Non-credit short courses, lectures, study trips, and special events for adults aged 50+

NC STATE UNIVERSITY

Spring Semester 2020
First term: January 8 - March 4
Second term: March 9 - April 17

Osher Lifelong Learning Institute

ncsu.edu/olli
919.515.5782
What is the Osher LLI?

The Osher Lifelong Learning Institute at NC State (OLLI) provides noncredit courses, study trips, and special events for adults aged 50+. Founded in 1991 as the Encore Program for Lifelong Enrichment, we changed our name in 2014 to reflect our connection to the Osher Lifelong Learning Institute Network, a group of over 100 lifelong learning institutes that have received support from The Bernard Osher Foundation.

Membership is at the core of our program, and we rely on members taking an active role, whether in the classroom or behind the scenes helping us design the program. Part of what makes our learning community special is the exchange of ideas in the classroom from those with diverse backgrounds. Our instructors volunteer in order to keep your fees low, and they find it rewarding because of this rich learning atmosphere. Since our classes are noncredit, the only prerequisite is a desire to learn. There are no tests or grades, and homework is optional! Members also have the chance to participate in extracurricular special interest groups, which are completely member-organized. Most classes are held at NC State’s McKimmon Center for Extension and Continuing Education, which is easily accessible and has ample free parking. We hope you will join our community of learners!

A CUPPA OLLI

OLLI members and instructors are invited to join staff and fellow members for coffee/tea. These are primarily social events, but at each session we will address a topic of interest to members. This is a great way for new OLLI members to meet others and learn more about the program beyond just taking classes. Mark your calendars for the morning of January 10 for our spring Cuppa. Look for an email announcement a few weeks prior to each Cuppa event, with information about how to sign up.

No tests, no grades, and homework is optional!

We thank the following generous sponsors for their support of OLLI:

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Learn more about our sponsors at www.ncsu.edu/olli
Monday

Battles of the American Revolution - 1777

Join us for the third of an ongoing series of courses about the battles of the American Revolution. We are exploring the battles of the Revolution as they occurred, year by year. This course will cover the battles of 1777. You may have heard of the December 1776 Battle of Trenton, but did you know there was a second battle in 1777? We will see clashes at Princeton, Brandywine, Saratoga, and over three dozen other battles in 1777, as the war expands into a world-wide conflict. Join us as we explore this momentous era in our history. (Enrollment in the previous courses in this series are not prerequisites to enroll in this course).

Note: There are two sections of this course, one in the first term and one in the second; choose the one that best fits your schedule.

Instructor: Dave Milidonis; founder and managing director of the non-profit organization, the National Veterans History Archival Institute (NVHAI); 1974 graduate, U.S. Military Academy, West Point; 20 years U.S. Army infantry experience; veteran OLLI instructor.

Course #: LLI-1-392-001
Six Sessions: 9:00 - 10:30 a.m.
Jan. 13, 27, Feb. 3, 10, 17, 24
Limit: 24
Location: Room 1 1/12
Fee: $55.00

The Third Age: Finding Meaning in Retirement

The Third Age refers to the time in one’s life that occurs generally after retirement with a focus on health, vigor and an exploration of identity and purpose. There are many paths leading into and through this time. It is of utmost importance that we approach this time with clear-eyed courage, curiosity and humility, remembering the self-made foundation upon which we stand, while continuing to build the new structures that will serve us well into the years ahead. This course will explore the themes of identity, meaning, creativity, and relationships, and will include interactive conversations about various strategies that we can use to re-tool our psychological portfolio.

Recommended: Revitalizing Retirement: Reshaping Your Identity, Relationships and Purpose, Nancy Schlossberg, Ed.D; Shifting Gears To Your Life and Work After Retirement, Carolee Duckworth, Ed.D. and Marie Langworthy, Ed.D.

Instructor: Hugh Willard; holds degrees in Psychology and Counseling and is a psychotherapist and retirement coach with 29 years of experience; 2008 President of the Licensed Professional Counselors Association of NC; has facilitated workshops locally and nationally; has guest lectured at several area universities including UNC-Chapel Hill and NC State.

Course #: LLI-1-416-001
Four Sessions: 9:00 - 10:30 a.m.
Feb. 3, 10, 17, 24
Limit: 24
Location: Room 13
Fee: $40.00

Truth, Opinion, and Lies: From Plato to Your iPhone

Does truth really matter? Why? And what about lies — how should we view them? And when you have an opinion, what’s it worth? This course will review some major approaches to these questions, with a view toward their social and political implications, and proposing ideas for acting positively as citizens in a time of great changes. Some questions are millennia old, some are just-torn-from-the-headlines: what does democracy need to flourish? What sorts of alternatives to democracy exist? Also: what is “fake news”? Should we care about it and, if so, why? We will address these and related questions with a maximum of participant input and discussion. From the first week on, participants are invited to propose online-available materials to explore for class-wide and group discussion.

Recommended: Books 7-9 of the Republic, Plato; Lying: Moral Choice in Public and Private Life, Sissela Bok

Instructor: Steve Fleck; has degrees in linguistics and music, and a PhD in French literature; emeritus professor of French at California State University Long Beach; a lifelong political junkie, he continues to speak and write on 17th Century French literature; published a second book on Molière in 2016.

Course #: LLI-1-287-002
Six Sessions: 10:45 a.m. - 12:15 p.m.
Jan. 13, 27, Feb. 3, 10, 17, 24
Limit: 24
Location: Room 13
Fee: $55.00

Before you register . . .

Thanks to the excellent work of our Program Development Committee, we are offering more classes, lectures, and study trips than ever before! As you choose from over 100 offerings this spring, please be aware that classes, lectures, and study trips overlap in time. We suggest you double-check the dates and times of your choices before finalizing your registration. Fees apply if you find that you later need to cancel or switch classes.

Night and Day with Cole Porter

As a composer-lyricist, Cole Porter brought theatrical elegance, sophistication, wit, poetic ambiguity, and musical complexity to the American popular song form. We will examine some of the great songs to come out of his extensive Broadway repertoire between 1920 and 1950 in the context of his life events. Film clips from the 1946 biopic Night and Day will be compared to the 2004 biopic “DeLovely,” presenting very different portrayals of this musical genius – as different as night and day.

Instructor: Marilyn Lynch; retired Teaching Associate Professor, Music
American Post-Mortem: Thinking About the End of the Republic

In a famous phrase, the philosopher Martin Heidegger asks: “What calls for thinking?” This course begins from the assumption that the end of the American republic as we know it is a real possibility, with our current institutions and way of life being radically transformed in some way. We are, as a result, “called to think” about what that might look like. This course takes a hard look at where we are, how we got here and explores some of the forces driving political and economic change of a fundamental nature. We will explore ecological and economic collapse, radical conservative or socialist change, Armageddon and just “muddling through.”

Instructor: Tony Solari; Ph.D, Political Science, Duke Univ.; has been teaching political science since 1986; specializes in political philosophy, American government and politics, America political thought, and legislative politics and policy; author of a number of articles and papers; former legislative liaison for the Department of State Treasurer, lobbied for NC’s “Smart Start” program and currently is president of Solari Government Solutions, a private lobbying firm.

Course #: LLI-2-093-002
Two Sessions: 10:45 a.m. - 12:15 p.m.  Feb. 3, 10
Limit: 58 Location: Room 11/12
Fee: $30.00

BE A CLASS HOST!

Class announcements, assist the instructor with the audiovisual equipment and serve as liaison between the class and the OLLI office. Call us if you would like to host a course in which you are enrolled. It’s a great way to get to know instructors and fellow OLLI students.

Great Books: Great Conversations 4

Great conversations about classic texts. We’ll be reading selections from Great Conversations 4, an anthology compiled by the Great Books Foundation. The course spans two terms to allow time for thoughtful reading between class meetings. Our schedule will be:

- January 13: Anton Chekhov, The Darling
- February 3: Yasunari Kawabata, First Snow on Mount Fuji
- February 17: Shirley Jackson, The Lottery
- March 2: Clarice Lispector, The Smallest Woman in the World
- March 16: Eavan Boland, Lava Cameo
- March 30: Tim O’Brien, The Things They Carried

Required: Great Conversations 4; purchase for $24.95 at store. greatbooks.org. Enroll in this course only if you are willing to complete the readings and actively participate in class discussions.

Instructor: John Pilgrim; PhD, Economics, Vanderbilt University; BA, Economics, Grinnell College; professor of economics for 35 years, now retired; has taught various economics-related OLLI courses; facilitates the OLLI Great Books discussion group; veteran OLLI instructor.

Course #: LLI-1-398-001
Six Sessions: 3:00 - 4:30 p.m.  Jan. 13, Feb. 3, 17, Mar. 2, 16, 30
Limit: 20 Location: Room 13
Fee: $55.00

Talkin’ Baseball II

America’s national pastime is steeped in history, and we have lived through events tying baseball to our own experiences. We will discuss baseball’s characters, celebrities, books, movies, music, and media, covering the mid-20th century into the present. This course is part 2 of the fall Semester course, which covered earlier baseball history, but enrollment in that course

Instructor: Sue Scott; recently retired from a career as a public librarian in Raleigh; longtime member of the Jane Austen Society of North America, and as an active member of the North Carolina chapter, frequently presents programs directly related to Austen’s novels; most recently, Sue led a discussion entitled “Mothers in Jane Austen’s Novels: Dead, Distant, or Dysfunctional.”

Course #: LLI-1-406-001
Six Sessions: 1:15 - 2:45 p.m.  Jan. 13, 27, Feb. 3, 10, 17, 24
Limit: 24 Location: Room 13
Fee: $55.00
Our Emotional Lives: A Workshop

Designed especially for older adults, this course will explore how we make our emotions and what recent science tells us about how we can live productive and meaningful lives. How do we acknowledge and accept the emotions that life brings? How do we name and deal with “unpleasant” emotions like shame, guilt, grief, depression, anxiety, etc.? How do we create and encourage “pleasant” emotions like gratitude, awe, contentment, love, etc.? This is a “hands on” course that depends heavily on the participation of class members. Since each of us is different (we have different genes, desires, experiences, world views, etc.), we will use in-class exercises, and work in small groups to explore what might work for each of us in applying new ideas for promoting well-being for ourselves, loved ones, friends, and communities.

Recommended: How Emotions are Made, Lisa Feldman Barrett; The Happiness Trap, Russ Harris; The Guest House, Rumi (a poem).

Instructor: Ben O’Neal; Distinguished Professor Emeritus of Communications and Signal Processing, NC State; RJ Reynolds Award for Research, Extension and Teaching; Academy of Outstanding Teachers, veteran OLLI instructor, OLLI member.

Course #: LLI-1-389-001
Six Sessions: 9:00 - 10:30 a.m. Jan. 14, 21, 28, Feb. 4, 11, 18
Limit: 24 Location: Room 13
Fee: $55.00

Amadeus: The Music of Mozart and the “Mozart Effect”

Is the movie Amadeus historically accurate? Does listening to the music of Wolfgang Amadeus Mozart really enhance spatial intelligence (the “Mozart effect”)? We will virtually visit Salzburg, Vienna, Paris, and Prague and listen to music of Mozart and his contemporaries. After viewing scenes from Amadeus and from Mozart operas, we will consider life in the late eighteenth century — historical developments, philosophies, the arts, important figures. We will share thoughts regarding ways in which music, especially that of Mozart, does or does not affect us and others. Is there really a “Mozart effect”?

Instructor: Dr. David Lynch; professor and department head emeritus of music, and current adjunct professor, Meredith College; organist-choirmaster emeritus, Christ Church; chaplain, The Church of Nativity; chaplain, St. Saviour's Outreach Center; clinician for numerous church music, choral, organ workshops and festivals here and abroad; OLLI member and returning instructor.

Course #: LLI-1-404-001
Six Sessions: 9:00 - 10:30 a.m. Jan. 14, 21, 28, Feb. 4, 11, 18
Limit: 58 Location: Room 11/12
Fee: $55.00

Great Decisions 2020

This discussion course will cover a different international or foreign policy topic each week. Participants will read a chapter in the Foreign Policy Association's non-partisan briefing book and then come to class prepared to discuss the different sides of the issue. The facilitator will spur discussion along. The Great Decisions 2019 briefing book will be provided and is included in the eight-week, $99 course fee. Participants will be notified when the briefing books are available for pick up in the OLLI office. The topics (discussed in the order listed):

- Climate Change and the Global Order
- India and Pakistan
- Red Sea Security
- Modern Slavery and Human Trafficking
- U.S. Relations with the Northern Triangle
- China’s Road into Latin America
- The Philippines and the U.S.
- Artificial Intelligence and Data

Note: There are three different sections/facilitators for this course. Choose the section that best fits your schedule, and check listings for facilitator information.

Facilitator: Donald Dubay; retired U.S. Army Colonel; Defense Attaché and military advisor to several Arab World countries; Joint Staff senior strategic planner for the region; veteran OLLI instructor; OLLI member.

Course #: LLI-1-042-015
Eight Sessions: 10:45 a.m. - 12:15 p.m. Jan. 14, 21, 28, Feb. 4, 11, 18, 25, Mar. 3
Limit: 24 Location: Room 13
Fee: $99.00

War, What Is It Good For? Films Set During Wartime

War has been very good to the film industry, and it’s easy to see why: War brings out the best and worst in humanity, which translates into incredible drama. It’s visually spectacular, and there are so many wars to choose from, that the story options are endless. But war is not only about blood and guts. There are also stories about the home front, resistance movements, POWs, even comedies and satires that mock the insanity of armed conflict. This course will feature six films that take place during wartime, but are not necessarily about the battlefield. Included will be: a critically-acclaimed film about the war on terror; a rom-com/satire set during World War II; another satire set during the first Gulf War; a movie based on a true World War I incident; yet another World War II satire based on a famous
novel; and a deliriously over-the-top propaganda work about the French resistance during World War II.

Note: Some, but not all, of these movies do contain scenes of combat and violence, although to a limited degree. However, if you have any issues with violence in film, this is not the course for you.

Instructor: Lewis Beale; film industry reporter for newspapers in New York and Los Angeles; taught journalism at UNC-Wilmington; has written for The New York Times, Newsday, the L.A. Times, The Daily Beast and other magazines and websites; veteran OLLI instructor.

Course #: LLI-1-396-001
Six Sessions: 1:00 - 4:00 p.m.
Jan. 14, 21, 28, Feb. 4, 11, 18
Limit: 58 Location: Room 11/12
Fee: $75.00

Great Decisions 2020
See course description on page 5.

Note: There are three different sections/facilitators for this course. Choose the section that best fits your schedule, and check listings for facilitator information.

Facilitator: Tom Price; BSEE and MBA, Duke University; retired entrepreneur and investor; OLLI member; recipient of OLLI volunteer award, 2011; veteran OLLI instructor.

Course #: LLI-1-042-014
Eight Sessions: 1:15-2:45 p.m.
Jan. 14, 21, 28, Feb. 4, 11, 18, 25, March 3
Limit: 24 Location: Room 13
Fee: $99

Women in Photography -- The First 100 Years
This three-week course will review women photographers and their contributions to photography during the first 100 years (1839-1939) of the medium. We will discuss the various genres that were coming to light during this time, and how these women participated in their development and proliferation. This review will include both well-known photographers such as Dorothea Lange and Margaret Bourke-White as well as lesser known figures, showcasing examples of their photographs and their ability to deal with the social conventions in order to be successful and create work that has stood the test of time.

Instructor: Ed Speas; former biologist, worked in primate research, environmental health, and a variety of roles in the pharmaceutical industry before retiring in 2016; his interest in photography began as a teenager and continues to this day.

Course #: LLI-2-198-001
Three Sessions: 3:00 - 4:30 p.m.
Jan. 14, 21, 28
Limit: 24 Location: Room 13
Fee: $40.00

BRING A FRIEND TO OLLI!
Do you have a friend who is curious about OLLI? Bring a non-member guest to a session in one of your multi-week classes! Just request a complimentary guest pass from the OLLI office. Please, no passes for one-time lectures or off-site classes.

Fighting Food Insecurity in North Carolina
“Food insecurity” is defined by the USDA as lacking consistent access to enough food to lead an active and healthy life. In Wake County, 12% of residents struggle to have enough to eat, and the issue is even more widespread across the state. The effects of hunger and poor nutrition can be traumatic and long-lasting. Luckily, there are many Triangle groups that are working to combat food insecurity. In these three sessions, representatives from local organizations will discuss their missions and efforts, and describe the ways you can get involved to fight hunger.

Presenter: Kay Coleman; Urban Agriculture Manager, Inter-Faith Food Shuttle
Presenter: Kati Mullan; Executive Director, Read and Feed
Presenter: Adele Rogan; Volunteer, PORCH-WesternWake

Wednesday
Postcards from Around the World
No passports required as we travel around the world visiting six different countries while never leaving the OLLI classroom! International students, scholars, and staff from NC State will treat you to the history, art, music, food, language, and other cultural topics from their countries. Enrollees will be sent the list of countries represented in this course in January, and the online course description will also be updated at that time. Join us for this carefree sampler of amazing countries, stories, and people.

Coordinator: Lauren Ball; Assistant Director of Programs, Office of International Services, NC State.

Course #: LLI-1-068-006
Six Sessions: 9:00 - 10:30 a.m.
Jan. 15, 22, 29, Feb. 5, 12, 19
Limit: 58 Location: Room 11/12
Fee: $55.00

How to Avoid the Most Common Investing and Estate Planning Mistakes
Do you fall into the cycle of market emotions with the stock market’s ups and downs? Being able to handle market jitters and tune out the media noise may directly impact your investment portfolio’s performance. Are you prepared for the unexpected? Are your key documents in order? How your assets are titled and your beneficiaries are listed play a big part in your financial planning and how your estate will transfer to your loved ones. Learn how to avoid the
most common mistakes with your investments and estate plan.
Instructor: Jim Trull; graduate of NC State; president of Keystone Financial Partners, an independent wealth management firm; Certified Financial Planner (CFP); a Chartered Life Underwriter (CLU); a Chartered Financial Consultant (CHFC); Certified in Long-Term Care; and an Accredited Investment Fiduciary; member of Financial Planning Association; has more than thirty years of experience in financial planning.
Course #: LLI-2-077-004
Three Sessions: 9:00 - 10:30 a.m.
Jan. 22, 29, Feb. 5
Limit: 24 Location: Room 13
Fee: $40.00

Nuts and Bolts of the U.S. Drug Development Process
This course will describe the drug development process conducted by the U.S. Pharmaceutical Industry (Pharma) and regulated by the Food and Drug Administration (FDA). Instructors will share insights gained during their lengthy careers working in clinical research in Pharma, at research institutions, and regulatory agencies. Discussions will address the clinical trial phases required to secure FDA approval of a new drug, the opioid epidemic, vaccines, oversight of safety and ethics, and how drug prices are determined. We will learn how FDA, Pharma, and their partners collaborate to protect the public and improve human health throughout the world.
Instructor: Lynn Dix; MS, Operations Research; PhD, Statistics; both degrees from NC State; worked as a research programmer at NC Dept. of Education, and worked in biopharmaceutical research at NC State School of Veterinary Medicine; bulk of her career was spent in pharmaceutical clinical statistics at the company now known as GSK (formerly GlaxoSmithKline).
Instructor: Eric Harris; PhD, Neuroscience, University of Virginia; over 40 years of neuroscience experience in academia, the pharmaceutical industry, and with FDA interactions related to neurological and psychiatric diseases and treatments; retired but still passionate about neuroscience and science education.
Instructor: Mark Long; MPA, Univ. of Georgia; worked for 38 years in public health and research oversight for the Centers for Disease Control and Prevention, The University of Medicine and Dentistry of NJ, St. Jude Children’s Research Hospital, and in the Dept. of Veteran Affairs; has taught OLLI courses on public health, human research abuses, ethics, racism and the history of science.
Instructor: Matt Rogan; MD, Albany Medical College; Emeritus Fellow, American Academy of Pediatrics; USAF, academic, and private practice pediatrician; pharmaceutical physician.

Great Decisions 2020
See course description on page 5. Note: There are three different sections/facilitators for this course. Choose the section that best fits your schedule, and check listings for facilitator information.
Facilitator: Keith Brickman; BSc, Engineering, University of Manitoba; retired director of international product management from Nortel Networks; spent many years living and traveling in the Middle and Far East; OLLI member; veteran OLLI instructor, facilitator of Great Decisions since 2008; recipient of OLLI’s Volunteerism Award, 2013.
Course #: LLI-1-042-016
Eight Sessions: 10:45 a.m. - 12:15 p.m.
Jan. 15, 22, 29, Feb. 5, 12, 19
Limit: 58 Location: Room 11/12
Fee: $55.00

The Mayflower and Its Descendants--400 Years Later
The Mayflower Pilgrims arrived almost 400 years ago in November 1620. Of the 23 families and 102 passengers aboard the Mayflower, it is estimated that today over 28 million people can trace their ancestry to one of these passengers. These sessions will explore the expedition, the colony’s structure and laws, relations with native peoples and outsiders, and the colonists’ Puritan and Separatist backgrounds and connections with the Reformed Church in Holland. A special focus will be on the women and children of the Plymouth Colony and how they influenced and contributed to the colony’s survival. We will also discuss the Society of the Mayflower Descendants in North Carolina.
Instructor: Katherine Meyer; author, educator, historian; first worked as an historical interpreter when she was nine years old; former teacher; has volunteered as a docent and historical interpreter; author of two historical fiction novels: Grosvenor Square and Nine Miles North.
Instructor: Steve Pike; Governor of Society of Mayflower Descendants in North Carolina
Instructor: Rev. Dr. W. Becket Soule; educated at Davidson College, Boston University, Harvard, the Episcopal Divinity School, and The Catholic University of America; currently professor of Canon Law at St. Paul’s University, Ottawa; Mayflower historian and George Soule descendant.
Course #: LLI-1-408-001
Four Sessions: 1:15 - 2:45 p.m.
Jan. 29, Feb. 5, 12, 19
Limit: 58 Location: Room 11/12
Fee: $40.00

Immigrant Scots in Colonial North Carolina
Immigration to North Carolina began in 1739 when the Thistle brought 350 passengers from Argyll and the Hebrides into Brunswick Town and Wilmington. The Jacobite rebellion ended at Culloden in 1746, the clan system was in total decline and the Scottish lairds decided sheep were dearer than men. The Scots arrived speaking Gaelic in an English colony, and the first Gaelic preacher arrived in 1756. By 1800, at least 20 churches had Gaelic circuit riders preaching monthly, and they had established the first schools in the area. With the support of North Carolina colonial governor, Gabriel Johnston (a Scot), Highlanders swore allegiance to the Crown, bought land, received land grants and began to prosper. Then the
American Revolution began to pose great difficulty for the Scots. While the Revolution boiled, most of the recent immigrants remained loyal, while older settlers rebelled or remained quiet. As the British occupied Wilmington and Charleston, civil war flared as American and Loyalist militia warred from the Battle of Moore's Creek in February 1776, until long past the British surrender at Yorktown in October 1781. The reasons for Highlander loyalty will be discussed.

Instructor: Donald C. McLeod; pharmacy degrees, UNC-Chapel Hill; former assistant director of pharmacy at Duke Medical Center and later chief pharmacist at Buffalo General Hospital; practiced community pharmacy for the past several years and is now retired; a native of Norman, NC in Richmond County, Scottish-American history and culture is his passion.

Course #: LLI-2-201-001
Two Sessions: 1:15 - 2:45 p.m.
Jan. 15, 22
Limit: 24 Location: Room 13
Fee: $30.00

“OLLi is a good way to stimulate the mind and cultivate ties to the community.”

Human Questions
What does it mean to be happy? Where does our “meaning” come from? How are we to flourish in the midst of hardship? We will explore some of the fundamental questions of being human. Each class will be discussion-based, looking at how “the questions” are framed in the humanities (art, poetry, literature, etc.) and then examined primarily through the lens of positive psychology. Positive psychology has been called the “scientific study of the things worth living.” Participants will also be encouraged to bring their own stories and experiences to the discussion about what it means to be human.

Instructor: John “Sean” Doyle; a lawyer, has taught positive psychology at NC State for close to a decade; he has worked on issues of happiness, meaning and resilience with groups as diverse as corporate executives, army drill sergeants, Arab Spring protesters, addicts in recovery and Buddhist monks; his book, Mud and Dreams, is a series of essays on falling deeper in love with life.

Course #: LLI-1-413-001
Four Sessions: 1:15 - 2:45 p.m.
Jan. 29, Feb. 5, 12, 19
Limit: 24 Location: Room 13
Fee: $40.00

The History, Science and Business of Beer
Beer has been produced and widely consumed globally for thousands of years, and remains the world’s third most popular beverage, behind water and tea. Three local experts will share with you beer’s place in the historical record, the scientific principles behind brewing beer, and what it takes to get into the beer business.

Jan 15, 22: History of Beer – We will draw on archaeological, art historical, and written evidence to explore the deep history of beer. Emphasis will be placed on the global diversity of brewing traditions and drinking cultures and their development over time. We will also consider a number of recent efforts to recreate beers from the past.

Presenter: Dr. Tate Paulette, Assistant Professor, History, NC State; research focuses on agricultural practices.

Jan. 29, Feb. 5: Science of Brewing – Consistently achieving a high quality product from the brewing process requires an understanding of some important scientific phenomena, primarily related to chemistry and microbiology. The scientific principles underlying three main brewing operations: mashing, boiling, and fermentation, will be described.

Presenter: Dr. John Sheppard, Professor, Dept. of Food, Bioprocessing and Nutrition, NC State

Feb. 12 and 19: Business of the Craft Brewery – You will get an overview of the current beer industry with a focus on craft brewing. What are the current changes occurring in an increasingly crowded marketplace, and what it takes to open and operate a successful brewery?

Presenter: Patrik Nystedt, COO, Raleigh Brewing Company.

Lights. Camera. Action! Analyzing Film Production
Ever wonder how the production of movies affects how you understand what’s happening in a storyline and the way you feel about it—whether it makes you feel sad, happy, introspective, scared, and so on? This interactive course will lead you through the way that the lighting, sound, camera, and other production elements tell the story as much as the plot line and dialogue, and how you are experiencing those elements every time you watch. We’ll be screening movie clips each week and YOU will be actively engaged in deciphering the metaphoric visual language of the cinema.

Instructor: Sarah Stein; Ph.D. Communication Studies, University of Iowa; NC State Associate Professor Emerita, teaching film production, and cultural analysis of media and technology. Before becoming an academic, had a 25 year career in New York City as documentary film editor for films that won two Academy Awards, two Emmys, the Columbia-Dupont Journalism Award, and numerous national and international film festivals.

Course #: LLI-1-402-001
Four Sessions: 3:00 - 4:30 p.m.
Jan. 15, 22, 29, Feb. 5
Limit: 24 Location: Room 13
Fee: $40.00

Insider’s View on Congress from Bob Etheridge
Join Bob Etheridge, North Carolina Representative to the U.S. Congress from 1997 to 2011, as he gives an insider’s view on how Congress works. Topics will include the overall structure and inner workings of Congress and its committees, the budget process, and Congress’s oversight duty. He will also...
cover the road to becoming an elected official, including how campaigns are financed. Mr. Etheridge will share personal accounts of his time in office and thoughts on the future of state and national politics.

**Instructor:** Bob Etheridge; A native of Sampson County, Etheridge was the U.S. Representative for North Carolina's 2nd congressional district from 1997 to 2011; member of the Democratic party; has previously served as a county commissioner, state representative, and state superintendent of public instruction; currently the executive director of the North Carolina office of the U.S. Farm Agency

**Course #:** LLI-1-418-001  
**Four Sessions:** 9:00 - 10:30 a.m.  
Jan. 16, 23, 30, Feb. 6  
**Limit:** 58  
**Location:** Room 11/12  
**Fee:** $40.00

The "Dirt" on Archaeology

Once the haphazard, undisciplined search for buried treasure, modern archaeology is now a respected science devoted to the recovery of the written and unwritten remains left by previous generations. It is sponsored, supervised, and regulated by governmental agencies in collaboration with universities, museums, and benefactors. Through six illustrated live and recorded lectures, the class will provide a glimpse of what human life involved in previous eras – starting in the Stone Age.

**Instructor:** Thomas Jackson; BA, History, University of Richmond; BD, PhD, Near Eastern History, Archaeology and Semitic Languages, Johns Hopkins University; pastor, teacher, Middle East tour director; veteran OLLI instructor.

**Course #:** LLI-1-412-001  
**Six Sessions:** 10:45 a.m. - 12:15 p.m.  
Jan. 16, 23, 30, Feb. 6, 13, 20  
**Limit:** 58  
**Location:** Room 11/12  
**Fee:** $55.00

The Legacy of the Ancient Greeks

This course will cover six different topics reflecting on the world of the ancient Greeks: the Aegean Bronze Age, Greek Pottery, the Greek Theater, Greek Medicine and Healing Sanctuaries, the four Circuit Games (the periodoi), and Greek Oracles.

**Instructor:** W. J. McCoy; PhD, Yale University; Associate Professor Emeritus of History, UNC-Chapel Hill, where for 41 years he taught courses in ancient Greek history, culture, and military history as well as Greek and Latin; he directed UNC's summer study program in Greece for 30 years and was an instructor for Elderhostel and the Friday Center’s Community Classroom; he currently directs adult travel programs in mainland Greece and Crete.

**Course #:** LLI-1-394-001  
**Six Sessions:** 1:15 - 2:45 p.m.  
Jan. 16, 23, 30, Feb. 6, 13, 20  
**Limit:** 58  
**Location:** Room 11/12  
**Fee:** $55.00

**SAVE THE DATE:**  
**Instructor Appreciation Social**  
**Monday, May 11**  
**5:00 - 6:30 pm**  
**Registration opens in March.**

We Wuz Robbed!

Let's visit the screen immortals and fabulous movies that were robbed of Oscars in their years. Was Bette Davis better than Judy Holliday? Was *Shakespeare in Love* really more exciting than *Saving Private Ryan?* Did Robert Donat give a more stunning performance than Jimmy Stewart? These are the Hollywood triumphs and tragedies that we will explore--with tongue firmly in cheek.

**Instructor:** John McIlwee; Master's degree in Acting/Directing; MFA in Theatre Design; Director of NC State's University Theatre for many years before retiring; worked extensively as an actor, director, costume and scenic designer, playwright, and fashion designer in NewYork and career-long costume designer.

**Course #:** LLI-1-447-001  
**Six Sessions:** 3:00 - 4:30 p.m.  
Jan. 16, 23, 30, Feb. 6, 13, 20  
**Limit:** 58  
**Location:** Room 11/12  
**Fee:** $55.00

Friday

**General Sherman and the Carolinas Campaign**

William T. Sherman is perhaps best known for his “March to the Sea” from Atlanta to Savannah. But his subsequent march from the Georgia coast through the Carolinas was militarily perhaps more important as it hastened the Civil War’s end. For a few short weeks, North Carolina became a major theater of the war as Confederate forces resisted not only Sherman’s army, but also forces advancing from the coast to link up with Sherman. This class will look at William Tecumseh Sherman’s career both before and after the war, as well as his role earlier in the war, with a focus on the closing weeks of the war in North Carolina.

**Instructor:** Charles Knight; has worked in the museum field for more than 20 years, and is currently Curator of Military History at the NC Museum of History; his main field of study is the American Civil War; has written numerous journal articles and his first book, *Valley Thunder: The Battle of New Market*, was published in 2010; currently working on a biography of Confederate general William Mahone while his second book, *From Arlington to Appomattox: Robert E. Lee’s Civil War Day by Day*, will be published in 2020.

**Course #:** LLI-2-196-001  
**Three Sessions:** 10:45 a.m. - 12:15 p.m.  
Feb. 7, 14, 21  
**Limit:** 58  
**Location:** Room 11/12  
**Fee:** $40.00
Maggie Kane is an NC State alumnus and the founder and executive director of A Place at the Table, Raleigh’s pay-what-you-can café. She will talk about what it took to start the café -- the project began in 2015, but the café did not start serving meals until 2018. A Place at the Table serves thousands in Raleigh with a dignified, healthy, and affordable meal; but the meal feeds more than just the stomach -- it also feeds hearts, souls, and minds. You will also learn about the One World Everybody Eats Foundation and how it supports the national movement of pay-what-you-can cafés.

Maggie Kane; founder and executive director of A Place at the Table, the first pay-what-you-can cafe in downtown Raleigh; graduated from NC State University in 2013 and began working for a nonprofit with people experiencing homelessness; by befriending many people living on the margins, she knew something needed to be done; Maggie has a heart to serve, a desire to always be inclusive, and a passion for loving people. Through her work with people on the streets, she realized the power of community, the importance of dignity, and the beauty in bringing people together over incredible food. Outside of the cafe, you will catch her running marathons and eating peanut butter, but mainly you will find her at the cafe, loving on people all day. She is the 2019 recipient of the William C. Friday Award, presented by NC State's Park Scholars.

Wednesday, Jan. 8 from 2:30 - 4:00 pm
Refreshments from 2:30 - 3:00 pm
Course #: LLI-3-390-001
Registration: Included in OLLI membership fee, but space is limited so please register
Registration Deadline: Jan. 6
TBA, McKimmon Center

Monday
The Funny Girls
Fanny Brice and Barbra Streisand came from humble beginnings and rose to be shining stars as singers, comedians, stage and film actresses, and recording artists. Although Fanny was born 53 years before Barbra, their stories are very much alike. We will focus on the early life of Fanny Brice and its portrayal on the Broadway stage by Barbra Streisand in the 1964 musical “Funny Girl” and later in the 1968 film adaptation for which she won an Oscar. Streisand was the perfect choice to play the role of Fanny.

Instructor: Marilyn Lynch; retired Teaching Associate Professor, Music Department, NC State; recipient of the University Outstanding Extension Award; educator and performer in area colleges and churches; Bachelor of Music in Education, Syracuse University; Master of Arts in Theory, Eastman School of Music, University of Rochester; veteran OLLI instructor.
Course #: LLI-3-393-001
One Session: 10:45 a.m. - 12:15 p.m. Jan. 27
Limit: 58 Location: Room 11/12
Fee: $15.00
Registration Deadline: Jan 24

Life in the Orchestra and Its Library
This lecture will offer a look back at the roads that Deborah Nelson followed from music educator to orchestral timpanist and percussionist to orchestral librarian, the most invisible of all the orchestral musicians.

Instructor: Deborah Nelson; holds bachelor’s and master’s degrees in music education, both from the University of South Florida; studied timpani and percussion at the St. Louis Conservatory and School of the Arts; auditioned for and won the position of Timpanist with the Des Moines Symphony; became the principal librarian of the NC Symphony in 1990 and retired in 2018; named Tarheel of the Week by the News and Observer in 2018.
Course #: LLI-3-397-001
One Session: 10:45 a.m. - 12:15 p.m. Feb. 17
Limit: 58 Location: Room 11/12
Fee: $15.00
Registration Deadline: Feb. 14

American Native Plants – Myths and Realities
This lecture will explore some of the great Southeastern U.S. native plants and dispel many of the commonly perpetuated myths about growing native plants and their adaptability.

Instructor: Tony Avent; B.S. in Horticultural Science, NC State; former Landscape Director for the

**Course #:** LLI-3-374-001  
**One Session:** 10:45 a.m. - 12:15 p.m.  
Feb. 24  
**Limit:** 58  
**Location:** Room 11/12  
**Fee:** $15.00  
**Registration Deadline:** Feb. 21

### The Branchhead Boys

Louisiana had the Longs, Massachusetts the Kennedys, and Georgia the Talmadges. North Carolina’s most influential family was the Scotts of Haw River – dairy farmers who led a progressive movement to improve rural life in the Tar Heel State. Their rise and fall tells us much about the state’s politics. Their admirers included Terry Sanford and Jim Hunt, as well as Jesse Helms.  

**Instructor:** Rob Christensen; wrote about North Carolina politics as a reporter and columnist for The News and Observer for more than 45 years before retiring in 2018; he has appeared as an analyst on 600 television/radio programs, including the CBS Evening News, the Jim Lehrer News Hour, Hardball on MSNBC, and Fox News; author of several books on NC politics, including his most recent The Rise and Fall of the Branchhead Boys; he is currently working on a book about the Daniels family and The New and Observer.  

**Course #:** LLI-3-375-001  
**One Session:** 3:00 - 4:30 p.m.  
Jan. 13  
**Limit:** 58  
**Location:** Room 11/12  
**Fee:** $15.00  
**Registration Deadline:** Jan. 10

### I Am a Holocaust Survivor

Abe Piasek will tell his story of his family’s capture and time in concentration camps. He will talk about how he survived, the horrors he experienced and his life post war.  

**Instructor:** Abe Piasek; born in Poland in 1928, taken from his home by the Nazis at age 12; he spent five years working in slave labor at several death camps, and never saw his parents and sister again; liberated in 1945 and immigrated to New York City in 1947; presenter for the North Carolina Council on the Holocaust, and preacher of tolerance, respect and compassion, and a love of democracy.  

**Course #:** LLI-3-386-001  
**One Session:** 3:00 - 4:30 p.m.  
Jan. 27  
**Limit:** 58  
**Location:** McKimmon Center, TBA  
**Fee:** $15.00  
**Registration Deadline:** Jan. 24

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### Solar Economics in NC

Learn how the economics of solar photovoltaic (PV) technology and solar thermal systems work in North Carolina. You will also learn about the differences between utility scale and customer owner systems. We will cover all incentives and review basic inputs and outputs, including cash flow scenarios for homeowners and businesses.  

**Instructor:** Bob Kingery; co-founder (with his wife, Maria) of Southern Energy Management in 2001, where he served as CEO for 18 years; he has 30 years of experience in the sustainable energy field; he has an understanding of what drives long-term success in this rapidly growing and constantly evolving field; prior to founding SEM, Bob was part of the founding team of Burt’s Bees in NC.  

**Course #:** LLI-3-402-001  
**One Session:** 3:00-4:30 p.m.  
Jan. 27  
**Limit:** 25  
**Location:** Room 13  
**Fee:** $15

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### Memorable American Cars of 1930-1970

This presentation will provide an affectionate review of the cars that brought mobility, travel, glamour, color and style to us during four turbulent decades. We will look at descriptions of the cars and the engineering and stylistic progress that defined the mid-20th century. The innovations of each decade will be highlighted, with emphasis on the exuberance of the 1950s and 1960s, and the sobering-down of this golden age, caused by foreign competition and government regulation.  

**Instructor:** Bob Edwards; BS and MS degrees from NC State; professional engineer for 40 years; 16 years of engineering practice and foundry management before returning to graduate school; 26 years of teaching, consulting and program administration in NC State’s College of Engineering; recipient of Order of the Long Leaf Pine.  

**Course #:** LLI-3-303-002  
**One Session:** 3:00 - 4:30 p.m.  
Feb. 3  
**Limit:** 58  
**Location:** Room 11/12  
**Fee:** $15.00  
**Registration Deadline:** Jan. 31

### An Errand into the Wilderness: Religion and the Founding of the American Colonies

We often hear that the United States was founded as a Christian nation, but that is neither accurate nor sufficient. The truth about the role that religion played in the settlement and expansion of the European colonies in America is far more complex and far messier. We will examine the motivations of early colonists, including Separatist, Puritan, Quaker, Catholic, and Jewish settlers, and consider how they reacted when the “city upon a hill” that some envisioned fell far short of their plans and dreams. Special attention will be paid to the religious revival known as the Great Awakening of the 1750s, which both was the culmination of a century of religious discontent and the animating event which sowed the seeds of future rebellion and independence.
Langston Hughes: From Popular Culture to the Civil Rights Movement

Langston Hughes (1901-1967) was not only the most beloved African American poet of the twentieth-century, he was also one of the most prolific writers of his generation. His career merely began with the Harlem Renaissance of the 1920s: it ended with the oft-ignored contributions Hughes made to the Civil Rights Movement of the 1960s. Martin Luther King invoked Hughes’s signature metaphor of dreaming in his speeches. Hughes called Harlem his home, lived in Paris, covered the Spanish Civil War with Hemingway, and was the only black writer of his generation to visit Africa. In addition to exploring the long trajectory of his popularity, Hughes wrote about the Scottsboro Case, the lynching of Emmett Till, and testified before McCarthy during the Red Scare of the 1950s. Relationships with writers Zora Neale Hurston and Richard Wright provided flourishes of collaboration while Hughes’s status as an international literary figure is illuminated here through a compelling look at the relationship between his extraordinary life and canonical works.


Instructor: Jason Miller, PhD; Professor, Department of English at NC State University; has written three books on the poetry of Langston Hughes.

Wednesday

Come Fly With Me!

This lecture will discuss what it takes to own and fly a personal aircraft in North Carolina, from a simple hang-glider to a complex FAA series production airplane. Find out how and where to choose the type of aircraft that is right for you, and the costs associated with becoming a pilot of your own flying machine!

Instructor: Gilberto “GG” Guitarte; Industrial Engineering degree, Universidad Católica Argentina (UCA), Buenos Aires; worked in Fiber Optics Broad Band Telecommunications for over 35 years in Argentina, Spain, and the U.S.; former UCA professor; passionate about flying, currently holds a private pilot’s license; active member of the Experimental Aircraft Association and the Aircraft Owners and Pilots Association.

Course #: LLI-3-373-001
One Session: 9:00 - 10:30 a.m.
Feb. 12
Limit: 24 Location: Room 13
Fee: $15.00
Registration Deadline: Feb. 10

Aviation Progress and Its Progressive Women

Unpowered, turbine, jet, and rocket power have defined what it means to fly and broadened the field of aviation. From jail breaks to business travel, vacation to national security, space exploration to the simple joy of being airborne, aviation has been there through it all. We’ll cover what flies, how it flies, developments across the years, and some of the women who have been instrumental to aviation as we know it today.

Instructor: Michelle Parkington; Commander, U.S. Navy and 19-year helicopter pilot; experience with aircraft carriers, military operations, landing on glaciers, and instructing new military helicopter pilots in the classroom and cockpit; civilian helicopter experience in law enforcement and fighting wildfires; concurrently, an N.C. State Ph.D. student in comparative biomedical sciences.

Course #: LLI-3-398-001
One Session: 1:15 - 2:45 p.m.
Jan. 15
Limit: 58 Location: Room 11/12
Fee: $15.00
Registration Deadline: Jan. 13

The Haiti Goat Project: Supporting Community Development

The Haiti Goat Project is an agricultural development project located in the area of Gressier Haiti. The majority of rural Haitian children suffer from malnutrition because of educational, social and financial constraints. The Haiti Goat Project aims to improve child nutrition through implementation of school-based lunch programs that derive their inputs from the local agricultural community. This lecture will discuss the development of the Haiti Goat Project and its programs as well as the impact of the project in local Haitian communities.

Instructor: Charlotte Farin, PhD; Physiology & Biophysics, Colorado State University; Postdoc: Molecular Reproductive Biology, University of Missouri-Columbia; Professor of Animal Science at NC State; research interests focus on the application of assisted reproductive technologies in domestic livestock; Dr. Farin directs the Haiti Goat Project, which works to promote improved child nutrition and support local agricultural development in Haitian communities.
FIRST TERM LECTURES

Course #: LLI-3-387-001
One Session: 3:00 - 4:30 p.m.
Feb. 12
Limit: 24 Location: Room 13
Fee: $15.00
Registration Deadline: Feb. 10

Today’s DAR: Serving Communities Since 1890

Founded in 1890, the National Society Daughters of the American Revolution has focused on historical preservation, education, and encouragement of patriotic endeavors. Most of DAR’s volunteer work is accomplished by grassroots efforts of chapters on the local level. The DAR Headquarters in Washington, DC is one of the world’s largest buildings that is owned and maintained exclusively by women. The DAR welcomes all to explore what is offered at its National Headquarters and Museum, as well as through public access to its extensive genealogical library.

Instructor: Lisa Wooten; DAR member since 2013; became involved in DAR because of her interest in history and genealogy; currently regent of the DAR Asbury Station Chapter in Cary; she has served as the regent of this chapter for the past five years and will become an Honorary Regent in May of 2020, in recognition of outstanding service.

Course #: LLI-3-401-001
One Session: 3:00 - 4:30 p.m.
Feb. 19
Limit: 24 Location: Room 13
Fee: $15.00
Registration Deadline: Feb. 17

Thursday

Wired for Romance: The Science of Love

In this presentation, two couples therapists will share their knowledge of the most current research on love and explore the anatomy of healthy relationships. Learn about the stages of intimate relationships, drawing from evolutionary psychology, attachment theory, and neuroscience. The presenters will discuss attraction and dating, conflict and disillusionment, and the development of strong secure relationships, by using case studies, videos, and humor. You will gain knowledge of why humans crave connection, while also learning strategies for dating or enhancing your own relationships.

Instructor: Beth Newton; Master’s in Social Work; has over 20 years of mental health experience including work with children, families, couples, and individuals; in private practice in Durham; has engaged in extensive study of sex therapy and addictions to support couples and individuals; currently running a relationship group for women to help prevent recidivism as they transition from incarceration to independent living.

Instructor: Susan Orenstein; Doctorate in Counseling Psychology, Temple University; founder of Orenstein Solutions, a group counseling practice located in Cary; counselor for the past 20 years; has advanced training in marital therapy, sex therapy, and family mediation.

Course #: LLI-3-394-001
One Session: 9:00 - 10:30 a.m.
Feb. 13
Limit: 58 Location: Room 1 1/12
Fee: $15.00
Registration Deadline: Feb. 11

Lincoln’s Spies and Their Secret Operations

Behind the grand campaigns of America’s Civil War, there was another conflict out of sight. It was the shadow war of dangerous espionage, tangled intrigue, and covert operations, which attracted little attention. Author and veteran correspondent Douglas Waller, who covered the CIA for Newsweek and Time, will deliver a fast-paced lecture on the heroes—and the scoundrels—who fought in secret to save the Union. Famed detective Allan Pinkerton became George McClellan’s failed spymaster, delivering inflated intelligence reports that made the Union general even more cautious. The ruthless and unscrupulous Lafayette Baker ran a counter-espionage operation in Washington. George Sharpe, an erudite New York lawyer, successfully oversaw intelligence collection for Ulysses S. Grant. The courageous Elizabeth Van Lew ran a Union spy ring in Richmond.

Instructor: Douglas Waller; covered the Pentagon, Congress, the State Department, the White House and the CIA as a correspondent for Newsweek and Time; his latest book is Lincoln’s Spies: Their Secret War To Save A Nation; other books include best-sellers Wild Bill Donovan: The Spymaster Who Created the OSS and Modern American Espionage, The Commandos: The Inside Story of America’s Secret Soldiers, and BIG RED: The Three-Month Voyage of a Trident Nuclear Submarine.

Course #: LLI-3-383-001
One Session: 9:00 - 10:30 a.m.
Feb. 20
Limit: 58 Location: Room 11/12
Fee: $15.00
Registration Deadline: Feb. 18

Friday

Outhouses, Privies, and Toilets Around the World

Why do we use our right hand when we shake hands? What materials were used prior to the invention of toilet paper in different parts of the world? Why was the “Groom of the Stool” a sought-after position in England? What percent of the world’s population still practice “open defecation”? These questions along with many more will be answered in this presentation about the history and current status of human waste disposal practices around the world.

Instructor: Dr. Gary Moore; Professor Emeritus, Agricultural and Extension Education, NC State University; member of the NC State University Academy of Outstanding Teachers; has made presentations in 41 states, four Canadian provinces and on four continents

Course #: LLI-3-371-001
One Session: 9:00 - 10:30 a.m.
Jan. 24
Limit: 58 Location: Room 11/12
Fee: $15.00
Registration Deadline: Jan. 22
Works of the 20th century and have are among the most famous literary "The Visit of the Old Lady" (1956) (1912) and Friedrich Dürrenmatt's Thomas Mann's "Death in Venice" and knows it. Both works exceed reveal that she is already dead inside who betrayed her. Her revenge will own youth in the form of her first love by cholera, brings on his own death. 

Aschenbach, a world-famous writer, confronts youth. Mann's Gustav von Aschenbach, a world-famous writer, encounters a beautiful, adolescent boy who fills him with desire. In the context of Venice, the beautiful city of death, this illicit desire, assisted by cholera, brings on his own death. Dürrenmatt's protagonist, the richest woman in the world, confronts her own youth in the form of her first love who betrayed her. Her revenge will reveal that she is already dead inside and knows it. Both works exceed the boundaries of normal human experience and disorient the reader, exuding a certain "creepiness" that the instructor would like to explore.

**Instructor:** Ruth V. Gross; Professor of German and Head of the Department of Foreign Languages and Literatures, NC State; has published numerous articles on German and Austrian literature and culture, including many on the works of Franz Kafka.

**Course #:** LLI-3-396-001

**One Session:** 9:00 - 10:30 a.m.

**Jan. 31**

**Limit:** 58

**Location:** Room 11/12

**Fee:** $15.00

**Registration Deadline:** Jan. 29

**Nicolaus Copernicus’ Famous Book**

One of the most important books in the history of astronomy is *On the Revolutions of the Heavenly Spheres* by Nicolaus Copernicus, which was published in 1543. This book describes the Sun-centered solar system where the planets revolve around the Sun. For nearly 1400 years before this, Ptolemy’s Earth-centered model of the solar system reigned supreme. The Catholic Church censored Copernicus’ book in 1616 after Galileo's proof that the Earth did revolve around the Sun. The history of the approximately 1,000 copies of this book, printed almost 500 years ago, is fascinating and as important as the book's science. Owen Gingerich spent 20 years tracking down the existing copies and presented his story in *The Book Nobody Read*. We will discuss the science and philosophy surrounding Copernicus’ book.

**Instructor:** Don Ellison; PhD, The Catholic University of America; Professor Emeritus, Physics, NC State; has taught and done research on the theory of cosmic rays, particle acceleration in high-energy astrophysics, and the modeling of supernova remnants; recent work includes the nonlinear modeling of the production of magnetic turbulence in shocks using Monte Carlo computer simulations.

**Course #:** LLI-3-369-001

**One Session:** 9:00 - 10:30 a.m.

**Feb. 14**

**Limit:** 58

**Location:** Room 11/12

**Fee:** $15.00

**Registration Deadline:** Feb. 12

**Einstein's Biggest Blunder**

In 1905 Einstein presented his famous Theory of Special Relativity. Ten years later, he presented his Theory of General Relativity. The General Theory overturned Newton's famous law of gravity and laid the foundation for a physical and mathematical description of the entire Universe, forcing a direct confrontation with religion. In 1915, Einstein (and most scientists) believed the Universe was static, with no beginning. His theory, however, suggested the Universe was expanding. To force a static solution he added a “constant” to his equations. In 1929, the expansion of the Universe was observed. Adding the “Cosmological Constant” was a monumental blunder. This lecture will present the basic ideas of Relativity (leaving out the mathematics), and discuss the tension between religion and science in the age of scientific cosmology.

**Instructor:** Don Ellison; PhD, The Catholic University of America; Professor Emeritus, Physics, NC State; has taught and done research on the theory of cosmic rays, particle acceleration in high-energy astrophysics, and the modeling of supernova remnants; recent work includes the nonlinear modeling of the production of magnetic turbulence in shocks using Monte Carlo computer simulations.

**Course #:** LLI-3-370-001

**One Session:** 9:00 - 10:30 a.m.

**Feb. 7**

**Limit:** 58

**Location:** Room 11/12

**Fee:** $15.00

**Registration Deadline:** Feb. 5

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**Ways to Sample OLLI**

Do you still work or wish to sample OLLI before becoming a member? The following lectures are available to non-members on a space-available basis for $20 each:

- **Registration available after Dec. 20**
  - **March 30**
  - **April 6**

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**First Term Lectures**

- **March 30**
- **April 6**
- **Feb. 12**

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**Tasty and Nutritious Shortcuts for Single Diners**

Are you someone who is frequently setting the “table for one?” Sometimes when the social experience of meals is missing, adults who live alone need an extra push to prepare nutritious meals. They may skip meals or rely on convenience foods such as cereal, frozen dinners, or canned foods. This lack of variety can lead to malnutrition — a deficiency in vitamins, fiber, protein, or calcium — and malnutrition can lead to poor
digression, weight loss, bone problems, and fatigue. Good nutrition is important for everyone at every age and stage of life. Healthy meals don’t have to be complicated. This lecture will explain the fundamentals of good nutrition and provide practical guidelines to help you get the most out of your meals to boost your energy levels and improve your quality of life, even if you are preparing dinner for one.

**Instructor:** Anne Till; MNutr, RDN, LDN is a nutrition expert, clinical dietitian, consultant, and business owner from Cary; published author of scientific publications, book chapters, and books, and has served as an invited nutrition expert for a number of advisory boards; her experience gives her insights into how environmental factors shape behaviors, and how food and lifestyle choices can promote or prevent disease.

**Course #:** LLI-3-391-001  
**One Session:** 9:00 - 10:30 a.m.  
**Feb. 21**  
**Limit:** 58  
**Location:** Room 11/12  
**Fee:** $15.00  
**Registration Deadline:** Feb. 19

### Genetic Engineering and Society: Responsible Innovation

This lecture will concern crossovers between the work of Surrealist artist René Magritte and aspects of film history theory, and practice—including some “home movies” Magritte made himself. It will be illustrated by images of Magritte paintings as well as by a variety of film clips by international directors.

**Instructor:** Lucy Fischer; author of *Cinemagritte: René Magritte within the Frame of Film History, Theory and Practice* as well as 12 other scholarly books; she is a Distinguished Professor Emerita of Film and Media Studies at the University of Pittsburgh.

**Course #:** LLI-3-385-001  
**One Session:** 10:45 a.m. - 12:15 p.m.  
**Jan. 17**  
**Limit:** 58  
**Location:** Room 11/12  
**Fee:** $15.00  
**Registration Deadline:** Jan. 15

Register online at  
www.ncsu.edu/olli

## SECOND TERM COURSES

### Monday

#### Battles of the American Revolution - 1777

See course description on page 3. This is a repeat of that course. Register for the section that best fits your schedule.

**Course #:** LLI-1-392-002  
**Six Sessions:** 9:00 - 10:30 a.m.  
Mar. 9, 16, 23, 30, Apr. 6, 13  
**Limit:** 58  
**Location:** Room 11/12  
**Fee:** $55.00

#### Expressive Arts: Using Meditation, Poetry, Writing, Movement

This course will introduce the concept of expressive arts as a healing practice, focusing on hands-on activities. We will practice using poetry, meditation, writing, and movement, to reflect on our lives as individuals and within a group. Using the creative process and then sharing parts of our journey in a safe, confidential environment will enhance our individual experiences and learning. No experience in using any of these expressive arts is required, but a willingness to take risks with using these four approaches is essential. Enroll in this course only if you are willing to participate actively.

**Instructor:** William Finger; BA, Duke University; MSW, UNC-CH; Peace Corps in India; writer and expressive arts leader; wrote memoir, *The Crane Dance: Taking Flight in Midlife*, 2016.

**Course #:** LLI-1-399-001  
**Six Sessions:** 9:00 - 10:30 a.m.  
Mar. 9, 16, 23, 30, Apr. 6, 13  
**Limit:** 16  
**Location:** Room 13  
**Fee:** $55.00
A Nostalgic Ride Through the Borscht Belt

The Borscht Belt was a name given to an area in the Catskill Mountains that consisted primarily of Jewish resorts where dozens of entertainers became famous. We will take a 200 year historical look at this area. This will lead up to the golden age of the Borscht Belt from 1940 into the 1970s. Learn how these “Jewish Alps” came into existence. We will reminisce about those times and that place that featured over 500 hotels and 50,000 bungalows. We will enjoy the singers and comedians who kicked off their careers in the Borscht Belt and share personal memories. Finally, we will learn what has become of this magical place.

Instructor: Stan Darer; B.A. Economics at Lehman College (City University of New York); 38-year career in finance in the electrical supply industry; volunteer for several organizations in Raleigh, including Lead Mine Elementary School, the Red Cross, Temple Beth Or, and the Bedford Over 55 Club; active member and volunteer on OLLI’s Membership Development and Marketing Committee and the Program Committee; 2017 recipient of OLLI’s Betty Poulton Volunteerism Award

Course #: LLI-1-397-001
Six Sessions: 10:45 a.m. - 12:15 p.m.
Mar. 9, 16, 23, 30, Apr. 6, 13
Limit: 58 Location: Room 11/12
Fee: $55.00

Ethical Considerations and Discussions on Genome Editing

This course will focus on potential ethical issues surrounding the recent and future advances in genome editing. Topics to be covered include a brief description of CRISPR-Cas gene editing techniques as well as more traditional gene editing and modification techniques. Other topics to be considered and discussed include the ethical implications of human therapeutic gene editing of somatic and germline cells and the potential differences and comfort/acceptance of using gene editing for these differing human cell lines. The course will also cover the ethics of human or animal gene editing for imparting physical or biological enhancements compared to therapeutic applications. One class session will be devoted to ethical considerations on gene editing agricultural, food sources, and natural environments.

Instructor: Tracey duLaney; PhD, Biomedical Engineering, Duke University; currently an AAAS Leshner Leadership Institute Fellow; manages several of the NC Biotechnology Center’s Science and Technology Development research grant funding programs that are designed to advance NC university and nonprofit discoveries towards commercialization; former co-owner/co-founder of a niche independent consulting firm in Research Triangle Park specializing in technology assessments and commercialization, grant writing and evaluation, due diligence, and entrepreneurship/start-up strategic planning for life sciences companies

Course #: LLI-1-407-001
Four Sessions: 10:45 a.m. - 12:15 p.m.
Mar. 9, 16, 23, 30
Limit: 24 Location: Room 13
Fee: $40.00

The Healing Power of Nature Through Forest Bathing

This course will describe the practice of Shinrin-yoku, or “forest bathing,” which has become popular in Japan and several other countries, including the U.S. We will explore the scientific basis for this practice, along with the history of philosophers’ and scientists’ thoughts on the therapeutic benefits of spending time communing with nature. Before the first class session, the instructors will conduct an extracurricular forest experience to demonstrate concepts and practices; the two subsequent sessions will be held at the McKimmon Center. The forest experience will be offered on Tuesday, March 20 at 10:45 AM at nearby Lake Johnson Park (about 3 miles from the McKimmon Center; provide your own transport). Although participation in the forest experience is not required, it will enhance your enjoyment of the class sessions. Further details will be sent to enrolled participants.

Instructor: John Luecke; MA, University of Wisconsin-Milwaukee; worked in the private sector before transitioning to teaching; studied intercultural communication at the University of British Columbia and the Summer Institute for Intercultural Communication. Taught for 26 years at High Point University and the University of Wisconsin-Whitewater. At OLLI he’s taught courses in Intercultural Communication, Bridging the Political Divide, and for prospective instructors, Finding Your Inner OLLI.

Course #: LLI-2-195-001
Two Sessions: 10:45 a.m. - 12:15 p.m.
Apr. 6, 13
Pre-class field trip, 10:45 a.m., Mar. 20
Limit: 24 Location: Room 13
Fee: $30.00
Registration Deadline: Mar. 15

Eisenhower’s Rise to World Leadership

In 1942, Dwight Eisenhower was an obscure staff officer; by 1945, he was Supreme Commander of the Allied Forces that he had led to victory in some of the great battles of World War II. Starting with his remarkable childhood, we’ll examine how Ike’s response to critical events (e.g., first in his class at the Command and General Staff School, the death at age 3 of his first-born son) and persons (some “ordinary”; others famous) prepared him, as one historian said, “to accept the responsibility for making pivotal decisions at critical points in the history of his nation and the western alliance.” The course will be a mix of lecture, media presentation and discussion.

Instructor: John Matthews; BS, Adelphi University; PhD, Psychology, Duke University; taught and studied 20th Century American History; associate of both the Marshall Foundation and The Roosevelt Institute; in cooperation with Steve Ambrose, John has conducted
oral history interviews with D-Day participants and members of the French resistance.

**Course #:** LLI-1-415-001  
**Six Sessions:** 1:15 - 2:45 p.m.  
Mar. 9, 16, 23, 30, Apr. 6, 13  
**Limit:** 58  
**Location:** Room 11/12  
**Fee:** $55.00

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**Genealogy: Starting with the Basics**

Are you eager to learn about your ancestors? Who were they? When and where did they live, and how did they fare? This course will teach you how to research your family history in the U.S. We will discuss what records are available and where to find them, which websites and software programs are best, and how DNA can help. We will start with the most common records: U.S. census, vital (birth, marriage, death), and obituaries. Find out how to record and analyze the information you find. Build the skills and knowledge to continue researching and writing on your own.

**Instructor:** Barbara McGeachy; MS Computer Science, UNC-Chapel Hill; retired software engineer; 20+ years researching and writing her family history; NCGS 2014 Award for “Excellence in Publishing – Family History;” Recording Secretary for Wake County Genealogical Society; leader of two OLLI SIGs on family history.

**Course #:** LLI-1-270-002  
**Six Sessions:** 1:15 - 2:45 p.m.  
Mar. 9, 16, 23, 30, Apr. 6, 13  
**Limit:** 24  
**Location:** Room 13  
**Fee:** $55.00

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**Tuesday**

**One Giant Leap -- A History of Space Exploration**

Where were you when Neil Armstrong first set foot on the Moon in July 1969? In 1999, historian Arthur Schlesinger, Jr. named the first moon landing as the most important event of the 20th century because it marked our species’ first true steps away from our home planet. The world is currently celebrating the 50th anniversary of the Apollo program’s historic landings on the moon. In this spirit, we will examine the history and impact of space exploration, beginning with our first forays into space and the early human spaceflight programs, through the moon missions of Apollo and the shuttle era, to where we are today, poised on the precipice of a new Golden Age of space travel.

**Instructor:** Marc Fusco; NASA Ambassador and space historian; Marc has graduate degrees in Medieval and Renaissance Literature and History, and an MS in Space Studies, with a specialty in space policy and history; he has taught at Arizona State, Duke, and UNC; Marc has also worked as a commercial space analyst; he has written a book, *Presidents, Politics, and Policy: How the Apollo and Shuttle Decisions Shaped NASA.*

**Course #:** LLI-1-403-001  
**Six Sessions:** 9:00 - 10:30 a.m.  
Mar. 10, 17, 24, 31, Apr. 7, 14  
**Limit:** 58  
**Location:** Room 11/12  
**Fee:** $55.00

“**All the OLLI courses I’ve taken have increased my knowledge, curiosity, and quality of life.**”

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**The Development of Islam Among African Americans**

In the current socio-political environment, there is a lack of information and sometimes even disinformation about Islam and its development in America among African Americans. In this course, you will learn about the Muslim-American community that turned away from the regimented nationalism of the Nation of Islam and instead moved towards their natural Muslim identity and connections. You will learn about how this Islamic identity has formed this new people, with a new mind and a renewed sense of patriotism.

**Instructor:** Imam Abdul Waheed; Program Associate, Center for Muslim Life at Duke University; was the first Muslim Chaplain at Duke University and has served on the Religious Life staff for over 20 years; in that role, along with several Duke chaplains, has led a trip to Jerusalem for interfaith students; 1996 recipient of the Martin Luther King, Jr. Keeper of the Dream Award, given by the Durham community for outstanding leadership and service.

**Course #:** LLI-2-199-001  
**Two Sessions:** 9:00 - 10:30 a.m.  
Mar. 10, 17  
**Limit:** 24  
**Location:** Room 13  
**Fee:** $30.00

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**Economics of the 1960s and 2020s: Looking Back, Looking Ahead**

Ah, the 1960s. A unique decade in modern American economic history. Sustained 4%+ growth rate. Low unemployment and inflation. Rising median income, falling poverty, narrowing income inequality. Expanded safety net with health insurance for the elderly, food assistance, and health insurance for low income families. And Woodstock! How’d we do it? Can we do it again?

**Instructor:** John Pilgrim; PhD, Economics, Vanderbilt University; BA, Economics, Grinnell College; professor of economics for 35 years, now retired; has taught various economics-related OLLI courses; facilitates the OLLI Great Books discussion group; veteran OLLI instructor.

**Course #:** LLI-1-387-001  
**Six Sessions:** 10:45 a.m. - 12:15 p.m.  
Mar. 10, 17, 24, 31, Apr. 7, 14  
**Limit:** 58  
**Location:** Room 11/12  
**Fee:** $55.00

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**Treasure Buried in a Field: An Exploration of Celtic Mysticism**

This course will explore the history, theology, and contemporary relevance of Celtic mystical tradition to modern spirituality. There will be some assigned readings and meditative practices outside of class including writings by Pelagius, Eriugena, George MacLeod, and Philip Newell. Class material and discussion will
also include art, music, and literature connecting to the mystical themes. **Recommended:** *The Book of Creation: An Introduction to Celtic Spirituality*, Philip Newell

**Instructor:** Terry Allebaugh; attended Duke Divinity School; has had a lifelong interest and practice in various spiritual traditions, including the more mystical elements; adjunct professor in the Sanford School of Public Policy at Duke University, teaching housing policy and practice; his professional life has centered on creating community practices that address and end homelessness.

**Course #:** LLI-2-193-001

**Four Sessions:** 9:00 - 10:30 a.m.
Mar. 24, 31, Apr. 7, 14

**Limit:** 24  
**Location:** Room 13

**Fee:** $40.00

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**The Athenian Acropolis Through the Ages**

The Acropolis remained the focal point of Athens from its first occupation to the present. Over the centuries, its face and ownership changed many times -- pre-Greeks, Greeks, Romans, Byzantines, Franks, Venetians, Turks -- each controlled and used the rock as they saw fit until finally the modern Greeks regained possession during the War of Independence (1821-1832). The collective stories of occupations, together with attacks by invading barbarians, constitute the topics of this course and make for a fascinating tale of transition and survival.

**Instructor:** W. J. McCoy; PhD, Yale University; Associate Professor Emeritus of History, UNC-Chapel Hill, where for 41 years he taught courses in ancient Greek history, culture, and military history as well as Greek and Latin; he directed UNC’s summer study program in Greece for 30 years and was an instructor for Elderhostel and the Friday Center’s Community Classroom; he currently directs adult travel programs in mainland Greece and Crete.

**Course #:** LLI-1-395-001

**Six Sessions:** 10:45 a.m. - 12:15 p.m.
Mar. 10, 17, 24, 31, Apr. 7, 14

**Limit:** 24  
**Location:** Room 13

**Fee:** $55.00

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**The Planets**

The latter part of the 20th century began the great era of robotic exploration of the solar system, which has not abated to this day. We got up close and personal with planets, moons, asteroids, comets, and other worlds for the very first time. Some worlds we flew by. Others we entered long-term orbit around. Yet others we landed on, and even roved over. Each turned out to be unique and expectations-defying. How could one solar system produce so varied a collection of worlds? We will tour the solar system and dissect each of its major worlds – with the goal of explaining their stark differences with but a few underlying, physical concepts.

**Instructor:** Dr. Dan Reichart; Professor, Physics and Astronomy, UNC-Chapel Hill; Dr. Reichart’s dissertation on distant, cosmic explosions called gamma-ray bursts was ranked by Science magazine as one of the top ten discoveries in science in 1999, and in 2003 earned him the Robert J. Trumpler Award for top astrophysics dissertation research in North America; in 2005, he and his students discovered the most distant explosion in the universe yet known, a gamma-ray burst that occurred 12.9 billion years ago, when the universe was only 6% of its current age.

**Course #:** LLI-1-393-001

**Six Sessions:** 1:15 - 2:45 p.m.
Mar. 10, 17, 24, 31, Apr. 7, 14

**Limit:** 58  
**Location:** Room 11/12

**Fee:** $55.00

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**The New Photography -- Smartphones and Conventional Cameras**

How many times have you seen an image and wished you had a camera with you? Now you carry one, and we will teach you how to use it. iPhones, Androids, and conventional digital cameras are available to help you make your photography simpler and more convenient. The instructors will explain how much fun it is to make your photos better! Today’s digital cameras, iPhones and androids can also take videos, panoramic photos, and will give your photographic memories a new dimension. The course will cover the basics of composition, planning the image and editing. It will also touch on preparations for travel with your equipment.

**Instructor:** Gene Hirsch; retired chiropractor; has taught introductory digital photography courses for OLLI since 2009; official photographer for North Raleigh Rotary Club, veteran OLLI instructor.

**Course #:** LLI-1-034-005

**Six Sessions:** 1:15 - 2:45 p.m.
Mar. 10, 17, 24, 31, Apr. 7, 14

**Limit:** 24  
**Location:** Room 13

**Fee:** $55.00

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**Cultural Landscapes: Raleigh’s Historic African American Neighborhoods**

This course will examine and explore nine historic neighborhoods in Raleigh, using archival documents, photographs and local oral histories. We will begin our study discussing the establishment of Raleigh’s earliest Free Black communities, those neighborhoods built after the Civil War and during Reconstruction. Our sessions conclude with a discussion of Madonna Acres, the first housing subdivision built in the 1960s developed by African Americans for African Americans following World War II.

**Recommended:** *Culture Town*, Linda Simmons Henry and Linda Harris Edmisten.

**Instructor:** Wanda Cox-Bailey; MLS, University of Maryland; Branch Manager, Wake County Public Libraries, Richard B. Harrison Community Library.

**Course #:** LLI-1-414-001

**Six Sessions:** 3:00 - 4:30 p.m.
Mar. 10, 17, 24, 31, Apr. 7, 14

**Limit:** 58  
**Location:** Room 11/12

**Fee:** $55.00
SECOND TERM COURSES

The Past, Present, and Future of Wine
This course will cover the history of the development of wine, focusing on Bordeaux, port, burgundy, and champagne in the first two classes. The third class will examine current trends in wine production and taste, and the final class will look at the possible future of wine in light of global warming.

Instructor: Charles Ludington; BA, Yale University, 1987; PhD, Columbia University, 2003; NC State faculty since 2004; fell in love with food and wine as a former professional basketball player in France

Course #: LLI-1-401-001
Four Sessions: 3:00 - 4:30 p.m.
Mar. 24, 31, Apr. 7, 14
Limit: 24 Location: Room 13
Fee: $40.00

Intercultural Communication: Challenges and Opportunities
This course examines the role culture plays when we communicate with people from cultures other than our own. These may be people we meet while traveling or people in our community whose cultural background differs from ours. We'll begin by looking at the concept of culture and how it defines us and influences our worldview. We'll use several models to compare cultures, and we'll consider the intercultural differences in verbal and nonverbal communication styles. Key concepts will be introduced through lecture, film clips, case-study analyses, and some exercises that will help you more fully understand the content.

Instructor: John Luecke; Bachelor's and Master's in Communication, University of Wisconsin-Madison; worked in private industry before transitioning to teaching; earned intercultural studies certificates from the University of British Columbia, Intercultural Communication Institute; taught at the University of Wisconsin-Whitewater, participating in travel study programs to Russia, Finland, Sweden, Norway and Spain; taught communication at High Point University; taught at the NC State Prague Institute in 2014; currently offers intercultural training to expat managers in various international corporations; veteran OLLI instructor.

Course #: LLI-1-400-001
Six Sessions: 9:00 - 10:30 a.m.
Mar. 11, 18, 25, Apr. 1, 8, 15
Limit: 58 Location: Room 11/12
Fee: $55.00

Resilience: Biology of Childhood Stress and the Science of Hope
This course delves into the science of toxic childhood stress. We will explore how extremely stressful adverse childhood experiences (ACES) can alter brain development and have lifelong effects on health and behavior. Evidence will be presented that demonstrates how major health challenges such as heart disease, cancer, substance abuse, addiction and depression can often be traced back to early childhood trauma. You will learn how experts and practitioners who study childhood trauma are proving that “what’s predictable is preventable.” You will gain an understanding of trauma-informed care, and how, through the use of cutting-edge science, communities are helping break the cycles of adversity and disease.

Instructor: Lisleema Barr; Project Coordinator for the Adverse Childhood Experiences (ACES) Resilience Initiative with SAFechild; coordinates Wake County's community-driven ACEs movement to build resilience for those who have experienced trauma; bachelor's degree in biology with graduate work in brain aging and cognitive health; currently pursuing world politics through isolated military conflict, and the spread of Soviet Communism to small third world countries in an attempt to threaten the United States and Western Europe. This course will conclude with the overreach of the Soviet empire and the detrimental effect that this style of government had on its satellite nations, which had a direct impact on the USSR's dissolution.

Instructor: George Robinson; degree in Chemical Engineering, NC State; avid student of the history of the Western Civilization from Ancient Greece through current era; travels throughout Europe, Russia and other former Soviet Bloc countries.

Course #: LLI-1-391-001
Six Sessions: 10:45 a.m. - 12:15 p.m.
Mar. 11, 18, 25, Apr. 1, 8, 15
Limit: 58 Location: Room 11/12
Fee: $55.00

Contact us at:
919.515.5782
www.ncsu.edu/olli

Wednesday

Antebellum North Carolina
This course will explore the history of North Carolina from 1800 to 1860. In that period, North Carolina awakened from its slumbers as “The Rip Van Winkle State” and emerged into a new era of political, economic, and social development. Topics to be discussed include the composition and day-to-day life of the population, the state’s response to nineteenth-century technology, the nature and controversy of slavery, and the sectional dispute that ultimately led to the crisis of secession and the American Civil War.

Recommended: North Carolina: Change and Tradition in a Southern State, William A Link.

Instructor: Joe Mobley; recently retired from teaching in the Department of History at NC State and has authored several books related to the history of North Carolina.

The Decline and Fall of the Soviet Union
This course will examine how a nation that ended World War II as one of the mightiest military and political entities had collapsed by 1991. We will investigate the impact of Stalin’s socialism, the desire to influence

Course #: LLI-1-109-004
Six Sessions: 9:00 - 10:30 a.m.
Mar. 11, 18, 25, Apr. 1, 8, 15
Limit: 24 Location: Room 13
Fee: $55.00
SECOND TERM COURSES

MPA at UNC with concentrations in public health and international relations.
**Course #:** LLI-2-200-001  
**Two Sessions:** 10:45 a.m. - 12:15 p.m.  
Mar. 11, 18  
**Limit:** 24  
**Location:** Room 13  
**Fee:** $30.00

Winston Churchill, a Man for the Times

The last roaring lion of a fast fading empire, Winston Churchill was a soldier and politician who suffered more failures than successes. His true nature was shown when he rallied the British people and led the country from the brink of defeat to victory in World War II.

**Recommended:** *Churchill: Walking with Destiny*, Andrew Roberts; *Churchill: A Life*, Martin Gilbert  
**Instructor:** Roland Menestres; BA, French Languages and Literature, NC State; retired high school teacher; license in English as a Second Language; OLLI member and veteran OLLI instructor.  
**Course #:** LLI-1-390-001  
**Six Sessions:** 1:15 - 2:45 p.m.  
Mar. 11, 18, 25, Apr. 1, 8, 15  
**Limit:** 58  
**Location:** Room 11/12  
**Fee:** $55.00

Deep South Stories by Mary Ward Brown

Starting with “The Dresses” in our first session, we will consider each of the eleven short stories in Mary Ward Brown’s acclaimed first book, *Tongues of Flame*, published when she was 69, for which she was awarded the PEN/Hemingway prize. All of the stories in this collection are set in the Black Belt farming region of down-state Alabama following the civil rights conflicts of the 1960s, depicting life-changing developments that each story’s protagonist confronts with courageous uncertainty. Brown’s stories present everyday people, black and white, many elderly, caught in life’s web, none more so than in “The Cure,” which was selected for a Quaker-US/USSR book illustrating similar human experiences in America and the Soviet Union. As handouts, we will also read one story each by Flannery O’Connor, Eudora Welty, and Anton Chekhov, whose stories are often compared with those by Mary Ward Brown.

**Required:** *Tongues of Flame*, Mary Ward Brown (recommended is the paperback edition, University of Alabama Press, 1986, 162 pp.)  
**Instructor:** Arthur Clark; has taught courses for OLLI since 2009 on works by Walker Percy, James Joyce, Flannery O’Connor, Bernard Malamud, Eudora Welty and other such authors; Mary Ward Brown has inspired him by her authentic voice and fortitude as a writer who strives to tell the truth, regardless of what others may think or say.  
**Course #:** LLI-1-411-001  
**Six Sessions:** 1:15 - 2:45 p.m.  
Mar. 11, 18, 25, Apr. 1, 8, 15  
**Limit:** 24  
**Location:** Room 13  
**Fee:** $55.00

“OLLI is an excellent chance to learn about a variety of topics and meet new people.”

Women in the Holocaust

In spite of some pioneering work by scholars, there still remain those who ignore the voices of women in the Holocaust. However, to gain a more detailed, a more nuanced, and more complete understanding of the Holocaust, it is imperative to explore women’s experiences as compared to men’s during this horrific period. Topics will include, but are not limited to: pre-war roles and responsibilities in both Western and Eastern Europe; anticipatory reactions and actual responses; ghettos and camps; perpetrators, collaborators, bystanders, followers, and victims; Jewish heroines and “Righteous Gentiles;” resistance; post-war; diaries, memoirs and other testimonies; “resistance” to research on gender.

**Recommended:** *Salvaged Pages: Young Writers’ Diaries of the Holocaust* (2nd ed), Alexandra Zapruder (ed.)

Investigating Black Holes

Recent remarkable developments in black hole research coming from the LIGO gravitational wave project, the Event Horizon Telescope, and other extraordinary experiments, have given us a whole new view of these amazing objects. In this course, we will look at the basic nature of black holes historically as well as up-to-the-minute. Details about the theory and experimental developments will be presented in ways that anyone can understand and find fascinating. Some of the people who have done this work will be discussed as well.

**Instructor:** Steve Christensen; PhD, University of Texas-Austin; NSF, NATO, Sloan Fellow; Professor, Physics, UNC-Chapel Hill; theoretical physicist specializing in relativity theory, gravitation, quantum field theory and black holes; involved in this research for 50 years with colleagues such as Stephen Hawking, John Wheeler, and Bryce Dewitt; his work on Hawking radiation from black holes is renowned in his field; expert in astrophotography and computer software.  
**Course #:** LLI-2-068-002  
**Three Sessions:** 3:00 - 4:30 p.m.  
Mar. 18, 25, Apr. 1  
**Limit:** 58  
**Location:** Room 11/12  
**Fee:** $40.00

Ticks in NC: A Crisis in the Making?

In North Carolina, almost everyone knows someone who has been affected by a tick-borne disease or other tick-related issues. This course will present a history and information on the rapidly changing epidemiology
of North Carolina’s human-biting ticks and tickborne diseases and conditions, including alpha gal, the red meat allergy. You will learn strategies to help you be safer outdoors and what to do if you or someone you know becomes ill. From this base, we will discuss the difficulties and controversies in diagnosis and treatment, especially with regard to Lyme disease. Lyme disease, sometimes called “the great imitator,” has become politicized since the 1970s when it was first recognized in the United States. We will discuss the reasons why the Lyme disease controversy has been called the “Lyme Wars” and will introduce the warring parties.

**Instructor:** Marcia E. Herman-Giddens, PA, DrPH: Consultant on ticks and tick-borne infections (TBI); adjunct professor, School of Public Health, Department of Maternal and Child Health at UNC; became interested in TBIs many years ago while practicing pediatrics at Duke University Medical Center where she specialized in child abuse and neglect; currently serves at the Scientific Advisor for the Tick-borne Infections Council of North Carolina.

**Course #:** LLI-2-028-002  
**Two Sessions:** 3:00 - 4:30 p.m.  
**Apr. 8, 15**  
**Limit:** 58  
**Location:** Room 11/12  
**Fee:** $30.00

### Thursday

**Fundamentalism in American Culture**

In 1909, California businessman Lyman Stewart (founder of Union Oil) and his brother Milton anonymously funded the composing, printing, and distribution of *The Fundamentals: A Testimony To The Truth* to almost every minister, missionary, professor of theology, YMCA employee, and Sunday school teacher in America. All in all, over 3 million volumes, each containing 90 essays, were distributed free of charge. We will focus on the results of this undertaking. We will discuss the historical roots of fundamentalism, the theological and sociological focus, and future projections and trends. While this course will consider theological issues, we will mostly examine the topic from a sociological and academic perspective. We will explore the deeper causes of fundamentalism as a reaction to external forces, the role of fundamentalism in religion, and the various ways fundamentalism is expressed.

**Recommended:** *Fundamentalism and American Culture*, George M. Marsden; *With God on Our Side: The Rise of the Religious Right in America*, William Martin; *(Complete list of recommended readings available online.)*

**Instructor:** Brandon Turner; Master’s of Divinity, Gardner Webb University; MPhil and PhD, Religion and Culture, The Catholic University of America; his dissertation focused on the religious practice of Muslim Americans and questioned whether or not sociologists are looking at the right “stuff” when we determine who is/is not religious; has been teaching about religion for 10 years.

**Course #:** LLI-2-197-001  
**Three Sessions:** 9:00 - 10:30 a.m.  
**Mar. 12, 19, 26**  
**Limit:** 58  
**Location:** Room 11/12  
**Fee:** $40.00

### Human Microbiome in Health and Disease

Research in the last decade has shown that humans harbor more microbial cells than human cells. This collection of microbes is known as the microbiome. While a small number of microbes are associated with diseases, the vast majority inhabiting the human body are not harmful, but instead are beneficial in some cases and obligatory in others. For instance, the microbes in the human intestines produce many chemicals that are nutritionally beneficial and also break down many common drugs. While the research on the microbiome is in early stages, suggestions are that the composition of microorganisms may have causative/adjunct roles in major diseases such as Crohn’s disease. But consumers should be aware that there are companies marketing microbiome-based products for disease diagnosis and treatment often without clear validation of benefits. We’ll explore cutting-edge research and findings in human microbiome research, and the material will be presented on a level that will engage both scientists in related fields as well as non-scientists.

**Instructor:** Ram Ramabhadran; PhD, Molecular Biology, University of Texas at Dallas; over 35 years in biotechnology; worked in the pharmaceutical/biotech industry, universities, and in the federal government in projects covering a wide range of areas influenced by biotechnology; currently consults for biotechnology companies and global health nonprofits.

**Course #:** LLI-2-194-001  
**Three Sessions:** 9:00 - 10:30 a.m.  
**Apr. 2, 9, 16**  
**Limit:** 58  
**Location:** Room 11/12  
**Fee:** $40.00

### Climate Change in the Appalachians

Unaddressed by many writers until now, climate change is beginning to attract the attention of a wide variety of writers. We will consider poetry and prose—fiction as well as nonfiction—in this head-to-head encounter with one of the most serious issues of our time and place. Living where we do, we hear often about the Atlantic Ocean and our coastal challenges. The Appalachian Mountains are capricious weather-makers and deserve our devoted attention as well. We have more than one reason to head to the high ground. Come along.

**Note:** Participants must purchase their own copy of the required book. Please enroll only if you are able to complete the required reading.

**Required:** *Mountains Piled Upon Mountains: Appalachian Nature Writing in the Anthropocene* edited by Jessica Cory. This new anthology is published by West Virginia University Press and the editor teaches at Western Carolina University.

**Instructor:** Jim Clark, PhD; English Professor Emeritus, NC State; inducted into the NC Literary Hall of Fame, 2018; inducted into the 4H Hall of Fame, 2017; veteran OLLI instructor.

**Course #:** LLI-1-409-001  
**Six Sessions:** 10:45 a.m. - 12:15 p.m.  
**Mar. 12, 19, 26, Apr. 2, 9, 16**  
**Limit:** 58  
**Location:** Room 11/12  
**Fee:** $55.00
Captains of Industry: Robber Barons in America's Gilded Age

This course will delve into the lives and impact of ten of America's wealthy industrialists who amassed immense fortunes and rose to social prominence during the Gilded Age. Throughout the course, the lens through which these men are viewed will be America's financial and industrial evolution during the late 19th and early 20th century. We will focus on Andrew Carnegie (steel); Daniel Drew (finance); James Buchanan Duke (tobacco, electric power); Edward Henry Harriman (railroads); William Randolph Hearst (media); Andrew W. Mellon (finance, oil); J.P. Morgan (finance, industrial consolidation); John D. Rockefeller (oil); Charles Schwab (steel); and Cornelius Vanderbilt (shipping, transportation).

Instructor: Carol Rahmani; PhD, Psychology, NC State University; retired school system administrator and school psychologist.

Instructor: Steve Sakofsky; BS, Industrial Engineering; MBA; worked for 53 years in shipbuilding, aerospace equipment, power generation equipment, ship propulsion, pressure vessels, gas compressors, medical devices and pumps focused on quality assurance management; now a quality assurance consultant.

Course #: LLI-1-384-001
Six Sessions: 1:15 p.m. - 2:45 p.m. Mar. 12, 19, 26, Apr. 2, 9, 16
Limit: 58 Location: Room 11/12
Fee: $55.00

Reconstruction of Irish Identity and the Struggle for Freedom: 1540-1921

From the reign of the English King Henry II (1154-1189), Ireland was under the repressive thumb of first, the English, and later, the British upper classes and the Crown. Over the course of seven centuries, there was a systematic attempt to obliterate Irish identity through the destruction of Ireland's traditional culture, religion, language, allegiances, and way-of-life. What Britain wanted was the Emerald Isle without the troublesome Irish people. This course will explore this complex story. We will discuss what happened to Ireland and the Irish people; how they were able to survive and eventually form the independent, though truncated, Irish Free State that eventually became a republic, while the North's Unionists stayed loyal to Britain.

Recommended: Peace after the Final Battle, John Dorney; The Story We Carry in Our Bones: Irish History for Americans, Juliene Osborne McClinton and Mara McKnight.

Instructor: David Champagne; PhD, Middle East and South Asia History, The Univ. of Texas-Austin; former Dir. of Strategic Studies Detachment, 4th Psychological Operations Group, Ft. Bragg; 30 years' experience as a civilian intelligence analyst on Iran and Afghanistan, U.S. Army; Cultural Advisor to the U.S. Ground Commander in Afghanistan, CJTF76; former Deputy Director, Ctr. for Afghanistan Studies, Univ. of Nebraska-Omaha; Peace Corp Volunteer-Afghanistan (1968-71); 30 year interest and study of Irish and French Canadian genealogy and history; veteran OLLI instructor.

Course #: LLI-1-385-001
Six Sessions: 3:00 - 4:30 p.m. Mar. 12, 19, 26, Apr. 2, 9, 16
Limit: 58 Location: Room 11/12
Fee: $55.00

The Astonishing Inner Life of Our Cells

The human body contains 37 trillion cells, over 20,000 proteins, and more than 200 cell types. These cells and molecules are assembled with exquisite precision and perform absolutely amazing biological exploits. Incredibly, the entire human body originates from a single cell. Until recently, only scientists could discern the wonders of this complex micro-world. Now, scientifically literate illustrators, animators and others are drawing back the veil of complexity to give the public a glimpse of what is actually happening within. In this course, we’ll journey inside the cell using a remarkable array of illustrations, animations, and learning tools geared to the scientifically inclined layperson. We’ll cover major cell types, the molecular machines within them, and how cells interact. You’ll never see yourself in the same way again.

Instructor: Ron Monti; veteran OLLI instructor; former coordinator and current member of OLLI’s Science and Technology subcommittee; 2018 recipient of OLLI’s Betty Poulton Volunteerism Award; volunteer educator and exhibitor at the NC Museum of Natural Sciences; outreach speaker for the Raleigh Astronomy Club.

Course #: LLI-1-388-001
Six Sessions: 10:45 a.m. - 12:15 p.m. Mar. 13, 20, 27, Apr. 3, 10, 17
Limit: 58 Location: Room 11/12
Fee: $55.00

Second Term Courses

“The instructors are first rate! It’s been so much fun meeting new people while learning so many fascinating things!”
SECOND TERM LECTURES

Monday

Looking at Art: How to View Form and Meaning in Works of Art
This presentation will examine selected sculptural works of Egypt, Ancient Greece and Rome. Using the language and vocabulary of design principles we will be able to understand and appreciate the artists’ intention to create beauty. By comparing sculptures of three different periods we will begin to understand collective ideals and aspirations of each society embodied in the work.

Instructor: Geraldine Velasquez, Ed.D; Professor Emeritus of Art and Design and former chair of the Department of Fine Art and the Department of Communication, Graphics Design & Multimedia, Georgian Court University; received a Lifetime Achievement Award from Who’s Who in America 2019; Velasquez was founding director and editor of The Forum for Research and Criticism in the Crafts, and has been a keynote speaker at the Women's Museum in Washington, D.C.; she has been published nationally and in The New York Times; received her Doctorate in Research of Creativity from Rutgers University.

Course #: LLI-3-219-002
One Session: 3:00 - 4:30 p.m.
Mar. 9
Limit: 58 Location: Room 11/12
Fee: $15.00
Registration Deadline: Mar. 6

Climate Change -- What Actions Can We Take?
Greenhouse gas emissions are changing earth’s climate in ways that threaten the long-term well-being of humans and other species. This presentation examines forces driving CO₂ emissions and how different emission trajectories would affect warming, with the aim of quantifying emission reductions needed to limit warming to acceptable levels. The primary focus will be to discuss how local households can help the cause by reducing their carbon footprints. The web-based CoolClimate Network (UC-Berkeley) will be used to examine the factors that influence local carbon footprints and the actions that we can take -- including changes in how we travel, what we eat, how we heat/cool our home, and what we buy -- to reduce our carbon footprints.

Instructor: Frank Princiotto; retired as director of the Air Pollution Prevention and Control Division, EPA, in December 2015; earned a degree in Chemical Engineering from City University of NY and a Nuclear Engineering Certificate from the Oak Ridge School of Reactor Technology; has been an agency expert in air pollution control for over 40 years; has been the recipient of an EPA gold medal, and the President’s Meritorious Executive Award; has edited a book on mitigating climate change, and authored five papers on this subject; presents on this issue to universities, technical societies and environmental groups.

Course #: LLI-3-384-001
One Session: 3:00 - 4:30 p.m.
Mar. 9
Limit: 24 Location: Room 13
Fee: $15.00
Registration Deadline: Mar. 6

Healthy Eating with Ayurveda
If you’ve struggled to achieve your resolutions for better health and fitness, this lecture may benefit you. Life is meant to be enjoyed. You are a product of what you eat, when you eat, and how you digest your food. Harness the ancient wisdom of Ayurveda, the science of life, to improve your unique situation. Come learn how to normalize digestion, detoxify, select and savor health-promoting food, and restore balance.

Instructor: Marc Edwards; MD, University of Colorado; MBA, University of Connecticut; he is a board-certified family physician who lives in a Vastu home/offi ce; has studied Vedic science and practiced Ayurveda for 30 years.

Course #: LLI-3-379-001
One Session: 3:00 - 4:30 p.m.
Mar. 23
Limit: 24 Location: Room 13
Fee: $15.00
Registration Deadline: Mar. 20

Is Chaos the New Normal in Electoral Politics?
The 2016 presidential election changed what many experts—academics and practitioners—think about campaigns. A candidate with no political experience who was outspent in political advertising defeated more experienced candidates for the Republican nomination and in the general elections. This lecture will explore the fundamental dynamics of national and state politics heading into the last eight months of the campaign season. At the end of the lecture, bold predictions will be made about the results of the 2020 elections.

Instructor: David McLennan; BA, MA, University of Virginia; PhD, University of Texas at Austin; Professor of Political Science, Meredith College.

Course #: LLI-3-392-001
One Session: 3:00 - 4:30 p.m.
Mar. 30
Limit: 120 Location: McKimmon Center, TBA
Fee: $15.00
Registration Deadline: Mar. 27
Arts NC State Showcase
At NC State, the arts are for everyone, and that includes OLLI members! Have you heard that NC State LIVE hosts performances in the community, and that you can take classes at the Crafts Center and visit the Gregg Museum of Art and Design? Did you know that the Dance Program performs three formal concerts each year, with choreography by renowned artists from New York and Los Angeles, or that the musical and theatrical performances by the Department of Music and University Theatre are among the best in local entertainment? Students from Theatre, Music and Dance will astound you with their talents at this showcase, and Arts NC State staff will be on hand to answer questions about programs and how to get access to upcoming events on campus.

Presenter: Tara Zaffuto Mullins; MFA, Dance, Arizona State University; taught at the Academy of Arts and Minds, Miami; founder and director of Z Mullins Dance Company; director of the NC State Dance Program, choreographs original works for NC State dance companies, teaches dance courses, facilitates the Master Class Series, and creates interdisciplinary projects.

Course #: LLI-3-400-001
One Session: 3:00 - 4:30 p.m. Apr. 6
Limit: 120 Location: McKimmon Center, TBA
Fee: $15.00
Registration Deadline: Apr. 3

Workshop -- What’s the Next Step on Your Climate Journey?
Each of us is on a climate journey, and we feel better when we know where we are and what our next steps will be. Drawing on insights from psychology, human-centered design, and climate communication strategies, this interactive workshop will help you move from anxiety and helplessness to action and habit on climate issues. You will leave with clear next steps for your own action plan and an understanding of what will motivate you to succeed. A healthy planet can be your legacy -- pass it on.

Note: A $10 materials fee is due in exact change cash to instructor on the day of the class.
Instructor: Mick Smyer; former provost and current professor of psychology at Bucknell University; Senior Fellow, Social Innovation, Babson College; a national expert, Smyer has written and lectured extensively on aging; founder of "Graying Green: Climate Action for an Aging World;" "Graying Green" works with older adults, climate communicators, climate scientists, and community and business leaders who view older people not solely as victims of climate change but also as potential leaders of climate action.

Course #: LLI-3-399-001
One Session: 3:00 - 4:30 p.m. Apr. 13
Limit: 58 Location: Room 11/12
Fee: $15.00
Registration Deadline: Apr. 10

New to registering online? Check out our “Tips” at www.ncsu.edu.ollii

Friday
The Story of the Rosenwald Schools
In the early 1900s, the segregated schools for black children in the South were deplorable. The buildings were typically old and in disrepair and the desks and books were often handed down from white schools. To remedy this situation, Julius Rosenwald, the president of Sears and Roebuck, established a fund to build schools in the South for black children. Booker T. Washington came up with the idea. Local communities raised money to match Rosenwald’s contribution. During the life of the program, over 5,000 schools were built in the South. At one time, one-third of black children in the South attended a Rosenwald school.

Instructor: Dr. Gary Moore; Professor Emeritus, Agricultural and Extension Education, NC State University; member of the NC State University Academy of Outstanding Teachers; has made presentations in 41 states, four Canadian provinces and on four continents
Course #: LLI-3-372-001
One Session: 9:00 - 10:30 a.m. Mar. 13
Limit: 58 Location: Room 11/12
Fee: $15.00
Registration Deadline: Mar. 11

Obstructive Sleep Apnea
Sleep apnea is a sleep disorder, affecting over 20 million Americans. Obstructive sleep apnea is the most common form of sleep apnea, though many that suffer from it do not receive a proper diagnosis. Dr. Alberto Santos, a board-certified physician in Sleep Medicine from WakeMed Cary, will explain what obstructive sleep apnea is, the risk factors, health complications, and treatment options.

Instructor: Dr. Alberto Santos; physician with board certification in sleep medicine and neurology; his specialties include the diagnosis and treatment of sleep disorders including sleep apnea, snoring, CPAP/BiPAP issues, REM behavior disorder, daytime sleepiness and restless leg syndrome; Dr. Santos has practiced in hospital and private practice settings in both the U.S. and in Brazil.

Course #: LLI-3-381-001
One Session: 9:00 - 10:30 a.m. Mar. 20
Limit: 58 Location: Room 11/12
Fee: $15.00
Registration Deadline: Mar. 18

George Washington Slept Here
During his first term as the first president of the United States, George Washington visited all thirteen states. In these travels, Washington enjoyed seeing the country and its people while promoting the new federal government and Constitution. In the spring of 1791, the president visited Virginia, the Carolinas, and Georgia. This lecture considers the entire trip, but...
will highlight some of the people and places in North Carolina of that era. **Instructor:** Warren Bingham; AB, United States History, UNC-Chapel Hill; MA, Liberal Studies, Hollins College; speaker, writer, radio commentator; creator of Carolina Color, a radio vignette on NC history on WPTF radio; presentations include keynotes to Wachovia Historical Society, NC Society of the Cincinnati, and Historic Halifax Day; contributor to reference books on North Carolina by UNC Press.  
**Course #:** LLI-3-079-002  
**One Session:** 9:00 - 10:30 a.m. Mar. 27  
**Limit:** 58 **Location:** Room 11/12  
**Fee:** $15.00  
Registration Deadline: Mar. 25

### Declining Populations: What Did Malthus Miss?

Given limited availability of land and natural resources, Thomas Robert Malthus predicted that population would grow faster than food production. In many low-income countries, population continues to grow rapidly. However, in the U.S. and many high-income countries, population growth is so slow today that population will decline without immigration. This presentation will consider problems related to a slowly growing and aging population. What are the effects on the labor force of more retirees and children? Do labor productivity and GDP grow more slowly? What are the effects of a rising national debt relative to the size of the economy? What will happen to the capacity to make payments on Social Security, Medicare, Medicaid, and private pensions? Immigration could play a key role in dealing with the problems.  
**Instructor:** Thomas Grennes; Professor of Economics and Agricultural and Resource Economics, NC State; Professor of Economics, Stockholm School of Economics in Riga, Latvia; publications on international trade, migration, international investment.  
**Course #:** LLI-3-382-001  
**One Session:** 9:00 - 10:30 a.m. Apr. 3  
**Limit:** 58 **Location:** Room 11/12  
**Fee:** $15.00  
Registration Deadline: Apr. 1

### STUDY TRIPS/SPECIAL EVENTS

By registering for a study trip or event, participants agree to hold NC State University and its employees harmless in the event of personal injuries, accidents, property damages, delays and losses of any kind. All study trips and events are organized and accompanied by Joan Hardman-Cobb, OLLI’s Assistant Director. **Trips will proceed rain or shine.** Trips and events are for OLLI members. **No substitutions permitted on study trips.** If you find yourself unable to participate in a study trip, please contact the office.

#### Study Trip and Lecture: Art’s Work in the Age of Biotechnology

Artists have often used their works to comment on and influence society. Picasso’s Guernica connected the public with the horrors of war while other artists extolled its heroes. In the 19th and 20th centuries, artists put a face on the impacts of the industrial revolution. On February 18, we will travel to the nearby Gregg Museum to view an exhibition that asks what art’s work is in our new era of biotechnology. After a docent-led tour and time to explore, we will discuss your responses to the exhibition. The next day, we will meet in room 13 of the McKimmon Center, where we will reference visuals from the exhibition and discuss the societal implications of biotechnology.  
**Study trip:** February 18, depart McKimmon 10:15 a.m., return 12:30 p.m.  
**Note:** Wear comfortable shoes as you will be walking and standing throughout the tour.  
**Lecture & Discussion:** February 19, room 13 of the McKimmon Center 9:00 - 10:30 a.m.  
**Instructor:** Fred Gould; Ph.D., State University of New York at Stony Brook; B.S., Biology, Queens College; evolutionary biologist working in the Entomology and Genetics Departments at NC State; University Distinguished Professor and a member of the National Academy of Sciences; has received funding from the National Science Foundation, the Bill and Melinda Gates Foundation, and the National Institutes of Health.  
**Instructor:** Todd Kuiken; Ph.D., Tennessee Tech University; M.A. Environmental Policy, George Washington University; B.S. Environmental Management & Technology, Rochester Institute of Technology; Senior Research Scholar GES Center NC State; member of the United Nations Convention on Biological Diversity Ad-Hoc Technical Expert...
Group on Synthetic Biology and the International Union for Conservation of Nature's technical and policy task force on synthetic biology and gene drives.

Instructor: Zoe Starling; BA, Art History, Denison University; MA, Visual Arts Administration, New York University; Curator of Education at Gregg Museum since 2004, responsible for educational programs relating to the museum's permanent collection and exhibitions.

**Course #:** LLI-5-007-001
**Limit:** 24
**Fee:** $50.00
**Includes:** Docent-led tour, classroom lecture, transportation on NC State bus

**Registration Deadline:** Feb. 11

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**Frank Thompson Hall - NC State's Most Beautiful Building?**

Dr. Tom Stafford, retired vice chancellor for student affairs, describes Thompson Hall as NC State's most beautiful building. Join us for his newest campus tour and decide if you agree. Thompson Hall was built in 1925 and once housed the university gym. Today you may be more familiar with it as the location of Thompson Theater and the Crafts Center. Learn about the history of the building, receive backstage theater tours, and hear what goes into staging a production. See where sets are made and costumes are fashioned, and view dressing rooms, scenery props, and a fabulous collection of ladies shoes in every color and size. Next, we head to the Crafts Center, one of the country's largest on a university campus. See how the Center provides all the equipment, classes, and work space for individual projects. The Center is open to the public, so you may be tempted to learn a new skill. At the end of the tour, there will be a unique surprise opportunity! Afterwards we will enjoy a self pay lunch at one of the many dining options in Talley Student Union.

**Note:** Wear comfortable shoes as we will be walking and standing for most of the tour.

**Course #:** LLI-4-125-001
**One Session:** 9:45 a.m. - 12:30 p.m.
**Feb. 28**
**Limit:** 24
**Fee:** $35.00
**Includes:** Transportation by NC State bus and tour. Lunch is self pay.

**Depart:** 9:45 am
**Return:** Approximately 12:30 pm

**Registration Deadline:** Feb. 21

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**Seymour Johnson Air Force Base and Wilson Whirligig Park**

We will start the day exploring Seymour Johnson Air Force Base, where we will see and learn about the F-15E planes and the main mission of the base. We will also witness a military working dog demonstration and visit the Heritage Park where we will view the collection of older planes, learn more about the history of the base, and see the Missing Man Memorial Fountain. Our next stop will be the town of Wilson where we will eat lunch (self pay) before we explore the two acre Vollis Simpson Whirligig Park, home to 30 of the famed local man's creations. Vollis was a farm machinery repairman who began making gigantic kinetic sculptures from metal scraps when he was nearing retirement age. Initially the whirligigs were displayed in his yard where they attracted the attention of locals and then, thanks to the internet, his fame spread out of state. He never thought of himself as an artist but upon his death in 2013 the *New York Times* described him as a “visionary artist of the junkyard.”

**Note:** Wear comfortable shoes and dress for the weather as we will be outdoors for part of the day; bring a refillable water bottle; trip will proceed rain or shine. You will be required to show a government issued photo ID to gain entry to the base (such as a driver’s license)

**Course #:** LLI-4-126-001
**One Session:** 7:30 a.m. - 4:30 p.m.
**Apr. 14**
**Limit:** 36
**Fee:** $75.00
**Includes:** Transportation by motor coach, all tours. Lunch is self pay.

**Depart:** 7:30 am
**Return:** Approximately 4:30 pm

**Registration Deadline:** Apr. 7

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**Behind the Scenes at the Durham Performing Arts Center**

Since its opening in 2008, the Durham Performing Arts Center (DPAC) has become a major center for live entertainment in North Carolina.
Recognized for its contemporary design, DPAC features 2,700 seats, intimate sight lines and state-of-the-art sound and video. Listed five times in the top 5 in Pollstar magazine’s annual worldwide theater attendance rankings, DPAC is currently the #4 ranked theater in the U.S with as many as 400,000 guests per season! Join us for a special behind-the-scenes tour of DPAC. Highlights include seeing the view of the stage from all levels of the theater, a memorable walk across the Mildred & Dillard Teer Stage, and city views from the BlueCross BlueShield Atrium lobby. You will also get a chance to go backstage and see where the stars prepare for show time. We will eat lunch at a nearby Durham restaurant before our tour (included in registration fee)

**Note:** There will be a few flights of steps to walk up, but there are elevators spread throughout the building if you need to use those instead of the stairs. This is a walking tour, so for the majority of the time you will be standing and walking around the theater.

**Course #:** LLI-4-082-002  
**One Session:** 10:30 a.m. - 3:30 p.m.  
**Mar. 16**  
**Limit:** 30  
**Fee:** $55.00  
**Includes:** Transportation by NC State bus, theater tour and lunch.  
**Depart:** 10:30 a.m.  
**Return:** Approximately 3:30 p.m.  
**Registration Deadline:** Mar. 8

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**The Fullness of Yoga: An Eight Limbed Tree**

Many of us are familiar with the physical aspects of yoga. We see people practicing in commercials and on billboards, in gyms, and even with goats! But did you know that yoga encompasses much more than the asanas (the specific postures)? The postures are just one of the Eight Limbs of Yoga. In this yoga retreat, we will learn about Patanjali’s Eight Fold Path. What is the purpose of asana and how does it relate to and inform the other limbs? You will explore and discuss the philosophy of yoga, as well as breathing techniques, meditation, chanting, and gentle and restorative yoga. Be prepared to stretch your body, mind, and spirit at nearby Blue Lotus Studio as you experience the broad range of benefits that yoga has to offer. Ultimately, it is the practice of living a compassionate life in alignment with your inner wisdom. Our retreat leader, Glenda Mackie, is a E-200, 500 hour registered yoga teacher, as well as a dancer and choreographer.

**Note:** Please wear comfortable clothing, and bring a water bottle, simple snack, and a yoga mat if you have one. There are no shoes permitted on the yoga floor, so be prepared to practice in bare feet or grippy socks. Pack a sweater or wrap in case you need an extra layer. Participants should be able to sit on the floor, lie on a mat, and be able to get up and down from the floor. You will be able to use the wall to help and sit against the wall on a bolster. You may take a folding chair if necessary and put it in top of the mat.

**Course #:** LLI-4-387-001  
**One Session:** 11:30 a.m. - 5:30 p.m.  
**Mar. 23**  
**Limit:** 24  
**Fee:** $65.00  
**Includes:** Transportation by NC State bus, workshop facilitation and instruction.  
**Depart:** 11:30 a.m.  
**Return:** Approximately 5:30 p.m.  
**Registration Deadline:** Feb. 14

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**Swift Creek Bluffs Nature Preserve – Spring Wildflower Hike**

Come and see why Swift Creek Bluffs Nature Preserve has been designated as a Wake Wonder for its outstanding natural features. The 23 acre urban escape is home to huge beech trees dating back to the days of the Founding Fathers! Charlie Kidder, OLLI member and J.C. Raulston Arboretum Tour Guide, will lead our early spring hike when we should encounter many wildflowers including trout lilies, wild geraniums and atamasco lilies. We can also marvel at the 100 foot bluffs rising from Swift Creek. The preserve is included in the North Carolina Birding Trail so bird fans may wish to pack binoculars. After our hike we will relax over a self pay lunch at a local restaurant.

**Note:** Wear comfortable walking shoes, take a filled beverage bottle to keep you hydrated. Remember your sunscreen, hat and camera! Bug spray is recommended. Participants must be comfortable walking on uneven, unpaved paths and able to climb a few steps. There are no restrooms in the park. This trip will proceed rain or shine.

**Course #:** LLI-4-385-001  
**One Session:** 9:30 a.m. - 1:30 p.m.  
**Apr. 1**  
**Limit:** 20  
**Fee:** $35.00  
**Includes:** Transportation by NC State bus and guided hike. Lunch is self pay.  
**Depart:** 9:30 a.m.  
**Return:** Approximately 1:30 pm  
**Registration Deadline:** Mar. 25

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“As always, an OLLI trip inspires and excites me to know that growing older can be a beautiful thing!”

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**Moore’s Creek Battlefield and Brunswick Town**

We will visit pre-Revolutionary and Revolutionary war sites in North Carolina, accompanied by OLLI instructor Dave Milidonis. Our first stop will be Moore’s Creek National Battlefield, where we will explore museum exhibits, view the movie “In the Most Furious Manner” and walk the trails to learn about the Battle of Moore’s Creek Bridge, which was fought on February 27, 1776. We will eat lunch in Southport, an historic town on the Cape Fear River. View the foundations of Fort Johnston, the first fort constructed in NC by the British in 1749 to defend the area from French and Spanish enemies. It is listed on the National Register of Historic Places. After lunch we will visit Brunswick Town, a major pre-Revolutionary port on the Cape Fear River, the first successful European settlement in the Cape Fear region. It was destroyed by British troops in 1776, but the foundations and street plan form the basis of a fascinating guided tour, revealing the usage of the
various buildings with tales about the occupants. The property is also the site of Fort Anderson, a Confederate fort during the Civil War. You may choose to walk that part of the trail and view the earthworks, and nature lovers will enjoy the views of the Cape Fear River and watching Brown Pelicans fish in the waters.

**Note:** Wear comfortable, closed toe walking shoes and be prepared to walk and stand for up to 90 minutes at each site, sometimes on inclined, uneven and unpaved ground. Bug spray, sunscreen and a hat are recommended. Bring a filled drinks bottle to keep you hydrated throughout the day. The study trip will proceed rain or shine so dress for the weather on the day.

**Course #:** LLI-4-386-001  
**One Session:** 7:15 a.m. - 7:15 p.m.  
**Apr. 7**  
**Limit:** 35  
**Fee:** $95.00  
**Includes:** Transportation by luxury motor coach with rest room, lunch, all admissions and tours. We will make a rest-stop on the journey each way.

**Depart:** 7:15 am  
**Return:** Approximately 7:15 pm  
**Registration Deadline:** Mar. 31

**“The study trips are great - you get to see things you did not know existed.”**

**NC Symphony Friday Favorites: Selections from Scheherazade**
This popular event at Meymandi Concert Hall in Raleigh starts with a pre-concert lecture (presenters TBA) to prepare you for the performance and enhance your appreciation and enjoyment of each musical piece. This event is a great way to sample the range of the NC Symphony. In this performance, tales of the pursuit of love and conquest come alive in

**Includes:** Transportation on NC State bus, reserved admission ticket, and lecture.  
**Depart:** 10:30 am  
**Return:** Approximately 1:45 pm  
**Registration Deadline:** Apr. 10

**“It’s wonderful to be able to study a subject for the joy of learning, without risk. I love talking to my classmates; such an interesting, accomplished, diverse group of people.”**

**Register online!**

Registering online improves your chances of getting into popular classes and trips. Be prepared with second choice options when you register.

www.ncsu.edu/olli
OLLI CONTRIBUTORS

The Osher Lifelong Learning Institute is financed primarily through membership and program fees. Please consider making a gift of any size to help enhance programming and support financial aid. In addition to The Bernard Osher Foundation and our catalog sponsors, we thank the following generous donors who have made contributions to OLLI at NC State in the current fiscal year.

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Visit the OLLI Voices page on the OLLI website for interesting stories and articles written by members, instructors, and staff. You will find it under the About drop-down menu at the top. Would you like to contribute? Contact Joan Hardman-Cobb, OLLI Assistant Director, for more information:
jcobb@ncsu.edu, 919.513.2049

B-Western Film Preservation Society
Saddle up and join hundreds of fellow “Buckaroos and Buckarettes” of all ages to keep those wonderful B-Western movies and serials alive. Climb up in the saddle, ride the dusty trails and sing those melodic cowboy tunes with other B-Western movie fans. The B-Western Film Preservation Society, formed in 1981, meets at the McKimmon Center at 7:00 pm every third Thursday (except December, July and August). For more information, visit reelcowboy.org
IMPORTANT INFORMATION

Registration Procedures

OLLI membership is required for participation in courses, trips, and events. Membership fee for January 2, 2019 - July 31, 2020 is $40 per member. The fee is due at the time of enrollment.

Registration for OLLI membership and enrollment in any of its programs is open throughout the program year. Feel free to add courses or events after your initial registration.

Registrations are accepted first come, first served. Registering online is the quickest way to enroll and receive registration confirmation. You may also register:
• by telephone at 919.515.5782 and pay by credit card
• by coming to the OLLI office, room 225 at the McKimmon Center from 8:00 a.m. to 4:30 p.m., Monday through Friday.
• by mailing the registration form and a check to the address shown on the registration page.

Plan to attend on the scheduled dates unless you are notified of a change. Most classes meet in the McKimmon Center. Bring a sweater, rooms are sometimes chilly. OLLI reserves the right to cancel any class or event due to under-enrollment and to substitute faculty or make other changes as needed.

Online Registration

OLLI members are not required to register online, but there are many advantages to doing so. Online registration is the quickest way to register, with almost immediate enrollment and confirmation of your schedule.

Tips for registering online are available on our website: www.ncsu.edu/olli.

If the OLLI office has entered previous registrations for you or you’ve requested a catalog online, we have created an account for you. If you then wish to register online, please contact the office first so we can give you your User ID. This will avoid creating a duplicate account that might not have your membership attached to it. Once you are set up, you can use your account to view your class schedule as well as your history of classes taken.

Refunds

• Lectures, classes and study trips overlap in time. Transfer/drop fees apply if you double book yourself.
• Courses: Members may request a refund of a course by contacting the OLLI office at least two weeks prior to the start of the course. A $10 processing fee per member per transaction will be charged.
• No refunds will be given for courses/events with fees of $25 or less.
• Study trips/events: Refunds for study trips/events may be requested up to three weeks prior to the date of the event. However, because of contractual obligations with vendors and advance ticket purchases, full refunds cannot be guaranteed. A $10 processing fee will be deducted from any refund. Participants in multi-day trips are strongly encouraged to get travel insurance.
• A $10 fee will be charged per member per transaction if a member wants to change to a different class or event once his/her registration has been processed.
• If you cannot attend, we cannot allow substitution because of the existence of waitlists and the membership aspect of our program.
• If OLLI cancels a course or event, you will be notified and given a full refund (or you can apply the fee to another course or trip in the semester). Please allow three weeks for processing refunds.
• The membership fee will not be refunded.

OLLI Member Benefits/Wolfpack One ID Card

While the Wolfpack One ID card is not required to attend classes, members may want to obtain a Wolfpack One card in order to take full advantage of several university benefits.

• Member benefits requiring the Wolfpack One card:
  • Check-out privileges at NC State Libraries.
  • Movies at the Campus Cinema
  • Admission to non-revenue sports such as Wolfpack Women’s basketball, gymnastics, and men’s baseball, though subject to availability on the day of the event.

• No Wolfpack One card is required for the benefits below, but you will need to show a photo ID and let them know you are a current OLLI member:
  • Discounts on tickets for cultural events at Stewart and Thompson Theaters.
  • Use of Carmichael Gym (for additional fees). Contact the Gym.
  • No ID is required for access to the African-American Cultural Center
  • Transportation on the Wolfline bus system is free.

• You may obtain your Wolfpack One card after January 2 at the Campus ID Office located in the Talley Student Union. Talley Student Union is located between Cates and Dunn Avenues. The Campus ID office is immediately to your left from the Cates Avenue entrance. Parking is available in the pay lot in the Coliseum Parking Deck at the intersection of Cates and Jensen with a short walk to the Talley Student Union. The office is open from 8:00 am until 5:00 pm, Monday through Friday, and the phone number is 919.515.3090. If you join OLLI after January 2, allow two weeks for processing between the time you register with OLLI and when you get your Wolfpack One card. The card is free, but replacement cost is $20.

New email, phone number or address?
Be sure to let us know so you receive the latest OLLI news!
PARKING

Parking in the front lots of the McKimmon Center is free and usually plentiful. Park in the green-striped spaces. If we know in advance when parking will be tight because of other events at McKimmon, we will include that information in the class announcements and broadcast via email. Please note: There is no parking specifically designated for OLLI members. If attendants are present, let them know you are with OLLI and follow their directions.

BOOKS

Most books are optional, and unless otherwise noted in the course description, can be ordered from Quail Ridge Books in North Hills Shopping Center, many at a 10% discount. Reference OLLI when asking for books. You may contact Quail Ridge Books at 919.828.1588.

FINANCIAL AIDS

Members with limited discretionary income should contact us if financial assistance is needed in order to enroll in a six-week course. Generous donations by our members support financial aid. Contact the OLLI office to complete the brief financial aid application, which is also on our website (must be renewed annually). All information is kept confidential.

TRANSPORTATION ASSISTANCE

Do you need a ride to the McKimmon Center in order to attend classes? If so, Accessible Raleigh Transportation (ART) provides transit service to persons who qualify under the ADA. Call 919.996.3459 for more information. Cary residents can contact GoCary at 919.469.4086. Members can also use the NC Wolfline for free. Go to NC State’s website, search for Transportation to locate bus routes.

PHYSICAL NEEDS

The McKimmon Center is accessible. OLLI can make accommodations for special physical needs; please contact the office at least two weeks prior to the start of the class.

FOR THE LATEST NEWS....

Go to our website and click on “latest news.” On Facebook you can view photos from events and trips, learn about interesting events going on at NC State and in our community, read relevant news stories and posting from our community friends. Follow the link on our website; “like” us and you can post content of your own!
Have the OLLI You Want – Get Involved!

OLLI at NC State reflects its members’ interests and desires. It is a collaborative effort among staff and volunteers, both members and instructors. Here are some of the ways you can help make a difference in your OLLI:

- Be a Class Host and welcome our volunteer instructors
- Join and help organize a special interest group
- Contribute to our member blog OLLI Voices
- Enjoy planning and welcoming members at OLLI’s social events via the Hospitality Committee
- Help keep program fees low and ensure OLLI’s future through the Finance & Development Committee
- Spread the word about OLLI via the Membership Development & Marketing Committee
- Serve on a subject-area Program Subcommittee and convert your ideas into courses!

Learn more by going to the OLLI website and selecting the Get Involved option.

"Volunteering for OLLI is fun! I love the program and want to grow it, enrich it, and keep it going."

NC State University does not practice or condone discrimination in any form and is committed to securing equal opportunity in education regardless of race, color, national origin, religion, creed, sex, age, disability, veteran’s status, genetic information, or sexual orientation.
These committees -- composed of OLLI members -- help guide, promote, and develop OLLI programming.
Contact us for more information about volunteering on a committee.

PROGRAM DEVELOPMENT
Barbara Buescher, Chair
Tina Certo
Randy Fraser
MaryAnn Dulick
Bill Pace

MEMBERSHIP DEVELOPMENT & MARKETING
Susan Byrd
Diana Leventhal
Grace Ann Caruso
Sue Banks
Sally Alcorn
Cherie Hsu
Donna Howard
Karen Orlovich, Chair
Lea Ackerman
Rita Baur
Debbie Beroth
Margil Conrad

HOSPITALITY COMMITTEE
Karen Orlovich, Chair
Michelle Guy
Pat Heiden
Melanie dissolution
Jim Hoyt
Carol Jones
Marie Kehres
Leslie Kroene
Mike Rakouskas

FINANCE & DEVELOPMENT
Tom Hutchinson, Chair
Bill Jones
Barbara Brown
Allyn Kosenko
Russ Brownell
Holly Wellman
John Hemperley

PHOTOGRAPHER: Julia Daniels

VOLUNTEER COORDINATOR: Linda Shell
Reminders Before You Check Out:

- Courses, lectures, and study trips may overlap in time. Please review your schedule before checking out.
- If you are new to registering online, check out the tips sheet on our website.
- Do you prefer to view courses by subject area or day of the week? Listings of courses by subject and day of the week are available on our website.
- Have you bought an OLLI membership since July 2019? If so, you should be set for the program year, and you do not need to purchase another membership to take spring courses. OLLI memberships run from August 1-July 31 of every year.
- Please consider a donation to support the program and keep fee increases a rarity.
- We use email to communicate with our members. Please make sure we have your correct email address. Important communications include handouts from classes and alerts about parking and class schedule changes.

Where to Find Us

Raleigh, North Carolina

1101 Gorman Street
We encourage registration online or by phone:
Online: ncsu.edu/olli  Phone: 919.515.5782
If you choose to register by mail, fill out this form, include check (payable to OLLI) or credit card information and mail to: OLLI  NCSU CB 7401  Raleigh, NC 27695

OLLI SPRING 2020 REGISTRATION

Name ______________________________________________________________________________________________
Address ____________________________________________________________________________________________
City/State/Zip _______________________________________________________________________________________
Primary Phone______________________________________ Other Phone____________________________________
Email ______________________________________________________________________________________________

New to OLLI? Yes ____  No____  If yes, how did you hear about OLLI? _______________________________________

Example:

<table>
<thead>
<tr>
<th>COURSE/LECTURE/STUDY TRIP #</th>
<th>TITLE</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>LLI-2-001-001</td>
<td>Vacationing on Mars: Ten Must-See Places!</td>
<td>$35</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>COURSE/LECTURE/STUDY TRIP #</th>
<th>TITLE</th>
<th>FEE</th>
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<tbody>
<tr>
<td></td>
<td>Prorated Annual Membership (Jan 2- July 31, 2020)</td>
<td>$40</td>
</tr>
<tr>
<td></td>
<td>(do not pay if you paid your membership in the fall)</td>
<td></td>
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<tr>
<td></td>
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<td>$</td>
</tr>
</tbody>
</table>

Donation to OLLI

For OLLI use:

| TOTAL | $ |   |

PAYMENT OPTIONS

VISA ____  Mastercard ____  American Express ____  Check #__________________________
Card # ____________________________  Exp. Date ___/___/___  CVV Code _______
Name as appears on card (print) __________________

For additional copies of this form, go to our website at www.ncsu.edu/olli
Contact us at 919.515.5782, Room 225 of the McKimmon Center.

If you no longer wish to receive this catalog, please let us know.

OLLI at NC State:
More than just great classes!