

Fall 2013
Course Catalog

Bloomin' GOOD TIMES

OSHER
LIFELONG
LEARNING
INSTITUTE



Fall enrollment
begins **Aug. 14**

Look inside now!
80 new courses »



Meet OLLI's
new president 2



Tai Chi 14



African American
Fighting Units 27



Division of Continuing Education



Special account setup sessions will be held 10 a.m. to noon, August 6 – 8, at the UNF Herbert University Center to provide extra account setup assistance. Please R.S.V.P. to attend by calling (904) 620-4200. Space is limited.

SPECIAL ANNOUNCEMENT NEW ONLINE ENROLLMENT SYSTEM

UNF OLLI's enrollment system is getting an upgrade!

What does this mean for you?

- Easier website navigation
- Faster, no wait enrollment option
- Search for classes by interest area, day, instructor and keyword
- More security for your credit card information
- More control over YOUR UNF OLLI account

Expect the rollout of the new system a week before Fall enrollment opens (Aug. 14). If you reenrolled or were a new OLLI member between July 1, 2012 and June 30, 2013, you have an account in the new system. You will receive an e-mail with instructions on how to set your user name and password.

If you are a brand new OLLI member or haven't renewed your membership since July 1, 2012, you will need to set up a new account online or by phone. Visit www.unfolli.com to set up your new account or call customer service at (904) 620-4200 for assistance.

A MESSAGE FROM YOUR OLLI PRESIDENT



**DENNIS J. SULLIVAN
UNF OLLI PRESIDENT**

Back to School With OLLI

It is Fall and back to school time! As UNF OLLI kicks off its seventh year, we welcome you back. A hearty welcome to new and prospective members as well.

We begin a new academic year on a strong foundation, thanks to our volunteers and volunteer instructors. (See page 33 for the instructor list and their biographies). This year we anticipate offering 300 programs to nearly 1,400 of YOU, our valued members.

I extend a personal invitation for you to continue your lifelong learning journey by making the most of your membership:

- Sign up for an interesting class.
- Go on an exciting ED-venture.
- Listen to an informative speaker at a Speaker Series program.
- Exchange ideas and friendship with fellow members.
- Consider one of the many opportunities to volunteer.
- Visit www.unfolli.com often to learn about new events and happenings.

Members are UNF OLLI's greatest asset. We are a member-centered, volunteer-led and volunteer-staffed organization, with a vision to be the premier community of adult learners in northeast Florida.

I look forward to meeting and speaking with you to learn how I may help our program build on its past success and continuously improve to fulfill its mission.

Live Well. Learn Forever.

SPEAKER SERIES

FREE TO ATTEND. Valued at \$10 per session, Speaker Series programs provide OLLI members opportunities to explore new topics, visit other OLLI campuses and share the OLLI experience with friends and family. Reserve early.
Call (904) 620-4200 or visit www.unfolli.com.

WESTMINSTER WOODS (Julington Creek)

BACK TO SCHOOL WITH UNF OLLI
Westminster Woods

FRANK DENTON
The Life and Death of Journalism: Why Should You Care?
Friday, Sept. 6
1:30 to 3 p.m.

LISA RINAMAN
Mission: Save the St. Johns River
Friday, Oct. 4
1:30 to 3 p.m.

BEN WARNER
Implementing Our Community Vision: JAX 2025
Friday, Nov. 1
1:30 to 3 p.m.

JIM NEWMAN
The State of the Economy
Friday, Dec. 6
1:30 to 3 p.m.

FLEET LANDING (Mayport Road)

BACK TO SCHOOL WITH UNF OLLI
Fleet Landing Fall Instructor Showcase
Thurs., Sept. 12,
11 a.m. to noon

BRUCE BARCELO
Emerging Democracies in the Ukraine and Beyond
Thurs., Oct. 10
11 a.m. to 12:30 p.m.

JUDGE MICHAEL WEATHERBY
Beyond the Bench: Judicial Independence in the 21st Century
Thurs., Nov. 14
11 a.m. to 12:30 p.m.

JIM NEWMAN
The State of the Economy
Thurs., Dec. 12
11 a.m. to 12:30 p.m.

UNIVERSITY OF NORTH FLORIDA (Adam W. Herbert University Center)

BACK TO SCHOOL WITH UNF OLLI
University of North Florida Fall Instructor Showcase
Special day and time:
Tues., Sept. 10, 1 to 3 p.m.

CINDY EDELMAN
Nazi Plunder: A Tale of Two Incredible Paintings
Friday, Oct. 11
1:30 to 3 p.m.

LISA RINAMAN
Mission: Save the St. Johns River
Friday, Nov. 15
1:30 to 3 p.m.

JIM NEWMAN
The State of the Economy
Friday, Dec. 20
1:30 to 3 p.m.

GLENMOOR (World Golf Village)

BACK TO SCHOOL WITH UNF OLLI
Glenmoor Fall

LISA RINAMAN
Mission: Save the St. Johns River
Friday, Sept. 13
1:30 to 3 p.m.

BEN WARNER
Implementing Our Community Vision: JAX 2025
Friday, Oct. 11
1:30 to 3 p.m.

FRANK DENTON
The Life and Death of Journalism: Why Should You Care?
Friday, Nov. 8
1:30 to 3 p.m.

JIM NEWMAN
The State of the Economy
Friday, Dec. 13
1:30 to 3 p.m.

Special thanks to UNF OLLI
Speaker Series Team Members
Lois Chepenik, Joy Korman and
Dinah Kossoff for two years of terrific
Speaker Series programming!



UPCOMING COURSES

Classes are organized by:

- Location and weekday

Then listed in the following order:

- Calendar date
- Time of day
- Alphabetical by title (if multiple start at one time)



MONDAY at UNF

- 09** **NEW** UNF Osprey Swoop Squad Campus Tour
ED-venture
Sept. 16, 9:30 to 11:30 a.m.
- 09** **NEW** Keeping Current
Sept. 30 – Nov. 25, 9:30 to 11:30 a.m.
- 10** **NEW** The Current State of the Economy and The Outlook
Sept. 30, 11:30 a.m. to 1 p.m.
- 10** **NEW** Yoga Basics: An Introduction and Demonstration
Sept. 30, 1:30 to 3 p.m.
- 10** La Florida: The Land of Flowers
Oct. 7 – Oct. 14, 9:30 to 11 a.m.
ED-venture
Oct. 21, 11:30 a.m. to 1 p.m.
- 11** **NEW** Is Your Hearing Keeping Up With Your Life: The Bridge to Better Hearing and Communication
Oct. 7 – Oct. 21, 11:30 a.m. to 1 p.m.
- 11** **NEW** Open Art Studio Painting
Oct. 7 – Nov. 11, 1 to 3 p.m.
- 11** **NEW** Photographing Nature with a Digital Camera
Oct. 7 – Oct. 21, 1:30 to 3 p.m.
- 11** **NEW** Reading and Performing Shakespeare: King Lear
Oct. 14 – Nov. 25, 1:30 to 3 p.m. (No class: Nov. 11)

- 12** St. Augustine Lighthouse and Museum
ED-venture
Oct. 14, 11 a.m. to noon
- 12** Cumberland Island National Seashore
Oct. 21, 1:30 to 3 p.m.
ED-venture
Nov. 4, all-day tour
- 12** **NEW** Richard Nixon and the Role of Intelligence in the 1973 Arab-Israeli War
Oct. 21 – Nov. 4, 1:30 to 3 p.m.
- 12** **NEW** The Road to Modernity: Europe in the 17th Century
Oct. 21 – Dec. 16, 10 a.m. to noon (No class: Nov. 11)
- 13** **NEW** Creating a Storm and Wind Resistant Tree
Oct. 28, 11 a.m. to 1 p.m.
- 13** **NEW** Strategies to Make Math Easy
Oct. 28, 1:30 to 3 p.m.
- 13** **NEW** Growing Fruit in North Florida
Nov. 4, 11 a.m. to 1 p.m.
- 13** Children's Literature for Grandparents
Nov. 4, 11:30 a.m. to 1:30 p.m.
- 13** **NEW** An Introduction to Quantum Mechanics
Nov. 4 – Nov. 25, 11:30 a.m. to 1 p.m.
- 13** Travels in South Asia: Myanmar and India
Dec. 2 – Dec. 16, 11:30 a.m. to 1 p.m.

TUESDAY at UNF


- 13** **NEW** Improve Your Storytelling
Sept. 10 – Oct. 1, 1:30 to 3 p.m.
- 14** **NEW** Intermediate Bridge 1
Sept. 17 - Oct. 15, 10 a.m. to noon
- 14** **NEW** Intermediate Bridge 2
Sept. 17 - Oct. 15, 1 to 3 p.m.
- 14** **NEW** The Operas of Giuseppe Verdi, Part 1
Sept. 24 – Nov. 12, 9:30 to 11 a.m.
- 14** **NEW** Tai Chi for Beginners
Sept. 24 – Oct. 29, 9:30 to 10:30 a.m.
- 14** **NEW** The Supremes: Sandra, Ruth,
Sonia and Elena
Sept. 24 – Oct. 29, 11:30 a.m. to 1 p.m.
- 14** **NEW** Understanding Our World:
Defining the New Millennium
Sept. 24 – Oct. 29, 11:30 a.m. to 1 p.m.
- 15** **NEW** A Walk with American Women Poets
Sept. 24 – Oct. 22, 3:30 to 5 p.m.
- 15** **NEW** Pickleball for Rookies
Oct. 1 – Oct. 22, 9 to 11 a.m.
- 15** **NEW** The Movies: Our Enduring Passion, Part 1
Oct. 1 – Nov. 26, 9:30 to 11 a.m.
- 15** **NEW** Current Events
Oct. 8 – Dec. 17, 9:30 to 11:30 a.m.
- 15** **NEW** Genealogy for Novices
Oct. 8 – Nov. 5, 11:30 a.m. to 1 p.m.
- 16** **NEW** Growing Roses in North Florida
Oct. 8 – Oct. 22, 11:30 a.m. to 1 p.m.
- 16** **NEW** A Brief Excursion into Norse Mythology
Oct. 8 – Oct. 29, 1:30 to 3 p.m.
- 16** **NEW** Intermediate Woodcarving
Oct. 15 – Nov. 26, 9:30 a.m. to noon
- 16** Tips and Trips with Your Digital Camera
Nov. 5 – 12, 9:30 a.m. to noon

WEDNESDAY at UNF

- 16** **NEW** Introduction to the Professor's One-Minute
Guide to Stock Management
Sept. 11, 9:30 to 11 a.m.
- 16** **NEW** The Great Boom Ahead:
The Future of the U.S. Economy
Sept. 18, 3:30 to 5 p.m.
Nov. 6, 3:30 to 5 p.m.
- 17** **NEW** Fixing Light: A Brief History of
Photography, Part 1
Sept. 25 – Oct. 16, 9:30 to 11 a.m.
- 17** **NEW** Mysteries Unlimited: International
Sept. 25 – Nov. 20, 1:30 to 3 p.m.
(class meets alternate weeks)
- 17** Football Strategy, Part 1
Sept. 25 – Oct. 23, 1:30 to 3 p.m.
- 17** **NEW** Writing Your Spiritual Autobiography
Sept. 25 – Oct. 23, 11:30 a.m. to 1 p.m.
- 18** **NEW** A People's History of the United States:
Part 1, 1492-1914
Sept. 25 – Nov. 20, 1:30 to 3 p.m.
- 18** **NEW** Religious and Ethical Traditions
of Northeast Asia
Sept. 25 – Oct. 16, 1:30 to 3 p.m.




WEDNESDAY at UNF continued

- 18** **NEW** Football Strategy, Part 2
Sept. 25 – Oct. 23, 3:30 to 5 p.m.
- 18** Managing Chronic Pain
Sept. 25 – Oct. 16, 4 to 5 p.m.
- 19** **NEW** Behind the Scenes: The Jacksonville Arboretum and Gardens
Oct. 2 – Oct. 16, 9:30 to 11 a.m.
ED-venture 
Oct. 23, 10 a.m. to noon
- 19** **NEW** Amelia Island Treasures: Florida's Oldest Lighthouse and Nature Walk in Egans Creek Greenway
ED-venture 
Oct. 2, 10 a.m. to 3 p.m.
- 19** **NEW** The Prophets from the Hebrew Text in Scriptures
Oct. 2 – Nov. 20, 10 a.m. to noon
- 19** The String Theory – Learn to Knit
Oct. 2 – Nov. 13, 1:30 to 3:30 p.m.
- 20** Travel Sketching 101
Oct. 2 – Oct. 23, 10 a.m. to noon
- 20** **NEW** The Islamists Are Coming: Who They Really Are
Oct. 16 – Nov. 20, 3:30 to 5 p.m.
- 20** **NEW** The American Dream or Did You Build That?
Oct. 23 – Nov. 27, 9:30 to 11 a.m.
- 20** **NEW** Improve Your Internet Search Skills
Nov. 6 – Nov. 20, 11:30 a.m. to 1 p.m.
- 20** **NEW** The Medicis: Art, Power and Patronage in Renaissance Florence
Nov. 6 – Dec. 11, 11:30 a.m. to 1 p.m.
- 21** **NEW** What You Need to Know About DNA! Part 1
Nov. 6 – Nov. 27, 1:30 to 3 p.m.



THURSDAY at UNF

- 21** Remember Me: Writing the Powerful Memoir
Sept. 19, 10 a.m. to 3 p.m.
- 21** Computer Security: Knowledge to Protect Your Data, Your Finances and Your Reputation
Sept. 26 – Oct. 17, 9:30 to 11 a.m.
- 21** **NEW** Intermediate Tai Chi
Sept. 26 – Oct. 31, 9:30 to 10:30 a.m.
- 21** **NEW** Facial Fitness: Exercises for the Face and Neck
Sept. 26 – Oct. 31, 11:30 a.m. to 1 p.m.
- 22** **NEW** Psychological Type: A Tool for Understanding Yourself and Others
Sept. 26 – Oct. 24, 11:30 a.m. to 1 p.m.
- 22** **NEW** What Is This Thing Called Jazz?
Sept. 26 – Nov. 14, 11:30 a.m. to 1 p.m.
- 22** **NEW** Help! A Robot Took My Job
Sept. 26 – Oct. 17, 1:30 to 3 p.m.
- 22** **NEW** Was America Founded as a Christian Nation: Founding Fathers Perspectives on Religion
Sept. 26 – Oct. 17, 3:30 to 5 p.m.
- 23** **NEW** Understanding Issues and Challenges in the Muslim World
Oct. 3 – Nov. 21, 10 a.m. to noon
- 23** **NEW** Explore UNF: Campus Walk
ED-venture 
Oct. 10, 9:30 a.m. to 12:30 p.m.

23 **NEW** Acting for Fun with The Vintage Players
Oct. 10 – Oct. 31, 1:30 to 3 p.m.


23 American Mah Jongg for Beginners
Oct. 10 – Nov. 7, 3:30 to 5 p.m.


23 **NEW** Go Green, Lite Green
Oct. 17 – Oct. 31, 9:30 to 11 a.m.

23 **NEW** Indian Spices to Improve Your Health
Oct. 17 – Oct. 31, 11:30 a.m. to 1 p.m.

24 **NEW** Learn to Use Your iPad
Oct. 24, 9:30 to 11 a.m.

24 **NEW** What To Ask Your Doctor
Oct. 31 – Nov. 7, 11:30 a.m. to 1 p.m.

24 **NEW** Fore! The World Golf Hall of Fame
ED-venture 
Nov. 14, 10:30 a.m. to 2 p.m.

24 **NEW** Insider's Tour of St. Augustine
ED-venture 
Dec. 5, 10 a.m. to 5 p.m.

FRIDAY AT UNF


25 Municipal Bonds: A Foundation of Quality
Sept. 20, 11:30 a.m. to 1 p.m.
Nov. 15, 11:30 a.m. to 1 p.m.

25 **NEW** The Forgotten War: Korea
Sept. 27 – Nov. 1, 9:30 to 11 a.m.

25 **NEW** Essential French Grammar
and Readings, Part 10
Sept. 27 – Dec. 6, 10 to 11:30 a.m.
(No class: Nov. 29)

25 Kick-Start Your Health: Power of Your Plate
Sept. 27, 10 a.m. to noon

25 **NEW** Florida Friendly Landscaping
Oct. 4 – Oct. 18, 9:30 to 11 a.m.


26 **NEW** Your St. Johns River
Oct. 4, 10 a.m. to noon
ED-venture 
Oct. 7, 10 a.m. to 2 p.m.

26 **NEW** The Lincoln Administration
Oct. 11 – Nov. 15, 9:30 to 11 a.m.

26 **NEW** Successful Retirement Transitions
Oct. 18 – Nov. 1, 9:30 to 11 a.m.

26 Cancer Project: How Foods Fight Cancer
Oct. 18, 10 a.m. to noon

26 Special Interest Group: Creative Writing
Oct. 25, Nov. 22, Dec. 20, 1:30 to 3 p.m.

27 **NEW** Fire! Behind the Scenes with Jacksonville
University's Glass Department
ED-venture 
Nov. 1, 10:30 a.m. to 1 p.m.

27 Diabetes: How Foods Fight Diabetes
Nov. 22, 10 a.m. to noon

27 Special Interest Group: The OLLI Joyful Voices
Fridays at 1:30 p.m. in conjunction
with performance dates

SATURDAY AT UNF

27 **NEW** A History of Valor: African American
Military Units
Sept. 28 – Oct. 26, 10:30 to noon



Online Courses ▼

28 **NEW** Introduction to Microsoft Word 2010
Online, available for 6 weeks

28 **NEW** Introduction to Windows 7
Online, available for 6 weeks

28 **NEW** Introduction to Windows XP
Online, available for 6 weeks

Fleet Landing ▼

MONDAY

29 **NEW** The Operas of Giuseppe Verdi, Part 1
Sept. 23 - Nov. 25, 10 to 11:30 a.m.
(No class: Nov. 11, Nov. 18)

TUESDAY

29 **NEW** Gardening in Small Spaces
Oct. 1, 10 to 11:30 a.m.

30 **NEW** Richard Nixon and the Role of Intelligence
in the 1973 Arab-Israeli War: An Overview
Oct. 15, 1:30 to 3 p.m.

30 Your Eyes: The Window to Your Body
and Your Wellness
Oct. 29 – Nov. 5, 10 to 11:30 a.m.

WEDNESDAY

30 My List for Life
Oct. 23, 1 to 2:30 p.m.

THURSDAY

30 **NEW** Remember Who You Are!
Oct. 24, 9 a.m. to noon

Glenmoor ▼

TUESDAY

31 **NEW** The Pacific War: 1941 to 1945
Sept. 24 – Nov. 26, 10:30 a.m. to noon

THURSDAY

31 My List for Life
Nov. 14, 1:30 to 3 p.m.

SATURDAY

31 **NEW** Gardening in Small Spaces
Oct. 5, 1 to 2:30 p.m.

Westminster Woods on Julington Creek ▼

MONDAY

32 **NEW** Gardening in Small Spaces
Oct. 14, 10 a.m. to 11:30 p.m.

TUESDAY

32 **NEW** Religious and Ethical Traditions
of Northeast Asia
Sept. 3 – Sept. 24, 10 to 11:30 a.m.

32 **NEW** Introduction to Taoist Tai Chi
Oct. 1 – Nov. 5, 10 to 11:30 a.m.

THURSDAY

32 Backyard Birds in Northeast Florida
Sept. 26 – Oct. 3, 1 to 2:30 p.m.

32 My List for Life
Oct. 24, 1:30 to 3 p.m.

FALL 2013

ADAM W. HERBERT UNIVERSITY CENTER



12000 Alumni Drive, Jacksonville, FL 32224

MONDAY ▼

NEW UNF OSPREY SWOOP SQUAD CAMPUS TOUR

ED-venture 

Sept. 16, 9:30 to 11:30 a.m.

1 session, \$10 (fee includes campus parking pass)

Discover what CNN anchor Wolf Blitzer called “the prettiest campus I’ve ever been on!” If you are interested in learning more about OLLI’s host institution, this tour is for you! After boarding a bus at UNF’s Visitor Center, you will get an overview of the campus and campus life as well as visit points of particular interest to non-traditional students. Join us to learn about the university’s history and its future plans. Following our tour, we will visit the new Student Union to enjoy a Dutch-treat lunch and bookstore shopping excursion.

Coordinator: Billie Hayward, p. 37

NEW KEEPING CURRENT

Sept. 30 – Nov. 25, 9:30 to 11:30 a.m.

8 sessions, \$65

In today’s world of information overload, it is hard to find information you can trust about controversial subjects. Students will choose topics to explore each week, using a wide variety of sources, including suggested readings. These are filtered through diverse perspectives and vigorously discussed in class sessions. Consensus is not always possible, but everybody will emerge better informed. Along the way, enjoy lots of laughs.

Instructor: Samuel Hart, p. 36



FACULTY BIOGRAPHIES

Start on page 33



**LIVE WELL.
LEARN
FOREVER.**

MONDAY ▼ Continued

NEW THE CURRENT STATE OF THE ECONOMY AND THE OUTLOOK

Sept. 30, 11:30 a.m. to 1 p.m.

1 session, \$10

This short course focuses on the current state of economic conditions in the U.S., with some commentary on the global economic landscape. Review the most recent economic history and government policies, and explore their results and what we might expect in the near future. We'll examine austerity or growth and spending in the United States and European Union. Finally, explore what has been working to improve the economy.

Instructor: Joe Steinman, p. 40**NEW YOGA BASICS: AN INTRODUCTION AND DEMONSTRATION**

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

1 session, \$10

This classroom demonstration introduces you to the practice of yoga. The instructor and one of her experienced students will demonstrate several beginner poses. Knowledge gained from this class will help you choose a yoga program that meets your individual needs.

Instructor: Judy Dean, p. 35**LA FLORIDA: THE LAND OF FLOWERS**

Oct. 7 – Oct. 14, 9:30 to 11 a.m.

ED-venture  Oct. 21, 11:30 a.m. to 1 p.m.

3 sessions, \$25

Where is the Land of Flowers? Just look around: we call it home. In 1513, Ponce de Leon stepped ashore the land we now call Florida and named it La Florida: the Land of Flowers. The native flowers and plants he observed persist to this day. Florida has approximately 3,000 species of native plants. The use and value of native plants has been recognized as we become more aware of issues affecting our water and environment coupled with a desire to see more butterflies and birds and experience a sense of La Florida in our own community. Whether a beginner, an experienced gardener or just curious, discover how you can make a difference by learning why, what, how, where and when to use native plants.

WAKE UP AND PLANT THE NATIVES

This session is based on a book written by Doug Tallamy. Tallamy provides the rationale for the use of native plants and explains how everyone can welcome more wildlife, including birds, butterflies and bees into their yards. Discover why and how individual gardeners can protect and conserve the biological diversity of our natural world that is vital and irreplaceable. In Tallamy's words, "The wild creatures we enjoy and would like to have in our lives will not be here in the future if we continue to take away their food and the places they live."

Instructor: Barbara Jackson, p. 37**MAINTENANCE OF NATIVE PLANTS IN A RESIDENTIAL LANDSCAPE**

Discuss plant selection and installation, mulching, pruning and trimming, weed control, watering and replanting, because we rarely get it right the first time. Contrary to what we might wish, native landscapes do not mean they're maintenance-free. All plantings need some kind of care during the course of their lives, some more than others. A key point to remember is plants tend to grow. What starts as a small row of shrubs along the front of your house, becomes a lifetime pruning chore you may not want. With basic knowledge you can enjoy the benefits of living with the natives.

Instructor: Jake Ingram, p. 37**GUIDED TOUR OF THE UNF SAWMILL SLOUGH PRESERVE**

Chuck Hubbuch, a curator of the Sawmill Slough Preserve, will lead this tour through a natural habitat for native plants and animals. UNF President John Delaney designated this 382-acre area on campus as a preserve in May 2006. The purpose of the preserve is to assure the Sawmill Slough Preserve will persist in a natural condition, protecting the natural water drainage of the slough through campus, as well as the native plants and animals associated with this habitat. Chuck is responsible for overseeing the maintenance of the natural habitats in the preserve and for restoration of these habitats where required.

Instructor: Chuck Hubbuch, p. 37



**NEW
ONLINE
ENROLLMENT**
See page 2
for details.



NEW IS YOUR HEARING KEEPING UP WITH YOUR LIFE: THE BRIDGE TO BETTER HEARING AND COMMUNICATION

Oct. 7 – Oct. 21, 11:30 a.m. to 1 p.m.
3 sessions, \$25

Maximize your hearing and communication! Learn about the anatomy and physiology of how we hear and process sound, and the emotional and physical consequences of untreated hearing loss. You will understand the difference between hearing and listening, effective communication strategies for the talker and the listener with hearing loss, and the evolution of hearing aid technology from the 1600s to the present.

Instructor: Nancy Gilliom, p. 36

NEW OPEN ART STUDIO PAINTING

Oct. 7 – Nov. 11, 1 to 3 p.m.
6 sessions, \$50 (Maximum 10 students)

Location: Camellia at Deerwood

This is an open studio art class where artists of all levels can paint and learn together. Experiment with painting techniques, color and composition. Receive instructor and peer critiques. Focus is on oil and acrylic media.

Required: Instructor will provide a materials list to enrolled students.

Instructor: Elaine Omann, p. 39



NEW PHOTOGRAPHING NATURE WITH A DIGITAL CAMERA

Oct. 7 – Oct. 21, 1:30 to 3 p.m.
3 sessions

Boost your skills as a digital photographer! This overview of the basic elements of photography includes mastery of in-focus and properly exposed digital images. Emphasis will be placed on use of your own equipment in hands-on sessions. Beginning and intermediate photographers will learn the basic operation of their camera controls and various techniques for photographing birds, plants and naturescapes. Discussion will include exposure, focus and composition, and a look at some of the equipment and features helpful for advancing your skills as a nature photographer. A photo project will be assigned and the class will conclude with a fun and helpful review of your work.

Required: Any digital camera is preferred from point-and shoot to DSLR. A smart phone is acceptable.

Instructor: Gary Whiting, p. 41

NEW READING AND PERFORMING SHAKESPEARE: KING LEAR

Oct. 14 – Nov. 25, 1:30 to 3 p.m. (No class: Nov. 11)
6 sessions, \$40

Unleash your inner Shakespearean actor! In this highly interactive class, each of us will have a role in Shakespeare's "King Lear." We'll read the play aloud, act by act, with each of us performing our role. These readings will be accompanied by critical discussion of character speeches and actions.

Required: "King Lear," paperback, preferably the Modern Library Classics edition, available from Amazon for \$7.20.

Instructor: Alexander Weiss, p. 41

MONDAY ▼ Continued

ST. AUGUSTINE LIGHTHOUSE AND MUSEUM**ED-venture** 

Oct. 14, 11 a.m. to noon

1 session, \$25

Discover what goes on behind the scenes at the museum. This program provides you with exclusive access to parts of the historic light station not available with general admission tickets. The tour includes the maritime archaeology artifact conservation lab, where participants will view authentic shipwreck artifacts recently recovered from the ocean floor. Learn how archaeologists conserve these invaluable resources. Investigate the history of the St. Augustine Lighthouse, which includes a glimpse of life as a lighthouse keeper in the late 1800s at the Keepers' House museum. Your tour will end with the opportunity to climb the lighthouse and enjoy the view from 140 feet above ground.

After the tour, enjoy a Dutch-treat lunch at a nearby restaurant.

CUMBERLAND ISLAND NATIONAL SEASHORE

2 sessions, \$45 (fee includes round-trip ferry and park admission)

Oct. 21, 1:30 to 3 p.m.

ED-venture 

Nov. 4, all-day tour

(Maximum participants: 24)

Learn about the history of Cumberland Island, from the first settlers through the Carnegie era. Discover how it became a National Seashore and learn about the conflicts of the people still living on the island. On the all-day tour, you will take the ferry from St. Mary's, Ga. to the island and follow a National Park ranger to see the ruins of Dungeness, a once spectacular Carnegie mansion. Bring a picnic lunch to enjoy on the grounds. This will be followed by a guided tour from the instructor, who will give you a more extensive look at the southern end of the island, with a few other special treats. Transportation to St. Mary's is on your own but you may discuss carpooling at the first class.

Required: Physical stamina is required as the itinerary represents a full day of touring and walking.

Instructor: Lisa Federico, p. 35

NEW RICHARD NIXON AND THE ROLE OF INTELLIGENCE IN THE 1973 ARAB-ISRAELI WAR

Oct. 21 – Nov. 4, 1:30 to 3 p.m.

3 sessions, \$25

This course examines the players, the military timeline, the intelligence and the lessons learned from the 1973 Arab-Israeli War (Sept. 13 to Oct. 28). We'll examine the dynamics among the players: Richard Nixon, Henry Kissinger, William Colby, Anwar Sadat, Hafez al-Assad, Golda Meir and Leonid Brezhnev. Then explore conflicting intelligence briefs that informed government and military (re)actions.

Instructor: Dane Baird, p. 33

NEW THE ROAD TO MODERNITY: EUROPE IN THE 17TH CENTURY

Oct. 21 – Dec. 16, 10 a.m. to noon (No class: Nov. 11)

8 sessions, \$65

Following the Reformation, the economic, social, religious and political upheavals of the 17th century were so devastating, and the ravages of famine, plague and warfare so extreme, that many historians have dubbed it an "Age of Crisis." But, from another perspective, it was also marked by a long, drawn out adjustment of educated men and women to a radically new world view that ushered in the 18th century "Age of Enlightenment" and, eventually, our modern society. The primary focus of this course will not be on monarchs and their wars, but on the agents of this intellectual revolution, the circumstances that produced them and their long-term impact. Among others, we will meet René Descartes and Baruch Spinoza as they construct new philosophies that accommodate the needs of a new time, Galileo Galilei and Isaac Newton as they launch the scientific revolution, and Thomas Hobbes and John Locke as they wrestle with questions of state, church and ultimately representative democracy. Our objective is to better understand the past and how we became who and what we are today.

Instructor: Martin Connor, p. 35

NEW CREATING A STORM AND WIND
RESISTANT TREE

Oct. 28, 11 a.m. to 1 p.m.
1 session, \$15

You can reduce the risk of storm damage through tree care. Learn how to recognize defects in trees that make them more damage prone, and how to correct them. Students will learn how to contract with a tree service company to properly prune trees for wind resistance. Become more confident in your ability to recognize proper tree work from poor tree work.

Instructor: Larry Figart, p. 35

NEW STRATEGIES TO MAKE MATH EASY

Oct. 28, 1:30 to 3 p.m.
1 session, \$10

Conquer your fear of math in one session! Discuss different methods to de-mystify math problems — even word problems — and make them easier to understand. You may even learn how to help your grandchildren with their math.

Instructor: Shashi Sathe, p. 39

NEW GROWING FRUIT IN NORTH FLORIDA

Nov. 4, 11 a.m. to 1 p.m.
1 session, \$15

Conquer your fear of growing fruit trees! Understand the basics of growing deciduous fruit trees such as peaches, plums, pears, persimmons and blueberries. Learn which varieties grow well in our climate, as well as optimal growing conditions.

Instructor: Larry Figart, p. 35

CHILDREN'S LITERATURE FOR GRANDPARENTS

Nov. 4, 11:30 a.m. to 1:30 p.m.
1 session, \$15

Sharing books with young children is such fun. Explore classic children's literature covering a variety of reading levels, while gaining an understanding of the current language arts curricula. Learn strategies for improving reading skills for elementary school children. Enjoy this wonderful pastime with your grandchildren, while helping them develop lifelong reading skills.

Instructor: Janet Willner Myers, p. 38

NEW AN INTRODUCTION TO QUANTUM MECHANICS

Nov. 4 – Dec. 2, 11:30 a.m. to 1 p.m. (No class: Nov. 11)
4 sessions, \$30

Maximize your knowledge of physics! Quantum mechanics is a branch of physics that deals with physical phenomena at atomic scales. We will begin by examining classical physics, then move to light, matter and waves, intrinsic spin, the Bohr atom, the Heisenberg uncertainty principle and particle statistics (Fermions and Bosons). Time permitting, we'll explore applications such as entanglement, fluorescence and lasers.

Recommended: "Amazing Story of Quantum Mechanics" by James Kakalios available at Amazon for \$11.

Instructor: Alan Gleit, p. 36

TRAVELS IN SOUTH ASIA: MYANMAR AND INDIA

Dec. 2 – Dec. 16, 11:30 a.m. to 1 p.m.
3 sessions, \$25

Myanmar: Finally released from the repressive rule of the military, the country, formerly called Burma, is attracting attention as a tourist destination. Known for the prominent human rights activist Aung San Suu Kyi, who was held under house arrest for almost 15 years and released in 2011, the country's relationships with other countries have begun to improve. The instructor recently visited Myanmar and has many stories to share about this diverse and beautiful country.

India: This ancient land has many different travel options, including forts, palaces and spectacular mountain scenery. Learn the history, culture and spirituality of this diverse country that has recently become an influential business hub. Explore both of these fascinating countries.

Instructor: Roshan Massey, p. 38

TUESDAY ▼

NEW IMPROVE YOUR STORYTELLING

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

Do you aspire to be a better storyteller? Discover opportunities to enhance your stories and critiquing techniques designed to enhance your performance levels for various audiences and topics. This course is for experienced storytellers who want to further develop their skills.

Instructor: Jim Mittlestadt, p. 38

TUESDAY ▼ Continued

NEW INTERMEDIATE BRIDGE 1

Sept. 17 – Oct. 15, 10 a.m. to noon
5 sessions, \$45

Designed for those who have had previous instruction in the game, this course focuses on play of the hand, defense and an introduction to the modern game's simple conventions. Class time will consist mostly of actual card play and assumes a basic understanding of bidding principles.

Instructor: John Reeve, p. 39

NEW INTERMEDIATE BRIDGE 2

Sept. 17 – Oct. 15, 1 to 3 p.m.
5 sessions, \$45

This course concentrates on declarer play and defensive signaling. Get an in-depth look into card combinations. This course will be primarily card play and problem-solving sample hands.

Instructor: John Reeve, p. 39

NEW THE OPERAS OF GIUSEPPE VERDI, PART 1

Sept. 24 – Nov. 12, 9:30 to 11 a.m.
8 sessions, \$50

Discover Verdi's very early operas from "Oberto," which was performed at La Scala in 1839, through "Alzira," which was performed at Teatro San Carlos in Naples in 1845, operas seldom seen by today's audiences. Enjoy DVD excerpts, and discuss each and its place in Verdi's history. This is the first course in a four-part series based on a multimedia e-book the instructor is writing about Verdi.

Instructor: John Hendrickson, p. 37

**NEW** TAI CHI FOR BEGINNERS

Sept. 24 – Oct. 29, 9:30 to 10:30 a.m.
6 sessions, \$40

Learn the basic principles and movements of Sun style Tai Chi and its application to physical and mental well-being and fall prevention. Safe class participation and practice at home is essential. Please check with your health care provider before starting any exercise program.

Instructor: Gary Hickenbottom, p. 37

NEW THE SUPREMES: SANDRA, RUTH, SONIA AND ELENA

Sept. 24 – Oct. 29, 11:30 a.m. to 1 p.m.
6 sessions, \$40

This is a round-table discussion group focusing on the first four pioneering women of the Supreme Court: Sandra Day O'Connor, Ruth Bader Ginsburg, Sonia Sotomayor and Elena Kagan. Acting as co-facilitators, member teams will focus on each week's subject through the presentation of independent research and questions for related discussion. To keep the topic as current as possible, and to ensure adequate preparation for group discussion, a final syllabus will be sent to students at least one week prior to the first class.

Required: Students are expected to have a fair amount of fluency with the Internet and be prepared to fully engage in the conversation.

Instructor: Lee Marshall, p. 38

NEW UNDERSTANDING OUR WORLD: DEFINING THE NEW MILLENNIUM

Sept. 24 – Oct. 29, 11:30 a.m. to 1 p.m.
6 sessions, \$40

In this eighth installment of the "Understanding our World" series, we'll explore why future centuries will be different than the last two. Many experts are right about the likely changes to occur, but wrong about the likely causes. Identify the 19th and 20th century events that will affect changes in the earth's civilization model and introduce dramatic changes in commerce, peace, family, religion and world conflict. With no assigned reading, the class format will focus on lectures, inquiry and discussion.

Instructor: Jay Marshall, p. 38



SPEAKER SERIES

BACK TO SCHOOL WITH UNF OLLI
SEE PAGE 3



NEW A WALK WITH AMERICAN WOMEN POETS

Sept. 24 – Oct. 22, 3:30 to 5 p.m.

5 sessions, \$35

Enrich your knowledge of American women poets who filtered our culture through their singular voices. Our path will explore Rita Dove's lyricism, Gwendolyn Brooks' realism, Tess Gallagher's brashness and Mary Oliver's poignancy. Of course, there will be a few surprises along our way. We will read and discuss poetry with special attention to the substance to what the poem is saying.

Required: E-mail access.

Recommended: The first session will feature Rita Dove's "Thomas and Beulah" (Carnegie Mellon Poetry Series), available in paperback at Amazon for \$2.50 to \$12. Other class materials will be furnished.

Instructor: Dixie Guill Golden, p. 36

NEW PICKLEBALL FOR ROOKIES

Oct. 1 – Oct. 22, 9 to 11 a.m.

4 sessions, \$35

Location: Jarboe Park, Neptune Beach

Pickleball is a fun game played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball similar to a whiffle ball and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. The game can increase your motor skills and enhance your mobility. Pickleball is a fun way to exercise! To learn more, visit www.pickleballbythesea.com.

Required: Your hosts, Pickleball by the Sea, will provide the required equipment.

Instructor: Verna Griffin, p. 36

NEW THE MOVIES: OUR ENDURING PASSION, PART 1

Oct. 1 – Nov. 26, 9:30 to 11 a.m.

9 sessions, \$55

In the 1890s, in France and America, the motion picture camera and flexible celluloid film were developed. Within 10 years, the movies were being shown in more than a dozen countries. Follow the history of filmmaking, techniques and stars from those early days through the addition of sound and into the early 1930s.

Instructor: Kenneth McMillan, p. 38

NEW CURRENT EVENTS

Oct. 8 – Dec. 17, 9:30 to 11:30 a.m.

11 sessions, \$85

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

Facilitator: Howard Hodor, p. 37

NEW GENEALOGY FOR NOVICES

Oct. 8 – Nov. 5, 11:30 a.m. to 1 p.m.

5 sessions, \$35

This class provides a starting place to identify and document ancestors found within the United States. Like any area of study, genealogy has its processes, forms and vocabulary. Learn to identify basic records, where to find them and how to glean important information. Use forms to help you record and organize data. Students are encouraged to share their family stories and research experiences.

Required: Students must have access to a computer with Internet service. Experience with Internet research is helpful.

Instructor: AnnLee Alley, p. 33

TUESDAY ▼ Continued

NEW GROWING ROSES IN NORTH FLORIDA

Oct. 8 – Oct. 22, 11:30 a.m. to 1 p.m.
3 sessions, \$25

Enrich your knowledge of the fundamentals of North Florida rose gardening! Following an introductory session, students will participate in a hands-on session about rose propagation (own root and budding onto fortuniana). The final session will focus on container roses, designing and laying out your North Florida rose garden and companion plants. Expect to take your own fortuniana-budded or own-root potential plant with you.

Instructor: Gene Waering, p. 41

NEW A BRIEF EXCURSION INTO NORSE MYTHOLOGY

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

Enrich your knowledge of Norse mythology, its symbolism, gods, goddesses and how they persist in today's world. We'll discuss modern forensics and the "Bog People," humans from the Iron Age. Explore the heroic ideal, corresponding world view and the German epic poem, "Nibelungenlied" or "The Song of the Nibelungs."

Instructor: Margaret Sander, p. 39

NEW INTERMEDIATE WOODCARVING

Oct. 15 – Nov. 26, 9:30 a.m. to noon
7 sessions, \$75

Intermediate and advanced woodcarvers will find a challenging opportunity in this class. We'll begin with refresher safety instructions, a knife sharpening review and project selection. Each student will be required to have a UNF liability waiver on file before they can carve. You'll generally work alone, but the master carver instructor will be available to assist in all phases of project selection, design, carving, finishing and displaying. This class includes a detailed description of carving knives for anyone wishing to add new knives. Work at your own pace, completing at least one project before the end of the seven-week class.

Required: Carving gloves and knives.

Instructor: Glenn Ross, p. 39

TIPS AND TRIPS WITH YOUR DIGITAL CAMERA

Nov. 5 – 12, 9:30 a.m. to noon
2 sessions, \$30

New digital camera owners will get in-depth tutelage on how to use the camera's controls, the importance of memory cards, e-mailing, printing and general camera usage. Learn tips for safe and fun use of your camera while traveling. This class is intended for beginners and anyone who needs an update on digital camera use.

Instructor: Jay Sherline, p. 40

WEDNESDAY ▼

NEW INTRODUCTION TO THE PROFESSOR'S ONE-MINUTE GUIDE TO STOCK MANAGEMENT

Sept. 11, 9:30 to 11 a.m.
1 session, \$10

Discover a unique introduction to a complete stock trading and portfolio management methodology. Learn to do this yourself, without the aid of a broker. Take control! Manage your investments. Learn to trade stocks. Some basic knowledge of the stock market is recommended.

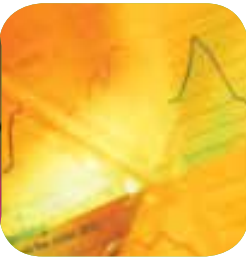
Instructor: Hank Swiencinski, p. 40

NEW THE GREAT BOOM AHEAD: THE FUTURE OF THE U.S. ECONOMY

Sept. 18, 3:30 to 5 p.m.
Nov. 6, 3:30 to 5 p.m.
Each: 1 session, \$10

Enrich your understanding of the correlation between the U.S. demographics and the past, current and future U.S. economy. We will discuss everything from the Baby Boomers and their struggle to retire, to the Millennials and their need to spend money. Understanding these bubbles in the U.S. population could help you make wise financial decisions about your future.

Instructor: Jim Newman, p. 39



**NEW
ONLINE
ENROLLMENT**
See page 2
for details.



NEW **FIXING LIGHT: A BRIEF HISTORY OF PHOTOGRAPHY, PART 1**

Sept. 25 – Oct. 16, 9:30 to 11 a.m.
4 sessions, \$30

Increase your knowledge of this popular art form. Trace photography from its invention in Britain and France to its early commercial and documentary applications. Finally, examine selected photographic works by artists who defined the medium’s expressive power.

Instructor: Jeanette Toohey, p. 40

NEW **MYSTERIES UNLIMITED: INTERNATIONAL**

Sept. 25 – Nov. 20, 1:30 to 3 p.m. (class meets alternate weeks)
5 sessions, \$35

The travel bug has bitten again! We’ll start in Shanghai with Qui Xiaolong’s Inspector Chen series No. 1, No. 7, or the newest, No. 8, “The Enigma of China.” Then, take flight on a global search for good contemporary mysteries packed with local history, culture, politics, and of course, crime. The authors usually come from the areas they write about. A reading list and study guide will be provided. Libraries have limited quantities, so books may need to be purchased. We meet every other week to allow time for reading.

Instructor: June Weltman, p. 41

FOOTBALL STRATEGY, PART 1

Sept. 25 – Oct. 23, 1:30 to 3 p.m.
5 sessions, \$35

Avid football fans will get the real story from a retired NFL and CFL coach with firsthand knowledge of the inner workings of the game. This course provides insights from the coaching perspective into the strategies behind the game. An overall discussion of coaching philosophy, organizations and management

styles is followed by detailed descriptions of the three major teams: offense, defense and special. When discussing offense, Coach Pasquale covers terminology, cadence, formations, personnel and use of films/ tape. On defense he explains the terminology, position groups, use of personnel, types of defenses and film/ tape usage. Special teams includes a discussion of the strong convictions of team members, coordination with the head coach, personnel placement, evolution of staff and the use of film/tape. Pasquale also describes general team issues such as off-season training, scouting, the draft, trainers, facilities, travel arrangements and salary cap management. Students gain a full understanding of the game of football. Hike!

Instructor: Larry Pasquale, p. 39

NEW **WRITING YOUR SPIRITUAL AUTOBIOGRAPHY**

Sept. 25 – Oct. 23, 11:30 a.m. to 1 p.m.
5 sessions, \$35

Bring your favorite writing instrument with you on this creative armchair journey through your life. No writing experience is required; no reading assignments will be given. You already know what you need to write your spiritual autobiography. Each workshop will offer readings from authors who have written about their spiritual journeys. Writing prompts will be given to get you started writing the story of your life. There will be no requirement to share with the group or the instructor. Discussions will include group pilgrimage possibilities.

Recommended: Student purchased books “Bird by Bird, Some Instructions on Writing and Life” by Anne Lamott; and “The Pen and Bell, Mindful Writing in a Busy World” by Brenda Miller and Holly J. Hughes. Both available at Amazon for \$1 to \$17 each.

Instructor: Charlene Vincent, p. 41

WEDNESDAY ▼ Continued

NEW A PEOPLE'S HISTORY OF THE UNITED STATES:
PART 1, 1492-1914

Sept. 25 – Nov. 20, 1:30 to 3 p.m.
9 sessions, \$55

Discover an alternate view of U.S. history from the perspective of the underdog. This examination focuses on those who live on the margin: women, factory workers, African Americans, Native Americans, the working poor and immigrant laborers. Explore facets of American history not represented in your primary and secondary school curriculum.

Recommended: "A People's History of the United States" (2003 edition) by Howard Zinn, available at Amazon and Barnes & Noble from \$9 to \$17.

Instructor: Bill Howes, p. 37

NEW RELIGIOUS AND ETHICAL TRADITIONS
OF NORTHEAST ASIA

Sept. 25 – Oct. 16, 1:30 to 3 p.m.
4 sessions, \$30

The countries of Northeast Asia are playing an increasing role in the contemporary world in terms of both economics and politics. Central to understanding these countries are the religious and ethical traditions that have influenced their cultures and way of life, sometimes in surprising ways. Explore Shamanism, Japanese Shinto, Chinese Folk Religion, Taoism, Confucianism, Buddhism and Christianity. Major political decisions, economic success, business management, attitudes and practices in daily life, have all been derived from religious and ethical decisions. Perhaps even more surprising is the degree to which the religious and ethical traditions continue to play a role in the countries of Northeast Asia today, even in such avowedly secular states as China and North Korea. Your instructors will bring a rich array of resources, including charts, diagrams, religious objects and recommended weekly readings. Classroom interaction will be encouraged.

Required: Selected readings available via the Internet and class handouts.

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

NEW FOOTBALL STRATEGY, PART 2

Sept. 25 – Oct. 23, 3:30 to 5 p.m.
5 sessions, \$35

Football Strategy 2 is designed for the football fan who understands the basics of the sport. In-depth class discussions will examine the inner workings of football and target the latest NFL happenings. There will be time for questions and an opportunity to discuss current issues in the sport. The Jaguars will be a feature, including ongoing developments and the team's history.

Instructor: Larry Pasquale, p. 39

MANAGING CHRONIC PAIN

Sept. 25 – Oct. 16, 4 to 5 p.m.
4 sessions, \$25

This course focuses on managing chronic pain through the use of Myofascial Release Treatment (MFR), a non-invasive pain management technique. Students will learn about the conditions that would benefit from this type of treatment, including back, neck and jaw (TMJ) pain, sciatica, headaches, whiplash, fibromyalgia, adhesions, carpal tunnel syndrome, frozen shoulder and osteoarthritis. Gain an understanding of the fascial system in our body and learn about appropriate stretching techniques to manage pain.

Required reading: Myofascial Release Therapy on www.myofascialrelease.com.

Instructor: Darly Thoppil, p. 40





FALL 2013
ENROLLMENT
OPENS AUG. 14



NEW BEHIND THE SCENES: THE JACKSONVILLE ARBORETUM AND GARDENS

Oct. 2 – Oct. 16, 9:30 to 11 a.m.

ED-venture Oct. 23, 10 a.m. to noon

4 sessions, \$35

This course will give you an in-depth, behind-the-scenes look at this unique natural wonderland in the midst of our city. Classroom sessions will include an overview of the arboretum, its history, organization, property features and more. You will learn about its ecology including ecosystems, habitats and wildlife as well as management challenges and solutions. You will find out about the arboretum’s ongoing and special events, programs and activities. The final class will be an ED-venture, a guided walking tour of the arboretum. The amount of time and walking distance is adaptable to the group’s wishes and abilities. Course content will be delivered through a PowerPoint presentation. Discussion, questions and comments will be encouraged.

Instructors: Gail Beveridge, p. 34 and Rachael Sulkers, p. 40

NEW AMELIA ISLAND TREASURES: FLORIDA’S OLDEST LIGHTHOUSE AND NATURE WALK IN EGANS CREEK GREENWAY

ED-venture

Oct. 2, 10 a.m. to 3 p.m.

1 session, \$15

Join us for a visit to the Amelia Island Lighthouse and a nature walk in Egans Creek Greenway. The lighthouse is the oldest in our state and was built in 1838 during Florida’s Territorial Period. The structure has survived intact without major renovation to become the island’s symbol. We continue our island exploration by taking a walk through Egans Creek Greenway. The 300-acre park is home to a variety of natural wildlife and vegetation. Following a Dutch-treat lunch, we will have an opportunity to explore more of the Greenway. Put on your hat and comfortable walking shoes, pack your water and bug spray and slather on the sunscreen to enjoy a great day in Fernandina Beach! To learn more about the venues, visit www.fbfl.us.

Coordinator: Diane Dyal, p. 35

NEW THE PROPHETS FROM THE HEBREW TEXT IN SCRIPTURES

Oct. 2 to Nov. 20, 10 a.m. to noon

8 sessions, \$65

Who doesn’t ask: “If I do something, will it have my desired result, or will it go against my desire?” People have sought an answer to this question from any visible source, and finding none, tried to “divine” the answers by consulting an oracle, reading tea leaves or beseeching the “gods” on mountain tops and in man-made temples. Those humans who offered answers were sometimes called prophets. The instructor, a rabbi, will teach about the Hebrew prophets, discussing their characters, their mission, their lives and the words they spoke. He will use readings from the Scriptures to illustrate the work of the different prophets, relate them to their times and illustrate the message they sent to future generations.

Recommended: Students are encouraged to use a Bible as the text for this course.

Instructor: Eliezer Ben-Yehuda, p. 34

THE STRING THEORY TO LEARN TO KNIT

Oct. 2 – Nov. 13. 1:30 to 3:30 p.m.

7 sessions, \$55

Learn to knit more than your brows! This course is perfect for both beginning and advanced knitters. Come knit one and purl two with your OLLI friends.

Required: Size 8 needles and one skein of yarn.

Instructor: Sandy Ernstsen, p. 35

Check out
our new online
enrollment system.
visit www.unfolli.com



WEDNESDAY ▼ Continued

TRAVEL SKETCHING 101

Oct. 2 – Oct. 23, 10 a.m. to noon

4 sessions, \$35

Enjoy sketching a still life, a landscape and people in settings both inside and outdoors. At the first class learn how to make a simple sketchbook and get suggestions for packing art supplies for traveling. Some classes meet at cafes, where participants may stay for lunch. Miller's philosophy of art echoes Renoir's, who said, "For me a picture should be something likable, joyous and pretty. There are enough ugly things in life for us not to add to them." Perhaps this experience will invite you to add something likable, joyous and pretty in life.

Recommended: Sketchbook and drawing supplies: pencil, pen and watercolors. Suggestions will be provided at the first class.

Required: \$2 payable to the instructor for expenses related to sketching off-campus.

Instructor: Mary Ann Miller, p. 38

**NEW THE ISLAMISTS ARE COMING:
WHO THEY REALLY ARE**

Oct. 16 – Nov. 20, 3:30 to 5 p.m.

6 sessions, \$40

Are you ready to go beyond sensationalist headlines and short overview articles on the rise of political Islam? "The Islamists Are Coming" is among the first substantive efforts to survey the rise of political Islam in the wake of the Arab Spring. Noted author and journalist, Robin Wright offers an overview of the topic. Ten experts identify and discuss the dynamics of change as secular dictatorships fall, religious conservatism gains strength and consolidates itself in positions of political power throughout the Middle East and North Africa. Yet, rather than being a monolithic bloc, these groups often have diverse goals and different constituencies. In fact, they are often rivals. Each class session is designed to assist both generalists and specialists expand their knowledge and understanding of this most volatile and interesting region.

Recommended: "The Islamists Are Coming: Who They Really Are." by Robin Wright, available at Amazon for \$7 to \$14.

Instructor: John Frketic, p. 36

NEW THE AMERICAN DREAM OR DID YOU BUILD THAT?

Oct. 23 – Nov. 27, 9:30 to 11 a.m.

6 sessions, \$40

Individual effort. Talent. A meritocracy. Work hard and you will achieve success. What are the ingredients of success in America? What factors in our society and indeed in us contribute to achievement? Have those factors changed in the last generation? The decline of the middle class began in the 1980s. Poverty has increased. Income and wealth gaps have grown to a level not seen since the 1920s. What are the causes and potential consequences of this inequality? Should something be done to narrow the gap? What can be done? Nobel Prize-winning economist Joseph Stiglitz logically and clearly discusses these issues in the very readable, recommended text. The course format will be lecture and discussion.

Recommended: Joseph Stiglitz's "The Price of Inequality: How Today's Divided Society Endangers Our Future" available at Amazon for \$9 to \$19.

Instructor: Ralph Sawyer, p. 40

NEW IMPROVE YOUR INTERNET SEARCH SKILLS

Nov. 6 – Nov. 20, 11:30 a.m. to 1 p.m.

3 sessions, \$25

Unleash the power of the Web. Through presentation, demonstration and practice, learn how popular search engines work, ways to find what you want quickly and easily, tips for staying safe online and recognizing scams, where to turn if you need more help and fun stuff to occupy an hour or more!

Instructor: Stephanie Weiss, p. 41

**NEW THE MEDICIS: ART, POWER AND PATRONAGE
IN RENAISSANCE FLORENCE**

Nov. 6 – Dec. 11, 11:30 a.m. to 1 p.m.

6 sessions, \$40

Since Renaissance art is such an extensive subject, this course focuses on the influence of the Medicis of Florence, the most powerful family in Italy, and its patronage of the most important artists of the period. We'll examine the city's great architectural and artistic achievements in their political, intellectual and religious contexts. Artists will include Masaccio, Brunelleschi, Donatello, Fra Angelico, Botticelli, Raphael, Leonardo da Vinci and Michelangelo Buonarroti. Particular student interests will be incorporated.

Instructor: Diana Huston, p. 37

NEW WHAT YOU NEED TO KNOW ABOUT DNA! PART 1

Nov. 6 – Nov. 27, 1:30 to 3 p.m.

4 sessions, \$30

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

Recommended: "DNA Science: A First Course" by David A. Micklos and Greg A. Freyer (Second Edition) available at Amazon for \$10 to \$37.

Instructor: Tom Collins, p. 35

THURSDAY ▼

REMEMBER ME: WRITING THE POWERFUL MEMOIR

Sept. 19, 10 a.m. to 3 p.m.

1 session, \$30

Life is full of adventures. Take your funny, touching or insightful stories and explore how you can turn them into essays and articles or possibly, a family legacy book.

Required: There will be a 30-minute break for lunch (bring your own).

Instructor: Carol O'Dell, p. 39

COMPUTER SECURITY: KNOWLEDGE TO PROTECT YOUR DATA, YOUR FINANCES AND YOUR REPUTATION

Sept. 26 – Oct. 17, 9:30 to 11 a.m.

4 sessions, \$30

In the 1970s, attacks on computers and data were done as occasional pranks to build geek credentials for college students. Today, these computer attacks are continuous and can generate billions of dollars for those who perpetuate them. Learn how to protect your computer, recognize malicious software and situations, and manage your privacy on social networks like Facebook and Twitter. Safeguard yourself in this interconnected world. Students are expected to know how to use a Windows-based computer for e-mail and Web browsing.

Instructor: John Brown, p. 34

NEW INTERMEDIATE TAI CHI

Sept. 26 – Oct. 31, 9:30 to 10:30 a.m.

6 sessions, \$40

This class is for those who have some experience practicing Tai Chi. Learn more advanced movements of Tai Chi for Arthritis (TCA). TCA is a 12-movement Sun-style form developed by Paul Lam with medical experts and Tai Chi practitioners as moderate aerobic exercises to improve flexibility, muscle strength and balance. TCA is endorsed by the Arthritis Foundation for mobility, breathing and relaxation. Safe class participation and practice at home is essential. Please check with your health care provider before starting any exercise program.

Instructor: Gary Hickenbottom, p. 37

NEW FACIAL FITNESS: EXERCISES FOR THE FACE AND NECK

Sept. 26 – Oct. 31, 11:30 a.m. to 1 p.m.

6 sessions, \$40

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

Instructor: Evelyn Anchondo, p. 33



THURSDAY ▼ Continued

NEW PSYCHOLOGICAL TYPE: A TOOL FOR UNDERSTANDING YOURSELF AND OTHERS

Sept. 26 – Oct. 24, 11:30 a.m. to 1 p.m.
5 sessions, \$35

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

Instructor: Jane Bryant, p. 34

NEW WHAT IS THIS THING CALLED JAZZ?

Sept. 26 – Nov. 14, 11:30 a.m. to 1 p.m.
8 sessions, \$50

Boost your appreciation of America's own lively art form. The potpourri of exciting and inventive jazz styles includes ragtime and New Orleans, Chicago classic, swing and big bands, mainstream, bebop, cool, soul, hard bop, Latin, third stream, avant garde and fusion, among others. We will discuss whether all of them can be described as jazz and how they might be described as part of an artistic family. Come listen and learn to the answers are in the recording!

Instructor: Bob Bednar, p. 33

NEW HELP! A ROBOT TOOK MY JOB

Sept. 26 – Oct. 17, 1:30 to 3 p.m.
4 sessions, \$30

For more than 200 years, improved technology has raised living standards and created more jobs than were eliminated. That paradigm may be changing. The digital revolution, especially the growth of hardware and software information technologies, is accelerating exponentially. Companies are becoming far more productive and efficient by spending money on equipment, while either eliminating jobs or not hiring new workers. In the United States, the so-called jobless recovery is just one example of how technology is increasingly displacing human labor. Artificial intelligence and robots taking jobs from people is no longer nightmare science fiction. Examine why this is happening, what it means and possible remedies. Expect light reading and interactive discussion.

Recommended: "Race Against the Machine" by Erik Brynjolfsson and Andrew McAfee available at Amazon for \$4 to \$11.

Instructor: Mike Shore, p. 40

NEW WAS AMERICA FOUNDED AS A CHRISTIAN NATION: FOUNDING FATHERS PERSPECTIVES ON RELIGION

Sept. 26 – Oct. 17, 3:30 to 5 p.m.
4 sessions, \$30

Culture wars in America have prompted discussion and argument as to whether America was founded as a Christian nation. If so, what does that mean for our government and our way of living together? Students will learn about the American religious and political landscape of the mid-to-late 18th century, the religious and political views of the founding fathers — and mothers — and what it all means for Americans today.

Instructor: Joe O'Shields, p. 39



**NEW UNDERSTANDING ISSUES AND CHALLENGES
IN THE MUSLIM WORLD**

Oct. 3 – Nov. 21, 10 a.m. to noon
8 sessions, \$65

Transform your knowledge of the Muslim world. Explore the many socio-economic challenges facing the Muslim world and how they connect to the practices of Islamic faith. Examine the roots of Islamic jurisprudence (Sharia) and analyze the current forces shaping the changing landscape from politics to social norms. The course will use film, books, articles and an active website to look at present-day events in the Islamic world, which will add up to a great learning experience.

Instructor: Parvez Ahmed, p. 33

NEW EXPLORE UNF: CAMPUS WALK

ED-venture 

Oct. 10, 9:30 a.m. to 12:30 p.m.
1 session, \$10

Join us on a leisurely 10K (6.2 mile) walk through campus including the trails in the nature preserve. Nature walks are a great way to keep fit while learning about the local flora and fauna. Consider bringing an OLLI friend or making a new one! After parking at UNF's University Center, we will gather at the front entrance and explore our beautiful campus. Be sure to wear comfortable walking shoes, a hat and bring insect repellent and water. Walking pole is optional.

Coordinator: Linda Leon, p. 38

NEW ACTING FOR FUN WITH THE VINTAGE PLAYERS

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

Have you ever wanted to try acting? Learn theater basics from members of The Vintage Players. They'll teach stage movements, direction, etiquette and how to develop a character. You'll have the opportunity to perform during each class. Those with and without acting experience are welcome.

Instructors: The Vintage Players, p. 41



AMERICAN MAH JONGG FOR BEGINNERS

Oct. 10 – Nov. 7, 3:30 to 5 p.m.
5 sessions, \$35

Learn to play according to the rules of the National Mah Jongg League. Mah Jongg uses a card with specific hands, tiles with values and rules to enrich your experience. This universal game brings friends, both new and old, together. Mah Jongg is a blast from the past that clicks into the future.

Instructor: Donna Gruen Berger, p. 34

NEW GO GREEN, LITE GREEN

Oct. 17 – Oct. 31, 9:30 to 11 a.m. (class meets alternate weeks)
2 sessions, \$20

Learn easy-to-apply techniques and inexpensive ways to conserve energy, to constrain the chemicals flowing into our rivers from fertilizers and to prepare your home for safety as it ages. This class allows one week's practice time between sessions.

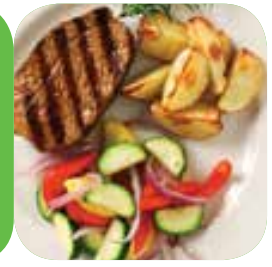
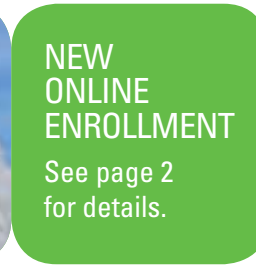
Instructor: August Kokal, p. 37

NEW INDIAN SPICES TO IMPROVE YOUR HEALTH

Oct. 17 – Oct. 31, 11:30 a.m. to 1 p.m.
3 sessions, \$25

Debunk the myth that "all Indian food is hot, spicy and curry-based." Learn about the healthful side of Indian spices and how to use them in everyday cooking. We'll discuss and share recipes and cooking techniques in class. There will be several ED-ventures: one to an Indian grocery store and two visits to Indian restaurants for Dutch-treat lunches.

Instructor: Shashi Sathe, p. 39



THURSDAY ▼ Continued

NEW LEARN TO USE YOUR IPAD

Oct. 24, 9:30 to 11 a.m.
1 session, \$10

Unleash the power of your Apple iPad. This course will take you from setting up your device to e-mailing, Web browsing and reading digital books. You'll learn to manage music and photographs, access movies and much more.

Instructor: John Brown, p. 34

NEW WHAT TO ASK YOUR DOCTOR

Oct. 31 – Nov. 7, 11:30 a.m. to 1 p.m.
2 sessions, \$20

Become an informed consumer of medical services. This course provides updates on state-of-the-art screening tests for cancer, cardiovascular disease and other gender-specific health issues. We'll look at the indications, limitations and interpretations of these tests for older adults. We will discuss current recommendations for immunizations, supplements and vitamins, and how you can be more effective in communicating with your doctor. Class participation will be encouraged with ample time for questions and answers.

Instructor: Edward Sachs, p. 39

NEW FORE! THE WORLD GOLF HALL OF FAME

ED-venture ➡

Nov. 14, 10:30 a.m. to 2 p.m.
1 session, \$25

Discover the allure of the links and the greats who have fallen prey to their charms. On your 90-minute private tour, learn about the history of the game, the induction of its greatest players, and the special stories related to the memorabilia on view. We will enjoy a Dutch-treat lunch at Murray Bros. Caddyshack Restaurant. To view the menu, visit www.murraybroscaddyshack.com.

Coordinator: Dennis Navin, p. 39

NEW INSIDER'S TOUR OF ST. AUGUSTINE

ED-venture ➡

Dec. 5, 10 a.m. to 5 p.m.
1 session, \$25

This ED-venture day begins with a docent-led tour of Villa Zorayda, Franklin W. Smith's Moorish Revival winter residence. Inspired by the 12th century Alhambra Palace in Grenada, Spain, the historic landmark launched the craze for Spanish revival architecture in St. Augustine. A short walk will bring you to your next stop, the Peña Peck House which was established circa 1750 as the office of Spain's Royal Treasurer. Following a Dutch-treat lunch at La Pentola Restaurant, you will tour the Miguel O'Reilly House, the oldest home in the city, including the only historic garden in St. Augustine. Your day of touring will culminate with an hour-long walking tour of Flagler College highlighting the architectural heritage of the former Hotel Ponce de Leon, the first of Henry Flagler's exclusive residential hotels in Florida.

Your course fee includes paid admission to most of the venues and parking in St. Augustine. Consider a voluntary donation to the Peña-Peck House which does not have a fixed entry fee. To view the menu, visit www.lapentolarestaurant.com.

Required: Physical stamina is required as the itinerary represents a full day of touring and walking.

Coordinator: Kathy Marquis, p. 38

FRIDAY ▼

MUNICIPAL BONDS: A FOUNDATION OF QUALITY

Sept. 20, 11:30 a.m. to 1 p.m.

Nov. 15, 11:30 a.m. to 1 p.m.

Each: 1 session, \$10

This course will provide information on supplementing retirement income, managing portfolios, market exposure and reducing income tax liability. Tax-exempt municipal bonds may be part of a personalized strategy to benefit and enhance a portfolio. Discuss investment features of municipal bonds and the bond market. Explore the federal tax exemption benefits of these securities, credit quality, types of bonds available, strategies for investing and historical yield levels.

Instructor: Jerry Seebol, p. 40

NEW THE FORGOTTEN WAR: KOREA

Sept. 27 – Nov. 1, 9:30 to 11 a.m.

6 sessions, \$40

The Korean War (June 1950 to July 1953) was the last conventional war for the United States and the first war that the U.S. did not win. In this class, we'll discuss the political, economic and military influences that played important roles in the U.S. involvement in Korea. We'll also discuss battles, turning points and MacArthur's rise and fall. Student participation is encouraged.

Instructor: Stewart Angell, p. 33

NEW ESSENTIAL FRENCH GRAMMAR AND READINGS, PART 10

Sept. 27 – Dec. 6, 10 to 11:30 a.m. (No class: Nov. 29)

10 sessions, \$75

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

Required: "Le Français Essentiel 3, Fundamentals of French" by Gail Stein (ISBN 1-56765326-X) available from Amazon for \$3 to \$12.

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

Instructor: Mary Ames, p. 33

KICKSTART YOUR HEALTH: POWER OF YOUR PLATE

Sept. 27, 10 a.m. to noon

1 session, \$15

This course introduces you to Dr. Neal Baranard's book, "21 Day Kickstart," and addresses the issues of losing weight, maintaining a healthy weight or simply embracing an overall healthful diet. Much of the Kickstart plan is about making a qualitative shift in the way we eat, as opposed to a quantitative shift. For some, it's the first time the idea of not restricting amounts of foods, but choosing the right foods has been the guiding principle for losing weight and staying healthy. You'll view and discuss a video, enjoy a cooking demonstration, taste three small meals and receive other helpful resources.

Required: \$20 materials fee payable to the instructor.

Instructor: Heather Borders, p. 34

NEW FLORIDA FRIENDLY LANDSCAPING

Oct. 4 – Oct. 18, 9:30 to 11 a.m.

3 sessions, \$25

Succeed in creating your Florida-friendly landscape. By implementing nine principles, you can enjoy beauty, low maintenance, variety and desired wildlife visitors. Learn how to plant the right plant at the right place, partner plants with similar needs, the proper fertilization of various plants and efficient watering practices that protect our waterways and streams. Discover landscaping tips and see examples of Florida-friendly landscape designs. Environmental protection begins in your yard! A properly maintained Florida-friendly yard can help homeowners conserve water and reduce pollution of water resources.

Instructors: Mike Zeman and Paula Zeman, p. 41

Check out
our new online
enrollment system.
visit www.unfolli.com

OSHER
LIFELONG
LEARNING
INSTITUTE

FRIDAY ▼ Continued

NEW YOUR ST. JOHNS RIVER

Oct. 4, 10 a.m. to noon

ED-venture  Oct. 7, 10 a.m. to 2 p.m.

2 sessions, \$60 (Fee includes round trip ferry and lunch. Transportation to Deland and the Hontoon Island ferry is on your own.)

Please note: The classroom session is offered on a Friday and the ED-venture on the following Monday.

Learn about your St. Johns River from the St. Johns Riverkeeper. The classroom session focuses on the basic ecology and hydrology of the St. Johns River and how those relate directly to the health of our river. This session concludes with a discussion on current issues affecting the St. Johns River and ways to protect it for future generations.

On our ED-venture, we will travel to historic Hontoon Island for a firsthand look at the wildlife, flora and fauna making the St. Johns unique. We will take a two-hour boat trip around the Hontoon Dead River, a former cypress logging canal. Following the boat trip, lunch will be served on Hontoon Island. Enjoy the remaining time exploring the visitor center or museum and taking a self-guided tour of the trails on the island.

Instructors: Shannon Blankinship and Jennie Busey, p. 34

NEW THE LINCOLN ADMINISTRATION

Oct. 11 – Nov. 15, 9:30 to 11 a.m.

6 sessions, \$40

Many historians consider Abraham Lincoln the best president in U.S. history. Unlikely though it may have seemed at the time, this relatively obscure Illinois politician with minimal government experience guided our country through a long and bloody Civil War, and but for an assassin's bullet, may have guided us through the peace as well. Doris Kearns Goodwin's "Team of Rivals" explores Lincoln the man and the president, examining his genius for successfully balancing competing political and military objectives and their advocates. Using Goodwin's book as background, this course will explore many issues Lincoln faced, with special focus on the political challenges he dealt with and "what if" possibilities.

Recommended: Doris Kearns Goodwin's "Team of Rivals," available at Amazon from \$8 to \$17.

Instructor: Tom Schmidt, p. 40

NEW SUCCESSFUL RETIREMENT TRANSITIONS

Oct. 18 – Nov. 1, 9:30 to 11 a.m.

3 sessions, \$25

Explore practical steps to tackle your transition into retirement as well as mastering late-in-life transitions, such as loss of a spouse, long-term care or divorce. Discussion will focus on measures you can take in advance to ease these transitions, the decisions involved and resources available. Using lecture, open discussion and case study, this class will examine financial, legal and public benefit resources to help those in transitions.

Instructor: Bill Laird, p. 38

CANCER PROJECT: HOW FOODS FIGHT CANCER

Oct. 18, 10 a.m. to noon

1 session, \$15

This course introduces the Cancer Project, which demonstrates more than one-third of all cancer deaths in the U.S. are due to poor diet. Learn how certain foods discourage cancer growth. You'll view and discuss a video, enjoy a cooking demonstration, taste three small meals and receive other helpful resources.

Required: \$20 materials fee payable to the instructor.

Instructor: Heather Borders, p. 34

SPECIAL INTEREST GROUP: CREATIVE WRITING

Oct. 25, Nov. 22, Dec. 20, 1:30 to 3 p.m.

3 sessions, \$15

The purpose of these sessions is to invite, support, and broaden writing opportunities for OLLI members by offering them an opportunity to participate in an ongoing peer-based creative writing special interest group. Writers will share fiction, creative nonfiction and poetry in a noncompetitive, OLLI-friendly environment. Writers of any level of experience who wish to share their creative writing with others and receive feedback may participate. The genres of fiction, creative nonfiction or poetry may be shared and feedback will center on the craft of writing in that particular genre. Writers will receive a very brief review of the elements particular to each genre as time and interest permit. All three genres will be welcomed.

Instructor: Dixie Guill Golden, p. 36

SATURDAY ▼

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

ED-venture 

Nov. 1, 10:30 a.m. to 1 p.m.

1 session, \$25

JU's art glass program was launched in 1972 just as Dale Chihuly garnered critical and popular acclaim as a glass artist. Enjoy a lecture and a narrated glassblowing demonstration. Witness glass formed from a molten pool into a stunning work of art during this educational and entertaining process. After your studio visit, join us for a Dutch-treat lunch at Cleota's Southern American Cuisine. To view the menu, visit www.cleotas.com.

Instructor: Brian Frus, p. 36

DIABETES: HOW FOODS FIGHT DIABETES

Nov. 22, 10 a.m. to noon

1 session, \$15

This course addresses plant-based nutrition and cooking for Type-2 diabetes prevention and treatment, developed by the Physicians Committee for Responsible Medicine. The class is based on "Dr. Neal Barnard's Program for Reversing Diabetes" and the DVD, "A New Approach to Nutrition for Diabetes." Hear from Dr. Barnard on the science and practical aspects of adopting a low-fat, low-glycemic index, plant-based diet. View interviews with people who share their own life-changing experiences. You'll view and discuss a video, enjoy a cooking demonstration and a tasting of three small meals.

Required: \$20 materials fee payable to the instructor.

Instructor: Heather Borders, p. 34

NEW A HISTORY OF VALOR: AFRICAN AMERICAN MILITARY UNITS

Sept. 28 – Oct. 26, 10:30 to noon

5 sessions, \$40

Location: UNF Fine Arts Center (fee includes campus parking pass)

African Americans have served proudly in every great American war since 1866, when Congress enacted legislation to create six all African American Army units. With hand-me-down horses, clothing and equipment, they earned the highest number of Congressional Medals of Honor, 20, and had the lowest desertion rate. Additionally, the Buffalo Soldiers delivered the mail and protected the wagon trains, cattle drives, stagecoaches, railroads and settlers. These fighting men represented the first Black professional soldiers in a peacetime army. The term "Buffalo Soldiers" has come to refer to all African American soldiers. However, it originated in 1867 as a honorific title when Cheyenne warriors called the Tenth Cavalry African American soldiers "Wild Buffalo," out of respect for their fierce fighting ability. This course, the first of two on the subject, examines Buffalo Soldier history from the 1860s with Frederick Douglas and the 54th Massachusetts regiment through World War II and the Red Ball Express Drivers.

Instructors: Joe "Hot Wing" Tillmon, p. 40 and William Hamilton, p. 36



SPECIAL INTEREST GROUP: THE OLLI JOYFUL VOICES

Fridays at 1:30 p.m. in conjunction with performance dates

Join the OLLI Joyful Voices, UNF OLLI's chorus. We have music readers and non-readers, folks who sing all the time and folks who haven't sung for years. We sing for OLLI events and for occasions in the community where UNF OLLI is represented. Our purpose is to sing well, and to have fun doing it. We have a place for you!

Do you toot, whistle, plunk or boom? Fancy digging your neglected flute, oboe, clarinet, recorder, percussion or strings out of the closet? We invite you to accompany us. Let us know what you play and we'll be in touch. The red carpet is waiting.

Contact OLLI director, Jeanette Toohey, at (904) 620-4200 to be referred to Julie Reeve, OLLI Joyful Voices coordinator.

PRESENTING UNF OLLI ONLINE

Boost your computer skills! Each six-week online course comes equipped with a patient and caring instructor, lively discussions with your fellow students and plenty of practical information that you can put to immediate use. Our instructors include some of the most well-known and trusted names in online education.

You can take all of these courses from the comfort of your home at the times that are most convenient to you. You can ask questions and give or receive advice at any time during the course.

Note: The following courses are not suitable for Macintosh users. You will need a desktop or portable computer running Microsoft Windows 7, Adobe PDF and Internet access with e-mail.

NEW INTRODUCTION TO MICROSOFT WORD 2010

Instructor-led hours: 24

Duration of availability: 6 weeks, \$119

Master the basics of the word processor *PC Magazine* ranked as one of the “strongest and most intelligent programs ever written.” In this hands-on workshop, you’ll learn how to add, move through, and edit text; move words from one part of your document to another; work on two or more documents simultaneously; change the size or appearance of text; change margins and tab settings; automatically center, right align, justify, and indent text; run the integrated grammar and spelling checker; use the thesaurus; and save, retrieve, copy, organize, and print your documents. By the time you’re done with the step-by-step lessons and hands-on activities in this course, you’ll be able to use Word 2010 confidently at home or on the job.

NEW INTRODUCTION TO WINDOWS 7

Instructor-led hours: 24

Duration of availability: 6 weeks, \$119

If you’re new to computers, or just new to Microsoft Windows 7, this instructor-led course will get you up to speed fast. In just six weeks, you’ll make the transition from helpless beginner to happy PC user.

You’ll start with the absolute basics: the computer terms and skills everyone else assumes you already know. (And soon, you will know them!) Then you’ll explore some fun Windows 7 features that let you personalize your screen so it suits your style and specific needs. Learn some handy gadgets you can put on your computer desktop for work or play.

Next, find out how to type and edit text so you can easily create e-mails or documents. You’ll also learn how to save and organize your work so it’s always a snap to find your files. In addition, discover how to save and organize photos, fix the annoying “red eye” caused by flash cameras and use basic photo editing techniques like cropping.

After that, pick up some tips to help you search the Web like an expert using the Internet Explorer web browser that comes with Windows 7. You’ll also learn how to use flash drives, CDs and DVDs, and how to protect your system against viruses and other threats.

In each lesson, you’ll find fun games and practical, hands-on activities to help you master your new skills. By the time you’re done, you’ll know the Windows 7 operating system from top to bottom and you’ll be using it like a pro!

NEW INTRODUCTION TO WINDOWS XP

Instructor-led hours: 24

Duration of availability: 6 weeks, \$119

Still using Windows XP? It is one of the most stable and popular versions of the Microsoft Windows operating system. Whether you’re new to Windows or an experienced PC aficionado, there’s a lot to learn if you’re just starting to work with Windows XP.

For the Windows newbie, there’s never been a better time to learn. The XP interface is designed to make the learning curve easier than ever. Experienced Windows users will also appreciate the frictionless interface that makes a computer quicker, easier, and more productive. This course covers all the basic skills and concepts needed to use a computer to do anything - be it surf the Internet, write a book, day trade stocks, manage your finances, play music, edit photos or just e-mail. You need only know enough to get connected to the online course. Basic buzzwords and concepts of drives, directories, files, and so forth are explained in depth, as well as all the skills you need to get help when you need it, back out of awkward situations gracefully, and take advantage of the Internet like never before.

You’ll also learn to use and customize the interface; work with texts, pictures, photos, sound, music and DVD, Interactive TV and video; create shortcuts to favorites; get the most from the Internet; and even build your own local area network (LAN).

FALL 2013

FLEET LANDING IN ATLANTIC BEACH



1 Fleet Landing Blvd., Atlantic Beach, FL 32233

MONDAY ▼

NEW THE OPERAS OF GIUSEPPE VERDI, PART 1

Sept. 23 – Nov. 25, 10 to 11:30 a.m.

(No class: Nov. 11, Nov. 18)

8 sessions, \$50

Discover Verdi's very early operas from "Oberto," which was performed at La Scala in 1839, through "Alzira," which was performed at Teatro San Carlos in Naples in 1845, operas seldom seen by today's audiences. Enjoy DVD excerpts, and discuss each and its place in Verdi's history. This is the first course in a four-part series based on a multimedia e-book the instructor is writing about Verdi.

Instructor: John Hendrickson, p. 37

TUESDAY ▼

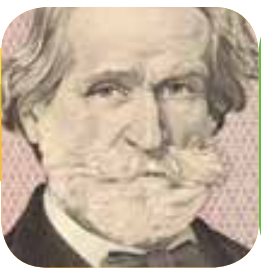
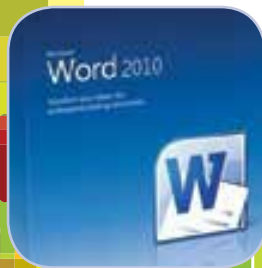
NEW GARDENING IN SMALL SPACES

Oct. 1, 10 to 11:30 a.m.

1 session, \$10

Mobilize your green thumb. Learn how to garden for your patio, balcony or small yard using flowers, herbs, non-flowering plants and trees. You'll discover what to plant to attract butterflies and hummingbirds. Other topics include soil mixtures, watering, appropriate sunlight and fertilizers.

Instructor: Mary Longanbach, p. 38



SPEAKER SERIES

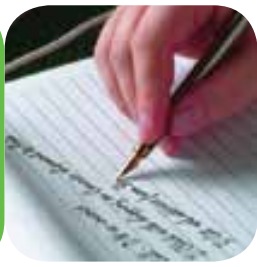
BACK TO SCHOOL
WITH UNF OLLI
SEE PAGE 3

LIVE WELL.
LEARN
FOREVER.





SPEAKER SERIES
BACK TO SCHOOL WITH UNF OLLI
SEE PAGE 3



FLEET LANDING ▼ Continued

NEW RICHARD NIXON AND THE ROLE OF INTELLIGENCE IN THE 1973 ARAB-ISRAELI WAR: AN OVERVIEW

Oct. 15, 1:30 to 3 p.m.
 1 session, \$10

This course introduces the players, the military timeline, the intelligence and the lessons learned from the 1973 Arab-Israeli War (Sept. 13 to Oct. 28). We'll examine the dynamics among the players: Richard Nixon, Henry Kissinger, William Colby, Anwar Sadat, Hafez al-Assad, Golda Meir and Leonid Brezhnev. Then explore conflicting intelligence briefs that informed government and military actions.

Instructor: Dane Baird, p. 33

YOUR EYES: THE WINDOW TO YOUR BODY AND YOUR WELLNESS

Oct. 29 – Nov. 5, 10 to 11:30 a.m.
 2 sessions, \$20

In poetry, the eyes are called "the window to the soul." In health care and aging, eyes are also considered "the window to the body." Cardiologists, neurologists, diabetic and other medical specialists, rely on them for early diagnoses, while optometrists and ophthalmologists use them in prevention and wellness. The value of eye care is poorly understood and thus, not utilized to its fullest potential by most patients or many healthcare providers. In aging, understanding your eyes can provide you with new and healthy insights.

Instructor: Louis "Lou" Catania, p. 35

WEDNESDAY ▼

MY LIST FOR LIFE

Oct. 23, 1 to 2:30 p.m.
 1 session, \$10

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

Instructor: Ed Waller, p. 41

THURSDAY ▼

NEW REMEMBER WHO YOU ARE!

Oct. 24, 9 a.m. to noon
 1 session, \$25

In this three-hour interactive seminar, you will examine basic questions about yourself. Who are you? What are your immediate and long-term goals? How do you want to be remembered? Answering these questions, will give you an idea of how you might structure your life story. There will be several short writing assignments and opportunities to share your writing. A detailed outline for writing a memoir and relevant websites to aid your research will be provided.

Instructor: Susan D. Brandenburg, p. 34

FALL 2013 GLENMOOR



235 Towerview Rd., St. Augustine, FL 32092

TUESDAY ▼

NEW THE PACIFIC WAR: 1941 TO 1945

Sept. 24 – Nov. 26, 10:30 a.m. to noon
10 sessions, \$60

Discover how the United States and her allies recovered from a devastating surprise attack at Pearl Harbor in December 1941 to completely destroy the Japanese empire by August 1945. Explore what total commitment to war by both sides meant to both the civilian population and the ability of the military to carry out their missions. Class format will blend documentary films with instructor commentary.

Instructor: Wayne Heckrotte, p. 37

THURSDAY ▼

MY LIST FOR LIFE

Nov. 14, 1:30 to 3 p.m.
1 session, \$10

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

Instructor: Ed Waller, p. 41

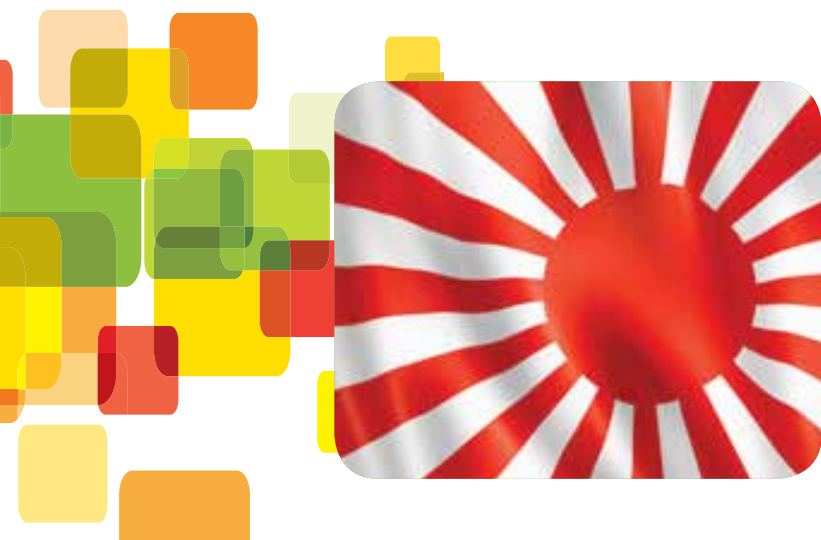
SATURDAY ▼

NEW GARDENING IN SMALL SPACES

Oct. 5, 1 to 2:30 p.m.
1 session, \$10

Mobilize your green thumb. Learn how to garden for your patio, balcony or small yard using flowers, herbs, non-flowering plants and trees. You'll discover what to plant to attract butterflies and hummingbirds. Other topics include soil mixtures, watering, appropriate sunlight and fertilizers.

Instructor: Mary Longanbach, p. 38



FALL 2013

WESTMINSTER WOODS ON JULINGTON CREEK



25 SR 13, Jacksonville, FL 32259
on the south side of the Julington Creek Bridge

in daily life, have all been derived from religious and ethical decisions. Even more surprising is the degree to which the religious and ethical traditions continue to play a role in the countries of Northeast Asia today. Your instructors will bring a rich array of resources and recommended weekly readings. Classroom interaction will be encouraged.

Required: Selected readings available via the Internet and class handouts.

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

NEW INTRODUCTION TO TAOIST TAI CHI

Oct. 1 – Nov. 5, 10 to 11:30 a.m.

6 sessions, \$40

The Taoist Tai Chi Society internal arts and methods incorporate stretching and turning into a sequence of movements that improve the health of body, mind and spirit. Students will learn the first 17 movements of the Taoist Tai Chi movement set.

Instructors: David and Donna Collins, p. 35

MONDAY ▼

NEW GARDENING IN SMALL SPACES

Oct. 14, 10 a.m. to 11:30 p.m.

1 session, \$10

Mobilize your green thumb. Learn how to garden for your patio, balcony or small yard using flowers, herbs, non-flowering plants and trees. You'll discover what to plant to attract butterflies and hummingbirds. Other topics include soil mixtures, watering, appropriate sunlight and fertilizers.

Instructor: Mary Longanbach, p. 38

TUESDAY ▼

NEW RELIGIOUS AND ETHICAL TRADITIONS OF NORTHEAST ASIA

Sept. 3 – Sept. 24, 10 to 11:30 a.m.

4 sessions, \$30

The countries of Northeast Asia are playing an increasing role in the contemporary world in terms of both economics and politics. Central to understanding these countries are the religious and ethical traditions that have influenced their cultures and way of life, sometimes in surprising ways. Explore Shamanism, Japanese Shinto, Chinese Folk Religion, Taoism, Confucianism, Buddhism and Christianity. Major political decisions, economic success, business management, attitudes and practices

THURSDAY ▼

BACKYARD BIRDS IN NORTHEAST FLORIDA

Sept. 26 – Oct. 3, 1 to 2:30 p.m.

2 sessions, \$20

Explore backyard birds common to northeast Florida. Learn about habitats, food preferences, nesting and attracting specific birds. Examine several samples of birdseed and other food, housing options and different styles of feeding stations. Discuss ways to deter feeder annoyances such as squirrels and doves. The only student preparation is an interest in backyard birds.

Instructor: Kathie Goodrum, p. 36

MY LIST FOR LIFE

Oct. 24, 1:30 to 3 p.m.

1 session, \$10

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

Instructor: Ed Waller, p. 41

FACULTY

Carol Chou Adams and Daniel 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 (Burma), Hong Kong, Japan, Thailand, Indonesia and Malaysia. Avid travelers, they have visited 73 countries, where they always sought out centers of religious devotion and places of cultural and archeological interest. Carol is a graduate of Taiwan Theological College (B.A.), Elmhurst College (L.H.D.), the University of Dubuque Theological Seminary (M.Div.), Presbyterian School of Christian Education (M.A.) and the Southeast Asia Graduate School of Theology (Th.D.). Daniel holds degrees from Seattle Pacific University (B.A.), the University of Dubuque Theological Seminary (M.Div.), Soochow University in Taiwan (M.A.) and Aquinas Institute of Theology (Ph.D.).

Religious and Ethical Traditions of Northeast Asia, p. 18, 32

AnnLee Alley holds Florida Descendant Pioneer Certifications from the Florida State Genealogical Society recognizing that she is a direct descendant of two families who resided in Florida prior to statehood. She serves on the certification committee. AnnLee began researching family history after retirement and enjoys the challenge of problem solving and historical research combined with finding cousins and gathering stories. She earned a master's degree from Trinity College, Washington, D.C. and a bachelor's from Wesleyan College, Macon, Ga. A native Floridian, she spent her teen years on Jacksonville's Southside, where she graduated from Landon High School.

Genealogy for Novices, p. 15

Parvez Ahmed is an associate professor of finance at the Coggin College of Business at the University of North Florida. In 2009, he studied as a U.S. Fulbright Scholar in Bangladesh. His research work has appeared in several major finance journals and he recently published a book titled, "Mutual Funds – Fifty Years of Research Findings." Ahmed has also written editorials about Islam and the American Muslim experience, which have been published in several leading newspapers across America and the world. Currently, he serves as a board member for OneJax, (formerly the National Conference on Community and Justice) and on the Human Rights Commission in Jacksonville.

Understanding Issues and Challenges in the Muslim World, p. 23

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

Essential French Grammar and Readings, Part 10, p. 25

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

Facial Fitness – Exercises for the Face and Neck, p. 21

Stewart Angell was in the Marine Corps from 1959 to 1967 and served as a police officer for 24 years, the last 18 as a police chief. He has a bachelor's degree in business and law enforcement with a minor in history as well as a master's degree in police administration. His interest in history is focused on the Korean War and the war in Vietnam.

The Forgotten War: Korea, p. 25

Dane Baird has written and lectured on intelligence and military conflict. A graduate of Boston College and the University of Pittsburgh, he received advanced training at Cambridge and Oxford Universities. His research techniques and 'mole' profiling of Soviet operatives have drawn special praise. Dane is currently a board member of Navy League, Jacksonville, president of the Association of Former Intelligence Officers (AFIO) Northeast Florida and a reader for Battle of Midway Essays. He is a Life Member of both AFIO and the Office of Strategic Services (OSS) Society.

Richard Nixon and the Role of Intelligence in the 1973 Arab-Israeli War: An Overview, p. 12, 30

Bob Bednar is a Jacksonville Jazz Hall of Fame member and the host and producer of WJCT's popular "This is Jazz." He was a first call drummer in the Philadelphia area working with jazz legends Charlie Ventura, Zoot Sims, Red Rodney and Lew Tabackin.

What Is This Thing Called Jazz?, p. 22

Eliezer Ben-Yehuda was born in Jerusalem, Israel. Rabbi Ben-Yehuda earned a doctorate in literature with a thesis on the text of the Jewish Scriptures as reexamined from the Hebrew. Since arriving in the U.S. in 1958, Rabbi Ben-Yehuda has served as a rabbi of the pulpit, Jewish chaplain for the Veterans Administration, campus rabbi at Indiana University of Pennsylvania, Hebrew school and Sunday school principal and teacher, and guidance counselor for youth movements.

The Prophets from the Hebrew Text in Scriptures, p. 19

Donna Gruen Berger worked in the Florida education system for 40 years. She taught elementary education and science and spent 15 years in gifted education. After retiring in 2008, she learned to play Mah Jongg, something she considers a life-changing experience. She is thrilled to share the pleasure of the game with you.

Mah Jongg for Beginners, p. 23

Gail Beveridge is a board member of the Jacksonville Arboretum and serves as its marketing and development director. She has also been the chair and co-chair of A Brush with Nature, the Arboretum's successful plein air painting fundraisers held at the Arboretum for the past three years.

Behind the Scenes: The Jacksonville Arboretum and Gardens, p. 19

Shannon Blankinship is the outreach director for St. Johns Riverkeeper. She organizes community outreach events and programs, develops partnerships with community organizations and businesses, and ensures the organization's mission and objectives are fulfilled through outreach. She received a B.S. in environmental economics from Purdue University before working for the Delaware Riverkeeper Network in Philadelphia. Shannon received her Juris Doctor from Florida Coastal School of Law in Jacksonville with recognized honors in pro bono community service and the Environmental Certificate of Law.

Your St. Johns River, p. 26

Heather Borders is an astronaut trainer, turned medical device marketer, who transitioned to a plant-based diet in August 2011 to lower cholesterol without medication. She was pleasantly surprised to learn the powerful role food can play in one's quality of health, in spite of bad genes. In August 2012, Heather was chosen by the Physicians Committee for Responsible Medicine (PCRM) to be the Food for Life Cooking and Nutrition instructor for the Jacksonville area. She has also created the VegHealthyJax Meetup, which is a community initiative to make eating healthy while dining out in the northeast Florida area possible and convenient. The VegHealthyJax team offers promotional opportunities to

restaurants who serve whole food, plant based dishes.

Kickstart Your Health: Power of Your Plate, p. 25
Cancer Project: How Foods Fight Cancer, p. 26
Diabetes: How Foods Fight Diabetes, p. 27

Susan D. Brandenburg is a professional biographer who enjoys the great privilege of writing the life stories of extraordinary people. A journalist for more than 30 years, Susan has written eight biographies and published four books through her publishing company, Susan the Scribe, Inc. in Ponte Vedra Beach. Her website is www.susanthescribe.vpweb.com.

Remember Who You Are!, p. 30

John Brown has more than 40 years of information technology experience. He has worked in every aspect of IT, including operator, programming, database management, desktop support, server support, network support and managing the staff that carries out these duties. For five years, John has trained IT professionals in PC repair, Microsoft services and computer security.

Computer Security: Knowledge to Protect Your Data, Your Finances and Your Reputation, p. 21
Learn to Use Your iPad, p. 24

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

Psychological Type: A Tool for Understanding Yourself and Others, p. 22

Jennie Busey is the education director for St. Johns Riverkeeper. She develops and provides river-related educational programs and resources for both school age children and the general public. She grew up in Jacksonville and is passionate about protecting the St. Johns. She hopes current and future generations can enjoy and benefit from the river as she has over the years. She earned a B.S. in biology from Sewanee: The University of the South and her Master of Arts in teaching from Jacksonville University.

Your St. Johns River, p. 26

Louis "Lou" Catania is an internationally acclaimed clinical educator and author. Catania has written 11 textbooks and more than 125 journal articles. He practiced clinical eye care for more than 42 years in private practice and academic medical centers. Lou currently serves as senior consultant at Nicolitz Eye Consultants, a multi-specialty

ophthalmology group in Jacksonville. Additionally, he serves as consultant and advisor to J&J Vision Care and Marco Ophthalmic, Inc. He holds academic rank and is a visiting faculty member at numerous optometry and medical schools at U.S. and international universities.

Your Eyes: The Window to Your Body and Your Wellness, p. 30

David Collins and **Donna Collins** are a husband and wife team who are accredited by the Taoist Tai Chi Society to instruct beginning students.

Introduction to Taoist Tai Chi, p. 32

Tom Collins holds a B.S. and an M.S. in physics from the University of Georgia and a Ph.D. in physics from the University of Florida. He also holds an M.S. in political science from George Washington University. He is a graduate of the National War College and a Fellow of the American Physical Society. Tom retired in 2006 following a distinguished career in research and academia.

What You Need to Know About DNA! Part 1, p. 21

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

The Road to Modernity: Europe in the 17th Century, p.12

Judy Dean is a yoga and group fitness instructor. She decided to become an instructor because of the difference she saw in her own life from exercise and yoga and knew that she would enjoy sharing the values of fitness with others. She believes that when fitness is fun you forget about the exercise. Her motivation is seeing the positive difference

exercise makes in an individual. Judy has been active in fitness and yoga for 20 years and holds certifications in yoga, group fitness, water aerobics and personal training, as well as CPR. She has taught all aspects of aerobics, fitness classes and all levels of yoga. In her free time, Judy enjoys photography, playing pickleball and bike riding with her husband of 22 years.

Yoga Basics: An Introduction and Demonstration, p. 10

Diane Dyal is a Jacksonville native who enjoys learning about the history of our area and sharing what she has learned with others in our community. In 2001, Diane was fortunate to be involved in the formation of Untamed Adventures, an outdoor adventure group for women. She volunteers with UNF OLLI to encourage members to learn more about the wonderful paradise called Florida. Prior to retiring, Diane worked in management for more than 30 years with Frank Griffin Motors.

ED-venture: Amelia Island Treasures: Florida's Oldest Lighthouse and Nature Walk in Egans Creek Greenway, p. 19

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

The String Theory – Learn to Knit, p. 19

Lisa Federico is a licensed physical therapist, who works at Baptist Medical Center with pediatric patients. She takes every possible opportunity to travel. Although she has traveled around the world, including South Africa, Thailand and Egypt, the place most special to her is Cumberland Island, right in her own backyard. Lisa has had the unique opportunity to spend a week on Cumberland Island for the past six years. This has given her access and insight to the island few visitors get to experience.

Cumberland Island National Seashore, p. 12

Larry Figart is the urban forestry extension agent for the Duval County Extension Service. He has been a forester for 27 years. He received his degree from the University of Florida in 1985 in forest resources and conservation. Before joining extension in 2004, he worked for the Florida Division of Forestry for 19 years. Larry received his master's degree in agricultural education and communication in 2008.

Creating a Storm and Wind Resistant Tree, p. 13
Growing Fruit in North Florida, p. 13

John Frketic is a retired Army intelligence officer. He spent 34 years on active duty with multiple combat tours including Vietnam, Operation Desert Shield/Desert Storm and Operation Iraqi Freedom. As an intelligence operator and analyst, he spent years working counter-terrorism issues throughout the Balkans and the Middle East. He graduated from the U.S. Army's School of Advanced Military Studies at Fort Leavenworth, Kan., and served as a national security fellow at Harvard's Kennedy School of Government. He has lived and traveled extensively throughout Europe, the Middle East, North Africa and Southwest and Southeast Asia.

The Islamists Are Coming: Who They Really Are, p. 20

Brian Frus is the professor of glass art at Jacksonville University where he oversees all glass art programs. Frus began to work with glass in 1996. His work can be found nationally and internationally in galleries and private collections.

ED-venture: Fire! Behind the Scenes with Jacksonville University's Glass Department, p. 27

Nancy Gilliom received her doctorate from Purdue University. She has been in private practice in Jacksonville since 1995. She seeks to provide excellent care that is backed by the power of an extensive education. Nancy believes in educating her patients and the community regarding hearing loss, prevention, and rehabilitation. She has presented to numerous community outreach programs, written several editorials for local media, and continues to promote better hearing. She is a member of the Academy of Doctors of Audiology and American Academy of Audiology. She is the past editor for "Audiology Practices" and "Feedback," official publications of the ADA.

Is Your Hearing Keeping Up With Your Life: The Bridge to Better Hearing and Communication, p. 11

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

An Introduction to Quantum Mechanics, p. 13

Dixie Guill Golden is writer, poet, teacher and blogger, whose books since retirement include a chapbook of poetry, "Wingwalking: Poems," "Unfinished Conversations," a novel that tells about a woman's journey to reclaim her identity over the last quarter of the twentieth century, and a mystery in

progress, "Unnumbered Days." She holds both an M.A. and B.A. in English, mentors other writers and enjoys creating and teaching new OLLI classes.

A Walk with American Women Poets, p. 15
Special Interest Group: Creative Writing, p. 26

Kathie Goodrum is a retired banker with a background in education. During the last 14 years of her banking career, she worked for a banking software company, training bank employees to use the software and preparing data for conversion. Kathie has been a backyard bird enthusiast for many years and was fortunate enough to find her perfect retirement job at Wild Birds Unlimited, where she has been able to share her love of backyard birds and expand her own knowledge base.

Backyard Birds in Northeast Florida, p. 32

Verna Griffin was appointed pickleball ambassador for Neptune Beach in January 2013. The job of an ambassador is to promote and support the great game of Pickleball, which is a cross between tennis and badminton. Pickleball by the Sea was formed as a vehicle to introduce the game to others in Jacksonville.

Pickleball for Rookies, p. 15

William Hamilton served 20 years in the U. S. Navy before retiring as a master chief gas turbine technician. After his service in the military he was employed by the Department of the Navy assigned as the project manager for the Hover Craft program in New Orleans. He now resides in Jacksonville with his wife of 44 years, Victoria. William has been a member of the Buffalo Soldiers for five years.

A History of Valor: African American Military Units, p. 27

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

Keeping Current, p. 9

Billie Hayward became a full time community volunteer after a career as psychiatric clinical nurse specialist. She contributes her time and talents to the arts and UNF OLLI. As a member of the Northeast Florida Trail Forgers Walking Club she has enjoyed walking tours of campus in addition to a bus tour of campus with the Museum of Contemporary Art.

UNF Osprey Swoop Squad Campus Tour, p. 37

Wayne Heckrotte worked in the computer field for more than 41 years, but for as long as he can remember he has been a history buff. He had the usual high school history courses and one college course on the subject, but he has been a prolific reader of all things historical. He acquired his knowledge of history the easy way. He loves it! He enjoys visiting historical sites and history museums.

The Pacific War: 1941 to 1945, p. 31

John Hendrickson developed a passion for opera when he was just 17 and has been a student of opera ever since. He previously taught other opera classes at UNF OLLI.

The Operas of Giuseppe Verdi, Part 1, p. 14, 29

Gary Hickenbottom is certified as an instructor for Tai Chi for Arthritis and was an assistant tai chi instructor at the Jim Fortuna Senior Center. As a strong advocate of this ancient form of exercise, he believes that the regular practice of tai chi reduces stress and creates a sense of calm and confidence. Gary has been an OLLI member since 2010 and enjoys taking classes, especially ones that focus on brain training and creativity.

Tai Chi for Beginners, p. 14

Intermediate Tai Chi, p. 21

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

Current Events, p. 15

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

A People's History of the United States: Part 1, 1492-1914, p. 18

Chuck Hubbuch is an assistant director of Physical Facilities at UNF who previously worked at the Jacksonville Zoo and Gardens and the Fairchild Tropical Garden in Miami. Hubbuch is a self-described obsessed gardener. He recently launched his own website called SoutheastGarden.com, which documents his green-thumbed experiences in northeast Florida.

Guided Tour of the UNF Sawmill Slough Preserve, p. 10

Diana Huston is a retired private school European history teacher from New York City and was volunteer art history teacher for 10 years in Stowe, Vt. She just returned from a trip to Florence where she participated in art tours specializing in the Medicis and their influence on the Renaissance in order to develop this lecture series. She has a B.A. with a major in Russian and Chinese history and a minor in art history from McGill University. Her goal is to illustrate the history of a period through its art.

The Medicis: Art, Power and Patronage in Renaissance Florence, p. 20

Jake Ingram is a retired landscape architect who moved back to his hometown of Jacksonville seven years ago, after being away for 35 years. From 1998 until 2005 Jake was the staff landscape architect for the St. Joe Company's projects in Walton County where only native plants were used in all landscaping. Since retiring he's been involved in several pro-bono projects in the Riverside/Avondale area and maintaining his own native landscaped yard and productive food plot. Jake has been a member of the Florida Native Plant Society for 12 years.

Maintenance of Native Plants in a Residential Landscape, p. 10

Barbara Jackson was born in Jacksonville and is a third generation Floridian. She is a Duval County master gardener, a Florida master naturalist and president of the local chapter of the Florida Native Plant Society. She serves on the Executive Committee of the Northeast Florida Green Chamber of Commerce and is in charge of membership. Barbara is also the president of the City of Neptune Beach Beautification Committee. She speaks and writes about native plants and Florida ecosystems.

Wake Up and Plant the Natives, p. 10

August Kokal is a licensed Florida contractor, certified in commercial and residential building and roofing. With more than 20 years of contractor experience, he has been active in working with the State Board of Certification in preparing the exams for certification. He also works in resolving exam disputes.

Go Green, Lite Green, p. 23

Bill Laird is a financial advisor for Dixon Hughes Goodman's Jacksonville office. He is one of only 1,300 individuals nationwide to hold both the Certified Financial Planner and Chartered Financial Analyst certifications. Dixon Hughes Goodman is the largest CPA firm based in the Southeast. Bill's specialty is assisting clients through major life transition events, including retirement, divorce, death and long-term care decisions. Among other civic activities, Bill has been on the board of the Clay County Senior Advocacy Council for three years. In his personal life, he is the primary decision maker and caregiver for both his father and uncle, who suffer from dementia. Bill has served as an expert witness in divorce cases within Duval and St. Johns Counties.

Successful Retirement Transitions, p. 26

Linda Leon has become an avid walker since her retirement. She has completed more than 130 10K walks with First Coast Trail Forgers, American Volkssport Association and Sierra Club. Linda especially enjoys walking in the UNF nature preserve.

ED-venture: Explore UNF: Campus Walk, p. 23

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

Gardening in Small Spaces, p. 29, 31, 32

Kathy Marquis is an Army brat who grew up all over the world. She married a Navy pilot and got to see even more. As a result, she developed a love of history and other cultures. Kathy and her husband moved to the heart of downtown St. Augustine in 2000. Living in the oldest city in the U.S. is a perfect fit. She looks forward to sharing with you some interesting sites in the city. Kathy is a graduate of FSU and UNF and had a career in teaching, most recently at the Florida School for the Deaf and Blind, St. Augustine.

ED-venture: Insider's Tour of St. Augustine, p. 24

Jay Marshall retired from a management career with Fortune 100 companies including Exxon-Mobil, Nestle and Revlon. He also served as CEO of smaller international trading companies. He earned an M.B.A. in economics from Columbia University, and holds a B.A. in engineering and business administration from the City College of New York. An OLLI instructor on a variety of topics since 2007, his ongoing interest in international trade and globalization continues to provide material for his "Understanding Our World" series.

Understanding Our World: Defining the New Millennium, p. 14

Lee Marshall is an OLLI instructor whose courses, for the last five years, have focused on contemporary women's issues. Lee retired after more than 20 years as an executive for several national health agencies in New York and most recently as a founding partner and president of Non-Profit Planning Associates, a consulting firm specializing in strategic planning. She holds a B.A. in social sciences from Mercy College in Dobbs Ferry, N.Y., and she completed her graduate studies in psychology and English at Manhattanville College in Purchase, N.Y.

The Supremes: Sandra, Ruth, Sonia and Elena , p. 14

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

Travels in South Asia: Myanmar and India, p. 13

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

The Movies: Our Enduring Passion, Part 1, p. 15

Mary Ann Miller is a professional artist, author and retired art educator. She recently published "More Travels with a Blue Vase: Paris and Beyond," her second book of watercolor sketches around the world. She has taught OLLI classes in travel sketching for six terms, filling every time.

Travel Sketching 101, p. 20

Jim Mittelstadt was an educator for 42 years. As a charter faculty member of the University of North Florida, he created and taught a popular graduate course in storytelling for many years.

Improve Your Storytelling, p. 13

Janet Willner Myers enjoyed a 40-year career in elementary education. Throughout those years, she was an assistant principal and taught grades three through six, Spanish and classes for the gifted. Janet holds a B.A. in American history from the University of California at Berkeley and both an M.A. and Ed.D. in educational leadership from UNF.

Children's Literature for Grandparents, p. 13

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

ED-venture: Fore! The World Golf Hall of Fame, p. 24

Jim Newman is senior vice president of wealth management for Janney Montgomery Scott, LLC, with more than 21 years' experience as a licensed financial adviser. He has an accreditation in wealth management from the University of Pennsylvania's Wharton Business School. He is a certified senior adviser and a certified divorce financial analyst. He has written articles for the Jacksonville Business Journal and appeared as an expert for television stations WTLV-NBC 12 and CBS 47.

The Great Boom Ahead: The Future of the U.S. Economy, p. 16

Carol O'Dell is the author of "Mothering Mother: A Daughter's Humorous and Heartbreaking Memoir." She has been featured on CNN, Fox and numerous television and radio programs across the country. Carol is also the author of the forthcoming novel "White Iris," chronicling the journey of a woman who moves to the south of France to explore Vincent Van Gogh's decadent summer highs only to find herself tangled in the past. Carol holds a B.F.A. from Jacksonville University, takes art treks to Europe, and paints replicas of Van Gogh's works.

Remember Me: Writing the Powerful Memoir, p. 21

Elaine Omann is an educator and artist. She prefers to work in oil and create images from nature. She exhibits her work with local art guilds. She enjoys encouraging creativity and aesthetic integration with friends and others.

Open Art Studio Painting, p. 11

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 from UNF (M.A.). He is an active communicant at St. John's Episcopal Cathedral, has mentored an Education for Ministry (EFM) class for the past 12 years and practices as a spiritual director. He enjoys riding his bicycle, practicing yoga and being a grandfather.

Was America Founded as a Christian Nation: Founding Fathers Perspectives on Religion, p. 22

Larry Pasquale is a former American and Canadian football coach who spent 39 years coaching football with

multiple teams in the NFL, CFL and several colleges and high schools. Regarded as one of the most respected special teams coaches in the NFL, he earned Special Teams Coach of the Year Honors. After retiring from coaching, Pasquale enjoyed an eight-year career as a television and radio sports broadcaster. He was an analyst for the New York Jets and the YES Network, including a weekly "Coach's Class" video segment and the Jets and Giants game plans column on YESNetwork.com.

Football Strategy, Part 1, p. 17

Football Strategy, Part 2, p. 18

John Reeve retired from the advertising and publishing industry. A Silver Life Master with more than 1,600 Master Points, John frequently competes in regional and national bridge tournaments.

Intermediate Bridge 1, p. 14

Intermediate Bridge 2, p. 14

Glenn Ross has been an OLLI member for four years and now teaches in the program. He is president of AllEnergy LLC, a company he started in 2004. As a technical consulting firm, the primary focus of AllEnergy is dispute resolution, mediation, contract interpretation and renegotiation for energy companies. Glenn has worked with clients throughout North America, the United Kingdom, Japan and Europe. He has a B.S. in electrical engineering and an M.B.A.

Intermediate Woodcarving, p. 16

Edward Sachs is a recently retired internist with more than 30 years in private practice. Sachs is certified through the American Board of Internal Medicine, and is a graduate of the Ohio State University College of Medicine. He served as clinical professor of medicine and chairman of the Department of Medicine.

What To Ask Your Doctor, p. 24

Margaret Sander is retired from FSCJ where she taught English as a second language, German, German Humanities and the Foundations of Western Civilization. She was educated in Germany, England and the U.S. and holds degrees in German studies and English. She loves literature and languages.

A Brief Excursion into Norse Mythology, p. 16

Shashi Sathe was born in India and came to the United States in 1971 to pursue her graduate studies. She has lived in several regions of the U.S. and Mexico, but chose to retire in Jacksonville. She has taught cooking classes at various venues in the Jacksonville area.

Strategies to Make Math Easy, p. 13

Indian Spices to Improve Your Health, p. 23

Ralph Sawyer has facilitated or taught more than 25 courses since the inception of UNF OLLI. He is a retired Navy ophthalmologist and was chairman and residency director of the training program at the National Naval Medical Center for 15 years. He has lectured nationally at a number of ophthalmology organizations for 20 years. He has been interested in economics since college and has taught “Poverty in America” and “The Economic Crisis of 2008” in the past several years.

The American Dream or Did You Build That?, p. 20

Tom Schmidt is a retired railroad executive with a lifelong interest in the Civil War. He holds an M.A. in history from the University of North Florida, and has taught American history as an adjunct professor at both UNF and Florida State College at Jacksonville.

The Lincoln Administration, p. 26

Jerry Seebol is a financial adviser who has been in the financial industry for 24 years. He is a Certified Financial Planner and currently manages a large book of clients where he focuses on retirement planning. He enjoys hosting educational seminars and community classes.

Municipal Bonds: A Foundation of Quality, p. 25

Jay Sherline has loved photography most of his life. Handed a small Brownie camera as a young boy, he was hooked! Jay, a semiretired pharmacist, travels with his cameras always at the ready. Currently he serves as the photographer for all OLLI activities. His goal, in this new digital age, is for you to be comfortable with and enjoy using your camera.

Tips and Trips with Your Digital Camera, p. 16

Mike Shore has taught OLLI classes on American culture, climate change, biological origins of warfare, the future of American newspapers, how technology is increasing human lifespan and how austerity is changing America.

Help! A Robot Took My Job, p. 22

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

The Current State of the Economy and the Outlook, p. 10

Rachael Sulkers is a board member of the Jacksonville Arboretum and oversees the arboretum’s ranger and tour guides program, the Step Out in Nature program and group tours and field trips. She is also an environmental scientist.

Behind the Scenes: The Jacksonville Arboretum and Gardens, p. 19

Hank Swiencinski known to his students as “The Professor,” has more than 30 years trading experience including six as a professional. Hank developed his unique concept using a few simple technical indicators and hallmark strategies that encompass using moving averages, Wells Wilder’s DMI and what he calls his ‘hockey stick’ patterns, together with wave and trend analysis.

Introduction to the Professor’s One-Minute Guide to Stock Management , p. 16

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

Managing Chronic Pain, p. 18

Joe “Hot Wing” Tillmon was born in Metter, Ga. and moved to Jacksonville at the age of four. After graduating from high school, he enlisted in the U.S. Army where he served proudly for 20 years. Hot Wing’s passion for motorcycle riding and the history of the Buffalo Soldiers motivated him to begin the process of forming the Jacksonville Chapter of the Buffalo Soldiers Motorcycle Club. In Nov. 2011, the name was changed to Buffalo Soldiers Historical Society.

A History of Valor: African American Military Units, p. 27

Jeanette Toohey is director of UNF OLLI. Prior to joining our vibrant community of lifelong learners, she was a professional in the nonprofit sphere. For 25 years she was an art historian who served as a museum curator. As chief curator of The Cummer Museum of Art & Gardens, Jeanette led the collections, exhibitions, gardens, library and registration divisions.

Fixing Light: A Brief History of Photography, Part 1, p. 17

Charlene Vincent holds an advanced master's degree in theology from Boston University and a master's of theological studies from Episcopal Divinity School. She has written two theses: "Giving Voice to Spirituality through Narrative" and "Pilgrimage and Divinity."

Writing Your Spiritual Autobiography, p. 17

The Vintage Players is a group of folks, 50 and over, who organized in 1994. They perform lighthearted skits and monologues for churches, civic organizations and community centers around the First Coast.

Acting for Fun with The Vintage Players, p. 23

Gene Waering is president of the Jacksonville Rose Society and co-editor of "The Sustainable Rose Garden," a book that received the 2012 World Federation of Rose Societies Literary Award. A former New York City art dealer and foreign policy association executive, Gene retired to Jacksonville three years ago. He grows many rare warm-weather species and experimental hybrid roses from all over the world. He continues to serve as vice president and program chair of the Manhattan Rose Society, while also serving as president of the Jacksonville Rose Society. He is a member of the steering committee of the Great Rosarians of the World program and a trustee of the Heritage Rose Foundation.

Growing Roses in North Florida , p. 16

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

My List for Life, p. 30, 31, 32

Alexander Weiss earned B.A. and M.A. degrees in medieval and comparative literature from the University of Maryland. He earned his Ph.D. in medieval literature with a specialization in Chaucer from the University of California, Berkley. For 30 years, he taught English at Radford University in Virginia and is the author of "Chaucer's Native Heritage."

Reading and Performing Shakespeare: King Lear, p. 11

Stephanie Weiss is the distance learning librarian at UNF's Thomas G. Carpenter Library. She worked for more than five years in the field of education and training before serving as a librarian, first for the Jacksonville Public Library system and now at UNF. Stephanie earned a B.A. in Spanish from Flagler College and an M.S. in library and information studies from Florida State University.

Improve Your Internet Search Skills, p. 20

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. June teaches adult education classes in writing mysteries for children and teens. She's won awards for her mystery reviews that appear in the Florida Times-Union.

Mysteries Unlimited: International, p. 17

Gary Whiting is a freelance photographer and former Fortune 500 marketing executive. After many years in a corporate career, he has gone independent to pursue his vision. A dedicated film photographer since age 12 and now a complete digital convert, his goal is to create uncommon images of nature, landscapes, architecture and machinery. He loves to experiment with different subjects and techniques to create unique works of art. Gary has a B.S.B.A. in marketing and is a lifelong sailor. He is a UF/IFAS Coastal Systems Naturalist. He pursues his interests in photography while cruising Florida waters with his wife and two dogs, and also works part-time at Wild Birds Unlimited. Camera gear always in tow, you never know what he'll see next!

Photographing Nature with a Digital Camera, p. 11

Mike Zeman and **Paula Zeman**, are a husband and wife team who put their passion for landscaping to work by creating "Yard Transformers" three years ago. They are committed to transforming yards from blah to beautiful, one home at a time. Paula has 30 years of construction experience working for firms building custom homes with outdoor living spaces.

Florida Friendly Landscaping, p. 25

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