



FALL 2018
COURSE CATALOG



Division of Continuing Education

Explore the Great Indoors and Outdoors this Fall

Not your parent's library ...
step inside the UNF Thomas G.
Carpenter Library and experience
art, history and more! p. 32



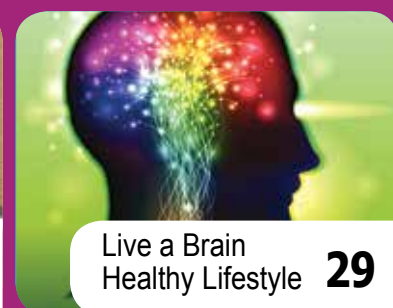
Understanding China
and Chinese Culture **9**



iPhone and iPad
for Beginners **17**



Protect Yourself
from Scams **23**



Live a Brain
Healthy Lifestyle **29**

Affordable classes, activities and community for those 50 and better.

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Jeanette M. Toohey, Director
Osher Lifelong Learning Institute

This catalog is brought to you by
the OLLI program teams.

OLLI AT UNF CHARTER TRAVEL WITH ROAD SCHOLAR

Signature City St. Petersburg: A Feast of the Arts by the Bay

Gain a new appreciation for St. Pete's rich history and culture.

Beautiful Tampa Bay, colorful Florida landscapes and buildings, world-class museums and galleries and a bustling cultural scene beckon you to the lively city of St. Petersburg. Learn about the city's history, which began before Spanish conquistador Panfilo de Narvaez landed in 1528. Visit a historic hotel that offers a feast to the eyes as well as the palate and tells of the city's boom, bust and renaissance through its own history.

Enjoy a field trip to the magnificent Salvador Dalí Museum, a beacon of the downtown arts scene and enjoy public art that has earned St. Pete a reputation as one of the best arts and cultural communities in the country. Encounter a botanical paradise at Sunken Gardens and stroll in the third-largest downtown waterfront park in North America, behind only Chicago and Vancouver.

When: Feb. 3 to Feb. 8, 2019

Price: \$1,329 (pp double occupancy)
\$1,849 (pp single occupancy)

What's Included?

- 5 nights of accommodations at Hampton Inn & Suites St. Petersburg/Downtown
- 12 meals (5 B, 3 L, 4 D)
- 3 expert-led lectures
- 9 field trips
- 1 performance
- An experienced group leader accompanies throughout the program
- Modest gratuities, taxes and destination fees
- Group travel and transfers throughout the program
- The Road Scholar Assurance Plan, including 24-hour assistance for medical and other emergencies

Exclusions

- Travel to/from venue hotel
- Optional trip protection (you cancel or experience delays)

Activity Level

- On your feet – You're comfortable with some walking throughout the day. You expect to get on and off a coach. You are ready to stroll through the city and to walk and stand for a few hours when you're learning in museums.

Registration

At least one in a traveling pair must be an OLLI member.
Email unfolli@unf.edu to express interest.

**See for yourself the
very active art scene
in St. Petersburg!**



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OLLI Courses

**Classes are organized by weekday,
then listed in the following order:**

Day of the week, then calendar date,
then time of day, then alphabetical by title

New **NEW!**

Course offered for the first time.

Updated **UPDATED!**

Course offered with new content.

ED-ventures **NEW: ED-VENTURE**

Course takes place at locations all around town.
Check course descriptions for details.

Explore More **EXPLORE MORE**

Course that combines classroom and out-of-classroom
experiences over multiple sessions.

NEW Our Federal and State Court Systems: Creation, Functions and Operations 26

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Fridays

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UPDATED What is a Senior Care Manager? Why Should You Care? 27

NEW Sacred Places: Religious Landmarks in Duval County 27

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Embrace Jacksonville's Diversity 28

UPDATED Live a Brain Healthy Lifestyle 29

NEW! ED-VENTURE

WJCT: Your Local Public Broadcast Station 29

UPDATED OLLI Book Club 29

Guided Autobiography: Part II 29

NEW Vascular Screening 29

UPDATED American Beach: The African-American Hyannisport of the Jim Crow South 29

UPDATED: EXPLORE MORE

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NEW Myths of the American Civil War 31

NEW Stem Cell Transplants for Multiple Sclerosis: Challenges and Successes 31

NEW! ED-VENTURE

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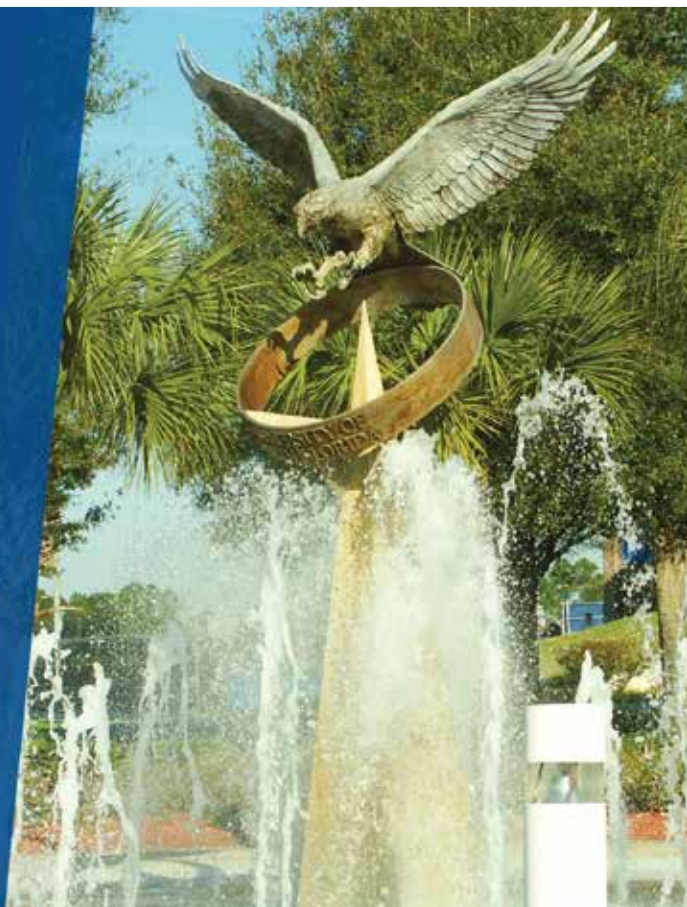
NEW! ED-VENTURE

Taste Turkish Culture:
Visit Istanbul Cultural Center 31

Keep OLLI at UNF Soaring

You can help our members and UNF students achieve their full potential through a planned gift to UNF. Whether through a bequest in a will, life insurance, retirement assets or a charitable gift annuity, your gift will help them soar to new heights.

To learn more about planned giving at UNF, contact Liz Iglesias, director of planned giving, at liz.iglesias@unf.edu.





All OLLI members are welcome to attend programs at our partner locations. Be sure to check them out. You'll be glad you did!

Westminster Woods on Julington Creek

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

UPDATED!

Wildlife Travel on Five Continents

Tuesday, Sept. 18, 10 to 11:30 a.m.
1 session, \$20

Learn how one wildlife aficionado plans travel based on the predators and untamed places he wants to see. Your instructor describes how he considers factors such as timing, type of trip and level of adventure in his planning. Presentation is based on the instructor's book, "Searching for Predators," and includes visuals from his travels.

Recommended: Instructor's book, "Searching for Predators"

Instructor: Sid Rosenberg, p. 40

50 Years of Jacksonville History: Journalism, Media and Politics

Tuesdays, Oct. 2 – 23, 10 to 11:30 a.m.
4 sessions, \$40

Achieve greater understanding of our community, its media and its politics. Your instructor has reported and commented on and participated in Jacksonville public affairs for nearly 50 years. Anticipate lively discussions focusing on the media and the politicians. This lecture and discussion program is complemented by videos.

Instructor: Harry Reagan, p. 39

NEW!

A Walk Through History: Shattering Myths about Plantations

Tuesday, Nov. 6, 3 to 4:30 p.m.
1 session, \$20

Join a historian for an overview of her journeys to plantations in Virginia, North Carolina, South Carolina, Georgia, Florida and Louisiana. Learn how plantation life differed from state-to-state. Your instructor writes and publishes books of historical fiction based on real events in the past. She focuses on the topics of the antebellum South and freedom seekers.

Instructor: Meltonia Young, p. 42

OLLI PARTNER COURSES



Fleet Landing

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

NEW!

Attempts to Create a Just Society: An Informal Look

Mondays, Oct. 1 – Nov. 5
10 to 11:30 a.m.
6 sessions, \$50

Gather to define a just society. Learn about the concept's roots in antiquity and attempts to create just societies since Plato's time. Explore the history and evolution of ideas centered on justice and morality. Examine why all attempts have failed thus far. Your inquisitive mind and an interest in social history are all that's required to participate in this lively lecture and discussion course.

Instructor: Jelena Gill, p. 35

UNF and is committed to promoting equal opportunity and fostering diversity.

Westminster St. Augustine

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

The Lasting Effects of World War I

Thursdays, Sept. 13 – Oct. 4
10:30 a.m. to noon
4 sessions, \$40

Learn about America's entry into the war and define its lasting impacts. Empires disappeared, new nations were created and others regained their former independence. Investigate the effects on present day world events.

Instructor: Joseph L. Warner, p. 41

NEW!

The Jacksonville Yellow Fever Epidemic of 1888

Thursday, Oct. 11, 10:30 a.m. to noon
1 session, \$20

Yellow Jack, the fever, came in 1888 to Jacksonville, a prosperous and growing city. When it finally abated, not only had a considerable number of citizens died but also the city's future had been changed forever. Bring your curiosity about Jacksonville history to this lecture and discussion class.

Instructor: Joseph L. Warner, p. 41

Most programs
take place at the
University of
North Florida
Adam W. Herbert
University
Center 12000
Alumni Drive,
Jacksonville, FL.

See program
description for
date, time and
location.

COURSES at UNF

Mondays

Journal to the Self: An Introduction

Sept. 10 – 24, 9:30 to 11 a.m.
3 sessions, \$35

Stimulate your creativity and enhance your personal growth. Discover journaling techniques with the potential to help you set goals, solve problems, capture memories from the everyday to extraordinary, and generate moments for quiet reflection. Class content is based on "Journal to the Self" by Kathleen Adams. Class format is a writing circle. You have the opportunity to practice the techniques and share your work in a safe, supportive setting. Whether you need inspiration or confidence to start a journal or seek new ways of journaling, this class is for you.

Instructor: Meg Rohal, p. 40

NEW!

Experimental Painting: Dancing with Brushes

Sept. 10, 1 to 4 p.m.
1 session, \$30

Gain confidence working in watercolor. Create a beautiful work of art by the workshop's conclusion. Focus on a range of brushwork techniques in a variety of professional grade watercolor media. Instructor designs a practice sketch as a demonstration before you

design your composition. Small class size ensures you receive personal attention and coaching. Instructor provides a list of recommended supplies so you may continue working at home.

Required: \$20 payable to instructor for materials, bring scissors and paper towels from home

Instructor: Bonnie Yales-Gibson, p. 42

UPDATED!

Medicare Made Clear: Get Ready for Annual Enrollment

Sept. 17 – 24, 9:30 to 11 a.m.
2 sessions, \$30

Are you on Medicare or approaching your first enrollment? Are you helping someone who is or will be on Medicare? Ensure you're ready for the fall enrollment period. Maximize your understanding of Medicare, its history and how it works. Define costs, copays and coinsurances as well as services Medicare does not cover. Explore differences between Medicare Supplement and Medicare Advantage plans. Learn how to choose the best plans to suit your needs including approved prescription drug plans.

Instructor: Karen Ansell, p. 33

Studio Painting: Oils and Acrylics

Sept. 17 – Nov. 26, 11 a.m. to 1:30 p.m.
(No class Nov. 12)
10 sessions, \$85

Enhance your studio painting skills. Experiment with painting techniques. Explore the use of color. Whether you are a beginner or seasoned artist, this is an opportunity for studio time and feedback about your work in a supportive environment.

Required: Student purchase of materials from instructor's list

Instructor: Maureen Kirschhofer, p. 36

NEW!

Don't Buy a New Computer: Use Apple's Newest iPad Software

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

Are you thinking about replacing your laptop or desktop computer? Would you like to get more from your iPad? Experience the new features of Apple's latest iPad software. Your instructor demonstrates and provides some individual assistance in class. He also distributes helpful notes and digital resources to extend your learning at home.

Required: Basic knowledge of iPad operations

Recommended: Bring your iPad with iOS11 installed to try what's demonstrated in real time

Instructor: John See, p. 40



Go high-tech with OLLI!

NEW!

Understanding China and the Chinese Culture

Sept. 17 – Oct. 8, 1:30 to 3 p.m.
4 sessions, \$40

Accelerate your understanding of an emerging world power that is also the world's most populous culture. Focus on understanding the people, their perspectives and their historical contexts. Your instructor provides a Boomer's perspective. Your curiosity is all that's required to participate.

Instructor: Raymond Wong, p. 42

NEW!

Current Events 2.0

Sept. 24 – Nov. 19, 10 a.m. to noon
(No class Nov. 12)
8 sessions, \$60

Cultivate a greater understanding of your world. Select topics for each week's discussion. You know there is never a shortage of suitable material! Though class occurs during a midterm election cycle, topics are not limited to national politics. Facilitator recommends selected background reading and occasionally presents.

Facilitator: Samuel Hart, p. 36

UPDATED!

Your Inner Cookie: Stories, Recipes, Relaxation and Baking

Sept. 24 – Oct. 15, 11:30 a.m. to 1 p.m.
4 sessions, \$40

Get to know fellow OLLI members by sharing stories and discussing some lessons learned about cooking or baking. Break OLLI's no homework rule! Prepare and share cookies or other baked goods and recipes. Discuss, laugh and eat your homework as well as the homework of others without gaining weight. No baking skills or prior baking experience are required. Just bring your interest in learning about baking and its impact.

Facilitator: Chuck Watson, p. 42

UPDATED!

Master the Masters: Adventures of a Symphonic Detective

Sept. 24 – Nov. 26, 1:30 to 3 p.m.
4 sessions, \$40

Dates vary according to the Jacksonville Symphony Masterworks schedule.

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

Maximize your enjoyment of the JSym's 2018-19 season of the Florida Blue Masterworks Series of concerts. Each Monday prior to the weekend concert, you put the performance under a microscope. Begin with analyses of the programmed works. Focus on the composers and their compositions. Each class concludes with a cameo appearance by a guest musician who plays for you and answers your questions. Bring the music to life in this lively, highly interactive class.

Sept. 24: A Hero's Life
Oct. 15: Bachtoberfest 2018
Nov. 5: Pictures at an Exhibition
Nov. 26: A French Fantasy

Instructor: Lynne Radcliffe, p. 39

NEW!

Intermediate Texas Hold'em Poker

Oct. 1 – 29, 11:30 a.m. to 2 p.m.
5 sessions, \$60

Win more frequently by improving your game. Begin each session with a discussion of tips from World Series of Poker champion Daniel Negreanu's "Hold'em Wisdom for All Players." Then focus on card play with real time discussion and commentary about each hand.

Required: Working knowledge of Texas Hold'em rules and order of play, completion of OLLI Learn the Basics of Texas Hold'em Poker class or three

to nine months of play in a competitive environment.

Instructor: Bob Wagner, p. 41

UPDATED!

Theodore Roosevelt: His Life and Times

Oct. 1 – 29, 11:30 a.m. to 1 p.m.
5 sessions, \$45

Roosevelt, the 26th U.S. President, was a statesman, author, explorer, soldier and naturalist. Learn about that man of his times who led America in new directions. Understand Roosevelt's privileged yet challenging upbringing. Explore how living a strenuous life strengthened not only his health but also his resolve. Chronicle his unusual rise to power. Absorb the rise of American imperialism, the contemporary climate of racism and the dawn of the Progressive Era. Appreciate his role in establishing our national parks. Your participation is welcome in this lecture and discussion class. Your instructor recommends reading materials to extend your learning.

Instructor: Joe O'Shields, p. 39

UPDATED!

A History of Chocolate

Oct. 1 – Nov. 5, 1:30 to 3 p.m.
6 sessions, \$50

Join a proud chocoholic for a lecture and discussion class about that delectable confection. Chart chocolate's origins and importance in Mesoamerica, beginning 1,500 years before the Mayans and culminating after another 1,500 years with the Aztecs. The latter people greatly valued cacao seeds and used them as a form of currency. Spanish conquests resulted in chocolate's import to Europe and its eventual emergence as the food of the gods enjoyed worldwide. Samples and handouts enhance your learning.

Instructor: Robert L. Gold, p. 35

NEW!

Social Security Checklist

Oct. 1 – 8, 1:30 to 3 p.m.
2 sessions, \$30

Are you age 55 or better? Are you looking forward to life after retirement? Start planning now. Maximize your understanding of social security and factors that impact your benefits. Instructor provides an overview, answers your questions and directs you to helpful resources.

Instructor: Rory Gregg, p. 35

NEW: ED-VENTURE

Behind the Scenes: IKEA in Jacksonville

October 8, 10 to 11:30 a.m.
(Excludes lunch)
1 session, \$30

Founded in Sweden in 1943 by the then-17-year-old Ingvar Kamprad, IKEA revolutionized the contemporary furniture and design industries. Discover keys to the firm's success. Learn about its fascinating history and corporate culture. Your new local store is one of 415 in 49 countries. Take home shopping tips and insights about customer appreciation initiatives. Enjoy a taste of Sweden as you debrief with fellow OLLI members over a Dutch-treat lunch in the store's café. Venue is fully accessible. Transportation is on your own.

Required: Stamina to walk a mile

Coordinator: Christine Lewitzke, p. 37

NEW!

Pages: Turn Your iPad into a Powerful Word Processing and Desktop Publishing Device

Oct. 8 – 15, 11:30 a.m. to 1 p.m.
2 sessions, \$30

Accelerate your understanding of your iPad's capacity. Use the free, easy to use Pages app to make, print, share and store documents, posters, flyers, invitations, cards and much more. Review similar Microsoft and Google

apps. Your instructor demonstrates and provides some individual assistance in class. He also distributes helpful notes and digital resources to enhance your learning at home.

Required: Basic knowledge of iPad operations

Recommended: Bring your iPhone or iPad with Pages app installed to try in real time what's demonstrated

Instructor: John See, p. 40

NEW!

Amazing Hormones: How They Work in Health and Disease

Oct. 15 – 22, 9:30 to 11 a.m.
2 sessions, \$30

Learn about your body's thermostat and how it keeps internal conditions constant. Understand how hormones function and the imbalances that may result in diabetes, osteoporosis, hypertension and thyroid disease. Discuss the role of common medications in ensuring healthful longevity.

Instructor: Joseph T. Stepp, p. 41

NEW!

Walking While Black: A Case Study in Local Investigative Journalism

Oct. 15, 10 a.m. to noon
1 session, \$25

Maximize your understanding of the importance and impact of investigative journalism in local communities. Acquire an appreciation of reporting techniques. Discover an examination of jaywalking citations issued by the Jacksonville Sheriff's Office (JSO). Join two award-winning reporters as they recount the process of sidestepping an obstructive public agency, poring over thousands of police records, and interviewing dozens of pedestrians, public officials and traffic experts. Understand how their tireless reporting exposed the problematic practices of a police force that routinely

targeted black people who hadn't broken any laws.

Instructors: Ben Conarck, p. 34 and Topher Sanders, p. 40

NEW!

Genealogical Research in Your Bedroom Slippers

Oct. 22 – 29, 11:30 a.m. to 1 p.m.
2 sessions, \$30

Calling all mid-level and experienced genealogists. Advance your success by learning about useful free and subscription online resources. Course format includes lecture, discussion and presentation of websites. Beginners should wait for a future class.

Required: Computer skills, mid-level or greater experience in genealogical research

Instructor: Barbara Kiersh, p. 36

NEW!

The Humor Salon

Oct. 22 – 29, 11:30 a.m. to 1 p.m.
2 sessions, \$30

Need a laugh? Take a trip through classic sketch comedy stretching back to the 1930s. Screen examples to prepare for a short comic five- or 10-minute presentation you deliver to your peers. Read a favorite comic passage or perform a short skit or sing a song or propose something similar. Exercise the comic chops you didn't know you had in a supportive environment.

Instructor: Richard Eason, p. 35

UPDATED!**The Enlightenment: Origins of the Modern Political World**

Oct. 22 – Dec. 17, 1:30 to 3 p.m.
(No class Nov. 12)
8 sessions, \$60

Expand your understanding of the 18th-century philosophers whose ideas shaped our world and inspired the age of revolution. Understand their views on republican government, natural law and universal human rights, separation of church and state, reason-based ethics, international economics and more. Consider philosophical aspirations to create a cosmopolitan world focused on international cooperation that inspired creation of the United Nations, International Court of Justice and Red Cross among other institutions. Presentations complemented by discussion. Expect to read an average of 50 pages per week.

Required: “The Enlightenment: And Why It Still Matters” by Anthony Pagden, read chapters 1 and 2 prior to the first class

Instructor: Ken Hoffman, p. 36

Tai Chi: What’s It All About?

Oct. 29 – Nov. 5, 9:30 to 11 a.m.
2 sessions, \$30

Stretch your understanding of that wellness phenomenon’s myriad of benefits, its historical roots and its differences from conventional exercise. Discover Tai Chi principles. Learn how it can help you achieve better balance and mobility. Class format includes lecture, discussion and demonstration. Enjoy the healing comfort of performing some basic Tai Chi movements. Course entails exercises and movements that may be difficult or even painful for people with certain pre-existing conditions. Consult with your doctor and do not enroll if you are uncertain of your ability to participate.

Required: Wear comfortable clothing

Instructor: Sue Lamb Myers, p. 38

Tai Chi II

Oct. 29 – Nov. 5, 11:30 a.m. to 1 p.m.
2 sessions, \$30

Recalibrate and revitalize your tai chi practice. Review key elements. Learn new exercises and insights. Course entails exercises and movements that may be difficult or even painful for people with certain pre-existing conditions. Consult with your doctor and do not enroll if you are uncertain about your ability to participate.

Recommended: Completion of Tai Chi for Health and Vitality

Instructor: Sue Lamb Myers, p. 38

UPDATED!**Astrophysics for Beginners**

Nov. 19 – Dec. 10, 11:30 a.m. to 1 p.m.
4 sessions, \$40

Accelerate your understanding of what comes next in the field. Focus on several chapters of a bestselling book by an acclaimed scientist who prepares you for the next cosmic headlines. Topics include the evolution of the universe, dark matter and dark energy. Bring your curiosity. Both your instructor and the author keep material absorbing and accessible to general audiences. No prior knowledge is required.

Recommended: “Astrophysics for People in a Hurry” by Neil deGrasse Tyson

Instructor: Alan Gleit, p. 35

NEW!**Getting Through Grief: Myths, Realities and a Practical Guide Toward Healing**

Nov. 19 – Dec. 3, 1:30 to 3 p.m.
3 sessions, \$35

Grief is about not only death and dying but can also arise from loss or significant change in your life. No grief is too old or too new in order to address to put you on a path to more joy and happiness. Class format includes lecture, discussion and guided imagery. With your permission, your confidential submission of a personal challenge in grief is woven into general class discussion. Your willingness to listen and share contributes to the supportive environment. The class is not group therapy but rather an opportunity for personal growth and resource sharing.

Instructor: Rachel A. Weinstein, p. 42

Creativity for Retirees

Nov. 26 – Dec. 17, 2 to 3:30 p.m.
4 sessions, \$40

Discover your second act in this high energy, hands-on seminar. Experience a smorgasbord of idea generation techniques to consider new opportunities and explore new insights on issues you’re wrestling with in retirement. 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.

Instructor: Edward Mickolus, p. 38



Explore your universe with OLLI

Tuesdays

Current Events

Sept. 11 – Dec. 18, 9:30 to 11:30 a.m.
(No class Oct. 2)
11 sessions, \$95

Discuss significant events of the day. Gain an appreciation of diverse opinions on every topic. Your active participation is essential. Bring at least one newsworthy article each week to present as a potential class topic. Your facilitator assists by keeping the discussion on track and open to all.

Facilitator: Jay Melesky, p. 38

NEW!

Intermediate Spanish I

Sept. 11 – Nov. 13, 9:30 to 11 a.m.
12 sessions, \$80

Practice and perfect your skills. Emphasize expressing yourself in present, past and future tenses. Learn vocabulary thematically as it relates to travel, food, health, daily activities and other practical subjects. Grammar is an important tool. Interactive study in pairs and groups as well as individual work develops your listening, speaking, reading and comprehension skills. Your participation is an essential element in this fun class.

Required: Beginning Spanish I and II or equivalent proficiency and “Español con Amigos: A Partner Approach to Learning Basic Conversational Spanish” ISBN 978-1519180735 by Melissa J. O’Gara

Instructor: Alice Hill, p. 36

NEW!

Intermediate Spanish IV

Sept. 11 – Oct. 30, 11:30 a.m. to 1 p.m.
8 sessions, \$60

Sharpen your Spanish language skills. Focus on vocabulary and grammar in conversation and reading. Course

conducted primarily in Spanish. Your active participation and consistent attendance ensure that you don’t fall behind.

Required: Conversational skills, “Practice Makes Perfect: Spanish Conversation,” by Jean Yates, premium second edition, ISBN 978-1259586361 and “See It and Say It in Spanish” by Margarita Madrigal, ISBN 978-0451168375

Instructor: Steven D. Orr, p. 39

NEW!

Understand the Construction of Racial Inequity in the U.S.

Sept 11 – Oct. 16, 11:30 a.m. to 1 p.m.
6 sessions, \$50

Transform your perception of the construction and experience of America’s racial and ethnic identity groups as well as intergroup relations in the United States. How are social identity, race and ethnicity used to divide a majority poor middle class country? Social and racial identity inform consciousness of privilege and power as well as structural norms in societies and institutions. Assess social conflict over the historical distribution of wealth and power. Utilize systemic perspectives on systemic power relationships in the U.S. to learn how to bring humanity and support to individuals and groups who work for inclusion, racial equity and social justice. Your active engagement through discussion and outside reading, as well as small and large group exercises, ensures each session is meaningful and impactful.

Recommended: “White By Law: The Legal Construction of Race” by Ian Haney Lopez, “The Color of Wealth: The Story Behind the U.S. Wealth Divide” by Lui, Meizhu, et al., “A People’s History of The United States 1492 – Present” by Howard Zinn

Facilitator: Annie Rodriguez, p. 40

Four Works from Art History

Sept. 11 – Oct. 2, 1:30 to 3 p.m.
4 sessions, \$40

Discover four works of art by key figures in art history. Your instructor shares her curiosity about and emotional attachment to specific examples by Italian Renaissance artist Giovanni Bellini, American regionalist Grant Wood, American conceptual sculptor Donald Judd and German contemporary painter and sculptor Anselm Kiefer. This art appreciation program focuses on the history, design, composition and art related to those works. All with an interest in art are invited.

Instructor: Chris Fulmer, p. 35

The Life and Thought of Thomas Merton

Sept. 11 – Oct. 2, 1:30 to 3 p.m.
4 sessions, \$40

Thomas Merton (1915–1968) is recognized among the great Christian intellectuals of the 20th century. Learn about his life and his decision to become a Catholic monk. Examine his writings on spiritual life and contemplation as a background to becoming a social critic and peace advocate. Merton strongly encouraged interfaith encounters, especially with the religious traditions of Asia. His final journey to Asia deepened his experience of Buddhism. Some 60 of Merton’s books remain in print today as a testimony to his continuing influence.

Instructors: Daniel J. Adams, p. 33 and Carol Chou Adams, p. 33

NEW!

Artificial Intelligence in Health Care

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

Discover basic concepts of artificial intelligence (AI) and its applications in contemporary health care.



Main Street Bridge, Jacksonville

Presentations are illustrated with extensive graphics. Your interest as well as a basic understanding of computers and the internet are all that's required to participate.

Instructor: Louis (Lou) Catania, p. 34

UPDATED!

Beginning French: Level I

Sept. 18 – Oct. 30, 9:30 to 11 a.m.
9 sessions, \$65

Calling all true beginning students of French and those whose proficiency needs refreshing. Acquire the foundational skills of speaking, listening, reading and writing. Grasp basic, everyday vocabulary and phrases in simple dialogs. Sing French songs and catch up on contemporary French culture. Class conducted largely in French to build your confidence and comfort with the language.

Required: "See It and Say It in French" by Margarita Madrigal and Colette Dulac, ISBN-13: 978-0451163479 and "Écho: Méthode de Français" (Nouvelle Version): Livre De L'élève + DVD-rom + Livre-web A1 2e Edition (French Edition) by J. Girardet, J. Pecheur, ISBN: 978-2090385885

Instructor: Anne-Marie Lainé, p. 37

Crossing the St. Johns

Sept. 18 – 25, 11:30 a.m. to 1 p.m.
2 sessions, \$30

You cross the St. Johns River all of the time. Do you notice that each bridge is structurally different from the others? Learn about the river, all seven bridges, their histories and their namesakes. Your instructor explains in layperson's terms the fundamental structural engineering concepts that ensure bridge stability, strength and safety in this lecture and discussion class.

Instructor: Joe Varon, p. 41

NEW!

Intermediate French: Level I

Sept. 18 – Oct. 30, 11:30 a.m. to 1 p.m.
9 sessions, \$65

Enhance your French proficiency through practice of the foundational skills of speaking, listening, reading and writing. Read articles, listen to songs and catch up with French news. Discuss recipes and a variety of French speaking cultures. Class conducted largely in French to build your confidence and comfort with the language.

Required: Beginning French or some French language proficiency including conversational skills, "See It and Say It in French" by Margarita Madrigal

and Colette Dulac, ISBN-13: 978-0451163479 and "Écho: Méthode de Français" (Nouvelle Version): Livre De L'élève + DVD-rom + Livre-web A1 2e Edition (French Edition) by J. Girardet, J. Pecheur, ISBN: 978-2090385885

Instructor: Anne-Marie Lainé, p. 37

UPDATED!

Mindfulness Basics: Enhancing and Sustaining Mindful Awareness

Sept. 18 – Oct. 23, 11:30 a.m. to 1 p.m.
6 sessions, \$50

Stimulate your ability to peacefully and skillfully navigate daily life. Learn to integrate the basics of mindfulness meditation into your daily activities.

Course content is based on an innovative program developed by Jon Kabat-Zinn at the University of Massachusetts Medical School Center for Mindfulness in Medicine, Health Care and Society.

Recommended: \$10 fee payable to instructor for a CD to support your ongoing practice

Instructor: Toni Nixon, p. 39

NEW!

Advanced French: Level I

Sept. 18 – Oct. 30, 1:30 to 3 p.m.
9 sessions, \$65

Advance your language skills using authentic French materials. Learn to express your points of view in French by examining and conversing about current events in the French speaking world. Refresh or extend your proficiency with grammar and conjugation. Class conducted entirely in French to build your confidence with the language.

Required: Intermediate French: Level III or comparable proficiency, "Latitudes 2 Methode de français" A2/B1+CD Audio French edition by Regine Merieux and Emmanuel Laine, ISBN:978-227862508

Instructor: Anne-Marie Lainé, p. 37



Register online. See page 43 for details.

Become a Prolific Writer

Sept. 18, 1:30 to 3 p.m.
1 session, \$20

Some writers finish one book and consider it a crowning achievement. Others find it a promising start. Learn secrets to seize inspiration and increase productivity. Topics include idea generation and formulation and time management. Your instructor published nearly 150 books, scholarly journal articles and newspaper articles. All aspiring or active authors are welcome.

Instructor: Edward Mickolus, p. 38

NEW!

Comic Opera

Sept. 18 – Oct. 16, 1:30 to 3:30 p.m.
5 sessions, \$45

Cultivate an understanding of dramatic works that are sung. Developed in the late 17th century, the genre is light in nature and stories usually end happily. Learn about English light opera, Viennese operetta and Italian opera buffa. Bring your love of music and your curiosity to a course that blends lecture and discussion with carefully curated performances.

Instructor: Richard Bobo, p. 34

NEW!

Heart Failure

Sept. 18, 1:30 to 3 p.m.
1 session, \$20

Define heart failure and learn about its causes. Understand risks, signs and symptoms. Enhance your knowledge of the latest treatment options. Get your questions answered in this lecture and discussion class.

Instructor: Sumant Lamba, p. 37

UPDATED!

Floridanos, Menorcans, Cattle-Whip Crackers

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

The truth is often more interesting than fiction! Meet the mullet-netting, datil pepper-growing, pilau-eating, rum-running characters that gave Northeast Florida color from the years following the Civil War to the Civil Rights Movement. Your instructor wraps their bold, humorous and sometimes heart-rending oral traditions into poetry and local history. Define who Floridanos, Menorcans and Cattle-Whip Crackers were. Enrich your understanding of timelines for their arrival in Spanish, British and American colonial Florida. Accelerate your understanding of the cultural influences that remain in St. Augustine. Lively course formats include presentations, dramatic readings,

TUESDAYS Continued

preparation of select Minorcan products and active student participation.

Recommended: \$16 payable to the instructor for her book, "Floridanos, Menorcans, Cattle-Whip Crackers: Poetry of St. Augustine"

Instructor: Ann Browning Masters, p. 37

UPDATED!

Apple Mac for Beginners and New Users

Oct. 2 – 23, 9:30 to 11 a.m.
4 sessions, \$40

Are you a new or less experienced Mac user or making the transition from Windows to Mac? This course is for you. Learn about settings, preferences and password management. Use Launchpad to open your apps, Finder to organize and navigate files and folders, and Continuity to synch your Mac to your iPhone or iPad. Explore mail, calendar and messages. Surf the web using the Safari browser. Class includes brief overviews of Pages and Numbers (built-in alternatives to Word and Excel), Photos and iMovie. All new or beginning users of iMac, MacBook Air, MacBook, MacBook Pro or Mac Mini are welcome. No previous Mac experience is required.

Required: Familiarity with basic home computer use

Instructor: Peter Lomonte, p. 37

UPDATED!

Learn to be Happy!

Oct. 2 – 23, 11:30 a.m. to 1 p.m.
4 sessions, \$40

Discover how to improve every aspect of your life. Access the wisdom of the ancients including Seneca, Epicurus, Marcus Aurelius, Lao Tsu, Buddha and Jesus among others. Tap into the latest findings in the field of positive psychology. Learn how applying a little effort enhances your genetic predisposition to be happy. Positive

effects include improved relationships, a sense of gratitude and a host of others that are physiological and psycho-social. Your instructor shares the constructive benefits of his happiness practice during a recent series of health crises. Course format is lecture and discussion. Instructor supplies resources to support your ongoing learning.

Recommended: “Happy in Intensive Care” by instructor

Instructor: Robert Black, p. 34

NEW!

Structured Vision: Enhance Your Creativity as a Photographer

Oct. 2 – 16, 11:30 a.m. to 1 p.m.

Field trip: Oct. 9, 8 to 10 a.m.

3 sessions, \$35

Are you stuck in a photography rut? Rekindle your imagination. Get the inspiration you need to look at your subjects with fresh eyes. Learn new ways to unleash your camera's power. An experienced landscape and wildlife photographer shares his processes for creating more satisfying experiences behind the lens to capture more powerful images. Discover techniques to practice in the classroom and on a field trip followed by a Dutch-treat breakfast. Class culminates with a review of your work with fellow OLLI members in a friendly, supportive environment. Your questions and perspectives welcome.

Instructor: Gary Whiting, p. 42

Remember Who You Are

Oct. 9 – 30, 9:30 to 11 a.m.

4 sessions, \$40

Celebrate your fascinating life and the personal and family histories that make you the person you are. Embark on a journey of self-discovery or begin writing your autobiography as a legacy. Write topical essays and share them with fellow OLLI members in a supportive atmosphere of camaraderie. Your active mind, listening ear and ability to articulate your thoughts, memories and ideas through the written word are all that's required.

Instructor: Susan D. Brandenburg, p. 34

UPDATED!

If It's Tuesday, It Must Be Shakespeare

Oct. 9 – Nov. 27, 11:30 a.m. to 1 p.m.

8 sessions, \$60

Channel your inner thespian! Read and take parts for four plays. This term your selections are the iconic plays Richard III, As You Like It, The Tempest, and Antony and Cleopatra. Each class begins with introductory remarks and ends with discussion if time permits. Increase your understanding of Elizabethan English. Your interest in learning more about William Shakespeare and his work are the only requirements.

Instructor: Richard Eason, p. 35

NEW!

Besties in the Garden: A Few of My Favorite Plants

Oct. 9, 1:30 to 3 p.m.

1 session, \$20

Benefit from a master gardener's four decades of experience with trial and error. Discover her favorite plants to propagate and plant in gardens at the St. Johns County Agricultural Center. Learn tips for growing plants from seed. Discover useful guidelines for growing healthy plants and avoiding the pitfalls and situations that create unfavorable conditions. Presentations are supplemented with visuals that provide you with inspiration to beautify your world.

Instructor: Shirley Barber, p. 33

UPDATED!

Our Technological Future

Oct. 9 – Nov. 27, 1:30 to 3 p.m.

8 sessions, \$60

Examine the technology trends that will impact our future. Begin with a discussion of the exponential growth in the acceptance of new technologies. Explore forthcoming technologies as well as their possible societal and ethical implications. Topics range from artificial intelligence and driverless cars to robotic warfare and personalized higher education. Cultivate a greater understanding of the future of energy, space travel, virtual reality, genetic engineering and robotic medicine as well as digital currency and block chain technology. End the series with a discussion of what may happen when machine intelligence surpasses that of humans. Class format includes lecture with multimedia presentations of specific technologies, a jargon-free discussion of how they work and their possible effects.

Recommended: Review of instructor-provided digital resources

Instructor: Bernard Grossman, p. 36



NEW!

The 14th Colony: The American Revolution's Best Kept Secret

Oct. 16, 11:30 a.m. to 1 p.m.
1 session, \$20

Discover one of the most astonishing episodes in Florida's 500-year history and a unique story in the American War of Independence. In his December 18, 1775 letter to John Hancock, General George Washington warned the Continental Congress that the British were stockpiling weapons and gunpowder in St. Augustine, East Florida. Washington's letter sounded an alarm that the British were preparing to reclaim the southern colonies by invading Georgia and South Carolina with an army from East Florida, a colony wholly loyal to King George III. Your instructor highlights Washington prescience in chronicling the story.

Recommended: Instructor's book entitled "The 14th Colony: The American Revolution's Best Kept Secret"

Instructor: Roger Smith, p. 41

UPDATED!

Quest for the Historical Jesus

Oct. 23 – Nov. 13, 11:30 a.m. to 1 p.m.
4 sessions, \$40

Evangelicals, atheists and everyone else is invited to examine scholarly efforts to uncover the life of Jesus, the person. Chart the progress of the Christian movement from the first century BCE to the fourth century CE. Consider the last century's archaeological and scientific research and discoveries. Examine the Dead Sea Scrolls, the Gnostic Gospels and the Bible to understand the religious, political and related influences on Jesus and his message. All questions and perspectives welcome as we promote civil discourse on this fascinating topic.

Instructor: Joel M. Reaser, p. 39

UPDATED!

Is a Continuing Care Retirement Community (CCRC) Right for You?

Oct. 23, 1:30 to 4 p.m.
1 session, \$25

Many older adults want to enjoy an active lifestyle knowing that future health-care and lifestyle needs are secure. Continuing Care Retirement Communities (CCRCs) developed to meet this need. Choosing the right community is a complex decision. Join us for a panel discussion focused on three important aspects: health and medical care considerations, financial contracts and related issues, as well as social issues and activities. An expo featuring five local CCRC representatives follows. Get your individual questions answered as you enjoy light refreshments.

Panelists: Jim Jandreau, p. 36 and Sarra Ninya, p. 38

A Modern Marvel: The Brooklyn Bridge

Oct. 30, 9:30 to 11 a.m.
1 session, \$20

Understand that iconic landmark's innovative engineering and construction. Focus on structural techniques. When the bridge opened in 1883, it was the longest suspension bridge in the world. Boss Tweed helped get the project started. P.T. Barnum marched 21 elephants across the span to prove it was safe. Generations of artists and writers have been inspired by that bridge's beauty.

Instructor: Joe Varon, p. 41

NEW!

Wired Up! Learn to Decorate Found Objects

Oct. 30 – Nov. 6, 9:30 to 11 a.m.
2 sessions, \$30

Shape, wrap and weave metal wires to embellish stones and found objects. Bring your imagination and some manual dexterity to this make-and-take class. Instructor demonstrates key techniques and provides assistance when you need it. You bring home a work of art that may be worn as a pendant.

Required: \$5 materials fee payable to the instructor

Instructor: Jana Song Bobo, p. 34

UPDATED!

Photographer's Sunrise Walkabout at the Jacksonville Pier

Oct. 30, 9:30 to 11 a.m.
Field trip: Nov. 6, 6:45 to 8 a.m., Jacksonville Pier, Jacksonville Beach
2 sessions, \$30

Share your passion for photography. Prepare for your shoot in the classroom. Learn proper use of a tripod, self-timers, long exposure modes and neutral density filters. Apply your knowledge by catching the perfect sunrise photo as you enjoy camaraderie with fellow OLLI photographers. Immerse yourself in a location known for gorgeous sunrise views. Your instructor is a seasoned photographer and master naturalist, who's ready to guide you whether you want the opportunity to practice your technique on your own or obtain advice.



**OLLI annual membership
is still only \$50.
See page 43 to join!**

Debrief with fellow OLLI members over an optional Dutch-treat breakfast after your field trip. Transportation to the pier is on your own. An alternative date may be announced depending on weather conditions.

Required: A digital SLR, mirror-less or point-and-shoot camera; moderate walking on soft sand, dress for the weather

Recommended: Wide angle lens, tripod

Instructor: Gary Whiting, p. 42

UPDATED!

iPhone and iPad for Beginners

Oct. 30 – Nov. 20, 1:30 to 3 p.m.
4 sessions, \$40

Are you a first-time or newer user? Learn the basics of your iPhone or iPad. Manage your calls, contact list, notifications and calendar (appointments). Send text messages, download music and apps, take photos and manage email. Use Maps, FaceTime, Siri, Apple Pay and iCloud. Understand how to protect your data.

Instructor: Peter Lomonte, p. 37

NEW!

Eye-Opening Information about the Federal Budget and Its Societal Impacts

Dec. 4 – 11, 9:30 to 11 a.m.
2 sessions, \$30

Enhance your knowledge of how the annual federal budget is constructed. Understand its different components. Examine potential future scenarios. Explore the growing national debt, its potential effects on critical budget elements and your lifestyle. Define specific budgetary implications on major programs including health care, education, national defense, Social Security, Medicare and Medicaid among others. Get your questions answered by a finance expert with both academic and real-world experience on the subject.

Instructor: Joseph Steinman, p. 41

NEW!

Heart Attack 101

Dec. 4, 11:30 a.m. to 1 p.m.
1 session, \$20

Learn the warning signs and symptoms to note. Understand what you can do to prevent a heart attack. Get your questions answered in this lecture and discussion class.

Instructor: Brett Sasseen, p. 40

UPDATED!

Introduction to Editing with Lightroom

Dec. 4 – 11, 11:30 a.m. to 1 p.m.
2 sessions, \$30

Looking to take your photos to the next level? Adobe Lightroom Classic CC is a photo editing and organizing software for the laptop or desktop computer (not tablets). Learn the basic steps of making adjustments to images and exporting them for use in other projects. Acquire file organization tips from a seasoned photographer who shares how you can organize thousands of images for rapid retrieval. Experience is not required; this is a good overview course to take if you already have Lightroom installed and would like a little hands-on experience.

Instructor: Gary Whiting, p. 42

Wednesdays

UPDATED!

Information Overload and Memory Loss: Practical Solutions

Sept. 5 – 12, 9:30 to 11 a.m.
2 sessions, \$30

Explore the neuroscience of what information overload is and is not. Discover how much you can take in at your age. Learn strategies to mitigate information overload and memory loss as well as other brain compatible

practices that help you create sustainable and retrievable memory. Understand why most memory loss is natural and predictable and how it can be addressed effectively. This fun, productive class blends mini-lectures with small and large group sharing. Develop an action plan for implementing strategies you learn in class.

Instructor: Rita Brodnax, p. 34

Apple Users Group

Sept. 5, Oct. 3, Nov. 7, 11:30 a.m. to 1 p.m.
1 session (each), FREE

Sharpen your Apple technology skills. Guest speakers share knowledge and tips about Apple products including iPhones, iPads and Macs. Topics include software and hardware. Presentations followed by question-and-answer period. Share your knowledge and experience, too. Whether you're a prospective or current Apple user, all from beginner to advanced are welcome.

Facilitator: Carolyn Godwin, p. 35

UPDATED!

The Dead Sea Scrolls: Secret Books of the Bible?

Sept. 12 – Oct. 10, 9:30 to 11 a.m.
5 sessions, \$45

Enrich your knowledge of the Dead Sea Scrolls, a vast collection of manuscripts written in Hebrew, Aramaic and Greek. Since their discovery more than 60 years ago in caves near an ancient settlement of Qumran near the Dead Sea, they have been the subject of intrigue and controversy. Why are they considered to be one of the most important archeological discoveries of the 20th century? Are they lost books of the Bible? Learn why the scrolls are important. Explore the diversity of the manuscripts and their relevance to 2nd Temple Judaism and the development of early Christianity.

Instructor: Glenn Kuhnel, p. 37

NEW!

Everything You Always Wanted to Know about the Middle East but Were Afraid to Ask

Sept. 12 – Oct. 10, 9:30 to 11 a.m.
5 sessions, \$45

Cultivate a greater understanding of that vital region. Your instructor is a retired Foreign Service officer who provides an overview including history, culture, religion, economy and U.S. involvement there. Your curiosity is the only pre-requisite. Your questions and perspectives are welcome in this lecture and discussion course.

Instructor: Richard Eason, p. 35

UPDATED: ED-VENTURE

Explore Jacksonville International Airport

Sept. 12, 9:30 a.m. to noon
(Excludes lunch)
1 session, \$30

Curious about JIA, its origins, purview and operations? Join us for this rare opportunity to go behind the scenes. Visit canine patrol and VIP areas. Learn about TSA screening, the art collection and music programming. Observe terminal control procedures. Explore public spaces with an insider. Debrief with fellow OLLI members over a Dutch-treat lunch at Ruby Tuesday. Transportation is on your own.

Required: Stamina to walk and stand for two hours, all enrolled subject to TSA security check, bring driver's license or other government issued identification

Prohibited: Photographs in baggage screening area

Coordinator: Bob Kastner, p. 36

Origami for Beginners

Sept. 12 – 26, 9:30 to 11 a.m.
3 sessions, \$35

Stretch your creativity by making

unique, fun objects using origami. Learn the art and basic folds through simple, traditional models. Your instructor supplies internet resources to support your ongoing learning. Origami stimulates both sides of the brain and refines memory, eye-hand coordination and ability to concentrate on a specific task. The emotional satisfaction it provides as a calming, artful outlet is an added benefit.

Instructor: Cindy Dobelstein, p. 35

UPDATED!

The Chemistry of Cooking

Sept. 12 – 26, 11:30 a.m. to 1 p.m.
3 sessions, \$35

Take a fresh look at food and cooking. Understand chemistry to guide food selection and meal preparation techniques. A few simple recipes illustrate scientific concepts. Bring your curiosity and sense of humor to this lecture, demonstration and discussion class. Your main objective is to have fun with an interesting topic but you just might become a better cook in the process. No prior knowledge of chemistry is required.

Instructor: Paula Parker, p. 39

UPDATED!

India: The Good, The Bad, The Ugly

Sept. 12 – Oct. 3, 1:30 to 3 p.m.
4 sessions, \$40

Enrich your understanding of what's happening in the world's most populous democracy. Learn about the country's history, politics and economy prior to and following its independence from Britain. Explore India's rich customs and culture. Discover the good, bad and varying degrees of ugliness in today's India. Take a look beyond the popular media perspectives in this lecture and discussion class. Your participation is encouraged, especially if you've visited the country.

Instructor: Jayant Sathe, p. 40

NEW!

Knit Potluck Potholders

Sept. 12 and 26, Oct. 10 and 24,
Nov. 7, 1:30 to 3 p.m.
5 sessions, \$45

Succeed with new techniques knitting short rows, reading a chart, incorporating multiple colors and regulating stitch size. Participants select an additional skill to learn in class. Instructor provides a free pattern for each session's project. Small class size ensures you receive personal assistance and coaching on both class and personal projects.

Required: Ability to make knit and purl stitches, student-supplied knitting needles and other materials from instructor-supplied list sent prior to first class

Instructor: Karen Backilman, p. 33

NEW: ED-VENTURE

Behind the Scenes: The Bacardi Bottling Corporation

Sept. 19, 10 a.m. to noon
1 session, \$30

Enroll for one of the first public tours of that important local facility. Learn about the company's founder and origins. Enhance your knowledge of the brand and its history. Understand the manufacturing process and the role of the Jacksonville plant. View the bottling, capping, labeling and boxing procedures. Tour processing, quality control and research and development operations. Bacardi supplies required hearing protection, safety classes and hair net. Cameras permitted in some areas. Tour concludes with a tasting. Debrief with fellow OLLI members over a Dutch-treat lunch. Transportation is on your own.

Required: Long pants only (no skirts or shorts), closed toe shoes, ability to climb stairs and step over pipes

Prohibited: All jewelry including earrings

Coordinator: Bob Kastner, p. 36

UPDATED!**Berlin Blockade, Airlift and America's Candy Bombers**

Sept. 19 – Oct. 17, 11:30 a.m. to 1 p.m.
5 sessions, \$45

Accelerate your understanding of the Cold War's first battle. At the conclusion of WWII, Berlin was the devastated and divided capital of a defeated Germany as well as an island in a sea of USSR conquered countries. The victorious Allies agreed to jointly govern Germany and its capital in the hope that they could cooperate. Diverging political, economic and social forces immediately began to tear Berlin apart. In 1948, Stalin forced the other Allies to abandon the city. His intent was to starve residents into submission. Three years earlier Allied pilots relentlessly bombed Berlin into rubble. Now they would be asked to risk their lives to feed those same people by undertaking the largest humanitarian airlift in history. Learn how Western Allies responded to the Soviets severing all ground access to that city of three million and the evolution of an impromptu airlift to feed desperate Berliners. Examine aviation innovations and equipment as well as the logistical successes required to preserve Berlin's freedom. Honor the skill and bravery of those involved, the resilience of a besieged population and the kindness of aircrews dropping candy from the sky. Hear from Inge Ricken Thompson, an adolescent at the time who survived the Allied bombing, the Red Army's assault on Germany and the blockade. She worked with the Americans during the airlift and shares special insights into life in wartime and postwar Berlin.

Instructor: Ken Bording, p. 34

UPDATED!**Forum on Current Issues**

Sept. 26 – Nov. 14, 9:30 to 11 a.m.
8 sessions, \$60

Enhance your understanding and



**Learn a new skill to
enjoy with new friends**

appreciation for events, people and developments reported in the news. Focus on the critical international, state and local news stories that impact your world. Your active engagement through topic selection, distribution of relevant reading material prior to class and facilitated discussion ensures lively weekly sessions. Content is new each term.

Facilitators: Allan Silberman, p. 40 and Joan Silberman, p. 40

Beginning Bridge I

Sept. 26 – Nov. 21, 10 a.m. to noon
(No class Nov. 7)
8 sessions, \$70

Learning to play the modern game of bridge is fun. Course follows the American Contract Bridge League's (ACBL) foundational curriculum of hand evaluation, bidding and card play. Absolute beginners are welcome in this highly interactive class. No prior bridge experience is required.

Required: Free, instructor-supplied ACBL book

Instructor: Faye Barkan, p. 33

NEW!**Be a Superb-Ager**

Sept. 26 – Oct. 10, 11:30 a.m. to 1 p.m.
3 sessions, \$30

Explore the neuroscience of aging, its

blessings and benefits. Learn what research reveals about the Repel model and aging well. Discover how to become a superb-ager with more health, joy, energy and engagement in life. Understand what dementia is and is not, as well as how prevalent it is in the population of people older than age 60. Learner engagement strategies in this fun, productive class include mini-lectures as well as small and large group sharing. Produce solutions for a variety of scenarios and craft an action plan for implementing strategies you learn in class.

Instructor: Rita Brodnax, p. 34

NEW!**Partners Bridge**

Sept. 26 – Nov. 21, 12:30 to 2:30 p.m.
(No class Nov. 7)
8 sessions, \$70

Accelerate your game. Develop team communication. Focus on modern bidding, play and defense. Register with a partner or your instructor pairs you up. Your partner doesn't need to be an OLLI member for this class. Join the bridge fun!

Required: Beginning Bridge II and free, instructor-supplied ACBL book

Instructor: Faye Barkan, p. 33

UPDATED!

Sex, Money and Vengeance: Motivations for Murder in Historical Settings

Oct. 3 – Nov. 7, 11:30 a.m. to 1 p.m.
6 sessions, \$50

Explore the essential elements in well-regarded murder mysteries. Class format includes lecture, book critiques and discussion as well as experiential and interactive activities. Books and topics are new each term.

Instructor: Robert L. Gold, p. 35

UPDATED!

A Brief History of U.S. Intelligence

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

Examine current events and American history from the Revolutionary War era forward through the lens of the intelligence field. Your instructor is a 33-year veteran CIA officer who shares overarching issues and underlying themes in U.S. foreign and defense policy. Consider the roles and functions of those in the intelligence community. Intensify your knowledge of what spies, techs and analysts do.

Instructor: Edward Micklous, p. 38

UPDATED!

Mysteries Unlimited: International

Oct. 3 – Nov. 14, 1:30 to 3 p.m. (No class Oct. 10 or 24, Nov. 7)
4 sessions, \$40

Contemporary crime fiction awaits you. Uncover criminals in foreign lands. Some books include noir and strong violence. Delve into characterization and plot. Gain deeper understanding of the history, culture, politics and economics of countries worldwide. Most authors come from areas they write about. A reading list and resources are

provided. Library quantities are limited, so books may need to be purchased. Class schedule allows time for reading.

Required: Knowledge of following links to internet sites and downloading email attachments

Instructor: June Weltman, p.42

NEW!

Quarantined from the World: Jacksonville's Yellow Fever Epidemic

Oct. 10, 11:30 a.m. to 1 p.m.
1 session, \$20

Thirteen years before the Great Fire of 1901, Jacksonville lost more than 400 citizens and spent \$500,000 fighting a different disaster: the yellow fever epidemic of 1888. Explore the causes and effects of the epidemic. Learn how both the heroic and the cowardly responded to the emergency. Your participation welcome in this lecture and discussion course.

Instructor: Judith G. Poucher, p. 39

UPDATED!

The Spy Novel in Historic Context

Oct. 10 – 31, 1:30 to 3 p.m.
4 sessions, \$40

Maximize your appreciation of that unique genre. Focus on fiction inspired by real-world situations. Trace that art form's evolution as it endeavors to mirror real intelligence wars. Your instructor's insider perspective adds vitality and dimension to your learning experience.

Instructor: Joseph L. Warner, p. 41

UPDATED!

You Did What? Who Raised You!

Oct. 17 – 24, 9:30 to 11 a.m.
2 sessions, \$30

Explore generational similarities and differences. Learn to better

communicate and interact with younger generations. Identify the most common areas of conflict and misunderstanding across generations and learn to deal with them. Become better equipped to joyfully and effectively interact with other generations while maintaining your sanity. Learner engagement strategies in this fun, productive class include mini-lectures as well as small and large group sharing. Produce solutions for a variety of scenarios and craft an action plan for implementing strategies you learn in class.

Instructor: Rita Brodnax, p. 34

NEW!

Case Studies in Genetics for the Layperson

Oct. 17 – Nov. 21, 11:30 a.m. to 1 p.m.
6 sessions, \$50

Understand the science behind genetics. Discover historic applications from crop and animal breeding to green revolution and eugenics. Consider benefits and harm to people. Examine current scientific issues and controversies including genetically modified organism (GMO) foods, genetic engineering and genetic screening. Bring your interest in or desire to be informed about the topic to this lecture and discussion class. No science background is required.

Recommended: "The Gene" by Siddhartha Mukherjee

Instructor: Bryan McKersie, p. 38

NEW!

Florida's Seminole Wars and the Osceola Mystery, 1818-1858

Oct. 17 – 24, 11:30 a.m. to 1 p.m.
2 sessions, \$30

2018 marks the centennial of Florida's First Seminole War. Discover the causes and results of the three Seminole Wars, the longest and most expensive wars the U.S. would ever fight against Native Americans.

Examine the life of Osceola, the Seminoles' greatest warrior, and consider the mystery that still surrounds his death. Your participation is welcome in this lecture and discussion class. An interest in Florida history is the only requirement.

Instructor: Judith G. Poucher, p. 39

NEW!

The Ice House: Meet the Author, Learn about Her Creative Process and Discuss the Book

Oct. 24 – Nov. 7, 11:30 a.m. to 1 p.m.
(No class Oct. 31)
2 sessions, \$30

Set in Jacksonville and Scotland, the novel is a character-driven family drama touching themes of atonement, regret and ties that bind. Discover the book's local inspirations including historic and identifiable sites in St. Augustine and Jacksonville. Gather after reading the novel for an author-led discussion. Learn how she developed both the story and the characters. Understand the issues and decisions she faced in the narrative's development. Gain insights about tools for developing story and character as well as deploying our rich region as the setting. If you have an interest in fiction, storytelling or Northeast Florida, this class is for you!

Recommended: "The Ice House" by Laura Lee Smith available for \$25 from the author at the first class.

Instructor: Laura Lee Smith, p. 40

Spymasters: Directors of the CIA

Oct. 24, 1:30 to 3 p.m.
1 session, \$20

Consider the eye-opening challenges that have faced the two dozen directors of the Central Intelligence Agency since it was founded by President Truman in 1947. Originally a clearinghouse for foreign policy intelligence and analysis, the CIA currently collects, analyzes, evaluates and disseminates foreign intelligence and performs covert actions. Your instructor is an insider who provides behind-the-scenes glimpses.

Instructor: Edward Mickolus, p. 38

NEW: ED-VENTURE

Farming for the Future: Visit Fresh Ministries Aquaponics

Oct. 31, 10 to 11:30 a.m.
1 session, \$35

Come to an eye-opening, state-of-the-art organic aquaponics complex. The closed loop, solar-powered facility reuses 98 percent of its water to produce 35,000 plants per month on 6,000 square feet. Begin with a presentation about Fresh Ministries, its greenhouse operation and future plans to construct similar facilities in the Virgin Islands and South Africa. Then tour the propagation and growing areas, as well as processing and cold storage areas. Produce is available for purchase. Transportation is on your own.

Required: Ability to walk short distances on level ground

Coordinator: Christine Lewitzke, p. 37

NEW!

Passion for Books: A Collector's Journey

Oct. 31, 11:30 a.m. to 1 p.m.
1 session, \$20

"When I have a little money, I buy books. And if any is left, I buy food and clothing." The humanist Erasmus' assertion describes many who have been bitten by the collecting bug. Chart one collector's journey. How and why did he start collecting? Learn about the importance of patience and defining collection scope. Understand what makes some books collectible including rarity, author, subject, condition, first editions and first printings. Presentation includes examples from presenter's collection with time for your questions. Your instructor shares helpful research resources.

Instructor: John Heafer, p. 36

NEW: ED-VENTURE

Unity in Community: Visit P.E.T. (Personal Energy Transportation) and Penney Farms

Nov. 7, 10:30 a.m. to 2 p.m.
(Includes lunch)

1 session, \$35 (Fee excludes lunch)

Discover a program that builds three-wheeled, hand-powered wheelchairs for distribution around the world. These personal transportation devices traverse rugged terrains that typical wheelchairs cannot. Volunteers raise funds for the materials and construct 20 units each week for about \$300 each. Get your questions answered over a Dutch-treat lunch on the campus. Learn about J.C. Penney's vision for the community. Lunch is followed by a tour of historic buildings with unique architectural character. Transportation is on your own.

Required: \$11.50 for Dutch-treat lunch, exact change for cash or make check payable to Penney Retirement Community with LUNCH on the memo line

Coordinator: Christine Lewitzke, p. 37



OLLIs are always on the move!

NEW: ED-VENTURE

For the Love of the Animals: The Jacksonville Humane Society

Nov. 14, 10 a.m. to noon
(Excludes lunch)
1 session, \$30

Tour their new state-of-the-art, 44,000 square foot base of operations for a nonprofit organization that provides care, comfort and compassion to animals in need while supporting a no-kill philosophy. Visit adoption and educational centers, kennels, animal hospital and community resource area. Get up close and personal in animal interactions if you like. You won't be tempted to adopt an animal if you debrief over Dutch-treat lunch with fellow OLLI members in a private room at the Secret Garden Café. Venues are fully accessible. Transportation is on your own.

Recommended: Closed toe shoes, layered clothing for comfort in cool interior spaces

Coordinator: Bob Kastner, p. 36

NEW: ED-VENTURE

Gem of the First Coast: Green Cove Springs

Dec. 12, 10:30 a.m. to noon
(Excludes lunch)
1 session, \$35

Travel back in time to a charming old Florida town. Green Cove Springs, Clay County seat since 1871, boasts of a warm mineral spring that attracted the area's first inhabitants, indigenous people, 7,000 years ago. Pioneers settled there in the early 19th century and developed an agricultural economy. Later in the century, wealthy northerners seeking warm weather and health benefits dubbed the spring the original fountain of youth. The city retains its charm as a result of development suspended by Henry Flagler's railroad taking tourists further south, the 1895 freeze and the Great Depression of the 1930s.

Your guided walking tour begins at Spring Park and encompasses the

area's history as well as its natural beauty. Perched high atop the banks of the St. Johns River, you'll appreciate why Green Cove Springs is known as the gem of the First Coast. Hear about some of the city's famous residents including Charles E. Merrill, co-founder of Merrill Lynch and Augusta Fell Savage, an acclaimed African-American sculptor and art educator of the Harlem Renaissance who is now in the Florida Artist Hall of Fame. Understand the impact of a powerful group of women who formed the Village Improvement Association (VIA). Return to Spring Park to debrief with fellow OLLI members, enjoy holiday decorations and relish exceptional river views. Transportation is on your own.

Required: Dress for the weather, comfortable walking shoes, stamina to walk 1.5 miles over 1.5 hours on sidewalks, streets and gentle hills

Recommended: Sack lunch including beverage

Coordinator: Laurel Conderman, p. 34



OLLIs makes the world a better place.

Thursdays

UPDATED!

Bad Guys and Bad Girls in the Movies

Sept. 13 – Oct. 11, 11:30 a.m. to 1 p.m.
5 sessions, \$45

Discover movie villains and some of the baddies you love to hate. What fun would you have at the movies without characters that channel the less desirable aspects of human nature? Explore the topic through this interesting, under-appreciated lens. Your instructor values film as an art form. You'll screen carefully curated film clips that illustrate his presentations about film history, aesthetics and production.

Instructor: Kenneth McMillan, p. 38

NEW!**Beethoven: The Man, His Music and His Europe**

Sept. 13 – Oct. 18, 1:30 to 3:30 p.m.
6 sessions, \$50

Intensify your understanding of Ludwig van Beethoven's life, work and time. He was a brilliant composer who led the transition in music from 18th-century classicism to 19th-century romanticism. Beethoven's expressive, emotional style exemplifies the revolutionary tumult of the period. Concepts of nationalism, heroic individualism and tortured genius rose just as Europe's political, social, intellectual and cultural foundations were shaken. Trace Beethoven's childhood in Germany and adult life in Vienna, as well as his musical influences including Wolfgang Amadeus Mozart and Franz Joseph Haydn. Presentations are complemented by screening and discussion of select symphonies, concertos, sonatas and vocal works. Enhance your learning with the recommended text.

Recommended: "The Ninth: Beethoven and the World in 1824" by Harvey Sachs

Instructor: Ken Hoffman, p. 36

UPDATED!**Introduction to Spanish: Level 1**

Sept. 13 – Nov. 1, 1:30 to 3 p.m.
8 sessions, \$60

Begin your journey in Spanish with basic vocabulary as a cornerstone to develop your conversational skills. This highly participatory class is for true beginners, those with limited exposure to the language and those interested in refreshing their beginner proficiency.

Required: "Learn Spanish: How To Learn Spanish Fast in Just 168 Hours (7 Days)"

Instructor: Ileana Velazquez, p.41

UPDATED!**Beekeeping: My Favorite Hobby**

Sept. 20 – Oct. 11, 9:30 to 11 a.m.
4 sessions, \$40

Give bees a chance! Discover the wonderful world of honey bees. Learn how one of your neighbors is helping to save the planet by starting and managing his colonies. Learn how he harvests superior quality honey and shares his bounty by giving honey as gifts. Local honey can transform your health. Consuming it can mitigate some allergic reactions. Your instructor shares his enthusiasm for beekeeping. Take a field trip to his working apiary in Palm Valley, Crab Creek Bees. Observe bees foraging, raising and feeding brood, storing pollen and making honey. Handle live bees and sample honey direct from the hive. Your questions and perspectives are welcome.

Required: Field trip transportation is on your own

Instructor: Steve Sheffield, p. 40

UPDATED!**Human and Molecular Genetics: A Course for the Layperson**

Sept. 20 – Oct. 25, 9:30 to 11 a.m.
6 sessions, \$50

Are you curious about DNA and its implications? Learn about the circle of life and the flow of genetic information. Explore DNA-RNA-Protein, recombinant DNA and copying DNA, mutation, gene variation, gene discovery and sequencing. Understand evolutionary and ancestry concepts. Appreciate mechanisms of diseases, clinical ramifications and personalized medicine. Consider ethical dilemmas. Your questions and perspectives welcome in this lecture and discussion class.

Instructor: Jim Sylvester, p. 41

UPDATED!**Diversity in Islam: Religious Practices and Popular Culture**

Sept. 27 – Nov. 15, 10 a.m. to noon
8 sessions, \$75

Accelerate your knowledge and appreciation 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 in this lecture and discussion class. Instructor recommends selected reading to extend your learning.

Recommended: "What the Qur'an Meant and Why It Matters" by Garry Wills

Instructor: Parvez Ahmed, p. 33

NEW!**Protect Yourself from Scams**

Sept. 20 – 27, 11:30 a.m. to 1 p.m.
2 sessions, \$30

You have assets and were raised to be trusting and polite. That's why you're prey for fraudsters. Protect yourself. Learn what you can do to avoid becoming a victim. Learn about your options for recourse if you do.

Instructor: Rory Gregg, p. 35



UPDATED! EXPLORE more

Wet 'n Wild

Sept. 24 – Oct. 18, Times vary 4 sessions, \$120

Join us for an interactive exploration of our area's abundant marine life and ecology. Focus on the role you can play in protecting these rich ecosystems and the animals that depend on them. Presentations and site visits demonstrate how your actions or inactions impact marine life. Learn how you can enjoy marine adventures in the U.S. and elsewhere through responsible tourism. Classroom sessions are complemented by field trips.

Our Interaction with and Impacts on Marine Life

Sept. 27, 1:30 to 3 p.m.

Location: UNF

Terri Jordan-Sellers presents information about conservation biology and ecotourism. What do various species need, and what can you do to ensure their survival? How do you travel responsibly and ensure your activities are protective of marine life. Your speaker has been a biologist with the U.S. Army Corps of Engineers, Jacksonville District since November 2001. She began her federal career as a fisheries biologist with the National Marine Fisheries Service. Jordan-Sellers' current duties include managing National Environmental Policy Act (NEPA) studies, serving as the Atlantic sea turtle and Right Whale Coordinator and civil works representative on the Coral Reef Task Force's Marine Industries and Coastal Construction Impacts Team. She holds a double major bachelor's degree in biology and marine biology and a master's degree in environmental policy from American University in Washington, D.C. Jordan-Sellers teaches environmental science at a local university.

Shrimping Eco-Tour

Oct. 4, 10 a.m. to noon

Location: Amelia Island River Excursions, 1 North Front St., Fernandina Beach

Engage in an interactive exploration of the area's salt marshes, a category of the most productive ecosystems on earth. They are nurseries for our waters' native sea creatures and a rich food resource for others. Explore Tiger Basin as you learn about the operation of an Otter Trawl shrimp net. Deploy and retrieve the net. Identify and release your catch in your onboard aquarium. Explore the backwaters and tidal creeks that make up this estuary before returning to historic Fernandina Beach. Debrief with fellow OLLI members over a Dutch-treat lunch at Brett's Waterway Café. Why not spend the rest of your day in quaint, historic Fernandina Beach. You can explore its historic sights and interesting shops or head to nearby Fort Clinch State Park and the beaches. Transportation is on your own.

Required: Ability to walk up and down boat ramp

Recommended: Dress for outdoor weather and a boat ride including flat-sole shoes suitable for walking on a boat, hat, sunglasses and sunblock, cameras and binoculars encouraged

The U.S. Navy's Role in the Southeast's Natural Resource Management

Oct. 11, 1:30 to 3 p.m.

Location: UNF

Robby Smith describes how the U.S. Navy's planning and implementation of national defense projects positively impacts the preservation, protection and enhancement of rare, threatened and endangered species as well as their habitats. He highlights a successful habitat restoration project for the reticulated flatwoods salamander. The species depends upon healthy pine flatwoods-wiregrass. Major threats include agriculture, silviculture and extensive drops in the state's water table. Your speaker spent eight years at Everglades and Dry Tortugas National Parks prior to transferring to the Navy in 2008. Smith hold a bachelor's degree in zoology and a master's in environmental law and policy. He represented the Navy during the Deepwater Horizon natural resource damage assessment. Smith is the Navy's technical lead for the gopher tortoise candidate conservation agreement.

Marineland

Oct. 18, 10 a.m. to 3 p.m.

Location: 9600 Oceanshore Blvd., St. Augustine

Pack a sack lunch with a beverage and make your way to Marineland, the world's first oceanarium. Experience a dolphin adventure and a visit to the Georgia Aquarium Conservation Field Station, dedicated to the preservation and protection of marine life. Your visit includes a presentation about the facility's rich history since its founding in 1938. Venue is fully accessible. Transportation is on your own.

Required: Stamina for a moderate amount of walking

Coordinator: Nancy Sticht, p. 41

NEW: ED-VENTURE

Shrimping Eco-Tour with Amelia Island River Excursions

Oct. 4, 10 a.m. to noon
1 session, \$50

Engage in an interactive exploration of the area's salt marshes, a category of the most productive ecosystems on Earth. They are nurseries for our waters' native sea creatures and a rich source of food for others. Explore Tiger Basin as you learn about the operation of an Otter Trawl shrimp net. Deploy and retrieve the net. Identify and release your catch in your onboard aquarium. Explore the backwaters and tidal creeks that make up this estuary before returning to historic Fernandina Beach. Debrief with fellow OLLI members over a Dutch-treat lunch at Brett's Waterway Café. Why not spend the rest of your day in quaint, historic Fernandina Beach? You can explore its historic sights and interesting shops or head to nearby Fort Clinch State Park and the beaches. Transportation is on your own.

Required: Ability to walk up and down boat ramp

Recommended: Dress for outdoor weather and a boat ride including flat-sole shoes suitable for walking on a boat, hat, sunglasses and sunblock, cameras and binoculars encouraged

Coordinator: Elaine Goleski, p. 35

NEW!

Philosophy through Thought Experiments and Puzzles

Oct. 4 – 25, 11:30 a.m. to 1 p.m.
4 sessions, \$40

Explore philosophical questions using distinctive techniques. Probe why humans differ from robots and devices with artificial intelligence. Are thoughts and decisions simply biochemical processes or something more? Do you have free will or are you just a victim of fate? Learn to probe these and other questions in unusual, provocative ways. Class format inspires lively, jargon-free

discussion that leads to new insights. Your inquiring mind and curiosity about the world around you are the only prerequisites.

Instructor: Richard Birdsall, p. 33

UPDATED!

Armchair Travel Medley: India, Nepal and Bhutan

Oct. 4 – 25, 1:30 to 3 p.m.
4 sessions, \$40

Explore the people, histories, cultures and places including wildlife sanctuaries of those countries in South Asia. While the region is defined by its former rule by Britain, it is equally defined by its rich diversity. Sit back and relax as an expert takes you on a journey of discovery. Pictures complement presentations. If you're curious about or have been to the region or love to travel, this class is for you.

Instructor: Roshan Massey, p. 37

UPDATED!

Investing for Those Who Do Not Want to Think About It

Oct. 11 – 25, 1:30 to 3 p.m.
3 sessions, \$35

Conquer your fear of the markets. Do well without constantly tending your portfolio. Enhance your knowledge of investment products to mitigate your reliance on a third party. Your instructor provides helpful resources to complement this lecture and discussion class.

Instructor: Robert Black, p. 34

A Broad Brush with Salvador Dali and Frida Kahlo

Oct. 18 – Nov. 1, 11:30 a.m. to 1 p.m.
3 sessions, \$35

Calling all art lovers for an interactive investigation of those two iconic 20th-century painters celebrated for their creative energies and surrealistic styles. Both artists sought to unlock the power of imagination

through their unconscious mind and dream interpretation. Paintings were outlandish, perplexing, sexual and sometimes violent in subject. Works were intended to jolt the viewer out of their comforting assumptions. Explore these two notorious artists and their eccentric works. Learn about each artist's unusual history, their creative sources and their symbolic imagery.

Instructor: Julie Giuliani, p. 35

UPDATED!

French Book Club

Oct. 18 – Dec. 13, 11:30 a.m. to 1 p.m.
8 sessions, \$60

Boost your French language skills. Read and discuss a novel selected by your instructor. Improve both your reading and conversational proficiency in this course conducted in French.

Required: Advanced proficiency in French and acquisition of novel

Instructor: Mireille Smith Threlkel, p. 41

UPDATED!

Just What Were They Thinking?

Oct. 25 – Dec. 13, 9:30 to 11 a.m.
(No class Nov. 22)
7 sessions, \$55

Learn what works of classic and contemporary literature from a variety of genres and disciplines can offer you today. In this highly participatory class, you answer questions from the guide, take a turn as a moderator selecting questions, and share your thoughts, insights and reflections. Each term's course is new and independent from those offered in prior terms. You are expected to read about 30 pages per week. Bring your curiosity about interesting topics and diverse points of view to this Great Conversations class. Program continues in winter 2019.

Required: "Great Conversations 1" ISBN 978-0-945159-34-6 for \$25 from www.greatbooks.org

Facilitator: Ralph Sawyer, p. 40

UPDATED!

Top Tips: Make Your iPhone or iPad Work for You

Oct. 25 – Nov. 15, 9:30 to 11 a.m.
4 sessions, \$40

Accelerate your understanding of your iOS devices. Manage settings and passwords. Get the most from basic apps including your phone, messages, mail and Notes. Learn to scan and sign documents. Organize your photos on iCloud. Use Podcasts to download and enjoy audio content. Meet your office assistant, Siri, and put her to work for you.

Required: Intermediate proficiency with iPhone or iPad

Instructor: Peter Lomonte, p. 37

ED-VENTURE

History Highlights of Fort George Island

Oct. 25, 10 a.m. to 1 p.m.
(Excludes lunch)
1 session, \$40

Fort George Island has been inhabited for thousands of years. Enjoy a ranger-led tour of Kingsley Plantation and a docent-led tour of Ribault Club, two sites representing important periods in the island's more recent history. Visit St. George Episcopal Church, an outstanding example of Carpenter Gothic architecture. Enjoy a brown bag lunch in the church's Parish Hall. All venues are fully accessible and offer comfort stops when nature calls. Transportation is on your own.

Recommended: Cameras welcome, dress for the weather, sunscreen, hat, insect repellent, water and a brown bag lunch

Required: Physical stamina to be on your feet for about an hour

Coordinator: Hope McCharen, p. 37

UPDATED!

Introduction to Bonsai

Oct. 25 – Nov. 15, 11:30 a.m. to 1:30 p.m. (No class Nov. 8)
3 sessions, \$35

Bonsai is an ancient Asian art. The name means tree in a pot in both the Chinese and Japanese languages. Originally developed in China 2,000 years ago, the sublime art of bonsai is practiced throughout the world today. Bonsai are appreciated for their shape, harmony, proportion and scale. Are you looking for a meditative activity? Learn the art of styling and shaping a bonsai tree as well as pruning and wiring branches in this lecture and demonstration workshop for beginners. Container gardeners, expand your horticultural repertoire. Your instructor shares information about local sources for inexpensive materials and fitting a tree into a tiny pot.

Instructor: Joseph Stumpf, p. 41

NEW!

Ocearch: Transforming Ocean Stewardship

Oct. 25, 1:30 to 3:30 p.m.
1 session, \$25

Jacques Cousteau's legacy is alive and well! Ocearch is recognized as a world leader in generating scientific data related to tracking and biological studies of keystone marine species, such as great white and tiger sharks. Working in a collaborative, inclusive environment, Ocearch is an open-sourced platform for leading marine science researchers and institutions. The real-time data it disseminates inspires current and future generations of explorers, scientists and stewards of the ocean. Chris Fischer, founding chairman and expedition leader, provides insights about the organization's public policy work, global research expeditions and innovative K-8 STEM curriculum. Bring your interest in marine science to this media-rich lecture and discussion program.

Instructor: Chris Fischer, p. 35

NEW!

Our Federal and State Court Systems: Creation, Functions and Operations

Oct. 25 – Nov. 29, 1:30 to 3 p.m.
4 sessions, \$40
(No class Nov. 15 or 22)

Enrich your understanding of the courts, their purviews and their functions from the trial level through the Supreme Court. Learn how they were envisioned to operate in the context of the separation of powers. What conflicts have arisen in history and still exist? Accelerate your knowledge of the role of state court trial judges, their day-to-day duties and their challenges. Your questions and perspectives are welcome in this lecture and discussion class. Your instructor provides helpful resources to enhance your learning.

Instructor: Gary Wilkinson, p. 42

UPDATED!

Painting with Acrylics: A Course for Beginning and Intermediate Students

Nov. 1 – Dec. 13, 1:30 to 3:30 p.m.
(No class Nov. 22)
6 sessions, \$50

Do you have some experience making art? Learn or further develop your brushwork and composition skills. Make initial sketches that guide your work. Maximize the impact of colors and color values by understanding simplified color theory. Focus on painting in class. Your instructor demonstrates and informs as well as encourages you to continue painting at home. All levels of experience in any medium are welcome. Sketching skills are not required.

Instructor: Anthony Whiting, p. 42

UPDATED!**White Privilege: What are Whites Doing to Fight it in Themselves and Society?**

Nov. 15 – Dec. 13, 9:30 to 11 a.m.
4 sessions, \$40

Come with an open mind and open heart to define and clarify white privilege. Learn about those who have worked or are working to diminish its negative, destructive impacts. Discover effective methods and local resources available to successfully respond to white privilege in a variety of contexts including social, personal, professional, organizational and institutional. Learner engagement strategies in this thought provoking, productive and inspirational program include mini-lectures as well as small and large group sharing. Develop solutions for a variety of scenarios and craft an action plan for implementing strategies you learn in class.

Facilitator: Rita Brodnax, p. 34

NEW!**Start Your Holidays: Make a Folded Paper Bell!**

Nov. 29, 1:30 to 3 p.m.
1 session, \$20

Learn to make a traditional German bell ornament. Blend origami and craft techniques. Add decorative embellishments including beads, strings, ribbons, wires and, of course, bells. Instructor demonstrates and leads your practice. Materials and helpful online resources supplied by instructor. Small motor coordination and good vision are assets.

Required: \$1 payable to instructor for supplies

Instructor: Kathy Colvin, p. 34

Fridays

NEW!**Watercolor Painting with Just Six Colors**

Sept. 14 – Nov. 16, 10 a.m. to noon
10 sessions, \$85

Learn to mix colors. Experiment with techniques including glazing, wet-on-wet and wet-on-dry to achieve a variety of effects. Gain brushwork confidence in both loose, impressionistic and tight realistic styles. Class format includes lecture, demonstration, painting in class and at home, and group sharing. Your instructor provides helpful handouts to extend your learning. All levels welcome. Whether you're a beginner or want to refresh your skills, this class is for you.

Required: Student purchase of six M. Graham paints from instructor-supplied list

Instructor: Elaine Bergstrom, p. 33

Guided Autobiography: Part I

Sept. 14 – Oct. 12, 11:30 a.m. to 1 p.m.
5 sessions, \$45

Mobilize your amazing life story as a powerful tool for your ongoing personal and spiritual development. Explore your life's central themes and give new meaning to the past, present and future. Anticipate possible new directions. Class format encompasses guided exercises and time to share in a small, supportive group setting.

Required: Journal or tablet to write two pages in each class

Facilitator: Kathleen F. Triebwasser, p. 41

**UPDATED!****What is a Senior Care Manager? Why Should You Care?**

Sept. 28, 1:30 a.m. to 3 p.m.
1 session, \$20

Understand the role of a Senior Care Manager (SCM). Learn about SCM qualifications, client assessments and care plans. Evaluate the support, assistance and guidance that a SCM could provide. Project the field's future in context of an aging population. Your questions and perspectives are welcome.

Instructor: Lauren Austin, p. 33

NEW!**Sacred Places: Religious Landmarks in Duval County**

Oct. 5, 9:30 to 11 a.m.
Field trip: Oct. 12, 10 a.m. to noon
2 sessions, \$30

Focus on the history and architecture of select religious sites in our area. Discover which church became the site of a brothel, was established by a martyred African princess and was used as a Union hospital during the Civil War. Learn which church fought institutional development and expansion but now sits in a sea of asphalt. Debrief with fellow OLLI members over a \$10 Dutch-treat lunch at Clara's at the Cathedral, Clara White Mission's culinary training café featuring an upscale menu.

Instructor: Joel McEachin, p. 38

NEW!

EXPLORE more

Embrace Jacksonville's Cultural Diversity

Oct. 19 – Nov. 9, Times vary 4 sessions, \$70

Transform your appreciation of your richly diverse community. Consider the rewards and examine the challenges associated with being an ethnically, racially, religiously and culturally inclusive community. An introductory session provides an overview of Jacksonville's diversity and initiatives currently underway to create a local and regional atmosphere in which difference is welcomed and celebrated. Field trips provide immersive learning experiences focused on specific populations and organizations in our area. You'll gather helpful resources about local ethnic festivals and restaurants to inspire your independent exploration.

Diversity in Jacksonville

Oct. 19, 9:30 to 11 a.m.

Location: UNF

Join Nancy Broner, executive director of UNF's OneJax, for an introductory session. She describes how that nonprofit institute at UNF promotes civility, understanding and respect for all through education, dialogue and community-building. Broner is a community leader who has served the educational, health care and nonprofit sectors through policy and governance consulting as well as service to boards, committees and task forces. She partners with Kyle Reese, senior pastor at Hendricks Avenue Baptist Church, to host WJCT's quarterly talk show Faith Matters.

Visit the Istanbul Cultural Center

Oct. 26, 10 a.m. to 1 p.m.

(Includes lunch)

Location: 2032 Southside Boulevard, Jacksonville

Emma Amos, executive director of Jacksonville's Atlantic Institute, provides you with an introduction to the Islamic faith and an overview of orthodox practices. Consider diversity among Islamic practitioners as well as similarities and differences among the Abrahamic faiths. Take a close look at Turkish culture by learning about some traditional crafts and sharing a meal. Your meal is included in your class fee. Transportation is on your own.

Discover the Confucius Institute

Nov. 2, 10 a.m. to 1 p.m.

(Includes lunch)

Location: UNF's Honors Hall

(Fee includes UNF parking pass)

Enrich your knowledge of a UNF resource that promotes Chinese language teaching and learning. The institute enhances understanding and awareness of U.S. and Chinese cultures throughout the state. Your visit begins with an overview of the institute's work and is followed by a presentation about Chinese daily life including as it relates to retirees. Learn a few Chinese phrases and make traditional craft objects. Debrief with fellow OLLI members over a traditional Chinese lunch. Your meal is included in your class fee. Transportation is on your own.

Introducing World Relief Jacksonville

Nov. 9, 10 a.m. to 1 p.m.

(Excludes lunch)

Location: 5107 University Boulevard West, Jacksonville

Cultivate an awareness of a local chapter of a global organization dedicated to serving the most vulnerable among us. Learn how lives are transformed economically and socially to ensure bright futures for all. The organization's staff provides an overview of ongoing resettlement and community support efforts as well as successful refugee integration. Your program includes a tour of the facility and an interactive workshop that puts you in the shoes of a displaced person. Debrief with fellow OLLI members over a Dutch-treat lunch at a nearby ethnic restaurant. Transportation is on your own.

Coordinator: Christine Lewitzke, p.



UPDATED!

Live a Brain Healthy Lifestyle

Oct. 12, 9:30 to 11 a.m.
1 session, \$20

What is the difference between cognition and memory? What can be done on a day-to-day basis to positively impact brain health? What negatively impacts the brain as you age? Learn the answers to those questions and more in this lecture and discussion program.

Instructor: Lynda Gridley, p. 36

NEW: ED-VENTURE

WJCT: Your Local Public Broadcast Station

Oct. 12, 9:30 to 11:45 a.m.
1 session, \$30

Tour operations including studios, production control and audio/radio. Marvel at the 7,800 square foot soundstage. View camera operations, sound and voice-over systems, teleprompters, graphics, green screen capabilities and the video playback system. Learn about programs including Radio Reading Service, First Coast Connect, Morning Edition and special live coverage reporting. Greet correspondents and other key personnel if it's a slow news day.

Screen An American Beach: A Documentary, a film created by Kathleen Donaghy and produced by WJCT in 2001. Meet that community's unofficial mayor, MaVynnee Betsch (1935 – 2005), who was affectionately known and now remembered as The Beach Lady. From 1975 until her death, Betsch dedicated her life and fortune to the protection and preservation of the community founded in 1935 by her great-grandfather, Abraham Lincoln Lewis. Debrief with fellow OLLI members over \$10 Dutch-treat lunch at Clara's at the Cathedral, Clara White Mission's culinary training café featuring an upscale menu. Venue is fully accessible. Transportation is on your own.

Recommended: Comfortable walking shoes

Coordinator: Laurel Conderman, p. 34

UPDATED!

OLLI Book Club

Oct. 12, Nov. 9 and Dec. 14, 1 to 3 p.m.
3 sessions, \$45

Are you a spirited, intelligent reader with a sense of humor? Join your tribe of fellow OLLI members to explore a wide range of books on diverse topics. Genres range from fiction, nonfiction, historical fiction to memoir, biography and classics with some science fiction in the mix from time to time. Authors are established, first time or award winners. Appreciate beautiful writing. Share your insights and life experiences as they relate to the material. Take turns facilitating monthly meetings to ensure conversation flows. All enrolled are invited to propose and vote on book selections, usually twice a year. Please note that newly published works available only in hardback are eliminated from consideration.

Required: Acquire books, take a turn supplying light refreshments

Lead facilitator: Joyce Lasch, p. 37

Guided Autobiography: Part II

Oct. 19 – Nov. 16, 11:30 a.m. to 1 p.m.
5 sessions, \$45

Continue to mobilize your amazing life story as a powerful tool for your ongoing personal and spiritual development. Explore your life's central themes and give new meaning to the past, present and future. Anticipate possible new directions. Class format encompasses guided exercises and time to share in a small, supportive group setting.

Required: Journal or tablet to write two pages in each class

Facilitator: Kathleen F. Triebwasser, p. 41

NEW!

Vascular Screening

Oct. 19, 1:30 to 3 p.m.
1 session, \$20

Learn about the importance and value of vascular screening as well as the benefits of early prevention and intervention. Discover the risk factors screening detects. Enhance your understanding of screening options. Get your questions answered in this lecture and discussion class.

Instructor: Jason Roberts, p. 39

UPDATED!

American Beach: The African-American Hyannisport of the Jim Crow South

Oct. 26 – Nov. 9, 11:30 a.m. to 1 p.m.
Field trip: Nov. 9
3 sessions, \$35

American Beach on Amelia Island was established in 1935 as an African-American vacation spot. Learn about this period's history, the neighborhood and community, and the life and activism of MaVynnee Betsch (1935 – 2005), the community's unofficial mayor and most compelling spokesperson. Affectionately known as the Beach Lady, Betsch was born in Jacksonville's Sugar Hill, an upscale African-American neighborhood. American Beach was founded by her millionaire great-grandfather, A.L. Lewis, president of the Afro-American Life Insurance Company. The community became known as the African-American Hyannisport of the Jim Crow South. Learn about Betsch's life and her advocacy for the protection of the environment and the preservation of American Beach. Experience that special place with a field trip on the final session.

Instructor: Marsha Dean Phelts, p. 39

UPDATED! EXPLORE more

Walk on the Wild Side

Oct. 26 – Nov. 16, Times vary 5 sessions, \$150

Unleash your love of animals! Discover area organizations dedicated to the preservation of our natural world. Enrich your understanding of conservation and restoration of ecosystems and habitats that support birds and other wildlife. An introductory classroom session provides a foundation for your field trips. Venues are accessible. Field trip transportation is on your own but you'll have the opportunity carpool if you like.

Recommended for field trips: Venues are accessible. Dress for the weather (hiking apparel) including sunscreen, a hat, sunglasses and comfortable closed-toe walking shoes. Bring water and insect repellent. Cameras welcome at all venues except St. Augustine Wild Reserve.

Florida's Wildlife and Habitat

Oct. 26, 9:30 to 11 a.m.

Location: UNF

Two local experts address the topic. Mike Adams, a field biologist and conservationist, describes the creation and maintenance of corridors throughout the state that allow native wildlife to travel safely by water and land. Those corridors assure that wildlife survive and thrive in the context of community growth and new development. Paul Ghioto, a 33-year veteran of the National Park Service, provides a park ranger's insights about our area's wildlife and habitat.

Go Behind the Scenes: St. Augustine Alligator Farm Zoological Park

Nov. 2, 11 a.m. to 4 p.m.

Location: 999 Anastasia Boulevard,
St. Augustine

Begin your day with a potluck weenie roast lunch at the beautiful Anastasia State Park. Your park vehicle fee has been waived. Chanell Guillaume, Park Services Specialist, gives you a brief tour and talk. After lunch, drive across the street to the alligator farm. Established in 1893 as a quintessential Florida attraction featuring reptiles, the zoo now serves the public and the scientific community through education, exhibits, research and conservation. You'll be treated to a walking tour that delivers up-close animal experiences and behind the scenes views of the zoo's operations including animal care. In the course of your tour, you may have the opportunity to touch or feed or observe training sessions. You're likely to encounter expert keepers and animal ambassadors.

Tour St. Augustine Wild Reserve

Nov. 9, 10 a.m. to noon

Location: Address provided to those enrolled

Discover a rescue center that is a home of last resort for unwanted exotic animals as an alternative to euthanasia. Learn about exotic animal ownership and the prevention of animal abuse. Raise your awareness of endangered species and their dwindling wild habitats. Deborah Warrick, founder and CEO, graduated from UNF with a bachelor's in biology. She is currently pursuing a master's degree in veterinary forensics. Warrick received extensive exotic animal training at the Los Angeles Zoo and has expertise in holistic wildlife nutrition. After your tour, debrief with fellow OLLI members over a Dutch-treat lunch at a nearby restaurant.

Prohibited: Cameras, cell phone photographs and videos

Wildlife Double Header! Visit Two Tails Ranch and the Butterfly Rainforest at the University of Florida's Florida Museum of Natural History

Location: Two Tails Ranch, 18655 NE 81st Street, Williston

Location: University of Florida's Museum of Natural History,
3215 Hull Road, Gainesville

Nov. 16, 10 a.m. to 4:30 p.m.

Note: Both tours are dependent upon suitable weather conditions.

Begin at Two Tails Ranch. Founded in 1984, it is the only privately owned elephant facility of its kind. The ranch has hosted more than 250 elephants. In 2008, educational programs were added to its mission. Learn why Florida's natural coast is a prime location for both Asian and African elephants. Touch the animals and watch demonstrations including one by Luke, a male Asian elephant who paints. Learn the successful breeding and birthing of two baby elephants at the ranch. Your host is Patricia Zerbini, CEO of All About Elephants. Her family has worked with exotic animals for nine generations.

After your tour, debrief with fellow OLLI members over a Dutch-treat lunch at a local restaurant. Then head a few miles northeast to the University of Florida's Florida Museum of Natural History. Their Butterfly Rainforest has a continuous population of more than 1,000 from 60 to 80 species that have been raised on farms around the world. The butterflies are housed in a 6,400 square foot screened exhibit space that provides an optimal environment for both the specimens and the plants they depend upon.

Coordinators: Pamm Eutsler, p. 35 and Pam Wright, p. 42



NEW!

Myths of the American Civil War

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

Controversy surrounds our individual and collective memories of that war. Contemporary debates continue about monuments and buildings commemorating events of the war and those involved. Trace the origin and evolution of common myths. Understand differences between popular and scholarly understandings of the war. Learn which beliefs about the war are misconceptions or outright misrepresentations. Bring your questions to this lecture and discussion class. Course content is based on your instructor's book.

Recommended: Purchase instructor's "Seven Myths of the Civil War" for \$19

Instructor: Wesley Moody, p. 38

NEW!

Stem Cell Transplants for Multiple Sclerosis: Challenges and Successes

Nov. 2, 1:30 to 3:30 p.m.
1 session, \$20

Learn about one OLLI member's path from diagnosis to the decision to embrace an experimental treatment option. Jones was in her 20s and on a great career path and was going to law school at night when she received a diagnosis. She faced uncertainty about both the disease's progression and its possible effects. Jones presents a brief illustrated overview of the condition as well as her processes for learning about and assessing a treatment that held promise for halting its advancement. Her heartwarming journey chronicles frustrations, laughs and once-in-a-lifetime experiences during her and her husband's month-long treatment stay in Puebla, Mexico.

Instructor: Terry Jones, p. 36

NEW: ED-VENTURE

Tour Camp Blanding Museum and Memorial Park: History and Tradition Serving America's Military

Nov. 16, 10:30 a.m. to noon
(Excludes lunch)
1 session, \$30

Established in the late 1930s on the shore of Kingsley Lake, the current 72,000-acre site was the location Naval Air Station Jacksonville prior to a land swap. Learn about the more than 800,000 soldiers who received some or all of their training at Camp Blanding's Infantry Replacement Center (IRC) from 1940 to 1945. Florida's fourth largest city during WWII, the camp operated health clinics, a 2,800-bed hospital, transportation systems including a railroad depot, equipment and supply storage facilities, housing, utilities and a commissary. Camp Blanding also served as an induction center and a German prisoner-of-war compound. Your curator and docent-led tours are complemented by a video presentation. Explore the rich history of military units preparing to deploy throughout the world in a museum exhibition. The grounds host a trail that displays large military equipment including a C-47 paratrooper plane, jeeps, cannons, armored truck and monuments that pay tribute to military service personnel. Other displays honor those who served in Korea, Vietnam and Desert Storm. Today Camp Blanding serves as a training site for a wide variety of organizations including the U.S. military and international forces as well as federal and state law enforcement agencies. After the tour, debrief with fellow OLLI members over a sack lunch at picnic tables or bring your

credit card to enjoy beautiful views from the conference center's cafeteria. Transportation is on your own.

Required: Identification for check in, stamina to walk and stand on and off for up to two hours

Recommended: Cameras, comfortable clothing, walking shoes

Coordinator: Laurel Conderman, p. 34

NEW!

What is Peripheral Arterial Disease?

Nov. 16, 11:30 a.m. to 1 p.m.
1 session, \$20

The U.S. Department of Health and Human Services asserts that one in every 20 Americans over the age of 50 is affected by peripheral arterial disease (PAD). Learn what it is and how to prevent it in this lecture and discussion class.

Instructor: Yazan Khatib, p. 37

Saturday

NEW: ED-VENTURE

Taste Turkish Culture: Visit Istanbul Cultural Center

Sept. 15, 11 a.m. to 1 p.m.
1 session, \$45

Cultivate an appreciation of Turkish culture. Enjoy customs and hospitality without the bother of a passport or the expense of a plane ticket. Learn about a multiethnic, multireligious country known for its tolerance and understanding. A three-dish luncheon follows a presentation and cooking demonstration. Your meal is included in your class fee. Transportation is on your own.

Coordinator: Mary Beth Koechlin, p. 37





OLLI AT UNF Visit Tommy G's

NEW!

10th Anniversary: Art in the UNF Library Tour

Fridays, Sept. 7 OR Oct. 5 OR Nov. 2 from 3 to 4 p.m.
1 session (each), \$20 (Fee includes UNF parking pass)

Location: UNF Thomas G. Carpenter Library

Learn about Jacksonville's rich art legacy through original works created by Northeast Florida artists and professors. UNF's Thomas G. Carpenter Library features a collection of more than 140 examples in a variety of media. Come for a delightful walking tour of our community's indigenous art history encompassing paintings, sculptures, glass, photography, mixed media works and site-specific installations. Venue is fully accessible. Transportation is on your own.

Instructor: Jen Jones Murray, p. 38

NEW!

Photographic Preservation

Friday, Sept. 14, 2 to 3:30 p.m.
1 session, \$20 (Fee includes UNF parking pass)

Location: UNF Thomas G. Carpenter Library

You might take those paper objects for granted because you grew up in the age of photography. Photographs printed on paper are fragile. Improve your understanding of practical steps you can take to preserve the prints that you value. Your introduction to the topic encompasses preservation techniques, optimized environmental conditions at home, proper handling, digitization and emergency preparedness techniques. Tommy G's provides workshop supplies. Venue is fully accessible. Transportation is on your own.

Coordinator: Jen Jones Murray, p. 38

NEW!

Banned Books Week: An Intimate Conversation with Dorothy Pitman Hughes

Friday, Sept. 28, 3 to 5 p.m.
1 session, \$20 (Fee includes UNF parking pass)

Location: UNF Thomas G. Carpenter Library

Join Dorothy Pitman Hughes, American Civil Rights icon and Ms. Magazine co-founder, for an intimate conversation about her experiences as an author of banned books. This special occasion commemorates the nationwide American Library Association's commemoration of "Banning Books, Silences Stories: Speak Out!" Pitman Hughes also shares touching stories about collaborating with Dr. Martin Luther King, Jr. Venue is fully accessible. Transportation is on your own.

Coordinator: Jen Jones Murray, p. 38



Thomas G. Carpenter
Library

Did you know as an OLLI member you have access to the UNF Thomas G. Carpenter Library? Look to your UNF library for lectures, learning and art! Want to learn more? Be sure to attend one or more of these special classes.

NEW!

Science Café

Fridays, Sept. 7 OR Oct. 5 OR Nov. 2, noon to 1 p.m.
1 session (each), FREE

Location: UNF Thomas G. Carpenter Library

Note: Seating is limited to 25 participants on a first-come, first-served basis. Doors open at 11:30 a.m.

Energize your understanding of important themes of topical interest. Join UNF students, faculty and the community at large for public programs hosted by UNF's Department of Psychology. Consult libguides.unf.edu/events/ScienceCafe for topics and to learn whether a complimentary lunch is offered. If not, you're welcome to bring a brown bag lunch. Seating is limited to 25 participants on a first-come, first-served basis. Doors open at 11:30 a.m. Venue is fully accessible. Transportation is on your own.

Required: Student purchase of UNF parking pass

Recommended: Always bring your beverage

Coordinator: Jen Jones Murray, p.

UPDATED!

Fake News: Identifying Fact from Fiction

Friday, Nov. 2, 10:30 to 11:30 a.m.
1 session, \$20 (Fee includes UNF parking pass)

Location: UNF Thomas G. Carpenter Library

Learn how to identify misinformation. Discover techniques to help you recognize fake news stories. Understand the role of libraries in public education. Program combines presentation and facilitated conversation. Venue is fully accessible. Transportation is on your own.

Instructor: Lauren O'Shields Newton, p. 38

NEW!

Internet Made Easy: Check Facts and Search Images

Friday, Nov. 9, 10:30 to 11:30 a.m.
1 session, \$20 (Fee includes UNF parking pass)

Location: UNF Thomas G. Carpenter Library

Transform your internet browsing and self-directed research skills. Discover new search techniques as well as tips for completing your searches easily and successfully. Explore new sources of knowledge and gain new insights about cutting-edge resources. Learn to access articles, e-books, images and music. UNF library staffers Tom Caswell, director of public services, and Dan Feinberg, online learning librarian, are your expert guides. Venue is fully accessible. Transportation is on your own.

Coordinator: Jen Jones Murray, p. 38

FALL 2018 INSTRUCTORS

All OLLI instructors are volunteers. They take pride in sharing their knowledge with their fellow OLLI members.

Do you have a passion you would like to share?

Email Jeanette Toohey, director, at jeanette.toohey@unf.edu for more information.

Carol Chou Adams and Daniel J. Adams are a husband-and-wife team with extensive teaching experience in the United States and Asia. Rev. Carol Chou Adams and Rev. Daniel Adams spent a combined 37 years in Taiwan and Korea working as educators. They have also served as visiting professors and special lecturers in Myanmar, Hong Kong, Japan, Thailand, Indonesia, Malaysia and the Yucatan in Mexico. Avid travelers, they have visited more than 120 countries, where they always seek out centers of religious devotion and places of cultural and archeological interest. Carol is a graduate of Tainan Theological College, Elmhurst College, the University of Dubuque Theological Seminary, Union Presbyterian Seminary and the Southeast Asia Graduate School of Theology. She holds both a Th.D. and L.H.D. Daniel is a graduate of Seattle Pacific University, the University of Dubuque Theological Seminary, Soochow University in Taiwan and Aquinas Institute of Theology. He holds a Ph.D. Both Carol and Daniel were elected to life membership in the Korea Branch of the Royal Asiatic Society.

The Life and Thought of Thomas Merton, p. 12

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 served on the board of OneJax (formerly the National Conference on Community and Justice) and Jacksonville's Human Rights Commission.

Diversity in Islam: Religious Practices and Popular Culture, p. 23

Karen Ansell is president of Secure Choices Insurance, a brokerage she launched in 1999. She currently represents more than 40 companies that specialize in insurance and investments for seniors. Ansell's 30 years in the insurance industry has taught her that honesty, personal service, great products and hard work equal success.

Medicare Made Clear: Get Ready for Annual Enrollment, p. 8

Lauren Austin obtained a master's degree in social work. After working with adolescents for several years, she completed a law degree and worked as a bankruptcy attorney for more than a decade. Six years ago, she returned to social work as a senior care manager. Austin has a passion for helping to advocate on behalf of those who cannot advocate for themselves. She co-authored "Love, Loss and Dementia" with her best friend. The book chronicles their respective experiences dealing with a loved one with dementia and offers support and guidance to those going through a similar journey.

What is a Senior Care Manager? Why Should You Care?, p. 27

Karen Backilman completed her undergraduate work in psychology at Simmons College and has master's degrees from Harvard and UNF. She has taught regular and special education, and served as teacher, media specialist and principal with Duval County Public Schools. Backilman has taught OLLI classes in knitting, mystery books and home organization.

Knit Potluck Potholders, p. 18

Shirley Barber is an experienced gardener with nearly 40 years of experience in community outreach including 13 as a master gardener for the University of Florida in St. Johns County. She is responsible for the design, implementation, signage and propagation of plant material installed in the floral garden displays at the St. Johns County Arboretum. Barber is project leader for the All-American Selections (AAS) Display Gardens of vegetables and flowers at the St. Johns County Arboretum. She has propagated more than 90,000 plants that were donated to the St. Johns County Arboretum and community outreach programs.

Besties in the Garden: A Few of My Favorite Plants, p. 15

Faye Barkan is an American Contract Bridge League (ACBL) accredited bridge teacher. As bridge director at The Connection in Summit, New Jersey she taught classes and ran weekly duplicate games. Barkan enjoys teaching bridge in sunny Florida. She has a summa cum laude B.S. in theoretical mathematics.

Beginning Bridge I, p. 19

Partners Bridge, p. 19

Elaine Bergstrom, a Chicago native, moved to Jacksonville from Pittsburgh. She holds bachelor degrees in design from University of Illinois and art education from Carlow University. Bergstrom received certification in botanical illustration from the Morton Arboretum. She has taught extensively at a community college, two OLLI programs in Pittsburgh and local art centers in addition to offering private lessons. Through Bergstrom's Brush Buddies business she offered classes at local libraries, synagogues and churches. Her specialties include oriental, watercolor, acrylic, pen and ink, colored pencils and pastels. Bergstrom is a member of the American Society of Botanical Artists and the Colored Pencil Society of America. She volunteered at Beechwood Farms Nature Reserve, an affiliate of the Audubon Society of Western Pennsylvania.

Watercolor Painting with Just Six Colors, p. 27

Richard Birdsall is a retired air traffic controller and computer systems manager. He has graduate degrees in public administration and philosophy. Birdsall taught public administration, political philosophy and sociology at UNF and humanities and philosophy at FSCJ. He is a student of philosophy and art history as well as local, state and national history.

Philosophy through Thought Experiments and Puzzles, p. 25

INSTRUCTORS

Robert Black was a captain in the U.S. Air Force and an entrepreneur who founded three companies over the last 30 years. He holds 17 U.S. patents in diverse fields and managed more than 600 employees as a corporate executive. Black is a certified F.D.I.C. instructor for Real Sense financial education programs and has managed his investments for more than 50 years. Visit www.life401.com for more information. He has a B.S. in chemistry and holds M.S., E.E., P.E. degrees and an MBA in finance. A world traveler, Black has visited 57 countries and spent time with local people in each. He backpacked through Laos, spent months in Hong Kong and spent more than a year in Thailand. Black has sailed both the Atlantic and Pacific oceans, Lake Erie and the Gulf of Mexico. His most recent project is a book on happiness entitled "Happy in Intensive Care" available on Amazon and Barnes and Noble. Visit www.happyyinintensivecare.com to learn more.

Investing for Those Who Do Not Want to Think About It, p. 25
Learn to be Happy!, p. 15

Jana Song Bobo is a classically trained pianist with a lifelong love of unique jewelry. She has been designing and creating handmade jewelry for 18 years. Bobo is a professional educator with experience as a university music department faculty member and jewelry arts instructor at artist cooperatives. She and her husband, Richard, moved to Jacksonville in 2017.

Wired Up! Learn to Decorate Found Objects, p. 14

Richard Bobo holds degrees in piano performance and music literature. He taught for 35 years at S.U.N.Y. at Fredonia, Indiana University, Southwestern College in Kansas, and Northwest Missouri State University. Bobo also taught for 15 years in the lifelong-learning program at Sinclair Community College in Dayton, Ohio. Bobo, his wife, Jana, and their pet cat, Pasha, moved to Jacksonville in 2017.

Comic Opera, p. 14

Ken Bording served as a military aviator for 34 years prior to retirement. He is credited with 7500 hours total flight time and more than 2500 combat flight hours. Bording served as an instructor pilot, instrument flight examiner, aviation safety officer and Federal Aviation Administration radar air traffic control instructor and evaluator. He is designated as subject matter expert for the U.S. Army's innovative Aviation Combined Arms Tactical Training (AVCATT) Simulation System that remains the service's advanced pre-combat training system for young aviators. Bording has a lifelong interest in aviation history and is a member of American Aviation Historical Society as well as the Florida Aviation Historical Society. He has a B.S. in aeronautical science, a minor in aviation history and an MBA in aviation.

Berlin Blockade, Airlift and America's Candy Bombers, p. 19

Susan D. Brandenburg is an award-winning biographer and freelance journalist with more than thirty years' experience writing newspaper columns, feature articles, press releases, personal and professional profiles, brochures and biographies. She is president of Susan the Scribe, Inc. Publishing, and takes life stories from concept to completion – from first interview to book in hand.

Remember Who You Are, p. 15

Rita Brodnax earned her doctorate in educational leadership focusing on curriculum and applying brain research to teaching, learning and communication. She has had culturally diverse and in-depth experiences in the education field, from teacher to administrator, professional development coordinator to consultant. Brodnax is passionate about creating engaging programs that find new ways to use your brain and provide real-world benefits.

Be a Superb-Ager, p. 19

Information Overload and Memory Loss: Practical Solutions, p. 17
White Privilege: What are Whites Doing to Fight it in Themselves and Society?, p. 27

You Did What? Who Raised You!, p. 20

Louis (Lou) Catania is an internationally acclaimed clinical educator and author of 11 textbooks and more than 160 journal articles. He practiced clinical eye care for more than 45 years and currently serves as senior consultant at Nicolitz Eye Consultants, a multispecialty ophthalmology group in Jacksonville. In the second half of his career, Catania dedicates more than half of his time to research, writing and lecturing worldwide on ocular immunology and the human immune system. He held academic rank and visiting professorships at numerous universities in the U.S. and abroad. Catania's greatest passion is providing quality, worthwhile healthcare education and communicating complex information at a comfortable, understandable level.

Artificial Intelligence in Health Care, p.

Kathy Colvin received a Master of Science in constructive design from Florida State University. She retired from a lifelong career as a secondary art teacher in Duval County. Colvin taught design, darkroom photography, AP studio art and journalism. She is a frequent OLLI student, volunteers as a member host, contributes to UNF's OLLIwise newsletter, and has been a team member for OLLI's Explore More program, Chowtown: Jacksonville's Farm to Table Movement.

Start Your Holidays: Make a Folded Paper Bell!, p. 13

Ben Conarck is a reporter for the Florida Times Union. His investigative journalism (with Topher Sanders of ProPublica), *Walking While Black*, won two of the country's most prestigious journalism awards: the Columbia Journalism School's 2018 Paul Tobenkin Award for race reporting and the University of Colorado's 2018 Al Nakkula Award for police reporting.

Walking While Black: A Case Study in Local Investigative Journalism, p.27

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 OLLI at UNF ED-ventures encouraged her to lead 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.

Green Cove Springs: The Gem of the First Coast, p. 22

Tour Camp Blanding Museum and Memorial Park: History and Tradition Serving America's Military, p. 31

WJCT: Your Local Public Broadcast Station, p. 29

Cindy Dobelstein is a native Floridian who retired in 2007 from a career with BellSouth in Atlanta. She was introduced to origami seven years ago during a difficult season of life. Since then Dobelstein has spent many satisfying hours creating fun objects from pieces of beautiful paper for grandchildren, family and friends.

Origami for Beginners, p. 18

Richard Eason served 32 years with the U.S. State Department, most of them overseas, including 12 years in the Middle East. He has had a lifelong love of literature and history and has taken many college courses in those fields.

Everything You Always Wanted to Know about the Middle East but Were Afraid to Ask, p. 18

The Humor Salon, p. 10

If It's Tuesday, It Must Be Shakespeare, p. 15

Pamm Eutsler is a native of St. Augustine. Early in her career she was an educator in childhood development. Later Eutsler was involved with global transportation logistics. Her passions are gardening, kayaking, photography and travel. Eutsler recently completed a walking trek of El Camino de Santiago, a 508-mile ancient pilgrimage route across northern Spain.

Walk on the Wild Side, p. 30

Chris Fischer, Ocearch's founding chairman and expedition leader, has led 28 global expeditions since 2007. He facilitated millions of dollars in collaborative ocean research involving 157 scientists from 83 regional and international institutions. Fischer's inclusive approach enables scientists to be resource focused by eliminating institutional barriers. He is also passionate about science education and public access to research produced by the brightest Ph.D.s in the world.

Ocearch: Transforming Ocean Stewardship, p. 26

Chris Fulmer is a retired art professor and supervisor of the two-dimensional studio program at North Lake College in Irving, Texas. She has degrees in English, painting, art education and art history. Fulmer's art has been exhibited internationally. She created works for major hotels and spas, as well as the North Lake College station of the Dallas Area Rapid Transit system. Fulmer's latest endeavor is "Birds Wearing Clothes: Picture Book Full of Humorous Silly Birds" featuring her collages.

Four Works from Art History, p. 26

Jelena Gill holds a Ph.D. in theoretical mathematics. She has diverse interests and an inquisitive mind. Gill's past courses include the history of socialism, the history and art of conversation, the significance of touch, body language, the development of numbers, and SUDOKU. She co-taught, with her late husband John, a course on the history of the Balkans.

Attempts to Create a Just Society: An Informal Look, p. 7

Julie Giuliani is a retired executive dean from Florida State College at Jacksonville. She has more than 30 years of leadership and management experience in higher education

and business training. Giuliani has a master's degree in human resource development and training and a doctorate in adult education and administrative and policy leadership. In 2010, she was selected to attend a postgraduate studies program at Harvard School of Education Management and Leadership Institute. Her current focus is on researching the latest technologies available to improve the quality of life going forward. Giuliani also speaks at various organizations and conferences about technology and its possibilities.

A Broad Brush with Salvador Dali and Frida Kahlo, p. 25

Alan Gleit received a Ph.D. 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.

Astrophysics for Beginners, p. 11

Carolyn Godwin purchased one of the first Macintosh computers in 1984 and has loved all things Apple ever since. She has a B.S. in textiles and merchandising. A native Floridian, Godwin has owned her own businesses, served as a school administrator and enjoyed more than 30 years of gleaning computer knowledge.

Apple Users Group, p. 17

Robert L. Gold is a retired professor of Latin American history as well as a writer and lifelong reader of murder mysteries. He has written a colonial city murder mystery series set in Savannah, Georgia; St. Augustine; and New Orleans, as well as historical works and a variety of other published articles, columns and stories in journals, magazines and newspapers.

A History of Chocolate, p. 9

Sex, Money and Vengeance: Motivations for Murder Mysteries in Historical Settings, p. 20

Elaine Goleski's connection to OLLI began when she was an instructor for a week-long schedule of summer classes at Vanderbilt University's library. As the classes grew in popularity, they were merged into a university-sponsored division that later became part of the OLLI network. Goleski continued to teach for OLLI at Vanderbilt after retiring. She focused on courses in English and American literature, subjects of her graduate work. Goleski and her husband, Howard Smith, were delighted to learn of UNF's OLLI after moving to Westminster Woods on Julington Creek (WWJC) in 2012. She's been an OLLI at UNF leader as WWJC's resident representative to Leadership Council and an event planner on the member engagement team.

Shrimping Eco-Tour with Amelia Island River Excursions, p. 25

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.

Protect Yourself from Scams, p. 23

Social Security Checklist, p. 10

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Lynda Gridley has a master's degree in communication sciences and disorders from the University of Oregon. She is a speech-language pathologist who specializes in cognitive linguistics at Baptist Health's AgeWell Center for Senior Health. Gridley performs cognitive testing, develops individualized strategies based on the results and educates patients and families about living a brain healthy lifestyle to promote cognitive health.

Live a Brain Healthy Lifestyle, p. 29

Bernard Grossman is professor emeritus and was formerly professor and department chair of Aerospace and Ocean Engineering at Virginia Tech for more than 25 years. His specialty was computational fluid dynamics. Early in his career, Grossman worked at Grumman Aerospace in the research department when the Apollo Lunar Module and F-14 were being designed and built. He was also a founder and vice president of education at the National Institute of Aerospace. Grossman occasionally teaches graduate level classes in aerospace engineering at the University of Florida. He is currently retired and lives in Del Webb Ponte Vedra.

Our Technological Future, 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. Hart 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, Hart served as U.S. ambassador to Ecuador. Since retirement from State, he 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.

Current Events 2.0, p. 9

John Heafer spent seven years in the U.S. Navy's submarine service. He worked on the waterfront in South Carolina and Florida. Heafer retired in 1995 from the U.S. Customs Service in Jacksonville. In addition to collecting books, he is passionate about travel and the R.V. lifestyle.

Passion for Books: A Collector's Journey, p. 21

Alice Hill has taught Spanish to high school, college and adult students for 30 years. She enjoys traveling, reading and spending time with her grandchildren.

Intermediate Spanish: Level I, p. 12

Ken Hoffman is a retired software developer who teaches courses in social, political, intellectual and music history. He holds a B.A. in philosophy and pursued graduate studies in American and European history at UNF. Hoffman has been an avid fan of classical music and jazz since his teens.

Beethoven: The Man, His Music and His Europe, p. 23

The Enlightenment: Origins of the Modern Political World, p. 11

Jim Jandreau is a representative of the Florida Life Care Residents Association (FLiCRA), a resident-led association to ensure quality of life in retirement communities. He and his wife researched 100 CCRCs before they made their choice.

Is a Continuing Care Retirement Community (CCRC) Right for You?, p. 16

Terry Jones volunteers with OLLI at UNF, the North Florida Chapter of the Multiple Sclerosis Society and as a board member on her homeowners' association. Originally from the Buffalo, NY area, she spent most of her adult life working for American Electric Power in Ohio. Jones and her husband, Kevin, moved to Nocatee in 2014.

Stem Cell Transplants for Multiple Sclerosis? One Patient's Personal Story, p. 31

Bob Kastner, a New Jersey native, was U.S. Navy Quartermaster for six years. He retired after serving 37 years as plant manager for Equistar Chemicals, a distilled spirits plant that packages and distributes ethyl alcohol, denatured alcohol and industrial solvents. Kastner and his wife, Cynthia, moved to Jacksonville in 2004. He volunteers at TPC's annual tournament and as a TPC Sawgrass storyteller. Kastner ushered at the Florida Theater and the Baseball Grounds. Kastner enjoys golf, travel and outdoor activities.

Behind the Scenes: The Bacardi Bottling Corporation, p. 18

Explore Jacksonville International Airport, p. 18

For the Love of the Animals:

The Jacksonville Humane Society, p. 22

Barbara Kiersh is a retired genealogy librarian with the Jacksonville Public Library. She studied with the National Genealogical Society and has enjoyed family research for more than 20 years. In retirement, Kiersh teaches and is a freelance researcher.

Genealogical Research in Your Bedroom Slippers, p. 10

Maureen Kirschhofer began her working career as an art teacher in Buffalo, New York, after completing her B.F.A. at the University of Rochester and an M.S. in art education at the State University College at Buffalo. In 1981, she began a new career as an insurance agent for the Paul Revere Company. A Chartered Life Underwriter since 1991, Maureen has had a distinguished career in insurance and financial planning. She has held many positions and received many honors on local, state and national levels, including president of the Jacksonville Society of Financial Planners.

Studio Painting: Oils and Acrylics, p. 8



Yazan Khatib is an interventional cardiologist and endovascular specialist. He is president of the largest, hospital-independent, cardiology practice in Northeast Florida, First Coast Cardiovascular Institute. His commitment to excellence in healthcare has earned him the title "Health Care Hero" in 2009 by the Jacksonville Business Journal. Khatib is enthusiastic about repairing the most difficult cardiology cases without major bypass surgery. He is one of only a handful of accredited operators across the nation to proctor physicians in the rapidly evolving field of endovascular therapy. Khatib currently serves as President of the American Heart Association, First Coast Chapter.

What is Peripheral Arterial Disease?, p. 31

Mary Beth Koechlin retired in 2001 from the Financial Management Service, U.S. Department of Treasury. She was an AmeriCorps volunteer in Duval County for three years. In the 1960s and 70s, she worked in nonprofit and community organizations. Koechlin is a lifelong learner through her travel, friendship, reading, classwork, research and observation. She is a longtime OLLI member who enjoys supporting the ED-ventures team. Koechlin appreciates the educational resources that OLLI provides. They enrich daily living and motivate her continued participation.

Taste Turkish Culture: Visit Istanbul Cultural Center, p. 31

Glenn Kuhnel has taught at every level from elementary to graduate school. Early in UNF's history, he was an adjunct in the history, philosophy and religion department. Kuhnel has also taught at Seattle University, Mount St. Paul College and Loyola University in New Orleans. Prior to retiring, he held a variety of administrative positions in the Catholic Diocese of St. Augustine. Kuhnel currently serves as senior theologian at a parish and provides small group seminars on biblical and theological topics. Educated in the classics, he holds a master's degree in scripture, a doctorate in religious studies and a divinity degree from Oxford University.

The Dead Sea Scrolls: Secret Books of the Bible?, p. 31

Sumant Lamba has a lifelong fascination with the heart. He has a passion for heart health and improving the lives of heart patients. Lamba, the son of a physician, witnessed the value of helping people. He is an interventional cardiologist and director of coronary interventions at First Coast Cardiovascular Institute.

Heart Failure, p. 14

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 teaches water aerobics in the St. Augustine area.

Advanced French: Level I, p. 13

Beginning French: Level I, p. 13

Intermediate French: Level I, p. 13

Joyce Lasch, a Jacksonville resident since 1995, joined OLLI at UNF in 2008. She previously resided and received her degrees in Pittsburgh, PA, and in the Maryland suburbs of Washington, DC. Lasch's passions are fitness, nutrition and health. She continues to stay active as a group exercise instructor and yoga teacher.

OLLI Book Club, p. 29

Christine Lewitzke moved to Jacksonville after retiring from her second career at The University of Alabama's College of Continuing Studies. She joined OLLI at UNF in 2010. Lewitzke enjoys planning local and international travel that is off the beaten path.

Behind the Scenes: IKEA in Jacksonville, p. 10

Embrace Jacksonville Cultural Diversity, p. 28

Farming for the Future: Visit Fresh Ministries Aquaponics, p. 21

Unity in Community: Visit P.E.T. (Personal Energy

Transportation) and Penney Farms, p. 21

Peter Lomonte is a retired hospital pharmacist and manager. He is a longtime Apple-Mac and iOS (iPhone, iPad) user with more than 10 years of experience with Apple Mac, nine years of experience with iPhone and more than six years of experience with iPad. Friends and former co-workers called him the "Apple guy." Lomonte is an amateur guitarist who uses Apple's Logic recording software for music recording and production.

Apple Mac for Beginners and New Users, p. 14

iPhone and iPad for Beginners, p. 17

Top Tips: Make Your iPhone or iPad Work for You, p. 26

Roshan Massey was born and educated in India. After completing his MBA 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.

Armchair Travel Medley: India, Nepal and Bhutan, p. 25

Ann Browning Masters is a poet, Floridana, Menorcan, and 12th-generation Floridian. Her book, *Floridanos, Menorcans, Cattle-Whip Crackers: Poetry of St. Augustine*, was published by the Florida Historical Society Press. Masters' work has been read at literary and historic conferences including the Florida Folk Festival. Selected recorded readings are preserved at the State Archives of Florida. She served on the Board of Directors of the St. Augustine Historical Society, and continues as a member of its Journal of History Editorial Review Board. In 2015, Dr. Masters was knighted by the St. Augustine Easter Festival for her dedication in promoting St. Augustine's Spanish heritage. She presents her writing on Floridanos and Menorcans in Eckerd College's Road Scholar Program.

Floridanos, Menorcans, Cattle-Whip Crackers, p. 14

Hope McCharen is a native New Englander. After relocating to Jacksonville in 1985, she developed an appreciation for the area's history and natural beauty. McCharen enjoyed many ED-ventures before joining the team. ED-ventures satisfy her curiosity and connect with her passion for education.

History Highlights of Fort George Island, p. 26

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Joel McEachin worked for more than 30 years in the field of cultural resource management, predominately in local government but also with nonprofit organizations and the private sector. His experience encompassed the establishment and coordination of a municipal historic preservation program, provision of administrative support to a historic preservation commission and management of a design review process. In addition, McEachin researched and prepared reports for the designation of local landmarks and historic districts. Related experience included completing or managing historic property surveys and the preparation of nominations to the National Register of Historic Places. He served as research associate for "Jacksonville's Architectural Heritage, Landmarks for the Future," contributor to "African American Architects, A Biographical Dictionary, 1865 – 1945" and author of "Jacksonville's Legacy, African-American Heritage Trail". He holds B.A. and M.S. degrees in anthropology and archaeology and a Master of Education degree.

Sacred Places: Religious Landmarks in Duval County, p. 27

Bryan McKersie received a Ph.D. in biology. He was a professor for 20 years at University of Guelph, Canada. McKersie left academia to work with BASF in North Carolina where he managed international research projects in plant biotechnology for 15 years. In retirement, McKersie is writing about research project management.

Case Studies in Genetics for the Layperson, p. 20

Kenneth McMillan was a professor in the UNF's Department of Art and Design where, for 35 years, he taught aesthetics, art of the 20th century, art since 1940, ceramics, sculpture and film. He is a former chair of that department. McMillan's travel to England, Ireland, Wales, France, Bulgaria, Spain, Japan, New Zealand, Australia and Belize included research and presentations.

Bad Guys and Bad Girls in the Movies, p. 22

Jay Melesky worked for more than 40 years in banking and healthcare industries as an information technology specialist. He pursues his passion for history through extensive reading and travel, as well as by taking classes and seminars. Melesky believes that we never stop learning and that current events represent the perfect platform for continual lifelong learning.

Current Events, p. 12

Edward Mickolus says he snuck off with a Ph.D. from Yale University before they noticed it was missing. He was a CIA analyst, operations officer and manager for 33 years. Mickolus 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.

A Brief History of U.S. Intelligence, p. 20

Creativity for Retirees, p. 11

Become a Prolific Writer, p. 14

Spymasters: Directors of the CIA, p. 21

Wesley Moody is a professor of history at Florida State College at Jacksonville. He is the author of four books about the American Civil War and is currently writing a book about Florida's colonial history. Moody is a native of Florida and currently lives in Orange Park. He graduated with a Ph.D. in history from Georgia State University.

Myths of the American Civil War, p. 31

Jen Jones Murray is marketing and community services coordinator for UNF's Thomas G. Carpenter Library. An advocate for education, culture and the arts, she was director of the Jacksonville International Airport art program; she managed its rotating exhibitions and coordinated the commission of permanent large-scale, site-specific, public art for the Jacksonville Aviation Authority. Murray has a B.A. from UNF and founded its Art in the Library Program. She has more than 20 years of experience leading arts businesses, place-making organizations and community-based programs. Murray received UNF's University of North Florida Outstanding Alumni Award in 2009, Jacksonville Business Journal's Top 40 Under 40 Award and Outstanding Neighborhood Business Leader by Riverside Avondale Preservation. The last award recognized her as the president of the Avondale Merchant Association for leading that historic neighborhood through its most recent restoration.

10th Anniversary: Art in the UNF Library Tour, p. 32

Banned Books Week: An Intimate Conversation with Dorothy Pitman-Hughes, p. 32

Internet Made Easy: Check Facts and Search Images, p. 32

Photographic Preservation, p. 32

Science Café, p. 32

Sue Lamb Myers has been an enthusiastic practitioner of Tai Chi for more than a decade. She has experience with numerous Yang style tai chi forms and the Cheng Manch'ing sword form. Myers studied with master instructors Ken Lo, Sam Tam, Paul Campbell and Ken Van Sickle.

Tai Chi II, p. 11

Tai Chi: What's It All About?, p. 11

Lauren O'Shields Newton is head of instruction at the Thomas G. Carpenter Library at UNF. With 10 years of experience at UNF, she is well versed in the campus culture and available services. Newton's favorite thing to do is lead library users to information while instilling in them the confidence and skills to be able to find it again and again.

Fake News: Identifying Fact from Fiction, p. 32

Sarra Ninya is director of financial services for Cypress Village, a Brookdale community. She has spent the majority of her career at Cypress Village. Ninya's roles allowed her to learn every aspect of a CCRC and to see changes that have occurred over the years. She received her BBA in financial services in 2013 from UNF. Ninya is a member of the Mayo Clinic Community Advisory Board for the Biobank.

Is a Continuing Care Retirement Community (CCRC) Right for You?, p. 16

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 and master's and doctoral degrees in educational psychology. 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. 13

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.

Theodore Roosevelt: His Life and Times, p. 9

Steven D. Orr first learned Spanish while living in Spain. He next went into the Peace Corps in Panama. Somewhat later, Orr worked for a major organization for many years in a job that took him into almost every country in Latin America. His experience taught him a lot about the Spanish language, its nuances, and its idiomatic differences from country to country. Retired now, Orr has been an OLLI student for a number of years, and he welcomes the opportunity to serve as a volunteer instructor of Spanish.

Intermediate Spanish: Level IV, p. 9

Paula Parker moved to Jacksonville from Ohio. She taught in Florida, North Carolina and Ohio after receiving a Ph.D. in chemistry from The Ohio State University. She was active as a volunteer for nearly two decades during her childrearing years. Parker subsequently taught first-year college level chemistry. Students in those courses included a number of nursing and nutrition students.

The Chemistry of Cooking, p. 18

Marsha Dean Phelts is a fifth generation Floridian and author of "An American Beach for African Americans", the first book to chronicle the story of this historic enclave. A retired librarian, she continues to enjoy researching and writing about legendary icons who make the Florida First Coast a great place to live. Phelts is a freelance writer for The Florida Star, Northeast Florida's oldest African American Newspaper.

American Beach: The African American Hyannisport of the Jim Crow South, p. 29

Judith G. Poucher is a fifth-generation Floridian who taught history among other subjects at Florida State College for 25 years. She holds a Ph.D. from Florida State University and did postdoctoral work at Oxford University. Poucher has published several articles in the "Florida Historical Quarterly." Her book, "State of Defiance: Challenging the Johns Committee's Assault on Civil Liberties," won the Harry T. Moore award from the Florida Historical Society in 2015. **Florida's Seminole Wars and the Osceola Mystery, 1818-1858, p. 20**
Quarantined from the World: Jacksonville's Yellow Fever Epidemic, p. 20

Lynne Radcliffe is a musical educator, performer and composer. She serves as director of music at St. Paul's by-the-Sea Episcopal Church in Jacksonville Beach, adjunct faculty at UNF and program coordinator and teacher at the First Coast Community Music School. Radcliffe serves on the boards of the Beaches Fine Arts Series and BRASS, Beaches Residents Arising in Support of the Symphony. She received her bachelor's degree in music in piano performance from Memphis State University and pursued graduate studies in musicology at the University of Memphis. Radcliffe was formerly a contributor to "Encore!," the magazine of the Jacksonville Symphony, as well as a former host for the public radio program "WJCT Presents the Jacksonville Symphony."

Master the Masters: Adventures of a Symphonic Detective, p. 9

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.

50 Years of Jacksonville History: Journalism, Media and Politics, p. 7

Joel M. Reaser holds a doctorate in industrial psychology. He was associate director for research at AARP and senior vice president at the National Older Worker Career Center. Reaser served as adjunct and visiting professor at George Washington University. A pickleball enthusiast, he is proud father of three and grandfather of four.

Quest for the Historical Jesus, p. 16

Jason Roberts, a registered vascular technologist, is director of non-invasive cardiovascular services at First Coast Cardiovascular Institute. He earned a doctorate in health science in 2011 from Nova Southeastern University. Roberts holds a dual master's degree in health science and higher education, a bachelor's degree in health science with an emphasis on vascular technology, and an associate's degree in radiological sciences.

Vascular Screening, p. 29

INSTRUCTORS

Annie Rodriguez, M. Ed., is a social justice and institutional change trainer and consultant. Her work represents a unique blend of community organizing, teaching and organizational development consulting. Rodriguez works with institutions, organizations and community groups across the country to positively influence racial identity consciousness, social justice and anti-racist change. She is passionate about eliminating racial and social inequity.

Understand the Construction of Racial Inequity in the U.S., p. 12

Meg Rohal is a retired elementary educator. She is certified to present the Journal to the Self workshop through the Center for Journal Therapy in Denver. Rohal conducts journaling workshops in the Jacksonville area. She loves to travel, write, exercise and dance.

Journal to the Self: An Introduction, p. 8

Sid Rosenberg was bitten by the wanderlust bug at a very early age. Over the past 30 years, he has pursued his passion for travel and wildlife adventures in 85 countries. Rosenberg is a retired UNF professor of finance and real estate.

Wildlife Travel on Five Continents, p. 7

Topher Sanders is a reporter for ProPublica, a nonprofit newsroom based in New York City that produces investigative journalism in the public interest. His recent investigative journalism (with Ben Conarck of the Florida Times-Union), *Walking While Black*, won two of the country's most prestigious journalism awards: the Columbia Journalism School's 2018 Paul Tobenkin Award for race reporting and the University of Colorado's 2018 Al Nakkula Award for police reporting.

Walking While Black: A Case Study in Local Investigative Journalism, p. 10

Brett Sasseen is an interventional cardiologist at First Coast Cardiovascular Institute. His areas of interest include coronary artery disease, congestive heart failure, intravascular ultrasound, and valvular heart disease. Sasseen is a member of the American Medical Association, a fellow in the American College of Cardiology, and a fellow of the Society of Cardiovascular Angiography and Interventions.

Heart Attack 101, p. 17

Jayant D. Sathe was born in India and came to the U.S. at age 21 to pursue a graduate degree in engineering. He lived abroad in three countries while working for a multinational consumer products company.

India: The Good, The Bad, The Ugly, p. 18

Ralph Sawyer has facilitated or taught more than 60 courses since the inception of OLLI at UNF. He has facilitated Current Events, Great Books and Great Decisions since 2006. Sawyer is a retired Navy Captain Ophthalmologist and was chairman and residency director of the National Naval Medical Center in Bethesda, Maryland for 15 years. He has lectured nationally at a number of ophthalmology organizations for 20 years.

Just What Were They Thinking?, p. 25

John See has extensive experience with Apple devices and software. Prior to retirement he was a public school teacher,

university instructor and school district technology IT manager. See was the Minnesota Department of Education technology specialist responsible for helping school districts design and conduct computer training as well as staff development programs. He successfully operates his own technology consulting firm and website design business.

Don't Buy a New Computer: Use Apple's Newest iPad Software, p. 8
Pages: Turn Your iPad into a Powerful Word Processing and Desktop Publishing Device, p.10

Steve Sheffield loves the hobby of beekeeping. He started with one box hive and one pound of bees. Sheffield managed seven colonies and 300,000 bees before Hurricane Irma arrived. He's rebuilding and plans to have six or more colonies by the start of class. Sheffield anticipates harvesting five gallons of honey this year.

Beekeeping: My Favorite Hobby, p. 23

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 for six years the Alternative Dispute Resolution office at the U.S. Federal Election Commission 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.

Forum on Current Issues, p. 19

Joan Silberman is a retired consultant and expert in the field of leadership and motivational training, sales management and customer service. She was vice president of Servus Financial Corporation, a Wells Fargo company. Silberman has a diverse background in the finance, manufacturing and publishing industries, and has worked in the private, public and nonprofit sectors. She is a skilled trainer, public speaker and facilitator. Silberman was inducted into the National Women's Hall of Fame, and among other awards, was also the recipient of Washington Business Woman of the Year.

Forum on Current Issues, p. 19

Laura Lee Smith is the author of "The Ice House" (2017) and "Heart Of Palm" (2013), both published by Grove Press. Her short fiction has appeared in Best American Short Stories 2015 and New Stories from the South: The Year's Best, 2010. Smith's work has also appeared in The New York Times, New England Review, The Florida Review, Natural Bridge, Bayou, and other publications. She works as an advertising copywriter.

The Ice House: Meet the Author, Learn about Her Creative Process and Discuss the Book, p. 21

Roger Smith received a Ph.D. in early American history and Atlantic world studies from the University of Florida in 2011. He received the Aschoff Fellowship Dissertation Award and the Jack and Celia Proctor Award in Southern History for his work on the American Revolution in the southern colonies. Smith now represents Colonial Research Associates and speaks nationally on

his Revolutionary war research. Smith provided consultation for the AMC television series *Turn* and appears on the PBS series "Secrets of the Dead: The Secrets of Spanish Florida." He serves on the national committees for education, history and historic sites as well as celebrations for the Sons of the American Revolution (S.A.R.). Smith received a national award from the S.A.R. for "furthering the preservation of United States history and its traditional teachings in our schools."

The 14th Colony: The American Revolution's Best Kept Secret, p. 16

Joseph Steinman is originally from Philadelphia, Pennsylvania, and holds a B.S. and M.S. in chemical engineering and an MBA and doctorate in finance. Early in his career, he worked in research for NASA on the space shuttle. Later he spent 18 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 from 2000 to 2008. He has consulted for management throughout the world.

Eye-Opening Information about the Federal Budget and Its Societal Impacts, p. 17

Joseph T. Stepp has lived in Jacksonville since age five. He received his B.S. and M.D. degrees from the University of Florida. Stepp practiced with the Internal Medical Group from 1979 to 2017, focusing on older patients. He is board certified in internal medicine and geriatrics.

Amazing Hormones: How They Work in Health and Disease, p. 10

Nancy Sticht spent more than 40 years as a human resources development and public affairs professional for the federal government before retiring in September 2014. She developed and conducted training in leadership, risk communication, media relations and public participation and led the development of several award-winning video and publication projects. A native of Buffalo, New York, Sticht holds a B.S. in communication and an M.S. in management of adult learning. She enjoys travel, reading, theater, photography and volunteering for OLLI as the Explore More programs team lead.

Wet 'n Wild, p. 24

Joe Stumpf's love for plants, and particularly for growing trees, began at an early age in Pennsylvania. His interest in bonsai began with the acquisition of a kit of bonsai seeds in 1973. Stumpf is a master gardener. He is a member of the Mandarin Garden Club, the North Florida Bonsai Club, the American and International Bonsai societies and the Bonsai Societies of Florida. Stumpf's *Ficus microcarpa* was displayed in Epcot's Japanese pavilion during the park's 2011 flower and garden show.

Introduction to Bonsai, p.

Jim Sylvester holds a doctorate in biochemistry. He is emeritus principal research scientist at Nemours Biomedical Research and professor of biochemistry and molecular biology at Mayo College of Medicine.

Human and Molecular Genetics: A Course for the Layperson, p. 23

Mireille Smith Threlkel was born and raised in French speaking Switzerland. She earned a B.A. in political science and an MBA at UNF. Her international marketing career was in Switzerland, where she worked for a number of multinational companies. Threlkel has traveled extensively, strengthening her interest in expanding multicultural communications and understanding. She has taught OLLI classes since 2011.

French Book Club, p. 25

Kathleen F. Triebwasser, a licensed marriage and family therapist for more than 25 years, is a life and wellness coach. She has expertise in self-discovery and self-empowerment coaching. Triebwasser's passion is personal history research and writing. She is the co-owner of O.P.A.L. (Ordinary People Amazing Lives Productions).

Guided Autobiography: Part I, p. 27

Guided Autobiography: Part II, p. 29

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.

Introduction to Spanish: Level 1, p. 23

Joe Varon is a retired structural engineer who has long been interested in bridges, especially Jacksonville's. He worked in this city for more than forty years including tenure as chief engineer at Haskell, a leading design-build firm. Varon also taught fundamental structural engineering at UNF as an adjunct in the Construction Management Department of the College of Computing, Engineering and Construction.

Crossing the St. Johns, p. 13

A Modern Marvel: The Brooklyn Bridge, p. 16

Bob Wagner is a retired engineer who loves playing and teaching Texas Hold'em poker. He has taught private lessons for the past three years and has taught Basic Texas Hold'em for three semesters at OLLI at UNF. Wagner is a regular competitor in local and statewide tournaments.

Intermediate Texas Hold'em Poker, p. 9

Joseph L. Warner is a retired Foreign Service officer with more than 30 years' experience working overseas. He currently teaches geography and international relations at Florida State College at Jacksonville.

The Jacksonville Yellow Fever Epidemic of 1888, p. 7

The Lasting Effects of World War I, p. 7

The Spy Novel in Historic Context, p. 20

Chuck Watson is a retired teacher, school administrator and professor. He holds degrees from the University of Evansville, The University of Colorado, and East Carolina University. Watson's career focused on improving learning for all children, especially

INSTRUCTORS

those living in areas with high rates of poverty, improving math and science literacy at all levels, creating meaningfully powerful environments for middle school children, and working toward social justice for all. He continues that work as a community volunteer. Watson is a recognized author, a winner of numerous teaching awards and a passionate birder and golfer. He finds baking cookies and other pastries a welcome relief from stress as an advanced form of meditation.

Your Inner Cookie: Stories, Recipes, Relaxation and Baking, p. 9

Rachel A. Weinstein holds a bachelor's in applied health science and a master's in education with a specialty in counseling and counselor education, both from Indiana University. She spent the early part of her career as a general psychotherapist in Pennsylvania before moving to California to specialize in grief, loss, and life transitions. Weinstein's passion is providing individual support, healthcare advocacy and public education, especially for those whose needs are overlooked and underserved. She works at Baptist Health's AgeWell Center for Senior Health and has a private practice focused on supporting grief, loss and life transitions.

Getting Through Grief: Myths, Realities and a Practical Guide toward Healing, p. 11

June Weltman is a lifelong mystery fan. A former newspaper reporter and a freelance writer and editor, she is the author of "Mystery of the Missing Candlestick," a mystery for ages 9-13 that won a special award from the Florida Historical Society. Weltman has taught adult education classes in writing mysteries for children, teens and adults. She has won national awards for her mystery reviews, which appeared in the Florida Times-Union.

Mysteries Unlimited: International, p. 20

Anthony Whiting is a professional artist who worked internationally as an architect and recently devoted himself to painting and teaching. His paintings are inspired by nature in all its forms. Whiting was the recipient of the first prize in Jacksonville's brAIDS ARTreach 2006 and was selected as the signature artist the following year. He also received the best of show award in 2013 at the Art-On-The-Green exhibition. Whiting exhibits his work in the U.S., England and France. He was recently honored as one of the top nine art teachers among nearly 180 in Jacksonville.

Painting with Acrylics: A Course for Beginning and Intermediate Students, p. 26

Gary Whiting is a freelance photographer, instructor and naturalist specializing in wildlife and landscape images. His vision is to capture uncommon moments that create unique works of art. He is often requested as a photo contest judge. Whiting also offers private photography and editing instruction as well as website consulting for anyone wanting to preserve and share their images with family and friends. He is a certified UF/IFAS Florida master naturalist. In that role, Whiting works to help the public understand environmental sustainability, connectivity and biodiversity in Florida's natural world. He has conducted numerous seminars for camera clubs and bird conservation organizations across Northeast Florida and is on staff at Wild Birds Unlimited.

Introduction to Editing with Lightroom, p. 17

Photographer's Sunrise Walkabout at the Jacksonville Pier, p. 16

Structured Vision: Enhance Your Creativity as a Photographer, p. 15

Gary Wilkinson, a Jacksonville native, is a Circuit Court trial judge in the Fourth Judicial Circuit. He received a B.A. from the University of Pennsylvania, and a law degree from Emory University. Wilkinson began his legal career as a prosecutor in the U.S. Army Judge Advocate General's Corps. After his return to Jacksonville, he was in private practice for 25 years and specialized in commercial, business and real estate litigation. Wilkinson has handled litigation matters in both the state and federal court system throughout his career. He was appointed to the bench in 2015 and handles civil, family, probate, guardianship and domestic violence matters. **Our Federal and State Court Systems: Creation, Functions and Operations, p. 26**

Raymond Wong emigrated from China to the U.S. with his family. His professional career was devoted to promoting Asian diversity in industry and the federal government. Wong was Asian diversity chair for two federal agencies and sponsored numerous diversity initiatives for which he received a prestigious commendation.

Understanding China and the Chinese Culture, p. 9

Pam Wright has lived in the Jacksonville area for more than 30 years. She retired from the Ascension Health/St. Vincent's Health System where she worked in the information technology and systems department. Wright is thoroughly enjoying the freedom of retirement to spend time with family and friends and attending interesting OLLI classes and roll up her sleeves to dive into home improvement projects. She sometimes stops mid-project to call a professional.

Walk on the Wild Side, p. 30

Bonnie Yales-Gibson has been lived in Ponte Vedra Beach since 2000. A native of Ohio, her earliest creative expression was realized in fiber including needlepoint tapestry and embroidery. The self-described mixed media artist achieved a national recognition as a designer of needlepoint tapestry. Yales-Gibson opened The Needle's Eye, a needlepoint shop in Lexington, Massachusetts, and taught classes there. She designed and led a group project that resulted in a tapestry for Temple Isaiah composed of 10 panels measuring 9 by 12 feet. Ninety-two people stitched that work. Yales-Gibson's work, created with an artist's group and her mentor Georges Goldstein, enriches more than 500 synagogues, churches, institutions and private homes throughout the U.S. and Israel. Five are featured in synagogues in this area. She taught painting and needlepoint on cruise ships for 12 years. Yales-Gibson has taught at OLLI at UNF since 2016. Her "War and Peace" tapestry received a first place award from the National League of American Pen Women. The award was announced at the organization's Daytona Beach conference.

Experimental Painting: Dancing with Brushes, p. 8

Meltonia Young is a historian of African and African-American history. She was a Road Scholar presenter for the North Carolina Humanities Council. Young's investigation of plantation life entailed travel from Virginia to Jamaica and Africa. She earned a B.A. in African-American studies and a M.A. in liberal arts with a concentration in African and African American history.

A Walk Through History: Shattering Myths about Plantations, p. 7



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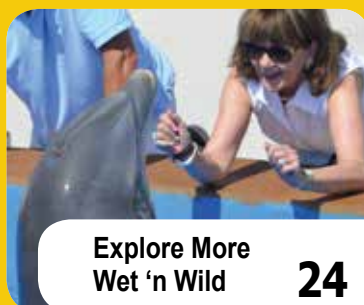
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