morrison holds a PhD in comparative education and taught for over 25 years at the University of California Los Angeles and Stanford University, where she earned the university's top teaching prize. This is her sixth course in a series on contemporary cinema in Latin America.

- 6 Mon, Sep 23–Nov 4, 1:30–4:30pm
- The Bishop's House, Duke University, Durham
- Maximum: 20; Fee: \$75; Course ID: 2947

Sci-Fi Goes to the Movies

The science-fiction film genre dates back to silent movies of the early 20th century, including films based on classic literary works by Jules Verne and H. G. Wells. By the 1950s, movie screens were filled with alien invasions, atomic disasters, time and space travel, paranormal activity, and future societies both utopian and dystopian. This course will highlight some of the most innovative (*Metropolis*; *The Day the Earth Stood Still*; *2001: A Space Odyssey*) and popular (*Star Wars*; *Avatar*) sci-fi movies of all time. We'll examine how these films reflect the fears of their time—from Cold War anxiety to futurist technology and global pandemic. We'll also see how sci-fi films express humanity's noblest dreams, including intergalactic exploration and universal peace.

- Lecture, plus questions; Facilitated discussion; Listening to music or other audio; Viewing videos.

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

- 8 Tue, Sep 10–Nov 5, 11:00am–12:30pm
- The Bishop's House, Duke University, Durham
- Maximum: 15; Fee: \$90; Course ID: 2682

Gandhi & Nonviolent Resistance

In this 150th year since his birth (1869), let's investigate how Mohandas Karamchand Gandhi became Gandhi, the Mahatma (great spirit), and practiced nonviolent resistance (*satyagraha*). Was it through a single experience of revelation or epiphany, as, for example, the movie *Gandhi* asserts? Or was it an inevitable outcome of his Hinduism and Indian culture in combination with his personal charisma, as W. E. B. Du Bois believed? Gandhi would have rejected both these explanations. He understood his life as a series of “experiments with truth,” the phrase he used to title his autobiography. Come learn about Gandhi's experiments—intentional and unintentional, successes and failures—with British vegetarians, poisonous snakes, Theosophists, rabid dogs, suffragettes, military recruitment, and chastity, and what he learned from them.

- Lecture, plus questions; Facilitated discussion; Viewing videos.

Required texts, by M. K. Gandhi:

- *Autobiography: My Experiments with Truth* (9780486245935), \$15
- *Satyagraha in South Africa* (9788172290412), \$10

Dick Fox (PhD, University of Michigan, 1965), now retired, taught anthropology at Duke University and later ran the Wenner-Gren Foundation in New York. His extensive fieldwork in northern India began in

1962 and produced studies of rural society after Independence (From Zamindar to Ballot Box), *Sikh identity* (Lions of the Punjab), and *Mahatma Gandhi and the invention of nonviolent resistance* (Gandhian Utopia).

- 6 Tue, Sep 10–Oct 29, 9:00–10:30am
(no class Sep 30)
- Judea Reform Congregation, Durham
- Maximum: 12; Fee: \$70; Course ID: 2940

Wealth, Poverty & Well-Being Inequality within Countries, across Countries, and across Time

Prosperity and misery: How did we get here? This course will offer a broad exploration of wealth, poverty, and well-being—in the US, in other nations, across countries, and across history. Why are some people—and some countries—spectacularly rich, while others are destitute? What was the Industrial Revolution and how did it arise and spread? Why has economic development occurred readily in some places but not others? What is the relationship between health, well-being, and national wealth? What about inequality and poverty—what is their social and political impact and how can these problems be addressed? Do children still grow up to live better lives than their parents? Are we living in a time of unprecedented abundance? These are key questions that will be addressed through lectures, questions, and some facilitated discussion.

- Lecture, plus questions; Facilitated discussion.

Alan Vaux is a retired university professor, researcher, and administrator. His academic background was in community psychology (the well-being of human populations) and social ecology (the contexts that shape people's lives). He has taught OLLI at Duke courses on economic history, cities, technology, human progress, the decline of violence, and various topics in *New Lens*.

- 10 Mon, Sep 9–Nov 18, 1:30–3:00pm
(no class Sep 30)
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$100; Course ID: 2094

Burning Issues in Journalism

The biggest seismic shift in news since the invention of the printing press occurred between 1999 and 2019. An instantaneous news cycle shared in the palm of a hand on a phone shattered the old paradigm of print journalism. The notion of objectivity is being challenged by audiences that seek a reflection of their own beliefs and values in their news consumption. Social media and late-night entertainers are supplanting traditional stewards of information such as newspapers and network television. Concerns about fairness, fact checking, and investigations of private and public corruption are still needed. On the eve of the 2020 election cycle, with a news industry that has been vilified as the enemy of the people, this course explores the current state of journalism.

- Lecture, plus questions; Facilitated discussion.

Timothy J. McNulty is a former correspondent and editor at the Chicago Tribune. He is also a former instructor at the Medill School of Journalism at Northwestern University.

- 10 Tue, Sep 10–Nov 19, 9:00–10:30am
- The Bishop's House, Duke University, Durham
- Maximum: 15; Fee: \$100; Course ID: 2942

Tourism & World's Special Places

Tourists from all over the world seem to be crowding into the "Thousand Places to Visit Before You Die." These include many of the planet's special (and sometimes remote) places, such as Antarctica, Galapagos, the Amazon, Stonehenge, even our US national parks. Some of the questions we will consider are: Is tourism ruining them, both biologically and socially—or is it providing needed political and financial support? Is there a role for visitor quotas, lotteries, fees, or other strategies to limit use? What is the relation of tourism to the local people, often very poor, who live in and around them? Are there alternatives?

- Lecture, plus questions.

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Robert Healy is professor emeritus at the Nicholas School of the Environment at Duke University. He has published extensively on tourism, protected areas, and regional economic development, especially in North America and Latin America.

- 5 Wed, Oct 30–Dec 4, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 20; Fee: \$60; Course ID: 2943

Generational Differences

“They just don’t get it “ is a sentiment often echoed by younger generations when describing their parents or older relatives. Conversely, older generations are apt to say this younger generation is too impatient and too technology driven, and they don’t know how to communicate effectively. Generation gaps have existed forever and are not about to change soon. However, through a better understanding of how significant events, people, technologies, peer groups, music, etc. helped shape each generation during their formative years, we can better appreciate their values, attitudes, work ethic, career aspirations, and, most importantly, how they view other generations. Thus the focus of this course is to help narrow generational gaps through a highly interactive, thought-provoking, and often humorous look at the five living generations: veterans, baby boomers, Gen Xers, millennials, and, yes, even the newest generation—Gen Zers (under 22 years old). • Lecture, plus questions; Facilitated discussion; Active participation; Viewing videos.

Dan Nagy retired as associate dean from Duke University’s Fuqua School of Business. During his 50-year career, he has researched the generations (baby boomers, millennials, etc.) in society and how their unique differences can often lead to vast misunderstandings and, sometimes, conflicts. He has consulted and taught at numerous universities and for dozens of employers around the globe.

- 4 Tue, Sep 10–Oct 8, 11:00am–12:30pm
- The Bishop’s House, Duke University, Durham
- Maximum: 20; Fee: \$40; Course ID: 2768

DNA 1: Should I Have a DNA Test?

How do you decide if you want to do DNA testing and, if so, which DNA test to use? Whether you want to find out about your ancestry or ethnicity, find relatives you may/may not know about, or learn whether you are at risk for a disease or a health problem—you are told your DNA will reveal all! This course will present an introduction to DNA testing in general. It will discuss the risks of DNA testing as well as the rewards. It will discuss the pros and cons of the different companies offering DNA testing for genealogy as well as for health or disease. It will also include a discussion of the ethical and privacy issues of DNA testing. Note that the course is designed to help people decide whether they wish to have a DNA test or not, regardless of the reason. • Lecture, plus questions; Facilitated discussion.

Please note: “DNA 2” and “DNA 3” are planned for the Winter 2020 and Spring 2020 terms.

Elizabeth (Beth) Balkite is a retired genetic counselor with over 30 years’ experience educating consumers and professionals about genetics and disease. For the past 4 years, she has studied genetic genealogy—applying DNA to one’s family tree. She has been an OLLI at Duke instructor for the past 3 years and has also taught at the Genealogical Research Institute of Pittsburgh (GRIP).

- 3 Wed, Oct 16–Nov 6, 1:30–3:00pm
- Judea Reform Congregation, Durham
- Maximum: 25; Fee: \$35; Course ID: 2945

See also . . .

Hand Embroidery: A Partial History of Techniques, Artistry, and Culture
(page 16)

Cutting the Cable Cord (page 24)

Symposia: Scientific Excursions and Diversions (page 65)

The Female American Baby Boomer: The Journey in Mass Media and Poetry

Baby boomers came on the scene into a culture reeling from the impact of World War II. This course focuses on the complex mosaic of growing up female in these times through the study of its mass media and poetry. Shaping and reflecting the attitudes of both women and men, popular culture and art provide insight into our collective pasts and how we have come to be the persons we are today. Beginning with postwar adjustments and moving through the remainder of the twentieth century, we will dive into this literature where television, music, film, and poetry provide a rich reflection of the conflicts and opportunities society wrestled to encompass. Explore the journey we lived from the wisdom of age and specu-

late on its future path. • Facilitated discussion; Active participation; Viewing videos.

Required text:

- Susan J. Douglas, *Where the Girls Are: Growing Up Female with the Mass Media* (9780812925302), \$16

Shayne Goodrum holds bachelor's and master's degrees in English language and literature and a PhD in curriculum and instruction. She spent much of her career teaching high school students English and mass communications arts. A fellow of the National Writing Project, she has taught at Meredith College and NC State University.

- 10 Mon, Sep 9–Nov 18, 9:00–10:30am (no class Sep 30)
- Judea Reform Congregation, Durham
- Maximum: 20; Fee: \$100; Course ID: 2946

Writing

Writing for Young Readers

Do you have a family story you would like to share with the children in your life? Do you want to write a children's book but aren't sure where to start? Not sure if your story is a picture book, a chapter book, a middle-grade book, or a young-adult novel? This course will discuss the differences between the various types of children's books and delve into plot, character, and setting as they relate to young readers. Each participant will have the opportunity to share story ideas and present (at least) two pieces of writing, which we will discuss in a workshop format. This course is open to writers at any level who are interested in writing for a young audience, whether preschoolers, elementary schoolers, middle graders, or young adults. • Lecture, plus questions; Facilitated discussion; Active participation; Writing.

Required supplies: Students need to bring pens and paper to the first class.

Monica Sanchez is an experienced storyteller and a former university professor. For the last 15 years, she has focused on writing for children and received a 2016 Emerging Artists Grant from the Durham Arts Council. She is currently working on a middle-grade fantasy trilogy and a dystopian young-adult duology.

- 9 Tue, Sep 10–Nov 19, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 10; Fee: \$100; Course ID: 2956

Creative Writing: Unlocking Your Strengths

Take this interactive workshop to boost your writing confidence, improve your writing process, create, and experiment, all with no grades—just

Writing

fun! You will write from prompts in any form you want: free writing, short story, lyrics, journal, poem, essay, and more. You will receive lessons in craft that will help you create plots, develop characters, and draft poems. The workshop provides a safe space for all writers where everything is kept in confidence. In addition, all feedback will be positive and supportive. Participants will grow as creative writers as a result of constructively responding to each other's writing. No one is required to share their writing, and written pieces will not be discussed outside the workshop. You will write in a nonhierarchical setting because the workshop leader writes with participants; all participants and the leader are treated as equals. The workshop is appropriate for both experienced and novice writers. • Facilitated discussion; Active participation; Writing.

Required supplies: Students should come to the first class with these supplies in hand: a double-pocket folder, a composition book or journal, and a pen.

***Kay Bosgraaf** has BA, MA, and PhD degrees and has taught creative writing, poetry writing, other writing, and literature courses at the college level. She has published a book of poetry and a chapbook of poems and has another book of poetry forthcoming. She has had two fellowships at the Vermont Studio Center and one at the MacDowell Colony.*

- 8 Tue, Sep 10–Nov 5, 1:00–3:30pm
- The Bishop's House, Duke University, Durham
- Maximum: 12; Fee: \$90; Course ID: 2955

Writing Nonfiction Narratives

Writing Stories Like Those in *Chicken Soup for the Soul* Anthologies

Students will learn how to compose a story that evokes an emotion in the reader. These true narratives are always inspirational, often poignant, and frequently humorous. Mastering the personal essay benefits writers whose goal is publication because many venues remain receptive to this genre. Each session, we will prepare a 300-word

piece or discuss each other's writing in a helpful way. We'll analyze what works and what doesn't. Students will proceed from being oral storytellers to genuine writers. All will be encouraged to submit their stories for publication in *Chicken Soup for the Soul* (CSfTS) or similar publications and will be provided with publication deadlines for CSfTS. • Lecture, plus questions; Facilitated discussion; Active participation; Writing.

Required supplies: Students need to bring their own pen and paper to the first class.

Recommended text:

- Erika Hoffman, *Erika's Take on Writing* (9781718123267), \$10.50

***Erika Hoffman** has been published over 350 times. Chicken Soup for the Soul has purchased her stories 15 times. She has also seen her articles and stories appear in magazines, in e-zines, and on websites. Her mystery, Why Mama, was released by Library Partners Press in 2019. She was a presenter at the Triangle Association of Freelancers' conference, Write Now!, April 27, 2019.*

- 5 sessions, Mon–Fri, Sep 23–27, 5:00–6:30pm
- The Bishop's House, Duke University, Durham
- Maximum: 10; Fee: \$60; Course ID: 2957

Creative Prose: Writing, Editing, and Publishing Workshop/ Creative Prose Workshop

Do you have stories from your life or the history of your family you want to share? Do you use your imagination to create stories? This course will cover all aspects of prose writing, from short stories, novels, and memoirs to personal essays. In addition, the course will include readings and discussions focusing on key aspects of the writing craft, including transforming your raw material, developing your own voice, writing scenes and dialogue, developing characters, establishing a narrative point of view, and structuring longer works. A series of exercises will give you a chance to practice these skills. We will examine the editing process and also look at different

methods of publishing your writing. Class members will have their writing critiqued by the class. The course is open to all levels of writers, from beginners to published writers. The goal is to have fun and share our stories. • Facilitated discussion; Writing; Active participation.

Paul Deblinger is a writer and actor. He has an MA in creative writing from Hollins College and an MFA from Bowling Green State University. He has published stories, essays, poems, and articles in many publications and served as marketing director for Eclipse Press. He founded Window Poetry: Washington DC and was a co-founder of the Mid-American Review.

- 10 Wed, Sep 11–Nov 20, 6:30–8:30pm
- The Bishop's House, Duke University, Durham
- Maximum: 10; Fee: \$100; Course ID: 2697

Growing Poetry: Writing and Revision

This workshop invites practicing poets, old and new, to explore craft and hone their skills. We open the poet's box of craft tools to reveal ways to enhance the poems you bring in to revise. We will read, looking empathically and critically at each poem. With collective insight, we will explore strategies for revision, with an eye for music, voice, trope, diction, and how the poem engages a reader from the first word to the last. Opening the toolbox, an array of craft options will be offered, boosting confidence and encouraging experimentation. There will be supplementary handouts on themes, forms, and elements of the poem, which can be used as inspiration for new work. Poems are shared in an environment of curiosity and respect, with an eye to realizing each poem's unique potential. • Writing; Active participation.

Requirements: You will need a computer and the ability to print out copies of your poems. Please bring your writing materials to each class.

Jane Seitel is an expressive arts therapist, writer, and teacher. She received her MEd from Lesley University and her MFA from Drew University, where

she studied poetry, poetry in translation, and the art of the essay. She founded a poetry press for women over 50 and has published her poems and creative nonfiction in national and international journals.

- 10 Thu, Sep 12–Nov 21, 9:00–10:30am
- Judea Reform Congregation, Durham
- Maximum: 10; Fee: \$100; Course ID: 2959

Risking Words

Risking Words is a women's writing circle focused on process rather than product. Your creative spirit will find validation and freedom from expectation. You will learn Centered Writing Practice, a body-centered process that includes writing to prompts, reading your writing if you wish, and listening and responding to others on the premise that supportive feedback nurtures creativity more effectively than its opposite. Centered Writing Practice is without a predefined product, enabling the writer to dive deep and trust whatever truths emerge. Bring your notebook and the willingness to let go of previous definitions of "writing" and of yourself as a "writer." This is a safe, supportive group for both emerging and accomplished writers. According to one OLLI at Duke participant, "This course is one of the best writing courses I have taken." • Active participation; Writing.

Peggy Millin has offered programs in the written word for women for over 20 years. Through her classes and retreats, women gain confidence and learn to trust their own voice. She is the author of *Women, Writing, and Soul-Making* and *Mary's Way*, and the editor of the anthology *Writing in Circles*.

- 10 Wed, Sep 11–Nov 20, 11:00am–1:00pm (no class Oct 9)
- Judea Reform Congregation, Durham
- Maximum: 10; Fee: \$100; Course ID: 2023

Great Steals: Writing New Poems

It has been said that great poets steal. We will be generating new poems by taking cues from wonderful poems as inspiration. We will explore and

Writing

discuss a selected poem, then stretch our poetry muscles doing some in-class warm-ups and sharing what we have written. At home during the week, you can write or start writing poems inspired by the model poem. The next week, we will share our creations, exploring new ways to hone our poems. One week we may explore the limerick or the deep-image poem, another week work off a line contained in a famous poem. We will explore both form poems and free verse in hopes of generating poems that have delighted you in the process of writing them and made you proud to have created them. Both new and experienced poets are welcome in this course. • Active participation; Facilitated discussion; Writing.

Requirements: You will need a computer and the ability to print out copies of your poems. Please bring your writing materials to each class.

***Jane Seitel** is an expressive arts therapist, writer, and teacher. She received her MEd from Lesley University and her MFA from Drew University, where she studied poetry, poetry in translation, and the art of the essay. She founded a poetry press for women over 50 and has published her poems and creative nonfiction in national and international journals.*

- 10 Thu, Sep 12–Nov 21, 11:00am–12:30pm
- Judea Reform Congregation, Durham
- Maximum: 10; Fee: \$100; Course ID: 2958

Poetry Writing: Lifting Your Voice

“No ideas but in things.”—William Carlos Williams

Poets through the centuries have created their own unique voices. Poetry expresses both simple and complex things through image, metaphor, tone, style, rhythm, sound, and more. The best poets go against the grain—they turn what is common on its head and stand out from the crowd by paying careful attention to word, line, form, image, and the other elements that enrich poetry. The course will encourage poets to expand their voices to become more fearless. Using a workshop-style setting, the class members will

discuss each other’s poetry as well as share examples of the poems they each read and enjoy. The course will examine craft, the poetry rewriting and self-editing process, as well as how to prepare a manuscript and how and where to publish. The course is open to all levels of experience. The goal is to have fun, share ideas, and learn together. • Facilitated discussion; Writing.

***Paul Deblinger** has been teaching writing for decades in Ohio, Minnesota, Prague, and North Carolina. He holds an MA in creative writing from Hollins College and an MFA in creative writing from Bowling Green State University. He has published poems, stories, essays, interviews, and columns in many magazines and newspapers. He founded Window Poetry: Washington DC and was co-founder of the Mid-American Review.*

- 10 Mon, Sep 9–Nov 18, 6:30–8:30pm
- The Bishop’s House, Duke University, Durham
- Maximum: 10; Fee: \$100; Course ID: 2446

Self-Publishing Your Writing

Do you have writing—a fiction or nonfiction book, an essay, poetry, a memoir or family history, recipes, a children’s picture book, a short story—and wonder how to publish your work? This course explores how to independently publish your writing in both digital and paperback formats, for audiences large or small! Examine the critical issues in deciding whether or not independent publishing (self-publishing) is for you. Explore the differences between “traditional” publishing and self-publishing and the reasons to self-publish, or not. Investigate the overall process and options and the ways to approach this publishing path as a hobby or as a part-time or full-time professional activity. Participants will be introduced to the process of publishing their writing on three of the most popular free publishing platforms: Kindle Direct Publishing (Amazon/Kindle), Smashwords (Barnes and Noble/NOOK, iTunes), and Wattpad. The instructor brings direct experience to the course, with over 60,000 digital downloads and sales

of paperback books. • Lecture, plus questions; Facilitated discussion; Active participation.

Requirements: Students must be comfortable with computer basics; using word-processing; surfing the Web; using email and other common functions. They must bring a personal laptop computer to each class. Please see more course details at learnmore.duke.edu/olli.

Rick Johnson is working on the seventh book in

his Wood Cow Chronicles fantasy series, which has had numerous appearances on Amazon's Top 10 and Top 100 lists. He has a PhD from Duke University and recently retired from a career in higher education. He was the founding director of the Isaacson School for Communication, Arts, and Media at Colorado Mountain College.

- 9 Mon, Sep 9–Nov 11, 11:00am–12:30pm
- Westminster Presbyterian Church, Durham
- Maximum: 25; Fee: \$100; Course ID: 2960

Special Offerings

New Horizons Chorus

Men & Women— Lift Up Your Voices and Sing!

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

Requirement: You must be a paid member of OLLI (\$45 annual dues) for the 2019–2020 academic year.

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

Carmen Ward is our piano accompanist.

- 10 Wed, Sep 11–Nov 20, 3:30–5:00pm
- Chorus Room at Durham Academy Middle School Campus, 3116 Academy Rd, Durham. (There is ample parking after 3:15pm, when parents have picked up students from school.)
- Fee: \$100 (covers group instruction and sheet music); Course ID: 0457

New Horizons Bands

Concert Band Where can one expect to play music written by such greats as Gershwin, Sousa, Beethoven, and even the Jersey Boys? Look no further than the New Horizons Concert Band, directed by **Jeff Zentner**, with the assistance of **James Green**. In true band fashion, a variety of interesting and fun music is on the play list for this band comprised of musicians aged 50 and up. All skill levels are welcome, and musicians range in ability from accomplished to beginning. Even if one has never played before, our mentoring system allows for integration into the band in a comfortable and sensitive way. Because of the variety of music, the easy pieces allow the newer players to play with ease, and the harder pieces satisfy the more advanced players. The

Special Offerings

band comprises more than 75 musicians, and all instruments normally found in a concert band are represented.

The New Horizons Band is part of the New Horizons International Music Association which includes over 200 bands in the US and Canada as well as 8 international bands. It is designed to encourage seniors to learn to play an instrument, to welcome back those who may not have played in a long time, and to welcome those who may have played all their lives. Its philosophy is one that is accepting of each player's level of accomplishment in a noncompetitive and enjoyable atmosphere.

Contra Band The Contra Band is for beginners, players who are starting back or players who want to learn another instrument. This is a fine opportunity for beginners to learn basic skills and for experienced players to get back in shape. This band also offers members of the Concert Band an opportunity to get an extra day of rehearsal. The director will be **Collin Williams**.

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

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

Requirements: Members of the swing band and Dixieland band must be members of the New Horizons Concert Band. In some cases where certain instrumentation is required in the swing or Dixie but not in the concert band, the

policy may be waived at the discretion of the director. *Participation in any of the bands requires you to be a paid member (\$45 annual dues) of OLLI for the current year, in addition to band fees.*

Rehearsals & Cost:

Concert Band

- 10 Thu, Sep 12–Nov 21, 3:30–5:30pm
- Fee: \$100; Course ID: 0455

Contra Band

- 10 Tue, Sep 10–Nov 19, 3:30–5:30pm
- Fee: \$100; Course ID: 0454

Swing Band and/or Dixie Dukes

- 10 Wed, Sep 11–Nov 20; Swing Band, 3:30–5:00pm; Dixie Dukes, 5:00–6:30pm
- Fee: \$60 for either or both, in addition to the \$100 Concert Band Fee; Course ID: 0456

All rehearsals are held at Durham Academy Middle School Campus, Band Room #307, 3116 Academy Rd, Durham. There is ample parking after 3:15pm, when parents have picked up students from school.

Jeffery Zentner manages all the New Horizons bands. As such, he not only directs but organizes rehearsals and concerts, selects music, and generally keeps things running smoothly. His musical talent, charisma and organizational skills define this successful band program. Having learned to play the trumpet at age six, Jeff went on to attend college at SUNY Fredonia majoring in music education, and he later attended Ithaca College School of Music for a master's in trumpet performance. He has been teaching band for 43 years and retired this past June from 20 years at Durham Academy Middle School.

James E. Green received his bachelors of music degree (theory/composition) from East Carolina University in May of 1993. Since then, James has worked in the music industry as a music copy editor/in-house editor/production manager and is currently managing editor for Fred Bock Publishing Group. James has been a member of ASCAP (American Society of Composers, Authors, and Publishers) since 1999.

For additional information, contact Jeffery Zentner at 919-218-5015 or Jzent1952@gmail.com.

Activities & Special Interest Groups (SIGs)

Activities and Special Interest Groups are an integral part of the OLLI learning community and provide opportunities to connect outside the classroom. If you have general questions or suggestions for activities, call Kathy Parrish at 919-681-3476. If you want to find out more about any of the listed groups, please contact the designated coordinator for that activity.

Book Group

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

- Sep 9 *The Year of the Runaways*, by S. Sahota
Oct 14 *The Accidental President: Harry Truman and the Four Months that Changed the World*, by A. J. Baime
Nov 11 *Gradle Bird*, by J. C. Sasser
Dec 9 *The Woman Who Smashed Codes*, by Jason Fagone

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 to our Craft Group, which meets year round, every Monday at 3:15pm at the Durham Senior Center. For more information, please 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@alumni.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 (emilyjlees@gmail.com) 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 second Friday of each month (Sep–Apr) at Mi Peru restaurant, 4015 University Dr, Durham (www.miperupci.com). We welcome Spanish



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Tuesday, August 20, 2019

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The Friday Conference Center

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Information hotline: 919.719.6765

Cost

\$15 caregiver

\$50/professional caregiver (CEs)

Includes lunch and all sessions

Activities & Special Interest Groups (SIGS)

speakers from all levels to join in practice of conversational Spanish. Please contact Margaret Riley (mrileync@gmail.com) if you are interested in joining us.

Mac Computer Users Group

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

Mystery Book Club

Whether you HAVE a clue or not, this book club may be for you. We meet once a month to discuss mystery books our members have designated worthy and interesting to share with the group. We have read and discussed books by authors: Ann Cleeve, Arnaldur Indriason, Ruth Rendell and Ausam Zehant, to name a few. We are an adventurer group looking for new and exciting authors. For more information, please contact Madeline "Maddy" Kalstein, madkalstein@gmail.com.

The OLLI Public Policy Special Interest Group

Policy Group is designed for those who have an interest in discussing and pursuing important international, national and local public policy issues. We attend lectures/events at the Sanford School for Public Policy, and meet monthly near Duke Campus. The coordinators are Larry Reed, lgreed3@gmail.com or 919-452-3896, and Jim Hollowood, jhollowood@gmail.com.

Retirement Transition Group

This informal drop-in group is for OLLI members who are going through transitions in retirement and perhaps experiencing some challenges. The group meeting provides an opportunity to adjust our mindset to this new phase of life, raise awareness of shared concerns, offer ideas that have worked, recommend resources and connect with other OLLI members who are going through the same experiences. People can drop in at any

of the meetings. There is no charge. The group meets on the second Friday afternoon of the month—time and location to be announced. To learn more and to be put on a mailing list for meeting reminders, contact Corinne Schillin at cschillin@yahoo.com or 919-537-8450.

Science Book Club

We read and discuss nonfiction science books on topics including biology, evolution, the physical sciences, medicine, the environment, economics, and biographies of famous scientists. The group is open to all regardless of background, and no registration is required. You DO NOT have to be an OLLI member to participate in this book club. The group usually meets the first Thursday of the month, 3:15–4:45pm, at Blacknall Memorial Presbyterian Church, 1902 Perry St, Durham. Coordinator: Dan Oldman, daniel.oldman@gmail.com or 919-544-2686.

Meet & Greet

**Thursday, September 5,
10:00am–12:00pm, The Bishop's House**

New to OLLI at Duke? We invite you to join us for a morning program hosted by our Member Engagement Committee. New OLLI at Duke members will have an opportunity to meet other members and supporters, members of the Board of Advisors, and our Director, Chris McLeod.

Refreshments will be served.

If you are planning to attend, please respond by email to MeetAndGreet@olliatduke.org.

We look forward to seeing you.

OLLIday Luncheon

Sunday, December 8

Save the date! More details to come . . .

Registration FAQs

Despite moving to a Two Day Registration, members can often find registration to be challenging. To make your registration experience easier and less stressful, here are answers to some frequently asked questions.

Where do I go to register online?

Go to URL learnmore.duke.edu and click on "Student Login."

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

You need to create an account first. Go to learnmore.duke.edu and click on "Student Login," then fill in the information requested under "I am a new user."

After clicking "Continue," you will be taken to a page where you can create an account.

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

*We encourage you to do this **before** Registration Day.*

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

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

Now go back to the website, which should have returned you to the Student Login page, and click

"Forgot Password" above the second box. Here you will enter your User Name by typing it in or pasting from your clipboard. The system will send a new Password to the same email account. Copy that and enter it into the Password field on the Student Login page, then enter or copy-and-paste your User Name and click "Continue" to log in. We encourage you to do this before Registration Day so that you are comfortable logging in.

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

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

I tried that and it still doesn't work.

Stop! Do not try it a third time or you will be locked out of the system and have to call either the Registration Office at 919-684-6259 or Kathy Parrish at 919-681-3476 to have someone reset the system. It is better to retrieve your User Name and Password from the system, using the procedure described above, and proceed from there.

How can I tell if I have a paid membership?

Log in using the procedure above. Then click on "My Profile" on the left menu. Next, scroll down to "Membership Information" to see what OLLI Membership you have and when it expires. If you do not see "Membership Information," then you do not have an active OLLI membership. If you do not have an active OLLI membership, you can then purchase a membership in one of three ways: (a) Log in to your account, find "Special Requests" on the left, and click it to purchase an OLLI mem-

Registration FAQs

bership; (b) purchase your membership when you register for classes (if you do not have an active membership, one will be automatically added to your cart); or (c) call 919-684-6259 and let a Registration Team member help you purchase it.

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

Our website offers different ways to search courses:

1. **Search Courses Link:** The most direct way to find your course is to go to learnmore.duke.edu, click on the link "Search Courses" located on the second horizontal menu at the far right, and enter either the four-digit course number or a portion of the name. Click on the link to the course, click on the "Add to Cart" button, and follow steps to checkout.

2. **By Day of the Week or by Category:** Go to learnmore.duke.edu, click on "Osher Lifelong Learning," click the down-triangle labeled "Show" under "Courses," and click on the tab "View by day" or "View by category." Click on the course title to get to the course page, click on "Add to Cart," and follow steps to checkout.

3. **Search Box:** You may also enter the course number or part of the title into the search box that appears on every page at the top right, under the shopping cart symbol. This will search the entire site and may also retrieve results from the PDF version of the course catalog. Click on the appropriate link for the course, click on "Add to Cart," and follow steps to checkout. Please note: Since this is a Google search box refreshed by Google, it may not have the most up-to-date information.

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

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

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

Note that if you begin by adding courses to your cart without logging in to your account, you will be prompted to log in once as part of checkout. If you are more comfortable logging in to the Student Portal first, then selecting your courses, you will be prompted to log in a second time for this reason: In order to protect the personal information stored in your student profile, we require that you log in again as part of the inquiry or registration checkout process. Logging in again also prevents students who share a computer from accidentally enrolling the wrong person.

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

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

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

Yes, you can also call the Registration Office at 919-684-6259 to register by phone starting at 9:00am on both Registration Days—Tuesday, August 6 (for Sat, Sun, Mon, Tues classes), and Wednesday, August 7 (for Wed, Thurs, Fri classes). If your call goes to voicemail because of the high volume of calls received, leave only one message. Your call will be returned as soon as possible.

If you want to submit a paper registration, you can deliver or send it to The Bishop's House no earlier than 9:00am on Monday, August 5, and it will be processed on the appropriate Registration Day in the order received. Please note: No checks will be accepted with the paper form; you will be invoiced after registration. At that time, you can pay one

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

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

Registering online is the best way of maximizing your chances of getting the courses you desire. Registration is a first-come, first-served system. Paper forms and hundreds of phone calls cannot be processed as quickly as instantaneous online registrations. Your best bet to register quickly is to get familiar with the online system by practicing

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

Anything else I should check as I register online?

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

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

Use this form to create your Fall term schedule. Refer to it while registering online or transfer the information from it to the enclosed registration form to bring with you to The Bishop’s House. You can also use the form to track course confirmations or wait-list status.

Course Schedule Worksheet

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

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

www.learnmore.duke.edu

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

DATED MATERIAL — PLEASE EXPEDITE!

Meet&Greet

Thursday, September 5, 10:00am–12:00pm
The Bishop's House

New to OLLI at Duke? We invite you to join us for a morning program hosted by our Member Relations Committee. New OLLI at Duke members will have an opportunity to meet other members and supporters, members of the Board of Advisors, and our Director, Chris McLeod. Refreshments will be served. If you are planning to attend, please respond by email to MeetAndGreet@olliatduke.org.

We look forward to seeing you.