



Member Owned. Member Operated.

Building OLLI – together.



Fall 2015
enrollment
opens Aug. 17



**Herbs as Food: Tonics
for a Strong Life** **14**



**Beekeeping:
Your New
Favorite Hobby** **18**



Discover Jaxport **25**



Photo by Gary Whiting

What Does it Mean to Be an OLLI Owner-Operator?

“Self-organized members working together to create and deliver educational, cultural and social opportunities for lifelong learners.”

“Volunteer members manage the organization, determine the curriculum and provide the teaching expertise.”

“Member owned, member operated means members reaching out to friends and acquaintances in the community and informing them of this wonderful program and its many benefits. It may also mean guiding new members in how OLLI works in order to facilitate their integration into OLLI. And it means that OLLI depends on its members to volunteer to help ensure a dynamic program.”

“What we experience is the result of what we do to make the program wonderful.”

“To me it means personal responsibility. We have an ongoing responsibility to make OLLI the best it can be and to ensure sustainability. This means members, subject to their life situation, are actively involved and not just passive observers. UNF OLLI will be as good as our collective members make it ... so let’s make it great!”



To learn how you can contribute to your OLLI, contact Jeanette Toohey at jeanette.toohey@unf.edu.

OLLI is turning 10!
Don't miss any of the celebration.
Become an OLLI owner-operator today!
See page 47 for details. Still only \$50.



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10 **NEW** **INVESTING FOR THOSE WHO DO NOT WANT TO THINK ABOUT IT**

Sept. 14 – Sept. 28, 9:30 to 11 a.m.

10 **NEW** **ISSUES IN AMERICAN FOREIGN POLICY**

Sept. 14 – Oct. 19, 9:30 to 11 a.m.

10 **NEW** **CULTURAL AND SOCIAL DIVERSITY OF ISLAM**

Sept. 14 – Oct. 26, 10:30 a.m. to 12:30 p.m.

10 **NEW** **BIG HISTORY**

Sept. 14 – Oct. 19, 11:30 a.m. to 1 p.m.

11 **CREATIVITY FOR RETIREES**

Sept. 14 – Oct. 12, 11:30 a.m. to 1 p.m.

11 **OPEN FOCUS: THE POWER OF ATTENTION**

Sept. 14 – Oct. 19, 11:30 a.m. to 1 p.m.

11 **NEW** **HAPPINESS**

Sept. 14 – Oct. 5, 1:30 to 3 p.m.

11 **NEW** **PILATES FOR BUFF BONES**

Sept. 14 – Oct. 5, 1:30 to 2:30 p.m.

12 **NEW** **RETURNING TO OUR ROOTS: AN INTRODUCTION TO NATUROPATHIC MEDICINE**

Sept. 21 – Oct. 12, 11:30 a.m. to 1 p.m.

12 **IMMIGRATION: HISTORY AND THE CURRENT DEBATE**

Sept. 28 – Oct. 26, 9:30 to 11 a.m.

12 **NEW** **CALLING ALL READERS AND WRITERS: ENRICH YOUR UNDERSTANDING OF THE AUTHOR EXPERIENCE**

Sept. 28 – Oct. 26, 11:30 a.m. to 1 p.m.

12 **NEW** **NEW AND OLD ROSES FOR NORTH FLORIDA GARDENS**

Oct. 5 – Oct. 19, 11:30 a.m. to 1 p.m.

13 **NEW** **MASTER THE MASTERS: THE ADVENTURES WITH A SYMPHONIC DETECTIVE**

Oct. 5 – Jan 4, 1:30 to 3 p.m.

13 **FACIAL FITNESS: EXERCISES FOR THE FACE AND NECK**

Oct. 12, Oct. 15, Oct. 19 and Oct. 22, 9:30 to 11 a.m.

13 **THE GREAT AGE OF VIENNA: BEETHOVEN, SCHUBERT AND BRAHMS**

Oct. 19 – Nov. 2, 2 to 3:30 p.m.

13 **NEW** **EINSTEIN AND GENERAL RELATIVITY**

Oct. 19 – Nov. 9, 11:30 a.m. – 1 p.m.

13 **AGING IN PLACE WITH TECHNOLOGY**

Oct. 26 – Nov. 9, 11:30 a.m. to 1 p.m.

13 **NEW** **BEHAVIORS TO IMPROVE YOUR HEALTH AND QUALITY OF LIFE**

Oct. 26 – Nov. 16, 11:30 a.m. to 1 p.m.

14 **NEW** **HERBS AS FOOD: TONICS FOR A STRONG LIFE**

Oct. 26 – Nov. 16, 1:30 to 3 p.m.

14 **NEW** **A COLD WAR AS HISTORY**

Oct. 26 – Dec. 14, 3:30 to 5 p.m.

OSHER
LIFELONG
LEARNING
INSTITUTE

Classes are organized by week day, then listed in the following order:

- Calendar date
- Time of day
- Alphabetical by title
- Partner campus classes on p. 9

Classes take place at the University of North Florida unless stated otherwise.

14 **NEW** **ST. AUGUSTINE LIGHTHOUSE & MUSEUM
SUNSET MOONRISE TOUR**
ED-venture
Oct. 26, 5:30 to 8 p.m.

14 **NEW** **HANDS ON: CLOSE-UP AND MACRO
PHOTOGRAPHY**
Nov. 2 – 16, 9:30 to 11 a.m.

14 **NEW** **GROW OLD WITH ME**
Nov. 2 – Dec. 7, 11:30 a.m. to 1 p.m.

14 **NEW** **LINCOLNVILLE: ST. AUGUSTINE'S
HISTORIC NEIGHBORHOOD**
Nov. 2, 1:30 to 3 p.m.

TUESDAY

15 **CURRENT EVENTS**
Sept. 8 – Dec. 15, 9:30 to 11:30 a.m.

15 **NEW** **PASTA MAKING 101**
Sept. 15, 10 a.m. to 1 p.m.

15 **SHORT STORIES BY F. SCOTT FITZGERALD**
Sept. 15 – Oct. 6, 11:30 a.m. to 1 p.m.

15 **THE MOVIES: GENDER, EFFECTS AND MUSIC**
Sept. 22 – Nov. 17, 9:30 to 11 a.m.

15 **NEW** **TAI CHI FOR HEALTH**
Sept. 22 – Oct. 27, 9:30 to 10:30 a.m.

15 **NEW** **BEGINNING BRIDGE III**
Sept. 22 – Nov. 17, 10 a.m. to noon (No class Nov. 3)

15 **NEW** **JOURNALING WITH A TWIST**
Sept. 22 – Oct. 20, 11:30 a.m. to 1 p.m.

16 **NEW** **INTERMEDIATE BRIDGE**
Sept. 22 – Nov. 17, 1 to 3 p.m. (No class Nov. 3)

16 **PHOTO ART: ENHANCING YOUR PHOTOGRAPHY**
Sept. 22 – Oct. 6, 1:30 to 3 p.m.

16 **NEW** **AN OLD-TIME FLORIDA TRADITION:
CANE SYRUP MAKING AND DOWN-TO-EARTH
JACKSONVILLE STORIES**
Sept. 29, 9:30 to 11 a.m.

16 **NEW** **UNLEASH YOUR INNER DECORATOR:
INTRODUCTION TO INTERIOR DESIGN**
Sept. 29 – Oct. 20, 9:30 to 11 a.m.

16 **MEDICARE 101**
Sept. 29, 11:30 a.m. to 1 p.m.

16 **NEW** **JACKSONVILLE: 50 YEARS OF
JOURNALISM, MEDIA, POLITICS AND HISTORY**
Oct. 6 – 27, 9:30 to 11 a.m.

16 **MAKING YOUR YARD A LIFE GARDEN
FOR FLYING FLOWERS, MELODIES AND YOU**
Oct. 6 – 13, 9:30 to 11 a.m.
Field trip: Oct. 20, 10 a.m. to noon

16 **UNDERSTANDING OUR U.S. HEALTH CARE
SYSTEM: HOW IT WORKS AND DOESN'T**
Oct. 6 – 20, 11:30 a.m. to 1 p.m.

17 **CATCH MORE FISH - AN INSIDER'S GUIDE
TO OUR WATERS**
Oct. 6 – Nov. 3, 1:30 to 3 p.m.

17 **WORLD WAR II – HOME FRONTS**
Oct. 6 – Nov. 10, 1:30 to 3 p.m.



17 **MANAGING CHRONIC PAIN**
Oct. 6 – 27, 4 to 5 p.m.


17 **NEW** **BEGINNING SPANISH
CONVERSATION: PART A**
Oct. 13 – Nov. 10, 1:30 to 3 p.m.

17 **CROSSING THE ST. JOHNS**
Oct. 13 – 20, 1:30 to 3 p.m.

17 **DISCOVER THE SECRETS OF FENG SHUI**
Oct. 13 – Nov. 10, 1:30 to 3 p.m.

17 **NEW** **I JUST BOUGHT AN APPLE COMPUTER.
NOW WHAT?**
Oct. 13, 1:30 to 3 p.m.

- 18** **NEW** **INTERAGENCY POST-CONFLICT STABILIZATION**
Oct. 13 – Nov. 3, 1:30 to 3 p.m.
- 18** **NEW** **MEMA'S ITALIAN KITCHEN**
Oct. 13 – Nov. 3, 1:30 to 3:30 p.m.
- 18** **ON FREEDOM'S TRAIL: A CIVIL RIGHTS HISTORY TOUR OF ST. AUGUSTINE**
ED-venture 
Oct. 20, 10 a.m. to noon
- 18** **NEW** **APPLE iCloud**
Oct. 20, 1:30 to 3 p.m.
- 18** **NEW** **NATURAL FLORIDA: SATURIWA CONSERVATION AREA**
ED-venture 
Oct. 27, 9 a.m. to noon
- 18** **NEW** **BEEKEEPING: YOUR NEW FAVORITE HOBBY**
Oct. 27 – Nov. 24, 9:30 to 11 a.m.
- 19** **NEW** **WARNING: THE RULES OF MONEY HAVE CHANGED. HAVE YOU?**
Oct. 27 – Nov. 24, 9:30 to 11 a.m.
- 19** **NEW** **iPAD AND iPHONE WORD PROCESSING OPTIONS**
Oct. 27, 11:30 a.m. to 1 p.m.
- 19** **NEW** **WHAT SHOULD I READ NEXT?**
Oct. 27, 11:30 a.m. to 1 p.m.
- 19** **NEW** **ART OF OUR TIME: A BEGINNER'S GUIDE TO CONTEMPORARY ART**
Oct. 27, 1:30 to 3 p.m.
Field trips Nov. 10 and 24, 1:30 to 3 p.m.
- 20** **NEW** **BEST iPHONE AND iPAD APPS**
Nov. 3, 11:30 a.m. to 1 p.m.
- 20** **NEW** **IF YOU DON'T DO IT, NOBODY WILL: ORGANIZING AND PRESERVING YOUR FAMILY HISTORY**
Nov. 3 – Nov. 17, 1:30 to 3 p.m.
- 20** **WHAT IS JAZZ?**
Nov. 3, 11:30 a.m. to 1 p.m.

- 20** **CLASSICAL MUSIC AND ALL THAT JAZZ**
Nov. 10, 11:30 a.m. to 1 p.m.
- 20** **NEW** **iPHONE OR iPAD: MAKE THEM WORK FOR YOU**
Nov. 10, 11:30 a.m. to 1 p.m.
- 20** **NEW** **INTRODUCTION TO DIGITAL PHOTOGRAPHY FOR THE NOVICE**
Nov. 10 – Nov. 17, 1:30 to 4 p.m.
- 21** **NEW** **BEGINNING SPANISH CONVERSATION: PART B**
Nov. 17 – Dec. 15, 11:30 a.m. to 1 p.m.
- 21** **NEW** **iMOVIE FOR YOUR iPHONE OR iPAD**
Nov. 17, 11:30 a.m. to 1 p.m.
- 21** **MUSICAL FAILURES AND SURPRISES**
Nov. 17, 11:30 a.m. to 1 p.m.
- 21** **NEW** **HEALTHY MEAL WITH WINE PAIRING AT PUBLIX APRONS COOKING SCHOOL**
ED-venture 
Nov. 17, noon to 2 p.m.
- 21** **TRAVELS IN SOUTH ASIA: MYANMAR AND INDIA**
Nov. 17 – Dec. 15, 1:30 to 3 p.m. (No class Nov. 24)
- 21** **NEW** **DIGITAL PHOTOGRAPHY ON YOUR iPHONE OR iPAD**
Dec. 1 – 8, 11:30 a.m. to 1 p.m.

WEDNESDAY

- 22** **NEW** **THE CENTERS FOR DISEASE CONTROL: A HIGHLY RESPECTED AND LITTLE KNOWN FEDERAL PUBLIC HEALTH AGENCY**
Sept. 16 – Oct. 7, 9:30 to 11 a.m.
- 22** **NEW** **ZEN BUDDHISM: A PERSONAL PERSPECTIVE**
Sept. 16 – Oct. 21, 10 to 11 a.m.

22 **NEW** **MYSTERIES UNLIMITED: INTERNATIONAL**
 Sept. 16 – Nov. 18, 1:30 to 3 p.m. (No class Nov. 11)

22 **NEW** **ONE NATION UNDER GOD**
 Sept. 16 – Nov. 18, 1:30 to 3 p.m. (No class Nov. 11)

22 **NEW** **MINDFULNESS BASICS: ENHANCING AND SUSTAINING MINDFUL AWARENESS**
 Sept. 23 – Oct. 28, 9:30 to 11 a.m.

22 **NEW** **THE INVISIBLE WOUNDS OF WAR**
 Sept. 23 – Nov. 18, 11:30 a.m. to 1 p.m.
 (No class Nov. 11)

23 **iPHONE AND iPAD FOR BEGINNERS**
 Sept. 23 – Sept 30, 9:30 to 11 a.m.

23 **WRITE YOUR LIFE STORY**
 Sept. 23 – Oct. 14, 11:30 a.m. to 1 p.m.

23 **NEW** **THE REVENGE OF GEOGRAPHY: WHAT THE MAP TELLS US ABOUT COMING CONFLICTS AND THE BATTLE AGAINST FATE**
 Sept. 23 – Oct. 28, 1:30 to 3 p.m.

23 **NEW** **WARM HANDS AND FEET: LEARN TO KNIT MITTENS AND SOCKS**
 Sept. 23 – Nov. 18, 1:30 to 3:30 (No class Nov. 11)

23 **NEW** **AN AFFAIR OF HONOR: WOODROW WILSON, GENERAL HUERTA AND MEXICAN INTERVENTION**
 Oct. 7, 9:30 to 11 a.m.

24 **NEW** **DELIBERATIVE DEMOCRACY: CIVIL DISCOURSE ABOUT CRITICAL PUBLIC ISSUES**
 Oct. 7 – Nov. 18, 11:30 a.m. to 1 p.m. (No class Nov. 11)

24 **ADVANCED iPHONE AND iPAD**
 Oct. 21 – 28, 9:30 to 11 a.m.

24 **NEW** **GARDENING ESSENTIALS FOR THE HOME: INDOORS AND OUT**
 Oct. 21 – Nov. 4, 1:30 to 3 p.m.

24 **NEW** **MEN TO MATCH THE MOUNTAINS**
 Oct. 28, 9:30 to 11 a.m.

24 **NEW** **WATERCOLOR AND WATERMEDIA**
 Oct. 28 – Dec. 16, 11:30 a.m. to 1 p.m.
 (No class Nov. 11 and 25)

24 **NEW** **CURRENT EVENTS FORUM**
 Nov. 4 – Dec. 16, 9:30 to 11 a.m.
 (No class Nov. 11 and 25)

24 **GET TO KNOW YOUR SAMSUNG GALAXY PHONE OR TABLET**
 Nov. 18 – 25, 9:30 to 11 a.m.

25 **NEW** **HISTORY THROUGH ART: ART, POLITICS AND REVOLUTION FROM 1900 TO 1950**
 Nov. 18 – Dec. 16, 11:30 a.m. to 1 p.m.
 (No class Nov. 25)

25 **NEW** **LEECHED, STITCHED AND BITTEN IN SOUTH AMERICA: ADVENTURES OF AN INTERNATIONAL BUTTERFLY PHOTOGRAPHER**
 Dec. 2, 11:30 a.m. to 1 p.m.

25 **NEW** **LEECHED, STITCHED AND BITTEN IN ASIA: ADVENTURES OF AN INTERNATIONAL BUTTERFLY PHOTOGRAPHER**
 Dec. 9, 11:30 a.m. to 1 p.m.

25 **NEW** **THE DEATH PENALTY IN THE UNITED STATES**
 Oct. 28 – Nov. 18, 1:30 to 3 p.m. (No class Nov. 11)

25 **WHAT YOU NEED TO KNOW ABOUT DNA! PART 1**
 Nov. 4 – Dec. 9, 1:30 to 3 p.m.
 (No class Nov. 11 and 25)

**Feel at home
 with your
 fellow OLLIs**



THURSDAY

- 25 DISCOVER JAXPORT**
ED-venture 
Aug. 20 **OR** Sept. 17, 10 a.m. to 1 p.m.
- 26 NEW FRENCH FOR ADVANCED BEGINNERS: PART A**
Sept 17 – Nov. 12, 11:30 a.m. to 1 p.m.
- 26 NEW FUNDAMENTALISM: RELIGION OR RAGE?**
Sept. 17 – Oct. 8, 11:30 a.m. to 1 p.m.
- 26 NEW FRENCH FOR ADVANCED INTERMEDIATES: PART A**
Sept. 17 – Nov. 12, 1:30 to 3 p.m.
- 26 NEW GHOST ARMY OF THE EUROPEAN THEATER OPERATIONS: ARTISTS OF DECEPTION**
Sept. 17 – Oct. 1, 1:30 to 3 p.m.
- 26 PSYCHOLOGICAL TYPE: A TOOL FOR UNDERSTANDING YOURSELF AND OTHERS**
Sept. 17 – Oct. 22, 1:30 to 3 p.m.
- 26 NEW A FLORIDIAN'S GUIDE TO INSURANCE**
Sept. 24 – Oct. 29, 9:30 to 11 a.m.
- 27 MY LIST FOR LIFE**
Sept. 24, 9:30 to 11 a.m. **OR** Nov. 5, 1:30 to 3 p.m.
- 27 NEW DISCOVER THE NORTH BANK: JACKSONVILLE FIRE MUSEUM AND WJCT, YOUR PBS STUDIO**
ED-venture 
Sept. 24, 9:45 a.m. to 1:30 p.m.
- 27 BATTLE OF GUADALCANAL**
Sept. 24 – Oct. 29, 11:30 a.m. to 1 p.m.
- 27 CREATIVE WRITING IN A SAFE PLACE**
Sept. 24 – Nov. 12, 1:30 to 3 p.m.
- 28 URBAN EXPLORATION: DOWNTOWN ARCHITECTURAL WALKING TOUR**
ED-venture 
Oct. 1, 10 a.m. to 2 p.m.
- 28 NEW OUR MODERN FAMILY: STUDY AND ANALYSIS OF CHANGES**
Oct. 8 – Nov. 5, 9:30 to 11 a.m.
- 28 NEW EXPLORE HISTORIC ST. MARYS, GA.**
ED-venture 
Oct. 8, 10 a.m. to 1 p.m.
- 28 NEW VINCENT VAN GOGH: PREACHER, PILGRIM, PAINTER**
Oct. 8 – 29, 11:30 a.m. to 1 p.m.
- 28 ACTING FOR FUN WITH THE VINTAGE PLAYERS**
Oct. 8 – 29, 1:30 to 3 p.m.
- 29 NEW BEGINNING GENEALOGY**
Oct. 15 – 29, 11:30 a.m. to 1 p.m.
- 29 NEW JUST WHAT WERE THEY THINKING?**
Oct. 15 – Dec. 10, 9:30 to 11 a.m.
(No class Nov. 26)
- 29 NEW READING AND PERFORMING SHAKESPEARE: THE TEMPEST**
Oct. 15 – Nov. 19, 11:30 a.m. to 1 p.m.
- 29 CODES, CIPHERS AND DECEPTION**
Oct. 22 – Nov. 19, 9:30 to 11 a.m.
- 29 NEW THE BIG BLUE MARBLE: EARTH**
Oct. 22 – Nov. 12, 1:30 to 3 p.m.
- 30 MINDFULNESS: ENHANCED SELF UNDERSTANDING**
Oct. 29 – Dec. 10, 11:30 a.m. to 1 p.m.
(No class Nov. 26)
- 30 A TOP LEVEL VIEW OF ENERGY**
Nov. 5 – 19, 11:30 a.m. to 1 p.m.
- 30 NEW URBAN EXPLORATION: THE HASKELL COMPANY'S COLLECTION OF ABSTRACT EXPRESSIONIST ART IN RIVERSIDE AND BROOKLYN**
ED-venture 
Nov. 5, 10 to 11:30 a.m.

30 **NEW** **INCOME AND WEALTH INEQUALITY IN THE UNITED STATES**

Nov. 12 – 19, 9:30 to 11 a.m.

30 **NEW** **DOES HOMER MATTER TODAY? DOES VIRGIL?**

Dec. 3 – 17, 9:30 to 11 a.m.

FRIDAY

31 **NEW** **ESSENTIAL FRENCH GRAMMAR AND READINGS, PART XIII**

Sept. 18 – Nov. 13, 10 to 11:30 a.m.

31 **NEW** **GULLAH-GEECHEE: FLORIDA'S SOUTHERN ROUTE TO FREEDOM**

Sept. 18 – Oct. 9, 10 a.m. to noon
Field trips: Sept. 19, Sept. 26, Oct. 3 and Oct. 10, 10 a.m. to noon

31 **MAH JONGG**

Sept. 25 – Oct. 23, 1 to 3 p.m.

31 **FIRE! BEHIND THE SCENES WITH JACKSONVILLE UNIVERSITY'S GLASS DEPARTMENT**

Oct. 2, 10:30 a.m. to noon

32 **NEW** **POETRY FOR EYE AND EAR**

Oct. 9 – 30, 11:30 a.m. to 1 p.m.

32 **NEW** **REDISCOVERING THE LABYRINTH AS A REFLECTIVE PRACTICE**

Oct. 16, 10 a.m. to noon

32 **NEW** **AN AFTERNOON WITH THE RITZ CHAMBER PLAYERS**

Oct. 23, 3:30 to 5 p.m.

32 **NEW** **FASHION FABULOUS FOR WOMEN**

Nov. 6, 9:30 to 11 a.m.



Enroll in OLLI courses
online at www.unfolli.com
or call (904) 620-4200.

VALUED PARTNERS *Special Events*

FLEET LANDING

1 Fleet Landing Blvd., Atlantic Beach

Thurs., Aug. 13, 10 to 11 a.m.

Instructor Showcase

GLENMOOR

235 Towerview Rd., St. Augustine

Fri., Sept. 18, 4 to 5:30 p.m.

Lynne Radcliffe, BRASS Music Educator
"Master the Masters: The Adventures of a Symphonic Detective"

WESTMINSTER WOODS ON JULINGTON CREEK

25 State Road 13, Jacksonville

Mon., Aug. 10, 1 to 2 p.m.

Instructor Showcase

OLLI members and guests are
welcome to attend for free.

IT'S A GREAT WAY TO

Show Off Your



FLEET LANDING

Free to land Free to soar

1 Fleet Landing Blvd., Atlantic Beach, FL 32233 (at Mayport Rd.)

MONDAY

11 **NEW** **INSHORE FISHING**
Sept. 21, 10:30 a.m. to noon

12 **NEW** **NEW PURPOSE, PASSION AND PRINCIPLES: DEVELOP AN UNBEATABLE MIND AND THINK LIKE AN ELITE WARRIOR TO LEAD AND SUCCEED**
Sept. 21 – Nov. 16, 10:30 a.m. to noon
(No class Oct. 12)

13 **THE GREAT AGE OF VIENNA: BEETHOVEN, SCHUBERT AND BRAHMS**
Oct. 19 – Nov. 2, 2 to 3:30 p.m.

14 **NEW** **LINCOLNVILLE: ST. AUGUSTINE'S HISTORIC NEIGHBORHOOD**
Nov. 16, 10:30 a.m. to noon

THURSDAY

27 **NEW** **NEW SLAVS IN THE BALKANS: RISE AND DECLINE OF NATIONS**
Sept. 24 – Nov. 5, 10 to 11:30 a.m.
(No class Oct. 8)

28 **LEARN TO WRITE BELIEVABLE FICTION**
Oct. 8 – 22, 2 to 3:30 p.m.

FRIDAY

31 **NEW** **CREATIVITY IN NEEDLEWORK**
Sept. 25 – Oct. 30, 2 to 3:30 p.m.

Glenmoor^s

Retirement Redefined

235 Towerview Rd., St. Augustine, FL 32092 (World Golf Village)

TUESDAY

19 **MEMORY IMPROVEMENT**
Nov. 3 – 17, 10:30 a.m. to noon

14 **NEW** **LINCOLNVILLE: ST. AUGUSTINE'S HISTORIC NEIGHBORHOOD**
Dec. 1, 10:30 a.m. to noon

THURSDAY

15 **NEW** **THE MOVIES: GENDER, EFFECTS AND MUSIC**
Sept. 24 – Oct. 29, 10:30 a.m. to noon



WESTMINSTER WOODS ON JULINGTON CREEK

www.WestminsterRetirement.com

25 State Rd. 13, Jacksonville, FL 32259 (Julington Creek)

MONDAY

10 **NEW** **BEING 21ST CENTURY SMART IS NOT THE SAME AS BEING 20TH CENTURY SMART**
Sept. 14 – Oct. 5, 10:30 a.m. to noon

TUESDAY

11 **NEW** **INSHORE FISHING**
Sept. 22, 10:30 a.m. to noon

WEDNESDAY

25 **NEW** **LEECHED, STITCHED AND BITTEN IN SOUTH AMERICA: ADVENTURES OF AN INTERNATIONAL BUTTERFLY PHOTOGRAPHER**
Oct. 21, 1 to 2:30 p.m.

25 **NEW** **LEECHED, STITCHED AND BITTEN IN ASIA: ADVENTURES OF AN INTERNATIONAL BUTTERFLY PHOTOGRAPHER**
Oct. 28, 1 to 2:30 p.m.

THURSDAY

29 **NEW** **PRACTICAL NEGOTIATION SKILLS FOR RETIREES**
Oct. 15 – 29, 1:30 to 3 p.m.

Fall 2015 COURSES

Classes take place at the University of North Florida unless otherwise noted.

MONDAY

NEW INVESTING FOR THOSE WHO DO NOT WANT TO THINK ABOUT IT

Sept. 14 – 28, 9:30 to 11 a.m.
3 sessions, \$30

Conquer the bad and ugly of investing. Increase your knowledge of investment products. Act to create a practical diversified portfolio that does not require further attention.

Instructor: Robert Black, p. 34

NEW ISSUES IN AMERICAN FOREIGN POLICY

Sept. 14 – Oct. 19, 9:30 to 11 a.m.
6 sessions, \$45

Boost your understanding of the main foreign policy issues currently facing the U.S. decision makers. Topics may include the ongoing war on terror and relations between the U.S. and Russia. Class format features lecture followed by discussion. Suggested readings will be provided.

Instructor: Samuel Hart, p. 37

NEW BEING 21ST CENTURY SMART IS NOT THE SAME AS BEING 20TH CENTURY SMART

Sept. 14 – Oct. 5, 10:30 a.m. to noon
4 sessions, \$35

Location: Westminster Woods on Julington Creek

Stretch your understanding of three important dimensions of today's culture and society. How can we broaden our understanding of what it means to be intelligent? What do our grandchildren (and we) need to be smart about and skilled in for the future? Why must we stay aware of developments in educational policy and be concerned about over-reliance on standardized test scores? Examine the current research and thinking about intelligence. Improve your knowledge of the skillsets and cognitive abilities needed in our current lives and those that will be crucial for both personal and societal success.

Instructor: Chuck Watson, p. 45

NEW CULTURAL AND SOCIAL DIVERSITY OF ISLAM

Sept. 14 – Oct. 26, 10:30 a.m. to 12:30 p.m.
7 sessions, \$60

Intensify your knowledge of the plurality of ways in which Islam is practiced across the world. Case studies include countries such as Turkey (a secular democracy), Egypt (the largest Arab country) and India (the largest Muslim minority). Maximize your understanding of how Islam is practiced in the U.S. and the contrasting attitudes of Muslims in America from Muslims in other parts of the world. Stretch beyond sacred texts to take an in-depth look at how regional factors such as art, literature, music, religion and politics have shaped Islamic practices. Discover how Islam has contributed to the shaping of local cultures.

Instructor: Parvez Ahmed, p. 33

NEW BIG HISTORY

Sept. 14 – Oct. 19, 11:30 a.m. to 1 p.m.
6 sessions, \$45

Transform your knowledge of history through an unconventional lens from the Big Bang through modern times. Shatter traditional boundaries between the sciences and the humanities as well as time scales. Course content based on David Christian's curriculum, which is an attempt to understand, in a unified way, the history of cosmos, earth, life and humanity. Classroom participation is important.

Instructor: John Tancredi, p. 44

Happiness is spending time with other OLLIs.



CREATIVITY FOR RETIREES

Sept. 14 – Oct. 12, 11:30 a.m. to 1 p.m.
5 sessions, \$40

Discover your second act in this high-energy, hands-on seminar. Experience a smorgasbord of idea generation techniques to explore your retirement opportunities. Explore how collaboration can spur new ideas, ways to overcome biases and mindsets and clarify a problem at hand. Devise fresh new ways of understanding issues in an intellectually liberating atmosphere. Develop new approaches to examine and maximize your happiness in this important life stage.

Recommended: “A Whack on the Side of the Head” by Roger Von Oech, George Willett and Nolan Bushnell and “Thinkertoys: A Handbook of Business Creativity” by Michael Michalko

Instructor: Edward Mickolus, p. 41

OPEN FOCUS: THE POWER OF ATTENTION

Sept. 14 – Oct. 19, 11:30 a.m. to 1 p.m.
6 sessions, \$45

How you concentrate influences every aspect of your life. Open Focus brain training, developed by Dr. Les Fehmi, is designed to develop your ability to consciously shift the way you pay attention – from a narrowly focused attention to a calmer, more flexible and open attention. Open Focus is a practical and effective method for reducing stress-related symptoms and enhancing well-being. Each 90-minute class consists of easy and enjoyable exercises, practiced in a seated position, brief lectures and class discussion.

Recommended: Practice between classes. CDs will be provided by the instructor for \$1.

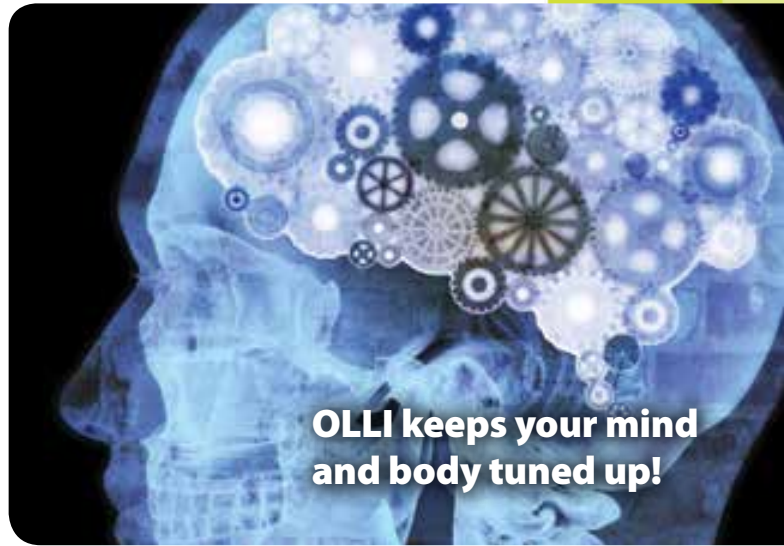
Instructor: Martha Bennett, p. 33

NEW HAPPINESS

Sept. 14 – Oct. 5, 1:30 to 3 p.m.
4 sessions, \$35

Transform your knowledge of happiness through the wisdom of the ancients and academic studies about the keys to happiness. Improve your happiness quotient through practice exercises.

Instructor: Bob Black, p. 34



**OLLI keeps your mind
and body tuned up!**

NEW PILATES FOR BUFF BONES

Sept. 14 – Oct. 5, 1:30 to 2:30 p.m.
4 sessions, \$35

Improve strength, flexibility and balance in this Pilates mat class. Develop better concentration, control, centering, flow, precision and breathing. Exercises are safe for those with low back pain, low bone density and spine issues. All ages are welcome.

Required: Ability to get up and down from the floor without assistance

Recommended: Yoga mat if you own one

Instructor: Julie Baskin, p. 33

INSHORE FISHING

Sept. 21, 10:30 a.m. to noon
Location: Fleet Landing

OR Tues., Sept. 22, 10:30 a.m. to noon
Location: Westminster Woods on Julington Creek

1 session (each), \$15

North Florida is one of the best inshore fisheries in the world! Learn how to get started or hone your skills as an inshore fisher. From targeted species, to rod and reel selection, line, knot tying, lures, tackle and techniques discover how to catch more fish!

Instructor: Rory Gregg, p. 37

MONDAY CONTINUED

**NEW PURPOSE, PASSION AND PRINCIPLES:
DEVELOP AN UNBEATABLE MIND AND THINK LIKE
AN ELITE WARRIOR TO LEAD AND SUCCEED**

Sept. 21 – Nov. 16, 10:30 a.m. to noon (No class Oct. 12)
8 sessions, \$55
Location: Fleet Landing

Unleash the warrior spirit within to develop mental clarity, concentration, awareness, authentic leadership and intuition. Develop better decision-making skills when under pressure. Learn to become more sensitive to your internal and external environments, how to trust your gut and use mental imagery. Deepen your willpower, intention and connection with your spiritual self. In this interactive class, you will practice the tools to develop those character traits. Find or reaffirm your ultimate purpose, establish your most important goals and develop concrete steps to achieve them. Open to men and women who want to be the best that they can possibly be. There will be no strenuous physical activity; however, you will be challenged mentally, emotionally and spiritually.

Required: "Unbeatable Mind: Forge Resiliency and Mental Toughness to Succeed at an Elite Level" by Mark Divine

Recommended: "The Way of the Seal: Think Like an Elite Warrior to Lead and Succeed" by Mark Divine

Instructor: Bill McCombes, p. 40

**NEW RETURNING TO OUR ROOTS:
AN INTRODUCTION TO NATUROPATHIC MEDICINE**

Sept. 21 – Oct. 12, 11:30 a.m. to 1 p.m.
4 sessions, \$35

Transform your knowledge of natural health and wellness. Explore naturopathic medicine, a distinct primary health care profession that emphasizes prevention, treatment and optimal health using natural therapies such as nutrition, herbs, homeopathy and physical manipulation.

Instructors: Analisa Jahna, p. 38 and Todd Robinson, p. 43

IMMIGRATION: HISTORY AND THE CURRENT DEBATE

Sept. 28 – Oct. 26, 9:30 to 11 a.m.
5 sessions, \$40

Who is an American? What kind of country are we? These basic questions drive, and have driven throughout American history, the debate on immigration. Learn about the cycles of immigration in America, who has been involved, factors affecting immigration and contributions immigrants have made to America. Explore the current situation and debates about immigration policy.

Instructor: Joe O'Shields, p. 41

**NEW CALLING ALL READERS AND WRITERS:
ENRICH YOUR UNDERSTANDING OF THE
AUTHOR EXPERIENCE**

Sept. 28 – Oct. 26, 11:30 a.m. to 1 p.m.
5 sessions, \$40

Transform your knowledge of writing processes through insights from four local writers who illustrate their points by sharing experiences and examples of their works. Individual presentations are followed by a panel discussion with all four authors discussing commonalities and differences in the way they work. Authors' works will be available for purchase following the panel discussion.

Session 1: The Suspense is Killing Me: How to Add Suspense to Fiction, Vic DiGenti

Session 2: Story, Story, Story: How to Create Compelling Narrative Structure, Laura Lee Smith

Session 3: Writing Outside the Lines: Genre Short Stories and Collaborative Writing, Nancy Quatrano

Session 4: The Art of Science in Poetry: Biology, Chemistry, Physics, Mary Deno-Yeck

Session 5: Panel discussion and book sale

Panelists: Mary Deno-Yeck, p. 35, Vic DiGenti, p. 36, Nancy Quatrano, p. 42 and Laura Lee Smith, p. 44

**NEW NEW AND OLD ROSES FOR NORTH
FLORIDA GARDENS**

Oct. 5 – Oct. 19, 11:30 a.m. to 1 p.m.
3 sessions, \$30

Explore the rose possibilities for North Florida, guided by the revolutionary book by Peter Kukielski, former Peggy Rockefeller Rose Garden curator. Supplement the 150 varieties he identifies as easy care with 50 more that are specifically appropriate for North Florida gardens.

Recommended: "Roses without Chemicals" by Peter Kukielski

Instructor: Gene Waering, p. 45



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NEW MASTER THE MASTERS: THE ADVENTURES WITH A SYMPHONIC DETECTIVE

Oct. 5, 2015 – Jan. 4, 2016, 1:30 to 3 p.m.
Dates vary with the Jacksonville Symphony Masterworks performances below.
4 sessions, \$35

A collaboration with Beaches Residents Actively Supporting the Symphony (BRASS) and the Jacksonville Symphony Orchestra (JSym).

Maximize your enjoyment of JSym's 2015-16 season, with classes explaining each concert in its Masterworks Series. The Monday prior to the weekend's concert performance, you will analyze the symphony and its composer. Learn about musical and performance elements, time and place relevant to the music and the composer, and the people and politics surrounding the composer and his music. Cameo appearances by symphony musicians and singers bring the music alive in an engaging, interactive format.

Monday, October 5: Holst's The Planets

Monday, October 19: Piano Dialogue

Monday, November 9: Symphonic Dances

Monday, January 4: La Mer

Instructor: Lynne Radcliffe, p. 42

FACIAL FITNESS: EXERCISES FOR THE FACE AND NECK

Oct. 12 and 15, Oct. 19 and 22, 9:30 to 11 a.m.
4 sessions, \$35

Physical exercises are an important part of keeping our bodies fit. However, many people neglect the muscles in the neck and face. Discover the importance of neck and facial fitness. Various exercises will be demonstrated by the instructor or via DVD, with time for students to practice each exercise. Most exercises take less than one minute to complete. Students will be encouraged to practice at home. Exercising facial muscles can tone and firm the face while stimulating blood flow and circulation, resulting in a healthy, refreshed look: a natural face lift.

Instructor: Evelyn Anchondo, p. 33

THE GREAT AGE OF VIENNA: BEETHOVEN, SCHUBERT AND BRAHMS

Oct. 19 – Nov. 2, 2 to 3:30 p.m.
3 sessions, \$30
Location: Fleet Landing

Discover Vienna's history and culture through an exploration of its music, as well as the lives and careers of the outstanding composers who lived there. Enrich your music appreciation through lecture, discussion and listening with an expert.

Instructor: Merrill Jay Palmer, p. 41

NEW EINSTEIN AND GENERAL RELATIVITY

Oct. 19 – Nov. 9, 11:30 a.m. – 1 p.m.
4 sessions, \$35

Stephen Hawking's popular science book was on the bestseller list for four years and sold ten million copies. $E = mc^2$ is the only equation used in the book. Class topics include the universe, space and time, the uncertainty principle, elementary particles, forces of nature and black holes. You will also examine topics on modern cosmology including the nature and geometry of space and time, consequences and tests of general relativity.

Recommended: "A Brief History of Time" by Stephen Hawking (Chapters 1, 2, 3 and 6)

Instructor: Alan Gleit, p. 37

AGING IN PLACE WITH TECHNOLOGY

Oct. 26 – Nov. 9, 11:30 a.m. to 1 p.m.
3 sessions, \$30

By 2020, technology will dramatically change our concept of aging lifestyles. Maximize your understanding of technologies and smart environments that will enable our well-being and independence. Learn through visual presentation and lively discussion ways to take care of ourselves and others as we age in place with technology.

Instructor: Julie Giuliani, p. 37

NEW BEHAVIORS TO IMPROVE YOUR HEALTH AND QUALITY OF LIFE

Oct. 26 – Nov. 16, 11:30 a.m. to 1 p.m.
4 sessions, \$35

Increase your understanding of the scientific bases and evidence for behaviors that promote health including diet, supplements, exercise, stress, spirituality, cognitive engagement, meditation and laughter. Questions and discussion are encouraged.

Instructor: Alan Halperin, p. 37



When you discover OLLI, you discover history and culture.

MONDAY CONTINUED

NEW HERBS AS FOOD: TONICS FOR A STRONG LIFE

Oct. 26 – Nov. 16, 1:30 to 3 p.m.
4 sessions, \$35

Accelerate your knowledge of herbal tonics that have the potential to improve bodily systems, including cardiovascular, digestive, endocrine and hepatic. Learn to incorporate tonics into your daily nourishment to embody the old adage that an ounce of prevention is worth a pound of cure. Create pestos, jams, dips, soups, pickles, teas, warm beverages, syrups, oils, vinegars and more.

Required: \$20 materials fee payable to the instructor
Instructor: Libby Jennison, p. 38

NEW A COLD WAR AS HISTORY

Oct. 26 – Dec. 14, 3:30 to 5 p.m.
8 sessions, \$55

Increase your understanding of the Cold War, one of our generation’s defining events. Explore how the conflict began, how the world was divided into two opposing camps, how a balance of power lasted for 40 years and why it suddenly ended.

Instructor: Joseph Warner, p. 45

NEW ST. AUGUSTINE LIGHTHOUSE & MUSEUM SUNSET MOONRISE TOUR

ED-venture 

Oct. 26, 5:30 to 8 p.m.
1 session, \$45

Ignite your appreciation of Mother Nature’s visually spectacular nightly changing of the guard. From your vantage point on top of the lighthouse tower, you can watch the sun disappear behind historic St. Augustine while the full moon ascends from the Atlantic horizon.

Required: Physical stamina to ascend lighthouse spiral staircase.

Recommended: Dress for the weather, shoes suitable for the climb, small backpack or fanny pack for personal items, bottled water, camera. Transportation is on your own.

Coordinator: Pamela Keramati, p. 39

NEW HANDS ON: CLOSE-UP AND MACRO PHOTOGRAPHY

Nov. 2 – 16, 9:30 to 11 a.m.
3 sessions, \$30

Discover a unique view of the tiny world around you. Learn the basics, including equipment selection and production techniques. A great overview for beginners or a good refresher for more experienced photographers. Experiment during a special indoor shooting session with plenty of interesting props and subjects.

Required: Digital camera and tripod

Instructor: Gary Whiting, p. 46

NEW GROW OLD WITH ME

Nov. 2 – Dec. 7, 11:30 a.m. to 1 p.m.
6 sessions, \$45

Share the experience of growing into the winter of our lives – our joys, sorrows and fears. Create a full, rich life filled with passion and purpose.

Required: Contribute to a supportive environment in which all participants may be open and honest about feelings and concerns.

Instructor: Sheila Weinstein, p. 45

NEW LINCOLNVILLE: ST. AUGUSTINE’S HISTORIC NEIGHBORHOOD

Nov. 2, 1:30 to 3 p.m.

OR Nov. 16 from 10:30 a.m. to noon
Location: Fleet Landing

OR Tues., Dec. 1, 10:30 a.m. to noon
Location: Glenmoor

1 session each, \$15

Stretch your knowledge of our area’s multi-ethnic history through a visual exploration of the people, stories and buildings that created it. Focus on early native and enslaved peoples, British settlers, plantations, Victorian homes and Henry Flagler’s building projects and civil rights activities in the 1960s. Connect with a once-ignored, now vibrant neighborhood close to downtown on picturesque Lake Maria Sanchez.

Instructor: Rosamond Parrish, p. 42

TUESDAY

CURRENT EVENTS

Sept. 8 – Dec. 15, 9:30 to 11:30 a.m.
15 sessions, \$115

In this lively course, students discuss topics of interest drawn from readings and other media of the day. Each week, students bring at least one newsworthy article of interest to present to the class. The facilitator assists by keeping the discussion of the topic open and on track.

Facilitator: Howard Hodor, p. 38

NEW PASTA MAKING 101

Sept. 15, 10 a.m. to 1 p.m.
1 session, \$55

Location: The Cooking School at Jax Kitchen
1850 Emerson St., Jacksonville

Calling all pasta aficionados. Conquer your fear of making fresh pastas and sauces from scratch. Understand the drying process. Eat what you create. Receive recipes to use at home.

Instructor: Mauricio Jiménez, p. 39

SHORT STORIES BY F. SCOTT FITZGERALD

Sept. 15 – Oct. 6, 11:30 a.m. to 1 p.m.
4 sessions, \$35

Explore themes of wealth, riches, family relationships, loss of youth and war in this highly interactive class. We will read four short stories, share perspectives and discuss the conflicts and resolutions revealed in each.

Instructor: Dorothy Dobbs, p. 36

NEW THE MOVIES: GENDER, EFFECTS AND MUSIC

Sept. 22 – Nov. 17, 9:30 to 11 a.m.
9 sessions, \$60

OR Thurs., Sept. 24 – Oct. 29, 10:30 a.m. to noon
6 sessions, \$45

Location: Glenmoor

Enrich your understanding of movie stereotypes, illusions, effects that increase the attention and passions of audiences. Identify the tough guy or the scheming woman. Be awed by an earthquake, flood or alien invasion. Understand how composed musical scores and their decibel levels inspire emotional responses.

Instructor: Ken McMillan, p. 41

**OLLI makes
it easy to
try something
new.**



NEW TAI CHI FOR HEALTH

Sept. 22 – Oct. 27, 9:30 to 10:30 a.m.
6 sessions, \$45

Improve breathing, balance, posture and muscle tone. Learn basic principles of the practice. Embrace your third age with vigor.

Recommended: Practice at home between classes

Instructor: Gary Hickenbottom, p. 38

NEW BEGINNING BRIDGE III

Sept. 22 – Nov. 17, 10 a.m. to noon (No class Nov. 3)
8 sessions, \$70

Learn to play bridge in this continuation of the series. Focus on play of the hand and bidding in the modern game.

Prerequisite: Beginning Bridge I or II or a general understanding of the standard American system

Instructor: John Reeve, p. 43

NEW JOURNALING WITH A TWIST

Sept. 22 – Oct. 20, 11:30 a.m. to 1 p.m.
5 sessions, \$40

Unleash your creativity by creating a unique tool to record and remember your experiences, thoughts and feelings. Experiment with various journal formats including traditional and visual. In this informal, highly interactive class, you will select a format and create your journal. It won't be like that diary you once kept!

Required: \$5 materials fee payable to the instructor, student purchased journal after the second class

Instructor: Deborah Hansen, p. 37

TUESDAY CONTINUED

NEW INTERMEDIATE BRIDGE

Sept. 22 – Nov. 17, 1 to 3 p.m. (No class Nov. 3)
8 sessions, \$70

Maximize your skills in this course devoted to modern no trump bidding. Focus on Gerber, transfers, Stayman and achieving hard to bid slams.

Instructor: John Reeve, p. 43

PHOTO ART: ENHANCING YOUR PHOTOGRAPHY

Sept. 22 – Oct. 6, 1:30 to 3 p.m.
3 sessions, \$30

Transform your ordinary photographs into extraordinary art. Learn techniques and tips using a variety of free, Internet-based software tools. Convert your photos into wall art, books, cards and more.

Required: Flash drive

Instructor: Melinda Bradshaw, p. 34

NEW AN OLD-TIME FLORIDA TRADITION: CANE SYRUP MAKING AND DOWN-TO-EARTH JACKSONVILLE STORIES

Sept. 29, 9:30 to 11 a.m.
1 session, \$15

You can almost taste and smell the sweet vapor as you learn about this old-fashioned method of syrup making. Maximize your knowledge of our area through oral history shared by the instructor's varied, exceptional life experiences and stories he learned from his father who lived from 1879 to 1971.

Instructor: Al Geiger, p. 36

NEW UNLEASH YOUR INNER DECORATOR: INTRODUCTION TO INTERIOR DESIGN

Sept. 29 – Oct. 20, 9:30 to 11 a.m.
4 sessions, \$35

Transform your spaces using your treasures and creativity. Inspire a fresh new look on a modest budget. Stimulate fresh new ideas with fresh new colors.

Required: Photographs of the rooms you want to renovate and ideas about the design problems you want to solve.

Instructor: Marlene Kenney, p. 39

MEDICARE 101

Sept. 29, 11:30 a.m. to 1 p.m.
1 session, \$15

Increase your knowledge of Medicare basics, including its history and what the alphabet of its parts (A, B, C and D) mean. Examine the costs associated with original Medicare. Understand the annual election or enrollment period. Discover useful resources to gain confidence in making decisions for yourself or a loved one.

Instructor: Rory Gregg, p. 37

NEW JACKSONVILLE: 50 YEARS OF JOURNALISM, MEDIA, POLITICS AND HISTORY

Oct. 6 – 27, 9:30 to 11 a.m.
Field trip: The MOSH, Nov. 3, 10 a.m. to noon
5 sessions, \$50

Achieve greater understanding of our community, its media and its politics. Your instructor has reported, commented on and participated in Jacksonville public affairs for nearly 50 years. Anticipate lively discussions focusing on the media and the politicians. Your field trip features a special exhibition on broadcasting sponsored by the Jacksonville Broadcasters Association.

Instructor: Harry Reagan, p. 43

MAKING YOUR YARD A LIFE GARDEN FOR FLYING FLOWERS, MELODIES AND YOU

Oct. 6 – 13, 9:30 to 11 a.m.
Field trip: Oct. 20, 10 a.m. to noon
3 sessions, \$30

Boost your knowledge of butterflies, bees and birds that visit our region. Discover why they are important. Learn to select and care for the plants, vines, shrubs and trees that will make your yard vibrate with life.

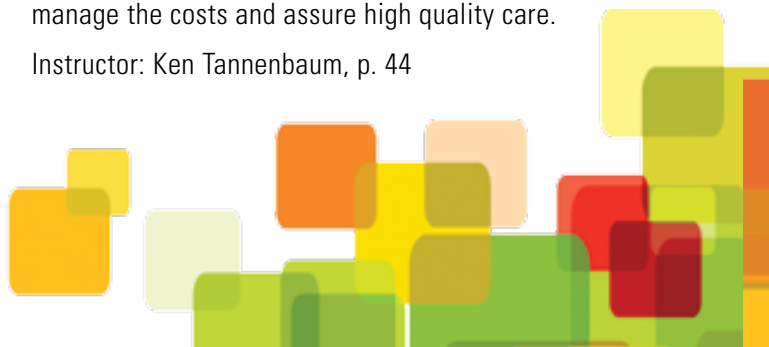
Instructor: Sally Steinauer, p. 44

UNDERSTANDING OUR U.S. HEALTH CARE SYSTEM: HOW IT WORKS AND DOESN'T

Oct. 6 – 20, 11:30 a.m. to 1 p.m.
3 sessions, \$30

Learn the components of our health care system and why costs are so high. Discover options to better manage the costs and assure high quality care.

Instructor: Ken Tannenbaum, p. 44



CATCH MORE FISH – AN INSIDER’S GUIDE TO OUR WATERS

Oct. 6 – Nov. 3, 1:30 to 3 p.m.
5 sessions, \$40

Captain Buzzard will share his experience and knowledge and will discuss subjects such as how, when and where to fish. Improve your understanding of best practices and safety, the influence of the tides and weather, fishing techniques and tying knots. Learn what kind of equipment to buy and where to buy it. Increase your knowledge through hands-on experiences handling all types of equipment.

Instructor: Buzz Williams, p. 46

WORLD WAR II – HOME FRONTS

Oct. 6 – Nov. 10, 1:30 to 3 p.m.
6 sessions, \$45

Discover what happened at home while the men were away fighting in a bloody conflict. In both Europe and the Pacific, the lines between combatants and noncombatants were erased as practically everyone was involved whether or not they fought. Civilian casualties were 10 to 20 times more frequent than military casualties were. Explore why World War II was considered Total War. Discussion is greatly encouraged.

Instructor: Wayne Heckrotte, p. 38

MANAGING CHRONIC PAIN

Oct. 6 – 27, 4 to 5 p.m.
4 sessions, \$30

Discover how to manage chronic pain through the use of Myofascial Release Treatment (MFR), a noninvasive pain management technique. Learn about conditions that would benefit from this type of treatment such as back, neck and jaw (TMJ) pain, sciatica, headaches, whiplash, fibromyalgia, adhesions, carpal tunnel syndrome, frozen shoulder and osteoarthritis among others. You will gain an understanding of the fascial system in your body and appropriate stretching techniques to manage pain.

Required: Participants will be expected to review information about Myofascial Release therapy at www.myofascialrelease.com.

Instructor: Daryl Thoppil, p. 44

NEW BEGINNING SPANISH CONVERSATION: PART A

Oct. 13 – Nov. 10, 1:30 to 3 p.m.
5 sessions, \$40

Learn the Spanish essentials you need for travel and simple conversations. Get ready to read, comprehend and talk in real life situations. Boost your speaking skills with new vocabulary and fun exercises. This course is for beginners and those who know some Spanish but want to practice speaking it.

Required: “Learn Spanish in 7 Days” by Dagny Taggart
Instructor: Ileana Velazquez, p. 45

CROSSING THE ST. JOHNS

Oct. 13 – 20, 1:30 to 3 p.m.
2 sessions, \$25

Transform your knowledge of the seven bridges that cross our river. Learn about their namesakes, structures, spans and heights. Compare our bridges with other famous bridges.

Instructor: Joe Varon, p. 45

DISCOVER THE SECRETS OF FENG SHUI

Oct. 13 – Nov. 10, 1:30 to 3 p.m.
5 sessions, \$40

Connect with ancient wisdom to improve modern living. Create harmony and balance in your life through the art of placement. Discover the story your space tells.

Required: Student purchased three-ring notebook for materials supplied in class, home or office floor plan or footprint.

Instructor: Gabriele Van Zon, p. 45

NEW I JUST BOUGHT AN APPLE COMPUTER. NOW WHAT?

Oct. 13, 1:30 to 3 p.m.
1 session, \$15

Stretch your knowledge about your Mac and its setup. Learn about system preference settings, disk utilities, basic security and must-have apps. Customize it for your needs. Familiarize yourself with OS X Yosemite and what may also apply to older Mac operating systems.

Recommended: Bring your Mac to class.

Instructor: John See, p. 43

TUESDAY CONTINUED

NEW INTERAGENCY POST-CONFLICT STABILIZATION

Oct. 13 – Nov. 3, 1:30 to 3 p.m.
4 sessions, \$35

What issues face the U.S. in trying to stabilize a region after a prolonged conflict? Which parties must be involved? Which approach should be used for a successful result? Examine two examples of U.S. Provincial Reconstruction Teams (PRT) used in Afghanistan in 2003 and in Iraq in 2007. Discuss the impact of U.S. action or inaction in Syria, Yemen, Libya, Ukraine, Somalia and Tunisia.

Instructor: Thomas Burke, p. 35

NEW MEMA'S ITALIAN KITCHEN

Oct. 13 – Nov. 3, 1:30 to 3:30 p.m.
4 sessions, \$35

Discover the basic steps to delicious Southern Italian cooking. Examine the secret of layering flavors to produce tasty and healthy Mediterranean dishes. Explore the trinity of Neapolitan cuisine and pasta lexicology from A (acini di pepe) to Z (ziti). Get family-tested recipes, observe step-by-step food preparation, and best of all, sample the results. Learn the succulent art of la Cucina Italiana through live demonstrations.

Required: \$20 materials fee payable to the instructor

Instructor: Lucy Giardino Cortese, p. 35

ON FREEDOM'S TRAIL: A CIVIL RIGHTS HISTORY TOUR OF ST. AUGUSTINE

ED-venture 

Oct. 20, 10 a.m. to noon
1 session, \$35

Intensify your knowledge of St. Augustine's role in the passage of the Civil Rights Act. Learn impact of the complex dynamics between local and national activists, the National Association for the Advancement of Colored People (NAACP) and the Southern Christian Leadership Council (SCLC) led by Dr. Martin Luther King, Jr. Acclaimed historian David Nolan narrates a trolley tour of the significant people, events and places, including the historically African-American neighborhood of Lincolnville. Tour followed by a Dutch treat lunch at La Pentola.

Required: Mobility to get on and off the trolley. Casual dress, comfortable shoes and a hat. Cameras welcome. Transportation is on your own.

Coordinator: Kathy Marquis, p. 40

NEW APPLE iCloud

Oct. 20, 1:30 to 3 p.m.
1 session, \$15

What is iCloud? How does it work? What can it do for you? Learn about other popular cloud-based services that work with your iPhone or iPad.

Instructor: John See, p. 43

NEW NATURAL FLORIDA: SATURIWA CONSERVATION AREA

ED-venture 

Oct. 27, 9 a.m. to noon
1 session, \$35

Enrich your understanding of northeast Florida's natural and historic resources as well as its biodiversity and habitats. Anticipate a rare opportunity to view up close the area's flora and fauna including protected species such as the hooded pitcher plant, gopher tortoise and bald eagle. Stretch your legs on a guided trail walk through natural pine flatwoods, cypress dome wetlands, hardwood swamp and the edge of the St. Johns River. Your host, Mike Adams, is an award-winning environmentalist, who maintains and conserves the wildlife habitat and forestland while also managing the property's planted pine forest. Learn about Mike's progress toward the goal to restore the property back to a longleaf pine ecosystem. Enjoy a Dutch treat lunch after the tour.

Required: Stamina and mobility to stand and walk on uneven surfaces for three hours. Transportation is on your own.

Coordinator: Gary Whiting, p. 46

NEW BEEKEEPING: YOUR NEW FAVORITE HOBBY

Oct. 27 – Nov. 24, 9:30 to 11 a.m.
5 sessions, \$40

Discover the wonderful world of honeybees. Learn how to start this hobby and help save the planet. Transform your health, your garden and your landscaping with a small bee colony. Visit a working apiary to observe bees foraging, raising brood and making honey. Handle live bees and taste honey directly from the hive.

Instructor: Steve Sheffield, p. 43



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NEW WARNING: THE RULES OF MONEY HAVE CHANGED. HAVE YOU?

Oct. 27 – Nov. 24, 9:30 to 11 a.m.
5 sessions, \$40

Are you going broke slowly but safely? Is there a contest going on to see whether you or your finances will expire first? Act to take control.

Instructor: Stanley B. Greenfield, p. 37

NEW IPAD AND IPHONE WORD PROCESSING OPTIONS

Oct. 27, 11:30 a.m. to 1 p.m.
1 session, \$15

Unleash your iPad or iPhone's power as a personal productivity device. Learn about Pages, Apple's easy-you-use word processing app, new Microsoft Office apps and Google Drive apps. Maximize your understanding of major word processing apps, what they do, and how to share and print your documents.

Instructor: John See, p. 43

NEW WHAT SHOULD I READ NEXT?

Oct. 27, 11:30 a.m. to 1 p.m.
1 session, \$15

Transform your knowledge of new books, titles in different genres and titles of interest to specific readers. An independent bookstore owner shares her expertise and provides book lists. Discussion and questions welcome.

Instructor: Rona Brinlee, p. 34

NEW ART OF OUR TIME: A BEGINNER'S GUIDE TO CONTEMPORARY ART

Oct. 27, 1:30 to 3 p.m.
Field trips: Nov. 10 and Nov. 24, 1:30 to 3 p.m.
3 sessions, \$30

Increase your knowledge and appreciation of contemporary art. An introductory lecture at UNF is followed by two staff-led programs at Jacksonville's Museum of Contemporary Art, a cultural resource of University of North Florida. Amplify your understanding through an intimate conversation with Ian Johnston, an artist who created a new work for MOCA. Explore behind the scenes and learn about the works and artists represented in MOCA's collection as well as contemporary art's role in society. Enjoy Dutch treat lunches at Café Nola.

Recommended: "Why a Painting is Like a Pizza" by Nancy G. Heller

Coordinator: Lauren Spencer, p. 44

MEMORY IMPROVEMENT

Nov. 3 – Nov. 17, 10:30 a.m. to 1:30 p.m.
3 sessions, \$45
Location: Glenmoor

Create mental pictures to retain passwords, names, facts, jokes, to-do lists, birthdays or any important information. Learn how your brain works and to harness its power in this highly interactive program. The instructor's previous programs resulted in students achieving 80 to 90 percent success in remembering facts and names.

Instructor: Frederick B. Lee, p. 40

Sunday, Dec. 13 - Friday, Dec. 18

Join us for an unforgettable exploration of the New Orleans. Reveling in a giddy blend of European refinement and Caribbean effervescence, the "Crescent City" has long fascinated artists, writers, chefs, musicians and scholars.

Price includes:

- Expert lectures, tours, performances and culinary demonstration
- Five nights in an elegant French Quarter hotel
- *12 meals
- Group travel and transfers throughout the program
- The Road Scholar Emergency and Travel Assistance Plan, includes 24-hour medical or other emergencies assistance.

Double occupancy: \$1,375 Single occupancy: \$1,835

To enroll, contact OLLI program director, Jeanette Toohey, at jeanette.toohey@unf.edu or call (904) 620-4200.



OLLI is going back to the BIG & EASY with Road Scholar!



TUESDAY Continued

NEW BEST IPHONE AND IPAD APPS

Nov. 3, 11:30 a.m. to 1 p.m.
1 session, \$15

Increase your knowledge of your device's most useful apps, including reading, entertainment, productivity, travel, weather and utilities. Gather to exchange ideas about your favorite apps.

Instructor: John See, p. 43

NEW IF YOU DON'T DO IT, NOBODY WILL: ORGANIZING AND PRESERVING YOUR FAMILY HISTORY

Nov. 3 – 17, 1:30 to 3 p.m.
3 sessions, \$30

You cherish your old family letters, photographs and historical documents, but lack the motivation to take them out of the shoeboxes and organize them. Ignite your desire to start! Learn how to move from old boxes in a closet to creating an organized collection that will give your treasures value to the next generation. This class will be both a demonstration of systems and hands-on techniques to get you started preserving your own family history for future generations.

Instructor: Judi Frazier, p. 36

WHAT IS JAZZ?

Nov. 3, 11:30 a.m. to 1 p.m.
1 session, \$15

Have you heard jazz and wondered what the musicians were really playing? Louis Armstrong once said, "If you have to ask what it is, you'll never know." Explore the question and endeavor to answer it. Discover jazz, its history, components and the development of the jazz repertoire. Jazz improvisation will be explained with, when possible, performance.

Instructor: Bill Prince, p. 42

CLASSICAL MUSIC AND ALL THAT JAZZ

Nov. 10, 11:30 a.m. to 1 p.m.
1 session, \$15

Classical music is essentially European, while jazz is essentially American. Classical music has a 700-year development while jazz has only a 110-year development. Consider the important names you know from classical music and the majority come from Europe. The same holds true of jazz performers and the U.S. Yet, these diverse musicians, who seem to operate in completely dissimilar styles and backgrounds, have much in common. Explore the two styles of music and discover their similarities and differences.

Instructor: Bill Prince, p. 42

NEW IPHONE OR IPAD: MAKE THEM WORK FOR YOU

Nov. 10, 11:30 a.m. to 1 p.m.
1 session, \$15

Accelerate your understanding of your iOS devices and the amazing things you can do with them. Begin by learning to manage and customize all options in the settings app. Boost your knowledge about keeping your devices secure and managing your long list of passwords with the free app 1Password.

Instructor: John See, p. 43

NEW INTRODUCTION TO DIGITAL PHOTOGRAPHY FOR THE NOVICE

Nov. 10 – 17, 1:30 to 4 p.m.
2 sessions, \$35

Calling all new digital camera owners. Learn to use your camera's controls and memory cards. Stretch your camera use skills. Discover the importance of memory cards. Improve your e-mailing and printing skills. Increase your knowledge of safe, fun travel with your camera. This class is for beginners, but anyone who wants or needs an update on their digital camera use is welcome.

Instructor: Jay Sherline, p. 43

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NEW BEGINNING SPANISH CONVERSATION: PART B

Nov. 17 – Dec. 15, 11:30 a.m. to 1 p.m.
5 sessions, \$40

Boost your Spanish language skills with conversations in real life situations. Learn new vocabulary, phrases and situations. Describe family relationships, work and recreation. Stretch your knowledge of essential verbs. Beginners and those who hablo un poco espanol are welcome. There is no prerequisite for participation.

Required: "Learn Spanish in 7 Days" by Dagny Taggart
Instructor: Marla Gentile Ramirez, p. 42

NEW iMOVIE FOR YOUR IPHONE OR IPAD

Nov. 17, 11:30 a.m. to 1 p.m.
1 session, \$15

Have you seen the iMovie app on your iPad or iPhone? Learn what it can do and how it works. Create fantastic movies to share your travels or other significant events with your family and friends.

Instructor: John See, p. 43

MUSICAL FAILURES AND SURPRISES

Nov. 17, 11:30 a.m. to 1 p.m.
1 session, \$15

Most musicians wear many hats to be successful in the music business. They may perform, teach, compose, arrange, produce, entertain and publish. Your instructor has worn all of these hats with varying degrees of success and failure. This course focuses on vicissitudes of marketing music for films, attempting to develop a new musical style, timing hit recordings, making accidental hit recordings and other interesting issues in the music business.

Instructor: Bill Prince, p. 42

NEW HEALTHY MEAL WITH WINE PAIRING AT PUBLIX APRONS COOKING SCHOOL

ED-venture

Nov. 17, noon to 2 p.m.
1 session, \$45

Transform your holiday entertaining with fresh new ideas inspired by this three course luncheon. Maximize your enjoyment with wine pairings and fellowship. Chefs develop the menu, demonstrate cooking techniques and clean the kitchen after you leave inspired.

Coordinator: Laurel Conderman, p. 35

TRAVELS IN SOUTH ASIA: MYANMAR AND INDIA

Nov. 17 – Dec. 15, 1:30 to 3 p.m. (No class Nov. 24)
4 sessions, \$35

Myanmar: Finally released from the repressive rule of the military, the country, formerly called Burma, is attracting attention as a tourist destination. Known for the prominent human rights activist Aung San Suu Kyi, who was held under house arrest for almost 15 years and released in 2011, the country's relationships with other countries have begun to improve. The instructor recently visited Myanmar and has many stories to share about this diverse and beautiful country. India: This ancient land has many different travel options, including forts, palaces and spectacular mountain scenery. Learn the history, culture and spirituality of this diverse country that has recently become an influential business hub. Explore both of these fascinating countries.

Instructor: Roshan Massey, p. 40

NEW DIGITAL PHOTOGRAPHY ON YOUR IPHONE OR IPAD

Dec. 1 – 8, 11:30 a.m. to 1 p.m.
2 sessions, \$25

Resist the impulse to carry around that big, cumbersome digital camera. Master your iPhone or iPad camera and learn how to take the best pictures possible. Review basic photography tips and focus on free or inexpensive apps to help make your built-in camera work better. Learn how to edit, enhance and store your pictures using free apps, including Apple Photo Library, Darkroom, Photoshop Express and Flickr.

Instructor: John See, p. 43



WEDNESDAY

NEW THE CENTERS FOR DISEASE CONTROL: A HIGHLY RESPECTED AND LITTLE KNOWN FEDERAL PUBLIC HEALTH AGENCY

Sept. 16 – Oct. 7, 9:30 to 11 a.m.
4 sessions, \$35

Discover the history, mission, structure and public health initiatives of the Centers for Disease Control and Prevention (CDC). Maximize your understanding of current local, national and international public health issues. Visit www.CDC.gov and CDC Facebook pages. Come prepared to ask questions.

Instructor: Janice Hiland, p. 38

NEW ZEN BUDDHISM: A PERSONAL PERSPECTIVE

Sept. 16 – Oct. 21, 10 to 11 a.m.
6 sessions, \$35

Intensify your understanding of the basic tenants of Buddhism and related concepts with an emphasis on Zen Buddhism. Discover the history of the Buddha and Buddhism, the organization of the Buddhist religion, meditation practices and current trends in the U.S. Questions and discussion welcome.

Instructor: Bill Mayhew, p. 40

NEW MYSTERIES UNLIMITED: INTERNATIONAL

Sept. 16 – Nov. 18, 1:30 to 3 p.m. (No class Nov. 11)
5 sessions, \$40

Explore intriguing contemporary crime fiction set in diverse countries around the world. Most of the authors write about their own country or region. Readings and class discussions add insights into local history, culture, politics and economics. A reading list and study guide will be provided. Libraries have limited quantities, so books may need to be purchased. The schedule allows time for reading.

Required: Knowledge of following links to Internet sites and downloading e-mail attachments

Instructor: June Weltman, p. 46

NEW ONE NATION UNDER GOD

Sept. 16 – Nov. 18, 1:30 to 3 p.m. (No class Nov. 11)
9 sessions, \$60

Discover a provocative and authoritative book that asserts that an unholy alliance of money, religion and politics created a false origin story that continues to define and divide American politics to this day. Author Kevin Kruse argues that the story of America being a Christian nation originated as a response to Franklin D. Roosevelt's New Deal. Kruse contends that corporations including General Motors and Hilton hotels financed the efforts of conservative clergy to attack Roosevelt's programs as pagan statism that undermined the central principle of Christianity: the sanctity and salvation of the individual.

Required: "One Nation Under God" by Kevin Kruse

Instructor: Bill Howes, p. 38

NEW MINDFULNESS BASICS: ENHANCING AND SUSTAINING MINDFUL AWARENESS

Sept. 23 – Oct. 28, 9:30 to 11 a.m.
6 sessions, \$45

Stimulate your ability to skillfully and peacefully navigate daily life. In this highly interactive class, you will learn to integrate the basics of mindfulness meditation into your daily activities. The content is based on a program developed by Jon Kabat-Zinn at the University of Massachusetts Medical School Center for Mindfulness in Medicine, Health Care and Society.

Recommended: "Wherever You Go There You Are" by Jon Kabat-Zinn and instructor-provided MP3 recording of brief mindfulness practices.

Instructor: Toni Nixon, p. 41

NEW THE INVISIBLE WOUNDS OF WAR

Sept. 23 – Nov. 18, 11:30 a.m. to 1 p.m. (No class Nov. 11)
8 sessions, \$55

Transform your understanding of the warrior as a central figure in society throughout history and across cultures. The warrior is represented in the earliest visual arts such as Egyptian carvings and oral traditions including "The Iliad," the "Epic of Gilgamesh," and the "Exodus." Explore the hero's trajectory from honored to ignored or invisible. Learn how societal changes and perceptions of warfare have affected perceptions of the warrior and those who fight wars.

Instructor: Paul Hibschan, p. 38

iPHONE AND iPad FOR BEGINNERS

Sept. 23 – 30, 9:30 to 11 a.m.
2 sessions, \$25

Are you a first-time user? Learn the basics of your iPhone or iPad. Manage your contact list, send text messages, download music and apps, take photos, manage e-mail and keep your data safe via iCloud.

Instructor: John Brown, p. 34

WRITE YOUR LIFE STORY

Sept. 23 – Oct. 14, 11:30 a.m. to 1 p.m.
4 sessions, \$35

Begin writing the story of your life and legacy. This course will offer a bullet list of practical steps for beginning the project, including a number of questions and suggestions to pique the memory and imagination. We will focus on class members and their lives, with a high level of participation and exchange of ideas. Your first session will be introductory and exploratory. You will then be asked to explore your memories and do some research into your family/personal history and return with a white page (summary) of your life story to share with the class if you are comfortable sharing.

Instructor: Susan D. Brandenburg, p. 34

NEW THE REVENGE OF GEOGRAPHY: WHAT THE MAP TELLS US ABOUT COMING CONFLICTS AND THE BATTLE AGAINST FATE

Sept. 23 – Oct. 28, 1:30 to 3 p.m.
6 sessions, \$45

Transform your understanding of 21st century's looming problems. Participate in an interesting look back into the history of today's crisis locations. Examine how natural facts and timeless truths can promote a better understanding. In a brilliant rebuttal to current thinking, that globalism will trump geography, renowned world affairs observer and commentator Robert D. Kaplan offers an insightful and updated prism through which to view the latest global upheavals. Kaplan brings to life the great geographers and geopolitical thinkers of the near and distant past, and writes with a lyrical, descriptive air fusing geographical considerations with the history of an area and extrapolating forward. In the midst of a turbulent world's increasing unmanageability, Kaplan argues that geography offers a way to make some sense of it all while never giving in to a sense of fatalism.

Recommended: "The Revenge of Geography: What the Map Tells Us About Coming Conflicts and the Battle Against Fate" by Robert D. Kaplan

Instructor: John Frketic, p. 36

NEW WARM HANDS AND FEET: LEARN TO KNIT MITTENS AND SOCKS

Sept. 23 – Nov. 18, 1:30 to 3:30 (No class Nov. 11)
8 sessions, \$70

Don't let those double pointed needles intimidate you! Small projects are fun and fast to knit and can be special handmade gifts for friends and family. Learn step-by-step how to knit cuffs, turn heels, shape toes and fingertips, and create thumb gussets.

Required: Must know knit stitch, purl stitch, cast on, bind off and knit between classes. A supply list will be e-mailed one week before the first class.

Instructor: Sandy Ernsten, p. 36

NEW AN AFFAIR OF HONOR: WOODROW WILSON, GENERAL HUERTA AND MEXICAN INTERVENTION

Oct. 7, 9:30 to 11 a.m.
1 session, \$15

Discover one of the shortest naval campaigns of the 20th century. Learn what happened and why. Examine the context in the two years leading to World War I. Anticipate the Banana Wars of the 1920s and 1930s.

Instructor: Dean Veremakis, p. 45



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WEDNESDAY CONTINUED

NEW DELIBERATIVE DEMOCRACY: CIVIL DISCOURSE ABOUT CRITICAL PUBLIC ISSUES

Oct. 7 – Nov. 18, 11:30 a.m. to 1 p.m. (No class Nov. 11)
6 sessions, \$45

Ignite your civic engagement through deliberative forums on issues proposed by the National Issues Forums Institute. Moderated dialogue encourages you to share your opinions and to listen carefully to other perspectives to seek and find some common ground. Topics include the cost of health care, America’s energy future, the future of the nation’s workforce and federal budget priorities. Concluding sessions focus on deliberative democracy as a platform for political inquiry and an introduction to moderating skills.

Required: Issue guides for “Health Care: How Can We Reduce Costs and Still Get the Care We Need?,” “America’s Energy Future: How Can We Take Charge?,” “The Changing World of Work: What Should We Ask of Higher Education?” and “America’s Future: What Should Our Budget Priorities Be?” Download or print brochures available from <https://www.nifi.org/en/nifi-materials>.

Facilitator: Gregg Kaufman, p. 39

ADVANCED IPHONE AND IPAD

Oct. 21 – 28, 9:30 to 11 a.m.
2 sessions, \$25

Calling all intermediate and experienced iPad and iPhone users! Manage your music and photos using iTunes. Download and use Apple apps including: iBooks, podcasts, Find my iPhone, Find my Friends and more. Integrate your Apple device with social media including Facebook and Twitter.

Instructor: John Brown, p. 34

NEW GARDENING ESSENTIALS FOR THE HOME: INDOORS AND OUT

Oct. 21 – Nov. 4, 1:30 to 3 p.m.
3 sessions, \$30

Knowing what seeds to sow and when to sow them are the foundations for successful propagation. Discover which houseplants are right for your spaces. Overcome pests and diseases. Learn how to let Mother Nature do the work for composting, mulching and recycling.

Instructor: Mary Longanback, p. 40

NEW MEN TO MATCH THE MOUNTAINS

Oct. 28, 9:30 to 11 a.m.
1 session, \$15

Intensify your understanding of westward expansion in the U.S. Increase your knowledge of the people who made it possible. Learn how the early settlers found their way.

Instructor: Dean Veremakis, p. 45

NEW WATERCOLOR AND WATERMEDIA

Oct. 28 – Dec. 16, 11:30 a.m. to 1 p.m.
(No class Nov. 11 and 25)
6 sessions, \$45

Learn to paint with watercolor and acrylic paints using flat, round, fan and round stencil brushes. Employ innovative visual techniques with household materials such as plastic wrap, tissue paper and cheesecloth.

Required: Student purchased pad of 140-pound watercolor paper and 6 by 10 inch acrylic boards; instructor-supplied discount at Crafts and More store in Jacksonville Beach

Instructor: Bonnie Yales-Gibson, p. 46

NEW CURRENT EVENTS FORUM

Nov. 4 – Dec. 16, 9:30 to 11 a.m.
(No class Nov. 11 and 25)
5 sessions, \$40

Energize your knowledge of current events. Each week’s discussion focuses on the impact and implications of these events. Participants select two topics each week. Related reading materials are distributed in advance. Topics and moderators change weekly to provide each participant the opportunity to lead the discussion. Maximize your understanding of the events that shape our world. Enjoy dialogue with your peers.

Facilitator: Allan Silberman, p. 44

GET TO KNOW YOUR SAMSUNG GALAXY PHONE OR TABLET

Nov. 18 – 25, 9:30 to 11 a.m.
2 sessions, \$25

Discover functions and features you never realized you had on your tablet. Primary focus on Samsung Galaxy tablet owners, though phone users may find benefit. Move over Apple and Microsoft – Samsung competes for market share!

Instructor: John Brown, p. 34



NEW THE DEATH PENALTY IN THE UNITED STATES

Oct. 28 – Nov. 18, 1:30 to 3 p.m. (No class Nov. 11)
3 sessions, \$30

Intensify your understanding of the federal death penalty in the U.S. Examine the legal and constitutional underpinnings. Learn what is required by the Dept. of Justice before seeking the death penalty in federal cases. Anticipate discussion about recent death penalty-related issues the courts grapple with – here and around the world.

Instructor: Stanley Rothstein, p. 43

NEW HISTORY THROUGH ART: ART, POLITICS AND REVOLUTION FROM 1900 TO 1950

Nov. 18 – Dec. 16, 11:30 a.m. to 1 p.m. (No class Nov. 25)
4 sessions, \$35

Maximize your knowledge of the interactions between art and politics in the first half of the 20th century. Explore the ways in which politics and the artistic practices intersect. Improve your understanding of the role that art played in promoting political ideologies or nationalist movements in Nazi Germany, the Soviet Union, Spain and Mexico.

Instructor: Diana Huston, p. 38

NEW LEECHED, STITCHED AND BITTEN IN SOUTH AMERICA: ADVENTURES OF AN INTERNATIONAL BUTTERFLY PHOTOGRAPHER

Oct. 21, 1 to 2:30 p.m.
Location: Westminster Woods on Julington Creek
OR Dec. 2, 11:30 a.m. to 1 p.m.
1 session each, \$15

Grasp the beauty and danger of traveling the globe in search of rare, seldom seen and never before photographed butterflies. Intensify your knowledge of the natural, historical and cultural wonders in Ecuador, Bolivia and Columbia that comprise and surround their habitat.

Instructor: Bill Berthet, p. 33

NEW LEECHED, STITCHED AND BITTEN IN ASIA: ADVENTURES OF AN INTERNATIONAL BUTTERFLY PHOTOGRAPHER

Oct. 28, 1 to 2:30 p.m.
Location: Westminster Woods on Julington Creek
OR Dec. 9, 11:30 a.m. to 1 p.m.
1 session each, \$15

Grasp the beauty and danger of traveling the globe in search of rare, seldom seen and never before photographed butterflies. Intensify your knowledge of the natural, historical and cultural wonders in China and India that comprise and surround their habitat.

Instructor: Bill Berthet, p. 33

WHAT YOU NEED TO KNOW ABOUT DNA! PART 1

Nov. 4 – Dec. 9, 1:30 to 3 p.m.
(No class Nov. 11 and 25)
4 sessions, \$35

Explore genetics from a physical chemistry point of view. We'll take a look at the form and function of DNA, RNA and the process of making enzymes and proteins. This will be a discussion class that focuses on content of the recommended text.

Recommended: David A. Micklos and Greg A. Freyer, "DNA Science: A First Course"

Instructor: Tom Collins, p. 35

THURSDAY

DISCOVER JAXPORT

ED-venture

Aug. 20 **OR** Sept. 17, 10 a.m. to 1 p.m.
1 session (each), \$25

Transform your knowledge of one of our area's major economic engines. JaxPort develops, manages and markets publicly-owned facilities to promote the growth of maritime and related industries in Jacksonville and beyond. Tour Blount Island and the cruise terminal by bus. Watch the port at work through its cargo ships, cargo, cranes, containers, wharfs and warehouses. Enjoy a Dutch-treat lunch at the Sanddollar Restaurant.

Required: Driver's license numbers and dates of birth will be collected at the time of enrollment and provided to the port's security staff. Government issued identification required on the day of the tour. All tour participants must go through the port's security checkpoint. Cameras allowed.

Coordinator: Madeline Jorgensen, p. 39

THURSDAY CONTINUED

NEW FRENCH FOR ADVANCED BEGINNERS: PART A

Sept. 17 – Nov. 12, 11:30 a.m. to 1 p.m.
9 sessions, \$60

Boost your skills. Improve fluency, comprehension, vocabulary and pronunciation through interactive activities including song, reading and conversation.

Required: Prior knowledge of basic French grammar, the ability to participate in a simple conversations in French, and “Communication Progressive du Français” - 2eme Edition: Livre de L’Eleve (1 CD audio) (French Edition) ISBN# 978-2090381320

Instructor: Anne-Marie Lainé, p. 40

NEW FUNDAMENTALISM: RELIGION OR RAGE?

Sept. 17 – Oct. 8, 11:30 a.m. to 1 p.m.
4 sessions, \$35

Increase your understanding of the unspeakable acts committed in the name of fundamentalist religion in all major faiths in the latter part of the 20th century. Grasp why religious fundamentalism is seen as a major force in the world today. Analyze fundamentalism from a variety of perspectives, including belief systems, social phenomena and cultural products. Discover fundamentalism’s global nature.

Instructor: Glenn Kuhnel, p. 39

NEW FRENCH FOR ADVANCED INTERMEDIATES: PART A

Sept. 17 – Nov. 12, 1:30 to 3 p.m.
9 sessions, \$60

Acquire true fluency at the advanced intermediate level through intensive use of the language in interactive activities and conversation. Utilize grammatical structures learned in prior classes.

Required: Prior knowledge of intermediate French grammar, ability to participate in moderately challenging conversations in French, and “Communication Progressive du Français” Niveau intermdiaire A2/B1 (1 CD audio) (French Edition) ISBN #978-2090381634

Instructor: Anne-Marie Lainé, p. 40

NEW GHOST ARMY OF THE EUROPEAN THEATER OPERATIONS: ARTISTS OF DECEPTION

Sept. 17 – Oct. 1, 1:30 to 3 p.m.
3 sessions, \$30

Discover the top-secret WW II U.S. Army division assigned to confound Adolph Hitler’s forces in Europe. An unlikely group of soldiers comprised of artists, designers, and sound and radio engineers baffled Nazi forces through the creative use of deception and subterfuge. When combat conditions allowed, those soldiers returned to their sketchbooks to pursue their personal artistic passions. After the war, many became noted artists of the post-war era. Books, recently declassified military documents, unit histories and documentaries bring this amazing unit’s missions to life.

Recommended: “Ghosts of the ETO: American Tactical Deception Units in the European Theater, 1944 – 1945” by Jonathan Gawne or “Ghost Army of World War II” by Jack M. Kneze

Instructor: Ken Bording, p. 34

PSYCHOLOGICAL TYPE: A TOOL FOR UNDERSTANDING YOURSELF AND OTHERS

Sept. 17 – Oct. 22, 1:30 to 3 p.m.
6 sessions, \$45

The idea that personalities can be categorized to allow for a better understanding of individual behavior has been around for centuries: from the early Hippocratic theory of the four humours to Carl Jung’s theory of personality type and, more recently, the theories of Carol Gilligan describing women’s personality development. This course will focus on Jung’s personality theories as interpreted by Katherine Briggs and her daughter, Isabel Briggs-Myers, who developed the widely known personality assessment, the Myers Briggs Type Inventory. Identify your own personal preferences through lecture, light reading and workshop exercises. We’ll explore how personality type and personal preferences relate to communication patterns and relationships, leisure time activities and reflective practices.

Instructor: Jane Bryant, p. 34

NEW A FLORIDIAN’S GUIDE TO INSURANCE

Sept. 24 – Oct. 29, 9:30 to 11 a.m.
6 sessions, 45

Florida’s ever-changing insurance marketplace can create many opportunities for increased risk as well as

offer greater protection than other states. Learn how to evaluate potential traps that may be looming and how to avoid them. Fortify your future from unwarranted claims. A range of topics, based on class interests, includes homeowner's, auto, long-term care, annuities, personal liability, life and health insurance, in and near retirement.

Instructor: Benjamin Wuerffel, p. 46

MY LIST FOR LIFE

Sept. 24, 9:30 to 11 a.m.

OR Nov. 5, 1:30 to 3 p.m.

1 session each, \$15

Assemble critical information now and be prepared in the event of a loss or an emergency. When completed, the list helps make sure that when life throws a curve ball, the right people get called, the right documents are easily located, the bills get paid on time and everyone has your vital information and wishes. "My List for Life" is an invaluable guide and resource for personal planning and budgeting.

Recommended: "My List for Life" workbook is available for purchase after the session.

Instructor: Ed Waller, p. 45

NEW DISCOVER THE NORTH BANK: JACKSONVILLE FIRE MUSEUM AND WJCT, YOUR PBS STUDIO

ED-venture 

Sept. 24, 9:45 a.m. to 1:30 p.m. (Includes Dutch treat lunch)

1 session, \$25

Transform your understanding of the fire service history in Jacksonville and the state of Florida. View thousands of items related to the Great Fire of 1901, including a street-by-street model of the damage. Exhibition features a fully restored 1902 American LaFrance horse-drawn fire engine and a functional 1926 fire engine produced by the same company.

Visit an incomparable television and radio facility just steps to the east that boasts the largest sound stage between Atlanta and Orlando. Tour nearly 8,000 square feet of unobstructed television and film production space that includes environmental controls, powered elevating grids, a three-wall cyclorama and more. Learn about the communications plans tailored to suit community needs and the variety of locally produced programs.

Required: Ability to stand and walk for two hours, transportation is on your own

Coordinator: Stan Porter, p. 42

NEW SLAVS IN THE BALKANS: RISE AND DECLINE OF NATIONS

Sept. 24 – Nov. 5, 10 to 11:30 a.m. (No class Oct. 8)

6 sessions, \$45

Location: Fleet Landing

Discover how the Balkans came to be the way they are today through an examination of the military, political and social history of the region from the seventh century to the present. In this lecture class, you will learn about movements of people, the evolution of the way of life, cultural developments and changes in personal and family fortunes by following the family line that originated in the 12th century with the founder of the medieval Serbia. Questions and discussion welcome.

Instructors: Jelena Gill, p. 36 and John Gill, p. 36

NEW BATTLE OF GUADALCANAL

Sept. 24 – Oct. 29, 11:30 a.m. to 1 p.m.

6 sessions, \$45

Transform your knowledge of an important World War II Pacific theater battle. Fought ferociously in the air, on land and at sea, the Battle of Guadalcanal was the first major offensive and a decisive victory for the allies. However, success oscillated between the combatants in the Solomon Islands. In the history of the war in the Pacific theater, the Battle of Guadalcanal assumed the symbolic import in American minds that Verdun had in WW I and Stalingrad in WW II.

Required: \$15 materials fee payable to the instructor

Instructor: Fred Skinner, p. 44

CREATIVE WRITING IN A SAFE PLACE

Sept. 24 – Nov. 12, 1:30 to 3 p.m.

8 sessions, \$55

Do you believe – because you learned in school or life – you aren't a storyteller? Not so! Deep inside, we all have stories to tell, feelings to describe, people and places to share and memories we wish to pass on to loved ones. Join a safe place and write with others. A writer is simply someone who writes. We will write to prompts from the workshop leader, who writes and shares along with workshop participants.

Required: A spiral notebook and your favorite writing instrument.

Instructor: Connie McAuliffe, p. 40

THURSDAY CONTINUED

URBAN EXPLORATION: DOWNTOWN ARCHITECTURAL WALKING TOUR

ED-venture 

Oct. 1, 10 a.m. to 2 p.m.
1 session, \$25

Discover architectural and historical gems including repurposed buildings around or near Hemming Park. MOCA's Chief Curator, Ben Thompson is your expert guide. Visit the Confederate Monument, Snyder Memorial Methodist Church, St. James Building, The Seminole Club, Greenleaf and Crosby Building, Western Union Telegraph Company Building and others. Join us for a Dutch treat lunch at Café NOLA after the tour.

Required: Ability to walk and stand for two hours, dress for the weather and wear comfortable shoes. Transportation is on your own.

Coordinator: Billie Hayward, p. 38

NEW OUR MODERN FAMILY: STUDY AND ANALYSIS OF CHANGES

Oct. 8 – Nov. 5, 9:30 to 11 a.m.
5 sessions, \$40

Grasp the changes in our American family. Father Knows Best, Donna Reed, and Ozzie and Harriet were replaced by Modern Family, Big Bang Theory and Blackish. As The Dating Game ends and Happy Days fades, the Kardashians, The Bachelor and Big Brother reality shows prosper. Examine the family institution in the context of today's culture. Consider variations in marriage and family structure with focus on contemporary patterns of dating, gender, courtship, sexuality, stepfamilies, mate selection, kinship, marital relations, cohabitation, divorce, child rearing, remarriage and senior families. Analyze the topic through sociological research, shared experience and diverse perspectives.

Instructor: Tim Lightfield, p. 40

NEW EXPLORE HISTORIC ST. MARYS, GA.

ED-venture 

Oct. 8, 10 a.m. to 1 p.m.
1 session, \$25

Discover the silent service of submarines at a museum devoted to the topic. Focus on the history from WW II to the present. Stretch your knowledge of the Cumberland Island

National Seashore through a visit to its museum. Intensify your understanding of the area's history from the early days of native people to the Gilded Age of the Carnegie family. Learn about local aspects of the War of 1812.

Required: Ability to stand and walk for three hours, climb stairs. Transportation is on your own.

Recommended: Cameras welcome

Coordinator: Dennis Navin, p. 41

NEW VINCENT VAN GOGH: PREACHER, PILGRIM, PAINTER

Oct. 8 – 29, 11:30 a.m. to 1 p.m.
4 sessions, \$35

Grasp the breadth and depth of this iconic artist's life and work. Learn about his religious upbringing, training and ministry among the poor in England and Belgium. Examine Vincent's travels in life, in languages and in literature. Acquire an appreciation of his career in the art trade, his first steps as an artist, and the art he created in his brief ten-year career before his death at age 37.

Recommended: "Vincent van Gogh: The Letters" available free at www.vangoghletters.org

Instructor: Maarten van de Guchte, p. 45

ACTING FOR FUN WITH THE VINTAGE PLAYERS

Oct. 8 – 29, 1:30 to 3 p.m.
4 sessions, \$35

Unleash your inner actor. Learn theater basics, stage movements, direction, etiquette and character development. Perform during each class. Those with and without acting experience are welcome.

Instructor: Linda Allen, p. 33

LEARN TO WRITE BELIEVABLE FICTION

Oct. 8 – 22, 2 to 3:30 p.m.
3 sessions, \$30
Location: Fleet Landing

Accelerate your success as a fiction writer. Discuss what's required prior to beginning a book. Learn to capture and maintain reader interest by weaving tone and texture into your stories. Improve your writing skills through innovative exercises designed and guided by a published author. Become part of a supportive community of writers.

Instructor: Jan Kuchler, p. 39

NEW BEGINNING GENEALOGY

Oct. 15 – 29, 11:30 a.m. to 1 p.m.
3 sessions, \$30

Conquer your fear of genealogy. The instructor shares what she wished she knew before she began her genealogy project. Grasp an overview of genealogy, ways to get started and ways of avoiding wasted time. Learn to research, record and report your findings. In this interactive class, participants are expected to complete assignments and participate in class discussions. The first assignment, to enter what you know on a chart, will be e-mailed prior to the first class.

Required: E-mail and Internet search skills

Instructor: AnnLee Alley, p. 33

NEW JUST WHAT WERE THEY THINKING?

Oct. 15 – Dec. 10, 9:30 to 11 a.m. (No class Nov. 26)
8 sessions, \$55

Discover what we can learn from Sigmund Freud, Leo Tolstoy, William James, Alexis de Tocqueville, Maxim Gorky, Thucydides and others. In this highly participatory class, you answer questions from the leader’s guide, take a turn as a moderator and share your thoughts, insights and reflections. This is the first in a series of Great Books courses. Each term’s course is new and independent from the others. You’re expected to read 20-30 pages per week. A new series of Great Books will be offered each term.

Required: “Introduction to Great Books First Series” and “Leader’s Guide” from www.store.greatbooks.org (Grades 9-12)

Facilitator: Ralph Sawyer, p. 43

NEW READING AND PERFORMING SHAKESPEARE: THE TEMPEST

Oct. 15 – Nov. 19, 11:30 a.m. to 1 p.m.
6 sessions, \$45

Select a role and read the play aloud, act by act. Energize your appreciation through performance. Intensify your understanding of the characters through discussion of their speeches and actions.

Instructor: Alexander Weiss, p. 45

NEW PRACTICAL NEGOTIATION SKILLS FOR RETIREES

Oct. 15 – 29, 1:30 to 3 p.m.
3 sessions, \$30

Location: Westminster Woods on Julington Creek

Learn how to get a good deal when you buy or sell a car or house. Increase your confidence working with contractors and other service providers. Discover the diverse ways to negotiate and strategize when making big-ticket purchases. Protect your interests when making monetary transactions through careful research. Assess your negotiating style and enjoy fun practice sessions.

Instructor: Terry Jones, p. 39

CODES, CIPHERS AND DECEPTION

Oct. 22 – Nov. 19, 9:30 to 11 a.m.
5 sessions, \$40

Stretch your knowledge of secret, hidden and secure communications through the ages. Learn the many and little known impacts on world history. They are numerous and many not widely known. Examine Mary-Queen of Scots, Room 40, Enigma and Fortitude South. Discover public key security.

Recommended: \$10 payable to the instructor for course materials. “The Code Book” by Simon Singe, “The Code Breakers” and “Seizing the Enigma” by David Kahn and “Bodyguard of Lies” by Anthony Cave Brown.

Instructor: T. Parkinson, p. 41

NEW THE BIG BLUE MARBLE: EARTH

Oct. 22 – Nov. 12, 1:30 to 3 p.m.
4 sessions, \$35

Improve your understanding of how earth came to be and its current structure. Enrich your knowledge of evolution and continental drift theory, and current and predicted plate tectonics. Anticipate earth’s future – near and far away future. Enjoy learning at a relaxed pace through the presentation of theories and discussion about possibilities and findings.

Instructor: Robert Schiffner, p. 43



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online at www.unfolli.com
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THURSDAY CONTINUED

MINDFULNESS: ENHANCED SELF UNDERSTANDING

Oct. 29 – Dec. 10, 11:30 a.m. to 1 p.m. (No class Nov. 26)
6 sessions, \$45

Maximize your understanding of mindfulness, its benefits and applications through a combination of lectures, discussion and classroom exercises.

Recommended: Out-of-class assignments to enhance the development of your mindfulness

Instructor: Martha Bennett, p. 33

A TOP LEVEL VIEW OF ENERGY

Nov. 5 – 19, 11:30 a.m. to 1 p.m.
3 sessions, \$30

Transform your understanding of energy. We will start with the sun and then work from the periodic table of elements. Quantitative examples include: nuclear fission, nuclear fusion, conventional energies of combustion of fuels, some explosives and batteries.

Instructor: T. Parkinson, p. 41

NEW URBAN EXPLORATION: THE HASKELL COMPANY'S COLLECTION OF ABSTRACT EXPRESSIONIST ART IN RIVERSIDE AND BROOKLYN

ED-venture 

Nov. 5, 10 to 11:30 a.m.
1 session, \$25

Ignite your love of contemporary art by viewing an important collection of abstract expressionist and modern works on view at Haskell, a leading integrated design-build firm serving industrial, commercial, government and civil infrastructure markets. Preston Haskell has been collecting since 1969. He arranges installations in the firm's corporate offices to inspire creativity in employees engaged in design work. Don't miss this rare opportunity to see how art influences life and work.

Required: Ability to stand and walk for two hours, transportation is on your own

Coordinator: Billie J. Hayward, p. 38

NEW INCOME AND WEALTH INEQUALITY IN THE UNITED STATES

Nov. 12 – 19, 9:30 to 11 a.m.
2 sessions, \$25

Enrich your understanding of the significant increase in income and wealth inequality in the U.S. since the 1970s. Maximize your knowledge of the real economic and sociological consequences of that inequality. Robust discussion is welcome.

Instructor: Joseph Steinman, p. 44

NEW DOES HOMER MATTER TODAY? DOES VIRGIL?

Dec. 3 – 17, 9:30 to 11 a.m.
3 sessions, \$30

Homer's "Iliad" and "Odyssey" lie at the foundation of Western civilization. But they raise two sets of questions that have been wrestled with for centuries. The first is about his poems. Where do they come from? Do they have a historical basis? Who wrote them? When? Where? Why? The second is our response to them. Why do they matter to us today? Why does something conceived so very long ago, in the Bronze Age, still have such a strong hold on us? The other great epic poem of classical antiquity is quite different. Virgil's "Aeneid" was a conscious effort to create a competing epic that would celebrate, not Greece, but the imperial Roman state of Augustus Caesar. Although it might fairly be described as a sophisticated piece of political propaganda, the poem and its hero, Pius Aeneas, have each earned the over-used tag cultural icon. Why? And, more basically, why should we care? These are some of the questions we will attempt to answer.

Instructor: Martin Connor, p. 35



FRIDAY

NEW ESSENTIAL FRENCH GRAMMAR AND READINGS, PART XIII

Sept. 18 – Nov. 13, 10 to 11:30 a.m.
9 sessions, \$60

This intermediate-level course emphasizes French grammar through the completion and correction of written exercises. Focus on comprehension, pronunciation and conversational skills in the reading of French texts.

Required: "Le Français Essentiel 3, Fundamentals of French" by Gail Stein (ISBN 1-56765326-X) and "Contes et Legendes de France, A Collection of French Tales" by André Vary (ISBN 0-8442-1212-5).

Prerequisites: Previous OLLI French classes, one year of college or two years of high school French. Students who meet the prerequisites are welcome to join the class without having completed earlier modules.

Instructor: Mary Ames, p. 33

NEW GULLAH-GEECHEE: FLORIDA'S SOUTHERN ROUTE TO FREEDOM

Sept. 18 – Oct. 9, 10 a.m. to noon
Field trips: Sept. 19, Sept. 26, Oct. 3 and Oct. 10,
10 a.m. to noon (excluding lunch)
8 sessions, \$100

Intensify your knowledge of the impact of West African culture in St. Augustine and elsewhere in the state. Travel from 15th century Spain to European conflicts, New World exploration, the Spanish and British colonial eras and statehood. Learn about the interactions of other ethnic groups and nationalities that contributed to Florida's flourishing. Enjoy guest lecturers and film screenings.

FIELD TRIPS

Sept. 19: Timucuan town of Seloy Village and Fountain of Youth, St. Augustine (Dutch treat lunch at La Pentola)

Sept. 26: Fort Caroline and Mayport (Dutch treat lunch at Singleton's)

Oct. 3: Kingsley Plantation and Cumberland Island (Dutch treat lunch at Sanddollar)

Oct. 10: Fort Mose, Castillo de San Marco, Fort Matanzas and Treaty Park (Dutch treat lunch at Schooner's)

Required: Transportation to field trip venues is on your own, stamina to walk and stand for two hours

Recommended: "Belonging: The Civil War South You Never Knew" by Judith Shearer and Derek Boyd

Hankerson, "Fort Mose: And the Story of the Man Who Built the First Free Black Settlement" by Glennette Turner, "Fort Mose: Colonial America's Black Fortress of Freedom" by Deagan, MacMahon, and "Florida's Negro War: Black Seminoles and the Second Seminole War 1835-1842" by Anthony Dixon

Instructors: James Bullock, p. 34 and Derek Boyd Hankerson, p. 37

MAH JONGG

Sept. 25 – Oct. 23, 1 to 3 p.m.
5 sessions, \$50

Enjoy a fascinating rummy-like game that is played with tiles rather than cards. Mah Jongg originated in China and dates back to the time of Confucius. Originally played by the ruling classes, the game's popularity in the west exploded in the 1920s. Acquire the knowledge and skills you need to compete in this popular pastime.

Required: Advance purchase of 2015 National Mah Jongg League card (\$9) by calling (212) 246-3052 or online at www.nationalmahjonggleague.org.

Instructor: Denice Goldberg, p. 37

NEW CREATIVITY IN NEEDLEWORK

Sept. 25 – Oct. 30, 2 to 3:30 p.m.
6 sessions, \$45
Location: Fleet Landing

Stretch your skills by learning to create a pillow using the instructor's design. Learn more than 20 different needlepoint stitches.

Required: "The Needlepoint Book" by Jo Ippolito Christensen. A supply list and local vendor will be e-mailed before the first class.

Instructor: Bonnie Yales-Gibson, p. 46

FIRE! BEHIND THE SCENES WITH JACKSONVILLE UNIVERSITY'S GLASS DEPARTMENT

Oct. 2, 10:30 a.m. to noon
1 session, \$25
Location: Jacksonville University

JU's art glass program was launched in 1972 just as Dale Chihuly garnered critical and popular acclaim as a glass artist. Enjoy a lecture and a narrated glassblowing demonstration. Witness glass formed from a molten pool into a stunning work of art during this educational and entertaining process. Join us for a Dutch treat lunch after your studio visit.

Instructor: Brian Frus, p. 36

FRIDAY CONTINUED

NEW POETRY FOR EYE AND EAR

Oct. 9 – 30, 11:30 a.m. to 1 p.m.
4 sessions, \$35

Conquer your fear of poetry. Discover the joy of reading various styles of poetry for meaning, technique and expressiveness. Listen to poets reading their work.

Instructors: Carolee Ackerson Bertisch, p. 33 and Sharon Scholl, p. 43

NEW REDISCOVERING THE LABYRINTH AS A REFLECTIVE PRACTICE

Oct. 16, 10 a.m. to noon
1 session, \$25

Location: Omnisara Labyrinth and Gardens, 414 Third Avenue North, Jacksonville Beach

Explore history, philosophy, significance and uses of the labyrinth, an ancient pattern found in many cultures around the world for millennia. Use the experience of walking this simple, ancient path with a Veriditas-trained facilitator as a way to quiet the mind, recover balance in life, and encourage meditation, insight, self-reflection and stress reduction. Discussion, question and answer will enhance your experience.

Recommended: Comfortable shoes, a journal or sketchpad to record your thoughts and feelings, Lauren

Artress “Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice”

Required: Transportation is on your own, logistical instructions provided

Facilitator: Sam Hall, p. 37

NEW AN AFTERNOON WITH THE RITZ CHAMBER PLAYERS

Oct. 23, 3:30 to 5 p.m.
1 session, \$15

Intensify your understanding of the lives of touring classical musicians. Enjoy short performances, learn background information and ask questions. Participation welcome.

Instructor: Terrance Patterson, p. 42

NEW FASHION FABULOUS FOR WOMEN

Nov. 6, 9:30 to 11 a.m.
1 session, \$15

Discover fashion trends. Maximize your wardrobe. Learn to accessorize with statement jewelry and scarfs. Travel in style. Find your right and flattering fits.

Instructor: Barbara Johnson, p. 39

SPECIAL EVENT
OLLI AND HONORS

WHEN: Tues., Nov. 10 from 4:30 to 7:30 p.m. at UNF

WHAT: Share your personal story with UNF Honors students to help them gain a new perspective about education, career and life in general

- Participate with 200 UNF Honors students (in smaller groups of between 25 to 50) in a table talk setting
- Demonstrate how real life twists and turns affect a career plan
- Demonstrate the impact that contingency, chance and flexibility have on life and career
- Expose students to careers they didn't know existed

Interested in participating? Contact OLLI director, Jeanette Toohey, at jeanette.toohey@unf.edu or (904) 620-4200.

“HE MADE ME AWARE THAT YOUR COLLEGE MAJOR DOESN'T DICTATE YOUR LIFE.”
– HONORS STUDENT



FALL 2015 FACULTY

Special thanks to our volunteer instructors - they are paid in appreciation!

Parvez Ahmed is associate professor of finance in UNF's Coggin College of Business. He studied as a U.S. Fulbright Scholar in Bangladesh. His research has been published in major finance journals. He recently published a book titled, "Mutual Funds – Fifty Years of Research Findings." His editorials about Islam and the American Muslim experience have been published in several leading newspapers across America and the world. He serves on the board of OneJax, (formerly the National Conference on Community and Justice) and Jacksonville's Human Rights Commission. *Cultural and Social Diversity of Islam*, p. 10

Linda Allen represents The Vintage Players, a group of folks, 50 and over, who organized in 1994. They perform lighthearted skits and monologues for churches, civic organizations and community centers around the First Coast. Acting for Fun with the Vintage Players, p. 28

AnnLee Alley earned an M.A. from Trinity College, Washington D.C. She documented six ancestors as Florida Pioneers, which means they lived in Florida prior to statehood, March 1845. Alley currently serves as a reviewer of applications of descendants seeking to establish pioneer status for the Florida State Genealogical Society. *Beginning Genealogy*, p. 29

Mary Ames has a liberal arts degree in French from St. Xavier University in Chicago and has studied at the Sorbonne in Paris. She holds a teaching certificate from Illinois and has 11 years of experience teaching French in public and private schools in metropolitan Chicago. Ames has taught French in the OLLI program since 2007 and has traveled throughout France and to Belgium, Switzerland and Quebec. She is a member of the Alliance Française of Jacksonville and enjoys French culture and conversing with native-born French speakers. *Essential French Grammar and Readings, Part XIII*, p. 31

Evelyn Anchondo is originally from El Paso, Tex. and retired from federal law enforcement with more than 30 years of service. She was the assistant to the director of volunteer services with an AIDS organization in El Paso and was involved with an AIDS organization in Jacksonville. Anchondo has provided one-on-one literacy tutoring in both cities. She has been interested in healthy living for a long time and enjoys regular exercise to stay and look healthy. *Facial Fitness: Exercises for the Face and Neck*, p. 13

Julie Baskin has 30 years of teaching experience including 15 years specializing in Pilates. Trained by the industry's top educators, she brings attention to form and safety in each class. *Pilates for Buff Bones*, p. 11

Martha Bennett has more than 25 years of experience as a psychotherapist and educator. She is trained to use mindfulness as a therapeutic modality. She is also an open-focus brain training coach. Bennett received an M.A. in psychology from the University of West Georgia and is certified as a body-centered psychotherapist by the Hakomi Institute in Boulder, Colo. *Mindfulness: Enhanced Self Understanding*, p. 30
Open Focus: The Power of Attention, p. 11

Bill Berthet is a retired gemologist and owner of Berthet Jewelers for 30 years. His fascination with butterflies started in boyhood. He is a member of the Ixia Chapter of the Florida Native Plant Society and received the Volunteer Jacksonville Heart of Gold 2008 Nature of Caring Award for designing, funding, planting and maintaining a butterfly garden in Jacksonville's Tillie Fowler Regional Park (formerly Westside Regional Park). He enjoys working in the field to survey rare butterflies in Northeast Florida's conserved lands. His yard at home is his laboratory where he experiments with vines, flowers, shrubs and trees to learn which pollinators he can attract. Berthet travels to China, India and South America to photograph flora and fauna, including butterflies.

Leeched, Stitched and Bitten in Asia: Adventures of an International Butterfly Photographer, p. 25
Leeched, Stitched and Bitten in South America: Adventures of an International Butterfly Photographer, p. 25

Carolee Ackerson Bertisch has published two books of poetry and prose. Her work recently appeared in an anthology and in several online zines. Her poem, "Common Ground," won first prize in the North Florida Writer's Festival. Bertisch leads two book discussion groups and participates in "A Gathering of Poets," a group that meets regularly to critique poems and perform poets' theaters for local arts organizations. As poetry chair for the Florida Heritage Book Festival, she has organized, taught and promoted poetry sessions each year for the past six years, including speakers and teachers of poetry, as well as a poetry and art contest for high school students.

Poetry for Eye and Ear, p. 32

Robert Black was a captain in the U.S. Air Force, a corporate executive and an entrepreneur. He has a B.S. in chemistry and holds M.S., E.E., P.E. degrees and an M.B.A. in finance from the University of Akron. He is an honorary member of the Financial Management Association. While Black is neither a broker nor a financial adviser, he has been investing for more than 50 years and manages his own portfolio. His wide-ranging personal interests include Southeast Asia, Tao, Buddhism, Christianity and the literature of happiness.
Happiness, p. 11
Investing for Those Who Do Not Want to Think about It, p. 10

Kenneth Bording is a retired military aviator with 34 years of flight experience and an avid military and aviation buff. He was a pilot with more than 7,000 flight hours in combat, an instructor pilot and aviation classroom instructor, an instrument flight evaluator and an aviation safety officer. Bording served as a subject matter expert in the design, testing and development of U.S. Army's innovative Aviation Combined Arms Tactical Trainer (AVCATT) Simulation System that remains in use today to train aviators preparing for combat assignments. Bording served as a Federal Aviation Administration (FAA) air traffic controller for eight years. He has a B.S. in aeronautical science as well as a B.A. in business administration and an M.B.A. in aviation. Ghost Army of the European Theater Operations: Artists of Deception, p. 26

Melinda Bradshaw is a graduate of The School of Visual Arts at Florida State University. She retired after a 25-year career as a graphic designer and photographer, working mostly for hospital-based public relations and marketing and the local newspapers. Bradshaw's work was featured in a solo exhibition titled "Iconic Palms" at Neptune Beach's First Street Gallery. Recently, her work was selected for several exhibitions including the 2006 National Juried Exhibition in Memphis, Tenn., "Through Our Eyes" at Cummer Museum of Art & Gardens and Ponte Vedra Cultural Center's First Annual Members Only juried exhibition. Her works in public collections and commissions include Fleet Landing in Atlantic Beach, Leon Medical Center in Miami, Everbank in Jacksonville and Atlantic Beach City Hall Commission Chambers.
Photo Art: Enhancing Your Photography, p. 16

Susan D. Brandenburg is a professional biographer who enjoys the great privilege of writing the life stories of extraordinary people. A journalist for more than 30 years, she is now working on her 17th book. Brandenburg has her own publishing company, Susan the Scribe Inc. in Ponte Vedra Beach, Fla. Her website is www.susanthescribe.vpweb.com.
Write Your Life Story, p. 23

Rona Brinlee is the owner of The BookMark, an independent bookstore in Neptune Beach. Since 1995, she has developed a national reputation for hosting major authors and recommending books on NPR. Brinlee received her Ph.D. in anthropology from Columbia University and moved to Jacksonville in 1980 to start the anthropology program at UNF. What Should I Read Next?, p. 19

John Brown has more than 40 years of information technology experience. He has worked in every aspect of IT, including operator, programming, database management, desktop support, server support, network support and managing the staff that carries out these duties. For five years, Brown has trained IT professionals in PC repair, Microsoft services and computer security.
Advanced iPhone and iPad, p. 24
Get to Know Your Samsung Galaxy Phone or Tablet, p. 24
iPhone and iPad for Beginners, p. 23

Jane Bryant worked as a counselor for Florida State College at Jacksonville for 36 years. Throughout her career she worked with students of all ages and in all career fields, individually and in groups through workshops and classes. Jane holds a B.A. in sociology and philosophy and an M.A. in counseling. She also completed postgraduate work in organizational development.
Psychological Type: A Tool for Understanding Yourself and Others, p. 26

James Bullock is the founding member and creative director of Freebooters Productions (FRP). He has co-produced three documentaries about 450 years of African-American history in St. Augustine. He appeared in the film "Journey," which he and Derek Boyd Hankerson co-produced. The film aired in more than 100 markets throughout the U.S. and reached 16 million viewers. More recently, he and Hankerson presented "The Fort Mose Story" at One Spark 2015. The two, business partners for 35 years, are minority representatives of TriCoast Worldwide, a Hollywood production company that produces more than 40 films per year.
Gullah-Geechee: Florida's Southern Route to Freedom, p. 31

Thomas Burke is a retired career Foreign Services officer with 25 years of overseas experience in the Department of State having served in Afghanistan, Iraq, Yemen, Syria, Venezuela, Israel, India, Sri Lanka and Saudi Arabia. His Washington, D.C. based assignments were in the joint Bureaus of Near East and South Central Asia and to the Office of the Secretary of Defense for Special Operations and Low Intensity Conflicts. He is a graduate of the U.S. Air Force's War College with a master's in strategic studies. Burke is a Vietnam veteran who retired from the U.S. Army Special Forces after 20 years serving in both enlisted and officer status prior to joining the Department of State. From 2012 to 2014, he was deputy commander and director of interagency training for the U.S. Army's Joint Readiness Training Center. At Ft. Polk, La., he was responsible for developing and implementing interdependent training for U.S. Army infantry brigades and Special Forces units assigned to Afghanistan and other regional commands. *Interagency Post-Conflict Stabilization*, p. 18

Tom Collins holds a B.S. and an M.S. in physics from the University of Georgia and a Ph.D. in physics from the University of Florida. He also holds an M.S. in political science from George Washington University. He is a graduate of the National War College and a Fellow of the American Physical Society. Tom retired in 2006 following a distinguished career in research and academia. *What You Need to Know About DNA! Part 1*, p. 25

Laurel Conderman worked for more than 15 years as office manager in the Department of Pediatrics, University of Florida in Jacksonville before retiring in 2013. Her great enthusiasm for UNF OLLI ED-ventures led her to volunteer with the team. Conderman also volunteers with the annual Congenital Heart Walk and her neighborhood civic association. She especially enjoys exploring our area's beautiful parks and natural places. *Healthy Meal with Wine Pairing at Publix Aprons Cooking School*, p. 21

Martin Connor has undergraduate and graduate degrees in philosophy from Georgetown University. He taught for three years in an undergraduate humanities program at Georgetown and was a dissertation away from a doctorate from Fordham University when he left academia for law school. Martin practiced law as a business litigator with a predecessor to the present Cincinnati firm of Frost, Brown & Todd. He moved to General Electric, first as associate general counsel responsible for its industrial businesses, then as counsel to the CEO and finally as Washington counsel. He retired early from GE to chair a Washington-based public affairs firm and an affiliated public relations firm. At the same time, he was a professorial lecturer in business ethics at Georgetown's McDonough School of Business, a fellow of the University's Woodstock Center (a think tank) and chair of its International Trade Institute. Since retiring to Jacksonville, Connor has served on and chaired the Dean's Council of UNF's College of Arts and Sciences, been a founder and first president of OLLI, for which he has taught more than 30 courses and is the former chair and CEO of the Jacksonville Symphony. *Does Homer Matter Today? Does Virgil?*, p. 30

Lucy Giardino Cortese is a freelance writer and owner of Lucy's Lines 'N Lyrics. She graduated from the University of Florida and received a master's degree from UNF. She has been a teacher, school district administrator, principal and an executive director in a career spanning 40 years. Cortese's love of Italian cuisine is demonstrated through her work as an online recipe columnist and in the Italian American Club's kitchen. A lifelong educator, community activist, mother and grandmother, she lives her personal mission statement, each one, teach one. *Mema's Italian Kitchen*, p. 18

Mary Deno-Yeck is a poet with wide-ranging interests and topics. She pursued an early career path in teaching. A mid-life change in direction led her to become a licensed M.S.W. who worked as a therapist in psychiatric hospitals and clinics, special schools, and a large institution for the developmentally disabled. In retirement, she follows a life-long interest in writing poetry. Deno-Yeck attended the Breadloaf Writers' Conference in Vermont, the Colrain Poetry Conference in Massachusetts and works locally with a poet-critic group in Ponte Vedra. A major focus is in helping the poet to find his or her individual voice. *Calling All Readers and Writers: Enrich Your Understanding of the Author Experience*, p. 12

OLLI classes take place at the Adam W. Herbert University Center



Vic DiGenti is a novelist and a regional director of the Florida Writers Association. He retired from a career in broadcasting and special events production projects that included the Jacksonville Jazz Festival and turned to his first love, writing. Finding inspiration in his household of cats, he wrote the award-winning "Windrusher Trilogy" featuring a feline protagonist. Writing as Parker Francis, DiGenti has penned the Quint Mitchell Mystery Series, which includes "Matanzas Bay," "Bring Down the Furies," and the recently released thriller, "Hurricane Island." *Calling All Readers and Writers: Enrich Your Understanding of the Author Experience*, p. 12

Dorothy Dobbs has been a resident of Jacksonville most of her life. She is a graduate of UNF in international studies and was an adjunct at Florida State College at Jacksonville for more than 20 years. Dobbs retired from the insurance industry where she specialized in property and casualty, as well as life and health. *Short Stories by F. Scott Fitzgerald*, p. 15

Sandy Ernstsen is passionate about creating objects that are both beautiful and useful. She learned to knit the same year she earned her B.A. in design from California State University, Los Angeles. For yarn money, Sandy worked as a graphic designer in the advertising industry. *Warm Hands and Feet: Learn to Knit Mittens and Socks*, p. 23

Judi Frazier began her career as a bookstore manager and later spent 30 years as a dental hygienist. Retirement in 2012 enabled her to devote more time to her hobby of genealogy. During the last 20 years, Frazier developed simple systems to organize and preserve the family photos, letters and documents she inherited. She is eager to share her passion for family history and the lessons she learned to aid you in preserving your family's history. *If You Don't Do It, Nobody Will: Organizing and Preserving Your Family History*, p. 20

John D. Frketic is a retired Army intelligence officer. He spent 34 years on active duty with multiple combat tours including Vietnam, Operation Desert Shield/Desert Storm and Operation Iraqi Freedom. As an intelligence operator and analyst, he spent years working tactical through strategic intelligence issues throughout the Middle East, North Africa and Southwest Asia. Frketic is a graduate of the U.S. Army's prestigious School of Advanced Military Studies at Ft. Leavenworth, Kan. and served as a national

security fellow at Harvard's Kennedy School of Government. He has lived and travelled extensively throughout Europe, the Middle East, North Africa and Asia. Frketic remains active as an international defense and intelligence community consultant. *The Revenge of Geography: What the Map Tells Us About Coming Conflicts and the Battle Against Fate*, p. 23

Brian Frus is the professor of glass art at Jacksonville University where he oversees all glass art programs. Frus began to work with glass in 1996. His work can be found nationally and internationally in galleries and private collections. *Fire! Behind the Scenes with Jacksonville University's Glass Department*, p. 31

Al Geiger is the youngest of six home-schooled children raised on a diversified farm in northwest Jacksonville, Fla. His higher education encompassed night classes at Jacksonville University and correspondence courses. Geiger's adult education began with his service project after WW II when he was 16. He was a seagoing cowboy, a Quaker war relief worker in Europe, a work camper on the Papago Indian Reservation in Ariz. and on the Passamaquoddy Indian Reservation in Maine. Geiger became an engineer and an inventor to support his family. *An Old Time Florida Tradition: Cane Syrup Making and Down-to-Earth Jacksonville Stories*, p. 16

Jelena Gill was born and raised in Belgrade, Yugoslavia. She earned a Ph.D. in mathematics from the University of Belgrade. She moved to the U.S. in 1981 and taught at Michigan State University. Gill started teaching lifelong learning programs after retiring. She taught lifelong learning programs in North Carolina and Fort Myers, Fla. *Slavs in the Balkans: Rise and Decline of Nations*, p. 27

John Gill is professor emeritus of applied statistics at Michigan State University. A lifelong history buff, Gill taught enrichment courses on the subject at the University of North Carolina, Asheville and Blue Ridge Community College in Hendersonville, N.C. and at Florida Gulf Coast University in Fort Myers, Fla. *Slavs in the Balkans: Rise and Decline of Nations*, p. 27



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Julie Giuliani is a retired educator and administrator. Her research has focused on caregiving and the use of technology. She is a presenter at caregiving conferences and the Elder Attorney Bar Association.
Aging in Place with Technology, p. 13

Alan Gleit received his Ph.D. from Stanford in mathematics with a minor in physics. He was a professor for many years in various departments, including mathematics and statistics at multiple universities. Following his career as a tenured professor, he started a second career in risk management working for several large financial institutions.
Einstein and General Relativity, p. 13

Denice Goldberg is passionate about Mah Jongg. She has been playing twice a week for 10 years. She's eager to share the game with others.
Mah Jongg, p. 31

Rory Gregg is passionate about working in the healthcare industry as a licensed agent for Humana and thrives daily on serving his members to the fullest. He is a Medicare expert and holds national and state licensing for health, life and annuities. Gregg is also a tournament angler and fishing guide with more than 30 years of local inshore fishing knowledge and experience. Additionally, he is a writer for two regional outdoor publications, a seminar host and appears on national television broadcasts.
Inshore Fishing 101, p. 11
Medicare 101, p. 16

Stanley B. Greenfield is a retired insurance and financial consultant who has lectured about financial matters worldwide. He served as an adjunct professor at several universities and published thousands of articles.
Warning, the Rules of Money Have Changed. Have You?, p. 19

Sam Hall is a founding member and community outreach director of Omnisara Labyrinth and Gardens in Jacksonville Beach, Fla. He is a Veriditas-trained facilitator and ordained as an interfaith minister from One Spirit Interfaith Seminary in New York, N.Y. Hall focuses on men's spirituality using the labyrinth as a template for discussions, workshops and retreats. He has a degree in biology and chemistry.
Rediscovering the Labyrinth as a Reflective Practice, p. 32

Alan Halperin, an internist and acupuncturist, is professor of medicine at the University of Florida's College of Medicine in Jacksonville, Fla. He researched and published in health and wellness, two of his lifelong areas of interest.
Behaviors to Improve Your Health and Quality of Life, p. 13

Derek Boyd Hankerson conducts primary research, publishes and presents programs on American history including topics on the African diaspora, the great migration on Africans in new world, and Florida's rich international, multi-cultural history. In 27 years of government service, he served in the administrations of Ronald Reagan, George H. W. Bush, George W. Bush, Richard Cheney. Hankerson also worked for the state of Pennsylvania and the St. Johns County Board of County Commissioners. He is a founding member and producer of Freebooters Productions (FRP), an independent film and digital production company in St. Augustine. During the last 14 years, Hankerson created marketing campaigns as well as produced and co-produced documentary films. His educational training and curriculum programs include topics related to the Gullah-Geechee cultural heritage and the Underground Railroad that brought enslaved peoples to Spanish Florida. In addition, Hankerson is a catalyst connecting the First Coast to Fort Mose, the National Park Service Underground Railroad Network, Freedom Project and the Gullah-Geechee Cultural Heritage Corridor. He continues to work on documentary film projects, film festivals and publications.
Gullah-Geechee: Florida's Southern Route to Freedom, p. 31

Deborah Hansen, a former teacher, mediator, business owner and writer, has lived in Jacksonville for almost 30 years. She published two books to her credit, "Broken Strings: Wisdom for Divorced and Separated Families" and "Nothing to Complain About: My 125-Day Journey to Become Complaint Free." Now semi-retired, Hansen enjoys writing and ballroom dancing.
Journaling with a Twist, p. 15

Samuel Hart has experience as a soldier, diplomat and teacher. He holds degrees from the University of Mississippi, the Fletcher School of Law and Diplomacy and Vanderbilt University. He also attended the John F. Kennedy School of Government at Harvard. His military experience includes duty as a paratrooper and general's aide. For 27 years, he was a diplomat with the U.S. Department of State, serving overseas in Latin America, Southeast Asia and the Middle East. From 1982 through 1985, he served as U.S. ambassador to Ecuador. Since retirement from State, Sam has been a business consultant and lecturer on American foreign policy at numerous colleges and universities and for 15 years on cruise ships. Hart is active in the World Affairs Council and other volunteer organizations.
Issues In American Foreign Policy, p. 10

Billie Hayward became a full-time community volunteer after a career as psychiatric clinical nurse specialist. She contributes her time and talents to the arts and OLLI at UNF. Urban Exploration: Downtown Architectural Walking Tour, p. 28
Urban Exploration: The Haskell Company's Collection of Abstract Expressionist Art in Riverside and Brooklyn, p. 30

Wayne Heckrotte worked in the computer field for more than 41 years, but for as long as he can remember he has been a history buff. Heckrotte had the usual high school history courses and one college course on the subject, but he has been a prolific reader of all things historical. He acquired his knowledge of history the easy way. He loves it! Heckrotte enjoys visiting historical sites and history museums. His recent OLLI classes have focused on the histories of WWI, WWII and the interwar period of the 1920s and 30s. World War II - Home Fronts, p. 17

Paul Hibschan is a social worker who worked extensively with combat veterans. He was faculty in the Veterans Administration's university and taught in civilian forums. Hibschan listened to and tried to help hundreds of people affected by service in wars. The Invisible Wounds of War, p. 22

Gary Hickenbottom is a certified Tai Chi for health instructor. He believes that practicing Tai Chi regularly reduces stress and creates a sense of calm and confidence. Hickenbottom has been a member of OLLI at UNF since 2010 and an OLLI instructor since 2013. Tai Chi for Health, p. 15

Janice Hiland worked at the Centers of Disease Control in Atlanta for 18 years serving both the domestic and international public health arenas. She retired at the end of 2012 and continued to work as a seasoned trainer and management consultant. The Centers for Disease Control: A Highly Respected and Little Known Federal Public Health Agency, p. 22

Howard Hodor retired after 35 years in commercial and residential real estate development. He served as founding chairman of Gainesville's Council for Economic Outreach and received the governor's appointment to the Southern Growth Policy Board and Florida Council of 100. Hodor served as administrative committee chairman of the board that founded Enterprise Florida. At the request of the governor, he assumed the responsibilities of president and CEO of that organization for 18 months. Current Events, p. 15

Bill Howes holds a B.A. and M.A. in the teaching of history and social sciences and an Ed. D. in educational leadership. He is a retired educator who has also served as a principal and a superintendent of schools in Michigan, Wisconsin and Florida. He taught college classes at St. Norbert College and the University of Wisconsin-Fox Valley. Howes has an ardent interest in the study of history. This is his ninth year teaching in the OLLI at UNF. One Nation Under God, p. 22

Diana Huston is a retired private school European history teacher from New York City and was volunteer art history teacher for 10 years in Stowe, Vt. She has a B.A. with a major in Russian and Chinese history and a minor in art history from McGill University. Her goal is to illustrate the history of a period or a country through its art. History Through Art: Art, Politics and Revolution 1900 to 1950, p. 25

Analisa Jahna has a doctorate degree in naturopathic medicine from National College of Natural Medicine. She offers naturopathic consultations in downtown Atlantic Beach, specializing in women's health and pediatrics. Returning to Our Roots: An Introduction to Naturopathic Medicine, p. 12

Libby Jennison is a community herbalist with a practice that focuses on her love and respect of the plants. She encourages connections between the mind, body, emotion and spirit in order to heal and promote a healthy lifestyle. Jennison is also a birth and postpartum doula offering women compassionate service before, during and after birth. She is an Ashtanga yoga instructor with a devoted practice. Herbs as Food: Tonics for a Strong Life, p. 14



Mauricio Jiménez is a chef, culinary arts instructor and magna cum laude graduate of Le Cordon Bleu. He has more than 20 years of experience in the culinary field, including as a teacher at the Escuela Hotelera de San Juan in San Juan, Puerto Rico and an instructor for Publix Supermarkets. Jiménez has owned two restaurants and several international catering operations. He was executive chef for restaurants in Miami, Ft. Lauderdale and Puerto Rico. He also had kitchen positions in Las Vegas and Austin. Roles in Thai, Danish, Italian, French and Caribbean kitchens inspired him to teach international cuisines. Jiménez had great experiences cooking for celebrities, including The Bee Gees, Iggy Pop, Gloria Estefan, Lenny Kravitz, Rita Marley, Pat Riley, Ben Crenshaw, Walter Scheib and Nestor Torres. He also was fortunate to cook for Governor Jeb Bush, Prime Minister Tony Blair and King Juan Carlos and Queen Sofia of Spain. Jiménez co-owns The Cooking School at Jax Kitchen to share his knowledge and wisdom with the community.

Pasta Making 101, p. 15

Barbara Johnson has a lifelong passion for fashion and making people happy. She supplemented her income to support her daughter's education by planning evening fashion shows for Beeline Fashions. Johnson returned to her two passions when she left her accounting career of 35 years. She started working at Chico's, her favorite store, to help people with their purchases and to feel good about themselves.

Fashion Fabulous for Women, p. 32

Terry Jones honed her skills as a negotiator working on contracts for an electric utility that served a seven state region. She also taught negotiation skills to graduate students in central Ohio. Jones has a master's degree in business administration and a law degree.

Practical Negotiation Skills for Retirees, p. 29

Madeline Jorgensen is a founding member of UNF OLLI. She served on its advisory board and led its activities committee. As a member of the ED-ventures Team, she continues to pursue her passion for organizing interesting field trips for OLLI members. Madeline organizes tours of the Federal Reserve, Epping Forest and Everbank Field among others. The JaxPort tour is a favorite.

ED-venture: Discover JaxPort, p. 25

Gregg Kaufman is a retired pastor of the Evangelical Lutheran Church in America who served congregations in Pennsylvania, Georgia and New Jersey. As a university professor, he taught religion, politics and democratic citizen skill development courses. At Georgia College, Kaufman coordinated the American Democracy Project and the Coverdell Institute. He is a member of the National Issues Forums Institute advisory body and a research associate with the Kettering Foundation. Kaufman created a consulting endeavor called The Deliberative Voice, www.thedeliberativevoice.com.
Deliberative Democracy: Civil Discourse About Critical Public Issues, p. 24

Marlene Kenney is a retired human resources director with a passion for interior design and decorating. As director of administration, Kenney was instrumental in redecorating the common areas and hallways of a retirement community in Albuquerque, N.M. In retirement, she created Room Rescuer, a service that helps clients resolve their decorating dilemmas.

Unleash Your Inner Decorator: Introduction to Interior Design, p. 16

Pamela Keramati retired after teaching children in grades K through 8 for 38 years. She continues to teach as a substitute for the pleasure of working with children and supporting public education. Keramati, an outdoor enthusiast and nature lover, is a member of the Sierra Club who enjoys hiking. St. Augustine Lighthouse and Museum Sunset Moonrise Tour, p. 14

Jan Kuchler writes romances and mysteries as Janet Cooper. Her four romance novels are currently available via Amazon Kindle. Two historical romances set in the late 18th century titled "Loving My Enemy" and "Independence," a time-travel romance, "Another Chance" and a contemporary mystery romance, "Secrets in the Low Country." Kuchler is currently working on "Murder in the Low Country." When she was a child, her sisters told her she did not know truth from fiction – a very good beginning for a fiction writer.

Learn to Write Believable Fiction, p. 28

Glenn Kuhnel served as director for various educational or pastoral services for the Catholic Diocese of St. Augustine since coming to Florida in 1972. He was adjunct faculty at Seattle University, Mt. St. Paul College, Loyola University, University of New Orleans and UNF. Kuhnel is trained in the classics and has a master's degree in scripture, doctorate in religious studies and a divinity degree from Oxford. In retirement, he serves as theologian in residence for a Southside parish.

Fundamentalism: Religion or Rage? p. 25

Frederick B. Lee is happily retired but loves teaching and speaking. He is president and owner of an educational institute devoted to brain training, memory improvement and speed reading.

Memory Improvement, p. 19

Anne-Marie Lainé was born and raised in France. As an educator, she has taught students of all ages and grade levels in France, Canada and the U.S. She holds a B.S. in science and education from Université du Québec Montréal and a master's degree in education from Curry College in Massachusetts. Lainé enjoys teaches water aerobics in the St. Augustine area.

French for Advanced Beginners: Part A, p. 25

French for Advanced Intermediates: Part A, p. 26

Tim Lightfield is a retired community college president who served as academic vice president of Florida Community College at Jacksonville in the 1980s before moving to Richmond, Va. and then Chicago. He has a B.A. from Eckerd College, M.A. from the University of North Carolina, Chapel Hill and Ph.D. from Florida State University. He has taught sociology at community colleges and graduate schools at Virginia Commonwealth University, Eastern Tennessee State University and Georgia College and State University. In retirement, Lightfield has contributed to resource development systems of food banks, shelters, college foundations and other organizations. In 2014, he and his wife, Deborah, moved from North Carolina to Ponte Vedra, where he enjoys long distance swimming, cooking and being grandparent to Jack Timothy.

Our Modern Family: Study and Analysis of Changes, p. 28

Mary Longanbach has been a Florida master gardener for six years and was a West Virginia master gardener for five years. She worked in the greenhouse at West Virginia University and is presently a member of the Master Gardener's Speaker's Bureau giving talks at various libraries around the city, to garden circles and various clubs. She is also a master gardener volunteer at the Duval County Extension Demonstration Gardens in Mandarin.

Gardening Essentials for the Home: Indoors and Out, p. 24

Kathy Marquis is an Army brat who grew up all over the world. She married a Navy pilot and got to see even more. As a result, she developed a love of history and other cultures. She and her husband moved to the heart of downtown St. Augustine in 2000. Living in the oldest city in the U.S. is a perfect fit. She enjoys sharing interesting sites in the city with fellow OLLI members. Marquis is a graduate

of FSU and UNF and had a career in teaching, most recently at the Florida School for the Deaf and Blind in St. Augustine. On Freedom's Trail: A Civil Rights History Tour of St. Augustine, p. 18

Roshan Massey was born and educated in India. After completing his M.B.A. in England, he spent most of his working life in Australia. Roshan is a travel enthusiast who has taken groups on tours of India, Kashmir, Nepal and, now, Myanmar. When he was much younger, he took groups by road from England to India and from England to North Africa.

Travels in South Asia: Myanmar and India, p. 21

Bill Mayhew has been a serious student and practitioner of Zen Buddhism since he retired from business 18 years ago. His teacher is Eido Shimano Roshi of Dia Bosatso Zendo, a Rinzaï Zen monastery in the mountains of New York. Mayhew an affiliate of the North Carolina Zen Center for the last 10 years and participates in sesshins, silent weeklong meditation retreats.

Zen Buddhism: A Personal Perspective, p. 22

Connie McAuliffe is a retired management consultant and college instructor. Her area of expertise in business and education is communication. She holds a B.A. in English from Bucknell University in Lewisburg, Pa and an M.Ed. from Cabrini College in Radnor, Pa. Connie is a lifelong, avid reader, has spent time as a journalist and continues to write both fiction and poetry.

Creative Writing in a Safe Place, p. 27

Bill McCombes is a writer, motivational speaker and executive coach who published his first article in 1973. He has authored one book, written many articles and training manuals, created website content and edited three books. After a successful career as a naval flight officer, McCombes developed a chain of nine restaurants in Pensacola. He received an M.B.A. from the University of West Florida where he was a graduate level teaching assistant and an adjunct professor of marketing. He holds a Ph.D. in Christian counseling and business leadership from Logos College and Graduate School. His passion is finding ways to apply the latest technologies, strategies and psychological tools to achieve the highest levels of personal and professional success.

Purpose, Passion, and Principles: Develop an Unbeatable Mind and Think Like an Elite Warrior to Lead and Succeed, p. 12

Kenneth McMillan was a professor in the University of North Florida's Department of Art and Design where, for 30 years, he taught Aesthetics, Art of the 20th Century, Art Since 1940, Ceramics/Sculpture and 3D Design. He is a former chairperson of the department. Although teaching full time, he was able to travel extensively and these experiences add a passion to his teaching. As a retiree, he is now producing art, researching and serving as a volunteer teacher for the St. John's Cultural Council and the O.U.R. Communities in Schools Program of St. Johns County. *The Movies: Gender, Effects and Music*, p. 15

Edward Mickolus snuck off with a Ph.D. from Yale University before they noticed it was missing. He was an analyst, operations officer and manager at the CIA for 33 years. He taught creativity and other techniques at the CIA, the FBI Academy and a host of other federal agencies. He runs Vinyard Software, Inc. and is the author of 24 books including "The Secret Book of CIA Humor." Mickolus will autograph any book you'd like, but he prefers to sign those he actually wrote. He is a recovering standup comic. *Creativity for Retirees*, p. 11

Dennis Navin retired in 2006, after running a business in upstate New York. While in New York, Navin was on the board of directors of the Ingersoll Home, an assisted living facility. After retiring, he moved to Tucson, Ariz. where he volunteered at Habitat for Humanity and Tucson Medical Center. Navin believes in giving back to his community and is becoming more involved with OLLI at UNF. *Explore Historic St. Mary's, Ga.*, p. 28

Toni Nixon, a mindfulness trainer and a certified health and wellness coach, has been a psychotherapist, educator and consultant for more than 35 years. She completed a professional training program in Mindfulness Based Stress Reduction at the Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts Medical School under the direction of Jon Kabat-Zinn, Ph.D. and received additional training at the Centre for Mindfulness, Research and Practice at the University of Wales. Nixon has studied and practiced extensively in various meditation traditions. She received a bachelor's in psychology from Rutgers University and master's and doctorate degrees in educational psychology from Boston University. Nixon's work is a powerful synthesis of coaching and mentoring, mindfulness meditation, mental imagery and enhancement of brain flexibility through new thinking and practice.

Mindfulness Basics: Enhancing and Sustaining Mindful Awareness, p. 22

Joe O'Shields is a practicing lawyer in Jacksonville. He has a lifelong love of history and earned degrees in that discipline from the University of South Carolina (B.A.) and UNF (M.A.). He is an active communicant at St. John's Episcopal Cathedral, has mentored an Education for Ministry class for 12 years and practices as a spiritual director. O'Shields enjoys riding his bicycle, practicing yoga and being a grandfather.

Immigration: History and the Current Debate, p.12

Merrill Jay Palmer retired in 2006 after 31 years as the director of Choral Activities at the University of North Florida. In addition to his choral responsibilities at UNF, he also taught classes in conducting, music history, theory, voice and humanities. He chaired the Department of Fine Arts from 1981 to 1984. Palmer also served as director of Adult Music at Palms Presbyterian Church in Jacksonville Beach, Fla., for more than 27 years, retiring from that position in 2003. Palmers was an adjudicator, clinician and guest conductor for FMEA, Six Flags, Inc. in Georgia and Texas, the Florida Conference of the United Methodist Church and the New York State School Music Association. He led UNF choirs that toured Europe and sang in Notre Dame Cathedral, Paris, St. Thomas and St. Nicolai churches in Leipzig, Santa Maria Novella, Florence and Martinu Hall in the Academy of Performing Arts in Prague among many others. The UNF choirs he led performed in Charleston, Atlanta, Savannah, Palm Coast, Orlando, Tampa and numerous Jacksonville venues.

The Great Age of Vienna: Beethoven, Schubert and Brahms, p. 13

T. Parkinson holds a B.S. in physics from what is now Carnegie Mellon University and a doctorate in physics from the University of Pittsburgh. He spent five years studying planetary atmospheres at Kitt Peak National Observatory, followed by 23 years of applied physics in commercial product development and conducting contract research and development on underwater weapons for the Department of the Navy.

Codes, Ciphers and Deception, p. 29

A Top Level View of Energy, p. 30



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Rosamond Parrish studied English literature at Auburn University before mastering the medium of watercolor. She is a signature member of the Florida Watercolor Society and taught painting at the Jacksonville Art Museum for 20 years. She wrote and illustrated “Lincolntonville, A Sketchbook Journal of St. Augustine’s Historic Neighborhood” featured at the Florida Heritage Book Festival. Parrish enjoys lecturing about the history, the people and the beauty of Lincolntonville, a neighborhood in our nation’s oldest city. Her website is www.rosamondparrish.com.

Lincolntonville: St. Augustine’s Historic Neighborhood, p. 14

Terrance Patterson is a clarinetist who founded and currently serves as artistic director of the Ritz Chamber Players. A native of Jacksonville, Patterson performed in Paris, London, Milan, Brussels, Belgrade, Munich, Amsterdam, Moscow, Washington, D.C., Baltimore, Miami, Philadelphia, Los Angeles and New York. He has performed with the Jacksonville Symphony Orchestra, the Sphinx Symphony of Detroit and Nashville, Florida West Coast, Huntsville, Festival and Las Vegas Symphonies. He attended the Peabody Conservatory of Johns Hopkins University where he studied with clarinetist Lorin Kitt, principal clarinetist of the National Symphony Orchestra.

An Afternoon with the Ritz Chamber Players, p. 32

Stan Porter is a retired computer tech who enjoys art, architecture, walking, biking and reading. While living in Neptune Beach, he was a volunteer at BEAM, a food bank in the beaches area. He and his wife recently relocated to the Riverside area where they are regulars on the RAM ride, a Riverside Arts Market community bike ride that rides to coffee shops in the downtown, Springfield, San Marco and Riverside/Avondale neighborhoods. Porter is a longtime member of OLLI and currently serves on the ED-venture team.

Discover the North Bank: Jacksonville Fire Museum and WJCT, Your PBS Studio, p. 27

Bill Prince has maintained two musical career paths, one as a performer and the other as a teacher. He has performed with many musical giants including Buddy Rich, Dave Brubeck, Dizzy Gillespie, Henry Mancini, Tony Bennett, Arturo Sandoval and Ella Fitzgerald, as well as with a number of symphony orchestras. Prince has taught at five universities in three countries and has lectured on more than 70 campuses. One of his most unique talents is his ability to perform professionally on several instruments including trumpet, flugelhorn, trombone, flute, clarinet, saxophone, piano and bass. He produced his own CD, “Happy Thoughts,” for which he composed, arranged and performed all parts.

Classical Music and All That Jazz, p. 20

Musical Failures and Surprises, p. 21

What is Jazz?, p. 20

Nancy Quatrano is an award-winning author, professional content editor, ghostwriter, speaker and publisher. Her short stories have been published in print collections around the country since 1999. Quatrano’s copy work is in trade and professional publications around the world. Writing under the nom de plume Lynn Kathleen with writing partner, D.L. Ludas, she has collaborated with other genre fiction writers to create award-winning fiction. She owns On-Target Words, which specializes in content editing and specialty publishing. Calling All Readers and Writers: Enrich Your Understanding of the Author Experience, p. 12

Lynne Radcliffe is a musical educator, performer and composer. She currently serves as director of music at St. Paul’s-by-the-Sea Episcopal Church in Jacksonville Beach, as well as program coordinator and teacher at First Coast Community Music School. She serves on the boards of the Beaches Fine Arts Series and BRASS. Radcliffe is a regular contributor to “Encore!,” the magazine of the Jacksonville Symphony Orchestra, as well as a former host of “WJCT Presents the JSO.” Radcliffe received a bachelor’s degree in music for piano performance from Memphis State University and undertook graduate studies in musicology at the University of Memphis.

Master the Masters: The Adventures with a Symphonic Detective, p. 13

Marla Gentile Ramirez grew up in Queens, New York City, with her Cuban mother and Italian father. She received a B.A. in education with minor in language studies from Brooklyn College and a M.L.A. from Barry University. She worked in New York State’s court system for 30 years as a certified court interpreter in Spanish and Italian and was assigned to its Supreme Court. In retirement, Ramirez enjoys teaching Spanish and Italian.

Beginning Spanish Conversation: Part B, p. 21

OLLI Instructors love what they do and to share it with you!



Harry Reagan came to Jacksonville in 1967 as an investigative reporter at WJXT TV-4. He soon became editorial director, researching and presenting the nightly editorials for more than 20 years. Reagan served five years as an at-large member of the Jacksonville City Council and he was responsible for public information at the Jacksonville Sheriff's Office for eight years. He has been a member of the Jacksonville Historical Society for many years and served as its president for five years. Reagan is also involved with numerous volunteer activities, including Friends of the Jacksonville Public Library.
Jacksonville: 50 years of Journalism, Media, Politics and History, p. 16

John Reeve retired from the advertising and publishing industry. A Silver Life Master with more than 1,700 Master Points, John frequently competes in regional and national bridge tournaments.
Beginning Bridge III, p. 15
Intermediate Bridge, p. 16

Todd Robinson is a graduate of Bastyr University and holds a doctorate in naturopathic medicine. He offers naturopathic consultations in Jacksonville Beach, specializing in naturopathic cancer support.
Returning to Our Roots: An Introduction to Naturopathic Medicine, p. 12

Stanley Rothstein is a retired federal prosecutor with the U.S. Department of Justice who spent the last five years of his career in the government specializing in federal death penalty work. Prior to that appointment, he spent many years working in the counterterrorism area, where he was assigned to a number of celebrated international terrorism cases. Rothstein earned his bachelor's degree in philosophy from Hamilton College and his law degree from New York Law School. He relocated to this area after his retirement from Justice in late 2013.
The Death Penalty in the United States, p. 25

Ralph Sawyer has facilitated or taught more than 30 courses since the inception of OLLI at UNF. He is a retired Navy ophthalmologist and was chairman and residency director of the training program at the National Naval Medical Center for 15 years. He has lectured nationally at a number of ophthalmology organizations for 20 years. He has been interested in current events since college and has taught about poverty in America, the righteous mind, the economic crisis of 2008 and the Great Decisions series.
Just What Were They Thinking?, p. 29

Robert Schiffner holds a B.S. in engineering from Penn State and an M.S. in geophysics from the United States Naval Postgraduate School, with a dual major in meteorology and oceanography. He retired as an aviator on several aircraft carriers after 20 years in the U.S. Navy. After retirement, Schiffner worked 25 years for Price Waterhouse Coopers and other major management companies in the data processing arena. During his last six years of employment, he traveled the world as the computer games system manager for the International Special Olympics competitions. Since retirement, he has taught at several community colleges and is currently on the staff at Embry Riddle Aeronautical University and at St. Johns River State College.
Earth: The Big Blue Marble, p. 29

Sharon Scholl is professor emerita from Jacksonville University. She is the author of two scholarly books and four books of poetry. Scholl is currently a choral director, keyboard musician and adventurer in world cultures.
Poetry for Eye and Ear, p. 32

John See has extensive experience working with Apple computers and software. Prior to retirement, he was a K-12 teacher, college instructor, school district technology coordinator, a district information technology manager, and, in Minnesota, a department of education technology specialist who assisted schools and teachers with their technology training needs. He designs websites for small businesses around the U.S. and facilitates an Apple users group in Del Webb, Ponte Vedra.
Apple iCloud, p. 18
Best iPhone and iPad Apps, p. 20
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I Just Bought an Apple Computer. Now What? p. 17
iMovie for your iPhone or iPad, p. 21
iPad and iPhone Word Processing Options, p. 19
iPhone or iPad: Make Them Work for You, p. 20

Steve Sheffield is a retired homebuilder who has fallen in love with beekeeping as a hobby. He is passionate about it and is excited to share what he knows.
Beekeeping: Your New Favorite Hobby, p. 18

Jay Sherline has been fascinated with photography since he was given a Kodak Brownie camera as a young boy. His primary subjects are landscape and architecture. He is never without his camera when he travels with his wife, Ellen. Sherline is a recently retired pharmacist who now devotes more time to photography and shares his interest with others at OLLI.
Introduction to Digital Photography for the Novice, p. 20

Allan Silberman is a retired Foreign Service officer and experienced trainer who led classes in the U.S. and abroad. He served in the U.S. embassies in Brazil and Ecuador and in the U.S. Department of State in Washington D.C. He also established and led the Alternative Dispute Resolution office at the U.S. Federal Election Commission for six years where he resolved more than 120 disputes. As vice president for the American Arbitration Association, Silberman directed its department of education and designed training in alternative methods for commercial, labor, community and international disputes. He is a graduate of Miami University and the University of Illinois and was a Fulbright scholar at the London School of Economics.

Current Events Forum, p. 24

Fred Skinner is a longtime UNF OLLI student who retired as a corporate planner from Pittsburgh Natural Gas Utility. He earned his B.S. in electrical engineering and an M.S. in information science. He has continued his education by taking more than 100 courses, many in history, from the Teaching Company.

Battle of Guadalcanal, p. 27

Laura Lee Smith is a Florida Book Award Silver Medalist for her novel "Heart of Palm," which was named by Oprah Magazine as one of "ten titles to pick up now." Her short fiction has appeared in "New Stories from the South: The Year's Best," "New England Review," "The Florida Review," "Natural Bridge," "Bayou" and other journals including the forthcoming in "Best American Short Stories 2015." She works as an advertising copywriter.

Calling All Readers and Writers: Enrich Your Understanding of the Author Experience, p. 12

Lauren Spencer, public program manager at MOCA Jacksonville, creates a rich schedule that includes concerts, lectures, documentaries and performances. Spencer's passion is community education by connecting visitors to the art in the museum's galleries.

Art of Our Time: A Beginner's Guide to Contemporary Art, p. 19

Sally Steinauer is a Florida master naturalist. She has been a member of the Florida Native Plant Society for nine years and currently serves as president of the local Ixia chapter. Steinauer is a co-leader of the chapter's restoration of Jacksonville's Native Plant Park. In 2013, she received the St. Johns Riverkeeper/Riverside Avondale Preservation award for Outstanding River Friendly Yard of the Year.

Making Your Yard a Life Garden for Flying Flowers, Melodies and You, p. 16

Joseph Steinman is originally from Philadelphia, Pa. and holds a B.S. and M.S. in chemical engineering, and an M.B.A. and doctorate in finance. Early in his career, he worked in research for NASA on the space shuttle. Later he spent 19 years in private industry in various financial and general management positions in the United States, Europe and East Africa. He served on the finance faculty of a university in Switzerland for 12 years and UNF for seven years. He has consulted for management throughout the world.

Income and Wealth Inequality in the United States, p. 30

John Tancredi is a retired mining and chemicals industry executive. He spent half of his career in technology management and half in business management. He became hooked on the subject of Big History because of the interplay of many sciences and the march of humans through time.

Big History, p. 10

Ken Tannenbaum has been on the business side of health care as a consultant and as a health care and health insurance executive for nearly 40 years, after having practiced pediatric dentistry in a former life. His diverse career has included managing hospitals, medical practices and insurance plans, being deputy insurance commissioner in Michigan, serving as a hearing officer for Medicare rate increases and more. Since moving to Jacksonville in 2011, he has been involved in a number of senior citizen-related issues.

Understanding Our U.S. Health Care System: How It Works and Doesn't, p. 16

Darly Thoppil is an occupational therapist and is the owner and president of Revive Rehab, Inc. She is extremely passionate about her work in the field of therapy. With more than 19 years of experience, she has worked in a variety of settings including inpatient, outpatient, school systems, assisted living facilities and skilled nursing facilities. Her major focus has been in neurological rehabilitation and pain management. She completed her Neuro-Developmental Treatment (NDT) training in 1998 at Loma Linda University, California, from Waleed Al-Oboudi and also completed her Myofascial Release (MFR) training with John F. Barnes, author and authority on Myofascial Release. Darly believes that MFR is one of the best non-invasive techniques used for pain management in the healthcare field today.

Managing Chronic Pain, p. 17

Maarten van de Guchte studied art history at the University of Amsterdam. Prior to earning a Ph.D. in anthropology and archaeology from the University of Illinois, he worked as an archaeologist for UNESCO in Peru. Van de Guchte was director of The Cummer Museum of Art & Gardens, the Krannert Art Museum at the University of Illinois, Champaign, and the Beaches Museum & History Park, Jacksonville Beach.

Vincent van Gogh: Preacher, Pilgrim, Painter, p. 28

Gabriele Van Zon is a feng shui master and senior member of the Feng Shui Institute of America. Her website fengshuiuniversal.com offers free newsletters and blogs. Van Zon has been teaching and consulting for 15 years. Discover the Secrets of Feng Shui, p. 17

Joe Varon is a retired structural engineer. He was chief engineer for Haskell, a leading design-build firm, and taught structures in the Construction Management Department at UNF as an adjunct professor.

Crossing the St. Johns, p. 17

Ileana Velazquez was born in Puerto Rico and moved to New York City with her parents at the age of three. After working as a licensed social worker for 36 years in western Connecticut, she retired and taught social work and cultural diversity at the local college. Unfortunately, Superstorm Sandy scared her into moving to more pleasant temperatures. She is fluent in Spanish and credits her parents for instilling pride in her culture and language.

Beginning Spanish Conversation: Part A, p. 17

Dean Veremakis holds an M.Ed. from Virginia Commonwealth University in adult education and an M.A. from Temple University in American military history. A researcher in the area of U.S. awards, medals and decorations, Dean was president of the Orders & Medals Society from 2000 to 2010. He retired from the U.S. Navy Reserve in 1998 and from the Liberty Mutual Insurance Group in 2006. He has published numerous articles on behavior, leadership and military decorations and medals. An Affair of Honor: Woodrow Wilson, General Huerta and Mexican Intervention, p. 23

Men to Match the Mountains, p. 24

Gene Waering is an avid rose gardener in Jacksonville who specializes in rare roses. He is the immediate past president of the Jacksonville Rose Society. Waering recently co-edited two books, "The Sustainable Rose Garden and Old Rose Survivors."

New and Old Roses for North Florida Gardens, p. 12

Ed Waller is a graduate of the U.S. Naval Academy and a career Navy pilot. After retiring in 1999, Ed became a financial adviser. Several years ago, Ed awoke to a major medical event. After a miraculous recovery, he decided that his wife would have been unprepared to handle the household responsibilities if he had died. Ed had seen it many times in his practice: A client lost a spouse or parent only to realize they had no idea where to start looking for the will, what day the electric bill came due or how to access bank accounts and insurance policies. As soon as he recovered, Ed created "My List for Life" to ensure his family and clients would never have to deal with that kind of scenario. Now available to you and your loved ones, this investment can save time and money today and make all the difference when it is needed most. My List for Life, p. 27

Joseph Warner is an adjunct professor of international relations and geography at Florida State College at Jacksonville. He is a retired Foreign Service officer with more than 30 years of experience overseas. Warner was an urban planner with the city of Jacksonville in the exciting years after consolidation when Jacksonville was truly The Bold New City of the South.

A Cold War as History, p. 14

Chuck Watson is a retired math and science teacher, administrator and professor. He has a passion for learning. Watson's other passions are birding, golf and baking cookies. Being 21st Century Smart is Not the Same as Being 20th Century Smart, p. 10

Sheila Weinstein is an author, pianist, liver of life and columnist for the Ponte Vedra Recorder. Losing the love of her life at the age of 64 forced her to find out who she was on her own. Fear and anguish gave rise to a new life of self-awareness and confidence. Her book "Moving to the Center of the Bed: The Artful Creation of a Life Alone" www.centerofthebed.com chronicles her story. Weinstein is now living the sequel. Grow Old With Me, p. 14

Alexander Weiss earned bachelor's and master's degrees from the University of Maryland in medieval and comparative literature. He earned his Ph.D. from the University of California, Berkeley in medieval literature, specializing in Chaucer. He taught English at Radford University in Radford, Va. from 1976 to 2006 before retiring as professor emeritus. His major publication was "Chaucer's Native Heritage." Reading and Performing Shakespeare: The Tempest, p. 29

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Mysteries Unlimited: International, p. 22

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Hands On: Close-Up and Macro Photography, p. 14
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Catch More Fish - An Insider's Guide to Our Waters, p. 17

Benjamin M. Wuerffel is a CFP® and an AIF® accredited investment fiduciary and works as a financial adviser with Capital Analysts of Jacksonville, Fla., Inc. He has extensive experience in comprehensive financial planning and alongside business owners, professionals, retirees and others, focuses on attaining financial freedom.
A Floridian's Guide to Insurance, p. 26

Bonnie Yales-Gibson is a visual artist whose paintings, collages and fiber works are inspired by both her extensive travel and her vision for a peaceful, harmonious world. Her tapestries and needlepoint designs adorn tapestries and Torah covers in homes, synagogues, churches and exhibition venues in the U.S. and Israel. Yales-Gibson taught enrichment programs on Celebrity Cruises for 12 years and currently enjoys teaching at Ponte Vedra Cultural Center.
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