

Osher Lifelong Learning Institute

AT NC STATE UNIVERSITY

SPRING SEMESTER 2024

FIRST TERM: JANUARY 10 - MARCH 6

SECOND TERM: MARCH 11 - APRIL 19

DO YOU ENJOY LEARNING FOR THE LOVE OF LEARNING?



NON-CREDIT SHORT
COURSES, LECTURES,
STUDY TRIPS AND
SPECIAL EVENTS FOR
ADULTS AGED 50+



OSHER
LIFELONG
LEARNING
INSTITUTE

NC STATE
UNIVERSITY



Spring Semester 2024

First term: Jan. 16 – March 8

Second term: March 11 – April 19

- Spring Semester registration begins **Thursday, November 16 at 9:30 A.M.**
- Before registering, please read the Important Information section (pages 43-46) at the end of this catalog of course descriptions. This section includes refund policy, adverse weather policy and more.
- You may phone in your registration at 919.515.5782 (option 1) or register online at www.ncsu.edu/olli
- Use **ollisp24** as the search term in the catalog search bar to find OLLI classes within the Reporter database.
- Be aware that some offerings overlap in time, so double-check your schedule before finalizing your registration (drop fees apply).
- **Interested in trying OLLI without a commitment?** The following lectures are being offered at a non-member rate of \$20 each: Catching Up with the CRISPR Craze, Information and Misinformation: The Role of the Media in the 2024 Campaign, The Future of Our Democracy: Non-Partisan Views on How Citizens Can Help. No OLLI membership is necessary, but registration is only available by calling the OLLI office M-F 8:30-4:30 at 919.515.5782.

FIRST TERM MULTI-SESSION COURSES

MONDAY

Napoleonic Wars Part I

Instructor: Dave Milidonis

Join us for the beginning of a new series, the Napoleonic Wars. Part I will cover what came to be called the War of the First Coalition, also known as the French Revolutionary Wars. Fear of a spreading ideology tied to the French Revolution and the desire to maintain their monarchies led many European nations to declare war with France. During this period from 1792 to 1797, Britain, Austria, Prussia and Spain united against the new French Republic. Entering onto the stage was a young Corsican officer, Napoleon Bonaparte. His very name became the title of this collection of wars that ended in 1815 at Waterloo. This series will cover the battle histories of the entire period, as they shaped what came to be Modern Europe.

Note: There are two identical 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 and 2019 recipient of the William C. Friday Award for Distinguished Service in Retirement, given by NC State's Association of Retired Faculty.

Course #: MCE-LLI-1-182 **Instance #:** 000002 **Six Sessions:** 9-10:30 a.m. **Dates:** Jan. 22, 29, Feb. 5, 12, 19, 26, **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$55 **Registration Deadline:** Jan. 20

NATO in the 20th & 21st Century

Instructor: Mike Flynn

This course examines the events leading to the creation of NATO and its evolution from its inception to today. NATO is seen as a military alliance, but international diplomacy significantly shaped the evolution of the organization. We will examine this evolution and the forces which led to NATO expansion from the original 12 members to the current 31 nation alliance. We will touch on a few pivotal political-military events during the cold war, NATO's expanded missions after the 9/11 attack on the United States and finally discuss the future of the alliance.

Recommended Reading(Optional): *Defense of the West; Transatlantic Security from Truman to Trump*, Stanley R. Sloan

Instructor: *Mike Flynn*; retired Army officer who served over 30 years on active duty; his assignments ranged from leading an airborne infantry platoon to service on the Department of the Army Staff where he processed all Joint Chiefs of Staff actions for the Army; he deployed overseas on multiple occasions including to conflict environments in Vietnam (twice), Grenada and Desert Storm; OLLI member and returning instructor.

Course #: MCE-LLI-1-183 **Instance #:** 000001 **Four Sessions:** 11a.m.-12:30 p.m. **Dates:** Jan. 22, 29, Feb. 5, 12 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$40 **Registration Deadline:** Jan. 20

Great Decisions 2024

Instructor: Mike Ganey (Instance 000006) or Tom Price (Instance 000007)

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 topics (discussed in the order listed):

- Mideast Realignment
- Climate Technology and Competition
- Science Across Borders
- U.S.-China Trade Rivalry
- NATO's Future
- Understanding Indonesia
- High Seas Treaty
- Pandemic Preparedness

Required reading: The OLLI office will purchase a copy of the Great Decisions 2024 Briefing Book for each participant. The cost of this course includes the eight classroom sessions plus the book. Participants will be notified when the books have arrived in the office and are ready for pickup.

EARLY BIRD PRICING: Register by Dec. 15 to receive the discounted price of \$100. The fee for registrations after Dec. 15 will be \$110.

NOTE: There are two different sections, instances, and facilitators for this course. Choose the instance that best fits your schedule, and check listings for facilitator information.

Facilitator for Section/Instance 000006 on First Term Mondays at 11:00 a.m.: Mike Ganey

Facilitator for Section/Instance 000007 on First Term Mondays at 1:00 p.m.: Tom Price

Instructor: *Michael Ganey*; B.S., History; MBA, Darden School of Business, University of Virginia; 40 years in consumer products marketing; OLLI member; keen interest in current affairs, both domestic and international.

Senior marketing roles with Anheuser-Busch, Bahlsen, Austin Quality Foods, The American Kennel Club, and House-Autry Mills.

Course #: MCE-LLI-1-080 **Instance #:** 000006 **Eight Sessions:** 11a.m.-12:30 p.m. **Dates:** Jan. 22, 29, Feb. 5, 12, 19, 26, March 4, 11 **Limit:** 23 **Location:** McKimmon 13 **Fee:** \$110 **Registration Deadline:** Jan. 15
Instructor: *Tom Price*; BSEE and MBA, Duke University; retired entrepreneur and investor; OLLI member; recipient of OLLI volunteer award, 2011; veteran OLLI instructor.

Course #: MCE-LLI-1-080 **Instance #:** 000007 **Eight Sessions:** 1-2:30 p.m. **Dates:** Jan. 22, 29, Feb. 5, 12, 19, 26, March 4, 11 **Limit:** 23 **Location:** McKimmon 13 **Fee:** \$110 **Registration Deadline:** Jan. 15

Exploring Dark Matter, Dark Energy and Space Travel

Instructor: Donald C Ellison

Keeping math to a minimum, session one will include a discussion of dark matter and dark energy, two of the most important and uncertain aspects of modern astrophysics. While our observations seem to show that most of the mass in the universe is fundamentally different from our everyday “normal” mass, we do not know what dark matter is. The mystery of dark energy is even deeper and more profound. It seems dark energy is controlling the evolution of the past and future universe in a way we do not understand. Session two will explore the facts and fantasy of human space travel with an attempt to balance excessive hype from NASA and elsewhere with sound scientific reality.

Instructor: *Don Ellison*; Ph.D., 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.

Course #: MCE-LLI-2-105 **Instance #:** 000001 **Two Sessions:** 11a.m.-12:30 p.m. **Dates:** Feb. 19, 26, **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$30 **Registration Deadline:** Feb. 17

Why the Jews? Understanding and Recognizing Antisemitism

Instructor: Sheldon Bleiweiss

Despite being less than 2.2% of the U.S. population, American Jews are consistently the most targeted religious community in our country. Why is this and what's behind this rise in antisemitism? What is antisemitism and how can we tell when something is antisemitic? Through videos, lectures and discussion, students will gain a better awareness of the myths behind the centuries-long history of Jewish hatred that led to the Holocaust but didn't end there. We will discuss legitimate vs. illegitimate criticism of Israel and the BDS movement and intersectionality. We will look at some current manifestations of antisemitism across the political spectrum that make American Jews feel less safe today and what we can do to make a difference.

Instructor: *Shelly Bleiweiss*; a retired clinical social worker, a child of two Holocaust survivors, and a former docent at Holocaust Museum Houston; a Holocaust educator for over 20 years, Shelly has spoken to hundreds of school students, dozens of religious and civic groups, and numerous senior living communities; Shelly is an experienced OLLI instructor for NC State, Duke, and U of Pittsburgh, and has also taught classes for the Creative Lifelong Learning program at Granville County Senior Center; he is a member of the NC State Council on the Holocaust and NC Holocaust Speakers Bureau.

Course #: MCE-LLI-1-184 **Instance #:** 000001 **Six Sessions:** 1-2:30 p.m. **Dates:** Jan. 22, 29, Feb. 5, 12, 19, 26, **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$55 **Registration Deadline:** Jan. 20

Via Zoom -- A Tour of Literary Britain

Instructor: Margaret Brill

Particular parts of England and Scotland are strongly associated with certain authors. This course will focus on the influence of the culture and landscape of these places on the work of the authors, and vice versa. We will also consider the experience of visiting the "homes and haunts" of writers, which is known as literary tourism, and whether it enhances the enjoyment of their works. The format will be lecture with slides and videos, including breaks for questions and comments. A list of suggested readings will be provided.

Instructor: *Margaret Brill*; grew up just outside London, and has a B.A. in history from the University of London, a master's in library science from North Carolina Central University and a master's in liberal studies from Duke; during her career at Duke she was the British history librarian, and also head of reference, maps librarian and librarian for medieval and Renaissance studies; her primary interest is social history, especially women's history.

Course #: MCE-LLI-1Z-193 **Instance #:** 000001 **Six Sessions:** 1-2:30 p.m. **Dates:** Jan. 22, 29, Feb. 5, 12, 19, 26, **Limit:** 100 **Location:** Zoom **Fee:** \$55 **Registration Deadline:** Jan. 18

Great Books Discussion Group

Instructor: John Pilgrim

Join us for great conversations about classic texts. We will be reading selections from Great Conversations 2, an anthology compiled by the Great Books Foundation and available for \$24.95 at store.greatbooks.org.

Our schedule will be:

- **January 22:** Herman Melville, *Bartleby the Scrivener: A Story of Wall Street*
- **February 5:** Christina Rossetti, *Goblin Market*
- **February 19:** John Synge, *The Playboy of the Western World*
- **March 11:** Frank O'Connor, *Guests of the Nation*
- **March 25:** Nadine Gordimer, *Which New Era Would That Be?*
- **April 8:** Raymond Carver, *What We Talk About When We Talk About Love*

Required Reading: Great Conversations 2, 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*; Ph.D., Economics, Vanderbilt University; B.A., Economics, Grinnell College; professor of economics for 35 years, now retired; has taught various economics-related OLLI courses; facilitates the OLLI Great Books discussion course; veteran OLLI instructor.

Course #: MCE-LLI-1-077 **Instance #:** 000003 **Six Sessions:** 3-4:30 p.m. **Dates:** Jan. 22, 29, Feb. 5, 12, 19, 26, **Limit:** 23 **Location:** McKimmon 13 **Fee:** \$55 **Registration Deadline:** Jan. 20

TUESDAY

Optics for the Curious: The Study of Light

Instructor: Michael Paesler

In this course we will study optics, a field often considered the most fundamental of natural sciences. With only one equation and no special knowledge required, the course introduces us to optics from ancient to modern times. Topics discussed include mankind's notions about light and its properties, color, light-matter interactions, the particle-wave duality of light and light in the cosmos. The course offers the non-specialist a view of the properties and behavior of light as well as an understanding of human efforts to unlock its secrets.

Recommended Reading (Optional): Copies of the textbook *From Rainbows to Lasers* written by the instructor to accompany this course will be made available to enrollees.

Instructor: *Michael Paesler*; B.A., Physics and Mathematics, Beloit College; M.S. and Ph.D. in physics, University of Chicago; Emeritus Professor and former Head, Department of Physics, NC State; member of the

Academy of Outstanding Teachers NC State; Fellow, American Physical Society; member Phi Beta Kappa and Sigma Xi honorary societies; visiting professor at: Hahn-Meitner Institut, Berlin, Germany; Université de Franche-Comté, Besançon, France; Technische Universität Dresden, Germany; and Max-Planck-Institut für Festkörperforschung, Stuttgart, Germany.

Course #: MCE-LLI-1-206 **Instance #:** 000001 **Six Sessions:** 9-10:30 a.m. **Dates:** Jan. 16, 23, 30, Feb. 6, 13, 20 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$55 **Registration Deadline:** Jan. 14

Lights, Camera, Action! Analyzing Film Production

Instructor: Sarah R Stein

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 experience 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 #: MCE-LLI-1-051 **Instance #:** 000002 **Four Sessions:** 11a.m.-12:30 p.m. **Dates:** Jan. 16, 23, 30, Feb. 6 **Limit:** 17 **Location:** McKimmon 13 **Fee:** \$40 **Registration Deadline:** Jan. 14

Via Zoom -- Haiti's Independence

Instructor: Deborah Jenson

This course offers an exploration of Haitian cultural history, from the experience of the African diaspora in the French colony of Saint Domingue (1697-1803), to the Haitian Revolution (1791-1804), through the first century of the Independence. How have Haitians manifested their independence of mind and unique culture? Reading Jean Casimir's award-winning book *The Haitians: A Decolonial History*, and handouts with key selections from Haitian thought, we will accept Casimir's invitation for "readers to place Haitians at the center of their thinking."

Required Reading: *The Haitians: A Decolonial History*, Jean Casimir

Instructor: *Deborah Jenson*; Professor of Romance Studies and Research Professor of Global Health at Duke University, has studied, taught, and written about Haiti from many angles, ranging from literary and cultural history, to the cholera epidemic, to Haitian contributions to psychiatry; she engaged in many collaborative projects through Duke's Haiti Lab, and has taught short graduate seminars on ethnology at the State University of Haiti.

Course #: MCE-LLI-2Z-108 **Instance #:** 000001 **Two Sessions:** 11a.m.-12:30p.m. **Dates:** Jan. 23, 30 **Limit:** 100 **Location:** Zoom **Fee:** \$30 **Registration Deadline:** Jan. 18

Introduction to Critical Race Theory (CRT)

Instructor: Tirzah Turner

Critical Race Theory (CRT) is a widely discussed topic that brings with it many opinions and emotions. What is it, why is it controversial, and why does it matter? We will take a look at fact and fiction, misconceptions, different viewpoints, its possible application in other nations, and how to untangle some of the messaging around CRT.

Instructor: *Tirzah Turner*; Doctorate of Ministry in the field of practical theology, Drew University; MDiv, Gardner-Webb University; B.M., Carson-Newman University; community pastor at a non-denominational church in Cary and has a particular interest in the intersections of culture, justice and religion.

Course #: MCE-LLI-2-064 **Instance #:** 000002 **Two Sessions:** 11a.m.-12:30 p.m. **Dates:** Feb. 13, 20 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$30 **Registration Deadline:** Feb. 11

Music and the Brain

Instructor: S. Mitchell Freedman

This course explores how the brain processes music. We will study how it interprets the various aspects of sound and organizes them into what recognize to be music. These include tone, melody, rhythm, harmony, tempo and timbre. Audio and video clips will assist in our understanding.

Instructor: *S. Mitchell Freedman*; B.A., Haverford College; MD, University of Pennsylvania; Neurology Residency at Duke; retired from 40 years of clinical neurology practice in Raleigh; faculty appointment of Adjunct Professor of Neurology at UNC-CH.

Course #: MCE-LLI-1-185 **Instance #:** 000001 **Six Sessions:** 1-2:30 p.m. **Dates:** Jan. 16, 23, 30, Feb. 6, 13, 20 **Limit:** 23 **Location:** McKimmon 13 **Fee:** \$55 **Registration Deadline:** Jan. 14

Talking About Race and Ethnicity

Instructors: John Luecke, Lee Tate

The "living room conversation" format provides us with a structure and conversation agreements by which we can explore our experiences with and feelings about people who differ from us racially and ethnically. At the beginning of each session we will review the conversation agreements; we will then respond to a set of structured questions. The structured format is designed to help us listen thoughtfully and non-judgmentally to others, and to serve as a place where we can be listened to. It is not a place to debate or attempt to persuade others of your views. The co-moderators will ensure equal "air time" for all participants and keep the discussion on track. We'll discuss:

- The meaning of race and ethnicity
- How we interpret race and ethnicity
- Our experiences with people of different races and ethnicities
- Any feelings that have resulted from our lived experience with race and ethnicity
- Microaggressions -- what they are and how we can deal with them

This course is participative and interactive, and includes opportunities to help you better understand how you interact with people who are racially and culturally different from you.

Instructor: *John Luecke*; bachelor's and master's in Communication, University of Wisconsin-Milwaukee; worked in the corporate public relations before transitioning to teaching; earned an intercultural studies certificates from the Intercultural Communication Institute and University of British Columbia; taught communication at High Point University and the University of Wisconsin-Whitewater.

Instructor: *Lee Tate*; MBA in Computer and Information Science, Temple University; retired senior manager with extensive experience in leading diverse teams; career has focused on delivery excellence through communication, accountability, collaboration and leadership; currently serves as Lead in workshop "Living the Pledge to End Racism."

Course #: MCE-LLI-2-082 **Instance #:** 000002 **Three Sessions:** 3-4:30 p.m. **Dates:** Jan. 16, 23, 30 **Limit:** 10 **Location:** McKimmon 13 **Fee:** \$40 **Registration Deadline:** Jan. 14

Via Zoom -- Natural Solutions to Climate Change

Instructor: Warren Darrell

Preserving and restoring forests, grasslands, wetlands, and ocean ecosystems mitigates climate change by reducing greenhouse gas emissions, absorbing carbon dioxide, defending against flood and drought, and by providing biological habitat. We will explore the Carolinas, Everglades, Europe, Cuba, and Central America, learning about agroforestry, chestnut tree restoration, soil degradation and restoration, “blue carbon”, and how saving the whales helps reduce greenhouse gases. You don’t need to be a scientist to participate and enjoy.

Instructor: *Warren Darrell*; registered professional engineer with M.S. degrees in Environmental Engineering and Environmental Science from the University of Alabama and Montana State University; he is an active volunteer with the Ecologic Development Fund in Latin America, the North Carolina Coastal Estuarine Reserve, and the U.S. Coast Guard Auxiliary; Warren lives near Wilmington, NC, and is an avid sea kayaker.

Course #: MCE-LLI-1Z-195 **Instance #:** 000001 **Three Sessions:** 3-4:30 p.m. **Dates:** Jan. 16, 23, 30 **Limit:** 100 **Location:** Zoom **Fee:** \$40 **Registration Deadline:** Jan. 11

Have Spacesuit--Will Travel: The Evolution and Future of Spacesuits

Instructor: Marc Fusco

Spacesuits are one-person spacecraft that allow humans to operate in the most savage and unforgiving environments imaginable. Join us as we explore the concepts, science, and technologies behind historic, current, and future spacesuit designs, from the early altitude suits of the 1930s to the next generation biosuits that will enable us to safely explore the solar system in the coming decades.

Instructor: *Marc Fusco*; M.A., M.S., NASA Ambassador and space historian; Marc has several degrees in Medieval and Renaissance Literature and History, and an M.S. in Space Studies, where he majored in space policy and history; he has taught at Arizona State, Duke, and UNC; Marc has worked as a commercial space analyst and is currently a NASA Ambassador in Raleigh; author of *Presidents, Politics, and Policy: How the Apollo and Shuttle Decisions Shaped NASA*.

Course #: MCE-LLI-2-104 **Instance #:** 000001 **Two Sessions:** 3-4:30 p.m. **Dates:** Jan. 23, 30 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$30 **Registration Deadline:** Jan. 21

Life and Times of Financial Crimes

Instructor: Karen A Sims

Financial crime is very common today. Millions of people fall victim to various financial crimes from money laundering to fraud, embezzlement, insider trading, and cybercrime. Annually, financial losses are reported in the billions due to fraud, identity theft and other financial crimes. These crimes are often committed by individuals or groups seeking to profit from illegal activities both domestically and abroad. Join us as we discuss the various forms of financial crimes and dig into the inner workings to learn more about these crimes and to discover the tools on how to keep us all out of orange jump suits.

Instructor: *Karen Sims*; serves as Director Gifts and Records Management at NC State University since 2017; Sims brings over 24 years of experience within nonprofit financial management; Sims is an experienced advancement professional with proven skills to increase efficiency in integration of industry best practices for gift compliance, gift acceptance and data standards; Sims has previously served as Treasurer and Chair of the Ethics and Accountability committee for the Association of Fundraising Professionals - Eastern PA chapter; She holds a bachelor’s degree from DeSales University in management and marketing and a master’s degree in Educational Leadership (M.Ed.) from Lehigh University.

Course #: MCE-LLI-2-102 **Instance #:** 000001 **Two Sessions:** 3-4:30 p.m. **Dates:** Feb. 6, 13 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$30 **Registration Deadline:** Feb. 4

Writing Your Novel

Instructor: Heather McCollum

If you have ever thought of writing a novel, this course can help to get you started. An overview of fiction novel structure will be provided, touching on plot, setting, engaging characters, point of view, and dialogue.

Recommended Reading (Optional): *Save the Cat*, Blake Snyder; *Save the Cat! Writes A Novel*, Jessica Brody

Instructor: *Heather McCollum*; B.A.; Historical Romance Author; *USA Today* Bestseller, *Publisher's Weekly* Bestseller; Winner of the 2022 National Excellence in Romance Fiction Award; Published over 30 novels; Presenter on Dynamic Dialogue for WCPLS

Course #: MCE-LLI-2-103 **Instance #:** 000001 **Two Sessions:** 3-4:30 p.m. **Dates:** Feb. 6, 13 **Limit:** 23

Location: McKimmon 13 **Fee:** \$30 **Registration Deadline:** Feb. 4

WEDNESDAY

The Goldilocks Dilemma: The Grandparent and Grandchild relationship

Instructor: Hugh Willard

In this course we will explore the dynamics of the grandparent and grandchild relationship. This inevitably involves the parents in one form or another. Are you raising your grandchildren due to necessity, which suggests hard or tragic circumstances? If not of necessity, do you feel you get enough time with your grandkids? Too little? Too much? What are the boundaries of these relationships and how are they best communicated? Let's delve into these questions and learn how to maximize the quality of your time with your grandchildren.

Recommended Reading (Optional): *Grandparents as Parents: A Survival Guide for Raising a Second Family*, Sylvie de Toledo and Deborah Edler Brown; *The Grandfamily Guidebook: Wisdom and Support for Grandparents Raising Grandchildren*; additional readings provided in web catalog

Instructor: *Hugh Willard*; holds degrees in Psychology and Counseling and is a psychotherapist, author, and retirement coach with over 35 years of experience; he has facilitated workshops locally and nationally and has guest lectured at several area universities including UNC-Chapel Hill and NC State; he is currently pursuing an MFA in Creative Writing from Bay Path University.

Course #: MCE-LLI-2-100 **Instance #:** 000001 **Three Sessions:** 9-10:30 a.m. **Dates:** Feb. 7, 14, 21 **Limit:** 23

Location: McKimmon 13 **Fee:** \$40 **Registration Deadline:** Feb. 5

From Democracy to Dictatorship: Germany 1919-1939

Instructor: Carolyn Happer

As her army retreated and civil unrest intensified, Germany in the fall of 1918 agreed to an armistice, which was followed in 1919 by the punitive Treaty of Versailles. Burdened with loss of territory, military restrictions, and reparations, the new democratic government (Weimar Republic, 1919-1933) commenced under inauspicious circumstances and in the following decade, it struggled to survive. The Depression that began in 1929 was one burden too many and by 1933 the Nazi Party had gained control. This course will examine Germany between the World Wars, focusing on the political and economic crises of the 1920s and the cultural expressions that reflected the disillusionment and despair of these years. We'll discuss the rise and success of the Nazis, and examine life in the Third Reich.

Instructor: *Carolyn Happer*; received her Ph.D. from Duke University; she was at Meredith College for 30 years where she taught Southern history, American history, Western Civilization and Holocaust Experiences.

Course #: MCE-LLI-1-050 **Instance #:** 000002 **Six Sessions:** 11a.m.-12:30 p.m. **Dates:** Jan. 17, 24, 31, Feb. 7, 14, 21 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$55 **Registration Deadline:** Jan. 15

It's Your Story - Write Your Memoir!

Instructors: Phyllis Demko, Lynne Sparrow

Writing is hard, and sometimes the most difficult thing is getting started. This course will help you overcome inhibitions about writing that first word of your own story--to share with your grandchildren, your friends, and most especially to reward yourself for a life well lived. Using a variety of exercises, we will recall significant events from our lives and begin to craft them into stories. For inspiration, we will review some professional memoirs. Several OLLI members will share their experiences in producing a full-length memoir and will offer tips for jumping any hurdles that might discourage you. We will describe several publishing options. You will have some class time for writing; some may be done between sessions. Sharing your work with others is voluntary.

Instructor: *Phyllis Demko*; has been an active OLLI volunteer since 2013, including service on the Program Committee and instructor of numerous courses; her career was in higher education as a lawyer, human resources administrator and adjunct faculty, teaching literature, writing and education courses; she recently completed a memoir book of 48 essays about her life and times; she holds a Ph.D. in English and J.D. from UNC.

Instructor: *Lynne Sparrow*; a long-time OLLI member and an active participant in several writing groups and networks; she has published two books of memoir in which she reports and reflects on her experiences, her adventures, and what she's managed to learn from them; other writings include short stories, essays, and a full-length collection of family stories and other pieces; in her career she taught German and English as a Second Language to students in kindergarten through university; she has a B.A. in German and master's in education.

Course #: MCE-LLI-2-092 **Instance #:** 000001 **Three Sessions:** 11a.m.-12:30 p.m. **Dates:** Jan. 17, 24, 31 **Limit:** 23 **Location:** McKimmon 13 **Fee:** \$40 **Registration Deadline:** Jan. 15

Proven Strategies for Securing Your Retirement Lifestyle

Instructor: Jim Trull

The years leading up to and shortly after retirement are often called the "Retirement Red Zone." We each are faced with many critical decisions that will shape the security we enjoy and our retirement lifestyle. We will review some of the most common mistakes retirees make and how to avoid them. We will be covering key topics such as how to maximize your social security benefits and how to avoid disinheriting one or more of your children. Properly coordinating your investments and insurance with your estate plan is critical. We will discuss the risk of living too long and how to repurpose lazy assets to protect you in case of a long term care event. Come learn how to profit from the mistakes of others to secure your retirement lifestyle.

Recommended Reading: *The New Retirementality*, Mitch Anthony

Instructor: *Jim Trull*; CeFTr, CFPr, is a graduate of North Carolina State University and the founder of Keystone Financial Partners, an independent wealth management firm in Cary; Jim has earned his CERTIFIED FINANCIAL PLANNER™ (CFP®), Chartered Financial Consultant® (ChFC®), Chartered Life Underwriter® (CLU®), Certified in Long-Term Care (CLTC), and Accredited Investment Fiduciary® (AIF®) designations; Jim is a member of the Financial Planning Association® (FPA®) and has more than 40 years of experience advising clients through life's most critical transitions such as retirement, loss of a spouse, and coming into sudden money from an inheritance or sale of a business.

Course #: MCE-LLI-2-128 **Instance #:** 000002 **Three Sessions:** 11a.m.-12:30 p.m. **Dates:** Feb. 7, 14, 21 **Limit:** 23 **Location:** McKimmon 13 **Fee:** \$40 **Registration Deadline:** Feb. 5

Confessions of a Retired Art Museum Curator

Instructor: John Coffey

Drawing on a long career as a curator at the North Carolina Museum of Art, John Coffey will present in-depth backstories of intriguing American art acquisitions as well as a landmark exhibition, five years in the making. Over the course of three sessions, he will discuss such topics as how a curator acquires art and what is involved in organizing a major art exhibition.

Recommended Reading (Optional): *American Impressionist: Childe Hassam and the Isles of Shoals* (exhibition catalogue), NCMA/Essex Peabody Museum (distributed by Yale University Press), 2016.

Instructor: *John W. Coffey*; a native of Raleigh, Mr. Coffey received a B.A. from the UNC-Chapel Hill and an M.A. from Williams College; he served as curator of collections at the Bowdoin College Museum of Art until 1989 when he began a 32-year career at the North Carolina Museum of Art, retiring in 2021 as Deputy Director, Curator of American and Modern Art, and Curator of Judaic Art; during his tenure at the NCMA, Coffey organized numerous exhibitions; however, his most enduring legacy is collection building; his many art acquisitions have dramatically enhanced the Museum's presentation of American, modern and Jewish ceremonial art.

Course #: MCE-LLI-2-096 **Instance #:** 000001 **Three Sessions:** 1-2:30 p.m. **Dates:** Jan. 17, 24, 31 **Limit:** 55
Location: McKimmon 11/12 **Fee:** \$40 **Registration Deadline:** Jan. 15

Our Emotional Lives Workshop

Instructor: Ben O'Neal

The quality of our lives largely depends on how we create, manage, regulate and respond to our emotions. In this course, designed especially for older adults, we will explore how we make our emotions and what recent science tells us about living productive and rewarding lives. How do we name and deal with "unpleasant" emotions like shame, guilt, grief, depression, and anxiety? How do we create and encourage "pleasant" emotions like gratitude, awe, contentment, and love? The quality of our relationships depends on how we express our emotions to others. Since each of us is different, we will use in-class exercises and work in small groups to explore what might work for each of us in promoting emotional well-being for ourselves, loved ones, friends and communities. Note: This hands-on course will depend heavily on class participation, so please enroll only if you are willing to actively participate.

Recommended Reading (Optional): *Permission to Feel*, Marc Brackett; *How Emotions Are Made*, Lisa Feldman Barrett

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 #: MCE-LLI-1-075 **Instance #:** 000002 **Six Sessions:** 1-2:30 p.m. **Dates:** Jan. 17, 24, 31, Feb. 7, 14, 21 **Limit:** 23 **Location:** McKimmon 13 **Fee:** \$55 **Registration Deadline:** Jan. 15

Via Zoom -- The Godmothers of Art

Instructor: Parme Giuntini

Let's time travel to Europe in the Renaissance, then fast forward to the 19th and 20th centuries and visit some groundbreaking female artists along the way. Their works are considered canonical now, but until the late 1970s, they were lost or forgotten. These "Godmothers of Art" faced challenges, criticism, and cultural roadblocks, yet still managed to create enduring and powerful works. ***This program is offered in partnership with OLLI at UNCW.***

Instructor: *Parme Giuntini*; earned her Ph.D. in art history from UCLA and currently teaches for Otis College of Art and Design and the University of North Texas; she is an art and design historian with a passion for 18th century portraiture and representations of domestic life as well as the intersection of design and culture.

Course #: MCE-LLI-2Z-109 **Instance #:** 000001 **Three Sessions:** 1-2:30 p.m. **Dates:** Feb. 21, 28, March 6
Limit: 100 **Location:** Zoom **Fee:** \$40 **Registration Deadline:** Feb. 15

Choosing a CCRC: Make Your First Choice the Right Choice

Instructor: Brad Breeding

This purpose of this course will be to equip attendees with the information and knowledge to more confidently navigate their retirement living options. We'll cover the various retirement living options, including the an in-depth overview of continuing care retirement communities, as well as financial considerations and other important questions to ask.

Instructor: *Brad Breeding*; spent 12 years as a personal financial advisor before founding myLifeSite.net, an online platform providing tools and content designed to facilitate well-informed retirement living choices—especially concerning CCRC/life plan retirement communities and other senior living options; Brad's expertise has been sought out by outlets such as *Money Magazine*, *Kiplinger's*, *Wall Street Journal's MarketWatch*, *USA Today*, and *The New York Times*. His book *What's the Deal with Retirement Communities?* offers an exploration of senior living and important planning considerations.

Guest presenters: Anne Browning, The Oaks at Whitaker Glen; Evelyn Hughes, The Cypress of Raleigh; Allie Ligay, Searstone Retirement Community; Donna McCaskill, Hayes Barton Place; Emily Smith, Glenaire; Nicol Whitaker, The Templeton of Cary

Course #: MCE-LLI-1-186 **Instance #:** 000001 **Six Sessions:** 3-4:30 p.m. **Dates:** Jan. 17, 24, 31, Feb. 7, 14, 21 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$55 **Registration Deadline:** Jan. 15

Film and the Other Arts

Instructor: Lucy Fischer

In this course, we will examine the relationship between the medium of film and the other arts. Classes will focus on film as it relates to literature, painting, music, theater, design and dance. A feature film will be assigned to stream prior to class on your own, supplemented by excerpts from experimental and documentary films shown during the class session. Emphasis will be placed on cinema as a highly interdisciplinary and intermedial form that easily draws upon a multiplicity of artistic sources.

Note: Films will be assigned to stream prior to class.

Instructor: *Lucy Fischer*; is a Distinguished Professor, Emerita, of Film and Media Studies at the University of Pittsburgh; she is the author of fifteen books, most recently, *Cinema by Design: Art Nouveau, Modernism, and Film History* (2017), *Cinemagritte: René Magritte Within the Frame of Film History, Theory and Practice* (2019) *Emotion Pictures: Cinema and Feelings* (2023), *Recollecting Collecting: Film and Media Perspectives* (2023); she has held curatorial positions at The Museum of Modern Art (NYC) and The Carnegie Museum of Art (Pittsburgh), and has received a NEA Art Critics Fellowship and a NEH Fellowship.

Course #: MCE-LLI-1-205 **Instance #:** 000001 **Five Sessions:** 3-4:30 p.m. **Dates:** Jan. 24, 31, Feb. 7, 14, 21
Limit: 23 **Location:** McKimmon 13 **Fee:** \$55 **Registration Deadline:** Jan. 22

Via Evening Zoom -- Broadway in the Seventies: A Personal Journey

Instructor: Cary Frederick

In 1973, Cary Frederick became part of the Current Broadway Theater Tour staff. During the 1970s, he saw eight shows a year. In addition, he had backstage visits and luncheons with cast members and personnel.

Cary ended the seventies by moving to NYC and eventually starting his own tour business called Rent-A-New-Yorker! This course is a year-by-year account of the Broadway shows and stars of the decade--Stephen Sondheim (*Company, Follies*), Neil Simon (*Prisoner of Second Avenue, The Sunshine Boys*), and revivals including *No, No, Nanette* with Ruby Keeler and *Irene*, starring Debbie Reynolds. Be ready to share your own memories! This program is offered in partnership with OLLI at UMass Boston.

Recommended Viewing (Optional): One or more of the following plays: *Sleuth, Deathtrap, Equus* and *The Elephant Man*

Instructor: Cary Frederick; B.A., MLS, Indiana University; film studies at College of Staten Island 1979-80; began a NYC tour company called Rent-a-New Yorker in 1982; from 1971-2006, helped run the Current Broadway Theater Tour; taught four classes covering these 45 years at UMass Boston via Zoom; married, two children; moved to N.C. from the Boston area in 2020.

Course #: MCE-LLI-1Z-203 **Instance #:** 000001 **Seven Sessions:** 6:30-8 p.m. **Dates:** Jan. 17, 24, 31, Feb. 7, 14, 21, 28 **Limit:** 100 **Location:** Zoom **Fee:** \$55 **Registration Deadline:** Jan. 11

THURSDAY

Bond, James Bond

Instructor: Stan Darer

This class will take an in depth look at the iconic spy 007. We will start with author Ian Fleming and how his life led to writing the James Bond series. This will lead us into the movies we have come to love. We will explore what makes these films so intriguing--the actors playing James Bond, the Bond women, the villains, the music, and of course the gadgets. In this course, we will see how all this and more has been woven into the Bond experience. Taking this class will leave you, like Bond's martinis, shaken not stirred.

Instructor: Stan Darer; B.A., Economics, Lehman College, CUNY, Bronx; thirty-eight year career in finance in the electrical supply industry with Graybar Electric Company; volunteer at several organizations in Raleigh, including Temple Beth Or, Bedford Over 55 Club and presents programs at Senior Communities; active member and volunteer on OLLI's Program Committee; 2017 recipient of OLLI's Betty Poulton Volunteerism Award.

Course #: MCE-LLI-1-187 **Instance #:** 000001 **Six Sessions:** 11a.m.-12:30 p.m. **Dates:** Jan. 18, 25, Feb. 1, 8, 15, 22 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$55 **Registration Deadline:** Jan. 16

Via Zoom -- A Close Reading of Toni Morrison's *Paradise*

Instructor: Marjorie Lancaster

Toni Morrison's *Paradise*, her first novel published after she received the Nobel Prize in Literature, is well worth the reader's time and intellectual energy. It contains many familiar Morrison hallmarks: compelling characters; unexpected plot twists; historical analogues; the importance of community; the redemptive power of love; and questions about the past, race, gender, and violence that remain relevant today. Beginning with its provocative opening sentence "They shoot the white girl first," *Paradise* explores the ways fear--of the Other, the unknown, and powerlessness--can lead to discrimination, sexism, exclusion, and terrorism. Morrison's belief that literature is a collaboration between writer and reader is the bedrock of this discussion-based class that will consider Morrison's powerful writing and the complex issues she raises in this novel. **Note:** Please sign up for this course only if you are able to read 60 pages of text each week and participate fully in discussion.

Required Reading: *Paradise*, Toni Morrison

Instructor: Marjorie Lancaster; completed her undergraduate work at Duke University and her graduate work at Tulane; as a member of the Toni Morrison Society, she has given presentations on strategies on teaching

Morrison's novels; since 2015 she has enjoyed teaching OLLI classes and believes that a good class is fueled by the participants' curiosity, a guided scrutiny of the text, and inclusive participation that brings out the many facets of the work.

Course #: MCE-LLI-1Z-188 **Instance #:** 000001 **Six Sessions:** 11a.m.-12:30 p.m. **Dates:** Jan. 18, 25, Feb. 1, 8, 15, 22 **Limit:** 13 **Location:** Zoom **Fee:** \$55 **Registration Deadline:** Jan. 14

Via Zoom -- Death and Dying Documents Everyone Should Have

Instructor: John Grant

As we age, we may focus on end-of-life planning, but what about planning for unexpected legal and financial events that may occur before the end? Consider how to enhance your ease of life, from right now to the end. That can include social and family factors. Discuss the preparation and use of all legal and financial documents that can go into your life goals and estate plans. ***This program is offered in partnership with OLLI at USF.***

Instructor: *John Grant*; J.D., Stetson College of Law; practiced estate planning and administration for 53 years; served in the Florida Legislature for 21 years.

Course #: MCE-LLI-2Z-107 **Instance #:** 000001 **Two Sessions:** 11a.m.-12:30 p.m. **Dates:** Jan. 25, Feb. 1 **Limit:** 50 **Location:** Zoom **Fee:** \$30 **Registration Deadline:** Jan. 21

The End of Everything, Astrophysically Speaking

Instructor: Brand Fortner

Following cosmologist Katie Mack's best seller: The universe had a beginning. With the Big Bang, it expanded from a state of unimaginable density to an all-encompassing cosmic fireball to a simmering fluid of matter and energy, laying down the seeds for everything from black holes to one planet orbiting a star near the edge of a galaxy that developed life. But what happens to the universe at the end of the story? Here we take a mind-bending tour through five of the cosmos's possible finales: the Big Crunch, Heat Death, the Big Rip, Vacuum Decay, and the Bounce. We will guide you through cutting-edge science and major concepts in quantum mechanics, cosmology, string theory, and more.

Required Reading: *The End of Everything*, Katie Mack

Instructor: *Brand Fortner*; Ph.D. in high energy astrophysics from the University of Illinois at Urbana-Champaign; teaching professor in physics at NC State and adjunct professor of physics at UNC-Chapel Hill; founder of two software companies; previously held positions at NASA, NCSA, and Johns Hopkins University.

Course #: MCE-LLI-1-189 **Instance #:** 000001 **Six Sessions:** 3-4:30 p.m. **Dates:** Jan. 18, 25, Feb. 1, 8, 15, 22 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$55 **Registration Deadline:** Jan. 16

FIRST TERM LECTURES

MONDAY

Lecture -- Winter Storms in North Carolina

Instructor: Corey Davis

This lecture will go over the science of winter storms, including how they form, what makes them so tough to predict, and their varying precipitation types from snow to sleet to freezing rain. We will explore their history in North Carolina, with a chance for students to share their own experiences.

Instructor: Corey Davis; B.S., Meteorology; M.S.; Atmospheric Science from NC State; Corey is a science communicator, a weather historian, and a lifelong North Carolina resident who loves to share the story of our weather and climate with people across the state.

Course #: MCE-LLI-3-208 **Instance #:** 000001 **One Session:** 3-4:30p.m. **Date:** Feb. 5 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** Feb. 3

Lecture -- Catching Up with the CRISPR Craze

Instructor: Rodolphe Barrangou

The advent of CRISPR-based technologies has revolutionized our ability to manipulate the genetic content of organisms across the tree of life, and democratized genome editing across the globe. Repurposed from obscure adaptive immune systems in bacteria, CRISPR molecular machines have been broadly deployed in academia and industry in the past 10 years, to manipulate the genomes of organisms relevant to medicine, biotechnology and agriculture. We now have a portable CRISPR toolbox enabling flexible editing from a single nucleotide to large scale genome manipulation in organisms that span minimalistic viruses to large trees. Besides the technical bottlenecks inherent to the deployment of this disruptive technology across phylogenetic units, it is necessary to also account for regulatory frameworks, intellectual property pursuit, public engagement, consumer acceptance and geopolitical issues impacting our practical ability to harness genome editing to address medical, agricultural and environmental challenges that require such disruptive technologies.

Recommended Reading (Optional): *The Code Breaker*, Walter Isaacson

Instructor: Rodolphe Barrangou; Ph.D., is the T. R. Klaenhammer Distinguished Professor at North Carolina State University, leading the CRISPRlab; Rodolphe spent 9 years at Danisco and DuPont, and has been at NC State since 2013; For his CRISPR work, Rodolphe received several international awards, notably the Canada Gairdner International Award, and was elected into the National Academy of Sciences, the National Academy of Engineering, and the National Academy of Inventors; Dr. Barrangou is a co-founder of Intellia Therapeutics, Locus Biosciences, TreeCo, Ancilia Biosciences and CRISPR Biotechnologies, an advisor to Inari and the IGI, and Editor in Chief of the CRISPR Journal.

Course #: MCE-LLI-3-229 **Instance #:** 000001 **One Session:** 3-4:30 p.m. **Date:** Feb. 12 **Limit:** 150 **Location:** McKimmon Center TBD **Fee:** \$15 / **Non-Member Rate:** \$20 **Registration Deadline:** Feb. 10

Lecture -- Information and Misinformation: The Role of the Media in the 2024 Campaign

Instructor: David McLennan

The media has often been referred to as the “Fourth Estate” of politics and its role in shaping voter attitudes is unquestionable. This lecture will explore the role of media—both traditional and new media—in affecting voter attitudes around the 2024 campaigns. Some topics that will be covered include media echo chambers, bias, and misinformation.

Instructor: David McLennan; B.A., M.A., University of Virginia; Ph.D., University of Texas at Austin; Professor of Political Science, Meredith College.

Course #: MCE-LLI-3-241 **Instance #:** 000001 **One Session:** 3-4:30 p.m. **Date:** Feb. 19 **Limit:** 150 **Location:** McKimmon Center TBD **Fee:** \$15 / **Non-Member Rate:** \$20 **Registration Deadline:** Feb. 17

Lecture -- Dorothea Dix Park: From Concept to Creation

Instructors: Nick Neptune, Janet Cowell

This lecture will introduce students to a civic landscape that’s been described as “the most exciting and important urban park project in America today.” Topics include the history and legacy of the land, the planning and development of the park and its present and potential environmental, social, and economic benefits to our

growing city and region. Participants will gain a better understanding and appreciation of this unprecedented public-private investment and partnership that N.C.'s Capital City has undertaken, while exploring topics like advocacy, community engagement, social infrastructure, urban planning, cultural interpretation, design and preservation.

Required Reading: *To Restore Civil Society, Start with the Library*, Eric Klinenberg, The New York Times, Sept. 8, 2018; *Dorothea Dix Park's Master Plan Executive Summary*: <https://dixpark.org/master-plan>

Recommended Reading (Optional): *Palaces for the People: How Social Infrastructure Can Help Fight Inequality, Polarization, and the Decline of Civic Life*, Eric Klinenberg (Sept. 2019)

Instructor: *Nick Neptune*; is the Director of Outreach and Community Engagement for the Dorothea Dix Park Conservancy; he is a 2023 recipient of the Triangle Business Journal's 40 Under 40 Business and Community Leadership Award and the 2022 WakeUP Wake County Stan Norwalk Award for Community Engagement.

Instructor: *Janet Cowell*; is the President and CEO of the Dorothea Dix Park Conservancy, bringing a passion for nature, history, and design along with 30 years of experience in both public and private sector roles, including service as state treasurer, chief executive officer, state senator, and city councilor.

Course #: MCE-LLI-3-220 **Instance #:** 000001 **One Session:** 3-4:30 p.m. **Date:** Feb. 26 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** Feb. 24

Lecture -- Why Comics Aren't Just For Kids

Instructor: Margaret Simon

Over the past twenty years, comics and graphic novels have become more prevalent and are popular with readers of all ages. This lecture asks "why?" Through interactive lecture and discussion, we will cover the surprising history of American comics and graphic novels from their origins in political cartooning and superhero serials to today's diverse graphic novels. We will consider why authors combine text and image to create narrative and we'll explore the different social and political contexts that have helped determine comics' popularity and prominence in the US across the last century. With plenty of visuals, reading suggestions, and time for questions and discussion, this will be a lively session perfect for someone new to comics or just interested in learning more about the genre.

Instructor: *Maggie Simon*; earned a Ph.D. in English Language and Literatures from the University of Virginia and an M.A. in Comparative Literature from the University of Wisconsin, Madison; while her primary research field is English Renaissance Literature and book history, she has spent the last ten years researching and teaching about contemporary American comics; in addition to her extensive publications in Renaissance literature, she has published and presented on various topics related to comics and graphic literature, most recently a collaborative piece on the digital annotation of graphic literature which appears in the journal of the Design Research Society.

Course #: MCE-LLI-3-211 **Instance #:** 000001 **One Session:** 3-4:30 p.m. **Date:** Feb. 26 **Limit:** 23 **Location:** McKimmon 13 **Fee:** \$15 **Registration Deadline:** Feb. 24

TUESDAY

Lecture -- The Blueprint to Dismantle Systemic Racism

Instructor: Christal Carmichael

To reimagine systems that create inequitable outcomes for Black and Brown residents, the Triangle Diversity, Equity, & Inclusivity Alliance (the DEI Alliance) and its partners built on the longstanding work in the community to create a blueprint to dismantle systemic racism in Wake County, North Carolina. The Blueprint is a living document comprising more than 40 goals and 150 near-term action items that organizations can take to

address systemic racism. It was created by a group of more than 50 leaders from community-based organizations who met as working groups from June through December 2021. The groups drafted goals and ideas to transform Wake County into a place where Black and Brown residents experience equity in every aspect of their lives. The Blueprint targets four areas: criminal justice, economic mobility, education equity, and health equity. These focus areas were identified from recent state and local research and were selected to leverage this effort. Three additional parameters served as guideposts for shaping the Blueprint: systems change, local orientation, and potential for near-term action.

Required Reading: *The Blueprint to Dismantle Systemic Racism*, downloadable at <https://abetterwake.com/blueprint/>

Instructor: *Christal Carmichael*; serves as the Division of Race Equity, Program Manager, for Wake County; in this role, Christal advances the County's efforts to launch and execute recommendations from the Blueprint to Dismantle Systemic Racism report; from integrating racial equity principles into County operations, to strategic management and facilitation of a multi-stakeholder planning process, Christal is advancing the work of Race equity through a collaborative and long-term effort.

Course #: MCE-LLI-3-225 **Instance #:** 000001 **One Session:** 11a.m.-12:30 p.m. **Date:** Feb. 6 **Limit:** 55

Location: McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** Feb. 4

Lecture -- Introduction to Origami

Instructor: Cliff Lin

This lecture will offer a brief introduction to origami, the Japanese art of paper folding. We will cover a simple overview of the history of origami and participants will get to create a basic model to bring home. No prior experience is required and materials will be provided.

Instructor: *Cliff Lin*; junior in electrical engineering at NC State; president of Origami Club at NC State

Course #: MCE-LLI-3-240 **Instance #:** 000001 **One Session:** 11a.m.-12:30 p.m. **Date:** Feb. 13 **Limit:** 23

Location: McKimmon 13 **Fee:** \$15 **Registration Deadline:** Feb. 11

Lecture -- People of Faith Reflect on Earth Care

Instructors: Jarrod Davis, Towsif Aziz, Erin Salisbury, Lynn Lyle

A Buddhist, a Muslim, a Jew and a Christian came into an OLLI class. They were asked, "What does your faith say about your duty to love and care for the Earth and how do you try to fulfill that duty?" Hear answers from Elise Strevel (Buddhism), Towsif Aziz (Islam), Erin Salisbury (Judaism), Jarrod Davis (Christianity) and moderator Lynn Lyle, all Interfaith Creation Care of the Triangle leaders or allies. They will explore how people of faith are working for climate and environmental justice, facing eco-anxiety, overcoming paralysis, and learning that we already have the climate solutions we need to reverse climate change, if they are brought to scale. We will explore how they are bringing those solutions to their own homes, congregations and communities.

Instructor: *Lynn Lyle*, B.A. from Sweet Briar College; M.Ed. in counseling and Ph.D. in Higher Education Administration, University of Florida; in retirement she is a full-time volunteer and president of Interfaith Creation Care of the Triangle; her earlier career was in education serving as a school counselor, play therapist, director of a community women's center at a community college, a government relations officer, and a university development officer.

Instructor: *Towsif Aziz*; part of ICCT as their Communications Team Lead, earned his MBA from East Carolina University and obtained his B.S. in Business Administration and Biology from the University of North Carolina at Greensboro; he currently works as a Operations Specialist for Thrivent Charitable and enjoys

splitting his time between home projects, gardening and traveling! Towsif also volunteers with Zakat Foundation in Durham, NC where he is also on as a board member

Instructor: *Rev. Jarrod S. Davis*; is a native of eastern North Carolina, where his family's farm dates back to 1776; Jarrod holds a B.A. in English from NC State University and a Master of Divinity from Duke University; Jarrod has been in ministry with the North Carolina Conference of the United Methodist Church since 2012, and has served as pastor of several rural churches; he served as the chair of the NC Conference's Creation Care Committee from 2020-2023, and now serves as the Creation Ministries Coordinator for both the North Carolina and Western North Carolina Conferences of the UMC; he writes, speaks on, preaches, teaches and trains Christians in becoming better environmental stewards from a Christian theological standpoint, and helps churches incorporate positive ecological practices into their missions.

Instructor: *Erin Salisbury*; a senior at NC State earning her B.A. in Religious Studies, is on the Steering Committee of Interfaith Creation Care of the Triangle; she earned her Associate's Degree from Wake Technical Community College in 2022; in addition to her studies at NC State and her involvement with ICCT, Erin is active as a member of the Raleigh Dayenu circle; Erin believes that we all have the responsibility to care for the world around us and is excited to share a Jewish perspective on creation care.

Instructor: *Elise Strelvel*; at-large member of the Interfaith Creation Care of The Triangle Steering Committee; retired from a 20-year career in Special Education and another 20 year career in Nursing; since retiring, she dedicates much time and effort in various volunteer roles in organizations such as Outreach Coordinator for the Kadampa Buddhist Center, Board Member of Triangle Interfaith Alliance, and ICCT.

Course #: MCE-LLI-3-232 **Instance #:** 000001 **One Session:** 1-2:30 p.m. **Date:** Jan. 30 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** Jan. 28

Lecture -- The Underground Railroad In Eastern N.C.

Instructor: Leesa Jones

Learn about the Underground Railroad, how it operated in eastern North Carolina, and what made it successful. With documents, slave narratives, and "coded communication" such as songs and dance, you will gain an understanding of the various ways enslaved people made attempts to secure their freedom. This lecture engages the class to join in some of the segments such as a hand-clapping game, or the singing of familiar hymns that conveyed coded messages to freedom seekers.

Instructor: *Leesa Payton Jones*; retired preschool teacher of 37 years; Co-Founder and Curator of The Washington Waterfront Underground Railroad Museum; owner of The African American Walking History Tours of Washington NC; author of *Bright Ma-Day Clean, A Story About The Underground Railroad*, a children's book about the underground railroad in Washington NC.

Course #: MCE-LLI-3-033 **Instance #:** 000002 **One Session:** 1-2:30 p.m. **Date:** Feb. 6 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** Feb. 4

Lecture -- Tourism in Nature: Sustainability Problems or Solutions?

Instructor: Yu-Fai Leung

Tourism and recreation visitations to national parks and other natural places around the world continue to grow, raising concerns about their negative impacts on the environment and casting doubts on the claims that sustainable tourism and recreation can be a positive force for nature conservation. The lecture will offer a global overview of the sustainability challenge of visitor use in protected and natural areas. The latest trends of nature tourism, as well as its pros and cons for the environment and wildlife, will be discussed. Examples will be drawn from U.S. national and state parks, as well as protected places in other continents such as Asia,

Europe, South America, and Antarctica. Ideas for becoming more responsible and sustainable travelers will be shared.

Recommended Reading (Optional): *The Last Place on Earth Any Tourist Should Go*, The Atlantic Magazine (July 2023).

Instructor: *Yu-Fai Leung*; received his Ph.D. in Forestry from Virginia Tech after completing his bachelor and master's education in Hong Kong. For over 20 years, he has devoted teaching, research and service to the sustainability issues of tourism and recreation in protected and natural areas; he has conducted research and capacity building projects in various national parks in the U.S. and abroad; he was the chief editor of IUCN sustainable tourism best practice guidelines (in six languages); he is a co-PI on two ongoing Antarctic tourism studies funded by the Dutch Government.

Course #: MCE-LLI-3-219 **Instance #:** 000001 **One Session:** 1-2:30 p.m. **Date:** Feb. 20 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** Feb. 18

Lecture -- Selling Your Home in Today's Market

Instructor: Freda Hamlett

Selling a home you have lived in for decades can seem like a daunting task, but it doesn't need to be so overwhelming. Whether you are planning to sell this month or not for a few years, do your homework now and be prepared! We will answer the following questions and more: Where do I begin? How do I prepare my house for sale? Can I sell as-is? What should I expect when my home goes on the market? What are the costs involved in selling? Get the facts about what is involved in selling a home in today's market

Instructor: *Freda Hamlett*; B.A. from Syracuse University in Interior Design; certified Senior Housing Professional; senior Real Estate Specialist.

Course #: MCE-LLI-3-222 **Instance #:** 000001 **One Session:** 3-4:30 p.m. **Date:** Feb. 20 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** Feb. 18

WEDNESDAY

Lecture -- Booker T. Washington: Savior or Traitor?

Instructor: Gary E. Moore

Most of us are familiar with the name of Booker T. Washington, but how much do you really know about him? In this presentation, we look at the life of Booker T. Washington and trace his journey from being a slave to being the most influential African-American in America in the early 1900s. We will learn how he transformed a chicken house in Alabama into Tuskegee University, explore the Atlanta Compromise Speech of 1895, investigate why he caused a national outrage from white Southerners when he accepted an invitation to dine at the White House and identify the views other African-American leaders of that era had about Booker T. Washington. Some say he was a savior of the race, others say he was a traitor. We will also explore his views and actions in regards to improving agriculture and education in the south.

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

Course #: MCE-LLI-3-217 **Instance #:** 000001 **One Session:** 1-2:30 p.m. **Date:** Feb. 7 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** Feb. 5

Lecture -- Let There Be Sparks! The Large Hadron Collider

Instructor: Bill Pace

On the border between France and Switzerland, just outside of Geneva, one of the world's most complicated machines is busy smashing atoms together to better understand what makes up matter. Known as the Large Hadron Collider, this facility engages thousands of scientists and physicists from across the globe. Their efforts involve analyzing the results of these collisions some three hundred feet underground. What are they doing and why are they pursuing this research? This lecture presents a history of the LHC, a refresh on atomic structure and a discussion of the experiments.

Instructor: *Bill Pace*; B.S. in Engineering from NC State, MBA from UNC Charlotte; after a long career in the IT industry, he enjoys travel, golf and his grandpa time; he is the coordinator of OLLI's Science and Technology subcommittee and regularly instructs for the program, presenting technical topics from a conceptual viewpoint.

Course #: MCE-LLI-3-216 **Instance #:** 000001 **One Session:** 1-2:30 p.m. **Date:** Feb. 21 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** Feb.19

Spring Semester Kickoff: Words From NC State's Dr. Tom Stafford-Tour Guide Was Never in my Job Description

Dr. Tom Stafford, NC State Vice Chancellor for Student Affairs Emeritus, has made numerous contributions to the university community and the OLLI program. He will share about his life and the highlights of his career, and how he eventually became a campus ambassador and tour guide. In August 2023, he conducted his 1000th tour of the Memorial Bell Tower and in September 2023, in recognition of his service to NC State after retirement, he received the Watauga Medal, NC State's highest non-academic honor. Join our friend Dr. Tom Stafford and journey with him to the Hallowed Places, the landmarks and spaces that store the most cherished memories on NC State's campus, defined by the university as "irreplaceable campus buildings, landscapes and natural settings that have accrued special meaning over time." **Refreshments will follow from 3:15 - 4:00pm**

Note: This event is free and open to the public, but you must register.

Instructor: *Tom Stafford*; a native of Henderson, N.C.; Dr. Stafford served as a mentor to NC State student leaders for more than forty years; following twelve years of service in various positions, including associate dean of Student Affairs, Chancellor Bruce Poulton appointed Dr. Stafford as vice chancellor for Student Affairs; as Vice Chancellor, Dr. Stafford served alongside twenty-seven student body presidents and six NC State chancellors; received a bachelor's degree in psychology from Davidson College; master's degree in counseling from NC State; Ph.D. in higher education administration from Florida State.

Course #: MCE-LLI-3-056 **Instance #:** 000003 **One Session:** 2-3:00p.m. **Date:** Jan. 10 **Limit:** 150 **Location:** McKimmon Center TBD **Fee:** \$0 **Registration Deadline:** Jan. 8

FRIDAY

Via Zoom -- Lecture -- The Importance of Pets

Instructor: Mike Ganey

Pet owners share a special bond with their pets, and vice versa. If you would like to learn more about the huge pet industry, this session is for you. We will talk about how important pets are to the economy, key 2023 trends and benefits of pet ownership. We will cover dogs, cats, fish, birds, reptiles, and others you may not have considered. And for you dog owners, we will provide a handout with more than 40 activities to share with your

canine friend. There will be time for discussion, so please come with your questions. ***This program is offered in partnership with OLLI at USF.***

Instructor: *Michael Ganey*; B.S., History; MBA, Darden School of Business, University of Virginia; 40 years in consumer products marketing; OLLI member; keen interest in current affairs, both domestic and international. Senior marketing roles with Anheuser-Busch, Bahlsen, Austin Quality Foods, The American Kennel Club, and House-Autry Mills.

Course #: MCE-LLI-3Z-221 **Instance #:** 000001 **One Session:** 11a.m.-12:30 p.m. **Date:** Jan. 26 **Limit:** 100
Location: Zoom **Fee:** \$15 **Registration Deadline:** Jan. 21

Via Zoom -- Lecture -- Mystery and Detective Fiction: The Back Story

Instructors: Audrey Newton, Nancy Capaccio

Variably described as detective, crime, mystery or whodunit, this literature is the most widely read class of fiction in the English-speaking world. It reflects our world order, refracts our dynamic societies, and satisfies an ever more sophisticated readership. The presenters will share their view of its back story, based on 65 years of engaged reading and reflection. ***This program is offered in partnership with OLLI at USF.***

Instructor: *Audrey Newton*; At an early age, Audrey Newton met Nancy Drew who introduced her to Sherlock Holmes, and the game was afoot; after an A.B. in English Literature and Drama and an M.S. in Information Science, she taught English at the secondary level, and was a school librarian before pivoting to work with younger children; she received Primary and Advanced Diplomas from AMI (Association Montessori Internationale) and founded and headed Apple Valley Montessori School in Sudbury, MA; in retirement, she is still threatening to write mysteries featuring a peripatetic librarian.

Instructor: *Nancy Capaccio*; graduated from U Wisconsin and taught school briefly before serving as a marketing research consultant to Fortune 500 companies; She's a fan of mysteries and of OLLI.

Course #: MCE-LLI-3Z-223 **Instance #:** 000001 **One Session:** 11a.m.-12:30 p.m. **Date:** Feb. 9 **Limit:** 100
Location: Zoom **Fee:** \$15 **Registration Deadline:** Feb. 4

Commemorative Landscapes of North Carolina

Instructor: *W. Fitzhugh Brundage*

Commemorative landscapes are areas earmarked to recall, celebrate, honor or memorialize significant people, places, ideas and events in our history and culture. We will survey the commemorative landscape of North Carolina and will discuss who created it, and consider what has and has not been commemorated in our public spaces. We will discuss the future of commemoration in this state.

Instructor: *W. Fitzhugh Brundage*; received his B.A. from the University of Chicago and my Ph.D. from Harvard University; before coming to UNC-CH in 2002, he taught at Queen's University (Canada) and the University of Florida; he has written about lynchings in the post-Civil War South, Black and white historical memory in the South, the history of torture in the United States, and is currently completing a book on Civil War prisoner of war camps.

Course #: MCE-LLI-3-224 **Instance #:** 000001 **One Session:** 11a.m.-12:30p.m. **Date:** Feb. 16 **Limit:** 55
Location: McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** Feb. 14

SECOND TERM MULTI_SESSION CLASSES

MONDAY

Napoleonic Wars Part I

Instructor: Dave Milidonis

(See page 1 for course description, notes and bio)

Course #: MCE-LLI-1-182 **Instance #:** 000003 **Six Sessions:** 9-10:30 a.m. **Dates:** March 11, 18, 25, April 1, 8, 15 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$55 **Registration Deadline:** March 19

We the People—Current and Future Population Demographics

Instructors: Mike Cline, Carol Rahmani

In this two-session course, we will examine the changing demographics in the U.S. and N.C., and discuss projections for the future. These changes in the makeup of our national and state populations are widely referred to as the "browning and graying" of America. We will delve into the perceptions, attitudes, and behaviors of population groups in anticipation of and in response to these demographic shifts.

Instructor: *Mike Cline*, Ph.D., Applied Demography UT-San Antonio; State Demographer of North Carolina; author and co-author of several books, book chapters, and articles including *Population Change in the United States* and *The Future of Hispanics May Determine the Socioeconomic Future of the United States*.

Instructor: *Carol Rahmani*; Ph.D., Psychology, NC State; retired school system administrator and school psychologist; avid student of history and contemporary politics; OLLI Program Development Committee member, veteran OLLI instructor and 2014 recipient of OLLI's Betty Poulton Volunteerism Award.

Course #: MCE-LLI-2-095 **Instance #:** 000001 **Two Sessions:** 11a.m.-12:30 p.m. **Dates:** March 18, 25 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$30 **Registration Deadline:** March 16

Beyond Cable: Making Smart Streaming Choices

Instructor: Howard Koslow

The constantly evolving selection of streaming video services makes deciding what and where to watch quite daunting. This course guides students through the maze of technology, services and content available today to help optimize their time and money spent watching video on cable or streaming, and even how to "cut the cable cord." Topics include: basics of over-the-air broadcasts, how on-demand and live streaming services work, and how to choose and connect streaming devices (e.g., Roku, Apple TV) and services (e.g., Netflix, HBO Max). Participants will learn about online resources to find content and choose services, and get tips on logging their viewing to help in planning. The goal is to help participants create a game plan for more intentional, cost-effective and enjoyable viewing.

Instructor: *Howard Koslow*; B.S., Brown University; Software engineer for IBM; volunteer and instructor for OLLI at Duke, teaching technology courses since 2018.

Course #: MCE-LLI-1-198 **Instance #:** 000001 **Four Sessions:** 11a.m.-12:30 p.m. **Dates:** March 18, 25, April 1, 8 **Limit:** 23 **Location:** McKimmon 13 **Fee:** \$40 **Registration Deadline:** March 16

Solving Mysteries through Death Investigations

Instructor: Debi Radisch

Have you watched CSI or Dateline and thought you understood how autopsies and lab tests help solve murders and/or pinpoint causes of mysterious deaths? This course will fill you in on what death investigations

really entail and the training required for those who do this important work. We will explore the North Carolina Medical Examiner System, from its conception almost seventy years ago to today. Topics covered include funding and legislation, what a medical examiner is and who qualifies to fulfill this role, guidelines for cases that require a medical examiner to investigate and which of those cases require an autopsy, and more.

Instructor: *Dr. Deborah Radisch*; earned her M.D. from Bowman Gray School of Medicine (WFU), completed post-graduate training at NC Memorial Hospital and the NC Office of the Chief Medical Examiner, and is board-certified in Anatomic, Clinical, and Forensic Pathology; she obtained her MPH (HPAA) at UNC Gillings School of Public Health; her area of special interest is reviewing child fatalities to prevent their occurrence; in 2010, following 25 years of experience as a forensic pathologist at the NC OCME, she became the Chief Medical Examiner of NC; upon her retirement in 2019, she was awarded the Order of the Long Leaf Pine.

Course #: MCE-LLI-2-094 **Instance #:** 000001 **Three Sessions:** 11a.m.-12:30p.m. **Dates:** April 1, 8, 15
Limit: 55 **Location:** McKimmon 11/12 **Fee:** \$40 **Registration Deadline:** March 30

The Titanic and Mass Media History

Instructor: Frank Fee

RMS Titanic struck an iceberg and sank in 1912 but it remains a hot topic worldwide. This course examines how mass media of the day – newspapers, magazines, books, film, and sheet music, to name a few – covered the news and contributed to understanding the disaster both then and now. Discussion will emphasize American and British newspaper coverage and the influence of emerging technologies on reporting and society. Also featured: advertising and nascent public relations industries as they responded with what we now call “crisis communications,” a role that, though refined over the years, remains much the same with each new natural or human-made calamity. Finally, we will examine the Titanic in public memory and its influence on our culture to this day.

Recommended Viewing (Optional): The motion picture *Titanic*; *The Unsinkable Molly Brown*.

Instructor: *Frank Fee*; Ph.D., UNC-Chapel Hill; M.A., State University of New York at Brockport; B.S., Cornell University; retired associate professor in the School of Journalism and Mass Communication at UNC-CH, where he taught graduate and undergraduate media history courses; prior to entering the academy full time, he was an editor and reporter in daily newspapers for nearly 35 years and taught journalism part-time at the college level for more than 10 years; research interests include journalism history, with a focus on antebellum U.S. newspapers and the journalism of Frederick Douglass, newsroom management, trends in American journalism, and news accuracy.

Course #: MCE-LLI-1-201 **Instance #:** 000001 **Six Sessions:** 1-2:30 p.m. **Dates:** March 11, 18, 25, April 1, 8, 15 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$55 **Registration Deadline:** March 9

TUESDAY

Great Works of Western Drama

Instructor: Catherine Mainland

This course will explore the content and context of drama from five major eras: Greek (Sophocles); Roman (Seneca); Renaissance (Shakespeare); Realist (Ibsen); and Modernist (Dürrenmatt). This historical sweep will show that human art is driven by the same fundamental questions throughout the ages. How responsible are we for our actions? How much can we control our lives? What do we owe to each other?

Required Reading: *Oedipus the King*, Sophocles; *Hercules Insane*, Seneca; *King Lear*, Shakespeare; *A Doll's House*, Ibsen; *The Visit*, Dürrenmatt

Instructor: *Catherine Mainland*; studied German in her native Scotland before moving to North Carolina in 2001; she received her M.A. and Ph.D. in Germanic Languages and Literatures from UNC-Chapel Hill in 2003 and 2006, then a second M.A. in English Literature from NCSU in 2008; since joining the English faculty at NCSU in 2010, she has taught a range of American and Western World Literature survey courses, interdisciplinary seminars for the Honors and Scholars Program, and graduate seminars for the MALS program.

Course #: MCE-LLI-1-190 **Instance #:** 000001 **Six Sessions:** 9-10:30 a.m. **Dates:** March 12, 19, 26, April 2, 9, 16 **Limit:** 23 **Location:** McKimmon 13 **Fee:** \$55 **Registration Deadline:** March 10

Plant Disease Epidemics: Sociological and Historical Impacts

Instructor: David Shew

This course offers an overview of epidemics of plant diseases that have helped shape the world as we see it today. Presentations will focus on historical and recent epidemics, with a brief introduction to the types of organisms that cause these epidemics, and why new ones continue to occur. We will explore how plant diseases have impacted our political and economic systems, caused tremendous human suffering, and resulted in the devastation of natural ecosystems. We will also look at how humans have learned and failed to learn from understanding the factors that led to devastating epidemics.

Instructor: *David Shew*; a native of North Carolina; he received a Ph.D. from NC State in Plant Pathology and was Professor of Plant Pathology for 40 years at NC State; he conducted research, taught multiple classes, and received national and NC State teaching awards including Alumni Distinguished Undergraduate Professor; he retired September 30, 2020.

Course #: MCE-LLI-1-199 **Instance #:** 000001 **Six Sessions:** 11a.m.-12:30 p.m. **Dates:** March 12, 19, 26, April 2, 9, 16 **Limit:** 23 **Location:** McKimmon 13 **Fee:** \$55 **Registration Deadline:** March 10

The Secret Life of N.C. State Parks

Instructor: Katherine Capps

With over 250,000 acres and 80 park units, North Carolina State Parks have so much to uncover and discover. This course explores secrets and delights across North Carolina that will help you build your bucket list of excursions, experiences and events that will have you excited to spend 2024 in the outdoors.

Instructor: *Kathy Capps*; has been working in the parks and recreation industry for over 25 years in university, military, state and municipal settings; she is currently working for North Carolina State Parks as the Deputy Director of Operations; this position provides direction and leadership to the N.C. state parks system and operations including statewide management of all lands and waters administered by the division including parks, recreation areas, trails, rivers, lakes and natural areas encompassing over 250,000 acres; in addition, Capps is responsible for overseeing resource management, environmental education programming, law enforcement, safety and facility maintenance for the state's park system.

Course #: MCE-LLI-1-202 **Instance #:** 000001 **Four Sessions:** 11a.m.-12:30 p.m. **Dates:** March 26, April 2, 9, 16 **Limit:** 55 **Location:** McKimmon Center 11/12 **Fee:** \$40 **Registration Deadline:** March 24

Intermission Impossible: Long Films You Can't Walk Away From

Instructor: Lewis Beale

Have you noticed how films are getting longer? The 90-minute movie is practically extinct, and the 150 minute film has taken its place. But longer does not mean boring or exhausting; if the combination of director and subject matter really click, a long film can be as engrossing as that thick novel you can't put down while you're on vacation. This course will feature six films, all at least 2/12 to 3 hours long, and all justifying their running

time. Included will be a classic crime flick, an Oscar-nominated foreign language film, an Oscar-nominated sci-fi film, an influential Japanese classic, and more. A discussion will follow each screening.

NOTE: Most of these films feature some violence. If violence of any kind in the movies disturbs you, this course is not 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 #: MCE-LLI-1-204 **Instance #:** 000001 **Six Sessions:** 1-5:00 p.m. **Dates:** March 12, 19, 26, April 2, 9, 16 **Limit:** 55 **Location:** McKimmon Center 11/12 **Fee:** \$75 **Registration Deadline:** March 10

Good Conversations with Adult Children

Instructor: Alita Bluford

Developing and maintaining relationships with our adult children requires fine tuning our listening skills and understanding how emotional intelligence skills affect the relationship dynamic. Realizing the need to shift away from a parental role is challenging. Establishing, nurturing and maintaining this evolved relationship dynamic in our conversations with our adult children can be challenging and filled with "traps." During this course, you will learn your communication and learning styles and how your own level of internal happiness effects the conversational dynamics. We will then apply this knowledge to your interactions along with learning some do's and don'ts in the parent/adult child interaction. Tips on what "not to say" and how to say what you need to say while minimizing tension in the relationship will be provided.

Instructor: *Alita Bluford*; B.S, Univ. of Michigan; M.S., Eastern Michigan Univ.; born and raised in Detroit; OLLI at Duke member and instructor, former member of OLLI at the University of Michigan; adult learning specialist with a passion to teach adults in ways that make learning easier for them; throughout her professional life she has focused on educating adults in difficult situations; has worked in several corporations as a training manager, and ran her own consulting firm that assisted small businesses in teaching their employees how to get along better and work more efficiently.

Course #: MCE-LLI-1-136 **Instance #:** 000002 **Six Sessions:** 1-2:30 p.m. **Dates:** March 12, 19, 26, April 2, 9, 16 **Limit:** 23 **Location:** McKimmon 13 **Fee:** \$55 **Registration Deadline:** March 10

Via Zoom -- Southeast Asian North Carolina

Instructor: Becky Butler

North Carolina is home to some of the fastest growing communities of Southeast Asians in the United States. Drawing from the fields of Asian Studies and Asian American Studies, the course explores the political histories and lived experiences of Southeast Asians and Southeast Asian Americans in North Carolina, including Hmong, Cambodian, Filipinx, K'nyaw, Burmese, Montagnard, and Vietnamese, among others, who hail from Vietnam, Laos, Cambodia, the Philippines, and Myanmar. We will explore the diverse ways these communities came to be established in the state, and will consider issues relevant to N.C. Southeast Asian communities such as food justice, mental health support, anti-racism work, and transnational connections. The course will highlight scholarly written materials as well as oral histories from local community members. ***This program is offered in partnership with OLLI at UNCW.***

Instructor: *Becky A. Butler*; Ph.D., 2014, Cornell University M.A., 2005, UNC-Chapel Hill B.A., 2003, University of Virginia; Assistant Director for Southeast Asia Initiatives, Carolina Asia Center, UNC-CH; Adjunct Assistant Professor of Linguistics, UNC-CH; Selected projects/grants won: North Carolina Teaching Asia Network (2023-24), Freeman Foundation: National Council for Teaching about Asia Bringing Southeast Asia Home (2022-2027), Henry Luce Foundation Southeast Asian North Carolina (2022), Association for Asian

Studies Migration Stories: Linguistics and Belonging among Refugees from Burma (2018-2021), Humanities for the Public Good Critical Issues Project Fund Linguistic Diversity (2016), Thrive@Carolina
Course #: MCE-LLI-1Z-194 **Instance #:** 000001 **Six Sessions:** 3-4:30 p.m. **Dates:** March 12, 19, 26, April 2, 9, 16 **Limit:** 100 **Location:** Zoom **Fee:** \$55 **Registration Deadline:** March 7

WEDNESDAY

Political Lobbying: Why It Exists, How it Works and Its Impact on our Lives

Instructor: Anthony G. Solari

We often hear about "lobbyists" and "lobbying." To many people, lobbyists and those they represent are a "corrupting" influence on our economic and political systems. Who are these people and what interests do they represent? What is their impact on policy making and why are they so influential? What role does money play and what "special interests" make use of it? Finally, we will look at the impact, both positive and negative, that interest groups have on our political system. Would banning or eliminating them be a good thing, and is it even possible?

Instructor: *Tony Solari*; Ph.D, Political Science, Duke Univ.; has been teaching political science since 1986; specializes in political philosophy, American government and politics, American 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 #: MCE-LLI-2-098 **Instance #:** 000001 **Two Sessions:** 9-10:30 a.m. **Dates:** March 13, 20 **Limit:** 55
Location: McKimmon Center 11/12 **Fee:** \$30 **Registration Deadline:** March 11

Enneagram and Ayurvedic Principles

Instructor: George Nemezc

A recent development in modern psychology theorizes that the direct assessment of personality through the Enneagram test in combination with ancient Ayurvedic principles may aid to help diagnosis and treatment. Naturopathic doctors who develop an understanding of the three Ayurvedic doshas and the nine personalities of the Enneagram will gain insight into the true condition of the patient. This analysis can help practitioners to develop a treatment and lifestyle change protocol. In this course we will go through the basics of Enneagram and Ayurvedic principles expand on the topics and see some parallels, connections and applications.

Required Reading: Participants should take this Free Enneagram test prior to the beginning of the class:
<https://www.truity.com/test/enneagram-personality-test>

Recommended Reading (Optional): Ayurveda Encyclopedia

Instructor: *George Nemezc*; Ph.D. CAy.; retired professor of Biochemistry, at Campbell University School of Pharmacy and School of Osteopathic Medicine at Buies Creek N.C.; Dr. Nemezc's research interests cover a wide range of topics from lipid biochemistry to molecular modeling, herbal and oriental medicinal practices; Dr. Nemezc published several herbal monographs and applications published in *U.S. Pharmacist*; Dr. Nemezc is a certified Ayurvedic practitioner and he was the course director of herbal and alternative medicine program at the School of Pharmacy.

Course #: MCE-LLI-2-106 **Instance #:** 000001 **Three Sessions:** 9-10:30 a.m. **Dates:** March 27, April 3, 10
Limit: 19 **Location:** McKimmon 13 **Fee:** \$40 **Registration Deadline:** March 25

Postcards from Around the World

Instructor: Lauren Ball

No passports are required for this trip around the world as we travel to six different countries all within the comfort of an OLLI classroom! Leveraging the expertise of NC State's diverse international population, weekly presenters will share the history, art, music, food, language, and other cultural topics from their countries. Members will be emailed a list of countries represented in this course after January and the OLLI online catalog will be updated with this information. Join us for this exciting tour of amazing countries, stories, and people without having to step foot in an airport.

Instructor: *Lauren Ball*; has worked in the Office of International Services at NC State for 14 years and has been coordinating the Postcards from Around the World class almost annually during that time; she holds a Master's degree in International Studies from NC State and loves supporting engagement between NC State's international population and OLLI class participants.

Course #: MCE-LLI-1-133 **Instance #:** 000002 **Six Sessions:** 11a.m.-12:30 p.m. **Dates:** March 13, 20, 27, April 3, 10, 17 **Limit:** 55 **Location:** McKimmon Center 11/12 **Fee:** \$55 **Registration Deadline:** March 11

Gospel Voices: Comparing Themes and Structures

Instructor: E. Carson Brisson

Drawn to the same compelling subject, Jesus of Nazareth, the canonical gospel writers offered four portraits of his life, each portrait shaped by the conviction that his life was somehow decisive for the lives of their communities. What themes and emphases did these four writers hold in common, and which are unique to their individual presentations? How did these writers configure and shape the stories within their larger story? How might what and how they wrote help us understand the particular social concerns, historical circumstances, and religious visions of their respective communities?

Recommended Reading (Optional): Matthew, Mark, Luke, and John in the New Testament

Instructor: *E. Carson Brisson*; Associate Professor of Bible & Biblical Languages, (Ph.D., Th.M., M.Div., B.A.,) Union Presbyterian Seminary, Richmond Va.; Charlotte, NC; Dr. Brisson's primary teaching assignments at Union are biblical Hebrew and Greek; In 2022, he received an award for his essay "A Jail Visit and a Promise to a Mother." His latest publication, March 2023, is the essay "Stronger Than All Evil Things," in the journal *Christian Century*; He enjoys taking long walks with his spouse and their rescue beagle when there is a breeze.

Course #: MCE-LLI-1-200 **Instance #:** 000001 **Six Sessions:** 11a.m.-12:30 p.m. **Dates:** March 13, 20, 27, April 3, 10, 17 **Limit:** 19 **Location:** McKimmon Center 13 **Fee:** \$55 **Registration Deadline:** March 11

Revisiting Darwin's HMS Beagle voyage (1831-1836)

Instructor: Janice Swab

Charles Darwin is a name all students learn in biology studies. Of all the scientists of the 19th century he stands out for presenting his theory of evolution by means of natural selection, the central idea that guides the study of biology. What influenced his thinking? In his autobiography he credits his experiences on his five-year voyage of HMS Beagle (1831-1836). We will travel with him around the world, emphasizing the natural and cultural changes that have taken place over the last nearly two centuries.

Instructor: *Dr. Janice C. Swab*; Professor of Biology emerita, has taught in higher education in the USA and a number of other countries for 55 years; she has been a Fulbright Scholar in Egypt, Sudan, Zambia, and India; she lectures widely on botanical topics as a result of her travels to countries from Australia to Zambia and especially in recent years in the Arctic.

Course #: MCE-LLI-1-208 **Instance #:** 000001 **Six Sessions:** 1-2:30 p.m. **Dates:** March 13, 20, 27, April 3, 10, 17 **Limit:** 55 **Location:** McKimmon Center 11/12 **Fee:** \$55 **Registration Deadline:** March 11

Discussing "Pride and Prejudice"

Instructor: Sue Scott

Pride and Prejudice, Jane Austen's most well-known novel, in which the arrogant Mr. Darcy finds himself drawn to the spirited Elizabeth Bennet, is a favorite book all over the world. We'll explore reasons for the continued popularity of this 1813 classic. Along the way, we'll discuss the importance of marriage for a woman in Austen's time, the novel's historical and literary contexts, and some everyday knowledge that contemporary readers took for granted, such as that related to letter writing, dancing, and money. We'll also explore the quirks of Austen's novels as seen in *Pride and Prejudice*. And, of course, we won't forget to examine that famous first line. Whether you've read the book ten times or only once, please join us for this lecture and discussion series.

Required Reading: *Pride and Prejudice*, Jane Austen

Instructor: *Sue Scott*; retired librarian; she has taught classes for OLLI on *Sense and Sensibility*, *Emma*, and *Persuasion*; as a member of the Jane Austen Society, she presents programs about Austen's life and novels; most recently, a discussion entitled "Pride, Prejudice, and Peculiarities: The Writing Quirks of Jane Austen"; member of OLLI's Hospitality Committee.

Course #: MCE-LLI-1-197 **Instance #:** 000001 **Six Sessions:** 1-2:30p.m. **Dates:** March 13, 20, 27, April 3, 10, 17 **Limit:** 23 **Location:** McKimmon 13 **Fee:** \$40 **Registration Deadline:** March 11

North Carolina's Contribution to the Bluegrass Story

Instructor: Ron Raxter

Bluegrass is uniquely American roots music. North Carolina's musicians made important contributions to the development of the sound of today's bluegrass music. This course will explore how the ballads and fiddle tunes of the British Isles merged with the banjo rhythms of Africa to form the music of the working classes. With the invention of the phonograph record and the radio, new styles of "hillbilly music" were created. One of the most important innovators of one of those styles was Earl Scruggs when he joined Bill Monroe's Bluegrass Boys. Later, Doc Watson, Tony Rice and other North Carolinians would add to the evolution of the bluegrass sound we know today.

Required Listening: Attendees should listen to bluegrass recordings such as Nitty Gritty Dirt Band's album *Will the Circle Be Unbroken*

Recommended Reading (Optional): *Bluegrass: A History* by Neil Rosenberg *Foggy Mountain Troubadour*, Penny Parsons

Instructor: *Ron Raxter*; founder, Apple Chill Cloggers and Pine Cone-the Piedmont Council of Traditional Music; former Chair, IBMA Leadership Bluegrass Planning Committee; former member, Education Committee of the International Bluegrass Music Association; current co-ordinator of Five Points Pickers and PineCone bluegrass jams; active award-winning bluegrass and old-time musician (bass); double major in History and Political Science, UNC-CH.

Course #: MCE-LLI-1-044 **Instance #:** 000002 **Three Sessions:** 3-4:30 p.m. **Dates:** March 13, 20 27 **Limit:** 23 **Location:** McKimmon 13 **Fee:** \$40 **Registration Deadline:** March 11

The Explorer Species and the First Peopling of Places

Instructor: Karl Wegmann

This course explores the peopling of locations with examples from Africa, the Mediterranean, North and South America, and the Moon. An important evolutionary feature separating Homo sapiens from other animals is our ability for ecological range expansion across diverse and extreme environments. Our species first appeared in Africa around 300,000 years ago, and after a series of fits and starts, we successfully populated every continent (except for Antarctica) by ~16,000 years ago. To track and correlate these dispersals, geo(archaeologists) study the materials left behind, including artifacts, features, and art. One result of our 300,000-year evolutionary journey is that H. sapiens have re-ordered life on Earth, altered the atmosphere and oceans, and become the primary driver of landscape change. Presently, we are undergoing our next major range expansion: the peopling of our solar system beyond Earth.

Recommended Reading (Optional): links to online reading material provided in online catalog description

Instructor: *Karl Wegmann*; B.A., Geology, Whitman College; M.S., Earth and Planetary Sciences, Univ. of New Mexico; Ph.D., Earth and Environmental Science, Lehigh Univ.; Assoc. Professor of Geology, Dept. of Marine, Earth, and Atmospheric Sciences, NC State; over 65 research publications, including peer-reviewed journal articles, geologic maps, and landslide hazard assessments; co-creator of HazMapper.org platform for global, open-source and publicly available natural hazard detection via cloud computing.

Course #: MCE-LLI-2-101 **Instance #:** 000001 **Three Sessions:** 3-4:30p.m. **Dates:** April 3, 10, 17 **Limit:** 55

Location: McKimmon 11/12 **Fee:** \$40 **Registration Deadline:** April 1

THURSDAY

The Astonishing Inner life of Our Cells

Instructor: Ron Monti

Did you know that the human body contains 37 trillion cells, 100,000 different proteins, and more than 200 cell types? These cells and molecules are assembled with exquisite precision and perform absolutely amazing biological exploits. Even more incredibly, the entire human body starts out as a single cell! In this course, we'll journey inside our cells using an array of remarkable illustrations, animations and learning tools. We'll cover major cell types, the wondrous molecular machines within them, and how cells interact. You'll never see yourself in the same way again.

Instructor: *Ron Monti*; veteran OLLI science instructor, a member of OLLI's Science and Technology Subcommittee, and was OLLI's 2018 volunteer of the year; he is a volunteer educator and exhibitor at the NC Museum of Natural Sciences and a master outreach speaker for the Raleigh Astronomy Club.

Course #: MCE-LLI-1-191 **Instance #:** 000001 **Six Sessions:** 9-10:30 a.m. **Dates:** March 14, 21, 28, April 4, 11, 18 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$55 **Registration Deadline:** March 12

Stones to Crypto: A Brief History of Banking

Instructor: John Pilgrim

The transition from a barter to a market-based exchange economy led to the emergence of money and financial intermediaries---places where we could put our money safely until we needed to buy something. We'll examine the evolution of money and financial intermediaries from stones through crypto and see how these operated, especially during the financial crises of the last 100 years.

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

Course #: MCE-LLI-1-192 **Instance #:** 000001 **Six Sessions:** 11a.m.-12:30 p.m. **Dates:** March 14, 21, 28, April 4, 11, 18 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$55 **Registration Deadline:** March 12

Downsizing 2.0

Instructor: Freda Hamlett

When considering a move from your current residence into a more manageable one, it is often referred to as downsizing. Not only is there stuff to deal with when relocating, but you often have a house to sell and the logistics of the move to think about as well. The most frequent word used when describing the thought of this process is “overwhelmed.” Can you relate to that sensation? Then, this is the presentation for you. The goal is to help take the overwhelm out and simplify downsizing, by teaching you strategies and giving you guidance for the process.

Instructor: *Freda Hamlett*; B.A. from Syracuse University in Interior Design; certified Senior Housing Professional; senior Real Estate Specialist.

Course #: MCE-LLI-2-099 **Instance #:** 000001 **Three Sessions:** 3-4:30 p.m. **Dates:** March 21, April 4, 18

Limit: 55 **Location:** McKimmon 11/12 **Fee:** \$40 **Registration Deadline:** March 19

FRIDAY

Via Zoom -- Backyard Pollinators

Instructor: Niki Robertson

Backyard pollinators include solitary bees and wasps, hover flies, and tachinids as well as butterflies and birds. This course will enable you to identify each of these groups by sight as well as learn about their biology. There will be a brief introduction to the citizen science app iNaturalist for identifying unknown pollinators and keeping track of them. Recommendations for planting a garden to attract pollinators will also be given.

Recommended Reading (Optional): *Pollinators of Native Plants: Attract, Observe and Identify Pollinators and Beneficial Insects With Native Plants*, Heather Holm

Instructor: *Niki Robertson*; Ph.D. in Plant Cell Biology from Cornell University; she taught in the Plant Biology Department at NC State for 26 years before retiring and becoming an avid nature lover.

Course #: MCE-LLI-2Z-093 **Instance #:** 000001 **Two Sessions:** 11a.m.-12:30 p.m. **Dates:** April 5, 12 **Limit:** 30 **Location:** Zoom **Fee:** \$30 **Registration Deadline:** 31-Mar

SECOND TERM LECTURES

MONDAY

Lecture -- Introduction To The Dulcimer

Instructor: Joan Burroughs

What if you were meant to be a musician but never knew it? Have you always wanted to play an instrument but have no musical skill? If you love all kinds of music, or you just want to have fun, this lecture is for you. You will be introduced to the Dulcimer, a member of the Zither family. Three very different stringed musical instruments share that name, two of which will be explored. There will be a brief presentation of the dulcimer's origin, history, and folklore as well as performance. The Mountain Dulcimer has a fretboard layout that can be easily visualized and understood. The audience will be able to play a tune virtually. Volunteers will have an opportunity to play an actual instrument. No musical experience is required to play, yet the dulcimer has seemingly endless possibilities for musical skill, technique, complexity, and genre. Information on resources will be provided for those interested in learning to play. Take a musical journey into the Appalachians.

Instructor: *Joan Burroughs*; is a multi-instrumentalist, who specializes in the mountain dulcimer; In 2006, after receiving a mountain dulcimer as a gift, she immediately joined a dulcimer group in her area, and began instruction. Later, Joan purchased a hammered dulcimer; Since 2006 Joan has been attending workshops, both live and virtual, on both instruments; She has attended Western Carolina University, Warren Wilson College, Mars Hill University, and various festivals with individual instructor workshops; In 2021, she received her mountain dulcimer teacher certification from Judy House, after completing a week long course at Black Mountain Music Festival; You may view her website at dulcimerdestiny.com.

Course #: MCE-LLI-3-210 **Instance #:** 000001 **One Session:** 11a.m.-12:30 p.m. **Date:** March 11 **Limit:** 55
Location: McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** March 9

Lecture -- Understanding Local Weather Reports

Instructor: James Luciani

Have you ever tuned into your local weather forecast and heard terms like "upper-level disturbance", "polar vortex", or "shortwave troughs" and think to yourself, "What is the weather forecaster talking about?" We will discuss a wide array of weather terminology and explore the fundamentals concerning weather. You will also be provided with information about internet sites the presenter uses to keep an eye on the weather.

Instructor: *Jim Luciani*; 22 year US Navy Aerographer's Mate (weather forecaster); 18 year National Weather Service Port Meteorological Officer; 2020 NWS Issac M. Cline Award winner for Data Acquisition.

Course #: MCE-LLI-3-226 **Instance #:** 000001 **One Session:** 1-2:30 p.m. **Date:** March 18 **Limit:** 23
Location: McKimmon 13 **Fee:** \$15 **Registration Deadline:** March 16

Via Zoom -- Lecture -- Great Escapes of World War II

Instructor: Howard Kerner

Amazing POWs and death camp inmates found the astonishing courage, determination and creativity to concoct a plan to break out of their extremely dangerous and horrific Nazi controlled captivity during World War II. In this astonishing audio and visual presentation, we will examine the incredible lengths to which some inspiring people went to seek freedom. ***This lecture is offered in partnership with OLLI at USF.***

Instructor: *Howard Kerner*; M.A.; taught English, communications and humanities at the high school and university levels for 47 years; has published hundreds of articles and created and taught courses on interpersonal relationships and on the Holocaust.

Course #: MCE-LLI-3Z-239 **Instance #:** 000001 **One Session:** 1-2:30 p.m. **Date:** April 15 **Limit:** 50 **Location:** Zoom **Fee:** \$15 **Registration Deadline:** April 11

Lecture -- Medicare Fraud: Don't Become A Victim!

Instructor: Stephanie Bias

Are you aware that an excess of 68 billion dollars is lost annually to Medicare fraud, waste and abuse? You have heard the philosophy of "knowledge is power" in many aspects of our lives. Have you received emails, seen television commercials, received phone calls, mail, texts, or unscheduled visits touting "you are missing out on the benefits you deserve"? Join us for a conversation about the important steps you should take to protect your Medicare benefits and detect Medicare fraud. Learn the process for reporting suspected Medicare fraud, waste and abuse. Together, we can commit to educating ourselves on the importance of Medicare fraud prevention, and share with our friends and family.

Instructor: *Stephanie Bias*; North Carolina Senior Medicare Patrol (NCSMP) Program Coordinator at Seniors' Health Insurance Information Program (SHIIP) within North Carolina Department of Insurance (NCDI);

Stephanie is a Salisbury native, however Raleigh has been "home" since 1973; Stephanie holds an AA from Peace College; BS in Education from Campbell College and a Graduate Certification in Training and Development from North Carolina State University; Stephanie has 35 years of professional service to the State of North Carolina; as the NCSMP Program Coordinator, she travels the state providing Medicare fraud prevention through education, outreach and media efforts to NC's two million Medicare beneficiaries, caregivers, professional partners; she serves as the Co-Chair of the North Carolina Senior Consumer Fraud Task Force and the Awareness Committee Co-Chair of the North Carolina Partnership to Address Adult Abuse (NCP3A).

Course #: MCE-LLI-3-227 **Instance #:** 000001 **One Session:** 3-4:30 p.m. **Date:** March 11 **Limit:** 55

Location: McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** March 11

Lecture -- Having Our Say--The Remarkable Delany Sisters

Instructor: Wanda Cox-Bailey

This lecture explores the inseparable, lifelong journey of Bessie and Sadie Delany, two sisters growing up in the late 19th century in America. With pure resilience and tenacity, the sisters obtained degrees in dentistry and higher education, breaking barriers along the way while inspiring and offering hope to other young women. This lecture will cover the remembrances taken from their memoirs, stories of growing up on the St. Augustine university campus, their days in the literary social whirl of the Harlem Renaissance, the post-World War II aftermath and the civil rights movement. It is a unique view spanning a century of U.S. history through the eyes of two remarkable African American women.

Recommended Reading (Optional): *Having Our Say: The Delany Sisters' First 100 Years*

Instructor: *Wanda Cox-Bailey*; B.S., MLS, University of Maryland, College Park; Branch Manager, R.B. Harrison Public Library, Wake County Public Libraries; retired in 2020; veteran OLLI instructor.

Course #: MCE-LLI-3-207 **Instance #:** 000001 **One Session:** 3-4:30 p.m. **Date:** March 25 **Limit:** 55

Location: McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** March 23

Lecture -- The Future of Our Democracy: Non-Partisan Views on How Citizens Can Help

Instructor: Jane Pinsky

This lecture offers overview of the state of democracy in North Carolina including transparency, openness, accountability, redistricting, and voting rights. We will look at the makeup of the N.C. General Assembly, the results of the March 5th primary, possible legislation in the 2024 short session, and what the impact of the 2023 redraw of Congressional and legislative districts will have on the state for the next 7 years. Participants are encouraged to come with lots of questions and ideas.

Recommended Reading (Optional): *It's Even Worse Than It Looks: How the American Constitutional System Collided with the New Politics of Extremism*, Norman J. Ornstein, Thomas E. Mann; *The Paradox of Tar Heel Politics: The Personalities, Elections, and Events That Shaped Modern North Carolina* Second Edition, Revised and Updated By Rob Christensen; *The Assembly*- a newsletter about NC politics; Participants will receive an updated reading list approximately one month before the program.

Instructor: *Jane Pinsky*; B.A., Carleton College; Cours des Etudiants Etrangers, Université de Caen: Founding member- National Committee on Pay Equity; Founding member - Emily's List; Founding member- Lillian's List; Professional experience- National Women's Employment Project, NARAL, Democratic National Committee, American Nurses Association, NC Organization of Nurse Executives, NC Foundation for Nursing, NC Governor's Highway Safety Program, AAA-NC, Child Advocacy Institute, Common Cause; Honors- Outstanding Young Women, Alumni Lifetime Achievement Award- Carleton College, Defenders of Justice Award- NC Justice Center.

Course #: MCE-LLI-3-237 **Instance #:** 000001 **One Session:** 3-4:30 p.m. **Date:** April 1 **Limit:** 150 **Location:** McKimmon Center TBD **Fee:** \$15 / **Non-Member Rate:** \$20 **Registration Deadline:** March 30

Lecture -- True Stories of the Circuit Rider Preachers

Instructor: Gary Moore

Between 1766 and the late 1800s the circuit rider preacher was a fixture of the American frontier. Because of the sparse population, there were very few churches. Several religious denominations sent preachers out to the frontier to minister to the faithful and to reach the unsaved. In 1844, there were over 4,000 circuit rider preachers. These preachers traveled by horseback covering a circuit of 200 -500 miles that might take 4-6 weeks to complete, preaching in barns, homes and even saloons. Life as a circuit-riding preacher was challenging but there were some humorous events that occurred along the way. In this presentation, the life and work of the circuit riding preacher will be examined along with true (typically humorous but not always) stories taken from the journals kept by these preachers.

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

Course #: MCE-LLI-3-218 **Instance #:** 000001 **One Session:** 3-4:30 p.m. **Date:** April 8 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** April 6

TUESDAY

Lecture -- Toy Boom: The Making of an Exhibit

Instructor: Katie Edwards

Post World War II brought in an era of economic prosperity and a soaring birthrate which made the country a child-focused culture. These children, however, grew up in a time of great dramatic change and parents were caught between a familiar past and a complex future. Toys would help children find their correct place in society, or so parents wanted to believe. These toys reflected the energy, ambition, and abundance of a prosperous era, but they also channeled the uncertainties of the period. Join NCMOH Curator Katie Edwards as she navigates the making of the popular Toy Boom exhibit: what she learned and the challenges she faced.

Instructor: *Katie Edwards*; Is the Curator of Popular Culture at the North Carolina Museum of History; the Smithfield, NC native attended the University of North Carolina at Chapel Hill, earning a degree in history, and eventually a master's degree in public history from North Carolina State University; she has worked at the history museum since 2007, where she has been fortunate enough to curate exciting exhibits like Starring North Carolina!, The North Carolina Roots of Artist Ernie Barnes, Toy Boom!, and Are We There Yet? North Carolina's Variety Vacationland.

Course #: MCE-LLI-3-228 **Instance #:** 000001 **One Session:** 11a.m.-12:30 p.m. **Date:** March 12 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** March 10

Conserving Pollinators Through Gardening

Instructor: Neal Wisenbaker

How we garden affects the world around us. The conservation of invertebrates, including pollinators such as bees and butterflies is essential to our future. Join us to learn about gardening for pollinators and the simple tasks you can do in the garden to improve their habitat.

Recommended Reading (Optional): Bringing Nature Home: How Native Plants Sustain Wildlife in Our Gardens, Douglas Tallamy

Instructor: Neal Wisenbaker; is the City Horticulturist for Raleigh Parks, Recreation and Cultural Resources; he holds a Masters in Natural Resources from NC State University; his research is on the management of naturalistic landscapes.

Course #: MCE-LLI-3-238 **Instance #:** 000001 **One Session:** 11a.m.-12:30 p.m. **Date:** March 19 **Limit:** 55

Location: McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** March 17

WEDNESDAY

The Fireflies and Other Glowing Insects of North Carolina

Instructor: Clyde Sorenson

Fireflies are charismatic creatures that inspire wonder in children of all ages. They are also important components of the varied ecosystems they inhabit, and some are imperiled by development, light pollution, and climate change. North Carolina has a diverse and fascinating firefly fauna, as well as several other bioluminescent insects, and the state offers opportunities to see some truly amazing displays of these fascinating creatures. In this course we will learn of the diversity of North Carolina fireflies, the life histories of some, and what individuals can do to help conserve and protect these insects.

Recommended Reading (Optional): *Fireflies, Glow-worms*, L.F. Faust. This is an excellent field guide to eastern North American fireflies.

Instructor: *Clyde E. Sorenson*; B.S. Wildlife Biology, M.S. Entomology, Ph.D. Entomology, all from NCSU; I am a professor of entomology in the Department of Entomology and Plant Pathology at NCSU; Previously, I served on the faculties of the University of Nevada-Reno and the University of Missouri-Columbia; I teach undergraduate and graduate entomology classes at NCSU, including Insects and People, Fundamentals of Arthropod Pest Management, and Insect Ecology; I conduct research on agricultural pest management and the ecology of insects and rare plants in longleaf pine savannas; I am also co-leading a citizen science project on an undescribed species of ghost firefly.

Course #: MCE-LLI-3-235 **Instance #:** 000001 **One Session:** 3-4:30 p.m. **Date:** March 27 **Limit:** 55

Location: McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** March 25

THURSDAY

Lecture -- Reducing Spam Calls and Texts

Instructor: Lila Bednar

We've all gotten them. The robocalls about auto warranties, or something that needs to be delivered and they want to "confirm a few details." And the text messages that tell us we've won something, or they have "great news" if we just click "reply." Or the more sinister warnings about a large charge on a credit card or the police are on the way to arrest us for not showing up for jury duty. And so many more fake scare tactics to get us to respond and give away information so the criminals can victimize us. You will never be able to completely eliminate scam calls or texts, but we will outline different tools and methods to reduce their frequency and help you protect your personal information.

Instructor: *Lila Bednar*; B.S. Computer Networking, Strayer University; M.S. Information Assurance Engineering, Capitol Technology University; multiple technical certifications including Certified Information Systems Security Professional (CISSP) and Certified Information Systems Manager (CISM); has a multi-decade career in information security (now called cybersecurity), compliance and privacy with experience in both governmental and commercial environments, including cloud computing.

Course #: MCE-LLI-3-236 **Instance #:** 000001 **One Session:** 1-2:30 p.m. **Date:** April 11 **Limit:** 55 **Location:** McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** April 9

Via Zoom -- Gender in the U.S. Consitution

Instructors: Jimmie Cochran Pratt, Teri Walley

Is gender even mentioned in the U.S. Constitution? The Equal Rights Amendment (ERA) was introduced by Alice Paul in 1923, and passed both houses of the U.S. Congress in 1972. Nevada, Illinois and Virginia provided the last three states necessary to ratify the ERA. Why are women still demanding full rights, privileges and protection under the U.S. Constitution? What is the current status of the ERA? How did the SCOTUS decision overturning *Row v. Wade* change the battle for equal rights? What is necessary to contribute toward a future of equality?

Instructor: *Jimmie Cochran Pratt*; Master of Public Affairs from Western Carolina University; Certificate in Not-For-Profit Management from Duke University; Professional life spent in higher education with emphasis in career and leadership development at Columbia University in the City of New York; fund development in NC Community Colleges; nation building for U.S. Department of State in Prishtina, Kosovo; In retirement is a political activist for the Equal Rights Amendment, serving as co-president for ERA-NC Alliance and active member of the League of Women Voters.

Instructor: *Teri Walley*; Co-President, ERA-NC Alliance

Course #: MCE-LLI-3Z-233 **Instance #:** 000001 **One Session:** 3-4:30 p.m. **Date:** March 14 **Limit:** 100 **Location:** Zoom **Fee:** \$15 **Registration Deadline:** March 10

Lecture -- Insights On Plant Consumers' Decisions and Behavior

Instructor: Melinda Knuth

Why do consumers engage with their landscape? Why do people love plants? Why is houseplant collecting so "hot" right now? In this session, Dr. Knuth will share key insights from her research on how plant consumers think, how they come to a purchase decision, and how this information is used in the horticulture industry to provide better purchasing experiences for consumers.

Instructor: *Melinda Knuth*; currently an Assistant Professor in Horticultural Science at North Carolina State University; Dr. Knuth teaches Greenhouse Management, Floral Design, and Horticulture Marketing; Dr. Knuth received her Ph.D. from Texas A&M University in Horticultural with a certificate in Statistics; From there, she was a postdoctoral research associate at University of Florida in the Food & Resource Economics Department; She currently serves as the Young Professional Council Advisor for American Floral Endowment's Executive Board; Her article *What the Research Says About Millennials and Houseplants* was the #10 most read article in Greenhouse Product News in 2022; Dr. Knuth received GPN Magazine's 40 under 40 award in 2021 and a 2017 AmericanHort Scholar.

Course #: MCE-LLI-3-234 **Instance #:** 000001 **One Session:** 3-4:30 p.m. **Date:** March 28 **Limit:** 55

Location: McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** March 26

FRIDAY

Lecture -- Angels and Influencers: The 19th Century Woman's Sphere

Instructor: Katherine Meyer

Is a woman's place really in the home? And whose idea was that anyway? In spite of daunting legal and cultural barriers, women in the 1800s shaped their own destinies, banded together to bring about social change, and significantly impacted their communities and the nation. In this fast-paced and engaging presentation, we'll take a look at the evolution of women's roles across a century of dramatic change and learn how women worked within -- and redefined -- their sphere of influence in the 19th century.

Instructor: *Katherine Meyer*; author, educator, and historian; has been a docent and historical interpreter since she was nine years old; after college, she continued her studies of American Cultural History, taught for ten years, and launched a series of American history lectures; she is the author of two historical fiction novels: *Grosvenor Square* and *Nine Miles North*.

Course #: MCE-LLI-3-212 **Instance #:** 000001 **One Session:** 11a.m.-12:30p.m. **Date:** March 22 **Limit:** 55

Location: McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** March 20

Via Zoom -- Lecture -- Black Brilliance in Literature

Instructor: Marc K. Dudley

Literary scholar Dr. Marc Dudley, Professor of English and Africana Studies at North Carolina State University, will discuss contemporary and historic Black authors, their works, and why they matter.

Instructor: *Marc K. Dudley*; Ph.D., University of North Carolina, Chapel Hill; Professor of English and Africana Studies at NC State; inducted into the NC State Academy of Outstanding Teachers (2020), contributor to/featured in Ken Burns' most recent documentary, *Hemingway* (2021). Author of *Hemingway, Race, and Art* (2012) and *Understanding James Baldwin*.

Course #: MCE-LLI-3Z-209 **Instance #:** 000001 **One Session:** 1-2:30 p.m. **Date:** March 15 **Limit:** 100

Location: Zoom **Fee:** \$15 **Registration Deadline:** March 10

Lecture -- Discovering Ursula Parrott

Instructor: Marsha Gordon

Once the best-known ex-wife in America, Ursula Parrott (1899-1957) was a best-selling author, Hollywood screenwriter, and headline-grabber. The press covered her new books, Hollywood deals, marriages and divorces, and numerous run-ins with the law. She was Radcliffe-educated; had four optimistic walks down the aisle (and back); piloted for the Civilian Air Corps during World War II; co-founded a weekly rural Connecticut newspaper; and travelled the world, including an extended story-collecting trip to Russia in the 1930s. She also worked as a screenwriter in New York and Hollywood; her words gave Norma Shearer her only Academy Award and launched Jimmy Stewart's career as a lead actor. Dr. Marsha Gordon will talk about how she discovered Parrott and the challenges faced conducting research about her while writing *Becoming the Ex-Wife: The Unconventional Life & Forgotten Writings of Ursula Parrott*. This presentation will be richly illustrated with photos, archival materials, and movie clips from Hollywood's golden age.

Recommended Reading (Optional): *Becoming the Ex-Wife: The Unconventional Life & Forgotten Writings of Ursula Parrott*, Marsha Gordon

Instructor: *Marsha Gordon*; Professor of Film Studies at North Carolina State University, a recent Fellow at the National Humanities Center, and an NEH Public Scholar; she is the author of numerous books and articles, and co-director of several short documentaries; her latest book, *Becoming the Ex-Wife: The Unconventional Life and Forgotten Writings of Ursula Parrott*, was published with the trade division of University of California Press in April 2023; for seven years Marsha contributed to a monthly show, "Movies on the Radio," with NC

Museum of Art film curator Laura Boyes and Frank Stasio, on 91.5/WUNC's "The State of Things." She regularly introduces films, gives lectures, and participates in panels all over the United States and Europe.

Course #: MCE-LLI-3-215 **Instance #:** 000001 **One Session:** 1-2:30 p.m. **Date:** March 22 **Limit:** 55

Location: McKimmon 11/12 **Fee:** \$15 **Registration Deadline:** March 20

LUNCH AND LEARN

Enjoy a short educational program followed by a catered boxed lunch and time to socialize with members and your instructor. Cost includes the lecture and a boxed lunch by Hope Valley Catering. Your lunch choice will be recorded at the time of registration.

Lecture -- Fred Olds and the Hall of History

Instructor: Charles Knight

There has been no bigger proponent of preserving North Carolina's history than Frederick A. Olds. A Raleigh newspaperman, Olds spent decades collecting items relating to the state's history, from the Lost Colony through WWI. In 1902 his collection formed the basis for the Hall of History, the forerunner of today's NC Museum of History. This presentation examines Olds' efforts to "keep North Carolina's history from leaving the state," and a sampling of the tens of thousands of artifacts, photos, and letters he collected.

Note: this program is part of the Lunch and Learn series; the cost covers the lecture and a boxed lunch.

Please make your lunch selection when you register.

Instructor: *Charles Knight*; has worked in the museum field for more than 20 years, and is currently Curator of Military History at the North Carolina 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; his second book, *From Arlington to Appomattox: Robert E. Lee's Civil War Day by Day*, was published in June 2021.

Course #: MCE-LLI-3-230 **Instance #:** 000001 **One Session:** 11a.m.-12:30 p.m. **Date:** Feb. 23 **Limit:** 36

Location: McKimmon 11/12 **Fee:** \$35 **Non-member rate:** \$40 **Registration Deadline:** Feb. 16

Lecture -- The Story of 1905; Einstein's Incredible Year

Instructor: Donald C Ellison

In 1905 was a landmark year for Albert Einstein. He presented his Special Theory of Relativity and published five scientific papers that profoundly changed our view of the universe. The 26-year-old Einstein did this while working as a patent clerk (third-class) in Bern, Switzerland. We will explore one of the greatest science stories ever told, Einstein's life and work in the years leading up to 1905.

Note: this program is part of the Lunch and Learn series; the cost covers the lecture and a boxed lunch.

Please make your lunch selection when you register.

Recommended Reading (Optional): *Einstein: His Life and Universe*, Walter Isaacson

Instructor: *Don Ellison*; Ph.D., 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.

Course #: MCE-LLI-3-231 **Instance #:** 000002 **One Session:** 11a.m.-12:30 p.m. **Date:** March 15 **Limit:** 36

Location: McKimmon 11/12 **Fee:** \$35 **Non-member rate:** \$40 **Registration Deadline:** March 8

EXPERIENTIAL LEARNING

Watercolor Painting at Pullen Arts Center: Lavender Flowers in a Clay Pot

Facilitator: Rick Bennett

In this workshop you will learn the basic skills of watercolor painting that create glowing colors and pretty neutrals. You will gain brush skills to move the pigment, create gradients and texture. The class will paint lavender in a clay pot to learn how light creates depth in a painting. Paper, paints, palette, and brushes will be provided for use during class.

Facilitator: Rick Bennett; For 12 years Rick has taught watercolor to people from teens to seniors, beginners to advanced skills. He grew up in eastern NC and moved to Raleigh in 1982. He is frequently found working in the garden or tending his city chickens, which are frequently a subject of his paintings.

Note: Meet at the Pullen Arts Center. Free parking is available onsite. Please arrive in clothing that can get dirty.

Course #: MCE-LLI-4-059 **Instance #:** 000001 **One Session:** 1-2:30 p.m. **Date:** Feb. 15 **Limit:** 12 **Location:** Pullen Arts Center | 105 Pullen Road Raleigh, NC 27607 **Fee:** \$45 **Registration Deadline:** Feb. 15

Jewelry Making at Pullen Arts Center: Metal Cuff Bracelet

Facilitator: Amy Veatch

Make a copper cuff bracelet in the Pullen Arts Center Metals Studio! From a sheet of copper, you will texture, form, and finish a cuff bracelet in this one-and-a-half-hour class. You will learn to shape, file, hammer and/or stamp the metal before forming and finishing it so you can wear it out of the class!

Facilitator: Amy Veatch; has been making and teaching jewelry at Pullen Arts Center for many years. She also teaches metals programs at the NC State Crafts Center and Sertoma Arts Center. Come join her, be creative, and learn a little bit about making jewelry.

Note: Meet at the Pullen Arts Center. Free parking is available onsite. Please arrive in clothing that can get dirty.

Course #: MCE-LLI-4-060 **Instance #:** 000001 **One Session:** 1-2:30 p.m. **Date:** April 4 **Limit:** 12 **Location:** Pullen Arts Center | 105 Pullen Road Raleigh, NC 27607 **Fee:** \$45 **Registration Deadline:** April 4

Astronomy Night at Wilkerson Nature Preserve

Facilitator: Bryan England

OLLI members will meet at sunset for an introductory presentation about astronomy, followed by outdoor observation using a telescope. On an early evening at this time of year, you can expect to see Jupiter and you should also have a great view of many bright winter constellations like Orion and Canis Major, which contain the brightest of all the night-time stars.

Facilitator: Bryan England; Preserve Manager

Note: Meet at the ALW Education Center, which has indoor restrooms, water fountains and furnished classroom spaces. The building is fully ADA accessible. Parking is available at the Park Office building, 100 yards away from the ALW Education Center. The walk from the parking lot to the education center is on a paved driveway. There are a limited number of handicapped parking spots adjacent to the education center.

Course #: MCE-LLI-4-058 **Instance #:** 000001 **One Session:** 6-7:30 p.m. **Date:** March 7 **Limit:** 20 **Location:** 5229 AWLS Haven Drive Raleigh, NC 27614 **Fee:** \$15 **Registration Deadline:** March 7

Raleigh Civil War Tour

Facilitator: Al Bredenberg

Join in the search for the remains of Raleigh's Civil War earthworks with author and local history researcher Al Bredenberg. Built between 1863 and 1864, this eight-mile fortification ringed the Capital City to protect it against Union attacks. The program begins with a one-hour lecture and discussion at the McKimmon Center, followed by a three-hour hunt on an NC State bus to find remnants of the massive structure that will take participants across the city to uncover where and why this earthwork was built, along with its connection to Black history in Raleigh.

Note: The lecture begins at 1pm in room 13 of the McKimmon Center. Participants will have a short break before boarding a bus to view the historic sites in Raleigh. There will be a brief "pit stop" at Trophy Brewing Company where you may enjoy a self-pay beverage (there is a range of non-alcoholic options) and bathroom break.

Course #: MCE-LLI-4-069 **Instance #:** 000001 **One Session:** 1-5:30 pm **Date:** April 17 **Limit:** 22 **Location:** OLLI Offsite **Fee:** \$45 **Registration Deadline:** April 11

STUDY TRIPS

Study Trip -- Friday Favorites at the NC Symphony: All Strings

Enjoy an all-strings performance by the talented musicians of your North Carolina Symphony, including Mendelssohn's lush *String Symphony No. 5*. Carlos Miguel Prieto will be conducting this afternoon. Did you know that the North Carolina Symphony is the first state-supported symphony in the country? Join fellow OLLI music lovers for a delightful concert experience!

Note: Lunch is not included in the program so eat a hearty breakfast and take along a snack to eat on the bus.

No bags larger than 12" x 12" x 10" will be allowed.

Activity Level 1 - Enter/exit OLLI transportation with minimal assistance, navigate curbs and up to 14 steps, stand for up to an hour indoors or outside.

Includes: NCSU Transportation, ticket

Depart: McKimmon Center at 11:45 a.m.

Return: Approximately 1:15 p.m. to the McKimmon Center

Course #: MCE-LLI-4-057 **Instance #:** 000001 **One Session:** 11:45 am - 1:15 pm **Date:** Feb. 2 **Limit:** 27

Location: Meymandi Concert Hall **Fee:** \$50 **Registration Deadline:** Jan. 26

Study Trip -- Inside Reynolds Coliseum

Join fellow OLLI members and Dr. Tom Stafford for a tour of one of the most iconic buildings on the NC State campus, the historic Reynolds Coliseum. It was here where the Men's basketball team won the NCAA national championship in 1974 and 1983. Current Tar Heels men's basketball coach Hubert Davis calls Reynolds "the toughest place I ever played." The renovated space includes the NC State Athletic Hall of Fame, Walk of Champions and Coaches Corner, a student-led initiative to memorialize four legendary basketball coaches. The building now serves as a permanent home for NC State's ROTC programs, women's basketball, gymnastics, and wrestling. Dr. Stafford served in research and administrative positions at NC State for more than 40 years. He was recently awarded the 2023 Watauga Medal, NC State's highest nonacademic honor.

Note: Participants must be able to stand and walk for up to an hour.

Activity Level 2 - Climb flight(s) of stairs, walk on uneven surfaces like gravel or grass, stand for over an hour.

Includes: : NCSU Transportation, tour of facilities

Depart: McKimmon Center at 9:45 am

Return: Approximately 12:15 pm

Course #: MCE-LLI-4-063 **Instance #:** 000001 **One Session:** 9:45 am - 12:15 pm **Date:** Feb. 9 **Limit:** 20
Location: Reynolds Coliseum **Fee:** \$45 **Registration Deadline:** Feb. 3

Study Trip -- Plant Sciences Building Tour

Positioned in the heart of NC State's Centennial Campus, the NC Plant Sciences Institute is housed in a structure designed by Flad Architects and built by DPR Construction. Much more than brick, steel and concrete, this building houses some of the most advanced research equipment ever produced; a high-speed data network capable of collecting and managing massive amounts of research data from fields across the state; and fully flexible spaces that can adapt to research trends decades into the future. Rooftop greenhouses, test planting plots, and a 1050 sq foot makerspace are all key to harnessing North Carolina's strengths and improving lives through innovations in food, health, and agricultural systems. Over 185,000 square feet in total, the Plant Sciences Building enables researchers to work with their colleagues in the College of Textiles, College of Natural Resources and more easily. **Lunch will follow on your own at the Oval Dining Hall.**

Note: Please wear closed-toed shoes.

Activity Level 1 - Enter/exit OLLI transportation with minimal assistance, navigate curbs and up to 14 steps, stand for up to an hour indoors or outside.

Includes: NCSU Transportation, private tour of Plant Sciences Building

Depart: McKimmon Center at 9:45 a.m.

Return: 1:00 p.m.

Course #: MCE-LLI-4-061 **Instance #:** 000001 **One Session:** 9:45 am – 1:00 pm **Date:** Feb. 20 **Limit:** 25
Location: 840 Oval Drive, Raleigh, NC 27606 **Fee:** \$45 **Registration Deadline:** Feb. 13

Study Trip -- A Window into Raleigh's Past: Historic Oakwood

Whether you're new to Raleigh or a longtime resident, explore an important nineteenth century neighborhood: Historic Oakwood. The area, designated on the National Register of Historic Places and also Raleigh's first local Historic District, has hundreds of homes in a variety of architectural styles. Many have been restored to maintain their original stature and beauty. Our tour will begin at the Medical Society Building as we learn about the stories, legacies and more found in the Historic Oakwood neighborhood. Learn about the controversy of Oakwood's first "modern" house, and peek at the infamous Halloween house! The compact nature of the neighborhood, along with the heavy tree canopy, creates an environment especially suited for our walking and learning. For lunch, we will travel to the Transfer Co. Food Hall in the former Carolina Coach Company building on East Davie St. With eight dining options at the food hall, lunch will be self-pay. Indoor and outdoor seating is first come, first served.

NOTE: There are two different instances for this Study Trip. Choose the instance that best fits your schedule

Note: Tour runs rain or shine - please dress for the weather and wear comfortable shoes. We will be walking for approximately two hours on paved and concrete surfaces. Please note that there are no restroom stops along the route. The route is one mile long in length. **Lunch at Transfer Company Food Hall is self-pay.**

Activity Level 2 - Climb flight(s) of stairs, walk on uneven surfaces like gravel or grass, stand for over an hour.

Includes: NCSU Transportation, tour of Historic Oakwood District

Depart Time for both Instances 000001 and 000002: McKimmon Center at 9:45 am

Return Time for both Instances 000001 and 000002: Approximately 1:30pm

Course #: MCE-LLI-4-068 **Instance #:** 000001 or 000002 **One Session:** 9:45 am – 1:30 pm **Date:** Instance 000001: March 1 | Instance 000002: March 11 **Limit:** 25 **Location:** Historic Oakwood Neighborhood **Fee:** \$50 **Registration Deadline Instance 000001:** Feb. 23 **Registration Deadline Instance 000002:** March 4

Study Trip -- A Pair of Historic Parks: Yates Mill and Oak View

Raleigh is home to several historic parks - including two you may not be familiar with: Historic Yates Mill Park and Historic Oak View Park. We will spend a day exploring these two sites and enjoy a boxed lunch in between! Yates Mill is an operable grain mill established around 1756. Our guide will share the inner workings of mill life. With original grain equipment, a visit to this historic treasure provides an opportunity to learn about an integral aspect of rural life in the early days of settlement in Wake County. We will eat our boxed lunches at Yates Mill. Boxed Lunch selection will occur when you register for this study trip. Then we will head 15 minutes east and visit Historic Oak View Park. A trained guide will discuss the history of Oak View from the 1830s to present. You'll hear about the lives of the people who lived, labored, and built community here, the ways in which they worked, and the transitions that took place in their lives before and after the Civil War.

Note: The boxed lunch will not include a beverage. Please bring your own. Note that this is a rain-or-shine activity! Dress appropriately for the weather conditions. Cancellation by venue will occur in the event of heavy rain and lightning.

Activity Level 2 - Climb flight(s) of stairs, walk on uneven surfaces like gravel or grass, stand for over an hour.

Includes: guided tour at Yates Mill, guided tour at Oak View, NCSU Transportation and a boxed lunch.

Depart: McKimmon Center at 9:30 a.m.

Return: 3:00 p.m.

Course #: MCE-LLI-4-066 **Instance #:** 000001 **One Session:** 9:30 am - 3:00 pm **Date:** March 8 **Limit:** 25

Location: Wake County, NC **Fee:** \$70 **Registration Deadline:** March 1

Study Trip – Recycling in Raleigh

What happens to all those newspapers and bottles that you diligently collect and place out for the recycling truck to collect? This study trip will provide the answers! Our tour will begin in the Educational Center at Sonoco Recycling in Raleigh. From the comfort of your seat, you will be able to observe the sorting process from start to finish via a camera system, TV screen and windows onto the sorting floor. You will also have the opportunity to examine a selection of products made from recycled materials and learn what is acceptable and what is not welcome in your recycling bin. The second (optional) part of the tour involves donning a hard hat, safety goggles, earplugs, and vest for a close-up look at the employees and machines that sort the materials.

Note: If you choose to take the tour of the sorting floor you must be able to climb stairs and walk on narrow catwalks. You must also be willing to sign a waiver indemnifying Sonoco against any injury. If you do not wish to take part in the tour of the sorting floor, you may remain in the Educational Center.

Activity Level 2 - Climb flight(s) of stairs, walk on uneven surfaces like gravel or grass, stand for over an hour.

Includes: NCSU Transportation, Sonoco Facility Tour

Depart: McKimmon Center at 9:15 am

Return: Approximately 12:15 pm

Course #: MCE-LLI-4-028 **Instance #:** 000002 **One Session:** 9:15 am - 12:15 pm **Date:** March 15 **Limit:** 29

Location: Sonoco Recycling Center **Fee:** \$45 **Registration Deadline:** March 8

Study Trip -- Walking with Durham's Pauli Murray

Pauli Murray was a twentieth-century human rights activist, legal scholar, feminist, author, poet, Episcopal priest, labor organizer, and LGBTQ+ community member who was the first Black person to earn a JSD degree from Yale Law School. Pauli Murray's childhood home in Durham, NC, built in 1898 by their Fitzgerald

grandparents, was designated a National Historic Landmark in 2016. Witness the Fitzgerald Family's determination for emancipation as remembered through the memories and writing of the Rev. Dr. Pauli Murray. Together during this 90-minute walk, we will be inspired by the community responsibilities and personal convictions of the Fitzgerald family. Stops include the Fitzgerald Home, Pauli Murray Mural, African-American Cemetery, and more! **Lunch will follow at a nearby restaurant and is included in the trip pricing.**

Note: Tour runs rain or shine - please dress for the weather and wear comfortable shoes. We will be walking for approximately two hours on paved and concrete surfaces. Please note that there are no restroom stops along the route. The route is .75 miles long in length.

Activity Level 2 - Climb flight(s) of stairs, walk on uneven surfaces like gravel or grass, stand for over an hour.

Includes: NCSU Transportation, tour fee, lunch

Depart: McKimmon Center at 9:15 a.m.

Return: 2:30 p.m.

Course #: MCE-LLI-4-065 **Instance #:** 000001 **One Session:** 9:15 am - 2:30 pm **Date:** March 22 **Limit:** 25

Location: Durham, NC **Fee:** \$80 **Registration Deadline:** March 15

Study Trip -- Up Close with Urban Gardening

Sweet Peas Urban Gardens has emerged to be one of the most successful pioneers of urban gardening in the Triangle. Started by Tami Purdue on her own residential property, Sweet Peas Urban Gardens stays true to the name; this urban farm is located less than seven miles from downtown Raleigh. The team grows over 55 varieties of microgreens and vegetable shoots exemplifying the precepts of the urban farm movement. We will spend an hour touring the farm and exploring the microgreen crop box. As an added bonus, all attendees will get to enjoy a cool beverage and a delicious farm-fresh appetizer made with something they grow. If you have dined at Whiskey Kitchen, Fiction Kitchen or Irregardless, you've likely tasted microgreens from Sweet Peas!

Note: Please wear comfortable, closed-toed shoes as we will be outdoors. Trip will occur rain or shine, so dress appropriately.

Activity Level 1 - Enter/exit OLLI transportation with minimal assistance, navigate curbs and up to 14 steps, stand for up to an hour indoors or outside.

Includes: NCSU Transportation, tour, light snack

Depart: McKimmon Center at 9:45 a.m.

Return: 12:15 p.m.

Course #: MCE-LLI-4-062 **Instance #:** 000001 **One Session:** 9:45 am - 12:15 pm **Date:** April 5 **Limit:** 25

Location: 107 St. Mary's Street, Garner, NC 27529 **Fee:** \$40 **Registration Deadline:** March 29

Study Trip -- Two Creative Minds, One Town: Wilson, NC

Our first stop will be touring the Whirligig Park and Museum. Vollis Simpson was a farm equipment repairman turned accidental folk artist. He began making gigantic kinetic sculptures, known as "Whirligigs" at his family farm in Wilson County when he was about 65 years old. The larger-than-life Vollis Simpson Whirligig Park & Museum, located in historic downtown Wilson, features roughly 30 of his 40' - 50' high sculptures. Following the tour, we will visit the Whirligig Museum across the street. Eat your bag lunch outside at Whirligig Park. Our second stop is the Oliver Nestus Freeman Round House in Wilson. It is a museum featuring the artifacts that depict the culture and contributions of African Americans to the history and development of Wilson. The house was built in 1946 by Freeman who was a noted local African American stonemason using whatever he could get his hands on including bottles, tree saplings and string.

Note: Please wear sunglasses to better see the Whirligigs during the daytime. If there is inclement weather or high winds, we will work with the Wilson museums to reschedule for another date.

Activity Level 2 - Climb flight(s) of stairs, walk on uneven surfaces like gravel or grass, stand for over an hour.

Includes: NCSU Transportation, tour of Whirligig Park, self-guided tour of Freeman Round House

Depart: McKimmon Center at 8:45 a.m

Return: 4:00 p.m.

Course #: MCE-LLI-4-067 **Instance #:** 000001 **One Session:** 8:45 am - 4:00 pm **Date:** April 9 **Limit:** 25

Location: Wilson, NC **Fee:** \$80 **Registration Deadline:** April 1

Study Trip -- A Journey Through Juniper Level Botanic Garden

Explore the magic of Juniper Level Botanic Garden with fellow OLLI members! Established in 1986 by NC State alum Tony Avent, Juniper Level Botanic Garden, JLBG, is a 28-acre not-for-profit private research and botanic garden with over 28,000 different plants. JLBG's mission focuses on ex-situ plant conservation, research, education, breeding, propagation, and plant distribution. With 10 acres of display gardens, JLBG promotes botanical diversity along with proper plant placement, spacing and soil preparation to eliminate plant stresses. Plant combinations using color, texture and form to accent each plant's best characteristics creates aesthetic views in the garden during each season of the year. A member of the Botanic Garden staff will provide an introduction to the site and lead us through the garden. Please note that there are restrooms on site, as well as vending machines. You will be provided with a Garden map to assist you in locating the different gardens. You might also catch a glimpse of the garden cats as you roam. Photography is encouraged.

Note: Wear comfortable walking shoes as we will be walking and standing throughout the garden tour. Don't forget your sunscreen, hat, sunglasses and bug spray. Take a beverage to keep you hydrated as you walk.

The trip will proceed rain or shine. When visiting the Garden between January 1 and May 31, there are no on-site sales allowed.

Activity Level 2 - Climb flight(s) of stairs, walk on uneven surfaces like gravel or grass, stand for over an hour.

Includes: NCSU Transportation, guided introduction to the garden

Depart: McKimmon Center at 9:45 a.m.

Return: Approximately 1:00 p.m.

Course #: MCE-LLI-4-064 **Instance #:** 000001 **One Session:** 9:45 am - 1:00 pm **Date:** April 16 **Limit:** 25

Location: 9241 Sauls Rd, Raleigh, NC 27603 **Fee:** \$40 **Registration Deadline:** April 10

Dates to Remember!

- **OLLI Spring Picnic**
 - **Date:** April 19, 2024
 - **Time:** Noon – 2:00 pm
 - **Location:** TBA

- **OLLI Instructor Appreciation**
 - **Date:** May 14, 2024
 - **Time:** 5:00 pm – 6:30 pm
 - **Location:** TBA

How to register:

OLLI at NC State membership is required for participation in all programs.

Purchase your membership online or call our office at 919-515-5782. All memberships expire June 30. The membership fee is prorated as the year progresses:

- Fall, Spring and Summer Semester Membership (July 1 – June 30) - \$50
- Spring and Summer Membership (November 1 – June 30) - \$40
- Summer Membership (May 1 – June 30) - \$20

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, by mail, or in person.

- If registering online for the first time, you will need to set up an account. Your user ID will be your email address. Find our Registration Quick Guide at: go.ncsu.edu/olliregistration.
- Classes, lectures, and study trips overlap in time; double check your schedule before registering!
- There may be required reading and other details associated with some of these courses and study trips. Be sure to read the full course description online before registering.
- Please review our Refund Policy on page 44 before registering.

Online Registration:

Visit reporter.ncsu.edu and sign in using “Brickyard Login.”

- If you have previously set up an account, your email address is your username. Passwords expire every 365 days. You will be prompted to change your password if it has expired.
- If your membership has been inactive for more than 2 years or you are new to OLLI, choose “Create an Account.” Each OLLI member must provide an email address unique to you in order to register.
- You will know that you have successfully logged in when you see your name in the upper right-hand corner of your screen.
- Find our Registration Quick Guide at: go.ncsu.edu/olliregistration.
- Trouble registering online? Visit go.ncsu.edu/olli-help for our Troubleshooting Guide.

To search the alphabetical listing of classes in Reporter for Spring Semester type “OLLISP24” in the search field at the top of the page.

Add the classes (and membership if applicable) you want to register for to your cart, then check the box at the bottom of the screen indicating you have read and agree to registration policies, then “Proceed to Order Summary.”

Provide your credit card information as instructed. Please note that the payment processor screen only accepts 2 digits for your credit card expiration date year. For example, if you attempt to type in “2024,” the system will recognize the expiration year as “20” and will show your card as expired.

You will receive an email confirming your registration once completed.

If you have any trouble registering online, please reference “How to Register Online” detailed instructions at <https://mckimmoncenter.ncsu.edu/olli/online-2/> or call our office at 919.515.5782.

Phone Registration:

You may phone in your registration at 919.515.5782, option 1. Spring Semester registration begins on Nov. 16 at 9:30 A.M. Beginning Nov. 17, phone registration hours are 8:30 AM – 4:00 PM.

In Person Registration:

If you prefer to register in person, our offices are open Monday – Friday 8:30AM – 4:00PM. We are located in Room 225 at McKimmon Center, 1101 Gorman Street, Raleigh. If registering in person, we accept credit cards and checks only (no cash). **Please note that Spring Semester registration begins on Nov. 16 at 9:30 A.M.**

Refund Policy

- Lectures, classes and study trips overlap in time. Drop fees apply if you double-book yourself.
- Courses: Members may drop a course and request a refund online or 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 lectures/events with fees of \$25 or less.
- Study trips: Refunds for study trips 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.
- Members may transfer to another course or lecture for no fee; this can be done online or by contacting the OLLI office.
- If you cannot attend, we cannot allow substitutions 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 transfer to another course or trip in the semester). Please allow three weeks for processing refunds.
- The membership fee will not be refunded.

Financial Aid

Members with limited discretionary income should contact us if financial assistance is needed in order to enroll in a 6-week course. Generous donations by our members support financial aid. Contact the OLLI office to complete the brief financial aid application or find the application on our website. Financial aid applications must be renewed annually. All information is kept confidential.

Adverse Weather Policy

OLLI programs, including offsite classes and study trips, are cancelled when Wake County Public Schools close to students because of adverse weather. Wake County Public Schools delays in opening do not affect OLLI's schedule; OLLI programs run as scheduled if there is a WCPSS delayed opening. When WCPSS closes early due to impending weather, we typically do not cancel classes, but please watch for an email from our office under those circumstances. We will also Tweet status reports, which can be found by scrolling down on the main page of our website. Zoom courses/lectures may be able to continue despite adverse weather, and decisions on Zoom courses/lectures will be made on a case-by-case basis; look for an email from the OLLI office on the day of the lecture/class.

Photo Waiver:

By registering for an OLLI program either online, over the phone or in person, participants give permission to NC State University to take and publish photographs, video, audio or other impressions of their image or voice (collectively "photographs"). Participants will not be compensated for any photographs or other likeness that may be used in this capacity. To opt out of accepting the photo waiver, email OLLI_info@ncsu.edu.

Additional NC State Policies

By registering for a course, lecture, study trip or event, participants agree to hold NC State University and its employees harmless in the event of personal injuries, accidents, property damage, delays, and losses of any kind.

OLLI is a unit of NC State Continuing and Lifelong Education. The information shared and/or opinions expressed in courses and lectures are those of the individual presenters. The ultimate responsibility for any decision made or actions taken based on the information provided rests with the member.

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.

OLLI Member Benefits

Wolfpack One ID Card

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

Member benefits requiring the Wolfpack One card:

- Use of NC State Libraries
- Admission to non-revenue sports such as Wolfpack Women's basketball, gymnastics, and men's baseball (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 card at the Wolfpack One Card office after you have purchased your membership.

Allow one week for the OLLI office to send membership updates to the Wolfpack One office before you go. The office is located in the Talley Student Union, which is between Cates and Dunn Avenues. It is on the first floor of the building (off the main lobby to the left if you enter via 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 Monday – Friday, 8am – 5pm. The phone number is 919-515-3090. The card is free, but the replacement cost for a lost card is \$20. The card must be renewed annually.

NC State Libraries Benefits

OLLI members are entitled to limited privileges at the NC State Libraries, which includes the D.H. Hill Jr. Library and the J.B. Hunt Library (the main libraries) and three branch libraries: Natural Resources, Design, and Veterinary Medical. Borrowing privileges and access to the Libraries' extensive collections of books and journals, and most electronic resources are available. Be aware that remote access to many electronic databases and journals may not be available to OLLI members because of licensing agreements. Computer access is prioritized for NC State students and faculty. During final exam periods, the libraries are open only to faculty and students enrolled in courses for credit.

Get Involved!

OLLI at NC State runs on volunteer power. We are so grateful for the efforts and support of our members who volunteer their time and talents to serve as Class Hosts, Special Interest Group leaders, instructors, operating committee members, and on Advisory Council. Do you have time and talents to share? Get involved!

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