The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice.

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

New location for classes: As you know OLLI at Duke has seen significant growth over the last few years. Well, we have nearly exhausted our supply of classrooms at The Bishop’s House and JRC. This fall we are expanding into new space at Westminster Presbyterian Church as a test, by offering four courses there, one during each class period on Mondays. Westminster is conveniently located at 3639 Old Chapel Hill Rd (where Shannon Road dead-ends into Old Chapel Hill) just a few minutes away from JRC. If you take an OLLI class at Westminster, let us know what you think!

Course fees: As we explained in a recent e-mail to all members, we are phasing out multicourse discounts this fall and moving to flat pricing for all OLLI courses. What this means is that all members will pay the price listed in the catalog for a given course regardless of how many other courses they take in a given term. There will be no increase in the course fees; the price for a ten-week Fall or Winter term course will remain $90. Shorter courses will be prorated, as they have been in the past.

A new kind of course: We are excited to announce that, for the first time, we will be offering a new kind of course—at the coast! Our friend Orrin Pilkey will be teaching two sessions here in Durham, followed by several days at the beach. Space is limited. See the back cover for more details.

IMPROV THEATER SHORT FORM: Theater Games Workshop

Short form improv, sometimes called “theater games,” consists of short exercises that have clear rules upfront and incorporate the “Yes . . . and” improv philosophy. Laughter and a good time follow. Short form encourages spontaneity and creativity and can build your basic improv skills. Some players find that theater games help overcome shyness and increase confidence. This workshop includes games that are easy to learn and play so that anyone can enjoy them. The pace of the games will be geared to the comfort level of the class. We will not be working at the level of “Whose line is it anyway?” but approaching our games with a “Let’s just play and have fun” attitude.

Please note: While rests and breaks are built in to the workshop schedule, you will be physically active, frequently alternating between standing and sitting, plus engaging in some physical movement. Wear comfortable, sturdy shoes and dress for ease of movement, exercise, or dance.

CAROLYN COLE performs long-form improv as a “Lunartic” at Moonlight Stage Company, Raleigh. She also teaches improv at the Durham Arts Council. Trained at Second City, iO, and UCB/NYC, Carolyn believes that improv wisdom can make a positive difference in your everyday life. Her motto is, “Try improv. You will become ageless.”

1 Saturday, October 15, 10:00am–1:00pm, The Bishop’s House. Maximum: 14. Fee: $20. Course ID: 2082.

MEET & GREET AT THE BISHOP’S HOUSE
Saturday, September 10, 10:30am

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

If you are planning to attend, please respond by e-mail to OLLIatDuke@aol.com, with the subject “Meet & Greet.” We look forward to seeing you on September 10.
IMPROVING INVESTOR OUTCOMES IN RETIREMENT: Avoiding Investor Pitfalls

There are various transitions within retirement that we all face, and there are many things that we can do to increase the odds of success. Each class will include a different transition stage and provide an analysis of your options as an investor. We will explore the major pitfalls of investor behavior, decisions that affect your taxes, distribution strategies that increase the odds of our money lasting longer, how to find hidden investment fees, preparation for high medical costs, and the biggest mistakes investors make when it comes to leaving a legacy.

Lecture (plus questions). Facilitated Discussion.

JULIE KELLY has been teaching at OLLI for more than five years and has been in the financial industry for more than ten. Prior to being a financial advisor in Durham, she worked for two large asset management firms in New York: Lord Abbett and AllianceBernstein. In 2012, she became a certified retirement planning counselor.

Fee: $90. Course ID: 1724.

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

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

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

Fee: $90. Course ID: 1655.

IPAD FOR NEW USERS

Become a good friend with your iPad. This course starts with the basics of learning about the device and getting comfortable with the iOS system. It then evolves into working with the applications that came with your iPad. The weekly hands-on practice will emphasize repetition and review, which are the keys to becoming comfortable with your iPad.

Hands-On Computer (iPad) Use.

MELANIE CRAIN has been a Mac computer user for thirty years. At OLLI she has taught courses on iWorks and assisted with Photoshop Elements classes. She now concentrates solely on the iPad, a device that has become her go-anywhere computer.

8 Mondays, September 12–November 14 (please note dates; no class Oct. 3), 9:00–10:30am, Judea Reform Education Building. Maximum: 20.
Fee: $90. Course ID: 1495.

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 ten sessions, we will provide the keys to financial success in retirement, using a mini case each session to “make it real.” We’ll start with an overview of investing. Then we’ll focus on how to convert your savings into cash for retirement. Topics will include sustainable spending rates, required minimum distributions, annuities, and Social Security. We’ll dive deeper into stocks, bonds, mutual funds and other investment vehicles and learn how you can put them together.

There will be no classes at Judea Reform Education Building on Monday, October 3, in celebration of Rosh Hashanah. Classes will go on as scheduled at The Bishop’s House and off campus.
in portfolios that make sense. Finally, we'll probe the science of behavioral investing. Every session will be a mix of lecture (with Q&A) and small group discussion on that day's case study. Our goal: to give you the tools to make your savings last through retirement. ■ Lecture (plus questions).

RICK WAECHTER founded Old Peak Finance, a comprehensive financial planning firm for individuals and families. He has twenty-five years' experience, a CFP designation, and degrees from Princeton (AB) and Harvard (MBA). This is his sixth course for OLLI.

MOLLY STANIFER, CFP, is an advisor at Old Peak. An NC State alum, Molly has eight years’ experience and is earning a master’s in financial planning. This is her third time teaching the course.

10 Mondays, September 12–December 5 (please note dates; no class Oct. 3), 9:00–10:30am, Judea Reform Education Building. Maximum: 15. Fee: $90. Course ID: 1771.

A BRIEF HISTORY OF LIFE ON EARTH: The Record of Life on Our Planet over the Last 4 Billion Years

We inhabit a planet that is the only place known to us where life exists. Life on Earth has a history that stretches back some four billion years and that can be reconstructed from the record preserved in the rocks. In this course, we'll review major steps in that history and some of the diverse forms of life that inhabited our planet over this immense span of time, from the simple forms in the first seas, through the remarkable diversity of forms of life that existed in the past, to the geologically recent dominance of our own species. The topic sequence will be (1) life and the fossil record; (2) life and Earth history; (3) earliest traces of life; (4) the long, slow beginning; (5) Cambrian explosion, life gets more complex; (6) life in the Paleozoic; (7) age of the dinosaurs; (8) Cenozoic life; (9) the ascent of man; and (10) modern man. ■ Lecture (plus questions).

ARCH REID is a retired professor of geology with a history of research and teaching at University of Western Ontario, Mellon Institute, University of Pittsburgh, Scripps Institute of Oceanography, NASA Houston, Australian National University, University of Capetown, and the University of Houston.

10 Mondays, September 12–December 5 (please note dates; no class Oct. 3), 9:00–10:30am, Judea Reform Education Building. Maximum: 30. Fee: $90. Course ID: 2096.

STRENGTH & POWER FOR FIFTY+: Resistance Training for Muscle and Bone Health

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 perform it regularly. 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. The ability to get down to and up from the floor mats is required. We will employ three of the Senior Fitness Tests associated with maintaining functional mobility and physical independence. We will use them to determine upper- and lower-body strength and agility at the beginning and the end of the term to measure growth. Charts will allow students to interpret their own fitness scores relative to others in their age groups. ■ Exercise or Dance.

Please note: Students will need at least one resistance tube with handles, costing around $10–$15.

JULIA ROSE is a certified personal trainer with the American Council on Exercise and a TRX suspension trainer and 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.

10 Mondays, September 12–December 5 (please note dates; no class Oct. 3), 9:00–10:30am, Judea Reform Education Building. Maximum: 15. Fee: $90. Course ID: 1607.

INTRODUCTION TO 3D PRINTING

Additive manufacturing, popularly known as 3D printing, is rapidly transforming many fields of endeavor by enabling low-cost, accurate prototyping and production of highly detailed solid objects—all under computer control. The technique consists of laying down successive layers of material to build the object from the ground up. The constructed object can be of almost any shape, geometry, and precision, independent of the manual skills of the operator. We will begin by obtaining instant gratifi-
cation from printing predefined objects (for example, see www.thingiverse.com or 3d.si.edu), then work backward to understand and master object creation using computer-aided design and photogrammetry software. Learn the practical as well as fun and artistic applications of 3D printing.


Requirements: Expect to install free, open-source software on your own computer. You will need to do homework and make extra time to use the printer if you wish to have your own creations printed.

Please note: The instructor's 3D printer will be available to class members between sessions for printing their creations. There will be a $40 fee for use of the 3D printer and spools of plastic filament used for printing. Please bring exact amount to the first class; refunds at the discretion of the instructor.

HOWARD KOSLOW has more than thirty years' experience as a software developer, mentor, and trainer. After recently retiring from IBM, he is teaching at OLLI to share his joy for learning and helping others embrace technology for creative and productive purposes.

6 Mondays, September 12–October 31 (please note dates; no class Oct. 3), 9:00–10:30am, Judea Reform Education Building. Maximum: 8. Fee: $60. Course ID: 1880.

CAMPAIGN & ELECTION 2016: A Reporter’s Perspective

A discussion course on the 2016 presidential and congressional election campaigns as they unfold and conclude. There will be no assigned texts, but participants will need to keep themselves informed on campaign events. Facilitated discussion.

WALTER MEARNS is a retired reporter, executive, and columnist for the Associated Press, during which time he was bureau chief in Washington, DC, oversaw AP’s worldwide staff as executive editor, and won the Pulitzer Prize for National Reporting. Political coverage was his specialty in a career that spanned the years from 1956 to 2001.

10 Mondays, September 12–November 28, 10:30am–12:00pm (please note times), Galloway Ridge at Fearrington Village, 3000 Galloway Ridge Rd, Pittsboro. Maximum: 25. Fee: $90. Course ID: 2064.

EDITH WHARTON, NOVELS & FILMS: Critiques of a Society in Transition

While Edith Wharton was very popular in her lifetime, she fell out of fashion until the rise of feminism. Her fiction is firmly rooted in a tradition of social and psychological realism, but her primary concern is women's experiences and their problems arising from both gender and class. We will study four of her best novels, often witty and biting works that focus on turn-of-the-century New York society and what happens when individuals’ needs clash with what is expected of them. Three interesting film adaptations will also be shown in class. Wharton won a Pulitzer Prize for the ironically titled The Age of Innocence, but considered The Custom of the Country to be her finest work. In addition to the novels in this collection, for contrast, please read (in any format) the shorter novel Summer before the first class. Presentation (plus questions). Facilitated Discussion.

Required text:


Recommended text:


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

10 Mondays, September 12–November 28, 10:30am–12:00pm (please note times), Galloway Ridge at Fearrington Village, 3000 Galloway Ridge Rd, Pittsboro. Maximum: 25. Fee: $90. Course ID: 2064.

PATRONS & PAINTERS IN THE RENAISSANCE & BAROQUE

The cult of the artist as an independent, creative genius had its origins in the Renaissance. Yet, like other professionals, artists had to make a living: they had families to support, reputations to uphold, job opportunities to pursue, and bosses to please.
The “divine” Michelangelo equated his creativity to that of God, but even he was subject to the demands and desires of his patrons. This course takes a behind-the-scenes look at the mechanics of art patronage in the sixteenth and seventeenth centuries and explores the motives that prompted patrons—princely and papal, the middle class, and the elite—to commission works of art. To accomplish this, we will examine the working relationships between painters and their patrons in order to study the influences those complex interactions had on artistic expression. Michelangelo and Pope Julius II, Velasquez and King Philip IV, Poussin and the Italian scholar, Cassiano dal Pozzo, and Rubens and Marie de’ Medici are among the painters and patrons we will consider.

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


MAKE A MURDERER: A Quest for Justice?

Why has Making a Murderer become a nationwide legal phenomenon? This course will present an in-depth look at the failings and strengths of the American criminal justice system centered on the issues presented in this popular Netflix documentary series. Discussion will focus on the potential for police and prosecutorial misconduct, wrongful convictions, eyewitness identification, false confessions, legal ethics, scientific evidence, and the overall impact the legal system imposes upon attorneys, victims, witnesses, friends, and families. Prior involvement with, or knowledge of, the criminal justice system is not required. Access to Netflix is recommended. ▶ Lecture (plus questions). Facilitated Discussion.

JOHN TOMPOS is a graduate of the University of Wisconsin Law School and worked as a criminal defense attorney in Wisconsin for nearly thirty years. As training director for the Wisconsin Public Defender’s Office, he was engaged in teaching the craft of effective client representation to new and practicing attorneys.


PHILOSOPHIES OF HUMAN NATURE

We will sample philosophers from Ancient Indian through modern European and American traditions to survey the major ideas people have had about what makes humans distinctive among animals. Readings will include Buddhist texts, Confucius, Plato, Aristotle, Augustine, Hobbes, Hume, Marx, and several existentialists. ▶ Lecture (plus questions). Facilitated Discussion.

Required text:


RICHARD PRUST is professor emeritus of philosophy at St. Andrews University and one of the organizers of the International Forum on Persons. He is the author of Wholeness: the Character Logic of Christian Belief and is currently working on a book titled “By the Character of Their Resolve: How We Identify Those We Judge.”

10 Mondays, September 12–December 5 (please note dates; no class Oct. 3), 11:00am–12:30pm, Judea Reform Education Building. Maximum: 25. Fee: $90. Course ID: 1060.

THE HERO’S JOURNEY: Your Life’s Transformations

Joseph Campbell’s Hero’s Journey offers a framework for understanding our life’s major turning points in this introspective, interactive class. This course is designed to augment understanding of cyclical, sociopsychological life phases, reframing our most important life-changing events while preparing us for decision making in our future journeys. You can choose to examine in-depth your past journeys, present ones, future transitions, or all of them. Through the lens of the modified paradigm, you will explore the most significant experiences in your life’s journey via engaging, gentle group facilitation. Referencing the insights and wisdom found in literature, poetry, and cinema, you will apply Hero’s Journey concepts to your transformative, healing, and developmental processes; examine the legacy you bequeath to your loved ones and humanity; and explore the journey of growing older. We’ll rely on participative, lively discussion, guided imagery,
and reflective prompts to understand how we ourselves have walked mythic, even heroic, paths.

LAURINA URIBE, MSSA, has had a career as a social worker and sociologist that includes seventeen years’ experience with Hero’s Journey frameworks: research, social group work, psychoeducational group facilitation, and instruction. She teaches Hero’s Journey courses privately and has taught this and other courses at OLLI at Duke. LARRY CHARNY (MA in education administration, MA in communications), whose education has been derived from study of Campbell’s works, will be a guest speaker.

10 Mondays, September 12–December 5 (please note dates; no class Oct. 3), 11:00am–12:30pm, Judea Reform Education Building. Maximum: 15. Fee: $90. Course ID: 1071.

YOUR FANTASTIC BUT FALLIBLE BRAIN: Why You Can’t Believe Everything You Think, and What You Can Do About It

This course centers on the concept that what’s in our minds is a function of what’s in our brains, no two of which are the same and all of which are imperfect. The presentations will cover the following topics: (1) a brief overview of the human brain’s anatomy and functions, brain cell biology, and lessons learned from brain disorders and manipulations; (2) the fallibility of human senses, perceptions, interpretations, and memory; (3) “natural deceptions,” such as placebo and ideomotor effects, and pareidolia; (4) “good” science and pseudoscience and the problems with anecdotal evidence and eyewitness testimony; (5) logical fallacies (e.g., false dichotomy, “cherry picking,” prosecutor’s fallacy, argument from ignorance, etc.); and (6) critical thinking, its importance, and some tools, examples, and case studies. Depending on class vote, we’ll end with either an open question-and-answer period or a presentation on a specific topic of interest. □ Lecture (plus questions).

Recommended texts:

Dr. ERIC HARRIS has more than forty years of neuroscience experience from academia, the pharmaceutical industry, and interactions with the FDA related to neurological and psychiatric disorders and treatments. He is now retired but keeps current with neuroscience research and meetings and is passionate about science education and science literacy, especially with respect to neuroscience and therapies for neurological disorders.

10 Mondays, September 12–December 5 (please note dates; no class Oct. 3), 11:00am–12:30pm, Judea Reform Education Building. Maximum: 30. Fee: $90. Course ID: 2101.

THE STORY OF THE OTTOMAN EMPIRE

This course will cover the Ottoman Empire, from the founding of the Sultanate in central Anatolia around 1300 CE to its ultimate collapse in the aftermath of World War I. It will examine the dynastic, military, economic, and political aspects of this empire that at its pinnacle straddled three continents. Some of the topics that will be covered are the founding of the Sultanate, the Conquest of Constantinople, the realm of Suleyman “the Magnificent,” the causes of decline, the “Sultanate of Women,” the Siege of Vienna in 1683, the Crimean War, the desperate attempts to reform and modernize the empire by the “Young Turks” and others, the Ottomans in World War I, the rise of Mustafa Kemal (“Ataturk”), and the Turkish War of Independence. Optional texts will be discussed at the first class. □ Lecture (plus questions).

ROB BAUERNFEIND, a retired cardiologist, was full- or part-time medical school faculty throughout his career. He has longtime interests in travel and history. Trips to the Turkish region sparked a special interest in Ottoman history. Rob has taught this course twice before.

9 Mondays, September 19–December 5 (please note dates; no class Oct. 3), 11:00am–12:30pm, Judea Reform Education Building. Maximum: 30. Fee: $90. Course ID: 1598.

WATERCOLOR & ACRYLIC PAINTING WITH COLLAGE

This course is for watercolor or acrylic painters—beginners or seasoned artists—who want to develop or enhance their skills by using collage and other techniques. We will explore the elements and principles of design and color as we learn why some paintings succeed while others don’t. As an abstract painter in love with collage, the instructor is anx-
ious to show you how to make your art “zing” with the addition of collage papers. But since all art is intensely personal, she is as interested in your learning when not to use collage as how and when you should. Bring to class examples of previous artwork as well as any watercolor or acrylic supplies you have. The instructor will have collage papers and needed supplies, such as glue, rollers, scissors, and so on, to share.

Please note: If you don’t have your own supplies, the instructor will bring to the first class items for collage and other techniques that can be purchased directly from her (under $40) as well as items to share to keep costs down. As you experiment with new techniques, you can purchase either locally or online the supplies that you find truly useful.

BERNICE KOFF enrolled in a watercolor class twenty-five 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 work keeps her energized as an artist as much as it energizes her students.

8 Mondays, September 12–26, October 31–December 5 (please note dates), 11:00am–12:30pm, Judea Reform Education Building. Maximum: 10. Fee: 70. Course ID: 2056.

A WORLD IN TURMOIL

From 1939 to 1945 the world was engulfed in a war that shook the foundations of the Eurocentric geopolitical system. The battles and bombings were the most obvious and brutal outcomes, but underlying those were critical economic, political, and social issues. In addition to tracing the military developments of the war years, this course will examine other crucial issues, including the problems of entangling alliances and Hitler’s Europe as they affected the waging of the war and portended the future. = Lecture (plus questions).

MARIE MCHUGH has a PhD in history from Harvard and was a dean in the College of Arts and Sciences at Boston College for twenty-three years. At Boston College she also taught in the History Department and the Honors Program.

There will be no classes at Judea Reform Education Building on Monday, October 3, in celebration of Rosh Hashanah. Classes will go on as scheduled at The Bishop’s House and off campus.

10 Mondays, September 12–November 28, 11:00am–12:30pm, Westminster Presbyterian Church, 3639 Old Chapel Hill Rd, Durham. Maximum: 25. Fee: $90. Course ID: 2037.

CURRENT HEALTH TOPICS: Discussion of the Latest Health Information and Controversies

The mass media regularly report the results of new research pertaining to health and well-being. However, new reports often seem to be contradictory to what was previously believed, leading to public skepticism about the value of science to guide personal and societal action. This course will provide a forum for discussion of new information and controversies related to topics such as physical activity, diet, obesity, stress, positive psychology, medical screening, complementary/alternative treatments, and the role of legislative actions. Experts will be brought in for some specific sessions. The overall course goal is to improve our understanding of how research contributes to personal and public health. = Lecture (plus questions). Facilitated Discussion.

BERNARD (BOB) GUTIN is an emeritus professor from two universities: at Columbia University, he founded the multidisciplinary Center for Health Promotion; at Medical College of Georgia, he conducted research on prevention of obesity and related disorders. He has authored many scientific publications and a book (The High-Energy Factor, Random House). He has been an OLLI member for ten years and has taught or coordinated several OLLI courses.

ED COX was in the practice of oncology (cancer chemotherapy) and hematology (blood diseases) for eleven years at Duke University Medical Center and nineteen years in private practice in Durham. He was director of Database for Duke Comprehensive Cancer Center, involved in the planning, conduct, and analysis of clinical trials. He now brings this training and experience to bear on contemporary health issues, especially those related to lifestyle, such as diet and physical activity.

THE GOLDEN AGE OF RADIO: Vintage Radio Broadcasts from the 1930s and 1940s

Many OLLI members recall fondly the era when radio was the entertainment center of the home. During the 1930s and 1940s, families gathered around their radio to listen to comedies, westerns, mysteries, quiz shows, soap operas, thrillers and other popular shows. This course will feature memorable moments from many of these vintage radio programs. We will also tune in to historic broadcasts of the era, including FDR’s “Fireside Chats,” Orson Welles’s War of the Worlds, and Edward R. Murrow’s World War II dispatches from London. One highlight of the course will be producing our own radio drama, complete with script, music, and sound effects. Take a trip back in time, before television, video games, and the Internet—back to the Golden Age of Radio.


CABELL SMITH fell in love with radio as a boy and worked in broadcasting as an announcer and producer for more than three decades. For the last fifteen years of his career, he was manager of Radio-TV Services at Duke University, writing and producing programs for radio stations around the country.


READING POETRY: Her Infinite Varieties

“Aren’t poems supposed to rhyme?” is a frequent question from readers of contemporary poetry. The simple answer is, It depends on what kind of poem it is. In this course, we will examine many of the varieties of poetry, such as sonnets, ballads, odes, elegies, heroic couplets, pastorals, villanelles, and others, including “free verse.” Each week, we will familiarize ourselves with a genre of poetry by reading and discussing exemplary samples. We will read poems from Chaucer, Donne, and Shakespeare through Eliot, Frost and Ginsberg, among others. The main purpose of the course is to have fun sitting around a table, reading great poetry, and talking about it, and maybe learning a bit in the process. The instructor will select poems to be read and provide information about the poets but will not lecture. The course does not require a background in poetry or literary theory—just come and read.

Recommended text:


JACK THATCHER, a member of the Baha’i Spiritual Assembly of Raleigh, has served Baha’i communities in various roles for forty years and has often presented talks and study classes on Baha’i topics. He is a retired business consultant, manager of innovation, and research scientist. He received his PhD in inorganic chemistry from the University of Illinois.

10 Mondays, September 12–December 5 (please note dates; no class Oct. 3), 1:30–3:00pm, Judea Reform Education Building. Maximum: 30. Fee: $90. Course ID: 2086.
THE ROMAN EMPERORS
AUGUSTUS TO CONSTANTINE:
The Good, the Bad, and the Ugly

We will look at the first fifty-five Roman emperors, from Augustus, Tiberius, Caligula, Claudius, and Nero through Constantine. We will also look at the Roman Empire itself during these three centuries: the wars, the architecture, lifestyles, the Empire’s decline, and its ultimate breakup and fall. Slides and videos will augment the lectures. Reading on the subjects is recommended but will not be required or assigned. ▪ Lecture (with questions).

BAZ CUNNINGHAM has been an OLLI student and teacher for five years. Though his degrees are in chemistry and he worked in industry in research, he has an avid interest in history and likes to read, play the piano, and travel. He has written four books, two plays, and a musical.

10 Mondays, September 12–December 5 (please note dates; no class Oct. 3), 1:30–3:00pm, Judea Reform Education Building. Maximum: 30.
Fee: $90. Course ID: 1510.

DUKE SPORTS HISTORY

This course will explore the rich history of Duke athletics. Concentration will be on Duke basketball and football, but we will also discuss other Duke sports, including baseball, track and field, and soccer, among others. We will discuss the contributions of Duke legends such as Coach K, Wallace Wade, Eddie Cameron, Ace Parker, Dick Groat, Grant Hill, and many others. Not only will we look at past Duke teams and athletes but we will also discuss what is going on currently on the Duke sports scene. There will be pictures, video, class discussions, and guest presentations. ▪ Lecture (plus questions). Facilitated Discussion.
Viewing Videos.

LEWIS BOWLING is the author of Wallace Wade: Championship Years at Alabama and Duke, and Duke Basketball: A Pictorial History. He also writes for Go Duke The Magazine and The Durham Herald-Sun.

8 Mondays, September 12–November 14 (please note dates; no class Oct. 3), 1:30–3:00pm, Judea Reform Education Building. Maximum: 30.
Fee: $80. Course ID: 0465.

INTRODUCTION TO CALLIGRAPHY WORKSHOP

This one-day hands-on workshop will provide you with an introduction to calligraphy and help you look at letters in a new light. You will also explore the possibilities in using a broad-tip pen, while learning the basic strokes of calligraphy. This workshop may be followed by “Italic Calligraphy” (see below). ▪ Hands-On Art.

Please note: Students will need to purchase materials (see below), priced at approximately $10. A folder for classwork is suggested.

Required materials:
• pencil
• ruler
• medium (2.5 mm) felt tip Calligraphic pen
• unlined copier paper

ANNE BAUGH has taught calligraphy with the Durham Arts Council and OLLI for several years.


ITALIC CALLIGRAPHY

Write notes and invitations, address envelopes, and even create works of art in elegant calligraphy. Students will learn the basic strokes of lettering in italic font. ▪ Hands-On Art.

Please note: Students will need to purchase materials (see below), priced at approximately $10. A folder for classwork is suggested.

Required materials:
• pencil
• ruler
• medium (2.5 mm) felt tip Calligraphic pen
• unlined copier paper

ANNE BAUGH has taught calligraphy with the Durham Arts Council and OLLI for several years.

6 Mondays, September 19–November 7 (please note dates; no class October 3 & 24), 1:30–3:00pm, Judea Reform Education Building. Maximum: 12. Fee: $60. Course ID: 2054.

THE RISE & DEMISE OF DÉTENTE

This lecture/discussion course will explore the rise and fall of détente during the Nixon, Ford, and Carter administrations. We will analyze the roots of détente in the aftermath of the Cuban Missile
Crisis, Nixon’s and Kissinger’s roles in formulating and implementing this strategy, the Soviet response, its connection to the Vietnam War, the opening to China, and Ostpolitik. Then we will examine conservative and liberal domestic opposition to this strategy, the Yom Kippur War, and détente’s collapse during the Carter administration over human rights, Iran, and Afghanistan. Required text: Jussi Hanhimaki, *The Rise and Fall of Détente: American Foreign Policy and the Transformation of the Cold War* (ISBN: 978-1597970761), Potomac Books, 2012, $22.70.

**DIGITAL CAMERA EXPERIENCE**

Do you have a digital camera? Do you want to learn and practice the ins and outs of digital photography? This course, a combination of lecture and digital photo taking, will teach what you really need to know to use your camera’s controls. Here are some of the many things we will learn in class and in practice sessions “in the field”: how a digital camera works, camera controls and creativity, controlling sharpness, controlling exposure, capturing light and color, and using automatic flash. This course will also include an overview of basic photo-editing software and ways to organize your photos.

**Please note:** On some days, after the session in the lab, the class will travel to a local photo-shoot location.

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

5 Mondays, September 12–October 10, 1:30–4:30pm (please note dates and times), Smith Warehouse Computer Lab and local photo-shoot locations. Maximum: 10. Fee: $90. **Course ID: 0448.**

**FALL HARVEST WITH ART:**

*Drawing and Painting from the Garden to the Table*

Using fall’s bounty, this course will explore the goodness of the garden and transform it into a beautiful still life using harvested vegetables and more. With your favorite recipe or one you just dreamed up, you can create beautiful kitchen art, recipe cards, and more. Join us to learn about different papers, drawing and tools, tube and cake paints, water-soluble pencils, and pastels. You will

She has taught popular dance courses for OLLI for the past nine years. Margaret loves researching varied dance cultures and works continually on international dance styles through workshops, classes, travel, and videos from the regions.

10 Mondays, September 19–December 5 (please note dates), 1:30–3:00pm, Carolina Dance Academy, 3101 Guess Rd #E, Durham. Maximum: 30. Fee: $90. **Course ID: 2061.**
discover new techniques and explore with a variety of available supplies, creating works of food art to take home. ■ Hands-On-Art.

Please note: There will be a materials fee of $10 to cover paper and other supplies used in class. Please bring exact amount; refunds at the discretion of the instructor.

Catherine Cross Tsintzos has more than thirty years’ experience as a professional museum, school, and arts organization educator. She is a lifelong learner, interdisciplinary artist, educator, and “arts for all” advocate. She is a presenter at art and early childhood conferences and has spent her life working to engage people of all ages and abilities with the creative process.

2 Mondays, November 14 & 28, 2:00–5:00pm (please note date and times). Judea Reform Education Building. Maximum: 12. Fee: $40. Course ID: 2052.

CURSO DE CULTURA Y CONVERSACIÓN: Poner a Punto tu Español

Una “mesa de tertulia” más que un curso, donde juntos vamos a descubrir las perlas poco conocidas de los escritores hispanos, tanto de España como de América Latina y charlar sobre temas contemporáneos. Pensado para los estudiantes con un dominio medio a medio-alto (ver prerequisites) del idioma, lo suficiente para la lectura de los diarios y de la literatura moderna con poca ayuda. La sesión de cada semana se centra sobre un tema presentado en una noticia, un artículo de prensa, o bien en un corto extracto de novela suministrado por el lector (facilitador). Se incluirán notas de vocabulario si la complejidad de la selección lo justifica. A partir de la segunda sesión, los asistentes podrán participar en la selección de temas. (Para averiguar el nivel de tus conocimientos, ver los ejemplos de texto en la página web del curso, oliduke-culturahispana.weebly.com.) ■ Lecture (plus questions). Facilitated Discussion. Viewing Videos.

Prerequisites: Participants should have attained B-level (upper intermediate) and acquired some knowledge and understanding of subjunctive and conditional. This means being able to, in Spanish, understand the main points of texts and speech on familiar matters regularly encountered in work, school, leisure, and so on; deal with situations likely to arise while traveling in an area where Spanish is spoken; produce simple connected text on topics that are familiar or of personal interest; describe experiences, events, dreams, hopes, and ambitions; comment on issues; give reasons and explanations for positions taken; and present opinions and plans.

Murat Tasar studied, lived, worked, ran workshops, and managed businesses in Spain and South America, starting in the 1960s. After leaving corporate management, he passed US qualifying exams for prospective teachers and taught advanced placement Spanish to high school seniors.


TEN MODERN POETS: From Yeats and Frost to Levertov and Gluck

We will read and discuss selected poems by ten modern poets—mostly American but including two English poets. The poetry ranges from Yeats’ metaphysical style and the conversational but iambic language of Frost, to Moore’s syllabic verse and Williams’s free verse “in the American vein.” It ranges from Brooks’s free verse portrayal of local folks to contemporary Louise Gluck’s short, economical poems with “minute perceptions” about “love, birth, and death,” great subjects in our lives. Other poets whom we will study are Theodore Roethke, Larkin, Stevens, and Levertov. Discussions will be text focused: we will analyze and discuss assigned poems and try to understand phrases, lines, and entire poems. Participants are strongly urged to purchase the second edition of the textbook, which can be bought cheaply online. ■ Lecture (plus questions). Facilitated Discussion. Viewing Videos.

Required text:


Harry Brown holds degrees in English from Davidson College, Appalachian State University, and Ohio University. He has published six poetry collections and

There will be no classes at Judea Reform Education Building on Monday, October 3, in celebration of Rosh Hashanah. Classes will go on as scheduled at The Bishop’s House and off campus.
co-edited an anthology of Kentucky writing. After teaching for more than forty years in the English Department at Eastern Kentucky University, he returned to North Carolina and lives with his wife, Alice, in Glencoe, an 1880s textile mill village outside Burlington.

PRESTON MARTIN received his undergraduate degree from Ohio University and an MA in teaching from College of Charleston. He retired from Durham Public Schools, where he taught for ten years. His poems have received awards and recognition by the North Carolina Poetry Society and the Nazim Hikmet Poetry Festival. He has been a longtime participant with OLLI.


NARRATIVE WRITING WORKSHOP: Fiction, Memoir, and in Between

This workshop will guide participants, both experienced and not, through the process of narrative writing. We will learn about narrative craft, story structure, the demands of different genres, and more. Students should be prepared to submit approximately five new pages a week and to read and comment on the five pages submitted by their classmates. (The first five pages are due the first day of class.) Through the workshop process, students will learn to be better writers, editors, and readers. Lecture (plus questions).


KATIE ROSE GUEST PRYAL is the author of the novels Entanglement, Love and Entropy, and Chasing Chaos, all from Velvet Morning Press. She contributes regularly to Quartz, The Huffington Post, The Chronicle of Higher Education, The Toast, Dame Magazine, and other national venues. She has a master’s degree in creative writing from Johns Hopkins and a PhD in English from UNC–Greensboro. She’s published many books on writing, the most recent with Oxford University Press.


ONE CRAFT—TWO CULTURES: Quilting in America and Japan

Quilting, once considered the quintessence of American traditional arts, was revived as an art form in the United States in the early 1970s. At the same time, thousands of miles away, Japanese women were only just beginning to discover American quilts through popular culture media that brought American television shows, magazines, books, and exhibitions of traditional American quilts to Japan. It did not take long for Japanese women to discover an affinity for this new (for them) style of textile art, and, by the end of the twentieth century, the number of active quilters in Japan was about 1 million. The number has only continued to grow, and today’s estimates show some 2 to 3 million quilters in Japan—next to the United States, one of the world’s largest quilting populations. This course will look at the cultural, social, and aesthetic differences in quilting between Japan and the United States and what influenced these differences. Lecture (plus questions).

JACQUELINE M. ATKINS, formerly chief curator at Allentown Art Museum, studied the impact of American quilting in Japan under a Fulbright Research Grant. For eight years, she judged the NHK Japan Quilt Grand Prix contest. Using information gathered during her research in Japan, she discusses what has influenced Japanese quilting and how it differs from Western quilting.


ETHICS & ISSUES IN SPORTS: Perspectives from Both Inside and Outside “The Lines”

This course examines ethical issues in the worlds of high school, collegiate and professional sports from current as well as historical perspectives. The purpose of sports and the dichotomy between “gamesmanship” and “sportsmanship” will help frame the discussion. The course will look at historical situations such as the 1919 Black Sox scandal and point-shaving scandals in college basketball as well as current recruiting and eligibility, gambling, the role of money, race relations, and performance enhancing drugs, among other issues. And what ethical issues may be on the horizon for athletics?

Lecture (plus questions). Facilitated Discussion.
RICK STRUNK worked his entire professional career in sports, serving thirty years as the associate commissioner of the North Carolina High School Athletic Association. He also worked at the collegiate level as sports information director and has extensive newspaper, radio, and television experience covering high school and colleges. He was a Morehead Scholar at UNC.


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 2016 class, but anyone who has had a year of Spanish is welcome to join us. We will start with the review after chapter 15 (How Are We Doing? / ¿Cómo andamos?) in the Gene Hammitt textbook, Learn Spanish the Fast and Fun Way (any edition will do). Lecture (plus questions). Facilitated Discussion. Listening to Music and 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.


THE PEN & THE PAINTBRUSH:
A Dialogue Between American Literature and American Art

This discussion-based course will explore selected pairings of literature and art, testing Ionesco’s assertion that “a work of art is above all an adventure of the mind.” This approach invites us to examine how works reflect their times; deal with gender, race, and class issues; and engage readers/viewers. After discussing a novel, a short story, or a poem, we will look for parallels between it and specific artworks. For example, we might consider motherhood as depicted in Chopin's The Awakening and Cassatt's paintings, or the urban experience captured in Yezierska's novels and John Sloan's art. Walker's story “Ordinary Use” and Ringgold's story-quilt paintings illuminate each other, as does a juxtaposition of two Hemingway stories and Hopper's painting Nighthawks. For a complete list of works we will read (and where to find them), go to olli-the-pen-and-paintbrush.weebly.com. For the first class, please read Chopin's “The Story of an Hour” and at least through chapter 27 of The Awakening.

Required texts:

MARJORIE LANCASTER has an undergraduate English degree from Duke and an MA from Tulane. For thirty-four years, she taught English in the Chapel Hill–Carrboro school system; during this time, she initiated, developed, and taught an interdisciplinary American studies course. She takes great joy in discussing the arts with and learning from others.

10 Tuesdays, September 13–November 29, 9:00–10:30am, Judea Reform Education Building. Maximum: 15. Fee: $90. Course ID: 2077.

THE AMAZING BEAUTY OF NUMBERS:
A Mathematical History Based on Euler's Formula

Euler's Identity (e^(i*π) + 1 = 0) is widely regarded as the most beautiful equation in mathematics. We will study the five constants in this equation and their importance as a way to study the history and evolution of modern mathematics. We will look at “1,” the origin of counting, and how that has evolved into modern abstract concepts. We will consider the evolution of number representation, such as positional notation and the importance of zero. We will then look at “π,” its relation to the circle, and various ways to estimate “π.” We will investigate the origin of the constant “i” and the development and application of complex numbers. We will consider “e,” its origins, various ways to calculate it, and its link to many practical problems. And we will conclude with Euler's formula e^(i*x) = cos x + i sin x.
and with the special case in which $x$ is “pi.” Only a knowledge of basic high school mathematics will be assumed. ■ Lecture (plus questions). Facilitated Discussion.

**Recommended texts:**

**FRANK BROWN** has a master’s in mathematics (Eastern Carolina University) and a PhD in organic chemistry (Caltech). Earlier he received a BS from Duke University. Frank worked almost twenty years at DuPont, first as a research chemist and then as a systems analyst, then almost ten years at Computer Sciences Corporation as a systems analyst. He retired when his job “migrated” to India.

5 Tuesdays, September 13 & 20, October 4–18, 9:00–11:00am (please note dates and times), Judea Reform Education Building. Maximum: 14. Fee: $60. Course ID: 1984.

**IMPROV THEATER II:** Discover Your Creativity

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 their basic skills and add something special: characters who rock, compelling stage relationships, laughter and truth, memorable settings, and group mind. “Yes . . . and” will help you you create all this with a playful attitude and build “something wonderful.” We will explore new ways to unleash group creativity and discovery. ■ Exercise or Dance.

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

**Recommended text:**

**CAROLYN COLE** performs long-form improv as a “Lunartic” at Moonlight Stage Company, Raleigh. She also teaches improv at the Durham Arts Council. Trained at Second City, iO, and UCB/NYC, Carolyn believes that improv wisdom can make a positive difference in your everyday life. Her motto is, “Try improv. You will become ageless.”

CREATIVE SHARING WITH WEEBLY: Build a Website for Something that Interests You

Do you have some hobby/pastime/interest that you would like to share with others by setting up a website? In this hands-on course, 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 will 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.

Prerequisites: Before you sign up, view the course website at olli-Creative-Sharing.weebly.com to get more information on the course pre-requisites; members who do not meet the prerequisites should not sign up.

Please note: Work outside of class is required and you must be comfortable using a Web browser and computers.

HOWARD KOSLOW has more than thirty years’ experience as a software developer, mentor, and trainer. After recently retiring from IBM, he is teaching at OLLI to share his joy for learning and teaching others to embrace technology for creative and productive purposes.

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.


NORDIC SYMPHONIES: Music of the Nordic and Baltic Countries

The music of the northern-most countries is as unique and inspiring as their awesome landscapes. This course will include music by well-known composers of the region, such as Grieg and Sibelius, plus some you may have never heard before. We will include classical, traditional, and even some pop, all of which reflects the beauty and crisp sense of ice and the warmth of people who love their existence. Part music, part travelogue, and part history, when first offered two years ago, this course was a smash hit. It will open up new vistas of music for you that you will never forget. ■ Lecture (plus questions). Facilitated Discussion. Listening to Music and Other Audio. Viewing Videos.

KEN HOOVER was born in Chicago. He has been an avid student of classical music since the age of fifteen, when he heard Arturo Toscanini and the NBC Symphony Orchestra at the first concert he ever attended. He has taken courses in music history and composition and was the producer and host of Great Sacred Music on WCPE for eighteen years. He has taught at OLLI since 2011.


A VISITOR’S GUIDE TO THE LITERARY SOUTH

Follow in the footsteps of American literature’s most renowned writers. Learn about the hotel in Louisville, Kentucky, that inspired F. Scott Fitzgerald to pen The Great Gatsby; step inside the North Carolina home that was the model for Thomas Wolfe’s Look Homeward Angel; and learn about the lighthouse that shone as a beacon for Stephen Crane following his shipwreck in Florida. Many important writers and their landmarks, from Virginia to Florida, will be featured in the course, which will include slide presentations, films, handouts, and a possible field trip to a literary site. ■ Lecture (plus questions).

TRISH FOXWELL is a career author/journalist and photographer. Her staff associations include The Washington Star, The Washington Times, and the Washington Bureau of The New York Times. Her articles have featured travel, films, the arts, and books. Her second book, A Visitors Guide to the Literary South, will provide the syllabus for this course.


NO regular OLLI CLASSES during OLLI’s Fall Break, October 24–28, or Thanksgiving week, November 21–25
POETRY WRITING: A Funshop
This funshop is for everyone who writes or wants to write poetry. We will generate creative writing through personal experience, poetic forms as models, and “stealing” from some of the greats. We will offer to each other casual, yet thoughtful, critique. Poems will be conceived, birthed, and, for anyone who wants, seen through to maturity. In the funshop, poetry has a sense of humor.

JO TAYLOR has published poems in journals, magazines, and anthologies, and is the author of five poetry books. She chairs the Brockman-Campbell book contest for the North Carolina Poetry Society, coordinates a poetry reading series at Quail Ridge Books in Raleigh, and freelance edits poetry and prose.

10 Tuesdays, September 13–November 29, 11:00am–1:00pm (please note times), The Bishop’s House.

LIVING A MORAL & HAPPY LIFE WITHOUT GOD
This course examines whether people can live a moral and happy life without God being a consequential part of that life. We will begin by examining the history of God from the earliest ritual worship seventy thousand years ago to the present time, and continue by examining what or who both ancient and modern people believe(d) God is. From there, we will review the reasons people give for needing God in their lives and how nonbelievers fill those same needs. We will look at the most common sources of morality for those who do not believe in God and address the question of how there can be a universe without God. Next, we will examine the historical relationship between God and evil (theodicy). We will conclude by reviewing the research on whether people who do not believe in God can be both moral and happy. The course emphasizes free and open discussion. A textbook will be provided at no cost to participants.

DICK LEVIN was a professor at UNC–Chapel Hill for thirty-five years. He has bachelor’s and master’s degrees in engineering and a doctorate in economics. He is the author of sixteen books and numerous articles in refereed journals.

10 Tuesdays, September 13–November 29, 11:00am–12:30pm, Judea Reform Education Building.

STAY PUT OR MOVE ON? Aging in Place versus Moving to a Retirement Community
Please note: Two different, overlapping courses are offered this term. Do not sign up for this course if you register for “Retirement Communities” (page 19), and do not sign up for this course if you cannot attend all class sessions, including the visits to retirement communities.

In this course, we will review two choices: aging in place (in your current home) or in a retirement community. We’ll discuss assistive technologies and how to assess the suitability of your home and your community for aging in place. Next, we’ll talk about health care management, companion care services, and assisted living facilities. Then we’ll discuss long-term-care insurance and claiming the benefits from these policies. Turning to retirement communities, we’ll review the types of contracts they use and the entrance/monthly fees for independent living (ILRCs) and continuing care retirement communities (CCRCs), as well as state regulation of CCRCs. Finally, we’ll visit several ILRCs and CCRCs to tour the facilities and learn what services are provided and what their entrance fees, monthly fees, and waiting lists are.

Requirements: Participants must use e-mail and must be able to attend all class sessions, especially on October 4.

FRED PORTER moved to Durham in 1971. He holds BS and MS engineering degrees from the University of New Hampshire and University of Colorado and an MBA from Duke University. He retired from the Environmental Protection Agency after a career of thirty-four years.

JIM HASTINGS is a Durham native. He holds an undergraduate degree from Western Carolina University, a master’s degree from NC A&T University, and did postgraduate studies at UNC. He retired from the local school system. Jim’s favorite time of the year is Christmas, since he is a professional Santa Claus.

13 Tuesdays, September 13–December 13, 10:00am–1:00pm (please note dates and times; this course meets Oct. 25, during OLLI Fall Break), Judea Reform Education Building for first four weeks, then field trips to retirement community locations.

Registration opens at 9:00am on August 9
www.learnmore.duke.edu
RETIREMENT COMMUNITIES: What Are They? Why Are They Popular? What Do They Cost?

Please note: Two different, overlapping courses are offered this term. Do not sign up for this course if you register for “Stay Put or Move On?” (page 18).

This two-session course is for those who want some information about retirement communities, to decide whether they are interested in considering them further, but who are interested only in a couple of local communities and are not willing to make a commitment to visit all of the retirement communities in “Stay Put or Move On?” In this brief course, we will review independent living and continuing care retirement communities located in Durham and Chapel Hill, exploring the services these communities provide, their entrance requirements, and their entrance and monthly fees. Lecture (plus questions).

Please note: This course does not include visits to any retirement communities.

FRED PORTER moved to Durham in 1971. He holds BS and MS engineering degrees from the University of New Hampshire and University of Colorado and an MBA from Duke University. He retired from the Environmental Protection Agency after a career of thirty-four years.


MORE GREEK MYTHS IN WESTERN ART

If you like Greek mythology, join us on the wanderings of the ancient Bronze Age heroes—Odysseus, Theseus, Heracles, Perseus, and Jason. You will also meet the highly dysfunctional family of Agamemnon, who led the Greeks to victory in the Trojan War only to find his wife waiting at home to murder him in the bath. Incest and cannibalism also plagued his family tree. Michael Cacoyannis’s excellent film, Iphigenia at Aulis, and a look at recent archaeological finds will bring this period of the Greek Bronze Age to life for us. If time permits, we will also explore the myths of Cupid and Psyche, Orpheus and Eurydice, and the Amazons. PowerPoint slide lectures, along with plentiful discussion, will make museum trips more interesting, improve your cocktail conversations, and give you lots of material to entertain and amaze your grandchildren. Lecture (plus questions).

CYNTHIA DESSEN has offered thirty-eight courses on the classical world since she began to teach at OLLI in 2001.


CHINESE BRUSH PAINTING: Flowers, Birds, and Cards

In this course for both experienced and beginning students, you will learn to paint flowers and birds, which are popular brush painting subjects. You will complete a beautiful painting in every class, while practicing basic brush painting techniques. The pictures can be framed or used to make greeting cards. Hands-On Art.

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

Please note: The instructor has good brushes and rice paper ordered from China that you may purchase (refunds at the discretion of the instructor).

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


PETER THE GREAT: The Transformation of Russia

At the dawn of the eighteenth century, Russia was still a semi-oriental country and society and one far less modern than its European neighbors. In less than a quarter century, Peter the Great single-handedly transformed Russia into a major European power, though this rapid transformation was accomplished only with great humanitarian sacrifices. This course will examine his life and his work, as well as Russian society and culture at the time of the transformation of Russia. Lecture (plus questions). Viewing Video.
MAC OS X (EL CAPITAN)
FOR MAC COMPUTER USERS
This course is not a beginner’s Mac class; it is for current Mac users who want to know more about navigating the latest Mac operating system, El Capitan. We will look at the Desktop, the Finder, the Finder window, the Dock, and icons; cover Preferences for the entire system as well as for individual software; review document and file management; and become familiar with selected software included as part of OS X as well as with the Help files that apply to each application. If time allows, we will examine some of the troubleshooting techniques for OS X. ■ Lecture (plus questions). Hands-On Computer Use (using the lab computers).
Prerequisites: A general familiarity with using a Mac; mouse dexterity; an e-mail account; and a recent version of OS X—preferably El Capitan. (The lab computers will have El Capitan loaded, as will the teacher’s laptop.)
SUSAN EURE, a retired English teacher/editor, has been using and loving Mac computers since 1985. She has taught the OS X class for eight years and the iPhoto class for three.
6 Tuesdays, September 13–October 18 (please note dates), 11:00am–12:30pm, Smith Warehouse Computer Lab. Maximum: 8. Fee: $60. Course ID: 2031.

BEGINNING WATERCOLOR PAINTING
This course is a great opportunity to learn the basics of painting with watercolors for those who have always wanted to try it. Students will learn about paint, paper, glazing, painting wet-in-wet, color mixing, controlling edges, negative painting, saving whites, masking, producing various textures, composition, values, and more. ■ Hands-On Art.
Required materials:
• Paper: Arches #140 cold press, at least 10” x 14”. The cost is dependent on the quantity purchased, but figure $40 for paper. ($2 will buy one 11” x 15” sheet from the instructor.)

EXPLORING EUROPEAN BOOK CULTURES: Changing Forms of the Book, from Ancient Greece to Gutenberg
From the scroll to moveable type and mechanized printing, this course will follow changes in European book culture from 300 BCE to 1575 CE. We’ll study such topics as how and why the codex replaced the scroll and what role the book played when literacy was limited. Artists’ portrayals of books will be used to reveal cultural attitudes. You will be invited to do Internet searches outside of
class and bring images to share and discuss. One class will be devoted to the St. John’s Bible project and will be led by a visiting art historian. In another, you’ll visit the Rubenstein Rare Book and Manuscript Library. Reading lists will be available, but work outside the class won’t be essential to this survey of cultural history. By the conclusion of the ten sessions, we hope to gain perspective on current times, as e-books join their print cousins in the marketplace.

**Lecture (plus questions). Facilitated Discussion. Viewing Videos. Field Trip(s).**

**Recommended texts:**

**Please note:** All books listed above are optional background reading. Additional articles will be posted on the course website: students will need to make their own copies if they want printed versions of scholarly articles.

BARBARA WILLIAMS ELLERTSON produced and designed hundreds of books over four decades of work in publishing. Now an independent researcher, in 2013 she co-founded the BASIRA Project: Books as Symbols in Renaissance Art. Her BA from Duke University (double major in history and religion) was long ago, but she’s been reading and writing intensively about book history for three years.

JANET SEIZ, Durham resident and art history teacher at Vance-Granville Community College, will conduct one class session.

10 Tuesdays, September 13–November 29, 1:30–3:00pm, The Bishop’s House. Maximum: 20. Fee: $90. **Course ID: 2092.**

**SPIRITUAL BEINGS, HUMAN LIVES**

It is universally maintained by “esoteric” sources—philosophers that attempt to provide insight into the transpersonal and spiritual nature of human beings—that the human self is actually a complex system functioning at multiple levels of consciousness. This means that the level with which most people are almost exclusively familiar, the level of the conscious personal ego, represents only a tiny portion of human selfhood. With this view, human life may be understood not simply in terms of a personal self undergoing various types of experience but in terms of a spiritual self that is using the vehicle of the personal self to obtain a certain kind of experience for its own spiritual purposes. In this course, we will investigate the question of how our usual understanding of human life, grounded in the perspective of the personal ego encountering its existence, is radically transformed by a consideration of the esoteric position.

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


HIGHLIGHTS OF THE 2016–2017 METROPOLITAN OPERA & NC OPERA

Join us for an exciting look at operas that will be performed by the Metropolitan Opera Live in HD and by the North Carolina Opera in their 2016–2017 seasons. Through lecture and performance, we'll learn about the music, composers, and histories of the following operas: Wagner’s Das Rheingold and Tristan und Isolde; Mozart’s Don Giovanni and The Marriage of Figaro; Verdi’s Nabucco and La Traviata; Tchaikovsky’s Eugene Onegin; Strauss’s Der Rosenkavalier; and Gounod’s Romeo and Juliet. Our extraordinary guest list includes Ira Siff, vocalist and commentator for the Metropolitan Opera’s Saturday Radio broadcasts; mezzo-soprano Victoria Livengood, North Carolina native and internationally known star; soprano Susan Dunn, director of the Duke Opera Workshop; soprano Myra Kornbluth (a.k.a. Marisa Galvany); and our beloved and talented local soprano Andrea Moore Healey, tenor Jason Karn, and bass-baritone Gene Galvin, accompanied by Kate Lewis. Seasoned opera goers and those new to opera are all welcome. ■ Lecture (plus questions). Listening to Music. Viewing Videos.

Please note: There will be no class on Tuesday, October 11. Instead, special guest Ira Siff, vocalist and commentator for the Metropolitan Opera Saturday radio broadcasts, will join us for a special class at the instructor’s home on Sunday, October 26, from 12:00–3:00pm.

Please note: To cover the cost of the special guests, the instructor will collect $45 from each participant. Please bring exact amount to the first class; refunds at the discretion of the instructor.

Margie Satinsky has been an opera devotee since 1976. She’s attended more than one hundred performances at the Metropolitan Opera and in Europe and taught opera appreciation classes at OLLI for four years. Margie owns Satinsky Consulting, LLC, a firm specializing in consulting services for physicians. She also teaches yoga in Durham.

9 Tuesdays, September 13–November 29 (please note dates; no class on Oct. 11), 1:30–3:00pm, Judea Reform Education Building. Maximum: 25. Fee: $90. Course ID: 2108.

HUMOR: What We Laugh at and Why

“Laugh and the world laughs with you,” goes the old adage. But why do different people laugh at different things? Our sense of humor changes with age. What we once thought funny now seems stale, and what was once very serious now seems laughable. Norman Cousins said, “Laughter is exercise for our insides.” Modern neuroscience has found humor to be good exercise for our brains. So, come exercise with us in an enjoyable manner as we explore various aspects of humor through film and cartoons. We will focus on American humor forms of our lifetimes and their history—there will be much nostalgia. We’ll also explore the impact of changes in our culture on what is funny. This is not simply a serious academic class, but an opportunity to spend ninety minutes away from life’s tribulations each week and simply laugh. ■ Lecture (plus questions). Listening to Music and Other Audio. Viewing Videos.

Paul Rohde received his BS and MS degrees from the Illinois Institute of Technology as well an MBA from the Kellogg School of Management at Northwestern University, with concentrations in economics and finance. He is retired from a career in the business of information technology and has continued a lifelong study of issues involving both science and philosophy.

10 Tuesdays, September 13–November 29, 1:30–3:00pm, Judea Reform Education Building. Maximum: 25. Fee: $90. Course ID: 2091.

AN INTRODUCTION TO DIGITAL IMAGE EDITING & PHOTO EDITING WITH ADOBE LIGHTROOM

The difference between a good digital photograph and a great one can be a simple matter of post-processing. The tools needed to take your images to the next level are all contained in one application. Adobe Lightroom is designed to handle all aspects of image post-processing, from organizing and editing to printing and publishing. Understanding the application, however, is not the same as knowing how to use it. In this course, you will learn the basics of Lightroom and then put your new skills into practice with hands-on lab work. You will bring
your own digital photographs to class and, working on your own laptop, manipulate them in Lightroom. You will also have the opportunity to share your “before” and “after” results in noncritical classroom reviews. ■ Lecture (plus questions). Facilitated Discussion. Hands-On Computer Use.

**Requirements:** You must have a high-capacity USB stick to hold your images and Lightroom catalogs (a 128GB stick can be purchased for less than $25), or you may alternatively use an external hard drive. You will need to bring a laptop equipped with Lightroom for use in class; if you want to take the course prior to purchasing Lightroom, you can install a trial version.

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

5 Tuesdays, September 13—October 11 (please note dates), 1:30–3:00pm, Judea Reform Education Building. Maximum: 12. Fee: $90. **Course ID: 2030.**

**BEGINNING PHOTO EDITING FOR MAC & PC: Using Photoshop Elements**

Learn to use photo-editing software for improving those less-than-perfect shots, retouching photos, and cropping and resizing images for the Internet or other special uses. We will use Photoshop Elements (v.14) software for editing photos and exploring the possibilities for adjusting colors and contrast or adding artistic touches. This eight-session course will include discussion of formats and media for saving image files and making backups. Procedures for special projects such as panoramas and collages will also be addressed. Completion of homework assignments is expected. ■ Lecture (plus questions). Hands-On Computer Use.

**Prerequisites:** Proficiency with Mac or Windows operating system and use of Internet and e-mail is required. Students must be able to navigate within the operating system and use the mouse with ease; knowing how to save, rename, back up, and retrieve files and documents without assistance is essential. Prior experience with graphics tools will be helpful.

**Requirements:** Students must have Photoshop Elements 14.0 software installed and working on their home computers. Students must bring to class a USB flash memory device with at least 2G of free space.

MARY JO FICKLE has been using computers for more than twenty-five years. She has been teaching photo-editing classes for OLLI for more than ten years.

8 Tuesdays, September 20–November 15 (please note dates), 1:30–3:00pm, Smith Warehouse Computer Lab. Maximum: 8. Fee: $80. **Course ID: 1042.**

**SYMPOSIA AT THE FOREST AT DUKE: An Invited-Speakers Program with Mostly Scientific Topics, but with an Occasional Diversion**

Symposia has returned to the auditorium in the newly remodeled main building at The Forest at Duke, and we’re happy to report there’s much more on-site parking. This course is popular with OLLI members both because of the variety of interesting topics—see the program below—but also because each lecture is focused on a different topic and missing a class does not mean losing course continuity. Because our speakers have busy schedules, the program is subject to change, but at catalog press deadline, we’re proud to offer the following program. ■ Lecture (plus questions).

**September 13.** Fracking is a dirty word, or is it? Ricardo Solares is an expert in hydrocarbon production (oil and gas), and he knows the advantages and dangers of fracking as a true insider. We’ll hear something about the industry’s perspective of fracking today—and it may not be exactly what you expect.

**September 20.** North Carolina is a beautiful state, rich in natural wonders, but the North Carolina landscape will transform dramatically in the next thirty-five years with the state’s population growing from about 10 million to 14 million. The impact of this will be significant. Charles A. “Chuck” Flink, president of Greenways Incorporated, is widely regarded as one of America’s leading greenway designers, and he will offer some insights into the North Carolina we’ll be leaving to the next generation.

**September 27.** Our gut microbiome plays such a pivotal role in the body that it is now considered a vital organ. Dr. Edwin Cox has digested research on diet and health to explain to us the many interactions involved. He will describe the fascinating
mechanism by which red meat contributes to coronary heart disease, sort out the confusing tangle of probiotics and prebiotics used to tend our inner gardens, and look to the future of fecal transplants for treating a host of diseases and disorders.

**October 4.** Why do we see and hear what we do? What provides us with the ability to understand the similarity of musical tones and voiced speech? Dr. Dale Purves, professor of neurobiology at the Duke Institute for Brain Sciences, has researched these issues and focused on the perception of lightness, color, form, motion, and auditory perception for the last fifteen years. Dr. Purves will have much more to tell us about the theory and its implications for brain structure and function that is being explored by examining the responses of human subjects.

**October 11.** You’re probably aware of Drake’s Equation, that famous estimate of the likelihood of finding intelligent life in the universe. Estimates are one thing, the actual search is another. Patrick Treuthardt, PhD, assistant head of the Astronomy and Astrophysics Research Lab at the North Carolina Museum of Natural Science, is here to talk with us about that search.

**October 18.** The talk today is about nuclear power and spent fuel processing. The presentation will include a basic description of the controlled use of nuclear fusion and a detailed review of the nature of spent nuclear fuel. The Nuclear Regulatory Commission has spent over $1 billion on the Yucca Mountain storage facility for spent fuel and is poorly understood by the government and public. John Orth has served on a review committee studying the environmental impact of Yucca Mountain and will provide a detailed discussion of spent fuel storage and long-term environmental impact.

**November 1.** For many of us the JFK assassination is an acute memory, not just an historical event. Remember the stories about grassy knolls and conspiracies? Congress instructed the FBI to conduct a definitive study of that event. The special agent in charge was Jack Lawn, and he’s our speaker today.

**November 8.** Today’s topic is “When Giant Snakes Invade Your Country,” concerning giant snakes that are absolutely awesome in size. Dr. Michael Dorcas, professor of biology at Davidson College, is traveling four hours from there to be with us today. He has published over 100 articles on the biology of amphibians and reptiles, and he is involved in numerous research projects, including studies of invasive Burmese Pythons in Florida.

**November 15.** What does it mean when the FDA says a drug is safe and effective? Dr. Barton Cobert, a gastroenterologist and fellow of the American College of Physicians and the American College of Gastroenterology, will be addressing that topic today. Drawing on his experience (he has written five textbooks on drug safety, including Cobert’s *Manual of Drug Safety and Pharmacovigilance*), he will help us be “educated consumers” of health care.

**November 29.** We all have concerns about the cost of drugs, treatment, and rationing in medicine. Dr. Ross McKinney, who is a specialist in pediatric infectious diseases at Duke University Hospital and a subspecialist in general pediatric infectious diseases, will be speaking to us today about these issues.

HARRIET SANDER and ANTHONY WARAKSA arrange and host this program but want to give credit to the OLLI members who attend and offer speaker suggestions for the upcoming terms. Harriet, after retiring as a psychologist, was a Guardian ad Litem, representing the interests of disadvantaged children in Durham’s courts. When she left that position she partnered with Tony in offering the Symposia program. Tony, a retired general manager and CEO, has been serving on the Duke University Medical Center’s Institutional Review Boards for about as long as he’s been hosting Symposia.

10 Tuesdays, September 13–November 29, 2:00–3:30pm, **The Forest at Duke, 2701 Pickett Rd, Durham. Maximum: 150. Fee: $90. Course ID: 0373.**

**HUBRIS, HOLLYWOOD & HELICOPTERS:**
**Howard Hughes—His Ventures and Adventures, Failures and Successes**

It’s a corporate history like no other. Each session includes Hughes’ lifestyle, the company he founded to design aircraft during WWII, and the aircraft themselves. While his movie-making and world-record-setting efforts were often successful, his aircraft designs were business failures until the company began to produce helicopters. Almost by accident, an offshoot of the company blossomed into one of the world’s most powerful electronics firms. Strangely, Hughes had little interest in that profitable enterprise, so he carved out a separate
smaller entity that’s been called “Howard’s Hobby Shop.” It rapidly became indebted to the parent corporation, which Howard’s father had founded long ago, by $1.2 billion (in today’s dollars). Its relationship with Congress and the US Department of Defense—its principal customer—was fraught with rancor and mutual mistrust. The sessions, presented in chronological order, will include the Man, the Company, the Aircraft. One of the ten sessions will be a field trip to the NC National Guard facility near RDU, to see their Apache helicopters up close and hear the pilots discuss their two deployments to the Middle East.

**Recommended text:**

**JOHN DENDY** is a retired president and CEO of Aérospatiale Helicopter; vice president of Light Helicopters Programs at McDonnell Douglas Helicopters; manager of design AH-64, Hughes Helicopters; and flight controls systems engineer for Sperry Flight Systems. He holds patents in flight control system design.

6 Tuesdays, September 13—October 18 (please note dates), 3:15–4:45pm, **The Bishop’s House**. Maximum: 25. Fee: $60. **Course ID: 2100.**

**HOW TO WRITE FOR CHICKEN SOUP FOR THE SOUL:**

**Writing the Personal Essay**

In this course, you will learn to write a personal essay that evokes an emotion in the reader. Chicken Soup for the Soul publishes nonfiction stories that are inspirational—sometimes poignant, sometimes humorous, and sometimes thoughtful. Students mastering this style of conversational writing can submit to other venues wanting Chicken Soup-type tales. Each week we will write a 300-word piece of creative nonfiction on an assigned theme. In class, we will discuss what works and what doesn’t in each student’s story. We will become writers, not just oral storytellers.  

**Facilitated Discussion. Writing.**

**ERIKA HOFFMAN** taught high school English for ten years. She has her undergraduate and graduate degrees from Duke University. Since she started writing in 2009 with the goal of publication. To date, she has had 180 different pieces published. And, for most of them she has been paid. Her stories have appeared in thirteen Chicken Soup for the Soul anthologies. Her nonfiction has been published in magazines, e-magazines, newspapers, and other compilations of essays.

10 Tuesdays, September 13–November 29, 3:15–4:45pm, **The Bishop’s House**. Maximum: 12. Fee: $90. **Course ID: 2102.**

**CREATIVE PROSE—TRANSFORMING RAW MATERIAL:**

**Turning Images, Experiences and Ideas into Publishable Prose**

Where do writers get ideas? How does a writer decide to turn an experience, a story, an idea, or research into publishable material? We will examine the raw material of writing and how to make that decision. We will discuss techniques of writing in different forms, how raw material is best suited for a particular form, and how to organize a writer plan and begin a draft. All of these steps in writing, editing, and rewriting will be tried out in class assignments. Each week we will share writing information. To publish or self-publish will be examined. The class is open to writers of all levels and beginners are most welcome.  

**Facilitated Discussion. Writing.**

**PAUL DEBLINGER** holds an MA in English and creative writing from Hollins College and an MFA in creative writing at Bowling Green State University. He taught creative writing at Bowling Green; The Loft, Minneapolis; and Poetry Workshop, Prague. He is the author of Culpepper’s Minneapolis-St. Paul: The Essential Guide to the Twin Cities. He has published many stories, essays, reporting, and columns. He edited *Window* and *Minnesota Thoroughbred Journal* and served as marketing manager for Eclipse Press.

10 Tuesdays, September 13–November 29, 3:15–4:45pm, **Judea Reform Education Building**. Maximum: 12. Fee: $90. **Course ID: 2103.**

**CITIES: A Celebratory Tour**

The world is increasingly urban. This course will examine the history, growth, treasures, variety, and future of the world’s cities—with pertinent illustrations from a wide variety of cities. Some of the questions we will address include, What is the appeal of cities? What are their vulnerabilities? What cultural treasures do they house? Why do slums happen and what is life in them like? How does city infrastructure (from sewage to skyscrapers) make cities possible? What will smart cities of the future look like? A typical class will combine...
lecture (with infographics), video, and focused discussion (~60%/20%/20%). At the last session, students who wish will have the opportunity to present the itinerary for a week in a favorite city—one well loved or yet to be visited. Armchair travelers, world travelers, and those in between are all welcome.

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

**Recommended text:**
- DK Eyewitness Travel Guide (for the city of your choice).

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**OLLI AT NIGHT CLASSES**

**RE-ENGINEERING YOUR LIFE:**
How to Thrive, Not Just Survive, in Your Senior Years

This interactive course will focus on the resources and knowledge of experts, utilizing Neuro Linguistic Programming (NLP)—the way we communicate with ourselves. In class, we will use music, exercises, demonstrations, white papers, and “weekly status reports” to give ourselves the tools to transition immediately into a happier, more productive lifestyle. Each week, we will be given the opportunity to practice a newly learned skill at home or at work and will report back our results and feedback at the next class. Discussions will take place to learn from those experiences. At the end of the course, students will receive a “blueprint” to apply and use in their daily lives to produce successful outcomes.


**Recommended texts:**

**BRIAN AZAR** was CEO and founder of the New York President’s Club (1984–90) and executive director after founding the club. It has more than 1500 members in the NY tristate area. He has held various offices in the Durham Chamber of Commerce and is a member of the Multicultural Committee and the Small Business Council.

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**WIRE SCULPTURE:** Drawing in Space

Wire sculpting is an ideal media for understanding and enjoying spacial reasoning. This course will teach basic technical skills in combination with elements and principals of design. We will discuss aesthetics and problem solving and enjoy the process of drawing in space, which is what we will be doing in wire.

- Hands-On Art.

**Required materials:**
- steel wire
- copper wire
- needle-nose pliers
- wire cutters

**Please note:** Students may purchase the wire from the instructor but must provide their own tools.

**MARK KOZMA** is a professional sculptor and potter in Durham. He works in many different three-dimensional media, with fifteen years' wire sculpting experience. Mark teaches with logical problem-solving techniques and spirited free expression.

10 Tuesdays, September 13–November 29, 6:30–8:00pm, The Bishop’s House. Maximum: 15. Fee: $90. **Course ID: 2057.**

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**ALAN VAUX** is a retired professor, researcher, and administrator. He grew up in Dublin, Ireland, and has lived in the United States for four decades. He holds advanced degrees from universities in cities six thousand miles apart. His interest in cities is largely avocational and extends far beyond his travels to date (mostly in the US and Western Europe).

10 Tuesdays, September 13–November 29, 3:15–4:45pm, Judea Reform Education Building. Maximum: 30. Fee: $90. **Course ID: 2087.**

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**NO regular OLLI CLASSES**

during OLLI’s Fall Break, October 24–28, or Thanksgiving week, November 21–23
**FDR**

Franklin Delano Roosevelt (1882–1945) was the thirty-second president of the United States of America. Elected for an unprecedented four terms, he held the office longer than any president before or since. Among the most powerful presidents America has ever had, he led the nation through two of its greatest crises—the Great Depression and World War II. He simultaneously stimulated deep-seated love in some and vitriolic hatred from others. His fight with polio is legendary. In this course, we will attempt to penetrate some of the hidden places of his character, explore his influence, examine the ways he chose to conduct his life, and assess the impact of all of these things on his leadership style and political life. 

**Lecture (plus questions).**

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

10 Wednesdays, September 14–November 30, 9:00–10:30am, The Bishop’s House. Maximum: 30. Fee: $90. **Course ID: 0999.**

**POPULISM, POVERTY & INEQUALITY: Current Issues in Economic Development**

Poverty and inequality are issues prevalent in today’s world. We will examine the causes, remedies, and policies as discussed by recognized authors and experts, emphasizing those from developing countries. The rise and results of populist movements and leaders will be considered as well. As they relate to the above issues, lessons learned with different models and approaches related to economic and social development will be studied. Professors Anthony Oberschall, Alan Vaux, Myron Miller, and other recognized experts on the above topics will be invited as guest speakers. Open discussion is encouraged during and at the end of each session.

STEPHAN WITTKOWSKY is a native of Guatemala who now spends about half a year in Chapel Hill. He is a retired economist, businessman, entrepreneur, consultant, and professor. He attended Cornell University. Before undertaking work in the private sector, he worked with a United Nations industrial research institute in Central America.

10 Wednesdays, September 14–December 7 (please note dates; no class Oct. 12), 9:00–10:30am, **Judea Reform Education Building**. Maximum: 30. Fee: $90. **Course ID: 2033.**

**DOES RANDOMNESS RULE OUR LIVES? Why Most Predictions Usually Turn Out Wrong**

Randomness, predictability, causation, probability, luck . . . all are misunderstood. Do we even know how to calculate odds correctly? And our misunderstandings lead us to major errors when we draw conclusions, as we’ll prove when tackling some “simple” problems, including the famous Monty Hall Let’s Make a Deal three-door problem. We’ll examine the role luck plays in most successful outcomes and careers, how chaos theory is applicable to almost all future events, and how randomness is the engine driving genetics. We’ll even examine time travel and why most sci-fi authors get it all wrong. Above all, come prepared to laugh at ourselves and have fun.

**Lecture (plus questions). Viewing Videos.**

**Recommended text:**


**DICK IMMEKUS is a retired engineer and business owner who reads and travels extensively. Exploring math and science issues is one of his many hobbies. He has taught this OLLI course previously at both Duke and NC State Universities.**

10 Wednesdays, September 14–December 7 (please note dates; no class Oct. 12), 9:00–10:30am, **Judea Reform Education Building**. Maximum: 30. Fee: $90. **Course ID: 0377.**

**THE SUPREME COURT IN THE TWENTY-FIRST CENTURY**

This term, special consideration will be given to recent Supreme Court cases deciding political and election issues. Opinions covering rights of corporate personhood; voting rights and gerrymandered districts; the Affordable Care Act; firearms regulation; and birth control choices will be featured topics for discussion and critique. In addition, this course will endeavor to define the legacy of Justice Antonin G. Scalia. Introductory discussions cover-
ing nomination and appointment of Supreme Court Justices, the evolving labels “conservative” and “liberal,” Articles II and III of the US Constitution, and the principle of judicial review will precede consideration of the twenty-first-century cases. It will be the goals of the course to develop an understanding of how the federal judicial system works, how and why the Supreme Court Justices do what they do, and where (oh where?) this court might be going.

Lecture (plus questions). Moderated Discussion.

Required text:

Students should obtain a copy of the Constitution of the United States; booklet price is around $5.00.

DOUGLAS SHRADER, BA Yale University and LLB Yale Law School, was a federal court law clerk and a teaching assistant in Prof. Robert Bork’s constitutional law seminar at Yale Law School. After, he practiced trial and appellate law in Connecticut for more than forty years. He is a Fellow of the American College of Trial Lawyers.


CHANGING YOUR AGE:

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

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

Please note: Participants must be able to lie on the floor comfortably. Bring a mat, thick blanket, or sleeping bag on which to lie, and two big towels to fold to create support for your head. Wear comfortable clothes for movement. Dress in layers. Call 919-967-8013 to discuss any concerns you might have about your ability to participate.

KAREN DOLD, Feldenkrais practitioner and movement educator, has changed her age and delights in watching her students do the same. “The older I get, the younger I feel.” She has been teaching classes throughout the Triangle since 2000 and offers private sessions in her Chapel Hill and Cary offices.


THE $100,000 STOCK MARKET CHALLENGE: An Introduction to Investing

How would you invest one hundred thousand virtual dollars? Using the Stock Market Game, participants (individuals or teams) have ten weeks to maximize returns with an online simulation of investing in global stocks and capital markets. Using actual quotes on stock exchanges and mutual funds, this course will allow “investors” to learn about portfolio management in an attempt to outperform the market. Trades will be entered on an individual computer website that will keep track of trades and show holdings and returns. Learn what “limit” orders are. Discover how to “short” a stock. What is a margin account? Examine support and resistance levels. Do you know that “head and shoulder” formations are not about dandruff? Since 1977, the Stock Market Game has helped more than 13 million students learn about the financial markets.


Prerequisite: Basic computer skills are required.

Please note: There will be a fee of $20, which includes the cost of the Stock Market Game and handouts. Please bring exact change to the first class; refunds at the discretion of the instructor.

JOHN CANZANELLA had a successful career in banking, and after twenty-five years, he left the world of finance to become a teacher. He enrolled at Teacher’s College, Columbia University, and obtained two graduate degrees and then taught school in New York and North Carolina.

EXPLORATORY PAINTING WITH GOUACHE

Let loose and learn new skills while experimenting with methods for creating paintings. We will build compositional skills and explore primarily abstraction and formalism as a means for personal expression and dynamic imagery. We will use gouache or other water-based paints to learn basic art concepts as well as create exploratory abstract paintings. You will gain greater understanding of art fundamentals such as value, color, space, and form, and their application within your artwork, while also engaging in meaningful guided discussions and problem solving with your peers about the work you create during the course. There will be snack and stretching breaks during each class. ◼ Hands-On Art.

Required materials:
- Gouache paint set
- Brushes
- Watercolor paper
- Mounting board
- Pencil
- Colored pencils

Please note: The materials can put together as a set from HappyMess, with approximate cost of $50.

ERIN OLIVER, an artist, educator, and nature lover living in Durham, holds an art education degree from Temple University’s Tyler School of Art. She diligently works on her painting and installation projects exploring the ephemeral nature of reality, while also teaching art at several arts organizations.

Please note: There are two sections of this course open for enrollment. When registering online, enter the four-digit Course ID (2050) 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: 5 Wednesdays, September 14–October 12, 10:00am–1:00pm (please note dates and times; no class Oct. 12). Judea Reform Education Building. Maximum: 10. Fee: $90. Course ID: 2050-001.

Section 2: 5 Wednesdays, October 19–November 30, 10:00am–1:00pm (please note dates and times), Judea Reform Education Building. Maximum: 10. Fee: $90. Course ID: 2050-002.

FREE AT LAST! FREE AT LAST? But What, at Last, Are Blacks Free From?

This course will examine the history of slavery, which began before the Pilgrims landed at Plymouth Rock. It will continue through emancipation, segregation, and two aspects of the civil rights movement in the twentieth century: the legal challenge of Thurgood Marshall and the moral challenge of Martin Luther King Jr. Using three books, Before the Mayflower, Simple Justice, and Parting the Waters, students will be assigned readings and view the movie based on Simple Justice. For the final session, students will take a guided tour of the North Carolina Museum of History in Raleigh to explore the state’s collection of blacks’ contributions to North Carolina history. ◼ Lecture (plus questions). Facilitated Discussion. Listening to Music and Other Audio. Viewing Videos. Field Trip(s).

Please note: There will be a $4 materials fee to cover the cost of handouts. Please bring exact change to the first class; refunds at the discretion of the instructor.

Recommended texts:

JOHN CANZANELLA was successful in banking, then left the world of finance to return to teaching. After a Montana Outward Bound course, John obtained two graduate degrees at Columbia’s Teacher College. He has taught history, English, and economics. He also coached baseball at Hofstra University and soccer, football, and basketball at schools in New York and North Carolina. He traveled extensively in Russia, France, Finland, and Germany, and lived in Vienna, Austria, for three months, researching history for his book Innocence and Anarchy.


There will be no classes at Judea Reform Education Building on Wednesday, October 12, in celebration of Yom Kippur. Classes will go on as scheduled at The Bishop’s House and off campus.
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>
</tr>
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<tbody>
<tr>
<td>Where do I go to register online?</td>
<td>Go to URL <code>learnmore.duke.edu</code>.</td>
</tr>
<tr>
<td>I'm new to OLLI. How do I join?</td>
<td>You need to create an account first. Go to <code>learnmore.duke.edu</code>. 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 July 1 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>I can’t find my User Name or Password. Can I get a new one?</td>
<td>Yes. If you have registered before, you have an account in our registration system. Go to <code>learnmore.duke.edu</code> 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>
</tr>
<tr>
<td>I know my User Name and Password but they don’t seem to be working.</td>
<td>Check to make sure that you are using a capital “X” in your User Name. 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>
</tr>
<tr>
<td>I tried that and it still doesn’t work.</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>
</tr>
<tr>
<td>How can I tell if I have a paid membership?</td>
<td>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 July 1 and let a registration team member help you purchase it.</td>
</tr>
</tbody>
</table>
With our new website, there are two ways!

1. **By course number or name.** At the top right, there is a search box under the shopping cart symbol. Type in either a portion of a course title or the four-digit course ID number from the catalog, and hit “Enter.” The first entry that comes up in the search should be your course. Click on it, add it to your cart, and then either close the pop-up box and type another course into the search box, or click “Checkout.”

2. **By day of the week.** Click “Osher Lifelong Learning Institute,” then click the down-triangle labeled “Show,” under “Courses” (on the left side). Scroll down until you see a course you want—they are listed by day of the week—and click on it to see the course record. Now you can add it to your cart. Once you have added all the courses you want, click “Checkout.”

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.

It is not simple for the Registration Office to do this. If an opening occurs, people on the Wait List are called in the order they were added.

Note that if you begin by adding courses to your cart without logging in to your account, you will be prompted to log in once as part of checkout. If you are more comfortable logging in to the Student Portal first, then selecting your courses, you will be prompted to log in a second time for this reason:

In order to protect the personal information stored in your student profile, we require that you log in again as part of the inquiry or registration checkout process. Logging in again also prevents students who share a computer from accidentally enrolling the wrong person.

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.

Yes. Volunteers will be at JRC at 9:00am on Registration Day to assist members with online registration.

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

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

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

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.
HOW AIRPORTS WORK:
A Behind-the-Scenes Look at Aviation
Do you ever wonder what goes on behind the scenes at airports? Airports are fascinating organizations. While they provide the bases for the worldwide air transportation systems, they are like cities unto themselves, a microcosm of the outside world. This course will take the students behind the scenes of major airports, primarily John F. Kennedy International Airport, and cover such topics as how an airport is organized and managed; what services are required and provided; some history of aviation from the Wright brothers to the development of JFK; planning for the arrival of the super jumbo aircraft; and some exotic and little-known functions, such as emergency response planning, wildlife management, aircraft recovery, snow removal, and the next generation air traffic control system. A request will be made during the semester to tour the RDU airport.

Lecture (plus questions). Facilitated Discussion.

JACK GARTNER has been involved with aviation and managing airports for more than fifty years. He has helped manage the New York, New Jersey three airport system, JFK, LGA, and EWR, with most of his time at JFK. He is still involved with the industry as a consultant, and lives with his wife in Durham.


SCREENWRITING TECHNIQUES:
Cinematic Storytelling for All Writers and Film Lovers
Whether you are interested in writing a screenplay or want to enrich your prose with visual storytelling techniques, this course will get your creativity hopping. With lectures, film clips, discussions, in-class writing, and feedback, we'll cover topics such as dramatic structure, characterization, dialogue, conflict, subtext, exposition, setup/payoff, and show-don't-tell. Students will be encouraged to share their work in a safe and positive environment. All writing levels are welcome.

SUSAN EMSHWILLER is a filmmaker, playwright, screenwriter, director, novelist, actress, script-doctor, painter, and chicken wrangler. She is cowriter of the Academy Award–winning film Pollock. She has written and directed several plays, including Dominoes, published by Dramatists Play Service, and Defrosting Popsicles, through Playscripts.

SHAKESPEARE'S MERCHANT OF VENICE: Mercy and Vengeance
In defining moments of Shakespeare's The Merchant of Venice, Shylock justifies his vengeance and Portia pleads with him to be merciful. Scholars, actors, audiences, and readers have debated Shakespeare's intentions in this play. Is Shylock a villain because he insists on exacting a pound of flesh from the merchant who cannot pay his debt, or is Shylock a victim of a racist society? Is Portia as admirable as she sounds when defining the quality of mercy? What is Shakespeare's concept of justice? Is The Merchant of Venice anti-Semitic? While categorized as a comedy in the First Folio, this story of friendship, isolation, power, hatred, and love ultimately defies classification. In our OLLI sessions, we will address the play's conflicts, contradictions, and ambiguities as well as our personal reactions to Shakespeare's controversial masterpiece. Through discussion, film, and exploration of monologues and scenes, we will experience the script in a variety of ways. To begin our journey, please read act 1, scene 1, for the first class.

Please note: For the best learning experience for everyone, please purchase the Folger Library (Simon & Schuster) edition of the text.

Required text:

JANICE CHING retired from Durham Academy, where she taught Shakespeare's works for more than twenty years. She studied in Stratford, England, and at the replica of the Globe in London. She has conducted professional workshops on teaching Shakespeare's plays and has been an OLLI instructor for twelve years.

THE AMERICAN REVOLUTIONARY WAR: A Military History

This course concentrates on the military aspects of the American Revolutionary War from the points of view of both the colonists and their British overlords. We will begin by considering the nature of the two societies, what they had in common and what differed, then move on to their different military experiences and institutions, and then the war itself. We will examine how the Americans built an army, how they used it, and how the British countered but ultimately failed to defeat the Americans. As we proceed, we will examine factors that affected the military forces and campaigns, such as how the British government perceived the situation in the colonies, how the Continental Congress attempted to support the war effort, and the naval war. We will also get “down into the grass” as we look at how soldiers were recruited, trained, supplied, and served. Finally, we will look at the impact of the war on the international situation, and on the civilian community, both patriot and loyalist.

Lecture (plus questions).

Required text:

JEFFREY GREENHUT holds a doctorate in modern European history, with a specialty in military history and has published in many professional and scholarly journals. He was a program director at the United States Army Center of Military History and a career Army reservist, with service in Vietnam, in Panama during Operation Just Cause, and in Desert Storm. He retired as a Lt. Col. and holds numerous military decorations, including the Bronze Star.

THE WORLD TODAY

This course is for those who are interested in current events. Each week, we will discuss news from the United States, the world, and the Triangle. We will begin each class with a list of proposed topics; class members may also offer topics for discussion. Active participation is encouraged (but not mandatory), since it expands our mutual understanding of the many events that might affect us. Discussions are enriched by the variety of backgrounds, expertise, and viewpoints of class members. Topics are discussed knowledgeably, respectfully, and sometimes with passion, but we always end with humor, looking forward to the next class. We offer two sections of this course. The discussion leaders will rotate between the two sections. Each has participated in The World Today discussions many times, each brings a distinctive style and background to the class, and, most important, each will solicit a wide spectrum of views from class members.

Facilitated Discussion.

TOM HAUCK grew up overseas and then worked for Texaco managing petroleum marketing companies in West Africa and Central and South America, ending his career in Nigeria.

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

RICHARD ELLMAN is a retired New York CPA who has a keen interest in current events. He moved to Durham in 2006 and immediately became involved in OLLI.

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

RIC SHEPHERD has been a CPA for thirty-one years, originally in the Boston area. Since 1988 he has lived and practiced in the Triangle area. His specialty is financial consulting to business, 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.

Section 1: 10 Wednesdays, September 14–December 7 (please note dates; no class Oct. 12), 11:00am–12:30pm, Judea Reform Education Building. Maximum: 30. Fee: $90. Course ID: 0393-041.

Section 2: 10 Thursdays, September 15–December 1, 11:00am–12:30pm, Judea Reform Education Building. Maximum: 30. Fee: $90. Course ID: 0393-042.

KEEPING FIT FOR LIFE: Body Mechanics, Flexibility, Strength, Balance, and Coordination

What do exercise, a good diet, relaxation and socialization have in common? They are important to maintain strength, flexibility, balance, and coordination to prevent injury and increase the quality of life. Here's the opportunity to kickstart or kick up your program. 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 are 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 sixty-minute class feeling great about your progress and meeting your goals. We will also discuss nutritional needs that change with time. Lecture (plus questions). Facilitated Discussion. Exercise or Dance.

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

10 Wednesdays, September 14–December 7, 11:00am–12:00pm (please note dates and times; no class Oct. 12), Judea Reform Education Building. Maximum: 15. Fee: $90. Course ID: 1206.

REFLECTIONS ON YOUR LIFE: You Know Who Got Your Grandma's Pearls; Do You Know Who Got Her Pearls of Wisdom?

This course will offer you the opportunity to create a document explaining your beliefs, life lessons and hopes for the future. Simply put, it is how you want to be remembered. You decide to whom to direct your writings: your children, grandchildren, family, friends. Perhaps you have thought about leaving a legacy such as this, but you just didn't know how or where to begin. You are invited to be a part of what is called an “ethical will” class, where you will learn about the ancient custom of writing such a document and how to create and share your legacy of values. The course requires the student to be introspective and willing to write assignments in between class meetings. Truly, this may be the most cherished gift your family could possibly receive from you. Facilitated Discussion. Listening to Music and Other Audio. Viewing Videos. Writing.

JUANITA JOHNSON, MA, CT, began offering classes on writing legacies after her father's death. Her dad left her letters conveying his values, hopes, and family history. These cherished letters were the motivation she needed to learn how to help individuals share their beliefs, life lessons, and values in a meaningful way. This is the sixth class she has taught on this subject.

9 Wednesdays, September 21–November 30 (please note dates), 11:00am–12:30pm, Emily Krzyzewski Family Life Center, 904 W Chapel Hill St, Durham. Maximum: 15. Fee: $90. Course ID: 2095.

THE CONSTITUTIONAL HISTORY OF THE UNITED STATES: Law and Politics in American History

In America’s contentious presidential race, campaigners pledge to protect the constitutional rights of citizens, safeguard their privacy, appoint proper judges and defend our liberties at the last barricade. Candidates know that few citizens are fully aware of the struggles that defined those rights and liberties or the many men (only a few women are involved) whose opinions established their limits. Our course studies the evolution of American law and the history of the Supreme Court which interprets the
Constitution of the United States. It is not a law school offering but rather a stroll through American history that examines the intersection of law and politics, a collision that citizens still can experience as the seemingly endless campaign of 2016 continues. Many cases and many judges have defined the rights of citizens over 227 years and we may find that our assumptions about certain liberties are not quite justified. = Lecture (plus questions).

Recommended texts:

GEORGE J. LANKEVICH is professor emeritus of history at the City University of New York. He has written or edited more than thirty books of history. He has been a resident of Fearrington Village for ten years.


FEDERAL INSTITUTIONS & AMERICAN FOREIGN POLICY

This course considers the formal and informal powers of the various institutions of Federal authority in foreign-policy making. In doing so, it treats the hotly argued strategic considerations and political outcomes of the foreign policy of the United States as a preeminent global power since World War II. The latter includes bilateralism and multilateralism, the cold war and détente; the “Arab Spring” and terrorist opposition; the European Union and NATO; China and East Asia; and Putin’s revisionism. = Lecture (plus questions).

Recommended text:

WILLIAM DAVIDSHOFER holds a PhD in political science from the University of Notre Dame. He is a specialist in American, Western European, Russian, and Eastern European governments. He was a professor of political science at the University of Maine at Presque Isle for some forty years. He recently authored the text Marxism and the Leninist Revolutionary Model.


PRACTICAL WISDOM: How to Be Your Authentic Self in This Changing World

Who are we, how do our thoughts affect our world, and how do our surroundings and past experiences affect us? What can Mother Nature teach us? In our hectic lives, we don't realize how often we fall into old habits and old thought patterns as we move through the world. Common themes of practical wisdom are found across many spiritual traditions: respect, abundance, compassion, forgiveness, and gratitude. In this course, we will use writings from One With All of Thee: Growing Your Sacred Connection and other spiritual books as a jumping-off point for reflective discussion on how to live a more mindful life in harmony with nature and those around us. The instructor will provide simple tools, short exercises, and meditations to fit into our busy lives, as well as short reading assignments and/or exercises.

CONSCIOUS AGING SERIES

A free lunchtime lecture series with knowledgeable speakers addressing relevant issues and topics:

Sept 21 • 60 Percent Chance of Something: NC’s Changing Weather (Nate Johnson)

Sept 28 • Election 2016: Is This Any Way to Choose a Government? (John Aldrich)

Oct 5 • Wearable Health Technologies (Ryan Shaw)

Oct 19 • Success Stories from the War on Drugs (Nicole Schramm-Sapyta and Christine Tew)

Nov 2 • Medicare 2017 Update (Barry Mowbry)

Nov 9 • Dementia-Inclusive Durham (Carmelita Karhoff)

Nov 16 • Intentional Living: Finding Meaning & Purpose in Later Life (Julie Seel)

Nov 30 • Get the Scoop on Durham . . . from the Organization That Knows Best (Shelly Green)

Wednesdays, 12:45–1:45pm, Judea Reform Education Building (Commons). Free to OLLI members. Attend as many sessions as you wish; no advance registration required. Speakers and topics are subject to change. Check olliatduke.org under events/Conscious Aging for details.
to do during the week that will be discussed in the following class.

**Recommended text:**

A retired Duke University medical researcher, CELINE KOROPCHAK is currently a blueberry farmer. She is author of One with All of Thee: Growing Your Sacred Connection, and she speaks and teaches locally, sharing practical tools she has received during meditation to help guide others on their personal journeys. Celine has been a repeat guest on BlogTalkRadio and writes a weekly blog, The Tovarysh Connection.

10 Wednesdays, September 14–November 30, 1:30–3:00pm, *The Bishop’s House*. Maximum: 12. Fee: $90. **Course ID: 2113.**

**BALLET IN CINEMA, OLLI Style**

The company Ballet in Cinema no longer presents ballets in HDTV at local music theaters, so this course will try to emulate it. Over a period of ten weeks, we will watch ballets presented as Serge Diaghilev would: some full-length programs (1½ hours) and some programs of more than one ballet. Emphasis will be on ballets not previously shown at OLLI and from a wide variety of companies.

- **Lecture (plus questions). Viewing Videos.**

Over the past twenty 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.

10 Wednesdays, September 14–December 7 (please note dates; no class Oct. 12), 1:30–3:00pm, *Judea Reform Education Building*. Maximum: 25. Fee: $90. **Course ID: 2078.**

**VISITING 1920s AMERICA**

Step into a time machine and visit America in the 1920s, when people were experiencing many of the same hopes, delights and fears as we are today. During our ten-week visit, try on different identities. Be a Progressive and deal with the Great War. Be a woman and ponder marriage, a career, and social justice. Be a man and cheer for your heroes. Be a white Midwesterner and join the Klan. Visit Harlem and enjoy the Renaissance. Maybe visit Paris and become Lost. Visit a speakeasy. Campaign for Hoover or Smith for president. We will read a novel and two history books, use Internet sources, and watch documentaries. You will be encouraged to ask questions, devise interpretations, do some historical detective work, and enjoy yourself.

- **Lecture (plus questions). Facilitated Discussion. Viewing Videos.**

**Required texts:**

When PETER FILENE taught US history at UNC-Chapel Hill, he won six teaching awards and published six books on topics ranging from gender roles to the right to die. Since retiring, he has completed a book on fathers and sons and the making of manhood, and exhibits his photographs at FRANK Gallery.

10 Wednesdays, September 14–December 7 (please note dates; no class Oct. 12), 1:30–3:00pm, *Judea Reform Education Building*. Maximum: 18. Fee: $90. **Course ID: 2045.**

**VISUAL STORYTELLING WORKSHOP: Writing Laboratory Exploring Screenwriting Techniques and Cinematic Storytelling**

In this hands-on workshop, we will put the concepts of cinematic storytelling into practice. Brainstorm ideas. Play with exercises in dramatic structure, characterization, dialogue, conflict, subtext, exposition, setup/payoff, and show-don’t-tell. Whether you focus on screenwriting, playwriting, or prose, visual storytelling techniques can enrich your writing.

Classes will consist of a mini-lecture and plenty of writing, feedback, and discussion time. Join us for a safe, fun, constructive playground.

- **Lecture (plus questions). Viewing Videos. Writing.**

SUSAN EMSHWILLER is a filmmaker, playwright, screenwriter, director, novelist, actress, script-doctor, painter, and chicken wrangler. She is co-writer of the Academy Award–winning film Pollock. She has written and directed several plays, including Dominoes, published by Dramatists Play Service, and Defrosting Popsicles, through Playscripts.

10 Wednesdays, September 14–December 7 (please note dates; no class Oct. 12), 1:30–3:00pm, *Judea Reform Education Building*. Maximum: 15. Fee: $90. **Course ID: 2105.**
PLAYBACK STORYTELLING THEATER: Improv, Life Stories, and Music

Playback Theater is a fusion of improv theater, improv music, and storytelling. Moments and life stories are told and then enacted or “played back” on the spot. Stories can range from what happened that day to events of thirty-plus years ago. The Playback forms are simple and elegant, including short forms and long forms, and provide creative ways to reflect the essence of life moments. In the stories shared by the class, Playback develops mindful observation, intuition, empathy, and deep listening. In this class, students will learn several Playback forms and explore how improv music and singing support enactments. After a warm-up of improv games at the start of each class, students will explore a new skill or form and then play. Musicians who like to improvise are encouraged to bring their instruments to this class.

Recommended text:

AMY ELLIOT has co-trained and led a Playback group in Durham. She has a PhD in performance studies from New York University and an MA in drama therapy from Antioch University. For more than twenty years, Amy has used improvisation to have fun, enact stories, and build a creative community.


TAKING YOUR PHOTOGRAPHY TO THE NEXT LEVEL: Photographic Composition

Want to take your photography to the next level? Understand why your camera didn’t capture the image wanted? Studying the artistic aspects of photography will help you move from just taking snapshots to producing great images. Developing your ability to see and to focus will help you improve your photography. You will have the opportunity to share your photographs and participate in critiquing other’s images. Understanding the elements of design and the principles of composition will allow you to produce striking images worthy of framing. We will take photographs together and gain a basic understanding of photo-editing software to develop our photographs increasing their impact. Come along and take a chance to move outside your comfort zone of to make better photographs.

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


JOYFUL HEALING DANCE: How Sacred Dance Movements Can Heal Body, Mind, Heart, and Spirit

Experience the healing power of dance. Dance allows us a freedom of expression, a way to connect with energies greater than ourselves, and a way to move beyond limiting beliefs, obstacles, and barriers to our health and wellness. As we move through the challenges of our life, we begin the healing process. We have only to watch nature—the trees, the rivers, the mountains, the soil, and the sky—to understand how our lives also operate in cycles of survival, rebirth, and transformation. With the movements of Brazilian dance, we connect as the elements of nature: earth, wind, fire, and water. We will use the mediums of movement, sound, rhythm, and dance as means of healing and finding joy. Bring only a willing body, heart, and spirit eager to move with joyful abandon. Come dance with us.

Please note: No dance experience is necessary. All levels are welcome. Wear comfortable clothing.

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

THE SISTINE CHAPEL: A Study of Its Famous Art

We will study the Sistine Chapel and its great art by Michelangelo and other Renaissance master artists. This chapel's art has a complex and astonishing history resulting in multiple layers of art on its surfaces. Learn about these layers underlying what is visible to us today as well as the Sistine Chapel's artistic relationship to other chapels in the Vatican, such as the Pauline Chapel with Michelangelo’s last frescoes. We will end with a discussion of the controversies which have plagued Michelangelo’s frescoes over the years, beginning with the Counter Reformation and the “britches painters” then concluding with hard decisions involving the recent cleaning of the Chapel's frescoes.

Lecture (plus questions).

NORMAN E. PENDERGRAFT was one of twelve American scholars chosen to study Renaissance painting in Rome, including Michelangelo's Vatican frescoes, in the 1990s. Retired from a long and productive career as professor of art history at NCCU, where he also served as director of the university's art museum in 1976–96. In retirement, he often returns to Italy and its art treasures.

5 Wednesdays, September 28–November 2 (please note dates), 1:30–3:00pm, Croasdaile Village, 2600 Croasdaile Farm Pkwy, Durham. Maximum: 100. Fee: $50. Course ID: 2029.

WINE EXPLORATION IN THE SOUTHERN HEMISPHERE: A Tasting Tour of Argentina, Australia, Chile, New Zealand, and South Africa

Join us on a journey through the southern hemisphere and explore some of its most famous wine regions: Mendoza, Barossa, Maipo, Stellenbosch, and Marlborough. Each week, we will focus on one country by tasting four wines from different regions. We will get to know the regions, their climates, and their effect on the grapes, as well as the styles of wines most common to the region. If you're interested in the southern hemisphere and its wines, please join us. Lecture (plus questions).

Please note: There will be a $25 fee for wines tasted in this course (four per week) over the five weeks. Please bring the exact change the first class; refunds at the discretion of the instructor.

THOMAS N THORNE, a professional sommelier for twenty years, owns Wine Fifty Five, a local wine consulting company focused on education, sales, and sommelier services. He has headed wine programs at the Fearrington House, 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.


EXPLORING FOUR GRAPE VARIETIES & THEIR WINES: Pinot Noir, Zinfandel, Grenache, Chardonnay

Join us on a journey to discover four grapes, where they grow best and the wines they produce. Each week, we will focus on one grape and will try examples from different countries to find some of the best. We will study Pinot Noir, Zinfandel, Grenache, and Chardonnay. The wines we will sample will be ideal examples of the variety. This is an ideal class for OLLI members who have taken a wine class in the past or who have an active interest in wine. The wines used for this class will not rely on entry level wines. We will strive to provide tiny-production, top-quality wines that excite the experienced oenophile. Please join us. Lecture (plus questions).

Please note: There will be a $35 fee for wines tasted in this course (four per week) over the four weeks. Please bring the exact change the first class; refunds at the discretion of the instructor.

THOMAS N THORNE, a professional sommelier for twenty years, owns Wine Fifty Five, a local wine consulting company focused on education, sales, and sommelier services. He has headed wine programs at the Fearrington House, 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.


POETRY—TRANSFORMING RAW MATERIAL: Turning Images, Experiences, and Ideas into Publishable Poetry

Where do poets get their ideas? This course will focus on the raw material of poetry—images, experiences, and ideas—and how to transform them into publishable poems. We will discuss the techniques and
forms of poetry by exploring works from modern poets and examples of poems published in current journals. Class assignments will include gathering and discussing raw material, writing in different forms, editing poetry, and sharing and discussing the poems in progress. We will also discuss strategies for publishing your work. This course is for poets of any level and experience. Beginners are most welcome. ■ Facilitated Discussion. Writing.

PAUL DEBLINGER holds an MA in English and creative writing from Hollins College and an MFA in creative writing at Bowling Green State University. He taught creative writing at Bowling Green; The Loft, Minneapolis; and Poetry Workshop, Prague. Awards include the Gertrude B. Claytor Prize, Academy of American Poets, B. Dalton Short Story Contest, Indy Week Poetry Contest, and the Ben Franklin Award. He cofounded Window: Poetry Washington, DC and The Mid-American Review.


BEYOND THE TRAVEL GUIDE BOOK: Preparing for a Big Trip, Real or Imagined

Have you been planning to do some reading and learning about a place before you go on a trip, or is there a part of the United States or the world you're especially curious about? Have you ever sent e-mail updates or shared photos from the road? In this course, you'll pick a place and explore its physical environment, food, history, arts, and sports. The instructor will help you locate resources in expected and unexpected places (novels, recipe books, online forums). You'll set up a blog to keep track of what you learn. On the blog, you'll create weekly posts and share them with classmates. You'll also practice uploading photos and adding links to help you share your journey. An hour of homework between classes will strengthen the learning experience, but it's not required. ■ Facilitated Discussion. Hands-On Computer Use. Viewing Videos. Writing.

Requirement: Participants should bring a laptop or tablet computer to class each week.

TINA BESSIAS has taught English at Durham Academy for twenty-one years. She also teaches online and has a business called Cloud to Ground Learning. She grew up in Durham and earned degrees from Yale and UNC. She has lived in Greece and traveled to Europe, Israel, Egypt, and India.


GUIDE TO LOCAL JAZZ

There's still plenty to learn about local jazz. We'll talk with new performers (and some old ones) and a jazz venue proprietor or two, listen to plenty of recorded jazz and some in-class live jazz, have at least one performance at a local venue (with a modest cover charge), visit university jazz classes/rehearsals, and—this is completely new—learn about the history of jazz in Durham. By the end of this class, you will know who plays what jazz, where, and when in our area and have an appreciation for the rich jazz resources available to us. ■ Facilitated Discussion. Listening to Music or Other Audio. Viewing Videos. Field Trip(s).

Please note: There will be a $20 cover charge at a local venue for a live performance.

PETER BURKE has taught this class for three years now and manages the Locavore Jazz website, which guides people to local venues and performers. Through offering this class and managing Locavore Jazz, he has gotten to know most local jazz musicians and venues and has spent a lot of time listening to local jazz during that time.


DESIGN GREETING CARDS, QUOTES & CALENDARS WITH ITALIC CALLIGRAPHY

Learn the art of “beautiful writing,” the actual meaning of the word calligraphy, and learn some of its many uses. If you can write, you can learn calligraphy. You will learn the italic style of calligraphy, beloved for centuries for its grace and legibility, as well as design greeting cards, simple frameable quotations and calendars. In addition, we will explore the many ways to create borders and embellish your inspired creations. After finishing this course, you will have some beautiful gifts for holiday giving. Bring your creative ideas and come to be inspired.

Please note: There will be a $30 materials fee to
AMERICA'S PASTIME IN THE TAR HEEL STATE: Baseball in North Carolina since the Civil War

This course will begin with baseball’s North Carolina origins in the Confederate prison in Salisbury, cover the state’s numerous minor league teams and famous ballparks, describe the North Carolina members of baseball’s Hall of Fame, and also discuss current professional players from the Old North State. The state’s college baseball teams will be addressed, along with some of the early town and mill teams. A discussion of vintage baseball (playing by nineteenth century rules and wearing replicas of uniforms from the past) will be included during the final class session. The class has only one prerequisite—students must have an interest in baseball and its rich history in our state. 

Lecture (plus questions). Facilitated Discussion. Field Trips Probable.

NEW HORIZONS CHORUS

Men and Women: Lift Up Your Voices and Sing!
The New Horizons Chorus invites you to join with fellow OLLI members in a serious, but fun, atmosphere to learn healthy singing techniques. Making music is enjoyable, but it’s serious fun . . . and it can help maintain both good mental and physical health. Experienced as well as novice singers are welcome. Sing favorite music that you remember from the past. Our focus will be on learning basic concepts and vocal technique, reading music, and—most of all—experiencing the joy of singing.

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.

10 Wednesdays, September 14–November 30, 3:15–4:45pm, 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: $90; covers group instruction and sheet music. Course ID: 0457.

You must be a paid member of OLLI ($35 annual dues) for the 2016–2017 academic year.
DALE COATS recently retired as the deputy director for the NC Division of State Historic Sites and Properties after thirty-seven years of state service. He is a graduate of NC State University and has been involved with baseball ever since his days as a Little Leaguer—as a player, parent, coach, and umpire.


READ & DISCUSS:

Sex, Love, and Obsession in Modern Istanbul—Two Novels by Orhan Pamuk

In two mesmerizing stories of human longing, Turkish Nobel Prize–winner Orhan Pamuk plumbs the depths of a half-Western and half-traditional Istanbul—amid its emergent modernity and its complex cultural history. Infidelity and adultery are two of the great subjects of the novel tradition. In this course, we will read and discuss two stirring tales Pamuk added to this tradition, novels in which virtue and vice are paramount: The Museum of Innocence and A Strangeness in My Mind. While Bobbie Hardaker and Carol Sirota will be the course coleaders, members of the class play an active role in structuring and contributing to the discussions. Bobbie has visited the Museum of Innocence in Istanbul and “will tell all” about Pamuk’s obsession made real.

Required texts:


Bobbie Hardaker and Carol Sirota have been Read & Discuss participants since 2014 and will return as course coordinators this fall.

10 Thursdays, September 15–December 1, 9:00–10:30am, Judea Reform Education Building. Maximum: 15. Fee: $90. Course ID: 1865.

FINANCIAL FITNESS FOR WOMEN:

Get in Shape and Stay in Shape

Can you feel more empowered with your personal finances? Are you confused by terms such as ETF, NAV, OER, and EPS? Are you puzzled about what fees are being charged? We will start with the basics, beginning with an exercise to help you assess your personal financial standing by calculating cash flow and net worth. Basic investment concepts such as modern portfolio theory, asset allocation, and diversification will be covered. You will learn about different types of investments—how to buy and monitor them as well as the pros and cons of each. This course will help you determine the cost of different types of investments and give you some basic knowledge of tax and estate planning. We will also explore topics such as organizing your records and protecting your assets. Upon completion, you will have the tools to be financially fit. Lecture (plus questions). Facilitated Discussion.

TERI ROGOWSKI is a certified financial planner and financial consultant with Charles Schwab and Co., Inc. She has been in the financial industry for twenty-five years, specializing in working with individuals and families, with a strong focus on women. She is a member of the Triangle Financial Planning Association and the Durham-Orange Estate Planning Council.

10 Thursdays, September 15–December 1, 9:00–10:30am, Judea Reform Education Building. Maximum: 15. Fee: $90. Course ID: 2069.

THE SECOND BATTLE OF THE ATLANTIC

This course provides an overview of the Second Battle of the Atlantic, waged from 1939 to 1945. We will examine the strategies, the relative naval strengths, and the operational doctrines of the nations involved. The course is organized as a chronological narrative, with a focus on specific technologies, including SONAR, torpedoes, aircraft, RADAR, code-breaking, depth charges, and similar items. There will be a special effort to correlate this campaign to the overall allied effort in the European theaters of operations. Lecture (plus questions). Facilitated Discussion. Viewing videos.

Recommended text:


Joseph 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.

10 Thursdays, September 15–December 1, 9:00–10:30am, Judea Reform Education Building. Maximum: 50. Fee: $90. Course ID: 2044.
THURSDAYS

TAI CHI: Mindfulness in Motion
Taijiquan (T’ai Chi Ch’üan), a Chinese movement system, 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 exercise with a joyful, reflective approach to daily life. We practice energy enhancing exercises and a sequence of movements from the traditional Wu/Hao long form, set to Beethoven’s “Moonlight Sonata,” to serve as the basis of a regular personal routine.

JAY DUNBAR, with an MA in English literature from Duke and 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.

10 Thursdays, September 15–December 1, 9:00–10:30am, Judea Reform Education Building. Maximum: 25. Fee: $90. Course ID: 0420.

TREES OF THE NC MOUNTAINS-TO-THE-SEA TRAIL
Join naturalist and herbalist Riverdave Owen as we study native trees along six different sections of the North Carolina Mountains-to-the-Sea Trail as it winds its way through Durham County. This is an opportunity for you to be mentored in the one hundred species of native trees and shrubs found in the Piedmont region of North Carolina. You will also experience a good introduction to this one-thousand-mile, cross-state walking trail. Directions to each meeting point will be posted at www.theborderlife.com. Field Trip(s).

Please note: Participants should be able to comfortably walk one and a half miles in a two-hour class.

RIVERDAVE OWEN is a Durham native and has been teaching natural history locally and internationally for twenty-seven years. He resides in a log cabin along the Eno River.

6 Thursdays, September 15–October 20, 9:00–11:00am (please note dates and times), various locations in Durham County (directions online). Maximum: 12. Fee: $90. Course ID: 2099.

MUSIC SPEAKS:
Expression in Classical Music
“How do I love thee? Let me count the ways.” In this course, we will discover the contrasting ways classical music speaks to us, not just with love but with wit, nostalgia, passion, melancholy, joy, nobility, and more. Exploring dozens of highly expressive pieces, we will uncover the art behind the magic and come away with a deeper understanding and appreciation of musical communication. The course features more than fifty diverse selections using contrasting styles and ensembles, extending over more than 250 years, arranged so as to form complete, satisfying concert experiences. Short biographies of the composers and discussion of relevant historical contexts and instrumental techniques will supplement the performances. Composers will include not only Bach, Mozart, Beethoven, Brahms, and Debussy but also lesser-known names such as Gerald Finzi, Agustín Barrios, Ernest Bloch, Enrique Granados, and Gabriel Fauré.


GEORGE OBERLANDER, PhD, has taught more than a dozen OLLI music courses, including ones on Bach, Mozart, Schumann, Mahler, Bernstein, classical period string quartets, music theory, and Spanish piano and guitar music. He taught philosophy at St. Bonaventure University and worked in information technology, the last thirteen years for Duke University.


THE FUTURE OF NONPROFIT AMERICA:
Examination of Forces and Changes Impacting Nonprofit Organizations
Operating in an increasingly competitive environment, nonprofit organizations have been called on to make significant changes in the way they operate. This course offers an overview of the state of America’s nonprofit profit sector, examining the forces that are shaping its future and identifying the changes that might be needed to promote its
long-term health. Research from the Brookings and Aspen Institutes in the first chapter of *The State of Nonprofit America* will serve as the course text. The course will also include case studies from Harvard's Kennedy School of Government Case Program. Please note that the course will have some homework reading each week. Toward the end of the course, participants may be asked to develop information on a nonprofit organization of their choice. The course will be conducted in a highly participatory manner. = Lecture (plus questions). Facilitated Discussion.

Please note: Students will be asked to acquire five or six case studies from the Kennedy School of Government Case Program, at about $5 apiece.

Required text:

**JIM HOLLOWOOD** spent many years as a nonprofit manager and consultant. He has worked in universities, colleges, and private high schools. His work included a community development corporation, an international community assistant organization, an arts council, a museum, and community development foundations. He holds an EdD from Harvard University and has taught many graduate courses.

10 Thursdays, September 15–December 1, 11:00am–12:30pm, **The Bishop's House**. Maximum: 18. Fee: $90. **Course ID: 2035**.

**FUNDAMENTALS OF ACTING FOR THEATER & LIFE**

An actor brings a story, a personality, a vision, or a philosophy to life. We will explore how to bring a character to life through discussion of an actor’s resources and then through the enjoyment of practice—first with dialogue, then with skits in which all characters together create an “imaginary reality.” We will practice articulation, voice projection and tone, body movement and gestures, pacing, timing, and scene setting. We will discuss how costumes, makeup, props, and set design illuminate a performance. This is not a lecture course; participants will be learning by acting out written dialogue.

Please note: Participants will need to acquire monologues and skits through their own resources (suggested websites will be provided at the first class meeting). Many texts can be downloaded without charge; however, if you choose something that has a copyright or performance fee, you will be responsible for that fee.

**CATHY KLOPFENSTEIN** holds a BFA from the University of Connecticut and an MS from Western Connecticut State University. She has played Sarah in Guys and Dolls, Nancy in Oliver, Domina in a Funny Thing Happened on the Way to the Forum, and numerous character parts in community theater productions. She has also produced and directed Christian musicals.

10 Thursdays, September 15–December 1, 11:00am–12:30pm, **Judea Reform Education Building**. Maximum: 12. Fee: $90. **Course ID: 2080**.

**MAINTAINING YOUR MOJO: Easy Tools to Support Overall Vitality with a Special Focus on Heart Health**

Energy medicine is a simple practice that works with the vital forces of the body’s energies which are at the foundation of our well-being. In energy medicine, you support the body by activating its natural healing energies and restoring those that have become weak or out of balance. Energy medicine draws heavily from the principles of Eastern medical practices with some similarity to acupuncture. In this interactive class, you will learn a daily energy routine designed to maintain overall balance and health, plus techniques specifically designed to enhance the health of your heart. This work is intended to be supportive of the work you do with your regular physician or cardiologist and we look at how energy medicine can be an adjunct to that work. Learning is supported by in-class demonstrations and practice, handouts with clear and explicit instructions, and videos of exercises learned in class. Each class offers ample opportunity for skills-building practice as well as time for questions. = Lecture (plus questions). Facilitated Discussion. Exercise or Dance.

**MARY GRIGSBY** is a 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, lives, and well-being. Additionally, she is a psychotherapist and enjoys meditation, yoga, exercise, dance, and having fun.

10 Thursdays, September 15–December 1, 11:00am–12:15 pm (please note times), **Judea Reform Education Bldg**. Maximum: 20. Fee: $90. **Course ID: 1749**.
EARLY SHAKESPEARE: The Road to Richard III
This course will deal with five plays. After a quick look at The Comedy of Errors, Shakespeare’s shortest (and funniest) play, we will read the three parts of Henry VI that display the origin of the Wars of the Roses and provide the context for both the play and the title figure of Richard III. Scenes from productions available on DVD will be used to generate discussion and highlight the important role performance plays in any interpretation. Lecture (plus questions). Facilitated Discussion.
ALAN DESSEN, UNC–Chapel Hill Peter G. Phialas Professor of English (Emeritus), is the author of eight books, most of them devoted to theater history in the age of Shakespeare.

THE WORLD TODAY
This course is for those who are interested in current events. Each week, we will discuss news from the United States, the world, and the Triangle. See page 33 for full description.
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.
Section 1: Wednesdays, 11:00am–12:30pm; see page 33.
Section 2: 10 Thursdays, September 15–December 1, 11:00am–12:30pm, Judea Reform Education Building. Maximum: 30. Fee: $90. Course ID: 0393-042.

NIA: Dance with Joy, Move with Awareness
Nia is a cardio-dance workout, a movement practice, and a lifestyle based on the intelligent design of the body. Every person can discover, explore, unleash, and enhance their individual potential to live a healthy and meaningful life by engaging their senses and listening to their bodies. Nia tones your mind and tunes your body. Each workout brings mindfulness to your dance movement experience leaving you energized, mentally clear, and emotionally balanced. Nia is typically practiced barefoot, although shoes are allowed; is nonimpact; and is adaptable to individual needs and abilities. Using eclectic world music and a combination of choreography and free dance, we will explore sensation and pleasure in the body through flexibility, agility, mobility, strength, and stability. This course is suitable for all fitness levels. Each class is different, so both new and returning dancers will be inspired and have fun. Exercise or Dance.
HAVEN E. CARTER is a Nia Technique Black Belt and a Five Stages of Self-Healing and Move IT instructor. She also teaches mindfulness and meditation based in her Reiki Jin Kei Do lineage. She is a Reiki Jin Kei Do master and teacher, a Buddha–EnerSense energy therapist, and Access Consciousness The Bars practitioner. She is also an author and speaker.
10 Thursdays, September 15–December 1, 11:00am–12:15pm (please note times), Judea Reform Education Bldg. Maximum: 15. Fee: $90. Course ID: 0753.

NATURE ART IN MULTIMEDIA: Graphite and Color
Start with a graphite (pencil) drawing of your favorite bird, animal or plant, and when you’re happy with that, you’ll add color to the image. You can use colored pencil, watercolor, or even pastel dust. This course is designed for those who are familiar with drawing and want to explore value, hue, and composition. Hands-On Art.
Please note: Bring pencils, paper, color medium, and support supplies that you have. Keep in mind that if you wish to explore watercolor over graphite, you’ll need to use hotpress watercolor paper.
DOT WILBUR-BROOKS has been teaching botanical and nature art courses at OLLI for almost ten years, after retiring from the North Carolina Botanical Garden.
10 Thursdays, September 15–December 1, 11:00am–1:00pm, Judea Reform Education Building. Maximum: 12. Fee: $90. Course ID: 1773.

NO regular OLLI CLASSES during OLLI’s Fall Break, October 24–28, or Thanksgiving week, November 21–25
EASY WORDPRESS WEBSITES: Professional-looking Websites without Advanced Technical Skills

Even if you are a complete beginner you can learn to design, build, and manage a high-performance WordPress website. WordPress powers more than 20 percent of the Web because it is the easy, flexible, and powerful way to create a blog or full-blown website. WordPress is free, is accessed over the Internet (there is nothing to download), and many of the “themes” and “plugins” that power WordPress are also free. This course will provide you with step-by-step class notes along with a “student development site,” equipped with everything you need to make learning WordPress easy and visual. Text, images, video, audio, calendars, slideshows, and much more are built in to WordPress. If you want to make a WordPress website with your own Web address, the instructor will show you how to get a privately registered domain name and Web hosting for just a few dollars a month. 


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


FILMS ABOUT FOOD & CULTURAL DIVERSITY: Cinematic Non-Melting Pots

This course explores the rich depiction of diverse cultures and their food in award-winning films. We will look at the specifics of different cuisines and cultural attitudes toward food. We will also consider the larger questions of what is common about the love of food, cooking, and gathering together to share a meal. Films include Babette’s Feast (a French woman brings joy into the lives of stoic Danes through rich cuisine), Like Water for Chocolate (a Mexican woman expresses her repressed sexuality through cooking), Eat Drink Man Woman (a Chinese chef loses his sense of taste), and Tampopo (a Japanese ramen noodle western), as well as others. 

Lecture (plus questions). Facilitated Discussion. Viewing Videos.

LISA ALDRED was a tenured professor of Native American Studies at Montana State University for over a decade. She has spent years on reservations in the Plains and Southwest. A magna cum laude graduate of Duke, she obtained a JD and PhD in anthropology from UNC–Chapel Hill. Her courses also include anthropological approaches to film.

5 Thursdays, September 15–October 13, 1:30–4:30pm (please note dates and times), The Bishop’s House. Maximum: 25. Fee: $90. Course ID: 2089.

LE MOYEN AGE EN FRANCE: L’histoire, la vie, les personnages, l’art, la littérature

This course, taught in French, is geared to students with an intermediate-level knowledge of French. It will give an outline of important dates in the one thousand years of the period; present key figures of the era; examine the way of life; and look at the art, churches, castles, fortified towns, and literature as well as music. Much of this will be accomplished through the use of pictures and music from the Internet or PowerPoint presentations. At the end of the course, each participant will choose to imagine to be an important figure—a peasant, a noble woman or man, or a Crusader, among others—and tell us what their thoughts, fears, and hopes were at the historical time they were living. Homework will be manageable, consisting of reading short passages or viewing short videos, and then answering questions for discussion in class.

Lecture (plus questions). Listening to Music or Other Audio.

Requirement: Students must have access to a good Internet connection.

CLAIRE DAVIDSHOFER, a native of France, has lived in Africa, France, England, and Maine. She has an MA in English and American literature from L’Université d’Aix-en-Provence. Her experience includes teaching high school, adult education, and college French, as well as translating and interpreting. Now that she lives in Durham, she teaches French online courses for the University of Maine at Presque Isle.


POETRY WRITING WORKSHOP: A Roundtable for Writing, Reading, and Constructive Critique

What’s a poem, after all? Is it how you say something, or how you see it? Poems are personal renderings of experience, idea, or image with language
that is as exact and fresh as possible. When they
teach well, poems make the everyday extraordinary.
They can teach the poet as well as the reader. This
workshop offers new and developing poets a forum
for informed listening, shared insights, and friendly
feedback. A weekly writing exercise will be sug-
gested, and participants are encouraged to bring
one poem each week for discussion. Lecture (plus
questions). Facilitated Discussion. Writing.

FLORENCE NASH, an editor and writer for Duke
Medical Center for sixteen years, has facilitated the
OLLI poetry workshop at Duke since 2001. A member
of the Black Socks Poets, she has published poetry
in two collections and in various anthologies and
periodicals.

ARNIE JOHANSON is professor emeritus of philosophy
at Minnesota State University, Moorhead. On retire-
ment in 1999, he moved to Durham, got involved with
OLLI, and started writing poetry. He has taught OLLI
courses in poetry, philosophy, and religion.

10 Thursdays, September 15–December 1, 1:30–
3:30pm (please note times), Judea Reform Educa-

THE STAR WARS SAGA:
Let’s Discuss the Movies Your
Grandchildren Are Talking About

Star Wars is an American space opera of epic pro-
portions. The enormously successful film series has
become a worldwide phenomenon, a franchise now
very popular even with our grandchildren (who
also love the action figures). The movies combine
compelling medieval themes, Japanese cinematic
sources, and diverse parallels like the Flash Gordon
adventures (1930s), the 1956 John Wayne classic
The Searchers, or Kurasawa’s Throne of Blood (1957).
The hyperenergetic and action-filled scenarios,
with their special cinematic effects, portray a
heart-stopping realm that fuses past, present, and
future. This science-fictional universe contains
elements, sometimes symbolic, that draw on phil-
osophy, religion, mythology, history, and science.
As we discuss together in class selections from the
seven interlinked films, we will consider various
antecedents—literary, cultural, and cinematic. Our
courses will focus on the sources and ana-
gologies of Star Wars—on characterization; settings
and motifs, especially from antiquity; the Middle
Ages; and Hollywood’s powerful political influences.
Lecture (plus questions). Facilitated Discussion.
Listening to Music and Other Audio. Viewing Videos.

Recommended texts:
- Marcus Hearn and Ron Howard, The Cinema of
  George Lucas (ISBN: 978-0810949683), Harry
- Dale Pollock, Skywalking: The Life and Films of
  George Lucas (ISBN: 978-0306809040), De Capo
- Douglas Brode and Leah Deyneka, Myth, Media,
  and Culture in “Star Wars”: An Anthology (ISBN:

As a medieval scholar, RAYMOND CORMIER has
been a Star Wars enthusiast since the first film in
1977, having published on George Lucas and on science
fiction. Most recently, he taught an OLLI class on
medieval film. He was formerly a visiting professor
in the English and Modern Languages Department
of Longwood University, where the Board of Visitors
named him “First Gent Emeritus” in 2010.

9 Thursdays, September 15–November 17, 1:30–
3:00pm, Judea Reform Education Building.

DISCOVERING THE GIFT OF YEARS:
Sharing Insights for
Growing Older Gracefully

My life has been nothing but a series of new begin-
nings—Joan Chittister

This guided discussion will explore how we meet
the opportunities and challenges offered at this time
of our lives. Each week students will be assigned
the reading of several brief essays from Chittister’s
book The Gift of Years, on topics such as ageism,
joy, regret, and wisdom. At the end of each essay,
Chittister poses a “burden” and a “blessing,” which
we will use as jumping-off points for class discus-
sion. This will provide an opportunity to raise
self-awareness and open yourself up to possibilities;
it is not a support group. This class is for you,
whether a recent birthday just qualified you to join
OLLI, or you’re one of the many who awoke one
morning astonished to discover that you were older
than you thought you would possibly become.
Facilitated Discussion.

Required text:
- Joan Chittister, The Gift of Years: Growing Older
  Gracefully (ISBN: 978-1933346335), BlueBridge,
  2010, $8.01.

LOU MILLIN has lived many lives. His experience as
a large group discussion leader in the US Army led
to a career in sales and an avocation that included
becoming a mediator and a planning commissioner and for ten years leading The Forum at Asheville’s OLLI.


FROM BALLET TO BROADWAY: Major Works of American Crossover Choreographers

Explore the breakthrough ballets of American-born choreographers Eugene Loring, Agnes deMille, and Jerome Robbins. They created new Americana ballet classics in the 1930s and 1940s about frontier life in Billy the Kid and Rodeo—and American life during wartime in Fancy Free. Their successful ballets attracted new audiences, critical acclaim, and invitations from Broadway and Hollywood producers to apply their innovative choreography to the Broadway stage and films. These crossover choreographers were inspired by the present and future, not the past. It was an exciting time and the beginning of a distinctly American genre in ballet. The course includes an intimate and illuminating documentary of legendary Carmen de Lavallade and Geoffrey Holder, and concludes with Bringing Ballet to Broadway, featuring Tony Award–winning choreographer Christopher Wheeldon. ■ Lecture (plus questions). Facilitated Discussion. Viewing Videos.

LARRY BERGER, a graduate of the Juilliard School, has performed on and off Broadway and on television. His career includes teaching dance at universities across the globe. He is a Fulbright Scholar, with academic residencies in Austria, Portugal, and Israel, and served as department chair and professor of dance at the University of South Florida (1981–93).

10 Thursdays, September 15–December 1, 1:30–3:00pm, Judea Reform Education Building. Maximum: 15. Fee: $90. Course ID: 2079.

EXPLORING THE CYANOTYPE PROCESS

Come revisit or experience for the first time the interesting process of Cyanotype in this workshop exploring cyanotypes and the sun-print process with paper and fabric. Cyanotype is a photographic process using a solution of iron compounds with objects or photo negatives placed on the material to make a print. The cyanotype is printed using UV light, such as the sun, a light box, or a UV lamp. The process was introduced in 1842 by Sir John Herschel, an experimental photographer, chemist, inventor, astronomer, and mathematician. ■ Hands-On Art.

Please note: There will be a materials fee of $20 for supplies (cyanotype chemicals, fabrics, and paper). Please bring exact amount to the first class; refunds are at the discretion of the instructor.

CATHERINE CROSS TSINTZOS has more than thirty years’ experience as a professional museum, school, and arts organization educator. She is a lifelong learner, an interdisciplinary artist, and an “arts for all” advocate. She is a presenter at art and early childhood conferences and has spent her life working to engage people of all ages and abilities with the creative process.

2 Thursdays, November 17 & December 1, 1:30–4:30pm (please note dates and times), Judea Reform Education Building. Maximum: 12. Fee: $40. Course ID: 2051.

READING CATHEDRALS OF BRITAIN: Their Design, Architecture, and Imagery

Cathedrals, a favorite destination for adventures and photographers, have wonderful stories to tell us. But to understand their stories you have to speak the language. This five-week class explores the reasons behind the construction, design, and imagery employed in cathedrals. We will examine some of the most loved cathedrals of Britain to learn the basics of Romanesque and Gothic sacred architecture. Class will meet at Piedmont Hall at Carolina Arbors. ■ Lecture (with questions).

LISE JENKINS, EdD, is an award-winning radio show and podcast producer. After a twenty-five-year career in information technology, Lise now teaches, writes, and produces a garden podcast show for the Triangle Gardener magazine. A former board member and experienced OLLI instructor, Lise shares her passion for architecture and the mystery of history in her lively classes.


Registration opens at 9:00am on August 9 www.learnmore.duke.edu
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 fifty 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 seventy-five 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.

Swing Band The New Horizons Band umbrella also includes a swing band, which plays many of the wartime 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:
Concert Band: 10 Thursdays, September 15–December 1, 3:30–5:30pm. Durham Academy Middle School. Fee: $60. Course ID: 0455.

Swing Band and/or Dixie Dukes: 10 Wednesdays, September 14–November 30. Swing Band, 3:30–5:00pm; Dixie Dukes, 5:00–6:30pm. Durham Academy Middle School. Fee: $40 for either or both, in addition to the $60 Concert Band fee. Course ID: 0456.

All rehearsals are held at Durham Academy Middle School Campus, 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.

REGISTRATION EVENT
Need help registering online?
Come to our registration event at JRC on Tuesday, August 9, 9:00am to 12:00pm.
Trained OLLI mentors with computers will assist you. See the insert for more details.
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 just to 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. Then it’s on to the dance floor, where we will move to a different beat, song, and style each week. From Classical ballet steps to salsa and jigs, we will get a complete workout. We will finish each class on the floor for exercises designed to relax, rejuvenate, and revitalize our spirits (exercises can also be done in a chair). No prior dance experience is necessary, just the willingness to explore the exciting ways our bodies can move. Exercise or Dance.

Please note: Students will need a yoga type mat for floor work, a large towel, and dance shoes, slippers, or socks (or they may dance in bare feet). No street shoes are allowed on the dance floor.

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

10 Thursdays, September 15–December 1, 2:00–3:30pm (please note times), Carolina Dance Academy, 3101 Guess Rd #E, Durham. Maximum: 20. Fee: $90. Course ID: 0442.

WHY READ THE CLASSICS?
Robinson Crusoe and Jane Eyre in the Twentieth Century
What do “classic” and “contemporary” mean? Are those terms mutually exclusive? Why are our debates with landmark texts never settled? Why do our most experimental and politically combative writers continually find inspiration in canonical works? And as Italo Calvino asked, “Why read the classics?” To seek answers, we will read Robinson Crusoe and Jane Eyre alongside two contemporary “rewritings” of these novels: Foe, whose heroine reveals the real story of Robinson Crusoe (and how she was written out of it), and Wide Sargasso Sea, a prequel to Jane Eyre that addresses the power dynamics of race and gender. We will look at these novels in their own right while also considering their relationship to each other through questions in Calvino’s essay. Students will read about 100 pages per week, and before the first class should read Calvino’s essay, found at www.nybooks.com/articles/1986/10/09/why-read-the-classics. To promote good class discussion, please use only the specified editions of the four novels. Lecture (plus questions). Facilitated Discussion.

Required texts:

RACHEL GEVLIN is a current graduate student in the English Department at Duke, focusing on the eighteenth-century British novel and novel theory. She loves working with Duke undergraduates on eighteenth-century and contemporary novels and is excited to join the OLLI team.


Technology has become integral to most parts of our lives, from banking to communicating with our families and friends. With advances in technologies come repercussions, such as privacy issues, cybercrime, and the permanence of our social media presence. This course will provide a basic overview of modern computer technology, from mobile devices, wi-fi, and applications to big data and the Internet of Things (IoT). You’ll gain an understanding of the value and influence technology has on our lives, and what questions to ask about the issues surrounding it. Class discussions will explore the impacts, risks, and necessary protections as new advances are introduced in the market. Prior knowledge is not required, but you should have an interest in technology and the social, cultural, and economic impact of it on society. Additional recommended (but not required) readings will be given.
for those desiring more in-depth knowledge.
- Lecture (plus questions). Facilitated Discussion. Viewing Videos.

ROCHELLE NEWTON has more than thirty years of information technology experience. She has worked for both private and public entities and is currently employed by Duke University School of Law as a senior information technology manager. She completed her Doctorate of Education in June.


WEALTH, POVERTY & WELL-BEING:
Inequality within Countries, across Countries, and across Time

This course will offer a broad exploration of economic and social well-being—in the United States, in other nations, across countries, and across history. Why are some people spectacularly wealthy while others are destitute? Why are some countries rich and others poor? Why did the Industrial Revolution happen when and where it did? Why has economic development occurred readily in some places but not others? Do health and well-being always rise with wealth? What about inequality and poverty: What is their impact and how can problems be addressed? What are the chances of “rising above” your parents? Are we living in a time of unprecedented abundance? All of these key questions will be addressed. - Lecture (plus questions). Facilitated Discussion.

ALAN VAUX is a retired university professor, researcher, and administrator. His academic background was in community psychology (the well-being of human populations) and social ecology (the contexts that shape people’s lives). This course reflects his long-standing interest in economics and studying the course’s key questions during five years of retirement.


UNDERSTANDING ORGANIC CHEMISTRY & ITS ROLE IN LIVING SYSTEMS

Life depends on organic chemicals and their reactions. In turn, the reactions and properties of organic chemicals depend upon their molecular structure—how atoms are arranged in molecules and how they can be reorganized in chemical reactions. We first look at the all-important structural theory of organic chemistry, then apply this knowledge to the understanding of the molecular structure and biological importance of some of the complex chemicals of life (such as proteins, carbohydrates, and fats). We’ll look at petroleum, a product of ancient life, and its chemistry and vital importance in today’s chemicals and plastics industries. Organic chemistry also underlies the treatment of disease with drugs, and the structure and functioning of some typical drugs will be described. - Lecture (with questions).

LOUIS QUIN, PhD (UNC), is a Fellow of the American Chemical Society and the American Association for the Advancement of Science. He has taught organic chemistry courses at Duke for thirty years and at the University of Massachusetts at Amherst for ten. After retirement in 1996, he returned to North Carolina and has been an adjunct professor at UNC-Wilmington.


THEATER OF THE ABSURD: Avant-garde Postwar European Drama from Caligula to Rosencrantz and Guildenstern Are Dead

T. S. Eliot once remarked that what defines modernist literature, above all, is difficulty. Given the difficult plays that characterize the post-WWI European avant-garde, this holds true for drama as much as it does for poetry and prose. In this course, we will read nine plays covering the period of 1945 to 1966 that emphasize the scene in France (Camus, Genet, Ionesco, Adamov, and Beckett) but that also turn to developments in Great Britain (Pinter and Stoppard). These plays feature characters in extremis, plots in which nothing happens, dialogue in which silence carries more meaning than expression, and themes that take square aim at the fundamental
questions underlying the human condition: they are twentieth-century masterpieces. While some attention will be paid to literary, theatrical, and historical contexts, class discussions will focus on how, in terms of content and form, the existential notion of the absurd defines theater and life.

■ Lecture (plus questions). Facilitated Discussion.

**Required texts:**

**Recommended text:**

CHARLES JOSEPH DEL DOTTO completed his undergraduate work at Princeton University and earned his PhD in English at Duke University, specializing in Shakespeare, nationalism, and British theatrical modernism from Bernard Shaw to Peter Brook. For OLLI, he has taught eight different courses on modern and contemporary drama since 2014.


**GREAT BOOKS DISCUSSION GROUP**

Engage in lively facilitated discussion of classic texts. Through text-based “shared inquiry” discussion, we'll seek to determine what the author is saying and how this may relate to our current lives. Our selections will be taken from *Great Conversations Two*, available from the Great Books foundation bookstore.

**Please note:** Students are expected to read each selection prior to class. Classes are spaced two to three weeks apart to allow a thorough reading of each text. Our schedule will be as follows:

- **September 16:** John Donne, selected poems
- **September 30:** Rene Descartes, *Meditations One and Two*
- **October 14:** Fyodor Dostoevsky, *The Grand Inquisitor* (from *The Brothers Karamazov*)
- **November 4:** Frank O’Connor, *Guests of the Nation*
- **November 18:** Herman Melville, *Bartelby the Scrivener: A Story of Wall Street*
- **December 2:** Friedrich Hayek, *Planning and Democracy* (from the *Road to Serfdom*

**Required text:**

JOHN PILGRIM, with a BA in economics from Grinnell College and a PhD in economics from Vanderbilt University, was a professor of economics for thirty-five years. Additionally, he was a vice president of several colleges for fifteen years. He taught Great Books and economics-related classes for twelve years at OLLI–NC State.


**INDIGO AT DUKE CAMPUS FARM**

Join Catherine Cross Tsintzos and the staff at Duke Campus Farm for a half-day of fun at an indigo dyeing workshop. Engage with the Heritage plants at the farm while learning about the history of indigo and experiencing ways of creating beautiful surface design patterns. Japanese Shibori and other techniques will be explored as fabric is manipulated before immersion into the indigo vat. All supplies are provided. The materials fee includes a square yard of fabric, but students are invited to bring additional items for dyeing: yarn, table linens, and clothing are all fine, as long as they are either cotton, linen, or silk (pre-washed items work best). Create samples, a wall hanging, place mats, napkins or even quilting squares. Get your Duke spirit going with the magic of indigo’s Blue Devil Blue.

■ Hands-On Art.
Please note: There will be a materials fee of $20, which includes all dyeing supplies, a square yard of ready-to-dye fabric, and a donation to the Duke Campus Farm.

CATHERINE CROSS TSINTZOS has more than thirty years’ experience as a professional museum, school, and arts organization educator. She is a lifelong learner, an interdisciplinary artist, and an “arts for all” advocate. She is a presenter at art and early childhood conferences and has spent her life working to engage people of all ages and abilities with the creative process.

1 Friday, September 23, 10:00am–2:30pm (please note date and times), Duke Campus Farm, 4934 Friends School Rd, Durham. Maximum: 20. Fee: $30. Course ID: 2053.

BURY MY HEART AT WOUNDED KNEE
Between fall 1492, when Christopher Columbus first made note of the “Indian” natives on our eastern shores, and early winter 1890, when the US Army’s Seventh Cavalry Regiment massacred more than 144 “Indians” at Wounded Knee Creek, South Dakota, our society has had to deal, in one way or another, with the influences of these free-spirited and free-roaming original Americans. In this course, we will address the historic relationship between the immigrating white settlers and the already settled Native Americans, who posed one of the major obstacles to western expansion. The pendulum of relationship between the opposing, yet sometimes allied, elements on American soil swung widely and, in many cases, violently. We will examine the cultural ways and contributions of many of the Native American tribes from east to west. And since North Carolina ranks third nationally in Indian population, a large portion of our classes will, through video documentaries and guest lecturers, address the Cherokee, Lumbee, Haliwa, Coharie, and other tribes in our state.

Lecture (plus questions). BILLY YEARGIN is a veteran OLLI instructor. He has a master’s degree in liberal studies from Duke; has taught US history, Western civilization, and Southern culture in three North Carolina community colleges; and has served as headmaster/interim president of Oak Ridge Military Academy, a private military college preparatory academy.

10 Fridays, September 16–December 2, 11:00am–1:00pm, at the Emily K Center. Register with instructor Lu Howard at llhoward@nc.rr.com or 919-309-4925.

EIGHT KEYS TO THRIVING AS YOU AGE: Build Your Own “Life Map” with a Set of Fun and Simple Tools
Aging can feel like a daunting task, filled with many decisions and changes that are challenging and out of our control. Now you can take back the wheel. In this course, you will find yourself back in the driver’s seat as we explore the “wheel for happy aging” that summarizes the eight key areas in which to thrive as you age: money (freedom and safety), simplicity (managing change), health (wellness), legacy (reflection), happiness (joy and growth), support (social network), purpose (giving back), and preparation (documents and final wishes). By the end of the ten sessions, you not only will have a solid understanding of the “wheel for happy aging” but will have designed your own “life map,” based on the areas that are most important to you.

Lecture (plus questions). Facilitated Discussion. Hands-On Art. Listening to Music or Other Audio. Viewing Videos. Writing. BETH REEVES is an integrative health coach trained at Duke’s Center for Integrative Health. She is also the president and founder of Anamcara Health, a firm that provides support to families who are caring for aging family members. She holds an MBA from NYU Stern.

FOUNDATION PIECED QUILTING
Make precisely pieced quilt blocks using the foundation piecing method. We will hand piece during the first class, but you may bring your sewing machine for remaining classes. Bring fabric scissors; sewing/quilting needle; sewing thread in light, medium gray or off white; pins; thimble (optional); a fine-point permanent marker or mechanical pencil; and, if you have them, a rotary cutter, acrylic ruler, and cutting mat. Bring a fat quarter (18”x22”) of a light tone-on-tone or mottled fabric for background, a 4” square of green (print or solid) for a tree, and a small piece of brown (3”x3”) for the tree trunk.

Please note: There will be a $5 fee to cover the cost of the foundations and patterns.

10 Fridays, September 16–December 2, 11:00am–1:00pm, at the Emily K Center. Register with instructor Lu Howard at llhoward@nc.rr.com or 919-309-4925.
ENCAUSTIC (HOT WAX) PAINTING & COLLAGE

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 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.

Special registration required: This workshop is a collaboration of the Durham Arts Council and OLLI at Duke. It will take place at the DAC (120 Morris St, Durham) over four Fridays, October 14–November 4, 1:00–4:00pm. You must be able to attend all of the classes. Through a special arrangement with the DAC, a limited number of OLLI members can take this workshop for 20 percent off, at the discount price of $124.80. 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. You cannot register for this workshop through the OLLI registration website or office. Seating is extremely limited.
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. The books to be discussed are to be determined.

- **September** My Brilliant Friend by E. Ferrante
- **October** Between the World and Me by T. Coates
- **November** Away by A. Bloom
- **December** The Diver's Clothes Lie Empty by V. Vida
- **January** All the Light We Cannot See by A. Doerr

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 pages 52–53 for two Fall Crafts Workshops.

**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 13h00 à «The Forest at Duke.» Tous ceux qui parlent français couramment sont bienvenus! Vous nous trouverez dans l’atelier (the Craft Studio). Renseignements: Emily Lees (emilylees@bellsouth.net) ou George Entenman (olli@entenman.net). Le groupe se réunit dans «The Studio at the Forest at Duke Retirement Center.» *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, flickle5@aol.com, and Susan Eure, asure@bellsouth.net.

**RECORDER GROUP**
Bring your instrument and join the group, called the Baillie Branslers. All voice categories are welcome, and we are now welcoming viola di gamba players. It is led by Kay Bailey (kayfbailey01@yahoo.com) and meets Fridays at 1:15pm at Carol Woods Retirement Community, 750 Weaver Dairy Rd, Chapel Hill.

**RETIREMENT TRANSITION GROUP**
This informal drop-in group is for all OLLI members who are going through transitions in retirement and perhaps experiencing some challenges with that. The group meetings will provide an opportunity to share concerns, offer ideas that have worked, share resources we are aware of, connect with other members who are going through the same experiences, and get ideas we can try on our own. People can drop in at any of the meetings. There is no charge. The group will meet on the second Friday of the month at The Bishop’s House, 1:30–3:00pm.

Information about the group will also be in the *Spotlight* and on the OLLI calendar on the member website. 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 into Retirement,” will be offered by Corinne Schillin 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. You must be an OLLI member to participate in this book club. The group usually meets the first Thursday of the month at 3:15pm at The Bishop’s House. Coordinator: Dan Oldman, 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 chairs. 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, Charlie Squillante
- 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
- Volunteer Relations: Stephanie Johnson

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

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 (September 14 for most courses; September 28 for Monday courses at JRC). 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!
# Fall 2016 OLLI Class Schedule

## Monday

### at Judea Reform

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<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>9:00</td>
<td>Improving Investor Outcomes in Retirement</td>
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<td></td>
<td>Personal Finances in Retirement</td>
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<td></td>
<td>A Brief History of Life on Earth</td>
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<td>Strength &amp; Power for Fifty+</td>
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<td>Intro to 3D Printing**</td>
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<td>Narrative Writing Workshop**</td>
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<td>iPad for New Users**</td>
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<td>Narrative Writing Workshop**</td>
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### Saturday

- Improv Theater Short Form**
  (10:00am–1:00pm, October 15)

## Tuesday

### at Judea Reform

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<th>Time</th>
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<tr>
<td>9:00</td>
<td>Quilting in America &amp; Japan*</td>
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<td>Ethics &amp; Issues in Sports*</td>
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<td>Conversational Spanish*</td>
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<td>Creative Sharing with Weebly**</td>
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<td>iPad for New Users**</td>
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<td>Personal Finances in Retirement</td>
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<td>A Brief History of Life on Earth</td>
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<td>Strength &amp; Power for Fifty+</td>
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<td>Intro to 3D Printing**</td>
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<td>Narrative Writing Workshop**</td>
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<td>The Pen &amp; the Paintbrush**</td>
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<td>The Amazing Beauty of Numbers**</td>
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<td>Improv Theater Basics**</td>
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<td>Improv Theater II**</td>
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### Saturday

- Improv Theater Short Form**
  (10:00am–1:00pm, October 15)

## Wednesday

### Tuesday

- Moral & Happy Life without God
- Stay Put or Move On?**
- Retirement Communities**
- More Greek Myths in Western Art
- Chinese Brush Painting
- Peter the Great

### Saturday

- Improv Theater Short Form**
  (10:00am–1:00pm, October 15)

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  (10:00am–1:00pm, October 15)
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.
Opening Convocation with Mayor Bill Bell
Sunday, September 11, 2:00–4:00pm • Judea Reform Congregation

OLLI at Duke is pleased to announce that the speaker for this year’s Opening Convocation is Durham mayor Bill Bell, who was first elected as mayor of Durham in 2001 and has been reelected six times. He has been at the helm of the city during a period of unprecedented growth and expansion, but also during significant controversies and challenges to the relationship between Duke and Durham. Immediately following the convocation, there will be a reception.

Special OLLI Course at the Coast
Wednesday–Saturday, October 26–29 • Trinity Center, Pine Knoll Shores, NC

HOW TO READ A BEACH: Understanding How Beaches Evolve in a Time of Rising Sea Level

This Fall, OLLI at Duke is offering a course at the coast, led by renowned scientist and longtime OLLI friend Orrin Pilkey. Two preliminary lectures in Durham (dates and times TBD) will introduce students to the oceanography of beaches. At the coast, we will walk beaches to learn the processes of barrier island evolution, the mechanisms by which beaches and barrier islands respond to sea level rise, and the origin and significance of features on the surface of beaches. We will observe the human attempts to halt shoreline retreat and the side-effects of coastal engineering on the future of shorefront development. (The Durham lectures, which are mandatory for enrollees going to the coast, are also open to students who do not plan on attending the field trip.) Orrin H. Pilkey is Professor Emeritus of Earth and Ocean Sciences, Nicholas School of the Environment, at Duke University.

Wednesday–Saturday, October 26–29, Trinity Center Conference Center, 618 Salter Path Rd, Pine Knoll Shores, NC. Maximum: 30. Fee: $400/Double room; $500/Single room; $20/lectures only.

Course ID: 2097 (Section 1: Double room; Section 2: Single room; Section 3: Lectures only)