Not all those who wander are lost.

J. R. R. Tolkien
Art & Architecture
Islamic Art..............................................12
Fine Arts in the US..................................17
Destination: Renaissance Venice..............22
Myth in Early Modern Art.........................26

Computers & Photography
Conversations with Authors & More..........5
Beginning Photography Seminar ...............8
Cyber-Security for Non-Techies ...............9
WordPress Website Workshop .................11
Trends in Technology.............................28
Build a Website with Weebly .................31

Economic/Financial/Retirement
Personal Finances in Retirement .............3
Retirement Communities.........................11
Financial Market History .......................16
Using Economics to Explain Life .............31

Hands-On Art
A Week at the Farm: Four One-Day Workshops 4
Watermedia Painting with Collage ............6
Italic Calligraphy ...................................8
Introduction to Letterpress Printing ..........8
Learn to Knit a Summery Shawl ...............10
Chinese Brush Painting .........................13
Find Your Watercolor Style ....................13
Learn to Knit & Felt a Purse ....................27
Encaustic Art Class ................................32

History & Current Affairs
Marshall Court: Great Decisions...............7
Thinking the “Unsinkable” .......................7
Ivan the Terrible .....................................11
Contemporary Issues in Sports ...............14
Progressive Movement .........................16
The World Today (2 secs.) ......................18
Carolina for Northerners .......................19
Warning Intelligence .............................24
Civil Discourse or Civil Discord? ............29
Britain: Tea Time to Sunset ...................32
Jim Hunt, a Study in Progress ................33

Language, Literature & Drama
Lizzy & Emma—Two Austen Heroines ..........5
Conversational Spanish.........................10
Comedy Tonight! ....................................19
Sex & Love in Great Books ....................23
Read & Discuss: Neapolitan Novels 3 & 4 ..24
American Drama Now .........................31

Lifestyles*
Strength & Power for 50+ ......................3
Body Mechanics for Life .......................6
Cooking with David Sovero ....................9
Magic Tricks for Grandparents ...............12
Healthcare Personalized for You ............14
Get Down & Back Up Again ..................17
More Practical Wisdom .......................18

Menopause Myths & Facts .....................22
Exploring California Pinot Noir (2 secs.) ....22
Healthy Aging with Yoga .....................23
Tai Chi: Mindfulness in Motion ..............24
Energy Medicine ....................................26
Vocal Meditation ....................................28
If You Can Walk, You Can Dance ............29

Performing Arts
Journey of the Blues .................................7
History of Censorship in Film .................9
Writing Semi-Scripted Improv ...............10
Improv Basics II ....................................11
Russian Opera .......................................14
New Horizons Chorus .............................23
Art & Secrets of Conducting ..................26
Creating Great Stage Characters ............27
Films of World Cinema .........................27
Mixed Nuts & Nutcrackers .....................28
New Horizons Bands ..............................30

Religion & Philosophy
A New Perspective of Islam ....................25
Soul & the Self .......................................28

Science & Technology
Designing Medical Devices ....................3
Mathematical Puzzles .........................16
The Next Plague .....................................12
Automation vs. Airmanship .................13
Science Symposia .................................15
Dynamic Skies ......................................16
Nobel: Winners & Losers .......................17
Trees of the NC ......................................17
Mountains-to-the-Sea Trail (2 secs.) .......25
Trends in Technology .............................28

Social Science & Culture
Conversations with Authors & More ..........5
Sports Talk ..........................................6
Marshall Court: Great Decisions...............7
Journey of the Blues .................................7
Introduction to Letterpress Printing ..........8
Science Symposia ..................................15
Global Health Is Local Health ...............18

Writing
Write to Happiness ...............................25
Writing Semi-Scripted Improv ...............10
Freelance Writing Crash Course .............13
Risks of Writing: Writing for Women ..........5

Join Us
How to Register ..................................insert
Online Registration Help ......................insert
Registration Form ..................................insert
Registration FAQs ...............................20–21
Social Events & Activities .....................34
Class Schedule & Important Dates ..........36–37
Directions & Maps ...............................38–39

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

Discover the science and engineering behind designing a novel medical device. Through a series of topic lectures and hands-on labs, we will learn about brain waves, fluid dynamics of the heart, and how prosthetics are controlled. The course will be broken up into (1) the body as an electrical system, (2) the body as a mechanical system, and (3) the body as a photo-chemical system. In the final class, we will discuss the future of medical devices and each person will design a novel medical device using the principles learned in the class. No math/science background necessary.

Lecture (plus questions); Facilitated Discussion; Viewing Videos

BRINNAE BENT is a biomedical engineer pursuing a PhD. She has invented an asthma monitor, an EEG sleep device, and a mouthpiece for sleep apnea, and has worked with micelles for image-targeting brain tumors. She is currently developing neural interfaces. She loves teaching and has taught six college engineering classes, and she is excited to share her passion for biomedical engineering with OLLI.


PERSONAL FINANCES IN RETIREMENT: How to Protect and Grow (Not Scramble or Fry) Your Nest Egg

You spent a lifetime building savings. How do you make your money last? Over six sessions, we will provide the keys to financial success in retirement, using a mini case each session to “make it real.” We will start with an overview of investing, then we will focus on how to convert savings into cash for retirement spending. Topics include sustainable spending rates, required minimum distributions, and annuities. We will dive deeper into stocks, bonds, and mutual funds and how to put them together in portfolios that make sense. Finally, we will probe the science of behavioral investing. Each session is a mix of lecture/Q&A and small-group discussion. The goal: to give you the tools to make your savings last through retirement.

Lecture (plus questions); Facilitated Discussion

RICK WAECHTER founded Old Peak Finance, a comprehensive financial planning firm for individuals and families. He has 25 years’ experience, a CFP designation and degrees from Princeton (AB) and Harvard (MBA). This is his seventh year at OLLI.

MOLLY STANIFER, CFP, is an advisor at Old Peak. She has ten years’ experience. She has a bachelor’s from NC State and a master’s in financial planning and taxation. This is her fourth semester at OLLI.

6 Mondays, April 17–May 22, 9:00–10:30am, Judea Reform Education Building. Maximum: 30. Fee: $60. Course ID: 1771.

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

Resistance training is a key component of staying fit as we age, but many of us need the support of a group under the guidance of an expert to get it done. Fight sarcopenia (age-related muscle loss) by challenging your muscles and bones with a variety of equipment such as dumbbells and tubes with handles as well as with body-weight exercises. Stretching will be an integral part of the workout.

Exercise or Dance

Please note: The ability to get down to and up from the floor mats is required.

Required: Students should bring light- or medium-resistance bands with handles. The cost is $10–$15.

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

6 Mondays, April 17–May 22, 9:00–10:30am, Judea Reform Education Building. Maximum: 15. Fee: $60. Course ID: 1607.

ORDERING TEXTBOOKS

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

**A WEEK AT THE DUKE CAMPUS FARM**

Celebrate the spring season with a series of four one-day workshops with Catherine Cross Tsintszos and the staff at the Duke Campus Farm, a one-acre working farm and educational hub dedicated to catalyzing positive change in the food system. Springtime means constant change and activity for the crops and soil. May brings new growth and color to the fields; early-spring greens and root veggies thrive while summer’s best tomatoes, peppers, and more grow their green legs before transplanting time. Early herbs and flowers balance out the veggie rows. Beyond food cultivation, the farm grows colored cotton varieties, indigo, and other crops whose stories comprise a rich and complicated agricultural history. From seedlings and saved seeds to row crops and farm structures, the farm hosts a variety of botanical and structural subjects for an artist’s eye. *Each day is an individual section, requiring separate registration.*

**Hands-On Art**

Please note: Each section has a $20 materials fee, which covers supplies and a $10 donation to the Duke Campus Farm. Please bring exact amount to the class. Refunds are at the discretion of the instructor.

**Monday, May 8**

**Printmaking & the Flower Press**

Prepare to enjoy working with a spring harvest from the farm to use for creating monotypes on paper and printing with plant material on fabric. While working with fresh plant material, learn how to preserve plant material for future botanical projects with your own handmade flower press. Learn about printing with fresh plant material and about pressing and saving to make botanical creations such as cards and mixed-media projects and for printmaking.

**Wednesday, May 10**

**New Ways with Botanical Drawing & Painting**

Break loose with open brush strokes and make marks that will bring pleasure and confidence through the creative process. Be inspired by the in-season flowers and vegetables at the farm as you explore drawing materials, papers, and watercolors and have fun learning how to capture what you see with new eyes. All levels are welcome to create without intensity; just come and have colorful fun in a beautiful outdoor environment.

**Thursday, May 11**

**Introduction to Plant Dyes & Indigo**

What better place to learn about the wonderful world of natural color than at the Duke Campus Farm, where we will explore dye plants and the indigo that is planted at the farm. This introductory class will offer a chance to create a dye swatch book, and each participant will receive a square yard of cotton fabric—you choose what to create. You will also have a chance to learn about the Farm’s Cackalacky Heritage Plot and the expansion of the indigo plantings for a fall harvest green-leaf dye class to be offered during late summer and fall 2017.

**Friday, May 12**

**Spring Salads & Salad Dressings**

Come hungry! With the Staff at the Duke Campus Farm, you will explore spring greens and vegetables for creating tasty and healthy salads and delicious dressings to enhance flavors and embellish. The second half of the class session will be a luncheon tasting, so plan to enjoy a meal at tables set with indigo-dyed linens, spring florals, and an array of delicious and healthy spring salads with ingredients right from the farm.

A 2016 TEDx Speaker, CATHERINE CROSS TSINTSZOS has spent a lifetime in the arts as a practicing artist and educator. She recently completed a five-year project on art and agriculture with exhibits and lectures at Salem College and Cameron Art Museum in North Carolina for which she received three Artist Residencies to work on the project.

Please note: Each day is an individual section, requiring separate registration. When registering online, enter the four-digit Course ID (2295) into the course search. You will then choose the section you would like. Once you have added the section to your basket, you may choose another course as usual, including another section of this course. If registering by paper, write the preferred sections on separate lines.

**Section 1:** Monday, May 8, 9:00–12:00pm; Fee: $20. *Course ID: 2295-001.*

**Section 2:** Wednesday, May 10, 9:00–12:00pm; Fee: $20. *Course ID: 2295-002.*

**Section 3:** Thursday, May 11, 9:00–12:00pm; Fee: $20. *Course ID: 2295-003.*

**Section 4:** Friday, May 12, 9:00–12:00pm; Fee: $20. *Course ID: 2295-004.*

Each section meets at the Duke Campus Farm, 4934 Friends School Rd, Durham, and has a maximum of 20 students.
Special Workshop with Middleschoolers

TURNING CONVERSATIONS WITH AUTHORS INTO APPS

In this week-long course, OLLI students will join gifted middle school students from Durham Public Schools to meet, interview, photograph, and write about local literary figures. After these conversations, the OLLI and the middle school students will develop content for the “Durham Literary Mobile App” (the app currently covers 11 writers: sites.duke.edu/pepsicoedtech/). This course will coincide with the middle school students’ intersession break.

Participants will be divided into five teams and will cover five project areas. Each team will be composed of OLLI and middle school students working together, and each team will get hands-on experience with each project area. Each day will be divided into two parts: from 10:00am to 12:00pm, the OLLI and middle school students will meet with authors at the Regulator Bookshop on Ninth Street. In the afternoon, the middle school students will gather at the Duke Multimedia Project Studio to create the mobile app content, using video, audio, photographs, and text about the author. Though not required, the OLLI students are welcome to join the middle school students in the afternoon. Those attending the afternoon session will walk from the Regulator to East Campus (5–10 minutes) and take the free bus to the Multimedia Project Studio on West Campus; afternoon sessions will end by 5:00pm.

Everyone will be trained in the use of the Zoom Recorder and the video equipment. Participants in the afternoon sessions will use the MyTours platform to create the mobile app. This platform is licensed by Duke and is incredibly easy to use, even for someone with minimal computer skills. All of the audio and video equipment needed for the project will be provided.

Facilitated Discussion; Hands-On Activity

For the last 17 years, DAVID STEIN has been creating programs between Duke University and the eight Duke Partnership Schools. Some previous projects with students include writing and publishing a book, writing and producing a play at Duke on migrations, and making a documentary. David has also taught the OLLI service learning class “Bringing a Book to Life.”

Monday–Friday, April 10–14, 10:00am–12:00pm (please note dates and times), Regulator Bookshop, 720 Ninth St, Durham. Maximum: 8. Fee: $50. Course ID: 2316.

Lizzy & Emma: Jane Austen’s Two Deathless Heroines

Jane Austen’s novels continue to enchant and inspire. We will read two of her most popular works, Pride and Prejudice and Emma, which gave us her two most memorable heroines—Elizabeth Bennet and Emma Woodhouse. We will also see at least parts of many adaptations of these two novels, including a Bollywood movie version of one and a Valley girl movie version of the other. In addition to TV series and movies, there are even Web series of these two books: presented as “vlogs,” they usher Austen fans into the digital world of the 21st century. And finally, we will compare the novels’ places in literary history and discuss what makes these two heroines so special. Feel free to use any editions of the books, whether print or digital.

Lecture (plus questions); Facilitated Discussion; Viewing Videos

Required texts:


LOUISE MASURAT has a BA from the University of Pennsylvania, an MA from Middlebury’s Graduate School of French in France, and she completed doctoral studies (ABD) at Harvard in Romance languages, with a specialty in medieval literatures. She especially enjoys teaching fiction with film tie-ins.

6 Mondays, April 17–May 22, 10:30am–12:00pm (please note times), Galloway Ridge Retirement Center, 3000 Galloway Ridge, Pittsboro. Maximum: 25. Fee: $60. Course ID: 2280.

Write to Happiness

Writing can transform and even save your life, but how? We’ll discuss the latest research on how writing changes the writer, which techniques work, and how to apply this approach to journaling, poetry, and the long-form novel. Learn how to improve your writing and yourself at the same time.

Lecture (plus questions); Writing

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

6 Mondays, April 17–May 22, 11:00am–12:30pm,
**Judea Reform Education Building**. Maximum: 12.
Fee: $60. **Course ID: 2309**.

**SPORTS TALK:**
*A Conversation about the World of Sports*

You are invited to join this lively conversation about sports events. In addition to current news, we will discuss historical moments in sports, the growth of women’s programs, race, economics, the media, and other relevant topics introduced by class members. Students will be encouraged to participate and challenge each other’s points of view in what will be informative and enjoyable sessions. Women are encouraged to join the game. The class leader taught a very well-received class on sports last spring. The conversation was so rich that we want to offer a class entirely in that format. We might be the ESPN of OLLI! ■ Facilitated Discussion

**ELLIOTT VINES** has been a teacher, coach, and administrator in New York City; a director of athletics in two high schools; a district director for health, physical education, and recreation in New York; president of the Nassau County Directors of Athletics; and, in 1982, the director of the New York State Special Olympics.

6 Mondays, April 17–May 22, 11:00am–12:30pm,
Fee: $60. **Course ID: 2315**.

**MATHEMATICAL PUZZLES OF MARTIN GARDNER**

For many years, Martin Gardner wrote a column for *Scientific American* in which he posed and solved puzzles from a diverse range of mathematical fields. In this course, we will explore the world of mathematics by looking at some of Gardner’s puzzles. The puzzles will focus on a variety of topics, such as combinatorics, probability, topology, geometry, logic, and scheduling. A week prior to each class, students will be presented with a set of puzzles, then during the next class session, we will discuss those puzzles, how to solve them, and how one might extend them. ■ Lecture (plus questions); Facilitated Discussion

**Recommended text:**

**FRANK BROWN** received a BS from Duke University, a master’s in mathematics from ECU, and a PhD in organic chemistry from Caltech. He worked almost 20 years at DuPont, first as a research chemist and then as a systems analyst. After almost 10 years at Computer Sciences Corporation as a systems analyst, Frank retired when his job “migrated” to India.

6 Mondays, April 17–May 22, 11:00am–12:30pm,
**Judea Reform Education Building**. Maximum: 25.
Fee: $60. **Course ID: 2289**.

**BODY MECHANICS: Flexibility, Strength, Balance, and Coordination to Extend the Quality of Your Life**

Exercise, a good diet, relaxation, and socialization all help to extend the quality of your life. You already know as well that it’s important to maintain the basic elements of your physical condition as much as possible to prevent injury as you age. Here’s an opportunity either to kickstart or kick up your programs for doing just these things. This course will focus on strength, flexibility, balance, coordination, and prevention of injury. We will also discuss nutritional needs that change with time. If you are healthy enough to walk to the class and to get down on the floor, this is the place for you to start. If you’re already exercising, we’ll work on making it more effective. Modifications of exercises can be made for those who need it. You’ll leave each class feeling good about your progress and meeting the goals that you set. ■ Facilitated Discussion; Exercise or Dance

**Please note:** This is a 60-minute class.

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

6 Mondays, April 17–May 22, 11:00am–12:00pm (please note times), **Judea Reform Education Building**. Maximum: 15. Fee: $60. **Course ID: 1206**.

**Special Workshop at DAC**

**WATERMEDIA PAINTING WITH COLLAGE**

This course will introduce the use of collage to enhance paintings done in various watermedia: watercolor, gouache, and acrylic. It will also strengthen and deepen experienced students’ skills in mixed media artwork. Time will be spent on
technical aspects of making collage paintings, but significant emphasis will be on evaluating how, when, and why to use collage elements in a painting; when it is not called for; and how to evaluate one's own work, especially when working alone.

Please note: The instructor will e-mail a supply list to all students after enrollment, which should average $40–$50 for students new to collage.

BERNICE KOFF enrolled in a watercolor class 25 years ago to enhance her art knowledge as a museum docent in Columbus, Ohio. Art classes, gallery exhibits, and competitive juried shows began to fill up her life, and she pursued them all with energy, determination, and joy. Teaching art to students, from beginning watercolor to sophisticated collage techniques, keeps her energized as an artist.

4 Mondays, May 1–22, 11:00am–1:00pm (please note dates and times), Durham Arts Council, 120 Morris St, Durham. Maximum: 10. Fee: $81.

Special registration required: This course is a collaboration of the Durham Arts Council and OLLI at Duke. If you are an OLLI member, contact Kathy Parrish (919-681-3476) to get the discount code you should use, and then call the Durham Arts Council at 919-560-2787 to register. Registration for this course opens March 1. You cannot register for this workshop through the OLLI registration website or office. Seating is extremely limited.

GREAT DECISIONS OF THE MARSHALL COURT

This course explores the “greatest hits” of the Marshall Court, ranging from the landmark cases of Marbury v. Madison (1803) to Barron v. Baltimore (1833). Each class session will focus carefully on a particular controversy and opinion. Apart from a better understanding of Chief Justice John Marshall and this important period of early-American constitutional history, particular consideration will be given to Marshall’s approach to constitutional interpretation and the role of the Supreme Court in the US today. This course will be of interest to those seeking a fresh appreciation of the Supreme Court, the Constitution, and the ongoing political debates inspired by Marshall’s jurisprudence.

Please note: The primary reading materials are Marshall’s Supreme Court opinions, which are freely available in the public domain. Links and/or PDFs of the opinions may be e-mailed to participants.

CLYDE RAY is a postdoctoral fellow in the Department of Political Science at Duke University. He completed his PhD in political science at UNC-Chapel Hill, on the subject of Chief Justice John Marshall’s political thought.


JOURNEY OF THE BLUES: Black Folk Music as the Soundtrack of the African American Experience

This course considers how the changing forms of African American folk music—from its Western Sudanese precursors; through the work songs, hollers, shouts, and spirituals of slavery and the blues and gospel of Jim Crow; to the protest songs and soul music of the 1960s and beyond—reflect the lives in each era of those who composed, performed, and listened to these essential parts of the American songbook.

Lecture (plus questions); Facilitated Discussion; Exercise or Dance; Listening to Music or Other Audio; Viewing Videos

Recommended text:


TOM NEWCOMB, a stone-handed mandolinist, created and taught “Journey of the Blues” as a humanities course in the School of Music at Heidelberg University in Ohio until his retirement in 2015.


THINKING THE “UNSINKABLE”: The Titanic and Mass Media History

This course is a historical examination of mass communication and the sinking of the Titanic a century ago. You will gain insights into the role of mass media in communicating news, cultural values, and social mores, and will be introduced to mass communication theories that help explain the interrelationship of news organizations and their audiences. We will investigate societal and socio-economic changes that were unfolding in the early 20th century as communicated—and influenced—by mass media of the day, chiefly newspapers.
Among topics to be covered will be how the disaster was described by American and British newspapers; the influence of emerging technology on reporting and on society; and the nascent advertising and public relations industries as they responded with what we now call “crisis communications,” a role that, though refined over the years, remains much the same with each new natural or human-made calamity. — Lecture (plus questions); Facilitated Discussion

Please note: Students are strongly encouraged to purchase and read the compilation of New York Times articles from 1912 on the Titanic and to view films based on the sinking (especially the 1997 Titanic or the 1958 A Night to Remember).

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

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

BEGINNING PHOTOGRAPHY SEMINAR

Have you just started down the road to becoming a digital photographer, or does your journey need a jump start? In either case, this seminar may be what you’re looking for in your aspiration to better photographs using your compact digital (point-and-shoot) or DSLR camera. The seminar will provide participants a forum to share their photographs with others and obtain feedback, tips, and new ideas. Each session will present a different photographic technical or artistic topic followed by group discussion. Spring provides many wonderful photographic opportunities, from landscapes to outdoor portraits. We will take advantage of these opportunities by visiting at least two locations to take photographs together as a group. Come share the path with other digital camera enthusiasts and see where it leads you. — Lecture (plus questions); Facilitated Discussion; Field Trips

JOHN SEHON has been an amateur photographer for 50 years and a teacher at OLLI for 15. He adopted digital technology early on (he bought his first digital camera in 1994) and has just purchased his tenth digital camera.


INTRODUCTION TO LETTERPRESS PRINTING: Metal Type

Learn to set metal blocks of type into lines of text and then print from them on a letterpress (relief) press. Be like Gutenberg! Get your hands inky and print a small edition of 5–10 lines of text or poetry—your own writing or a favorite author’s. Take in hand the latest in 19th-century printing technology and methods: setting type, locking up the form, makeready, and presswork. Experience the excitement of making words become real things, and the
satisfaction of doing so with your own hands. A small materials fee is necessary to provide high-quality paper worthy of your words. ■ Lecture (plus questions); Hands-On Art

Please note: There will be a $25 materials fee to cover the cost of ink and paper. Please bring exact amount to the first class session. Refunds are at the discretion of the instructor.

BRIAN ALLEN has 40 years’ experience working with type and letterforms—calligraphy, typesetting, digital font production, and letterpress. He has done this work from Boston to New York City to Silicon Valley to Boulder, Colorado, and now works in his printing studio in downtown Durham.

6 Mondays, April 17–May 22, 1:30–3:00pm, the artist’s studio in Durham (directions will be provided). Maximum: 10. Fee: $60. Course ID: 2312.

THE ART OF COOKING

Local chef David Sovero believes you can create a gourmet yet good, healthy, and inexpensive meal using ingredients you already have in your pantry. Each week, he will provide a meat (beef, pork, chicken, or seafood); students will provide one vegetable and one fruit. (If you are vegetarian, please let the instructor know by e-mail at daviraymi@yahoo.com). David will show you how to create a meal with your fruits and vegetables and his protein. During each class, David will explain different methods of preparing the meat and the different variations on the meal being prepared. This is a hands-on course, with everyone participating in the preparation, dining, and clean-up. ■ Class Participation Activities

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 Fearrington House Restaurant. He is presently the head chef at Antonia’s Italian Restaurant in Hillsborough.

6 Mondays, April 17–May 22, 5:30–8:00pm (please note the times), Jerry Passmore Senior Center, 103 Meadowlands Dr, Hillsborough. Maximum: 10. Fee: $60. Course ID: 1336.

OLLI AT NIGHT CLASSES

CYBER-SECURITY 101: Practical Tips for Nontechies

How secure is your computer right now? Our guess is that 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 these things work or what the real threats are. It’s not your fault. Where would you have learned about this? While there are tons of resources on “cybersecurity” for people who already understand computers and networking, there are almost none for regular, everyday folks. That’s where this course comes in. The instructor will explain the basics of computers, networking, security, and privacy—in plain English, using simple analogies—and then will show what you can do 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. ■ Lecture (plus questions)

Recommended text:

CAREY PARKER has a master’s in electrical engineering from Purdue University and has been writing telecom software for more than 22 years, for both large and small companies. Carey, the author of the book Firewalls Don’t Stop Dragons, is passionate about computer security and online privacy.

6 Mondays, April 17–May 22, 6:30–8:00pm (please note times), The Bishop’s House. Maximum: 15. Fee: $60. Course ID: 2327.

HISTORY OF CENSORSHIP IN AMERICAN FILM

Travel back in time to the period between 1927 and 1934, the dawn of talking films dominated by women and before the Hays Code (censorship) was enforced in 1934. Learn how censorship laws changed Hollywood and set women back for decades. This course consists of an overview of three rare films made during the pre-code era. In each class, we will view and discuss that week’s film. ■ Lecture (plus questions); Facilitated Discussion; Listening to Music or other audio; Viewing Videos

Registration opens at 9:00am on Thursday, March 30 www.learnmore.duke.edu
LAURA DEBAR is a screenwriter, director, producer, and actress. She studied film at UCLA and worked for production companies in film finance with domestic and international markets. She is a 2016 recipient of the NC Arts Council Fellowship in Screenwriting.

3 Mondays, April 17–May 1, 6:30–8:30pm (please note dates and times), The Bishop’s House. Maximum: 20. Fee: $40. Course ID: 2283.

WRITING & ACTING
SEMI-SCRIPTED IMPROV

Most improv performances start with a suggestion from the audience and the show is made up on the spot. Semi-scripted improv differs from that approach: while there is no script and the dialogue is entirely made up on the spot, the characters and story outlines are created before the show, rehearsed, and then put into final form. In the first session, we will hear pitches for show ideas. In the subsequent classes, we will write, design, and rehearse the scenes in the show. Each class will feature a writers’ table where we will create the characters and story outlines and then spend time working out the scenes in a rehearsal setting. This course is designed for writers and/or improvisers. No improv experience is necessary. There will be an optional intensive improv skills workshop before the class starts for those with no previous or with rusty improv skills. ■ Hands-On Art; Writing

Recommended texts:
 ■ T. J. Jagodowski and David Pasquesi, Improvisation at the Speed of Life: The TJ and Dave Book (ISBN: 978-0977309337), Solo Roma, 2015, $17.60.

PAUL DEBLINGER has an MA in creative writing from Hollins University and an MFA in creative writing from Bowling Green State University. He was a company member at DSI in Carrboro, NC, and produced Passion in Prague, an improv serial in Prague. He has studied improv and acting with Dan Sipp, J Chachula, and Dana Marks. He will be in an improvised performance of Four Novels staged by Little Green Pig in Durham this March.

6 Mondays, April 17–May 22, 6:30–8:30pm (please note times), The Bishop’s House. Maximum: 10. Fee: $60. Course ID: 2310.

CONVERSATIONAL SPANISH

Each week we will listen to Spanish music, read a children’s book in Spanish, eat tapas, and learn a bit more culture, grammar, and vocabulary, staying in the present tense. This is a continuation of the Winter 2017 class, but anyone who has had a year of Spanish is welcome to join us. Depending on how the Winter class went, we will start at about chapter 17 (“Grocery Stores/Weights and Measures”) in the Gene Hammitt textbook. ■ Lecture (plus questions); Facilitated Discussion; Listening to Music or Other Audio

Required text:

CHAR MURPHY has a BA and MA in Spanish literature. She spent her junior year studying at the University of Madrid and living with a Spanish Civil War widow and her daughters. She has taught at the junior high, high school, and university levels. She spent the winter holidays taking part in a National Geographic hiking trip through national parks in Argentina and Chile.

6 Tuesdays, April 25–May 30 (please note dates), 9:00–10:30am, The Bishop’s House (the final class will meet off campus at a place to be determined). Maximum: 15. Fee: $60. Course ID: 1268.

LEARN TO KNIT A SUMMERY SHAWL

Whether you sometimes need a little extra warmth in an air-conditioned theater or just love colorful accessories, summer is the ideal time to wear a colorful, lightweight shawl. Join us and learn to knit a simple multi-color shawl for your next outing. No prior knitting experience required. ■ Hands-On Art

Required materials (approx. cost $30):
 ■ five skeins of Lion Brand 24/7 Cotton (each should be a different, coordinating color)
 ■ size 10 circular knitting needles, 29” or longer
 ■ stitch markers
 ■ tapestry needle
 ■ copy of free shawl pattern available at www.ravelry.com/patterns/library/coffee-shop-wrap

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

Registration opens at 9:00am on Thursday, March 30

www.learnmore.duke.edu
WORDPRESS WEBSITE WORKSHOP: Beyond the Basics

This course covers advanced WordPress topics and is for OLLI students who have taken the OLLI course “Easy WordPress Websites.” Many participants of that course requested a workshop-type course in which they could suggest topics and ask questions in a more open-ended forum: this is it. We will use the WordPress theme Divi. Some students may have used a different theme in the past, but we will review Divi in the initial classes so everyone will be comfortable with it. The class content will then be determined by suggested topics and questions from participants. The instructor will provide a webpage that will outline all suggested topics and questions and indicate what content will be covered each week. ■ Lecture (plus questions); Hands-On Computer Use

Prerequisite course: “Easy WordPress Websites.”

GREG TENHOVER has worked 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 College.

6 Tuesdays, April 18–May 23, 9:00–10:30am, Judea Reform Education Building. Maximum: 12. Fee: $60. Course ID: 2297.

RECOMMENDED TEXT:

IMPROV THEATER: Discover your Creativity—Part II

You’ve already taken an improv class or you have some theater background. Now you want to dive in a little deeper . . . . This long-form improv class is for players who want to strengthen and expand their basic skills plus add something special: characters that rock, compelling relationships, laughter and truth, memorable settings, group mind. Yes . . . and it will help you create all this with a playful attitude and build “something wonderful.” We will explore new ways to unleash group creativity and discovery. This course involves active physical participation, including frequently alternating between standing and sitting, plus physical movement. ■ Class Participation Activity; Exercise or Dance

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6 Tuesdays, April 18–May 23, 9:00–10:30am, Judea Reform Education Building. Maximum: 12. Fee: $60. Course ID: 2297.
trade started during his reign. Ivan IV has been
described as an able diplomat, a patron of arts and
trade, and the founder of the first printing press in
Russia. He is also known for his cruelty and mental
instability. This course will examine the complexity
of Ivan the Terrible and his times. ■ Lecture (plus
questions)

Recommended text:
■ Robert Payne and Nikita Romanoff, Ivan the
Terrible (ISBN: 978-0815412298), Cooper Square

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

6 Tuesdays, April 18–May 23, 11:00am–12:30pm,
Course ID: 2322.

MAGIC TRICKS FOR GRANDPARENTS:
Tricks That Will Impress Grandkids
Ages Six and Up
Two experienced amateur magicians will take turns
Teaching some tricks that are not technically diffi-
cult, and we will teach you how to make some of
the tricks yourself. Based on their experience doing
magic for family and friends of all ages, the instruc-
tors will give you an idea of what to expect with
kids of different ages. Young children often just
express amazement, but as children get older, they
will work hard to figure out how you’ve done it! The
tricks demonstrated and explained include vanish-
ing handkerchiefs, how to magically untie ropes,
mind reading tricks, the classic cups and balls trick,
how to eat a burning candle, and card tricks. You
might also enjoy doing these tricks at adult parties
or dinners with friends. ■ Facilitated Discussion;
Hands-On Art; Viewing Videos

Please note: There will be a $30 materials fee to
cover the cost of magic tricks and related supplies.
Please bring exact amount to the first class session.
Refunds are at the discretion of the instructor.

LEE WERLEY became a Carolina Clown in 1989. He
has attended clown school and numerous Magic con-
ventions. He has performed at schools, churches, retirement
centers, hospitals, scouts, 4H, children’s parties, and so
on. Before retiring, he served as a director of pharmacy,
working with infectious diseases (STD, Tuberculosis,
HIV), MCH, and Durham County jail inmates.

DAVID SOKAL has been doing magic ever since his
father taught him a sleight-of-hand card trick. He did
shows for his children’s birthday parties and has since
performed at numerous gatherings of family and
friends, for the enjoyment of young and old.

6 Tuesdays, April 18–May 23, 11:00am–12:30pm,
Judea Reform Education Building. Maximum: 15.
Fee: $60. Course ID: 1750.

AMID THE SMELL OF ROSES:
Doris Duke’s Islamic Art Collection
Doris Duke surrounded herself with beautiful
Islamic art that engaged all the senses. Her home
in Hawaii—Shangri La—booth serves to instruct
and delight and to provide a platform for creating
appreciation for the art of a part of the world sadly
gaining attention for vastly different reasons. This
course will use Doris Duke’s collection to introduce
the basic principles of Islamic art, in the hope that
appreciation and greater understanding will follow.

Delight? You’ll just have to visit Hawaii, walk in
the gardens of Shangri La, listen to the ocean and
feel the warm breezes, and imagine yourself . . .

■ Lecture (plus questions)

ELLEN (MIF) FLAHARTY worked for 40 years, first
as a social studies teacher then as a securities broker,
before retiring to Hawaii in 2000. Majoring in history
at Connecticut College (BA 1958) and Wesleyan
University (MAT 1960), her interest in art developed
as a docent at the Honolulu Museum of Art and as an
interpretive guide at Shangri La.

2 Tuesdays, April 18 & 25 (please note dates),
11:00am–12:30pm, Judea Reform Education
Building. Maximum: 25. Fee: $20. Course ID:
2306.

THE NEXT PLAGUE:
A History of Infectious Disease
The course will cover a brief history of infectious
disease and its impact on Western civilization,
particularly in the past five hundred years. We will
discuss the scientific contributions of some signifi-
cant figures, like Pasteur, Jenner, and Fleming, who
made major advances in the treatment of disease.
A second focus will be on diseases that affect us
today, including flu, AIDS, and hepatitis, and we
will also cover a small amount of layman’s science
related to these disease areas. We will conclude
with a look at some emerging diseases that may
become the next plague, and what, if anything,
we might be able to do to protect ourselves in the
future. ■ Lecture (plus questions)
BRUCE CURRAN started his career as an Air Force pilot. After leaving the Air Force, he completed graduate programs in business and communications at UNC. He then joined Burroughs Wellcome and, subsequently, Glaxo Wellcome, where he was responsible for global medical communications in HIV/AIDS, malaria, and hepatitis B. He has had an avid interest in the history and science of infectious diseases since college.

6 Tuesdays, April 18–May 23, 11:00am–12:30pm,

CHINESE BRUSH PAINTING: Landscapes

Landscape is one of the three major categories of brush painting in Chinese art. In this course, you will learn how to paint various landscapes elements, including mountains, rivers, trees, and figures. You will complete a beautiful painting in every class, while practicing basic brush painting techniques. This course is suitable for both experienced and beginning students.  ■ Hands-On Art

Required supplies:
- a pad of newsprint and a roll of rice paper
- a small bottle of black ink
- a set of water colors
- a small dish to hold the ink and a plastic container to hold water
- a medium-size and a small-size brush
- paper towels

Please note: The instructor has good brushes and rice paper from China for purchase, if you choose.

JINXIU ZHAO (ALICE) is a professional brush painting artist who specializes in the teaching of Chinese brush painting and calligraphy to both children and adults. She has taught calligraphy and brush painting in North Carolina for 20 years to all levels of the public schools, to teacher training programs, and in private classes.

6 Tuesdays, April 18–May 23, 1:00–3:00pm (please note times), Judea Reform Education Building  Maximum: 12. Fee: $60. Course ID: 2311.

I CAN GET PAID FOR THAT?
A Crash Course in Freelance Writing

This course will help aspiring freelancers learn how to get paid a reasonable wage for their work. We will go over how to choose your “niche” or areas of expertise; how to identify outlets that are looking for writers within your sphere; and how to make contact with editors who are looking for work. Most important, we’ll discuss how to get a “fair” wage for your work as a writer and avoid the penny-per-word content trap. At the end of the course, you will leave with several pitches as well as ideas on where to send them. Ideally, you will leave with your first published piece in hand!  ■ Lecture (plus questions); Writing

LYNN BROWN is a freelance writer with a passion for culture, travel, and history. Her work has been published in Conde Nast Traveler, Ebony, and the JSTOR Daily blog, among others. She received her MFA in fiction from San Francisco State University and is currently working on a speculative fiction novel based on New Orleans culture and mythology.

6 Tuesdays, April 18–May 23, 1:00–3:00pm (please note times), Judea Reform Education Building  Maximum: 15. Fee: $60. Course ID: 0440.

AUTOMATION vs. AIRMANSHIP

No equations, no math, no homework, no deep science—just common sense. There’s no technical background required or needed, only an interest in aviation safety and in why, on very rare occasions, bad things happen. We’ll take several specific events, some well known, some obscure; review what happened in each case; and then discuss why it
happened. As a group, we'll identify contributing causes and then, if possible, try to understand and articulate the root cause of each event. We'll also consider what has been done to prevent similar occurrences. Presentation will include PowerPoint and videos, and discussion will be encouraged. ■ Lecture (plus questions); Facilitated Discussion; Viewing Videos

JOHN DENDY was formerly the president/CEO of Aerospatiale Helicopters; the vice president of light helicopter programs at McDonnell Douglas Helicopters; a manager of design for AH-64 (Apache) at Hughes Helicopters Inc.; and a flight controls systems engineer at Sperry Flight Systems. He holds patents in flight control systems design (fault detection/self-healing, handling qualities, etc.).

6 Tuesdays, April 18–May 23, 1:30–3:00pm, The Bishop's House. Maximum: 25. Fee: $60. Course ID: 1755.

CONTEMPORARY ISSUES IN SPORTS

This course will explore the current issues confronting sports. Topics of note in 2016 included the pricing of tickets, concessions, and parking; the financing of stadiums; the involvement in social issues; the impact of decisions on players lives, such as domestic violence; chronic traumatic encephalopathy or concussions; the inferences made in some team names, such as the Redskins and the Indians; declining TV viewership; the NCAA enforcement policies; the value of integrity and honesty in sports and in the athletes; the corruption in governing bodies, such as recent FIFA (International Federation of Association Football) scandals; the considerations in the awarding of major events; public support and the cost of producing events; the obligation of athletes to maintain a moral standard; the soaring costs of coaching contracts, and more. While many of these long-standing issues will again be discussed, we will also examine today's emerging issues in sports. ■ Lecture (plus questions); Facilitated Discussion; Listening to Music or Other Audio

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

6 Tuesdays, April 18–May 23, 1:30–3:00pm, The Bishop's House. Maximum: 15. Fee: $60. Course ID: 2300.

HEALTHCARE PERSONALIZED FOR YOU: Understanding Genomics and Precision Medicine

Precision medicine is healthcare tailored to individuals based on their family health history and genes (DNA), their environments, and their lifestyles. This course will help you understand (1) the contribution of your genes to health and disease, (2) information about what genetic/genomic testing is currently available and appropriate for you and your family members, and (3) how to learn what medicines are best for different individuals. You will gain insights into health, wellness, and treatments based on available genetic technologies and tests. You will also be taught how to draw a three-generation family health history and how to analyze it for risks and disease. This course may be informative for learners who have had genetic/genomic testing or ancestry testing; however, neither is a prerequisite. ■ Lecture (plus questions); Facilitated Discussion

Recommended text:

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

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

6 Tuesdays, April 18–May 23, 1:30–3:00pm, Judea Reform Education Building. Maximum: 15. Fee: $60. Course ID: 2300.

HIGHLIGHTS OF RUSSIAN OPERA

Enjoy the music, pageantry, and politics of Russian opera through a sampling of 18th- through 20th-century operas and recitals by famous opera singers. We'll focus on Glinka's A Life for the Tsar, Mussorgsky's Boris Godunov, Tchaikovsky's Pique Dame, Rimsky-Korsakov's The Legend of the Invisible City of Kitezh, and Prokofiev's War and Peace. Our special
guest will be David Shengold, opera critic, educator, and specialist on Russian opera. ■ Lecture (plus questions); Listening to Music or Other Audio

Please note: There will be a $35 fee to cover the cost of the special guest. Please bring exact amount to the first class session. Refunds are at the discretion of the instructor. A recommended reading list will be provided after registration.

MARGIE SATINSKY has been an opera devotee since 1976. She has attended more than one hundred performances of the Metropolitan Opera in the US and Europe and has taught opera appreciation classes at OLLI for five terms. She is also on the board of the new Triangle Wagner Society. She owns Satinsky Consulting, LLC, a medical consulting firm, and teaches yoga in Durham.


SYMPOSIA:
Scientific Excursions and Diversions!

“Symposia” is an ongoing invited-speakers series with topics ranging from science to an occasional (but interesting) diversion. It’s a popular course both because of the topics our speakers bring to our attention and because if your own schedule forces you to miss a class, you will not have lost course continuity—each lecture is on a different topic. ■ Lecture (plus questions).

April 18
Like it or not, medical care rationing is a fact of life. One of the major challenges associated with deciding where to place boundary lines between what should or should not be offered in a healthcare system is deciding what to use as a metric or marker to distinguish one from the other. In this talk, PHILIP M. ROSOFF, MD, will discuss how this could be accomplished in an ethically justifiable manner that potentially solves what he has called the “cutoff problem.” Rosoff is a professor of pediatrics and medicine at Duke Med and chairs the hospital’s Ethics Committee. He has had a long-standing interest in the intersection between clinical ethics and healthcare policy, and this lecture will be drawn from material in his most recent book, Drawing the Line: Healthcare Rationing and the Cutoff Problem.

April 25
The past two decades have witnessed a dramatic increase in global energy consumption. While this need has been largely met by fossil fuels, the rapidly increasing global competition for this limited resource and the expectation that the Earth’s energy needs will double by 2050 and triple by the end of the century has generated growing concern over future availability. Our speaker, Dr. TOM MEYER, the director of the UNC Energy Frontier Research Center and the Arey Distinguished Professor of Chemistry, will be briefing us on solar alternative energies to help alleviate the demands for carbon-based fuels.

May 2
Political science is both science and art—it’s about doing the possible. One of its local practitioners is STEVEN SCHEWEL, a Durham City Council member, and he’ll be offering insights into what it’s like to have a hand in setting policies for a city the size of Durham. Schewel, a Duke graduate, co-founded the Indy, a local newspaper, and after leaving that enterprise, has devoted his attention and skills to local government.

May 9
DAVID SCHANZER, an associate professor at the Sanford School of Public Policy at Duke University, is the director of the Triangle Center on Terrorism and Homeland Security and an adjunct professor of public policy at UNC–Chapel Hill. He teaches courses and conducts research on counterterrorism strategy, counterterrorism law, and homeland security. He is noted for his talks on global terrorism and US national security, and he will tell us about his work.

May 16
Feeding a global population, which now exceeds 7 billion and is forecasted to grow to more than 11 billion by the end of this century, continues to be one of the greatest challenges facing mankind. Of the many industry segments that comprise the vast agricultural production and supply system, the crop nutrient industry is vital to maintaining soil fertility and enhancing crop yields. Nitrogen, phosphate, and potassium are the three primary plant nutrients, essential to crop health and yields. STEVEN MARKEY, a 35-year veteran of that industry, will provide an overview of the role these nutrients play in crop production.

May 23
“Please enter your password.” It’s a request most of us see every day, but if we’re not careful, bad things can happen—and that leads us to today’s speaker. Special Agent JESSICA NYE, who is the FBI’s regional expert in cybercrime, knows people
with our demographics are a rich target for hackers, and she will be telling us about some of the scams we have to be aware of, some of the precautions we should take, and at least some of the times when the right response to “Please enter your password” is to close the window.

TONY WARAKSA, an engineer by training, retired as an executive in a high-tech company. He has been hosting “Symposia” for about ten years and has been a member of the Duke University Medical Center’s Institutional Review Boards for almost as long.

HARRIET SANDER, after having taught several OLLI courses individually, spent years as a Guardian Ad Litem (GAL) for the Durham County Court System before joining Tony about five years ago in hosting “Symposia.” Her pre-retirement experience was as a clinical psychologist and she found those skills contributed to her tasks as a GAL as well as being helpful in arranging the “Symposia” program.

6 Tuesdays, April 18–May 23, 2:00–3:30pm (please note times), The Forest at Duke, 2701 Pickett Rd, Durham. Maximum: 150. Fee: $60. Course ID: 0373.

DYNAMIC SKIES: Explosions, Pulses, Bursts, and Collisions in the Universe

Nineteenth-century astronomers saw a static, ancient sky that changed slowly, over millions of years. Only recently have we discovered how wrong that view was and how dynamic the universe really is: exploding stars, colliding black holes, neutron stars spinning thousands of times every second. No matter where we look, no matter how we look, we find a universe that changes and evolves on all time scales, down to nanoseconds. In this course, we will investigate the latest discoveries in transient astronomy, how these discoveries were obtained, and how future discoveries will be made. ■ Lecture (plus questions); Facilitated Discussion; Viewing Videos

BRAND FORTNER is a teaching professor of physics at NC State and an adjunct professor of physics at UNC–Chapel Hill. He previously held positions at Johns Hopkins, NASA, and the National Center for Supercomputing Applications, and he has written books on color vision and technical data. He holds a PhD in astrophysics from the University of Illinois.


THE PROGRESSIVE MOVEMENT

The Progressive Movement developed during a time when the US was becoming an increasingly urbanized and industrialized nation. At the turn of the century, the country was divided by extremes of want and wealth. On the one hand, abject poverty, overcrowding, lack of adequate housing, and political corruption were rampant in America’s burgeoning urban centers. On the other hand, big business owners (the Rockefellers, the Vanderbilts, etc.) controlled vast stores of wealth. There was an ever-widening gap between the rich and the poor. As a result, many Americans called for a balance among business, consumers, and labor. The Progressives campaigned to strike down big business while promoting honest government, social awareness, and economic regulation—they espoused economic and social justice. We will study the origin of this movement, its development, and its propagation within the presidencies of Theodore Roosevelt, Woodrow Wilson, Franklin D. Roosevelt, and Lyndon B. Johnson . . . and maybe its march into the 21st century. ■ Lecture (plus questions)

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


FINANCIAL MARKET HISTORY & CURRENT FINANCIAL MARKET DEBATES

We again bring you a course on the history of financial markets, including the origins of the first currencies, stock markets, bond markets, and futures. We will discuss bubbles and panics, sovereign defaults, and hyperinflation. Any discussion of historical markets must necessarily relate to today’s financial ups and downs, so we will also look at current debates about financial policy. History repeats itself. ■ Lecture (plus questions); Facilitated Discussion

KEN NELSON holds an MBA from Duke University and started on Wall Street just after the crash of 1987. He has provided economic and investment commentary
on radio and TV for 25 years and has guest-lectured at Duke’s Fuqua School of Business. In Raleigh, he worked with graduate students at Duke, UNC, and NC State, researching financial markets.

BRETT NELSON has served as teaching assistant in his father’s classes.

6 Wednesdays, April 19–May 24, 9:00–10:30am, Judea Reform Education Building. Maximum: 20. Fee: $60. Course ID: 2328.

THE NOBEL PRIZE: Winners, Losers, and the Nature of Science

Nobel Laureates in the sciences are nearly always highly deserving of their honor, but the process of scientific discovery is a tangled path filled with accidents, wrong turns, and a variety of improbable winners and losers—characters more like something out of Alice in Wonderland than a conventional textbook on the history of science. In this course, we will examine the convoluted history of the Nobel Prizes, beginning with the rather strange life of Alfred Nobel and continuing through more than a century of scientific discoveries in physics, chemistry, and physiology/medicine. We’ll discuss the great revolutions in physics, such as relativity and quantum mechanics; examine the transformation of chemistry from a science little removed from its roots in alchemy to a sophisticated exploration of molecular structure; and see how both physics and chemistry contributed to the rise of molecular biology. Come join us as we explore the strange world down the rabbit hole. ■ Lecture (plus questions)

PHIL CARL holds a PhD in biophysics from UC Berkeley and has had a long fascination with the history of science. He has met a fair number of Nobel Laureates and an even larger number of individuals who might well have won—if things had worked out slightly differently. He has previously taught OLLI classes on biotechnology and life in the universe. Come join us as we explore the strange world down the rabbit hole. ■ Lecture (plus questions)

6 Wednesdays, April 19–May 24, 9:00–10:30am, Judea Reform Education Building. Maximum: 30. Fee: $60. Course ID: 1790.

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

In these classes excerpted from the Change Your Age Program, you will refine your ability to move from standing to lying on the ground and then back to standing, efficiently, effortlessly—without falling, playfully and safely, like a child. This movement requires all the skills of a healthy human system: coordination, flexibility, strength, balance, breath, and awareness. Loss of this skill makes us fear falling, so we increasingly limit ourselves as we get older. Practice of this skill a few minutes twice a week will increase your fitness level and sense of self-assuredness as you age. You’ll find that getting in and out of bed, getting up and down from a chair, and bending will become simple and safe. Your back comfort will increase, and you’ll feel and act younger much longer! For both women and men. ■ Exercise or Dance

Please note: You must be able to get down to and lie on the floor. Please bring a thick blanket or sleeping bag to lie on and a big towel to fold for support for your head, if you need it. Wear comfortable clothes for movement, and dress in layers. Please call instructor (919-967-8013) to discuss any concerns you might have about your ability to participate.

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

6 Wednesdays, April 19–May 24, 9:00–10:30am, Judea Reform Education Building. Maximum: 20. Fee: $60. Course ID: 2291.

FINE ARTS IN THE US FROM 1776 TO 1936

This course will look at painting and sculpture created between 1776 and 1936 in the US, beginning with John Singleton Copley, John Trumbull, and Gilbert Stuart, best known for his portraits of George Washington. Next we will focus on the outstanding sculptor William Rush and on artist, inventor, educator, museum founder/director, and scientist Charles Wilson Peale, as well as on his children, who were also successful painters. We will examine various schools and locales, for example, sculptor Hiran Powers, landscape painter Robert S. Duncanson, and genre painter Lilly Martin Spencer, all three under the patronage of Nicholas Longworth. We will also study famous individual works as well that represent well-known movements, such as the “Hudson River School,” including works in local public collections such as the Hudson River landscapes at the Ackland Art Museum, the Nasher Museum of Art, the NCCU Art Museum, and the North Carolina Museum of Art, to encourage firsthand encounters with the visual art. ■ Lecture (plus questions); Facilitated Discussion
NORMAN E. PENDERGRAFT, former art history professor at NC Central University (1966–96) and director of the NCCU Art Museum (1976–96), has lectured, given gallery tours in the US and Europe, and written on art for numerous publications. In retirement, he has lectured on cruise ships and traveled around the world many times, and he enjoys teaching at OLLI.

4 Wednesdays, April 5–26 (please note dates), 11:00am–12:30pm, The Bishop's House. Maximum: 35. Fee: $40. Course ID: 2308.

GLOBAL HEALTH IS LOCAL HEALTH: Lessons from Tanzania and Haiti and from Refugees in the US

“Global health is local health” is a phrase derived from the medical field to indicate that, in this age of globalization, the problems of one population can quickly become the problems of all. The same is true in the area of behavioral health, where we see knowledge, beliefs, and behaviors traversing international borders in new and unexpected ways. In this course, the instructor will discuss behavior change through the lens of three populations with which he is intimately familiar: community health workers in the underdeveloped southeastern region of Haiti, educators in Tanzania, and newly arrived refugees in inner-city Philadelphia. Each of these groups faces unique challenges and brings new perspective to the concepts of health and behavior change as they relate to our lives in the US. They may even offer new solutions that can benefit us all.

- Lecture (plus questions); Facilitated Discussion; Viewing Videos

Recommended text:
- Brandon A. Kohrt and Emily Mendenhall, Global Mental Health: Anthropological Perspectives (ISBN: 978-1611329247), Routledge, 2015, $34.34.

Dr. BRANDON KNETTEL is a licensed psychologist and postdoctoral associate with the Duke Global Health Institute working on improving care for pregnant women with HIV in Tanzania and preventing fetal alcohol syndrome in South Africa. He earned his PhD in counseling psychology from Lehigh University, where he conducted research in Tanzania and Haiti aimed at building health systems and improving access to care.

6 Wednesdays, April 19–May 24, 11:00am–12:30pm, The Bishop’s House. Maximum: 30. Fee: $60. Course ID: 2313.

MORE PRACTICAL WISDOM: How to Navigate This Changing World with Grace

There is so much fear and uncertainty in today’s changing world. How can you use your spiritual connection to move through this world with grace, love, and purpose? Many spiritual traditions speak of a time of change and awakening: living with a foot in both worlds. That time is now. We will discuss how to stay grounded and loving by embracing and using our personal power for the common good. In class, we will use writings from TheTovaryshConnection.wordpress.com and other spiritual books as a jumping-off point for reflective discussion on how to live a more conscious life with awareness and compassion. The instructor will provide simple tools, short exercises, and meditations to fit into our busy lives, as well as short reading assignments and exercises to do during the week that will be discussed in the following class.

- Facilitated Discussion

Recommended text:

A retired Duke University medical researcher, CELINE KOROPCHAK is currently a blueberry farmer and 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.

6 Wednesdays, April 19–May 24, 11:00am–12:30pm, Judea Reform Education Building. Maximum: 12. Fee: $60. Course ID: 2303.

THE WORLD TODAY

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

HENRY BLINDER served as city attorney for the City of Durham for many years prior to retirement. He is past president of the North Carolina Association of Municipal Attorneys and a former deputy attorney general for the State of New Jersey. He has a JD degree from Duke University Law School and has lived in Durham for more than 30 years.

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

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

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

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

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


COMEDY TONIGHT!

In this course, we will read and discuss two plays by the Roman comic dramatist Plautus and compare them with three filmed versions of comedies by Shakespeare (Comedy of Errors, Merry Wives of Windsor) and Ben Jonson (Volpone). All three playwrights delight in skewering boastful soldiers, deceitful husbands, and greedy con men, familiar social types still with us today. The course will combine discussion with optional reading aloud of some scenes. The modern film musical based on Plautus, A Funny Thing Happened on the Way to the Forum, will round out our comparative look at comedy. ▪ Facilitated Discussion; Viewing Videos

Required text:

CYNTHIA DESSEN has offered thirty-nine courses on the classical world since she began teaching at OLLI in 2001.

6 Wednesdays, April 19–May 24, 11:00am–12:30pm, Judea Reform Education Building. Maximum: 25. Fee: $60. Course ID: 0850.

CAROLINA FOR NORTHERNERS: An Introduction to the Old North State

Recent decades have seen thousands of new residents moving into North Carolina, many from northern states, and now this state’s population is among the top ten in the country. Drawn by employment, universities, warmer weather, and the promise of progressive attitudes, these newcomers have themselves altered the nature of the state. However, many still lack a deeper understanding of the history of a state once described as a “Vale of Humility between two Mountains of Conceit” (a.k.a. colonial Virginia and South Carolina). This course takes a look at how North Carolina’s unique geography and history, from the colonial period to the current day, have shaped its society, politics, and culture. ▪ Lecture (plus questions); Facilitated Discussion

GEORGE J. LANKEVICH is professor emeritus of history, City University of New York, and the author of more than twenty books, including histories of the state of New York and New York City.

6 Wednesdays, April 19–May 24, 11:00am–12:30pm, Galloway Ridge Retirement Center, 3000 Galloway Ridge, Pittsboro. Maximum: 40. Fee: $60. Course ID: 2319.

Wednesday courses continue on page 22
Challenged by Registration Day? Want to know how to deal with situations that have come up for many of our members before? Read on! We have lots to share that should make your experience easier and less stressful. Here are the answers to some frequently asked questions.

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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<tr>
<td><strong>Where do I go to register online?</strong></td>
<td>Go to URL learnmore.duke.edu.</td>
</tr>
<tr>
<td><strong>I’m new to OLLI. How do I join?</strong></td>
<td>You need to create an account first. Go to learnmore.duke.edu after March 15, 2017. (By waiting until this date, you can purchase a membership good through June 30, 2018.) Click on “Student Login,” then fill in the information requested under “I am a new user.” After clicking “Continue,” you will be taken to a page where you can create an account. You can then purchase a membership in one of three ways: (a) Log in to your account, find “Special Requests” on the left, and click it to purchase an OLLI membership; (b) purchase your membership when you register for classes (if you do not have an active membership, one will be automatically added to your cart); or (c) call 919-684-6259 any time after March 15 and let a registration team member help you purchase it. <strong>We encourage you to do this before Registration Day.</strong></td>
</tr>
<tr>
<td><strong>I can’t find my User Name or Password. Can I get a new one?</strong></td>
<td>Yes. If you have registered before, you have an account in our registration system. Go to learnmore.duke.edu and click on “Student Login.” On the next page (under the left column labeled “I already have an account”), click “Forgot User Name” above the boxes and enter the e-mail you used when you joined OLLI at Duke. The system will send a User Name to your e-mail. Look in your e-mail to find the User Name and write it down or, better yet, use the copy-and-paste function on your computer. Now go back to the website, which should have returned you to the Student Login page, and click “Forgot Password” above the second box. Here you will enter your User Name by typing it in or pasting from your clipboard. The system will send a new Password to the same e-mail account. Copy that and enter it into the Password field on the Student Login page, then enter or copy-and-paste your User Name and click “Continue” to log in. <strong>We encourage you to do this before Registration Day so that you are comfortable logging in.</strong></td>
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<tr>
<td><strong>I know my User Name and Password but they don’t seem to be working.</strong></td>
<td>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. See if it works with a recopied User Name and Password. <strong>We encourage you to practice logging in before Registration Day.</strong></td>
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<td><strong>I tried that and it still doesn’t work.</strong></td>
<td>Stop! Do not try it a third time or you will be locked out of the system and have to call either the Registration Office at 919-684-6259 or Garry Crites at 919-684-2703 to have someone reset the system. It is better to retrieve your User Name and Password from the system, using the procedure described above, and proceed from there.</td>
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| **How can I tell if I have a paid membership?**                          | Log in using the procedure above. Then click on “My Profile” on the left menu. Next, scroll down to “Membership Information” to see what OLLI Membership you have and when it expires. If you do not see “Membership Information,” then you do not have an active OLLI membership. If you do not have an active OLLI membership, you can then purchase a membership in one of three ways: (a) Log in to your account, find “Special Requests” on the left, and click it to purchase an OLLI membership; (b) purchase your membership when you register for classes (if you do not have an active membership, one will be automatically added to your cart); or (c) call 919-684-6259 any time after March 15 and let a registration team member help you purchase it. **Continued on page 21**
Our website offers different ways to search courses:

1. **Search Courses Link:** The most direct way to find your course is to go to learnmore.duke.edu, click on the link “Search Courses” located on the second horizontal menu at the far right, and enter either the four-digit course number or a portion of the name. Click on the link to the course, click on the “Add to Cart” button, and follow steps to checkout.

2. **By Day of the Week or by Category:** Go to learnmore.duke.edu, click on “Osher Lifelong Learning,” click the down-triangle labelled “Show” under “Courses,” and click on the tab “View by day” or “View by category.” Click on the course title to get to the course page, click on “Add to Cart,” and follow steps to checkout. **Please note:** Since this is a Google search box refreshed by Google, it may not have the most up-to-date information.

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.

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<th>Question</th>
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<tr>
<td>What’s the fastest way to add courses to my Shopping Cart?</td>
<td>Our website offers different ways to search courses:</td>
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<tr>
<td>I tried to register for a course I wanted and it was listed as full.</td>
<td>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.</td>
</tr>
<tr>
<td>What do I do now?</td>
<td>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:</td>
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<tr>
<td>Why do I have to give my User Name and Password again when I go to</td>
<td>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.</td>
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<td>check out?</td>
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<td>I entered my credit card number at checkout but the system seems to</td>
<td>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.</td>
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<td>have locked up. What happened?</td>
<td></td>
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<tr>
<td>I'm not comfortable with online registration. Can I get help?</td>
<td>Yes. Volunteers will be at JRC at 9:00am on Registration Day—Thursday, March 30—to assist members with online registration.</td>
</tr>
<tr>
<td>Can I register by calling the office or by using the paper form in</td>
<td>Yes, you can also call the Registration Office at 919-684-6259 to register by phone starting at 9:00am on Registration Day—Thursday, March 30. If your call goes to voicemail because of the high volume of calls expected, leave only one message; your call will be returned as soon as possible.</td>
</tr>
<tr>
<td>the catalog?</td>
<td>If you want to submit a paper registration, you can bring it to The Bishop’s House no earlier than 8:00am the day before Registration Day, with a check for the amount of your courses. Staff at the Bishop’s House cannot accept credit card payments on paper forms.</td>
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<tr>
<td>Will I have the same priority to get classes if I register using a</td>
<td><strong>Registering online is the best way of maximizing your chances of getting the courses you desire.</strong> Everyone is equal, but registration is a first-come, first-served system. Paper forms and hundreds of phone calls cannot be processed as quickly as instantaneous online registrations. Your best bet to register quickly is to get familiar with the online system by practicing well in advance of Registration Day. You can also either come to JRC or find a friend who is computer savvy to help you.</td>
</tr>
<tr>
<td>paper form?</td>
<td></td>
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<tr>
<td>Anything else I should check as I register online?</td>
<td>Click on “My Enrollment History” on the left side of your profile page before you log out to insure that all the courses you registered for are listed.</td>
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</table>
LIVING HEALTHIER THROUGH THE MENOPAUSAL/ POSTMENOPAUSAL YEARS

Menopause/postmenopause is a major life transition that is seldom talked about openly. The “taboo” topic often leaves older women with apprehension and confusion about what they can anticipate. This interactive, revolutionary course offers gentle, yet powerful, evidence-based natural remedies and strategies not to merely extend your life but to also increase its quality and assist in devising a personalized wellness plan to enhance and optimize your menopausal/postmenopausal years. You will gain insight into energy imbalances, risk factors, and stress triggers that may be underlying causes for some cancers, chronic illness, disabilities, and overall dis-ease as you transition into your “third age.” Restore and maintain energy, strength, vitality, inner peace, and calm as you journey through six weeks of delving into self-healing and self-reflection, improving your physical, mental, emotional, and spiritual life outcomes. L Lecture (plus questions); Facilitated Discussion; Other Multidimensional Experiences

GRACE MCCALL is a leading board-certified, traditional Doctor of Naturopathy (ND), with a BA in sociology and an MS in healthcare management. She is a colon cancer and stroke survivor and focuses on women's health in her practice, Grace Holistic Solutions, in Chapel Hill. She serves as an adjunct health instructor for the Virginia and NC Community College Systems.


AN EXPLORATION OF CALIFORNIA PINOT NOIR

Join us on a journey to discover the regions in California that make the finest Pinot Noir. Each week, we will focus on one region and will try four wines from that region. We will taste the wines of small, forward-thinking producers. This is an ideal course for OLLI members that have a love of the grape Pinot Noir. Please join us! L Lecture (plus questions)

THOMAS N. THORNE has been a professional sommelier for 20 years. He owns Wine Fifty Five, a local wine consulting company focused on education, sales, and sommelier services. He has headed wine programs at the Fearrington House, the Carolina Inn, and the Siena Hotel. He was an owner at Hope Valley Bottle Shop. He is a certified sommelier, accredited through the Court of Master Sommeliers.

Please note: There are two sections of this course open for enrollment. When registering online, enter the four-digit Course ID (2299) into the course search. You will then need to choose between the two sections. If registering by paper, write the preferred section on the line.


DESTINATION: Renaissance Venice, City of Magnificence, Queen of the Adriatic

Exploring the cultural life of Venice in the early Renaissance and beyond, this course will examine the city's history, painting, poetry, costume design, and decorative arts. Venice is located at the crossroads of Eastern Mediterranean trade routes, and life in the Lagoon flourished as the city assimilated influences from Asia and Africa and disseminated the astonishing results to other Western European cultures. This course is designed as a companion to the March–June 2017 North Carolina Museum of Art exhibition “The Glory of Venice: Masterworks of the Renaissance.” In addition to a visit to the NCMA exhibition on April 19, the course will include guest lecturers: Carolyn Allmendinger, of the Ackland Art Museum; Alva Horton, architectural historian and OLLI instructor; Emily Kader, PhD, rare book research, of the UNC Wilson Library; Bobbi Owen, professor of costume history, UNC Department of Dramatic Art; and Mary Pardo, PhD, UNC art history professor. L Lecture (plus questions); Viewing Videos; Field Trips

BONNIE FUCHS, who taught last year's OLLI course “Destination: Culture USA,” has a master's degree in the history of decorative arts from the Cooper-Hewitt, the Smithsonian Museum of Design, followed by a Smithsonian Fellowship in museum education. Exploration of libraries, object research, and her experience as a gallery guide has expanded her understanding of museums and cultural history.

6 Wednesdays, April 19–May 24, 1:30–3:00pm, Judea Reform Education Building. Maximum: 50. Fee: $60. Course ID: 2305.
GREAT BOOKS DISCUSSION GROUP: 
Sex and Love

Timeless topics, timeless texts. Through facilitated text-based discussion, we’ll explore what classic authors have to say about sex and love, and how it relates to us today. Selections are taken from Great Conversations 2, available from the Great Books Foundation bookstore. Students will read each selection and come to class prepared to engage actively in facilitated discussion. The selections this term are the story of Samson, from the Old Testament of the Bible; John Donne, Selected Poems; Edgar Allen Poe, “The Fall of the House of Usher”; Christina Rossetti, “Goblin Market”; John Synge, “The Playboy of the Western World”; and Raymond Carver, “What We Talk about When We Talk of Love.”

Facilitated Discussion

Required text:

JOHN PILGRIM holds a BA in economics from Grinnell College and a PhD in economics from Vanderbilt University. He was a professor of economics for 35 years. At OLLI–NC State, for the past 13 years he has taught economics-related classes on such topics as social security, the Great Depression/Great Recession, and analyses of financial crises and has facilitated numerous “Great Books” courses.

6 Wednesdays, April 19–May 24, 1:30–3:00pm, Judea Reform Education Building. Maximum: 15. Fee: $60. Course ID: 2279.

AN EXPLORATION 
OF CALIFORNIA PINOT NOIR


OH MY AGING BODY: Using Yoga to Help Manage Health Challenges

Yoga has long been recognized as a path to inner peace and a way to boost strength, balance, and flexibility. New research suggests that it also offers powerful therapeutic benefits, including reducing heart rate and blood pressure, relieving pain, enhancing fitness and function, and boosting mood. This course will be a mixture of lecture/discussion and practice, exploring how seniors can use the four main tools of yoga—postures, breathing, meditation, and principles—to find ease in body and mind. Each class will be a mixture of lecture/discussion and practice. All practices will be appropriate for any older adult who is living independently—no yoga experience required. Postures will be done seated in a chair and standing. For those able to get down to and up from the floor, lying-down poses will be offered; for those who need or prefer to stay in a chair, a chair option will be offered.

Lecture (plus questions); Facilitated Discussion; Exercise or Dance

Recommended text:

CAROL KRUCOFF is a yoga therapist at Duke Integrative Medicine and the co-director of Yoga for Seniors (www.yoga4seniors.com). An award-winning journalist, she was founding editor of the Washington Post’s health section and is the author of several books, including the just-released Relax into Yoga for Seniors.


NEW HORIZONS CHORUS

Men and Women: Lift Up Your Voices and Sing!

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

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

6 Wednesdays, April 20–May 25, 3:30–5:00pm, in the Chorus Room at Durham Academy Middle School Campus, 3116 Academy Rd, Durham. There is ample parking after 3:15pm, when parents have picked up students from school. Fee: $60; covers group instruction and sheet music. Course ID: 0457.

You must be a paid member of OLLI ($35 annual dues) to participate.
READ & DISCUSS: Elena Ferrante Neapolitan Novels, Books 3 and 4

Elena Ferrante's novels follow the lives of two girls from childhood to maturity in a poor neighborhood in Naples. The issues raised in the novels have resonated with readers — patriarchy and feminism, friendship and family, poverty and violence, education and ambition. The mystery of Ferrante's real identity may have been recently solved. If so, the “real” author imagined the lives of people quite unlike herself. This is the paradox of literature: the idea that nothing human is alien, that we all have the power to imagine our way into the lives of one another. The Spring session of Read & Discuss will complete the Neapolitan series, reading Those Who Leave and Those Who Stay (2014) and The Story of the Lost Child (2015). Class members are encouraged to take an active role in structuring/planning the assigned reading. Participation is a key ingredient for this reading experience.

Facilitated Discussion

Required texts:

BOBBIE HARDAKER and CAROL SIROTA have been “Read & Discuss” participants since 2014 and will continue as course coordinators this spring.


WARNING INTELLIGENCE

Warning is often described as the primary intelligence function. Indeed, it is sometimes claimed that the warning mission is what led to the development of most intelligence organizations. Many scholars, for example, assert that Pearl Harbor led to the National Security Act of 1947 and the creation of our first truly national intelligence agency. Ironically, despite the clear significance of this function, many critics note the number of warning failures throughout history, from the Trojan Horse to 9/11. In this course, we will examine the warning mission, identify the inherent complications, and place the topic in a broad historical context. Lecture (plus questions)

Prerequisite course(s): This course is open only to those who have taken either Dr. Jay’s “Moonlight” (Fall) or “Starlight” (Winter) courses, or both. This course reviews the choreographies from those courses and combines them into the traditional 108-movement long form. The next opportunity to begin T’ai Chi study through OLLI will be Fall term 2017.

Recommended text:

JAY DUNBAR, who holds a PhD in education from 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.

T’AI CHI: Mindfulness in Motion

T’ai Chi (Taijiquan or T’ai Chi Ch’üan) is a traditional Chinese moving meditation, martial art, and health exercise. It arose out of the belief that slow, continuous motion, combined with an internal focus on subtle changes, enhances energy, well-being, and mental, emotional, and physical balance. Scientific studies have verified many of its benefits, and medical professionals now endorse it for arthritis, Parkinson's, fibromyalgia, balance difficulties, pulmonary and cardiovascular diseases, and a wide variety of other conditions. It is easy to practice, requires no special space or equipment, and integrates natural, easy movement with a joyful, reflective approach to daily life.

Exercise or Dance

Recommended texts:

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 and naval history at NC State University and naval and air power history at UNC–Chapel Hill.

6 Thursdays, April 20–May 25, 9:00–10:30am, **Judea Reform Education Building**. Maximum: 25. Fee: $60. **Course ID: 1788**.

**TREES OF THE NC MOUNTAINS-TO-SEA TRAIL: The Journey Continues**

Last fall, we were introduced to a Durham section of the one-thousand-mile, cross-state walking trail called the North Carolina Mountains-to-Sea Trail. Now the journey continues. Join naturalist and herbalist Riverdave Owen as we push west a few more miles into Orange County to study native trees and shrubs found in the Piedmont region of North Carolina. "Field Trips

Please note: Participants should be able to walk comfortably one and a half miles in a two-hour class. Directions to each meeting point will be posted on the webpage www.theborderlife.com.

**Riverdave Owen** is a Durham native and has been teaching natural history locally and internationally for 28 years. He resides in a log cabin along the Eno River.

Please note: There are two sections of this course open for enrollment. When registering online, enter the four-digit Course ID (2333) into the course search. You will then need to choose between the two sections. If registering by paper, write the preferred section on the line.

**Section 1:** 6 Thursdays, April 20–May 25, 9:00–11:00am (please note times), **North Carolina Mountains-to-Sea Trail**. Maximum: 12. Fee: $60. **Course ID: 2333-001**.

**Section 2:** 6 Thursdays, April 20–May 25, 2:00–4:00pm (please note times), **North Carolina Mountains-to-Sea Trail**. Maximum: 12. Fee: $60. **Course ID: 2333-002**.

**A NEW PERSPECTIVE OF ISLAM: Hopeful Visions for Our Time**

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

Required text:


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

6 Thursdays, April 20–May 25, 11:00am–12:30pm, **The Bishop’s House**. Maximum: 18. Fee: $60. **Course ID: 2286**.

**RISKING WORDS: A Circle for Women Who Write and Those Who Would Like To**

“When women gather in a circle with the intent to support one another in taking personal risks, the circle is sacred space.” Within such a circle, you will find validation and freedom from expectations while exploring the boundaries of your own truth. You will learn centered writing practice, a body-centered process that includes writing to prompts, reading, listening to others, and responding to what has been read. 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. © Facilitated Discussion; Writing

Recommended texts:


**Peggy Millin** has offered programs in the written word for nearly 20 years to women from across North Carolina.
THURSDAYS

America. She is author of Women, Writing, and Soul-Making and Mary’s Way, and editor of the anthology Writing in Circles.


ENERGY MEDICINE: YOUR TICKET TO IMPROVING YOUR HEALTH

One of the biggest shifts in this rapidly changing world is the availability of energy medicine to support our health and vitality. In this course, we will review the scientific research in the therapeutic use of energy. We will specifically explore ways you can immediately put energy medicine to use to improve your own health and well-being. With energy medicine, you help the body by activating its natural healing energies and restoring those that have become weak, disturbed, or out of balance. This interactive course is supported by demonstrations, lecture, videos, and ample time to practice the tools you are learning.

MARY GRIGSBY is a psychotherapist and certified clinical practitioner of energy medicine in private practice in Durham. She is passionate about spreading the word about the many benefits of energy medicine and our ability to improve our health and lives. Additionally, she enjoys meditation, yoga, exercise, dance, and having fun.

5 Thursdays, April 20–May 25, 11:00am–12:15pm (please note dates and times; no class May 18), Judea Reform Education Building. Maximum: 20. Fee: $50. Course ID: 2331.

THE WORLD TODAY

This course is for those interested in current events. Each week, we will discuss news from around the world, across the US, and in the Triangle. See page 18 for full course description, instructor bios, and registration information.


Registration opens at 9:00am on Thursday, March 30

www.learnmore.duke.edu

MYTH IN EARLY MODERN ART: Picturing Ovid’s Metamorphoses, Botticelli to Bernini

Ovid’s poetic retelling of Greek myths in his Metamorphoses (Transformations) has had a greater influence on the visual arts than any other book, with the exception of the Bible. From the 15th through the 17th centuries, countless works by masters of European art depict Ovid’s tales of love and loss, crime and punishment, birth and death, devotion and deceit, and, above all, change and transformation. This course considers key works inspired by Ovid, including Botticelli’s Birth of Venus, Correggio’s Jupiter and Io, Bruegel’s Fall of Icarus, both Antonio del Pollaiuolo’s and Bernini’s Apollo and Daphne, Poussin’s Cephalus and Aurora, Velazquez’ Apollo in the Forge of Vulcan, and Rubens’ Fall of Phaeton. We will explore how diverse artists transformed poetry into paint (and sculpture) and how their pictorial transformations reflect changes in culture and society across the three centuries of the early modern era in Europe.

Recommended text:


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 the educator for university audiences and as the assistant director for art and education.


THE ART & SECRETS OF CONDUCTING

What is the conductor doing up there on the stage? Is he or she having a conniption? Taking a nap? The orchestra doesn’t seem to be looking at him, so how can he have any influence on the sound? And why is she the center of attention not only on stage but also in the media? For both musical laymen and professional musicians, these questions show that conducting is one of the most difficult and mysterious professions in the musical world. The conductor is given enormous authority over the musicians and
how the music is played. This means his or her leadership skills must appear to engage rather than to enforce. This course will examine the art of conducting over the last two hundred years. Students will also be taught the gestures used by conductors that are understood by every orchestra in the world. (Baton not included!) Lecture (plus questions); Listening to Music or Other Audio; Viewing Videos; Field Trips

Required text:
- Harold C. Schonberg, The Great Conductors (ISBN: 978-0671207359), Simon and Schuster, 1967, $47.18. (Used copies available online at a substantially reduced price.)

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


LEARN TO KNIT & FELT
A MULTICOLORED PURSE

Make a colorful purse or tote from a few balls of yarn. We’ll start by learning the basics of knitting. Then we’ll use 100%-wool yarn in a variety of your favorite colors to knit a purse or tote. Once your bag is finished, you will put it in the washing machine and watch it shrink and felt to become a delightful accessory in your favorite colors. No prior knitting experience required. Hands-On Art

Required supplies (approx. cost $30):
- three skeins of solid-colored Brown Sheep Company Lamb’s Pride Bulky yarn or two skeins of solid colored Cascade Eco-Plus yarn. Choose at least two unique, coordinating colors for the skeins. All yarn used must be 100% animal fiber; acrylic yarn will not felt.
- size 11 circular knitting needles (24”–36” length)
- tapestry needle

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


CREATING EXTRAORDINARY CHARACTERS: A Workshop That Explores Professional Acting Techniques

Acting exists only in the presence of an audience when you pretend to be someone other than yourself. Under the direction of SAG actor Ron Barker, you will observe, act out, and critique short scenes that build theatrical techniques and confidence by creating and presenting characters to the class. You will imagine the circumstances in which your assigned lines are to be delivered and a character who needs to say those lines, allowing that character to interact with co-actors, who will be making their own decisions in parallel. Ron will coach the class in the use of the basic stagecraft and emotional commitment needed to convince an audience that your make-believe is real. For complete details on this class and information on what we will be doing, please visit olliacting.com. An Activity Class

RON BARKER has many acting credits that can be found online on the IMDb. He played Tarrington on Days of Our Lives and multiple stage roles at the Vokes Theater in Massachusetts, and he received an Academy Award for his contributions to electronic film editing. Having developed this class for Hollywood novices, Ron has adapted it for OLLI.

6 Thursdays, April 20–May 25, 1:00–3:00pm, Judea Reform Education Building. Maximum: 16. Fee: $60. Course ID: 2276.

BEST FILMS OF WORLD CINEMA:
Beyond the Hollywood Canon

This course is for movie-lovers who want to expand beyond the Hollywood canon of special effects, stereotypical characters, wild chase scenes, and predictable endings. Each session features an award-winning movie from a different country: Denmark, Mexico, China, France, Germany, and Italy. Join Sandy Reul, veteran film teacher at OLLI, to see each distinctive work in its entirety and learn about the director, film techniques, and cultural context. Then stay for a lively discussion! Lecture (plus questions); Facilitated Discussion; Viewing Videos
SANDY REUL earned a BS in education at the University of Memphis and a MA in Spanish literature at the University of Oregon. She has taken many courses in film and is an avid moviegoer. She has been teaching OLLI film courses at NC State and Duke Universities since 2009.

6 Thursdays, April 20–May 25, 1:00–4:00pm (please note times), Judea Reform Education Building. Maximum: 20. Fee: $60. Course ID: 2281.

MIXED NUTS & NUTCRACKERS: Not Necessarily the Christmas Kind

Now that Christmas holidays are a memory, let’s take a look at other nutcrackers. Mark Morris, Matthew Bourne, David Bintley, and a few others have their own very different ways of looking at Tchaikovsky’s music. Seeing more than one version gives us the opportunity to compare, which we’ll have fun doing. We’ll touch on the history of the music and the ballet, too. ※ Lecture (plus questions); Facilitated Discussion; Viewing Videos

Over the past 20 years, BETSY BULLEN has taught a variety of courses about the ballet. She studied in New York City, volunteered for American Ballet Theater, and currently works as a volunteer for Carolina Ballet.

6 Thursdays, April 20–May 25, 1:00–3:00pm (please note times), Judea Reform Education Building. Maximum: 25. Fee: $60. Course ID: 2277.

TRENDS IN 21ST-CENTURY TECHNOLOGY

This is a fun and interesting course designed to engage you in the discovery of gadgets, software, and artificial intelligence systems that are changing our lives. Through course readings, videos, online learning, and class discussions, you will be introduced to incredible lifelike robots, capsule-size cameras, clever household gadgets, digital fashion, and more! You will learn how to adopt perspectives of various devices through the creation of a SWOT analysis (strengths, weaknesses, opportunities, and threats). At the end of the course, you will be able to present to the class your SWOT analysis of your chosen technology. You will have access to a course website for reading and downloading course materials. No textbook is required; only an open mind and desire to learn something new! ※ Lecture (plus questions); Facilitated Discussion; Viewing Videos

Please note: Students should bring a writing pad, something to write with, and their favorite device (i.e., phone, tablet, or laptop).

VALERIE DUNCAN, who has a passion for learning and facilitating has worked, studied, and played with a myriad of technologies for more than 20 years. She is a PhD student at Capella University, majoring in industrial and organizational psychology and will complete her program in 2018. She is currently employed at Duke Health.


THE SOUL & THE SELF: An Introductory Investigation

What is a human being? The view of science is that human beings are fundamentally biological organisms, the latest in a very long line of biological organisms, and this may well be one version of truth. Nonetheless, human beings may be much more than this. Indeed, their biological nature may be the least important thing about them. In this course, we will examine the view that in order to understand human beings, we must begin with their spiritual nature. We will then consider the possible relationship between the physical human self (the biological body) and its associated personal and spiritual self (what we call the soul) in order to attempt to solve the human identity crisis: What are we? ※ Lecture (plus questions); Facilitated Discussion

JEROLD CLACK taught philosophy for 30 years, primarily in the Triangle area. He has taught numerous courses at OLLI concerning the spiritual nature of human beings.


VOCAL MEDITATION: Relaxation and Healing through Sound

Everything in the universe is sound and vibration. We will engage this notion and use the vibrations of our voices to engage our bodies and minds through breath and vocal sound. During this course, you will experience and practice vocal toning, chant, and meditative singing and begin to develop voice, ear, and body connection. This practice links us
to our feelings around our attachment or aversion to our own voices. We will discuss the science of sound and explore how healing our voices can be for ourselves and others. The sound we create with our voices can communicate to specific chakras or energy centers within our bodies to promote healing, relaxation, and well-being. Experience gentle movement and the soothing sounds of crystal sound bowls. Vocal meditation allows us to free the voice, to be in the moment, and to feel the inner and outer resonance of the voices surrounding us. You'll leave each class feeling centered and soothed. ■ Facilitated Discussion; Exercise or Dance; Hands-On Art

With more than 18 years of classical- and non-classical-focused singing, SHANA ADAMS has passionately facilitated vocal meditation workshops encouraging healing and relaxation through the voice. She is enthusiastic about connecting with people through music to explore, create, share, inspire, and promote collective healing.


CIVIL DISCOURSE OR CIVIL DISCORD?
Introduction to Ideas You Might Not Hear in the New York Times

If those who disagree politically simply have inaccurate or incomplete information, it is possible to resolve differences between them. If those who disagree believe the other is evil, no resolution is possible. Any serious discussion starts with the assumption that both sides have valid ideas. Ideas on the political right are sometimes not thoroughly presented in the mainstream media, though honestly refuting an idea means understanding it fully. This course is a presentation of conservative viewpoints held by serious people who are concerned about the future of all Americans and convinced that current policies harm all ethnic groups and fundamental aspects of our society. The goal is to inform, not to debate or convince. The course introduces different ideas and points to sources for further research. Knowledge can help tone down the anger in our political discussions and can create inquiring minds instead of negative assumptions. ■ Lecture (plus questions)

DALE STEINACKER has an undergraduate degree in political science and mathematics and a master’s in computer science and MIS. He covered Maryland politics for his college newspaper and has watched the changes in American media and politics over the last fifty years with growing concern. His goal is to add balance to our political conversations.


TREES OF THE NC MOUNTAINS-TO-SEA TRAIL: The Journey Continues

Last fall, we were introduced to a Durham section of the one-thousand-mile, cross-state walking trail called the North Carolina Mountains-to-Sea Trail. Now the journey continues. Join naturalist and herbalist Riverdave Owen as we push west a few more miles. See page 25 for full course description and registration information.

Section 2: 6 Thursdays, April 20—May 25, 2:00–4:00pm (please note times), North Carolina Mountains-to-Sea Trail. Maximum: 12. Fee: $60. Course ID: 2333-002.

IF YOU CAN WALK, YOU CAN DANCE:
Endless Duet with Space

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

SUE WARTELL has been in love with dance and movement of all kinds since she was a four-year-old ballerina/tomboy. She has a BS in physical education, an MA in elementary education, and an MS in health education. She has taught physical education and health in elementary schools for more than 25 years and is currently a certified Pilates mat/equipment instructor and personal trainer.

6 Thursdays, April 20–May 25, 2:00–3:30pm (please note times), Carolina Dance, 3103 Guess Rd # E, Durham. Maximum: 15. Fee: $60. Course ID: 0442.
NEW HORIZONS BANDS

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

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

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

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

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

Dixie Dukes: In the same fashion, The Dixie Dukes is an additional band playing New Orleans–style Dixieland music. This small band is comprised of one instrument per part and plays scored music that features individual soloists. Participation requires director approval.

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

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

Rehearsals & Cost:


Swing Band and/or Dixie Dukes: 6 Wednesdays, April 19–May 24. Swing Band, 3:30–5:00pm; Dixie Dukes, 5:00–6:30pm. Durham Academy Middle School. Fee: $20 for either or both, in addition to the $30 Concert Band fee. Course ID: 0456.

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

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

HOW TO USE ECONOMICS TO EXPLAIN LIFE: Topics in Applied Microeconomics

How does imposing mandatory jail sentences make certain types of people more likely to be victims of crime? How does your name help determine your salary? When is it optimal to stop searching for a romantic partner, and why do many marriages end in termination? According to economic theory, the choices that we all make result from complicated optimization problems that we solve constantly. In this course, we will use basic economic theory, economic models, and empirical evidence to explain the mechanisms underlying the important yet mundane decisions that we and others make that affect our lives. We will employ the use of lecture, class discussion, podcasts, and webinars to cover issues in topics such as crime, marriage and family, gender and race, education, health, and the environment.

Lecture (plus questions); Facilitated Discussion; Viewing Videos

LAUREL WHEELER is a PhD candidate in economics at Duke University. Her research lies at the intersection of labor and development economics, with a view toward combating poverty and inequality in the US and abroad. She holds a BA in political science and an MSc in economics for development, and she has taught a range of topics across four continents.


AMERICAN DRAMA NOW: Six Contemporary Classics (?) since 2000

The mid-20th-century American stage produced a number of classics of world-historical importance. Can the same be said of the contemporary American stage? This question is at the heart of this course. Students will read the following six plays, all premiering since 2000: Take Me Out by Richard Greenberg (2002), Ruined by Lynn Nottage (2008), In the Next Room, or The Vibrator Play by Sarah Ruhl (2009), Clybourne Park by Bruce Norris (2010), Mr. Burns: A Post-Electric Play by Anne Washburn (2011), and The Christians by Lucas Hnath (2014).

The issues that we will explore are those of the plays themselves: otherness, multiculturalism, and American democracy as seen through the prism of baseball; war, rape, trauma, and survival in the Congo; sex, pleasure, technology, and gender, then and now; race, class, gentrification, and family legacy; popular culture, narrative, myth, and the contingency of the future; and religion, theology, conflict, and community.

Lecture (plus questions); Facilitated Discussion

Required texts:
- Sarah Ruhl, In the Next Room (or The Vibrator Play) (ISBN: 978-1559363600), Theatre Communications Group, 2010, $10.94.

CHARLES JOSEPH DEL DOTTO did his undergradu-te work at Princeton University and holds a PhD in English from Duke University, having specialized in Shakespeare, nationalism, and British theatrical modernism. He has taught courses on modern and contemporary dramatic literature and theater history for OLLI continuously since 2014.


CREATIVE SHARING WITH WEEBLY: Build Your Own Website

Do you have some hobby/pastime/interest that you would like to share with others by setting up a website? This is a hands-on course in which you will learn to create a website containing material you bring to the class: a record of travels (with photos and write ups); pictures and descriptions of your collection of artwork, teapots, and so on; or your family history with maps and images. You will learn to use a free tool called Weebly, which is available for Windows or Apple users. You’ll be sure to get bragging rights with your friends and grandchildren when you tell them that you have created your own website.

Lecture (plus questions); Hands-On Computer Use
Please note: Work outside of class is required and you must be comfortable using a Web browser and computers.

Prerequisites: Please view the course website at olli-Creative-Sharing.weebly.com to get more information on the course prerequisites. Members who do not meet the prerequisites should not sign up.

HOWARD KOSLOW has more than thirty years’ experience as a software developer, mentor, and trainer. After a long career at IBM, he now teaches at OLLI to share his joy of learning and to show others how to embrace technology for creative and productive purposes. Howard uses Weebly for his own OLLI courses.

RAYMOND CONROY has a background in computers and software from a working career in the telecommunications and information technology fields. He retired from a traveling life as a consultant with IBM and now lives in Durham. He volunteers in OLLI to help instructors create websites for their courses using Weebly.


BASKETWEAVING—EGG BASKET

An egg basket is woven using two round hoops with round reed ribs to form the frame and flat reed to weave the God’s eyes and the body of the basket. This is a useful 8” round basket suitable for beginning weavers. Please bring a pencil, tape measure, spray bottle for water, an old towel to keep yourself dry, and, if you have them, a crafts scissors or hand pruners, an awl, and a few spring-type clothes pins (do not buy if you don’t already have). Please note: There is no course fee, but there is a materials fee of $10, due at the first class session. Please bring exact amount. Refunds are at the discretion of the instructor.

6 Fridays, April 21–May 26, 11:00am–1:00pm (please note times), The Emily K Center, corner of S. Buchanan and Chapel Hill Streets. Register by April 14 with Lu Howard, instructor, at llhoward@nc.rr.com or 919-309-4925.

Registration opens at 9:00am on Thursday, March 30 www.learnmore.duke.edu

TEA TIME TO SUNSET:
Britain 1870 to 1920

This course will first examine Britain in its Glory Days (1830s to 1870s) and then explore what happened politically, economically, and socially within Britain that explains the “Changing of the Guard” in all three categories. We will also focus on the gradual demise of Britain’s position in world affairs. As we study the time period, we will discuss significant events, intellectual and religious movements, and key leaders and personalities. Lecture (plus questions); Facilitated Discussion

GINGER WILSON, a triple Duke graduate, served as the dean of humanities and taught history at the NC School of Science and Mathematics. She received four excellence-in-teaching awards, including the National Council for Social Studies Outstanding Secondary School Teacher and the UNC Board of Governor’s Excellence in Teaching Award. Ginger conducted numerous workshops for other teachers on the state and national levels.

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

6 Fridays, April 21–May 26, 11:00am–12:30pm, The Bishop’s House. Maximum: 35. Fee: $60. Course ID: 2318.

Special Workshop at DAC

ENCAUSTIC ART CLASS

Encaustic is a medium dating from the ancient Egyptians and seafaring Greeks that is currently experiencing a renaissance. Discover the fundamentals of encaustic in this comprehensive, extended course. You will learn painting, collage, fusing, and carving techniques, with emphasis on safety and the proper use and care of tools (torches, irons, lighters, etc.) as well as on proper ventilation and the archival care of encaustic-based art. You will learn how to handle glazing, sgraffito, layer-building, texturizing, and stenciling and how to best to take advantage of dry pigments, inks, thread, oil pastels, and image transferring. Add in some history and a little
color theory and design fundamentals, and you’ll be ready to explore the wild, beautiful world of wax art. You must be able to attend every class to enable everyone to progress together. Each class is a specific demonstration/project for that day. More information will be sent to you as the workshop date approaches. This course is offered through an OLLI/Durham Arts Council partnership and will take place at the DAC in downtown Durham. = Hands-On Art

Please note: A $40 materials fee is due at the beginning of the workshop (check or exact amount). Refunds are at the discretion of the instructors.

LIBBY LYNN is a teaching artist working in hot wax, nail polish, and other unusual media. She has a certification in encaustic painting from Penland School of Crafts and a BA in painting and photography from NC State and Duke’s Center for Documentary Studies. She founded Bull City Encaustic, a collection of encaustic artists committed to making encaustic available and affordable.

CHANDLER THOMAS is a Durham-based artist, instructing with Bull City Encaustic at DAC, Carrboro ArtsCenter, and HappymessART. She creates textured, dimensional paintings and sculptures in oil and encaustic that you can find in public and private collections in the Triangle, including Duke University’s West Union.

4 Fridays, April 21–May 12, 11:00am–2:00pm (please note times), Durham Arts Council, 120 Morris St, Durham. Maximum: 8. Fee: $156.

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

JAMES B. HUNT, JR: A Study in the Dynamics of Growth

This is not a course about politics or the political world. Instead, it will examine the collective accomplishments of one man in enhancing the depth and breadth of our state’s educational, social, economic, and public policy arenas. The course will consist of lectures, videos, and discussions on the skills and tenacity of Governor Hunt and his formula for progress in North Carolina. = Lecture (plus questions)

BILLY YEARGIN, a Duke University graduate, served as the agriculture liaison for NC governor James B. Hunt and was the agriculture staff advisor to US senator Robert Morgan. He has taught for OLLI since September 1995 as well as in several of North Carolina’s community colleges. Billy has also served as president of Oak Ridge Military Academy.

6 Fridays, April 21–May 26, 1:30–3:00pm, The Bishop’s House. Maximum: 30. Fee: $60.

Course ID: 2325.

DON’T HAVE THE WHOLE TERM AVAILABLE? HOW ABOUT A WEEK?

A Week at the Duke Campus Farm: Four One-Day Workshops

Hands-on art in celebration of spring: May 8, 10, 11 & 12, 9:00–12:00pm. See page 4.

Turning Conversations with Authors into Apps

A week-long workshop with middleschoolers: Monday–Friday, April 10–14, 10:00am–12:00pm. See page 5.

OLLI at NIGHT CLASSES:

Cyber-Security 101: Practical Tips for Nontechies • History of Censorship in American Film • Writing & Acting Semi-Scripted Improv • Monday evenings; see pages 9–10.
Activities are an integral part of the OLLI program, providing opportunities to learn and socialize outside the classroom. If you have general questions or suggestions for activities, call Kathy Parrish at 919-681-3476. If you want to find out more about any of the listed groups, please contact the coordinator for that activity.

BOOK GROUP
This informal group reading contemporary literature meets on the second Monday of every month at 3:15pm in The Bishop’s House.

April 10  The Secret Agent by Joseph Conrad
May 8  A Lesson before Dying by Ernest Gaines
June 12  Commonwealth by Ann Patchett
(to be held at SW Regional Library)
Coordinator: Judy Grauer at judygrauer@gmail.com or 919-416-0755.

CRAFT GROUP
It’s time to dig out that unfinished project from the back of the closet. Knitting, quilting, crocheting, sewing . . . whatever. All are welcome. We will meet every Monday at 3:15pm in The Bishop’s House. For more information, contact Judy Grauer at judygrauer@gmail.com or 919-416-0755. See page 32 for the Spring Crafts Workshop.

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

LANGUAGE TABLES
La Table Française se réunit le mardi de midi à 13 heures à “The Forest at Duke.” En ce moment, le groupe est complet, et il y a une liste d’attente. Si vous parlez français couramment, et si vous voulez que nous mettons votre nom sur la liste, envoyez un mail à Emily Lees (emilylees@bellsouth.net) ou à George Entenman (olli@entenman.net). Nous sommes heureux aussi de répondre à vos questions. Spanish Table with Margaret Riley (mrileync@gmail.com) meets 12:45–2:30pm on the third Friday of each month at local Hispanic-themed restaurants.

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.

RESCER GROUP
This informal drop-in group is for all OLLI members who are going through transitions in retirement and perhaps experiencing some challenges. The group meetings will provide an opportunity to share concerns, offer ideas that have worked, share resources we are aware of, connect with other OLLI members who are going through the same experiences, and get ideas we can try on our own. The group meets the second Friday of each month at The Bishop’s House, 1:30–3:00pm. Information about the group will also be in the Spotlight and in the OLLI calendar on the member website. People can drop in at any of the meetings. There is no charge. Contact the coordinator, Corinne Schillin, at cschillin@yahoo.com or 919-537-8450, to learn more and to be put on a mailing list for this group. (A companion course to help navigate the adjustments in retirement, “Now What? A Roadmap to Retirement,” is offered by Corinne at various times during the year.)

SCIENCE BOOK CLUB
We read and discuss books of substance on topics ranging from biology, evolution, and the physical sciences to medicine, the environment, and biographies of famous scientists. You do not have to have a science degree to participate, and no registration is required, but you must be an OLLI member to participate. The group usually meets on the first Thursday of the month at 3:15pm at The Bishop’s House. Coordinator: Dan Oldman, 919-544-2686 or daniel.oldman@gmail.com.
OLLI BOARD OF ADVISORS & ADMINISTRATION

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

2016–2017 Officers (one-year elected term)
President: Gregg McPherson
Vice-President: Marvin Teer
Past President: Wendell Musser

Advisors at Large (three-year elected term)
To 2017: Betsy Bullen
To 2018: Mary Ellen Walkama, Margaret Riley

Committee Chairpersons (one-year appointed term)
Board Development: Gregg McPherson
Communications: Raymond Conroy
Curriculum: Ginny Knight
Instructor Relations: Mike Bahnaman
Membership: Margaret McKeon
Recording Secretary: Mike Bahnaman
Space: Marvin Teer

Staff
Director: Garry J. Crites
Assistant to the Director: Kathy Parrish
Representatives at Judea Reform Education Building: Susanna Chabinak-Uhlig, Jo Ann Dubberley, Roz Wolbarsht

REGISTRATION
You can register online or by phone (with credit card) starting 9:00am on Thursday, March 30, or by the traditional registration form (with check) starting Wednesday, March 29. See the insert for registration details.

www.learnmore.duke.edu

REFUND POLICY
If you want a refund for a course you will not attend, please request it from the OLLI office (919-681-3476) by the end of the first week of class (April 21 for most courses). There is a $20 processing fee for each dropped course. Membership fees are not refundable.

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

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

DUKE PRIVILEGES
1. A Duke library card, good for print borrowing privileges, when you present your OLLI at Duke nametag at Perkins, Bostock, and Lilly Libraries.
2. Permission to eat in the faculty dining area of the Market Place in the East Campus Union.

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

We value your ideas!
## SPRING 2017 OLLI CLASS SCHEDULE

### MONDAY

**at Judea Reform**

- Designing Medical Devices
- A Week at the Farm: Printmaking & the Flower Press*
- Conversations with Authors & More (M–F)*
- Lizzy & Emma—Two Austen Heroines*
- Watermedia Painting with Collage*
- Marshall Court: Great Decisions
- Beginning Photography Seminar*
- Introduction to Letterpress Printing*
- Cooking with David Sovero (5:30–8:00)*

**OLLI at NIGHT**

- Cyber-Security for Non-Techies*
- History of Censorship in Film*
- Writing Semi-Scripted Improv*

### TUESDAY

**at Judea Reform**

- Conversational Spanish*
- WordPress Website Workshop*
- Improv Basics II*
- Conversations with Authors & More (M–F)*
- Write to Happiness
- Sports Talk
- Mathematical Puzzles
- Body Mechanics for Life*
- Journey of the Blues
- Thinking the “Unsinkable”
- Italic Calligraphy
- Automation vs. Airmanship
- Contemporary Issues in Sports
- Science Symposia*
- Ivan the Terrible
- Freelance Writing Crash Course*
- Find Your Watercolor Style*
- Healthcare Personalized for You
- Russian Opera

### WEDNESDAY

- Progressive Movement
- A Week at the Farm: New Ways with Botanical Drawing & Painting*
- Conversations with Authors & More (M–F)*
- Fine Arts in the US*
- Global Health Is Local Health
- Carolina for Northerners*
- Menopause Myths & Facts
- Exploring California Pinot Noir (Sec. 1)*
- Exploring California Pinot Noir (Sec. 2)*
- New Horizons Swing Band*
- New Horizons Dixie Dukes*
- New Horizons Chorus*
- Dynamic Skies

### OLLI at NIGHT

- New Horizons Contra Band*
**WEDNESDAY**

*at Judea Reform*

- Financial Market History
- Nobel: Winners & Losers
- Get Down & Back Up Again

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**THURSDAY**

*at Judea Reform*

- Trees of the NC Mountains-to-Sea Trail (Sec. 1)*
- A Week at the Farm: Introduction to Plant Dyes & Indigo*
- Conversations with Authors & More (M–F)*

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**FRIDAY**

- American Drama Now
- Build a Website with Weebly*
- A Week at the Farm: Spring Salads & Salad Dressings*
- Conversations with Authors & More (M–F)*

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**2017–2018 IMPORTANT DATES**

**SPRING 2017**

- **Thurs, March 30**
  - Registration for Spring courses begins at 9:00am
- **Mon, Apr 17**
  - OLLI Spring classes begin
- **Fri, May 26**
  - Last day for most OLLI Spring classes

**FALL 2017**

- **Tues, Aug 8**
  - Registration for Fall courses begins at 9:00am
- **Mon, Sept 11**
  - OLLI Fall classes begin
- **Wed, Sept 20**
  - Rosh Hashanah—no classes at JRC
- **Sun, Sept 24**
  - 40th Anniversary Kickoff Celebration
- **Mon–Fri, Oct 23–27**
  - OLLI Fall Break—no classes
- **Mon–Fri, Nov 20–24**
  - Thanksgiving Break—no classes
- **Fri, Dec 1**
  - Last day for most OLLI Fall classes

**WINTER 2018**

- **Tues, Dec 5**
  - Registration for Winter courses begins at 9:00am
- **Mon, Jan 8**
  - OLLI Winter classes begin
- **Mon, Jan 15**
  - Martin Luther King Jr Day—no classes
- **Mon–Fri, Feb 19–22**
  - OLLI Winter Break—no classes
- **Mon, Mar 26**
  - Last day for most OLLI Winter classes

**SPRING 2018**

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

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*For classes marked by an asterisk, please read course descriptions carefully—the times, dates, and/or class locations do not follow the standard class schedule.*
FROM DURHAM:
The Bishop's House (GPS: N. Buchanan Blvd. and Dacian Ave.) is on the edge of Duke's East Campus, near the intersection of Markham and Buchanan. From Buchanan, enter the campus at the drive opposite Dacian Avenue, following the drive around until it ends at the white frame house marked “Continuing Studies: The Bishop's House.”

FROM CHAPEL HILL & PITTSBORO ON 15-501:
As you approach Durham on 15-501 (Durham-Chapel Hill Blvd.), take the fork marked “15-501 North - To I-85” toward Duke University. Take Exit 108-B (the Durham Freeway, NC 147); then take Exit 14, marked Swift Avenue/East Campus. Turn left onto Swift and then right onto Main Street. Go to the second light and turn left onto Buchanan Blvd. Go 0.4 mile and turn left, opposite Dacian Avenue, into the campus. Follow the drive until you reach The Bishop's House.

FROM RALEIGH ON I-40:
As you approach Durham, take exit 279-B (the Durham Freeway, NC 147) and exit at Chapel Hill Street. Turn right and go two blocks to Buchanan. Turn right onto Buchanan and go nearly 1 mile to Dacian Ave. At that intersection, turn left into the campus and follow the drive around to the right until you reach The Bishop's House.

PARKING:
There are a limited number of parking spaces around The Bishop's House, including three handicapped spaces. The OLLI parking permit should be kept on your dashboard. For the handicapped spaces, you need an official NC handicapped parking tag. DO NOT park in the lower lot that you pass through before reaching The Bishop's House. Your permit is also valid for the East employee parking lot just inside the Trinity Avenue entrance to East Campus. You may only park in the sections where the signs “EAE Permit Required” or “EAE/RED Permit Required” are located, not where there is a “RED Zone Permit Required” sign. You may also park at Asbury United Methodist Church at the corner of Markham and Sedgefield, or for two hours on the streets adjacent to East Campus.

Under the Federal Campus Security Act (20 USC1092f), prospective students may obtain a copy of the University’s annual security report by visiting the Duke University Police Department at 502 Oregon St., Durham, NC, or by calling (919) 684-4602. This report includes campus crime statistics and the University’s safety and security policies.
Judea Reform Congregation, **1933 W. Cornwallis Road**, is conveniently located on the west side of Durham. For our students who come from Orange and Chatham counties, it is 6 miles and ten minutes closer than The Bishop's House. OLLI at Duke contact number at JRC is 919-812-7160.

**FROM CHAPEL HILL & PITTSBORO ON 15-501:**
Take 15-501 North. Just past the La Quinta Inn on the left, 15-501 will split; take the right split onto 15-501 Bypass North. Take Exit 106 / Cornwallis Road and turn right onto Cornwallis. After the Western Bypass Service Road, take the third driveway on the right.

**FROM RALEIGH ON I-40:**
From I-40 West, take the Durham Freeway (Hwy. 147 North). Go about 10 miles to Exit 16-B / 15-501 South / Chapel Hill. Take 15-501 South to Exit 106 / Cornwallis Road. Turn left onto Cornwallis Road and go under 15-501. After the Western Bypass Service Road, take the third driveway on the right.

**FROM GREENSBORO:**
Take I-40 East (stay on I-40 after I-40 and I-85 split) to the exit for 15-501 / Chapel Hill. Turn left (north) onto 15-501. Continue as above “From Chapel Hill.”

**PARKING:**
If you sign up for a course that meets at Smith Warehouse, you will be issued a special Duke parking pass for the Smith Warehouse parking lot, accessed via Maxwell Avenue (see map at left), good for one semester only.

*Please note:* You will not be able to park at Smith if you leave the pass at home. Also, a lost parking pass will require a $30 replacement fee. Once your class finishes each day, you will need to vacate the lot to make room for OLLI members in the next class.
In 1977, responding to the expressed desire for classes designed for mature students, Duke Continuing Education and the Duke University Center for Aging and Human Development joined forces to found the Duke Institute for Learning in Retirement (DILR). Who of those 42 founding members could have ever envisioned that their small adult education program with a dozen classes would grow to be a 2,100-member program that this year will offer more than 350 courses?

In 2017, OLLI at Duke, one of the gems of the 119-member Osher Lifelong Learning Institute, turns 40! In recognition of this auspicious occasion, the Board of Advisors and OLLI staff are planning a yearlong celebration to take place during the 2017–2018 school year.

Plans are now underway for a grand celebration on the afternoon of Sunday, September 24. We’ll tell you more details as soon as we can, but please mark the date on your calendar. You won’t want to miss it!