2018 Spring Course Catalog

Tuscaloosa • Greater Birmingham
Gadsden • Greensboro • Pickens County

Register at olli.ua.edu or call 205-348-3000
I am writing this letter as we begin the 2017 holiday season. Thanksgiving, that most American of all our holidays, is upon us, and I find myself giving thanks for the numerous blessings of life I have received. I only want to share one, and that is the great gratitude I have for OLLI at UA.

We all need to be grateful for having the opportunity to be a part of this enriching and fulfilling program. We should be grateful for the wonderful instructors who volunteer untold hours in preparation for classes our members want. How grateful we should be for the volunteers who serve on committees that plan and provide rewarding social activities, outstanding special events, travel experiences and cooperative experiences with other groups.

We are all so grateful for our wonderful office staff who treat OLLI as more than just employment, but work so closely with the members to create a friendly and productive environment that truly meets the needs of the OLLI community. And I sincerely appreciate the ongoing support of the College of Continuing Studies and The University of Alabama, even though I have not always agreed with them, as they seek to serve and educate a vital part of the community.

I’ve been fortunate to have been involved with the OLLI program for about a decade as a member, student, teacher and Board member. I appreciate any recognition I may have received in my life, but, I can say in total sincerity, that serving as your president for the last four years may be the greatest honor I have ever received. Most of all, I am grateful that OLLI exists for us and provides a vibrant, diverse community of scholarship and friendship for our aging membership, where we continue to cherish old friends and make many new friends. The social aspect of OLLI at UA must never be sacrificed.

In the Spring of 1945, as the Allied Forces were about to cross the Rhine River into Nazi Germany, an anxious Gen. Dwight Eisenhower was pacing on river’s edge in the evening of the night before the crossing. There in the foggy darkness he encountered a very young GI doing the same. When the Supreme Commander asked him if everything was okay, the soldier replied,” I guess I’m a little scared about tomorrow”. Eisenhower replied, ”Well, me too, son. Let’s you and I walk together by the river and perhaps we can draw strength from each other.”

So, with the strength that comes from unity, may all of us in OLLI continue to walk together and face whatever may come. And, give a special thanks for OLLI this year.

Richard Rhone
President, OLLI at UA

Dr. Judy Bonner presenting the Excellence in OLLI Teaching Award to Richard Rhone on August 24, 2017.
"Leading the Way in Lifelong Learning"

Osher Lifelong Learning Institute at The University of Alabama (OLLI) is leading the way in lifelong learning for mature adults in Central Alabama. OLLI provides its members the opportunity to learn new things, make friends, travel and embrace life. We are a membership program, led by volunteer members. Members may participate in programs at any of our locations: Tuscaloosa, Gadsden, Greater Birmingham, Greensboro, and Pickens County.

SOCIAL – One key to the success of OLLI is our members, who are adults with a shared interest and joy of learning.

ENGAGE – Take on an active role. Volunteer on a committee or teach about a passionate topic.

LEARN – Take a course, learn a new skill, or travel with friends.

OLLI Annual Membership is $25. Because of the financial support from the Bernard Osher Foundation, The University of Alabama’s College of Continuing Studies, partners, and contributors, we are able to keep OLLI fees amazingly low.

OLLI provides opportunities for a learning atmosphere and rich collaboration with other adults.

OLLI Member Benefits include:
• Safe and fun environment to make new friends
• Opportunity to increase knowledge, learn a new skill and explore new interests
• Bonus Programs are weekly presentations – no registration required
• Educational and fun travel experiences
• Engagement in Leadership and Volunteerism
• Bama Perks and library admission with Action Card
• Access to pre-recorded video lectures online

Each semester, you may elect to register for courses; simply pay a semester fee of $50 (which covers one or more courses). Most trips will suggest payment for transportation and related charges.

Cancellation / Refund
OLLI reserves the right to cancel courses, programs, or trips as necessary due to insufficient enrollment, inclement weather, etc. There are no refunds for material fees after the course has begun.
Looking to get Involved?

• Enjoy teaching?
• Passionate about a particular subject and have fun sharing with other people?
• Like to assist instructors before class begins?

If you answered yes to any of these questions, you should join the curriculum committee.

The curriculum committee is always looking for new ideas and help with recruiting volunteer instructors, listening to the wants and needs of members and coordinating courses offered each semester.

• Like talking to people?
• Do you love OLLI?
• Do your friends and family tell you they can’t take you anywhere without seeing someone you know?

If you answered yes to any of these questions, you should join the membership or social committee.

The membership committee is responsible for sustaining and increasing OLLI membership each year. This committee speaks to various community groups, retirement residents, and organizations in order to recruit new members and enlist support from individuals across the state.

The social committee plans OLLI’s yearly events at the various locations. If you enjoy decorating, planning, cooking and coming up with themed events for OLLI members to get to know each other or celebrate accomplishments, the social committee is the place for you.

• Like writing stories?
• Enjoy posting on social media?
• Willing to be interviewed by the media?

If you answered yes to any of these questions, you should join the marketing committee.

The marketing committee encourages members to keep OLLI visible in the community, through various marketing avenues such as print, TV, radio, social media, interviews, photos, videos and more.

We look forward to hearing from you!
205-348-6482

New ~ OLLI Calendar Online
We have put all our current events – courses, trips, special programs, bonus and other helpful dates on our online calendar, ccs.ua.edu/calendar.

OLLI Board Members 2017-2018
President
Richard Rhone, Ed.D.

Past President
Francine Marasco, Ph.D.

VP, Long-Range
Elizabeth Aversa, Ph.D.

VP, Curriculum
Philip Malone

VP, Gadsden
George Tilbury, Ed.D.

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Hattie Kaufman

Tuscaloosa
Patti Trethaway

Tuscaloosa
Linda Olivet

Gadsden
Kathy Russell

Greater Birmingham
Connie Arnwine

BCC Designee
Leroy Hurt, Associate Dean

OLLI Director
Jennifer Anderson

Marketing
Amelia Yessick

Membership
Kit Moss

Social
Mary Ann McKissick

OLLI Board Members 2017-2018
Latin for Thrill Seekers
Jan 22, 29; Feb 5, 12, 19, 26; Mar 5
9:00 – 10:15 a.m.
Instructor: Dick Slattery
This will be an introduction to the Latin language for “thrill seekers”, those who want to improve their success at crosswords, and to be able to bandy about $1.00 words when a nickel word will do. It is impossible to teach Latin in only eight sessions, but we will endeavor to impart as much Latin knowledge as possible in such a constricted time frame. It is hoped that when it is done, the student (discipulus) will be able to explain the Alabama motto: “Audemus iura nostra defendere” – “We dare to defend our rights!” and other state mottos and Latin on buildings. Latin will aid in clear thinking and help the student eschew obfuscation in conversation, Deo adiuvante!

Travel the World Through My Lens
Jan 22, 29; Feb 5, 12, 19, 26; Mar 5
9:00 – 10:15 a.m.
Instructor: Philip Malone
Both travel and photography are a passion of mine. Through my photography, I will take you on seven trips to different parts of the world. We will visit Burma, Cambodia and Laos, Machu Picchu and Peru, The Galapagos and Ecuador, Patagonia and Argentina, Iceland, and Ireland. Each place is unique with its own beauty, charm, and mystique. Each trip will be narrated as the show is running, with two breaks for questions and discussion.

Art of Losing
Jan 22, 29; Feb 5, 12, 19, 26; Mar 5
9:00 – 10:15 a.m.
Instructor: Brian Hamilton
The 2015 38-0 Kentucky Wildcats; The 2007 18-0 Patriots; The 32-0 1992 UNLV Running Rebels. Everyone has a list of the “Best Teams That Never Won a Title”. What is the psychology of going undefeated? Is it worth it? This course will study some of the (could’ve been) best teams of all time and we will discuss several factors that prevented these teams from reaching their destiny. This class will discuss the art of losing a game (NFL resting players) and the art of collapsing, when you are 38-0 and in the Final Four.
Introduction to Genealogy
Feb 5, 12, 19, 26; Mar 5 (5 weeks)
9:00 – 10:30 a.m.
Instructor: Samuel R. Robinson
Location: Stillman College, Jackson Annex, Room 105
Diving into your family history can be an amazing adventure – whether you’re just looking to learn a little bit more about your family and ancestors, the meaning of your last name, or wanting to explore new horizons. This course will help you learn how to organize and make sense of the data that you collect. Also, you will begin to discover and build your family tree and construct your family history. Class limit: 12.

Knitting for the Beginner
Jan 22, 29; Feb 5, 12, 19, 26; Mar 5
10:00 – 11:15 a.m.
Instructor: Judye Camp
Location: Clarke Building at Kentuck Art Center
In this class, you will learn basic knitting stitches and make one knitted item by the end of the session. You will need a size 8 wooden or plastic knitting needle (no more than 10 inches long) and a skein of soft 4-ply acrylic yarn. Class Limit: 8.

Media Matters
Jan 22, 29; Feb 5, 12, 19, 26; Mar 5
10:30 – 11:45 a.m.
Instructor: Mary Tillotson
In this course, we will continue to look at public policy issues and how they are covered by the mass media. We’ll also look at the issues which are frequently, and perhaps tellingly, ignored by the media, and why that might be happening. You’ll have the chance to share and discuss your opinions on the topics of the day. Everyone attending these sessions will be encouraged to participate in an open dialogue on these intriguing subjects.

The Business of Government
Jan 22, 29; Feb 5, 12, 19, 26; Mar 5
10:30 – 11:45 a.m.
Instructor: Linda M. Parsons
“Fool me once, shame on you. Fool me twice, shame on me.” Are you left feeling confused by the debates about budgets? Taxes? The debt ceiling? Credit ratings? Don’t be fooled by dueling political messages. Join us for a nonpartisan discussion of the financial aspect of government. In this class, you’ll learn to unravel the jargon used by politicians, bureaucrats, and the media to sell or disparage political positions. Be an informed voter!

Let Us Now Praise Famous Men: the Book, its Authors, and its Aftermath
Jan 22, 29; Feb 5, 12, 19, 26; Mar 5
10:30 – 11:45 a.m.
Instructor: Winnie Cobb
In 1936, at the height of the Great Depression, Fortune magazine sent writer, James Agee, and photographer, Walker Evans, to Alabama to document the plight of sharecroppers. The outcome was eventually Let Us Now Praise Famous Men, a revolutionary new type of documentary whose influence, though slow in coming, has been immense. A continuing stream of journalists, writers, and photographers have made their pilgrimages to Hale County, Alabama, following in the footsteps of Agee and Evans and recording their own impressions. As part of the bicentennial celebration, Alabama has even commissioned the composition of an original opera based on the book. This course will examine the book itself, its authors, its history, and the works and artists it has inspired.

Sharing and Exploring American Art Treasures
Jan 22, 29; Feb 5, 12, 19, 26; Mar 5
10:30 – 11:45 a.m.
Instructor: Will Hawkins
Location: Tuscaloosa Museum of Art
Come with us for an exploration of American Art! We’ll meet together for this class inside the beautiful Tuscaloosa Museum of Art, which is located at the Westervelt Company headquarters. We will discuss the various themes, styles, historical time periods, and, of course, the artists themselves. The course is designed to give you a solid overview of the collection, and will be enjoyable to both novice and expert appreciators of art.

Mini-Medical School
Jan 22, 29; Feb 5, 12, 19, 26; Mar 5
Noon – 1:15 p.m.
Coordinator: Gloria Oglesby
UA’s College of Community Health Sciences is hosting a lecture series to explore medicine and health trends. Faculty will lecture on issues and advances in medicine and research, incorporating science, research, and clinical applications. You’ll learn ways the body works, hear about advances changing how we see disease and health, and find out which way cutting-edge research is headed.

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Talking about Books: UA Press
Jan 22, 29; Feb 5*, 12, 19, 26, Mar 5*
Noon – 1:15 p.m.
Coordinator: Pat Beatty
University of Alabama Press coordinates visits by five UA Press authors who will talk about their books and answer your questions. Books by the authors will be available for purchase.

Jan 22  Steven Trout
Points of Honor: Short Stories of the Great War by a US Combat Marine

Jan 29  Ed Bridges
Alabama: The Making of an American State

Feb 12  Phil Beidler
Beautiful War: Studies in a Dreadful Fascination

Feb 19  Chip Cooper & Julio Larramendi
Campesinos: Inside the Soul of Cuba

Feb 26  John House

For the OLLI Book Club, Jan Mercier and Carol Prickett will lead discussions on the following books:
*Feb. 5 The Alice Network, by Kate Quinn
*Mar. 5 Killers of the Flower Moon: The Osage Murders and the Birth of the FBI, by David Grann

Advanced Knitting and Crocheting
Jan 22, 29; Feb 5, 12, 19, 26; Mar 5
Noon – 1:15 p.m.
Instructors: Mary Ann McKissick, Judye Camp, Marty Massengale
Building on what we’ve learned in previous semesters, we will continue to expand our knowledge of more difficult skills in both crafts. Class limit: 18.

Facts or Fables of the Wild West
Jan 22, 29; Feb 5, 12, 19, 26; Mar 5
1:45 – 3:00 p.m.
Instructor: Richard Rhone
Gary Roberts wrote, “Ironically, the facts and legend cannot be separated successfully without destroying the truth, and those who seek to ‘set the record straight’ run the risk of distorting reality as surely as those who uncritically accept the legend at face value.” Certainly, this statement is accurate when we study the Wild West. Continuing last semester’s study, we will talk about the legends, lies and truths of some of the major characters and events that truly define America’s Wild West.

Personal Computer Tutoring
Jan 22, 29; Feb 5, 12
1:45 - 3:00 p.m.

Feb 19, 26; Mar 5
1:45 - 3:00 p.m.
Coordinator: Lisa McKinney
Are you new to using a computer or want to expand on what you already know? In this course, a UA Culverhouse LIFT student (trained tutor) will work with you and answer all of your computer questions. Tutoring is available in Computer for Beginners, Beginning Word, Beginning Excel, or PowerPoint. Class limit each session: 25.

Writing Your Family Stories
Jan 22, 29; Feb 5, 12, 19, 26; Mar 5
1:45 – 3:00 p.m.
Instructor: Judye Camp
If not you, then who? Who will record your family’s memories and happenings for future generations if you don’t pick up a pen and start working? In this class, we will organize and write our family stories. Each week we’ll bring a new story and share it with the class for critiques and suggestions. For the final class, we will bind a booklet of our stories, autograph the booklet, and each class member will receive a copy. Class limit: 15.

Building for the Future: Common Elements of an Ideal Community
Jan 22, 29; Feb 5, 12, 19, 26; Mar 5
3:15 – 4:30 p.m.
Instructor: Stan Holland
This workshop will outline the elements of an ideal community, as well as foster a dialogue to generate recommendations for improvement and growth within the community. What is your vision of an ideal community? A culture of materialism and excess, misplaced values, abuses to children, women and the environment, glaring social and economic inequalities, society’s failure to take care of the elderly, women and children, have all created irrevocable consequences for future generations. We must act now—building from our current reality to where we wish to be in the future.

Mad About These Movies
Jan 22, 29; Feb 5, 12, 19, 26; Mar 5
3:15 – 5:00 p.m. (or end of program)
Coordinator: Amelia Yessick
Relax and enjoy a special movie selected just for you and presented by a fellow OLLI member. Perhaps you will see an old favorite, but, more likely, it will be something new and heretofore unappreciated. See you at the movies!

Jan 22  Inside Out, 2015, Adventure/Animation, 1hr, 34 mins
Presenter: Peg O’Rear

Jan 29  I Am Teacher, 2016, Russian War Drama, (sub-titles), 1hr, 28 mins  Presenter: Roberta Weisberg

Feb 5  Westworld, 1973, Comedy/Sci-fi, 1hr, 28 mins  Presenter: Adrienne Spruill
Monday courses continued

Feb 12  **Happiness Never Comes Alone**, 2012, French
Romantic Comedy, (sub-titles), 1hr, 50 mins  Presenter:
David McKissick

Feb 19  **Bringing Up Baby**, 1938, Comedy/Family, 1hr, 42 mins
Presenter: Jean Channell

Feb 26  **A Boy and His Dog**, 1975, Sci-fi, 1hr, 30 mins
Presenter: John Ryba

Mar 5  **What Lies Beneath**, Drama/Suspense, 2000, 2hrs,
10 mins  Presenter: Sue Etheridge

A119  **The Art of Scrapbooking**
Jan 22, 29; Feb 5, 12, 19, 26; Mar 5
5:30 – 7:00 p.m.
Instructors: Willie Wells, Katie Terrell
Location: Stillman College, Wynn Center, Room 132
Stop hiding your favorite photos in boxes and envelopes!
Proudly display “your buried treasures” on your coffee
table, bound in non-traditional scrapbooks and watch the
conversations take a turn; then sit back and take a bow for your
creations.  Bring your imagination and be as creative as you
want to be.  This class will provide an opportunity for you to
scrapbook pictures of your favorite people, animals, plants,
adventures, etc. You will be free to create and use items such as
old jewelry, buttons, pins, post cards, greeting cards, wrapping
paper, dried flowers, etc., to capture the essence of your
scrapbook theme.  What a wonderful way to surprise a loved
one with new and long-forgotten memories.  Students will be
required to provide their own scrapbook. Class limit: 12.

TUESDAY COURSES

A120  **Beginning Sun Style Tai Chi I**
Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6
8:30 – 9:30 a.m.
Instructor: Gail Hasson
Location: Capstone Village
Recommended by the Centers for Disease Control and
Prevention and supported by Arthritis Foundations around
the world, this tai chi form is characterized by gentle, slowly
flowing movements, and deep breathing. The basic principles
and movements are presented through a series of simple forms
that promote balance, coordination, and flexibility. Wear
comfortable, loose-fitting clothes and flat-soled shoes.
Class limit: 12.

A121  **Science for Non-Scientists**
Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6
9:00 – 10:15 a.m.
Instructors: Gene Byrd and Chet Alexander
There will be a non-technical presentation for each class on
interesting topics in science and also on topics in the news.
A number of outside speakers will be scheduled, as well as
contributions by the instructors and class members.

A122  **Pioneers on America’s Frontier of Freedom and Equality**
Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6
9:00 – 10:15 a.m.
Instructor: David Chumney
Some Americans who made history remain largely unknown.
In this class, we will look at the life and work of eight such
individuals:  Ernestine Rose, Charles Hamilton Houston, Vashti
Cromwell Mccollum, Constance Baker Motley, Fannie Lou
Hamer, Will D. Campbell, Daniel Ellsberg, and Marc Solomon.
Join us, as we discuss what these men and women did to
advance equality and freedom for all Americans.

A123  **Your Money, Your Life!**
Jan 16, 23, 30; Feb 6, 13 (5 weeks)
9:00 – 10:15 a.m.
Instructor: Lyle Aitken
Your time is your wealth. Join us, as we share ideas and
knowledge on how to apply your financial assets to best serve
you and your family. Learn income tax-efficient approaches to
investing, income tax-saving strategies, proper asset allocation,
how to manage your CDs, and how to leave a legacy through
proper estate planning. Specialists in accounting, estate
planning, and investments will be guest speakers for the course.

A124  **Nordic Walking**
Feb 20, 27; Mar 6 (3 weeks)
9:00 – 10:15 a.m.
Instructor: Leroy Hurt
Nordic walking, invented by Finnish cross-country skiers,
is a full-body activity using poles to involve the upper body
in walking. Evidence-based research has shown that Nordic
walking improves weight loss, glucose management, muscular
strength, lung capacity, heart capability, and cholesterol levels,
among other benefits.  Nordic walking is especially suitable for
seniors, because it is a low-impact activity that allows those
with joint issues and chronic conditions to participate. The
three-sessions will introduce attendees to the sport, provide
hands-on training on basic Nordic walking technique, and
involve participants in other exercises and stretching involving
Nordic walking poles. Poles will be provided.

A125  **There’s a Book in You**
Jan 16, 23, 30; Feb 6
9:00 – 10:00 am
Instructor: Easty Lambert-Brown
Location: Ernest & Hadley Booksellers
Have a story or two that needs to be told? Has your family
been after you to finally write down your family history? This
publisher/bookstore owner has 40 years of designing/publishing
experience and can help you with your story, no matter the
size.  This course will focus on the development of your story,
the elements of a good publication, and the actual process you
would go through to get it published and on the shelves of a
bookstore. Some knowledge of MS Word would be helpful.
Class limit: 6.
**Design Secrets for Flower Arranging**

January 30 and 31 (Tuesday and Wednesday)
10:00 a.m. – 12:00 p.m.
Instructor: Beth White
Location: Clarke Building at Kentuck Art Center

Learn techniques for creating flower arrangements that are beyond the “poke it in the pot” look. On Day 1, you will learn how to assess containers and base them up to properly achieve the desired result, how to select materials to insure success, simple tricks to make designing easier, and so much more. Please bring containers for your arrangements. On Day 2, bring a problem container that you have always wanted to use, but couldn’t figure out how. Flowers are included, but bring your own greenery (fresh or faux), scissors, and a cutting tool for stems. You will make at least one take-home arrangement both days. Class Limit: 10. Materials Fee: $35.

**Art, Religion, and Politics!**

Jan 16, 23, 30; Feb 5, 13, 20 (6 weeks)
10:30 – 11:45 a.m.
Instructor: Kitty Johnson

Yes, two of these are things we’re not supposed to discuss in polite company. Yet, art is always a suitable topic of conversation. Perhaps, this is because art is a non-judgmental way of seeing how religion and politics affect us. Each class will cover a significant era in the development of western culture, i.e., the Dark Ages, the Renaissance, the Counter Reformation, the Industrial Revolution, on up to the 21st century, and see what art can teach us about these milestones of history.

**Advanced Working with the Mac - Getting More from your Computer**

Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6
10:30 – 11:45 a.m.
Instructor: Ken Kuntz

Let’s take the Mac Computer further. Customize the machine and how to get the most out of basic productivity programs. Explore the inter- connectivity between the Mac and the iPhone/iPad. Sessions will be devoted to Media on the Mac: music, movies and pictures with iTunes and Photos. Strategies for safeguarding your data with back-up drives and Cloud storage will be covered. What’s new in the latest MacOS and do we care?

Please Note: Loaner equipment will not be available. If you already have a laptop, please bring it and follow along.

Class limit: 20.
A133 History of Modern China
Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6
10:30 – 11:45 a.m.
Instructor: Bruce Burrows
History of Modern China - a look at China from the Boxer rebellion until today, with emphasis on China’s growth from a third world country to a world power. The course will focus extensively on Mao Zedong, the rise in Communism, the Sino Japanese War, the acquisition of Hong Kong, relationships with the USSR and Russia, and the co-existence of Capitalism and Communism.

A134 Beginning Line Dancing
Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6
10:30 – 11:45 a.m.
Instructor: Jeri Acton
Location: Pine Valley Retirement Community
Have you ever wanted to take steps to learn how to Line Dance? Now is the time. The class offers the basic fundamentals of line dancing at a pace suited for the first time dancer. It is a popular means of socializing, sharpening your memory, and keeping you fit. Come and join this fun group. Class limit: 35.

A135 The Path to Empathy: A Conversational Experiment
Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6
12:00 – 1:15 p.m.
Instructor: Carolyn Zeanah
Empathy: What is it? Why is it important? Can I learn how to do it better? These are questions we will explore over the semester, by examining six habits of highly empathetic people. As we follow a prescribed outline, you will be invited to share your insights and experiences as part of the conversation. However, you may decide to just sit quietly and listen and that is okay, too. Class limit: 12.

A136 Retro Reports
Jan 16, 23, 30; Feb 6
12:00 – 1:15 p.m.
Instructor: Allen Bearden
How often does a great story dominate the headlines, only to be dropped from the news cycle? How often do journalists tell us of a looming danger or important discovery – only to move quickly to the next new thing? What really happened? How did these events change us? What are the lingering consequences that may affect our society to this day? Combining documentary techniques with shoe-leather reporting, Retro Report peels back the layers of some of the most perplexing news stories of our past, with the goal of encouraging you to think more critically about current events and the media. Join us, as we review and discuss these stories and gain new insight into the events that shaped our lives.

A137 Nutrients in Our Food: What are They and Why are They Needed?
Jan 16, 23, 30; Feb 6
12:00 – 1:15 p.m.
Instructor: Ralph Lane
In this four-week class, we’ll discuss nutrients (water, protein, carbohydrate, fat, vitamins and minerals) that make up the foods we eat and how they’re digested and used to produce energy and build tissues. We’ll identify food sources that supply these nutrients and talk about quantities needed in order to maintain our health. We’ll also take a look at selected popular diets, particularly the low-carbohydrate (Atkins, South Beach, Sugar Busters, etc.) diets in relation to their benefits and deficiencies, with emphasis on energy balance: energy consumed (fats, carbohydrates and proteins) versus energy expended.

A138 Nutrition
Feb 13, 20, 27; Mar 6
12:00 – 1:15 p.m.
Instructors: Nick Taylor and Jeff Quinn
This four-week course will cover the basics of calories, carbohydrates, proteins and fats. You can eat out and still eat healthy. Learn to make smart choices at your favorite types of restaurants.
Learn how all the colors of fruits and vegetables benefit you — and why they’re important to your health. Our bodies need different foods and nutrients to function optimally as we age.
Learn tips for adapting your diet as your metabolism, taste buds, and digestion change.

A139 Managing Life after a Stroke, Part II
Jan 23, 30; Feb 6, 13, 20, 27; Mar 6
12:00 – 1:15 p.m.
Instructor: Cynthia Washington
Location: Stillman College, Jackson Annex, Room 105
We will build on what we learned in the fall course to examine practical applications of managing life after a stroke. The foundation will be based on a biblical structured lifestyle with a positive mental attitude.

A140 Jewelry Making for Fun
Jan 16, 23, 30; Feb 6, 13, 20
1:00 – 3:00 p.m.
Instructor: Ann Curry
Class Location: Clarke Building at Kentuck Art Center
You’ll learn the secrets of successful jewelry creation that include technique, style, and function. Come learn how to create necklaces, earrings, and bracelets using a selection of pendants, Czech glass, crystals, and sterling silver clasps. Create beautiful items to wear or give. Also, learn how to repair some of your old jewelry. No experience necessary. This class is open only to students who have never taken this course before.
Class limit: 10. Materials fee: $60.
**Discovering Alabama**
Jan 16, 23, 30; Feb 6
1:45 – 3:00 p.m.
Instructor: Doug Phillips
An overview of Alabama’s diverse geology, rivers, forests, and wildlife will be covered in this four-week course. Each class will include presentations of Discovering Alabama documentary television shows, together with other materials, hands-on learning activities, and group discussion.

**The Space Race: A Retrospective Look at the Golden Days of NASA**
Feb 13, 20, 27; Mar 6
1:45 – 3:00 p.m.
Instructor: Maury Musgrove
The generation of kids born from the early fifties to the mid-sixties witnessed what was arguably the greatest era of exploration in human history. The far-reaching effects of the U.S. racing the USSR to the Moon are still an integral part of our daily lives. This four-week class will share discussion, memories, and personal experiences through interactive participation accompanied by documentary, broadcast, and movie clips designed to entertain and inform. We’ll touch on the backstory behind the flights and crews, hopefully stimulate your recall, and enjoy trivia regarding Project Mercury through the shuttle program and beyond. Bring your memorabilia to share!

**Alabama Politics**
Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6
1:45 – 3:00 p.m.
Instructor: Bill Stewart
This year of 2018 is Alabama’s primary state election year. The governor and all other executive officers will be chosen, as will the 140 legislators (35 senators and 105 representatives). All of Alabama’s seven U.S. representatives will be up for re-election for another two-year term. In addition, there will be several constitutional amendments to be voted on during the year. It is quite possible that Alabama will reach the questionable plateau of 1,000 amendments during the year. This Alabama Politics course will focus primarily on changing campaign techniques, particularly with the advent of social networking, but students should feel free to raise questions for discussion on any aspect of state politics in which they are interested.

**Social Guidance Films**
Jan 16, 23, 30; Feb 6
1:45 – 3:00 p.m.
Instructor: Larry Fagen
Constitute a genre of educational films attempting to guide children and adults to behave in certain ways. Originally produced by the U.S. government as “attitude-building films” during World War II, the genre grew to be a common source of instruction in elementary and high school classrooms in the United States from the late 1940s to the early 1970s. The films covered topics including courtesy, grammar, social etiquette and dating, personal hygiene and grooming, health and fitness, civic and moral responsibility, sexuality, child safety, national loyalty, racial and social prejudice, juvenile delinquency, drug use, and driver safety; the genre also includes films for adults, covering topics such as marriage, business etiquette, general safety, home economics, career counseling and how to balance budgets.

**Four Levels of Senior Living**
Feb 13, 20, 27; Mar 6
1:45 – 3:00 p.m.
Instructor: Sarah Pederson
OLLI members who are experiencing the aging process with their parents, friends, or even for themselves, will have an opportunity to learn about and discuss each of the four levels of Senior Care during this four-week course. Topics will include, “Independent Living and Home Health Care,” “Assisted Living,” “Specialty Care Assisted Living,” and “Long-Term Nursing Care and Hospice”.

**Getting to Know your Heart**
Jan 16, 23, 30; Feb 6
3:15 – 4:30 p.m.
Instructor: Nada Memon
The goal of this lecture series is to inform and educate the public about the electrical system of the heart, medical issues related to this system and various treatment options. The seven classes will answer these questions: What is atrial fibrillation and how is it treated? Is my passing out related to my heart? How do pacemakers and defibrillators work? Why is my heart racing? Why do I need to be on a blood thinner? Why do I need all these heart tests and what do they mean?
**A147  Card Tricks to Amaze Your Friends**  
Feb 13, 20, 27  
3:15 – 4:30 p.m.  
Instructor: Tommy Ellison  
Want to entertain your friends or vex your grandchildren? Over three sessions, a master magician will teach you the only 10 card tricks you’ll ever need! Relying on ingenuity rather than sleight of hand, you’ll learn to present them as mysteries, not just tricks -- one of the first rules in magic. With an emphasis on presentation, you’ll be able to perform for five or up to 20 minutes, and, with a bit of practice, you’ll be able to perform the same miracles magicians have been doing for over a century. All students need to bring a new, unopened deck of playing cards. Class limit: 15.

**A148  Enlightenment Thought**  
Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6  
3:15 – 4:30 p.m.  
Instructor: Max Hocutt  
This new series of lectures will be about efforts of leading 18TH century intellectuals to come to terms with the sectarian conflict and scientific discoveries of the 17th century. Put to a choice between faith and reason, these intellectuals chose the latter, but did not find it easy. I shall analyze and evaluate their efforts.

**A149  Mostly French Romantic Comedies**  
Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6  
3:15 – 5:00 p.m. (or end of program)  
Instructor: David McKissick  
French romantic comedies sometimes come with premises that are every bit as ridiculous as their American counterparts, yet, there’s something that makes them seem fresher, more entertaining and even unpredictable. And who can resist films set in France (Paris)? Fun movies perfect for the blah winter months!

**A150  The Impact of African-American Music**  
Jan 23, 30; Feb 6, 13, 20, 27; Mar 6  
5:30 – 7:00 p.m.  
Instructor: Elder Shan Blackmon  
Location: Stillman College, Wynn Center, Room 152  
During this course, you will learn how African-Americans have impacted our culture, dating from slavery to modern day, including blues, jazz, rhythm and blues, spiritual, hip hop, rock and roll, soul music, ragtime, funk, work song, doo-wop, American folk music, traditional black gospel, classic female blues, boogie-woogie, cakewalk, black music, and coon song.

**A151  Talladega College Rising, Part II**  
Jan 30; Feb 6, 13, 20 (4 weeks)  
5:30 pm – 7:00 p.m.  
Instructor: Dionne H. Edison  
Location: Stillman College, Jackson Annex, Room 105  
A continuation of the Fall 2017 course, this continues the awareness about Alabama’s oldest private historically black college. Dr. Edison will share in-depth knowledge of the college and its historical significance. She will also lead a tour near Talladega College of the Art Bacon Art Show. For details, see page 30 in the field trip section.

**A152  Beginning Guitar**  
Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6  
6:00 – 7:15 p.m.  
Instructor: Dan Vogt  
This course is designed for the beginning level student. We will focus primarily on song accompaniment and rhythm guitar, strumming patterns and basic music theory. Students will need to bring a guitar, a guitar tuner, a guitar pick, and a notebook. Class limit: 15.

**A153  Become an MVP (Most Valued Person)**  
Jan 23, 30; Feb 6, 13, 20, 27; Mar 6 (7 weeks)  
6:15 – 7:15 p.m.  
Instructor: Don Walker  
Location: Stillman College, Jackson Annex, Room 105  
A good leader is not born, he is “crafted”. This course will craft you to become a good leader, the MVP (Most Valued Person), on your job, in your organization, or on your sports team. The core components will be broken down into: THE BELIEF - Crafting a motivated person begins with the art of effective speaking and listening. THE BLESSED - Those individuals who have moved from the art form of listening, to being inspired or motivated. THE BENEFIT- Effective communication that produces the Most Valued Person (MVP).

**A154  Spanish II**  
Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7  
9:00 – 10:15 a.m.  
Instructor: Kay Chesnut  
Progressing onward from our Spanish I for True Beginners class, we will begin with a review and then move on to cover everyday conversational topics such as the family, ordering in a restaurant, checking into a hotel, bargaining in a market, and basic transportation. You will learn basic grammar rules and verb conjugations pertinent to these topics. In this class, there will be more time for you to enjoy speaking and writing Spanish.
Wednesday courses continued

A155  Advanced Birding
Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7
9:00 – 10:15 a.m.
Instructor: Dwight Lammon
Designed for the birder who wants to learn more than just the basics. We will go over the details of identifying sparrows, warblers, shorebirds, flycatchers, hawks, and other challenging birds of Alabama. Discussions will also include migration, citizen science in ornithology, and bird sounds. No prerequisite, but come ready to “get one with nature”.

A156  Energy and Its Effects on You, Your Environment and Your Wallet!
Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7
9:00 – 10:15 a.m.
Instructor: Steve Kavanaugh
Follow the journey of the energy that powers your home and your life as it is produced, converted, delivered and used by you! Learn energy terminology and gain tools to make smarter decisions for both your wallet and the environment. Topics covered include energy production, generation, and distribution; the efficient house structure; air-conditioners, furnaces, heat pumps and other appliances; and alternative energy and the future.

A157  Introduction to Oil Painting
Jan 17 and 24
10:00 a.m. – 12:00 p.m.
Instructor: Gary Creek
Location: Clarke Building at Kentuck Art Center
This two-session class will expose students to the basics of oil painting. No artist experience or talent is required - just a desire to learn the fundamentals of the medium. Students will complete at least one painting in the course. Students will need to bring at least three inexpensive 8x10 canvases or canvas panels. Class limit: 10. Materials fee: $35.

A158  Beginning Weaving
Feb 7
10 – 2 p.m.
Instructor: Andrea Moen
Location: Clarke Building at Kentuck Art Center
Learn how to weave using the amazing Kromski rigid heddle loom. You will leave the class with a beautiful piece of handwoven fabric that you created and the confidence to go create more! All supplies included. Looms will be available to purchase (purchasing a loom is not required for class). Absolutely no previous experience necessary! Bring your own lunch.
Class limit: 6. Materials fee: (Special OLLI rate) $50

A159  Common Sense Approach to Estate Planning
Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7
10:30 – 11:45 a.m.
Instructor: Betty H. Fields
Breaking news! We are all going to die. Handling the details after someone dies can be agonizing and expensive. Join us, and learn to streamline this process for your executor and family. We will merge common sense with legalese to provide a firm foundation for your discussions with an estate planning attorney. We’ll cover topics that can potentially save your estate thousands of dollars, and will help solidify your legacy with your family.

A160  The Four Gospels and More: Inquiries into Early Christianity
Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7
10:30 – 11:45 a.m.
Instructor: Patrick Green
Our initial focus: The four New Testament Gospels: Mark, Matthew, Luke and John. Four different views on what it once meant to be a “follower of the way,” an early Christian. Four different communities, the early “gatherings” that would eventually be the Church. And, of course, similar but distinct sources—our only sources—for what we know of the man, Jesus of Nazareth. We will also briefly examine the “gnostic” gospels, especially the Gospel of Thomas. How did the Gospel of John not come to us as gnostic? (It is very similar to Thomas.) And why did the early church eventually reject Gnosticism as a proper vehicle for its message?

A161  U.S. Army Infantry
Jan 17, 24, 31; Feb 7 (4 weeks)
10:30 – 11:45 a.m.
Instructor: Ron Houts
This four-week course will survey the development of the U.S. Army Infantry from the Revolutionary War to the beginning of the Vietnam era. The individual topics include an overview survey which is structured by investigating the advances in rifle weapons; and surveys of the Revolutionary War, Indian Wars of the 19th Century, and the Spanish-American War at the close of the century. Several books have been read in preparing for this course and the authors’ insights will be presented.

A162  Bling & Things: Crafting Jewelry
Jan 24, 31; Feb 7, 14, 21, 28; Mar 7 (7 weeks)
10:30 a.m. – 12:00 p.m.
Instructor: CeCe Washington
Class location: Stillman College, Jackson Annex, Room 105
Imagine designing and creating jewelry that you have always wanted. Here’s your opportunity to do just that! When you are complimented on your beautiful piece of jewelry, you can proudly say “Thank you, I made it in my OLLI class.” Limit: 15. Materials fee: $45.
Cure It with Color: Annie Sloan Chalk Paint
Jan 17, 24, 31; Feb 7, 14, 21
1:00 – 2:30 p.m.
Instructor: Jeni Bowen
Location: Gather
During Cure It with Color, participants will learn our five favorite ways to transform furniture and other decorative pieces by using Annie Sloan Chalk Paint®. In this 6-week course, you will learn how to layer color through distressing, a smooth modern finish, a rustic finish, using the paint as a stain, and how to create special effects with gilding wax. This is a beginner workshop that does not require any prior training. Class limit: 13. Materials fee: $50.

Watercolor Painting Basics
Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7
1:00 – 3:00 p.m.
Instructor: Beth Page
Location: Stillman College, Jackson Annex, Room 105
No experience necessary. Learn how to prepare, paint and finish paintings. In this course, you will learn about the materials it takes and the techniques needed to achieve a painting you will be proud to hang in your home. Registered students will be provided a supply list of general items which are in addition to the fee. Class limit: 10. Materials fee: $40.

Yoga for Healthy Aging
Jan 17, 24, 31; Feb 14 (4 weeks)
1:30 – 2:30 p.m.
Instructor: Linda Dunn
Location: First United Methodist Church
This yoga class is designed to build strength and balance, reduce anxiety, and protect joints. Yoga gives you the tools to prevent falling, if you continue to practice the yoga breathing and yoga postures for life. Modifications will be offered for each yoga pose and you will be encouraged to do what is available to you in each class. Wear comfortable, loose-fitting clothes, and please bring a yoga mat to class.

Birds of Belize
Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7
1:45 – 3:00 p.m.
Instructor: Dwight Lammon
We discover the multitude of bird species you may encounter in Belize, with lots of audio/visual and lots of fun. Course is designed for people headed to Belize on the OLLI trip, but anyone is welcome to attend.

Successful Gardening: Let’s Get Growing
Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7
1:45 – 3:00 p.m.
Instructors: Nancy Humphreys, Sharon Pate
Seedlings, sunshine, snapdragons, and shears. If these things make you smile, we think you’ve got a love for gardening. You will want to sign up for our can’t-miss OLLI gardening class. For an engaging series of talks, we’ve invited a variety of speakers who will come talk to us about all things gardening.

Tell Your Story
Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7
1:45 – 3:00 p.m.
Instructor: Donald Brown
Class members will be encouraged to be somewhat introspective and to realize that everyone has a story to tell, and to know that this class will help them gain the self-confidence to write it, because the written word is permanent — aspects of their life, such as happy, sad, funny, odd, memorable and forgettable.

India: A View of an Enchanting Land
Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7
3:15 – 4:30 p.m.
Instructor: Usha Midkiff
Are you ready to see how the past and present meet in India? 3000 years of history is still alive in India. Let’s make an armchair trip to India and discover its many wonders. We will discuss the history of India by discussing the many historic places to visit. No trip is complete without experiencing new dishes. We will learn to prepare some tasty Indian recipes. Yum!

iPhone/iPad Tutoring
Jan 17, 24, 31; Feb 7
Feb 14, 21, 28; Mar 7
3:15 - 4:30 p.m.
Coordinator: Lisa McKinney
Are you ready to learn more about your iPhone or iPad with your own tutor? UA Culverhouse LIFT students are trained to provide individualized tutoring to guide you in a hands-on environment and answer all of your questions. You will need to bring your own iPhone/iPad and charger. Please make sure you download the latest software on your device before the first class. Class Limit: 25.

Back in the Saddle
Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7
3:15 – 5:00 (or end of program)
Instructor: Gary Kerr
The classic westerns of James (Jimmy) Stewart, including Destry Rides Again, Broken Arrow, and Winchester 73.
Sun Style Tai Chi II
Jan 18, 25; Feb 1, 8, 15, 22; Mar 1, 8
8:30 – 9:30 a.m.
Instructor: Gail Hasson
Location: Capstone Village
A continuation of Beginning Sun Style Tai Chi I (for those who have completed the OLLI Tai Chi class one or more times in the past three semesters). Such students may register for Beginning Sun Style Tai Chi I (on Tuesdays) OR this class, but not both. Wear comfortable, loose-fitting clothes and flat-soled shoes. Class limit: 12.

Computer Tutoring at Stillman
Jan 18, 25; Feb 1, 8, 15, 22; Mar 1, 8
9:00 – 10:15 a.m.
Coordinator: Lisa McKinney
Location: Stillman College, Jackson Annex, Room 105
Are you new to using a computer or want to expand on what you already know? In this course, a UA Culverhouse LIFT student (trained tutor) will work with you and answer all of your computer questions. Tutoring is available in Computer for Beginners, Beginning Word, Beginning Excel, or PowerPoint. Class limit: 10.

Line Dancing For the Experienced Dancer
Jan 18, 25; Feb 1, 8, 15, 22; Mar 1, 8
9:30 – 10:45 a.m.
Instructors: Betty Fagen and Linda Selby
Location: Morning Pointe, 1801 Rice Mine Rd N, Tuscaloosa
If you have already taken the Beginning Line Dancing class, then you are ready for the next step. This class is to enhance your line dancing skills. Come continue to learn and enjoy line dancing with other OLLI members. Class limit: 20.

Future Shock: Understanding Change in the 21st Century
Jan 18, 25; Feb 1, 8, 15, 22; Mar 1, 8
10:30 – 11:45 a.m.
Instructor: Scott Bridges
Location: Stillman College, Jackson Annex, Room 103
Take this exciting study of what happens to people when they are overwhelmed by change. It would enhance your class experience to purchase the book, Future Shock by Alvin Toffler (1970), published by Bantam Books. “We can tell the future because we are living the future of the past.” Sir Geoff Palmer.

Advanced Genealogy
Feb 8, 15, 22; Mar 1, 8 (5 weeks.)
10:30 a.m. – 12:00 p.m.
Location: Stillman College, Jackson Annex, Room 105
Instructor: Samuel R. Robinson
Genealogy Study and research is a lifetime adventure. This advanced class is a continuation of building on the fundamentals presented in the Introduction to Genealogy Course. At some point, every family historian encounters a barrier in their genealogy research “a brick wall”, and they can often appear impossible to work around. When you have exhausted all the obvious possibilities, consider the less obvious. This course is all about the less obvious. It is a compilation of some of the best genealogy brick wall “busting” solutions that I have accumulated over the years. I hope that some of these solutions will give you that “Aha!” moment that will enable you to dig deeper into your family’s past. Class limit: 12.

History of Radio – TV Without the Pictures
Jan 18, 25; Feb 1, 8, 15, 22; Mar 1, 8
Noon – 1:15 p.m.
Instructor: Don Hartley
Location: Stillman College, Jackson Annex, Room 103
More than 100 years ago radio came into being. It developed from a hobby to a business. Radio became the soundtrack of American and European society. We will study the roots of radio, learn about its impact on society, listen to the familiar formats of variety, drama and soap operas and hear how FDR, Winston Churchill and Adolph Hitler used radio to appeal to the masses. We will study where radio is today and where it is expected to go in the future. It will be a fun and informative eight weeks.

Generational Differences in Changing Times
Jan 25; Feb 1, 8, 15, 22; Mar 1, 8 (7 wks.)
1:00 – 2:00 p.m.
Instructor: Sandra Hopkins
Location: Stillman College, Jackson Annex, Room 105
In America, there are six living generations. This workshop will examine each generation, their belief system, fads, music and more. It will also show us how each generation affected the next generation: GI generation, traditionalist/mature, baby boomers, generation X, generation Y, and generation Z.

Course By Course Cooking
Jan 18, 25; Feb 1, 8
1:45 – 3:00 p.m.
Instructor: Sarah Pederson
Location: Morning Pointe
During this four-week session, we will demonstrate a different course of a meal each week. Whether you would like to learn how to create a mouth-watering appetizer for a small gathering, a savory side dish that could outshine an entrée, a hearty main course to leave your guests satisfied, or a decadent dessert your friends can’t resist, no matter how full they are – we will teach you the techniques to pull it off! We’ll also offer suggestions for presenting the spread for your get-together.
Thursday courses continued

A180 Ancient American Civilizations
Jan 18, 25; Feb 1, 8, 15, 22; Mar 1, 8
3:15 – 4:30 p.m.
Instructor: Richard Diehl
Location: Stillman College, Jackson Annex, Room 103
Long before Columbus “sailed the ocean blue”, the Americas were home to civilizations that rivaled those of Rome, Egypt and Mesopotamia. This course explores some of these, specifically the Olmecs, Maya, Teotihuacanos, and the Aztecs; four of the best-known cultures in what is now central and southern Mexico. Classes will include films, lectures, group discussion, and personal anecdotes (mostly true), by someone who has done archaeology in Mexico since 1961.

A181 CPR: Caring When Pressure Arises
Mar 22, 29; Apr 5, 12
5:00 – 6:00 p.m.
Instructor: LaKisha Sewell
Location: Stillman College, Jackson Annex, Room 105
This course will cover our role in the emergency medical services, which includes: before giving care, checking an injured or ill person, sudden illness, problems and recommendations, caring for those you love under practice/protocol and recommendations of experts.

A182 Creative Line Dancing
Jan 25; Feb 1, 8, 15, 22; Mar 1, 8 (7 weeks.)
6:00 – 7:00 p.m.
Instructors: Annie Mary Gray, John Teasely, and Daphne Hood
Location: Stillman College, Wynn Center, Room 152
Why are you sitting on the sideline when others are out on the dance floor stepping to the music? Come join us by putting on your dancing shoes and step to the latest, the oldies, and even create your own line dance. You can even “name your own dance” and you can learn it, too!

FRIDAY COURSES

A183 Eye-Catchers: Polymer Clay for Beginners
February 16
9 a.m. – 4 p.m. (lunch break from 11:45 - 1:00)
Instructor: Lee Anne Jones
Location: Clarke Building at Kentuck Art Center
Polymer clay is a medium used to create beautiful and amazing beads, vessels and more. You will learn what polymer clay is, how it can be manipulated, and the tools used to work with this synthetic clay. You will learn how to make Skinner beads, which are created by mixing two or more colors of clay together to create an evenly blended gradient hue. This is a basic skill upon which everything else is built. Students will take home a finished product and instructions for curing your piece at home in an oven. You will also take home a blade, brayer, and work surface. Class limit: 8. Materials fee: $30.

BONUS PROGRAMS

Noon – 1:15 p.m., Wednesdays at the Bryant Conference Center
Bonuses are included with your membership, so registration is not needed. Bring a friend to get a “sampling” of OLLI programs.

Jan 17 Nelle Harper Lee Part I
Presenter: Dr. Ralph Voss
Harper Lee wrote only two books and yet her work is as relevant today with as when she published them. Dr. Voss presents a comprehensive review of To Kill a Mockingbird and its earlier version, Go Set a Watchman.

Jan 24 Pioneer 61 Mission Rescue
Presenter: Kevin Beck
Mozambique and Zimbabwe are known as one of the largest sex trafficking areas in the world. The mission of Kevin Beck and his organization, is the rescue of children from a life of prostitution and sex trafficking.

Jan 31 The Eight Week Odyssey
Presenter: Francine Marasco
Let your imagination soar as OLLI member, Francine Marasco, takes you along on her journey of Fiji, Caledonia, New Zealand and Australia.

Feb 7 The Gig Economy
Presenter: Dr. Robert Prescott
No, this is not a typo. The Gig economy is a new (and different) work force for the young starting out and for retirees looking to supplement their income.

Feb 14 Amazon River: Experiences & Facts
Presenter: Peggy Hamner
The Hamners’ adventures on an Amazon River cruise in Peru, and the fascinating facts they learned about the Amazon ecosystem, bring South America to OLLI.

Feb 21 Unmanned Aircraft Systems (Drones)
Presenter: Richard Johnson
An overview of how significant changes in technology have enhanced the use of Drones. Learn the application, value and some of the myths of Drones operating in the U.S. and overseas.

Feb 28 The T.C.H.P.S.
Presenter: Cal Wilson
The Tuscaloosa County Historical Preservation Society is one of the premier “jewels” of the area. Find out how this organization got started and is continuing its success in education and fun.
March 7  Nelle Harper Lee Part II
Presenter: Dr. Ralph Voss

### SPECIAL PROGRAMS

#### A401 Healthy Relationships
Saturday, Feb 10
10:00 a.m. – 2:00 p.m.
Instructor: DeAndrae Sewell
Location: Stillman College, Jackson Annex, Room 105
Come join us to learn how to develop and maintain positive relationships. Learn ten effective ways to allow healthy and positive relationships in your personal or professional life to evolve, while lessening the trauma and drama in the lives of all involved. Class limit: 20. Lunch Dutch-treat.

#### A402 Fish Tales
Thursday, Feb 22
5:30 – 6:30 p.m.
Instructor: Jimmy Edison
Class Location: Stillman College, Jackson Annex, Room 105
Listen and laugh at fish tales, past and present. Jimmy is a former bass fisherman with the West Side Bass Club of Tuscaloosa and SABBA, and he will share about bass fishing on the Alabama waterways.

#### A403 Boating Safely
Monday and Wednesday
April 2 and 4 (must attend both sessions)
9:00 – 12:30 p.m.
Instructor: Richard Byrne
Location: Tuscaloosa County Courthouse Annex, 2513 7th St, Tuscaloosa
If you are interested in an exciting, in-depth boating safely course, join us for this two-day beginner boating class. We will give you the knowledge needed to obtain a boat license or safety certification in many states. Many boat insurance companies will offer discounts on boating insurance to boaters who successfully complete About Boating Safely. Passing the course exam provides the certificate needed for an Alabama boating license. Handbook included. Class limit: 20.
Materials fee: $25 paid onsite to U.S. Coast Guard.

#### A404 History/Walking Tour of Stillman College
Saturday, Apr 14
9:00 a.m. – 12:00 p.m.
Instructor: Robert Heath
Location: Stillman College, Stinson Auditorium, Room 100
Join us as we hear about the history and beauty of Stillman College which was founded in 1875. Whether you are taking OLLI classes on the Stillman campus this semester, or have always wanted to just learn more about this important piece of Tuscaloosa’s history, this orientation and walking tour of the campus, led by the Stillman College Historian, is the perfect opportunity to see and hear more of Stillman! Class will be held regardless of weather. Please wear comfortable shoes for the short outdoor walking tour.

#### Dutch-Treat Supper Club
6:30 p.m., Tuesdays
We laugh, we share stories, we love to eat!
Register online olli.ua.edu or call Registration Services at 205-348-3000. The registration deadline is the Friday prior to the supper club date. Members meet at 6:30 p.m. at the restaurant. For more information, contact Janie Bostick jrsb1012@bellsouth.net.

- **R. Davidson’s Chop House** – Jan 23
  2330 4th St., Tuscaloosa

- **Iguana Grill** – Feb 27
  Midtown Village, Tuscaloosa

- **301 Bistro** – Mar 27
  301 Greensboro Ave., Tuscaloosa

- **Pottery Grill** – Apr 24
  3420 Hwy 69 N, Northport

- **Southern Ale House** – May 22
  1530 McFarland Blvd., Tuscaloosa

See Field Trip section beginning on page 30.
If you like a bonus program, course or field trip at another OLLI at UA chapter, simply register and participate.
Spring Open House

Thursday, Dec 14, 2017
4 – 6 p.m.

UA Gadsden Center
121 North 1st Street, Gadsden

Enjoy holiday treats and bring a friend!

Share your ideas and get involved with OLLI in Gadsden!

VP Gadsden Chapter
George Tilbury, tilsgeorge@aol.com

Curriculum Chair
Shirley du Pont, slild01@aol.com

Social Chair
Jan Mackey, calkid4747@yahoo.com

Member-at-Large
Kathy Russell, kathydrussell@gmail.com

CLASS LOCATIONS
All courses are held at the UA Gadsden Center, unless otherwise noted in the catalog.

UA Gadsden Center
121 North 1st Street

Gadsden Public Library
254 College Street

Downtown Civic Center
(Senior Activity Building)
629 Broad St.

Fall Registration Begins December 4
Go online olli.ua.edu
or call 205-348-3000
1-866-432-2015

Monday Morning Quarterback
Jan 8, 22, 29; Feb 5, 12, 19, 26
10:00 – 11:30 a.m.
Instructor: Craig Scott
Location: Gadsden Public Library, Lena Martin Room

How did your game predictions go? We may be seeing the last of football, but there are many sports games left to play and so much to discuss. Join the OLLI Sports Club at the Gadsden Public Library for a lively discussion about football, baseball, basketball or just about any other sport known to man! Join us for banter and fun. The coffee will be hot. If you love sports, you are invited, regardless of gender. See you there!

“Behind the Curtains”
Jan 8, 22, 29; Feb 5
1:00 – 3:30 p.m.
Instructor: Craig Scott
Location: Gadsden Public Library, Lena Martin Room

Come tour with Craig to see what goes on “behind the curtains” at four different locations around town. We will meet at the library and begin our journey from there. Our adventure will take us to…

Week 1: Northeast Alabama Genealogy Society
Week 2: Max Packaging
Week 3: United Way
Week 4: Job Corp

Monday at the Movies
Jan 8, 22, 29; Feb 5, 12, 19, 26
1:00 – 2:30 p.m.
Facilitator: Shirley du Pont
Room 110

We will view movies of the late Robert Mitchum. Robert Mitchum was an underrated American leading man of enormous ability, who sublimated his talents beneath an air of disinterest.

January 8 The Big Sleep
January 22 Night of the Hunter
January 29 The Enemy Below
February 5 Crossfire
February 12 Thunder Road
February 19 Farewell, My Lovely
February 26 Cape Fear

Share your class experience
and upload photos to
facebook.com/olli.ua.edu
World Religions
Jan 8, 22, 29; Feb 5, 12, 19, 26
3:00 – 4:30 p.m.
Instructor: Rev. Carl Sexton II
Room 110
We live in an increasingly global community. Understanding the cultures of our global neighbors, in which religion plays a major part, enables us to be better neighbors. This course will provide an introduction to world religions. The purpose of this course is not to arbitrate the “rightness” or “wrongness” of a particular religion, but to better understand the viewpoints of our global neighbors. The purpose will be to learn the basic history, cultural impact, and living rituals of each religion. Though the focus will be on the world’s “major” religions, we will make occasional forays into lesser known religions.

The Civil War
Jan 9, 16, 23, 30; Feb 6, 13, 20, 27
10:00 – 11:30 a.m.
Instructor: Norman Dashinger, Jr.
Room 110
The American Civil War was fought in the United States from 1861 to 1865. The nationalists of the Union proclaimed loyalty to the U.S. Constitution. They faced secessionists of the Confederate States of America, who advocated for states’ rights to expand slavery. The Civil War was to prove one of the most ferocious wars ever fought. Without geographic objectives, the only target for each side was the enemy’s soldier. Norman will discuss how Georgia and Alabama were involved in the war. During the war, Georgia sent nearly 100,000 men to battle for the Confederacy, mostly to the Virginian armies. Despite secession, many southerners in North Georgia remained loyal to the Union. The American Civil War remains the most significant event in Alabama’s history. The occupation of north Alabama remained an important Union objective throughout the war. Many, Lincoln in particular, believed that they could undermine the Confederacy from within, by courting the isolated Unionists in north Alabama and east Tennessee.

Can You Come For Dinner?
Jan 9, 16, 23, 30; Feb 6
1:00 – 2:30 p.m.
Instructor: Susie Haller
Room 110
In this class we will enjoy a five-course meal. Susie Haller will prepare and share the meal and her recipes with us. Join us for the fun and the fabulous food! Class limit: 24. Materials fee: $25.
Week 1: Appetizers
Week 2: Soup and light sandwich
Week 3: Salads
Week 4: Main course
Week 5: Desserts

Bridge for Beginners
Jan 9, 16, 23, 30; Feb 6, 13, 20, 27
1:00 – 2:30 p.m.
Instructor: Miki Cook
Location: The Senior Activity Center, Bridge Room, elevator available
This course is designed for those who have some experience playing bridge, but may have forgotten many of the common bridge practices, rules, and regulations. You will review how to evaluate your hand, bid, respond, make your contract, and play bridge. You will play bridge every week and practice, practice, practice. Do not miss this opportunity to keep your mind active. Class limit: 24.

String Along With Amelia
Jan 9, 16, 23, 30; Feb 6, 13
3:00 – 4:30 p.m.
Instructor: Amelia Day
Room 110
Make a fashion statement with a creation all your own. In this class, we will learn how to work with cord and leather. This is a chance to practice the techniques of jewelry making with a skilled instructor and go home with pieces uniquely your own. If you have taken a jewelry class before, join us for more advanced techniques with leather and cord. Materials Fee: $15.
**The Vietnam War**
Jan 10, 17, 24, 31; Feb 7, 14, 21, 28
1:45 – 3:00 p.m.
Instructor: Skip Campbell
Room 110
NOTE: This is a special time.
The Vietnam War (1959 – April 30, 1975) was the prolonged struggle between nationalist forces attempting to unify the country of Vietnam under communist government and the United States (with the aid of the South Vietnamese) attempting to prevent the spread of communism. Since the end of the war, the Vietnam War has become a benchmark for what not to do in all future U.S. foreign conflicts. Join us as we explore this epic story of one of the most consequential, divisive and controversial events in American history. The session will feature Ken Burns and Lynn Novick’s documentary series.

**Pulp Fiction**
Jan 10, 17, 24, 31; Feb 7, 14
3:00 – 4:30 p.m.
Instructor: Dave Murdock
Room 110
Pulp magazines were a lucrative (and underrated) market for short fiction in the first half of the twentieth century. Many talented writers got their start in the “pulps” and learned their trade churning out sometimes lurid fiction for the popular market. Some of those writers went on to distinguished careers. Please join us for a breakneck spree through early twentieth-century pulp fiction and the influence it has on modern fiction and film.

**Army Travel**
Jan 11, 18, 25; Feb 1, 8, 15, 22
1:00 – 2:30 p.m.
Facilitator: Shirley du Pont
Room 110
And… we are off! Join us for trips to destinations, both historical and entertaining. Remember: no money, no bags, no passport or shots. This is the way to see the world.

**Exercise for Your Health**
Jan 11, 18, 25; Feb 1, 8, 15, 22
9:00 – 9:45 a.m.
Instructor: Belinda Brock
Location: Downtown Civic Center (Senior Activity Building)
Regular physical activity can help control your weight, lower your risk of heart disease, lower your risk of type 2 diabetes and metabolic syndrome, lower your risk of some cancers, strengthen your bones and muscles, and the list goes on. Fitting exercise into your daily routine may seem difficult at first, but even 10 minutes a day is fine. Join us for exercise, fun, and all those benefits to your health.

**Genealogy Club**
Jan 11, 18, 25; Feb 1, 8, 15, 22
9:30 – 11:30 a.m.
Instructor: Craig Scott
Location: Gadsden Public Library, Second Floor Computer Classroom (elevator available)
Where did you come from? Who were your ancestors? Craig will provide you with the resources to find your famous and infamous ancestors. The internet and the latest software are at your disposal to help in your hunt. This is not a class for the beginning genealogist. Previous computer experience is a MUST!

**Armchair Travel**
Jan 11, 18, 25; Feb 1, 8, 15, 22
1:00 – 2:30 p.m.
Facilitator: Shirley du Pont
Room 110
January 11 - Niagara Falls
Presenters: Susan Davidson and Cindy Echols
Niagara Falls is the collective name for three waterfalls that straddle the international border between Canada and the United States; more specifically, between the province of Ontario and New York state. They form the southern end of the Niagara Gorge. Niagara Falls is famed both for its beauty and as a valuable source of hydroelectric power. Balancing recreational, commercial, and industrial uses has been a challenge for the stewards of the falls since the 19th century. During the 19th century, tourism became popular, and by mid-century, it was the area’s main industry. Theodosia Burr Alston, daughter of Vice-President Aaron Burr, and her husband Joseph Alston were the first recorded couple to honeymoon there in 1801. Napoleon Bonaparte’s brother, Jérôme, visited with his bride in the early 19th century.

January 18 - Fiji and Australia
Presenter: Francine Marasco
Fiji, officially the Republic of Fiji, is an island country in Melanesia in the South Pacific Ocean. Fiji is an archipelago of islands, some of which are permanently inhabited. Fiji has one of the most developed economies in the Pacific. Australia, officially the Commonwealth of Australia, is a country comprising the mainland of the Australian continent, the island of Tasmania, and numerous smaller islands. Australia is considered the world’s largest island.

continued on page 22
January 25 - Salzburg
Presenter: Frances Douglas
Salzburg is the fourth largest city in Austria and the capital of the federal state of Salzburg. Salzburg’s “Old Town” is internationally renowned for its baroque architecture and is one of the best-preserved city centers north of the Alps. It was listed as a UNESCO World Heritage Site in 1997. Tourists also visit Salzburg to tour the historic center and the scenic Alpine surroundings. Salzburg was the birthplace of 18th-century composer Wolfgang Amadeus Mozart. Maria Von Trapp (later Maria Trapp) and her family lived in Salzburg until they fled to the United States, following the Nazi takeover. In the mid 20th century, the city was the setting for the musical play and film The Sound of Music.

February 1 - Egypt
Presenter: Connie Williams
Egypt, a country linking northeast Africa with the Middle East, dates back to the time of the Pharaohs. In many ways, the history of Egypt is the history of civilization as we know it. With more than 50 centuries of sophisticated culture, Egypt is filled with millennia-old monuments that sit along the fertile Nile River Valley. The Pyramids of Egypt, including the Great Pyramid, rank among the Seven Wonders of the ancient world. Market, food and interaction with the Egyptian people make this a wonderful country to visit.

February 8 - Cuba and Nicaragua
Presenter: Gail Ragland
Cuba is a country of indefinable magic. Meticulously preserved, Cuba’s colonial cities haven’t changed much since musket-toting pirates stalked the Caribbean. The atmosphere and architecture is particularly stirring - where grandiose squares and cobbled streets tell erstwhile tales of opulence and intrigue. Elsewhere, many buildings lie ruined and tattered. Nicaragua is the largest country in the region. This means you get tons of different places of interest and activities in one country. When it comes to cuisine and culture, Nicaragua’s got personality to spare.

February 15 - London
Presenter: Shirley du Pont
Standing on the River Thames in the south east of the island of Great Britain, London has been a major settlement for two millennia. London is a leading global city in the arts, commerce, education, entertainment, fashion, finance, healthcare, media, professional services, research and development, tourism, and transportation. It is crowned as the world’s largest financial center. London is a world cultural capital. It is the world’s most visited city, as measured by international arrivals and has the world’s largest city airport system measured by passenger traffic. London’s universities form the largest concentration of higher education institutes in Europe. In 2012, London became the first city to have hosted the modern Summer Olympic Games three times.

February 22 - Travel Celebration
Presenter: Shirley du Pont
It is time for our taste buds to travel where our minds and hearts have been these last few weeks. Join us for a sampling of delicacies from around the globe.

BONUS PROGRAMS

Thursdays, 3 – 4:30 p.m. at the UA Gadsden Center.
Bonus programs are a member benefit and registration is not needed. Feel free to bring a guest!

Jan 11 – From Seed to Plant
Presenter: Eric Shavey
Growing plants from seed is a great way to start gardening earlier in the season. With the right light and some simple equipment, it’s easy to grow from seed to harvest. Each plant has unique seed-starting requirements. All seedlings require a considerable amount of light, so make sure you have a sunny, south-facing window. The goal with seed-starting is to have your seedlings ready to go outside when the weather is favorable. Eric will show us all the steps to successfully move from seed to harvest.

January 18 - John Singer Sargent
Presenter: Evelyn Brannon
The English village of Broadway, a typical English village with green and golden stone houses is tied to art history. John Singer Sargent painted one of his most famous paintings there (Carnation, Lily, Lily, Rose) when he was part of an art colony, which included some of the best painters and writers of the time (around 1885). One of his hosts, Frank Millet, was lost on the Titanic. The village is virtually unchanged. The people, place and time are full of fascinating stories.

Presenter: Richard Rhone
It is often difficult to separate legend from reality, and that’s certainly true today as we look at one of the most infamous and most enigmatic characters that existed in the American Wild West. If not for a movie, most of us would be ignorant of him, even though in the 19th century his fame was of epic proportions. Today, we aren’t sure of much of his life, but two things we know as absolute fact: his name was not Jeremiah Johnson and he certainly didn’t look like Robert Redford. Let’s try to separate the fact from the fiction.
February 1 - Medicine in Ancient Egypt
Presenter: Catherine Hawkins
Classical scholars have always considered the ancient Greeks, particularly Hippocrates, as being the fathers of medicine, but findings suggest that the ancient Egyptians developed a credible form of pharmacy and medicine much earlier. Although ancient Egyptian physicians practiced a combination of what one today would consider practical medicine and magic, they made substantial contributions to Western medicine thousands of years before Hippocrates.

February 8 – African-Americans in the U.S. Military
Presenter: Robert Kane
This presentation covers African-Americans in the U.S. Military from the American Revolution to integration. It shows how African-Americans served in the U.S. Armed Forces since the American Revolution, despite the existence of slavery until 1865. We will look at segregation, and continuing prejudice and discrimination. Many received significant U.S. military decorations, including the Medal of Honor, for valor and courage in America’s wars. The significant participation of African-Americans in all U.S. Armed Forces led to the postwar integration of the Armed Forces in 1948. The presentation ends with how each military service integrated in the late 1940s and in the 1950s.

February 15 - Gemstones of the Bible
Presenter: Benny McNair
Throughout history, in every civilization, gemstones have been highly sought after and prized. The Bible makes numerous references to jewels and precious stones. We will learn about the gemstones mentioned in the Bible with their history and meaning.

February 22 - Gemstones of the Bible (cont’d)
Presenter: Benny McNair
We learned about the gemstones in the Bible. This week we take a close and personal look at some of those stones. What a wonderful way to learn about the stones and then be able to see and touch some of the examples. Join us for these two sessions of history and meaning from the Bible.

Dutch-Treat Supper Club
Registration deadline for the supper club is the Friday prior to the supper club date. Members meet at 5 p.m. at the Gadsden Center then carpool to the restaurant. Be prepared to drive your vehicle, if needed for transportation.

<table>
<thead>
<tr>
<th>Number</th>
<th>Restaurant</th>
<th>Date</th>
<th>Address</th>
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<tbody>
<tr>
<td>G301</td>
<td>BLU Chop House – Tues, Jan. 23</td>
<td>538 Broad St, Gadsden, AL</td>
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<tr>
<td>G302</td>
<td>Classic on Noble – Tues, Feb. 13</td>
<td>1024 Noble St, Anniston, AL</td>
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<tr>
<td>G303</td>
<td>Bright Star – Tues, Feb. 27</td>
<td>304 19th St N, Bessemer, AL</td>
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See Field Trips section beginning on page 30.
If you like a bonus program, course or field trip at another OLLI at UA chapter, simply register and participate.

Summer Open House
Thursday, May 10
4 – 6 p.m.
UA Gadsden Center
Enjoy refreshments and connect with friends
Founding of America - Part II: The Rest of the Story or What They Didn’t Tell You in School

Jan 22, 29; Feb 5, 12, 19, 26
1:30 – 3:00 p.m.
Vestavia Hills Civic Center
Instructor: Fred Moss, physician by vocation, history student by avocation

What America went through to become a nation: the struggles, wars, and eventual conciliation – a continuation of the Birth of the American Nation course taught during the summer of 2017.

Jan 22: Review from 1295 through founding of first colonies. Die is cast for division and revolution.


Feb 12: Articles through the Constitution. Compromises to bridge the growing gap plus judicial review.


Feb 26: An unnecessary war, regional impoverishment and the new “equality.” Legacy of political Puritans.

Greeter Birmingham Locations

Greater Birmingham Area OLLI meets the needs of members by offering programs at a variety of locations. Most of the sessions will be held at Vestavia Hills Civic Center, with several also at the Vestavia Hills Library in the Forest, Homewood Public Library, Levite Jewish Community Center, and Bessemer Public Library. See below for GPS-ready addresses and phone numbers.

Vestavia Hills Civic Center
1975 Merryvale Rd, Vestavia, AL 35216, 205-978-0166

Vestavia Hills Library in the Forest
1221 Montgomery Hwy, Vestavia, AL 35216, 205-978-4678

Levite Jewish Community Center
3960 Montclair Rd, Birmingham, AL 35213, 205-879-0411

Homewood Public Library
1721 Oxmoor Rd, Homewood, AL 35209, 205-332-6600

Bessemer Public Library
400 19th St North, Bessemer, AL 35020, 205-3428-7882
The Gilded Age
April 9, 16, 23, 30
10:30 a.m. – 12 p.m.
Vestavia Hills Civic Center
Instructor: James Day, Professor of History, University of Montevallo
We will study the Gilded Age in United States history, from the 1870s to about 1900. The term for this period came into use in the 1920s and 1930s and was derived from writer Mark Twain’s 1873 novel, *The Gilded Age: A Tale of Today*, which satirized an era of serious problems masked by a thin gold gilding. Its beginning overlaps the Reconstruction Era (which ended in 1877), and it is generally thought to be followed by the Progressive Era in the 1890s. It was an era of rapid economic growth, and railroads were the major growth industry. The dominant issues were cultural (especially prohibition, education, and ethnic or racial groups) and economic (tariffs and money supply). With the rapid growth of cities, political machines increasingly took control of urban politics. Dr. Day will guide us through the period and any comparisons to events today.

Greek and Roman Classics
Feb 6, 13, 20, 27
1:30 – 3:00 p.m.
Vestavia Hills Civic Center
Instructor: Shannon Flynt, Assistant Professor of Classics, Samford University
The Classics provide a new world offering the wisdom of ages past. With a key that unlocks the universe of the Ancient Greeks and Romans, they open a door leading to adventures in history, literature, philosophy, archaeology, theater, and poetry – the breadth of human experience as lived by Homer, Socrates, Plato, and Paul as well as by Cicero, Julius Caesar, Augustus, and Augustine.

Ancient American Civilizations
March 6, 13, 20, 27
10:30 a.m. – 3:00 p.m. (with break for lunch)
Vestavia Hills Civic Center
Instructor: Richard Diehl, Professor Emeritus of Anthropology, UA
Long before Columbus “sailed the ocean blue” the Americas were home to civilizations that rivaled those of Rome, Egypt, and Mesopotamia. This course explores some of these, specifically the Olmecs, Maya, Teotihuacanos, and Aztecs; four of the best-known cultures in what is now central and southern Mexico. Sessions will include films, lectures, group discussion, and personal anecdotes (mostly true) by someone who has done archaeology in Mexico since 1961.

Healthy Practices That Enhance Life
April 3, 10, 17
10:30 a.m. – 12 p.m.
Vestavia Hills Civic Center
April 3: Chiropractic and Acupuncture
Instructor: Dr. Beth Sherer, Chiropractor, Back On Track Chiropractic & Wellness Center
Beth will explain Chiropractic and Acupuncture, including some history and the philosophy, science, and art behind the two techniques. She will also explain various techniques for stress management.
April 10: Go Natural: The Gut/Brain Connection
Instructor: Rhonda Dial, Master Herbalist, Go Natural Herbs & Fitness
This session on the gut/brain connection will focus on healing conditions for such things as exhaustion, anxiety and depression, chronic insomnia, brain fog, trouble losing weight, and more. Rhonda will help us see what we can do to improve our health from a nutritional perspective and to enjoy life.
April 17: Essential Oils
Instructor: Julie Tidwell, retired physical therapist
Julie will discuss the therapeutic benefits of essential oils, which are a powerful natural option to address health and wellness. She will share the different ways of using essential oils in our day-to-day routine and the story of her journey into a holistic health approach to life.

Russia: History and Controversial Leaders – Part II
Feb 7, 14, 21, 28
1:30 – 3:00 p.m.
Vestavia Hills Civic Center
Instructor: Jackie Nuby, retired Professor of History, University of Montevallo
Feb 7: Review early Russian history covered in Part I during the fall of 2017: founding of Russia; early rulers; beginning of laws and Christianity; the Mongol invasion; Ivan III and IV; Time of Troubles; the Romanov dynasty; Peter the Great; Catherine the Great; and Alexander I, II, and III.
Feb 14: Brewing of the Revolution, Bloody Sunday, Nicholas and Alexandra, and Rasputin.
Feb 28: From Khrushchev to Putin. An assessment of Russia in the present.
Wednesday courses continued

B108 Research in Brain, Stem Cells, and DNA
March 7, 14, 21
1:30 – 3:00 p.m.
Vestavia Hills Civic Center
March 7: Our DNA: Jump into the Gene Pool
Instructor: Mary Anne Ellis, Southern History Department, Birmingham Public Library
Discover how genetic research can help you explore your family history. Find out what a gene sample can tell you about the parts of the world your ancestors came from and more.
March 14: Stem Cell Research
Instructor: Kejin Hu, Assistant Professor, Stem Cell Institute, UAB
Our bodies can repair, regenerate, and/or refresh tissues by supplying new cells to replace those that are damaged or old. This is achieved by a special group of cells: stem cells. Stem cells have the potential to become functional cell types as well as the ability to self-renew. This lecture will provide a brief introduction to stem cells and their potential as a therapeutic tool.
March 21: Digging into the Brain
Instructor: David Geldmacher, Director, Division of Memory Disorders and Behavioral Neurology, UAB
This session will cover recent breakthrough research in neurology.

B109 Explorations
April 4, 11, 18
1:30 – 3:00 p.m.
Vestavia Hills Civic Center
Instructor: James Lowery, retired administrator, UAB; serves on nine environmental boards
April 4: Historic Birmingham Mineral Railroad
The railroad that ran through six counties for a century will be described, with maps and photographs from its steam engine era and where it can be seen today.
April 11: Ice Age Tar Pit Excavations (La Brea)
Learn about the La Brea Tar Pits in Los Angeles, including active excavations plus 3.5 million fossils.
April 18: Antarctica – Continental Ice
This session will explore the science of the region and show its wildlife – sea birds, penguins, whales, seals – as well as icebergs, glaciers, and research stations.

B110 All Things Political
May 9, 16, 23, 30
10:30 a.m. – 12:00 p.m.
Vestavia Hills Civic Center
Instructor: Natalie Davis, retired Professor of Political Science, Birmingham-Southern College
This audience-participation conversation will cover the 2018 primaries, elections, polls, and predictions. In other words, all things political!

Thursday courses

B111 Fresh Eyes/New Vision: An Introduction to Ikebana Floral Design
March 8, 15
10:30 a.m. - 12:00 p.m.
Vestavia Hills Civic Center
Instructor: Beth White, professional florist
Learn the basic techniques of oriental floral design, including how to use simple materials with breathtaking results. Bring your own cutting tools.

B112 Franklin Delano Roosevelt
March 22, 29
10:30 a.m. - 12:00 p.m.
Vestavia Hills Civic Center
Instructor: James Farris, lifelong student of history
This course will feature the life and presidency of Franklin Roosevelt in pictures and narrative. The conversational presentation will focus on the New Deal, World War II, and FDR mementos; and will invite commentary from the audience.

B113 WWII German Prisoners of War Camps in the US, Emphasizing Those in Alabama
April 12, 19
1:30 – 3:00 p.m.
Vestavia Hills Civic Center
Instructor: Joanne Bruer, retired history instructor, Jacksonville State University
Some 435,000 POWs came to the U.S. to be interned during World War II. The presentation will give an in-depth look into the daily lives of the POWs, the American guards, and the local people. The prisoners ranged from staunch Nazis and battle-hardened veterans to draftees conscripted from the ranks of school-aged boys and civilians. Some were not even Germans, but men from countries allied with or annexed to Germany. They were individuals with varied hopes, dreams, and beliefs.

B114 Explorations
April 4, 11, 18
1:30 – 3:00 p.m.
Vestavia Hills Civic Center
Instructor: James Lowery, retired administrator, UAB; serves on nine environmental boards
April 4: Historic Birmingham Mineral Railroad
The railroad that ran through six counties for a century will be described, with maps and photographs from its steam engine era and where it can be seen today.
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B115 All Things Political
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Vestavia Hills Civic Center
Instructor: Natalie Davis, retired Professor of Political Science, Birmingham-Southern College
This audience-participation conversation will cover the 2018 primaries, elections, polls, and predictions. In other words, all things political!
BONUS PROGRAMS

Bonus programs are one-time presentations on a wide range of topics at various locations in the area. Registration is not needed. Members may bring a guest to bonus programs.

Learn to Play Pickleball, a New Sensation
Jan 11 and Jan 25, Thurs (come one or both days)
10:30 a.m. - 12:00 p.m.
Levite Jewish Community Center
Instructor: Trained instructors from the Levite Jewish Community Center; Mindy Cohen, Coordinator
Come learn pickleball, a low-impact racquet sport that combines elements of badminton, tennis, and table tennis. Using solid paddles, 2-4 players hit a perforated plastic ball, similar to a wiffle ball, over a net. Invented in the mid-1960s as a children’s backyard pastime, pickleball has become popular among older adults as well. The courts are indoors – wear comfortable clothes and shoes that allow side-to-side motion. Note: This activity is for healthy adults. A disclaimer must be signed for the Levite Jewish Community Center.

Climate Change
Jan 12, Fri
1:00 – 2:30 p.m.
Homewood Public Library
Instructor: Michael Hansen, Executive Director, GASP (Greater Birmingham Alliance to Stop Pollution)
Climate change is hotly debated. Some believe it is the greatest threat to our civilization and some believe it is a hoax. Michael will help us understand the science behind anthropogenic climate change, the threat it poses to Alabama, and what we can do about it.

Early Buddhist Art in India
Jan 18, Thurs
1:30 – 3:00 p.m.
Vestavia Hills Library in the Forest
Instructor: Angie May, Assistant Curator of Education, Birmingham Museum of Art
The earliest phase of Buddhist art in India is referred to as aniconic; meaning there are little to no figural representations of the Buddha until around the 1st century CE. This so-called aniconic phase left a multitude of art rich in Buddhist symbolism, but lacking in a recognizable icon. This presentation will trace the transition from non-representational Buddhist art to the creation of the now universally recognizable figure of the Buddha. Note: This program is part of a History of Art series offered by the Birmingham Museum of Art. A companion field trip to the museum will be held January 4 – see Field Trips at the end of the catalog.

Southern Gothic Writing
Feb 1, Thurs
1:30 – 3:00 p.m.
Vestavia Hills Library in the Forest
Instructor: Ralph Voss, Professor Emeritus of English, UA
Gothic literature has existed for centuries, but American Southern Gothic literature originated chiefly with Edgar Allan Poe in the 19th century. This program will describe what Gothic literature is, and will detail the characteristics that make for Southern Gothic literature, with examples from some of the South’s greatest practitioners of the genre. If attendees wish to establish a framework for the program, they may want to read some or all of the following works, which contain many of the examples to be discussed:
Edgar Allan Poe’s The Fall of the House of Usher and The Telltale Heart (short stories)
William Faulkner’s Rose for Emily
Flannery O’Connor’s Good Country People (short story)
Truman Capote’s Children on their Birthdays (short story)
Harper Lee’s To Kill a Mockingbird (novel)
Carson McCullers’ The Heart is a Lonely Hunter (novel)

Liver-Eating Jeremiah Johnson: The Man and the Myth
Feb 15, Thurs
10:30 a.m. - 12 p.m.
Bessemer Public Library
Presenter: Richard Rhone, retired history instructor
It is often difficult to separate legend from reality, and that’s certainly true today as we look at one of the most infamous and most enigmatic characters that existed in the American Wild West. If not for a movie, most of us would be ignorant of him, even though in the 19th century his fame was of epic proportions. Today we aren’t sure of much of his life, but two things we know as absolute facts: his name was not Jeremiah Johnson and he certainly didn’t look like Robert Redford. Let’s try to separate the fact from the fiction.

Tour Eastern Europe
Feb 15, Thurs
1:30 – 3:00 p.m.
Vestavia Hills Library in the Forest
Instructor: Andrea Traina, native of Italy who conducts tours of his homeland and Eastern Europe
Join Andrea as he shows us the beautiful and historic cities of Eastern Europe. We will visit Budapest, Hungary; Krakow, Poland; and Prague in the Czech Republic. We will see world famous museums, learn the history and the arts, as well as see the beautiful blue Danube.
GREATER BIRMINGHAM

Celebrating Black History Month With a Birmingham Music Legend
Feb 23, Fri
1:00 – 2:30 p.m.
Homewood Public Library
Instructor: Sam Frazier Jr., professional musician
From his mother’s shotgun house in the mining town of Edgewater, Sam Frazier Jr. became a part of Birmingham’s musical history. He was the first black entertainer who appeared on the “Country Boy Eddie” show and did so for 14 years. He is in the Birmingham Records Hall of Fame and Alabama Blues Hall of Fame. Sam recounts his life in music and history in Blues, and shares his latest recordings with us.

The Great Depression
March 1, Thurs
1:30 – 3:00 p.m.
Vestavia Hills Library in the Forest
Instructor: Colin Davis, Distinguished Professor and Chair, Department of History, UAB
The Great Depression lasted from 1929 to 1939 and was the worst economic downturn in the history of the industrialized world. It began after the stock market crash of October 1929, which sent Wall Street into a panic and wiped out millions of investors. Over the next several years, consumer spending and investment dropped, causing steep declines in industrial output and employment as failing companies laid off workers. By 1933, when the Great Depression reached its lowest point, some 15 million Americans were unemployed and nearly half the country’s banks had failed.

Betsy Ross: Did She Create the American Flag?
March 2, Fri
1:00 – 2:30 p.m.
Homewood Public Library
Instructor: Richard Rhone, retired history instructor
Since March is Women’s History Month, we consider the reality or myth that Betsy Ross actually created the first American flag. Hear Richard describe the details of her life. Elizabeth “Betsy” Ross (1752-1836) was a flag maker for the Pennsylvania navy and is credited with making the first American flag. According to family tradition, upon a visit from General George Washington in 1776, Ross convinced him to change the shape of the stars he had sketched from 6- to 5-pointed by demonstrating that it was easier and speedier to cut the latter. This program is part of a series, “Revolting Women,” that Richard is teaching for us.

Ice Age Animals of Alabama
April 5, Thurs
1:30 – 3 p.m.
Vestavia Hills Library in the Forest
Instructor: Jun Ebersole, Director of Collections, McWane Science Center
Mammoths, saber-toothed cats, giant ground sloths and more! These are just a few of the extinct creatures that once roamed Alabama during the Ice Age. Join us on a journey back to Alabama’s prehistoric past to learn about these fascinating creatures and the Ice Age research currently taking place in the state. Note: A field trip to McWane will be held April 24 – see Field Trip details on page 30.

Zentangle
March 9, Fri (attend one or both sessions)
10:30 a.m. – 12 p.m.
1:30 – 3:00 p.m.
Levite Jewish Community Center
Instructor: Darla Williamson, Certified Zentangle Teacher
Materials Fee: $13 each session. Darla will teach us this calming, restful but intricate art form. This semester’s class will include the special art of inserting gemstones into our masterpieces.

See Field Trips section beginning on page 30.
If you like a bonus program, course, or field trip at another OLLI at UA chapter, simply register and participate.

Summer Open House
Friday, May 11
1:00 – 3:30 p.m.
Homewood Public Library
Entertainment by Birmingham dance troupe, Natyananda: Dance of India
Enjoy refreshments and connect with friends
Pickens County

Share your ideas and get involved with OLLI in Pickens County!
Membership Chair
Vickie House, v.house.2012@gmail.com
Curriculum Chair
Craig Patterson, chief@starboardrailbooks.com

1865 Alabama: From Civil War to Uncivil Peace
Tuesday, January 30  5:30 – 7:00 p.m.
Gordo City Hall  25226 Hwy 82
Chris McIlwain, a Tuscaloosa attorney, will introduce his new book, 1865 ALABAMA: FROM CIVIL WAR TO UNCIVIL PEACE, in which he examines the end of the Civil War and the early days of reconstruction in Alabama.

Antiques Appraisals
Monday, February 26  5:30 – 7 p.m.
Presenter: Jeri Junkin
Location: Gordo City Hall, 25226 Hwy 82
Who needs Antiques Roadshow when we have Jeri Junkin, owner of Gordo's Red Barn Antiques, here to appraise your family heirlooms? Bring an antique for a complimentary appraisal. (No fine jewelry or war relics, please.)

Gordo 4H House
Tuesday, March 27  5:30 p.m. – 7 p.m.
Presenter: Amanda Crowley
Location: Gordo 4H House, 251 N. Main Street
Gordo is proud to have one of the only two 4H clubhouses in the State of Alabama. All Pickens County children, ages 9 through 18, are invited to register for after-school clubs, including Art, Forestry, Sewing, Archery, and Leadership, just to name a few. Mrs. Crowley will tell us about Alabama’s 4H program and guide us through the 4H House.

See Field Trips beginning on page 30.
If you like a bonus program, course or field trip at another OLLI at UA chapter, simply register and participate.

Spring Registration Begins - Dec 4
Go online olli.ua.edu or call 205-348-3000 or 1-866-432-2015

Greensboro

Share your ideas and get involved with OLLI in Greensboro!
Curriculum Chair
Caroline Cutler, csistergirl@aol.com
Board Member
Edward “Buck” Whatley, woodbuckone@gmail.com

1865 ALABAMA: FROM CIVIL WAR TO UNCIVIL PEACE
Tuesday, January 9  5:30 – 6:30 p.m.
Presenters: Carolyn Walthall and Winnie Cobbs
In March the Greensboro Opera House and Newbern Library will jointly host “Taking a Second Look”, an exhibit and workshop featuring works of internationally renowned artist, William Christenberry. He lived in Washington D.C., but returned each summer to Hale County to record the passage of time in photographic images. In preparation for the upcoming exhibit, this program will provide a look at this Hale County native and his legacy.

What Lies Beneath: Metal Detecting in Greensboro
Tuesday, March 13  5:30 – 6:30 p.m.
Presenter: Glen Johnson
Glen Johnson has lived in Greensboro for 15 years and has been metal detecting for two of those years. He has found treasures and interesting historical artifacts in his own yard, the Johnson-Waller house, and is willing to show us how to use a metal detector.

The Wetlands
Tuesday, April 10  5:30 – 6:30 p.m.
Presenter: Dr. Julia Cherry, Assistant Professor, New College and Biological Sciences
Julia Cherry’s research focus has been wetland ecology. Let’s understand more about the various mechanisms influencing the wetland ecosystem in our Gulf Coast and other locations.

Fitness & Food = Fun
Tuesday, May 8  5:30 – 6:30 p.m.
Presenter: Leah Drury
Leah Drury will share her expertise as an athlete and trainer to make Greensboro a better place. She will tell you about her journey, which has taken her to The Stable featuring good, healthy food, along with her A-1 Fitness Center.
FIELD TRIPS FOR ALL MEMBERS

OLLI at UA Field Trips – All Chapters

Register online at olli.ua.edu or call Registration Services at 205-348-3000 or 1-866-432-2015. Registration is on a first come, first served basis. Fees must be paid with registration. Cancellations may only be made by contacting UA Registration Services. Refunds will not be issued for cancellations after the trip cancellation deadline. Substitutions are not allowed. If you have further questions, please contact the trip leader or the OLLI office.

OLLI field trips are educational and fun! Members are encouraged to participate in field trips at any of the chapters.

DEPART FROM TUSCALOOSA

A201 The UA Equestrian Program
Fri, Jan 26
Trip Leader: Dan and Sheree Miller (evergreens3@yahoo.com)
Cancellation deadline: Thurs, Jan 11
Depart BCC: 8:15 a.m.; Return 3:00 p.m.
Fee: $35 (includes transportation)
Activity level: Easy/moderate (extensive standing and walking on uneven ground)

Did you know that the University of Alabama has a robust and growing Equestrian Program that “provides UA students and special populations access to the opportunities and benefits of equestrian activities”? We will visit the farm in Fosters where the horses are stabled and where the Equestrian Team trains to participate in various types of events. We will watch UA students put their horses through their paces in an hour-long session, then tour the facilities while we receive more information about the program and its long-term plans. On our way back to the Conference Center, we will stop to socialize over a Dutch-treat lunch.

A202 Walking Tour of Historic Bryce Main
Fri, Feb 9
Trip leaders: Amelia Heath (ameliaheath@hotmail.com) and Peggy Hamner (sswims2001@gmail.com)
Tour Guide: William Teague, Professor, UA Dept. Theatre and Dance
Cancellation deadline: Thurs, Jan 25
Depart BCC: 12:45 p.m., return 5:00 p.m.
Fee: $27 (includes transportation and dessert/beverage)
Activity Level: Moderate (walking, stairs)

Here’s your opportunity to learn about the University’s plans for the historic Bryce Main building on the Peter Bryce campus! Dr. William Teague, Department Chair of UA Theatre and Dance, will take us through the building in its “before” condition and tell us about the exciting ways that renovation and new construction will transform this historic structure into space for the performing arts, a welcome center, UA museums, academic spaces, and more. Emphasis will be on the new Performing Arts Academic Center, which will connect to the restored Bryce Main and include four performing arts theaters, as well as rehearsal space for theater and dance. After our tour, we’ll adjourn to the University Club to enjoy its famous almond ball dessert and coffee. You’ll be proud of how the expanded campus is becoming incorporated into The University of Alabama!

A203 Highlights of Talladega - Talladega College, Art Bacon Art Gallery and Alabama Institute for the Deaf and Blind
Fri, Feb 16
Trip Leader: Peggy Hamner (sswims2001@gmail.com); Tour guide: Dionne Edison, Dept. of Education, Talladega College
Cancellation Deadline: Thurs, Feb 1
Depart BCC: 8:00 a.m.; Return: 5:00 p.m.
Fee: $39 (includes transportation)
Activity level: Moderate/strenuous (extensive walking, stairs in all buildings)

Join Dr. Dionne Edison for a trip to Talladega. We’ll stop at the Art Bacon Art Gallery to view works created by Dr. Arthur Bacon, Professor Emeritus (Talladega College), scientist, civil rights activist and artist, who is particularly noted for his drawings and paintings of “older and neglected people whose experiences show in their faces”. Then, we’ll tour historical landmarks throughout the beautiful campus of Talladega College, Alabama’s oldest private historically black college - Swayne Hall, built in 1852 as the original school house, the DeForest Chapel with stained-glass windows by David C. Driskell, and Savery Library with its Amistad murals. After a Dutch-treat lunch, we will visit the Alabama Institute for Deaf and Blind (AIDB) to learn about its comprehensive education, rehabilitation and service program for individuals of all ages who are deaf, blind, deaf-blind and multi-disabled.

A204 UA Opera Rehearsal of “SEMELE”
Thurs, Feb 22
Trip Leader: Peggy Hamner (sswims2001@gmail.com)
Cancellation deadline: Mon, Feb 12
Meet at Bryant-Jordan Hall, Bryce campus: 6:45 p.m.; estimated rehearsal end 9:30 p.m.
Fee: none
Activity Level: Easy (several hours of sitting)

Watch talented UA Opera students and faculty rehearse in the Bryant-Jordan Hall! Accompanied by piano, the cast will conduct a complete run-through of SEMELE by George Frederic Handel. This seductively funny, sensuous, and sparkling opera explores the clashing of gods and mortals, the foibles of vanity, and the tragic consequences of forbidden love. You may want to return on your own to see the public, fully costumed, production accompanied by the Huxford Symphony Orchestra.
FIELD TRIPS FOR ALL MEMBERS

Depart from Tuscaloosa Continued

A205  UA Student Recreation Center and Stran-Hardin Arena
Fri, March 2
Trip Leader: Peggy Hamner (sswims2001@gmail.com)
Cancellation date: Thurs, Feb 15
Meet at Recreation Center: 1:30 p.m.; end: 4:30 p.m.
Fee: None
Activity level: Easy
As an OLLI member, you are eligible to use the facilities offered by the Student Recreation Center. Take advantage of this opportunity to find out what is available there for you! We’ll take a guided tour of the building with a staff member, who will explain all of the possibilities, both for group activities in classes and individual use of exercise equipment, the swimming pool, and more. After this tour, we will walk next door to tour the brand new Stran-Hardin Arena, a state-of-the-art facility for the Adapted Athletics Program that includes an NCAA regulation game venue for wheelchair basketball, locker rooms, workout/training room, strength and conditioning room, team meeting rooms and study halls.

A206  “Taking a Second Look” Christenberry Photographic Exhibit, Greensboro/Newbern
Fri, March 9
Trip Leaders: Jennifer Woods (jwoods9388@gmail.com), Beth Seale (sealeb51@gmail.com)
Tour Guide: Winne Cobbs
Depart BCC: 8:30 a.m.
Cancellation date: Thurs, Jan 25
Fee: $60 (includes transportation, exhibits, lunch)
Activity level: Moderate (some non-strenuous walking)
“Taking a Second Look,” sponsored by the Greensboro Opera House and the Newbern Library, is a photographic exhibit and workshop featuring works of artist William Christenberry and other noted regional photographers. Internationally acclaimed artist Christenberry was a Tuscaloosa native with family roots in Hale County, where he recorded the passage of time through photographs taken year after year of the same sites. We will view the exhibit and listen to a discussion of the works at the Greensboro Opera House. In Newbern, we will take a nostalgic step into the past, with lunch (included in fee) at the Newbern Mercantile. We will visit the Newbern Library, a work of the famed Auburn Rural Studio, for a workshop, then photograph some Christenberry sites, winding up in Greensboro for shopping. Participants are encouraged to take photographs!

A207  A Scenic Tour through Northwest Alabama
Thurs, March 22 - Fri, March 23
Trip Leader: Philip Malone (philipgmalone@gmail.com)
Cancellation deadline: Wed, March 7
Depart BCC: 8:00 a.m., Thurs - Return 5:00 p.m. Fri
Fee: $154 (includes transportation, admissions, and lodging)
Activity Level: Moderate/strenuous due to terrain/stairs
Our first stop will be the Ave Maria Grotto in Cullman. We’ll have lunch in Cullman before going on to tour the Jesse Owens Museum. From there, we’ll drive to the rustic and scenic Rattlesnake Saloon for a Dutch-treat dinner, before staying overnight at the Microtel Inn and Suites in Muscle Shoals. On Friday morning, we will travel to Dismals Canyon, a designated National Natural Landmark, for a morning walk on the beautiful canyon-floor trail. After lunch in Hamilton, we will visit Natural Bridge, the longest natural bridge east of the Rocky Mountains, before returning home. All meals will be Dutch-treat.

A208  Spring Pilgrimage, Columbus, Mississippi
Sat, April 7
Trip leader: Mavis Hughes (barneybhughes@gmail.com)
Cancellation date: Thurs, March 22
Depart BCC: 7:00 a.m. Return: 5:30 p.m.
Fee: $68 (includes transportation and bus tour with guide)
Activity level: Easy (walking)
This award-winning event has been widely recognized as one of the best historic home tours in the South. We will visit Tennessee Williams’ birthplace and three of the historic homes and gardens. In Columbus, we will tour on a double-decker bus, accompanied by a step-on guide. We will enjoy a Dutch-treat lunch from one of the vendors offering catfish, gumbo, chicken, burgers, etc. Eat your lunch seated under a large tent or at an outside table while listening to live music. An optional treat will be carriage rides at $5 per person.

A209  Birds, Beach and Bellingrath
Thurs, April 12 – Sat, April 14
Trip Leader: Beckey Embrey (emb619@aol.com)
Tour Leader: Dwight Lammon (Dwight.lammon@gmail.com)
Cancellation deadline: Tues, March 13
Depart BCC: 8 a.m. April 12; Return 6:30 p.m. April 14
Fee: $450 Dbl  (includes transportation, lodging, admission fees, lunch at Bellingrath and box lunch on Fri)
Activity level: Strenuous
Don’t miss our third annual trip to Dauphin Island and Bellingrath Gardens! Experience three days of fun and visit several new birding locations, led by our birding expert, Dwight Lammon. Thursday and Friday will include bird watching excursions on Dauphin Island, just in time for the spring bird migration. On Friday, we will visit the renowned Dauphin Island Estuarium to glimpse the wonders of the Mobile Bay estuary system and study its flora and fauna. We will tour and visit historic Fort Gaines and experience birding at the Shell Mound, as well as in the Audubon Bird Sanctuary. On Saturday, we’ll head to beautiful Bellingrath Gardens. We will tour the house and gardens and enjoy lunch and birding on the grounds before departing for home. We will enjoy Dutch-treat meals at several seafood restaurants during our trip.

Share your trip experience and upload photos to facebook.com/olli.ua.edu

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**FIELD TRIPS FOR ALL MEMBERS**

**Depart from Tuscaloosa Continued**

**A210** Bibb County Glades Preserve and Brierfield Ironworks Historical State Park  
Thurs, April 19  
Trip Leader: Amelia Yessick (ameliaheath@hotmail.com)  
Tour Guides: Dwight Lammon and Linda Sherk  
Cancellation Deadline: Wed, April 4  
Depart BCC: 8:00 a.m.; Return: 4:00 p.m.  
Fee: $34 (includes transportation, park fees and box lunch)  
Activity level: Moderate/strenuous (2-hour hike)  
A “Botanical Wonder,” and Nature Conservancy preserve, the Bibb Co. Glades Preserve is currently the most biologically diverse piece of land known in the state of Alabama. As we hike on well-maintained trails over gently rolling land, Linda Sherk, President of the Blanche Dean Chapter, AL Wildflower Society, will join us to identify flowering plants and our own Dwight Lammon will help identify birds. After the hike, we will enjoy a box lunch at nearby Brierfield Ironworks Historical State Park and take a look at the historic ruins of the Bibb Naval Furnaces, erected in 1862. Bring camera/binoculars and a walking stick!

**A211** Much Ado about Nothing (The Octagon Stage), Alabama Shakespeare Festival  
Sat, April 28  
Trip Leaders: Isabel Oldshue (ioldshue@gmail.com) and Donna Boles (donnaboles@comcast.net)  
Cancellation deadline: Fri, March 30  
Depart BCC: 9:00 a.m. - Return approximately 7:00 p.m.*  
Fee: $82 (includes transportation and ticket)  
Activity Level: Easy (walking, flat; stairs)  
Join your OLLI friends on a trip to Montgomery to see the matinee of Shakespeare’s Much Ado About Nothing at the beautiful Shakespeare Festival. “Sigh no more, ladies, sigh no more, men were deceivers ever…” The delightfully antagonistic relationship of Beatrice and Benedick is at the heart of this Shakespearean comedy. They skewer each other with witty repartee until they must join forces to save innocent young lovers threatened by a common enemy. We will stop for a Dutch-treat lunch before attending the play.

Members may participate in field trips at any of the chapters. Simply register and have fun!

**B201** A Conversation about Art History (Birmingham Museum of Art)  
Thurs, Jan 4  
Trip Leader: Beth White (wytehaus1@msn.com) & Nancy Ekberg (nanekberg@aol.com)  
Cancellation Deadline: Tues, December 19, 2017  
Depart: 9:30 a.m. – Return: 2:00 p.m.  
Fee: $10 (includes admission); Dutch-treat lunch; Transportation provided by Vestavia Hills. You will receive more information from the trip leader.  
Activity Level: Easy  
Attend the Art & Conversation lecture covering an aspect of art history, followed by lunch at Oscar’s at the Museum or individual touring.

**B202** Sylacauga Marble Festival  
Fri, April 6  
Trip Leader: Beth White (wytehaus1@msn.com)  
Cancellation Deadline: Fri, March 23  
Depart: 9 a.m. – Return: 6 p.m.  
Fee: $25 (charter bus transportation); Dutch-treat lunch & ice cream  
Activity Level: Moderate, extensive walking  
The mission of the Sylacauga Marble Festival is to recreate the magic of marble through its artistic, commercial, and industrial applications. Do not miss this once-a-year opportunity to tour a marble mine, watch 20 sculptors from around the world create award winning sculpture, and interact with artists as they describe their work. This day-long trip includes a great Dutch-treat lunch and finishes with a stop at the Blue Bell Creamery.

**DEPART FROM BIRMINGHAM**

All Greater Birmingham field trips depart from the Vestavia Hills Civic Center. Trip fee must be paid with registration. Cancellations must be made by contacting Registration Services, 205-348-3000 or 1-866-432-2015. Refunds will not be issued after the cancellation deadline. Substitutions are not allowed.
FIELD TRIPS FOR ALL MEMBERS

Depart from Birmingham Continued

McWane Science Center Tour
Tues, April 24
Trip Leader: Beth White (wytehaus1@msn.com) & Martha Weber
Cancellation Deadline: Tues, April 10
Depart: 12:45 p.m. – Return: 5:45 p.m.
Fee: $6 (admission, unless you are already a McWane member). Transportation provided by Vestavia Hills. You will receive more information from the trip leader.
Activity Level: Moderate; some standing

In connection with the April 5 Bonus program on Ice Age mammals of Alabama, we will visit the McWane Science Center. Jun Ebersole, Director of Collections, will give us a “back of the house” tour of his collections lab and we will visit the Natural History area. You will also have time to view other areas of special interest at the center.

Unclaimed Baggage and Russell Cave
(Scottsboro and Bridgeport, AL)
Fri, Jan 19
Trip leader: Shirley du Pont (slild01@aol.com)
Cancellation deadline: Thu, Jan 11
Depart from Gadsden: 8:00 a.m.
Fee: $30 (includes transportation and admission), Dutch-treat lunch
Activity Level: Moderate (shopping, walking)

Unclaimed Baggage Center is now one of Alabama’s top tourist attractions, hosting over a million visitors a year, from every state and over 40 foreign countries. At 7.5 miles, Russell Cave is the 3rd longest cave in Alabama, although it is the history of the people that lived here that has made this site nationally significant. Access to Russell Cave is limited, due to the geologically unusual cave entrance. This flat, protected space is where artifacts have been found dating back to some of the earliest human occurrences in North America.

DEPART FROM GADSDEN

These trips depart from UA Gadsden Center. Registration fee must be paid with registration. Cancellations must be made by contacting Registration Services, 205-348-3000 or 1-866-432-2015. Refunds will not be issued after the cancellation deadline. Substitutions are not allowed.

Oak Hill and the Martha Berry Museum
Berry College, Mount Berry, GA
Fri, Feb 23
Trip Leader: Shirley du Pont (slild01@aol.com)
Cancellation deadline: Thu, Feb 15
Depart from Gadsden: 8:00 a.m.
Fee: $50 (includes transportation and admission), Dutch-treat lunch
Activity level: Moderate (lots of walking)

The story of Martha Berry and Berry College is told through exhibitions, events and educational programming. Our tour begins at the Martha Berry Museum, where we can tour the permanent exhibition that traces the evolution of the Berry Schools into Berry College. Oak Hill is the Greek revival home of Martha Berry, founder of Berry College. We will receive a guided tour of the dwelling led by Berry College students. We will also tour the home’s three outbuildings, as well as Oak Hill’s gardens. A guided campus tour will follow lunch. We will eat in the college lunchroom.

Chicago
Virginia Samford Theatre (Birmingham, AL)
Sun, Jan 28
Trip leader: Shirley du Pont (slild01@aol.com)
Cancellation deadline: Mon, Jan 22
Depart from Gadsden: 12:30 p.m.
Fee: $60 (includes transportation and admission)
Activity level: Easy

The longest running American musical in Broadway history comes to the VST stage with its satire on corruption, in the administration of criminal justice and the era of the “celebrity criminal”.

The Hermitage and Upper Room
Nashville, TN
Sat, Feb 10
Trip leader: Shirley du Pont (slild01@aol.com)
Cancellation deadline: Thu, Feb 1
Depart from Gadsden: 8:00 a.m.
Fee: $60 (includes transportation and admission), Dutch-treat lunch
Activity level: Moderate (walking)

Join us this year for “The Duel – Art of the Southern Gentleman” only at Andrew Jackson’s Hermitage. We will hear about the story of Jackson and his famous duel with Charles Dickinson. What was the process of a duel? Why did people choose to duel in the first place? All of these questions will be answered along with an “actual” dueling demonstration by our historic re-enactors.

Amidst the recording studios and corporate offices on Music Row stands a simple chapel-turned-museum. Inside, you’ll find manuscripts and letters from religious leaders throughout history, as well as Bibles over four centuries old, antiques of all descriptions and a replica of DaVinci’s “Last Supper” that stands 17 feet tall.
Pre-recorded Lectures Right from Your Computer

We have made it easy to continue lifelong learning from your own home computer, just as if you were sitting in the classroom. Simply register for the Pre-recorded Lectures and the entire library of videos will be available to you. This is a membership benefit.

A Potpourri of 20th Century Women  Jill Stokley
Cuba     Dana Harper
George Washington  Richard Rhone
Military Leaders  Various Instructors
Mini-Medical School  College of Community Health Sciences
Revolting Women  Richard Rhone
Origins and Conduct of World War I  Bruce Burrows
The Nation Makers  Richard Rhone
U.S. Presidents  R. L. Guffin
World War II, Europe  Bruce Burrows
A Quick, Quirky Review of Tuscaloosa  Jim Ezell
Personality, Philosophy, and Power:  A History of America’s Political Party System   Richard Rhone
Development of the Electoral College  Bruce Burrows

Registration Guidelines

• Members must register in order to attend a course.

• Members may register to be added to a course even after the course has begun, if space is available.

• If your plans change and you need to drop out of a course, please go online to cancel or contact Registration Services to drop the course. This will allow other members to enroll in the course.

• If you are enrolled in a course that has a limited capacity stated in the catalog, please be sure you can commit to all sessions.

• Please provide your email and phone number at registration so that in the event of a change you receive the notification.

• Bonus Programs are open to members and their guest; no registration is needed.

New ~ OLLI Calendar Online

We have put all our current events—courses, trips, special programs, bonus and other helpful dates on our online calendar, ccs.ua.edu/calendar.
OLLI at UA Spring 2018 Registration Form

For multiple registrations, please duplicate this form. Please submit this entire page for your registration.

[ ] Dr.  [ ] Mr.  [ ] Ms.  [ ] Mrs.  Name (First)___________________________ (Last)

___________________________

Address___________________________ City___________________________ State_________ Zip_____________

E-mail Address________________________________________ Day Phone (______)____________________

Please circle your “Home Base”
Tuscaloosa  Gadsden  Greater Birmingham
Greensboro  Pickens County

Annual Membership $25
Semester Fee (courses) $50
Materials Fee (if applicable)
Field Trip Fee
UA Campus Parking $10 (if applicable)
Contribution to OLLI Gift Fund
Contribution to OLLI Scholarship Fund

TOTAL

Contribute to OLLI online at olligiving.ua.edu

Method of Payment
[ ] Check  [ ] Charge $__________ to my credit card:
Card# __________________________________
Exp. Date______ Security/Verification Code __________
Authorizing Signature__________________________

Note: The University of Alabama is committed to complying with the Americans with Disabilities Act. Requests for accommodation of physical and/or dietary needs should be made at least 30 calendar days in advance of the program date. Please email your request to janderson@ccs.ua.edu. OLLI is not responsible for any damage or personal injury sustained while a member or guest is participating in an OLLI sponsored activity either on or off the UA campus. A portion of the invoice amount for this program will go to the Capstone Lifelong Learning Foundation to support The University of Alabama College of Continuing Studies.

REGISTRATION IS FIRST COME, FIRST SERVED

OLLI Field Trips, Online Lectures and Supper Clubs  (Members from all locations are invited to sign up)

Field Trips
Departs from Tuscaloosa
[ ] A201  UA Equestrian Program, Jan 26, $35
[ ] A202  Walking Tour of Historic Bryce Main, Feb 9, $27
[ ] A203  Highlights of Talladega, Feb 16, $39
[ ] A204  UA Opera Rehearsal of “SEMELE”, Feb 22
[ ] A205  UA Student Rec Ctr/Stran-Hardin Arena, Mar 2
[ ] A206  “Taking a Second Look” Christenberry, Mar 9, $60
[ ] A207  A Scenic Tour through NW Alabama, Mar 22-23, $154 Db1
[ ] A208  Spring Pilgrimage, Columbus, MS, Apr 7, $68
[ ] A209  Birds, Beach and Bellingrath, Apr 12-14, $450 Db1
[ ] A210  Bibb Co Glades Preserve/Brierfield Ironworks, Apr 19, $34
[ ] A211  Much Ado about Nothing, Apr 28. $82
[ ] A212  Cahaba Lily Festival, May 19, $50

Departs from Gadsden
[ ] G201  Unclaimed Baggage/Russell Cave, Jan 19, $30
[ ] G202  Chicago, Jan 28, $60
[ ] G203  The Hermitage and Upper Room, Feb 10, $60
[ ] G204  Oak Hill and the Martha Berry Museum, Feb 23, $50

Departs from Birmingham
[ ] B201  A Conversation about Art History, Jan 4, $10
[ ] B202  Sylacauga Marble Festival, Apr 6, $25
[ ] B203  McWane Science Center Tour, Apr 24, $6

Special Programs
Tuscaloosa
[ ] A401  Healthy Relationships
[ ] A402  Fish Tales
[ ] A403  Boating Safely
[ ] A404  History/Walking Tour of Stillman College

Greater Birmingham
[ ] B401  Zentangle – 10:30 a.m., Mar 9, $13
[ ] B402  Zentangle – 1:30 p.m., Mar 9, $13

Pre-recorded Course Lectures
[ ] A501 Pre-Recorded Course Lectures, online

Supper Clubs
Tuscaloosa - Meets at Restaurant
[ ] A301  R. Davidson’s Chop House, Jan 23
[ ] A302  Iguana Grill, Feb 27
[ ] A303  301 Bistro, Mar 27
[ ] A304  Pottery Grill, Apr 24
[ ] A305  Southern Ale House, May 22

Gadsden – Meets at UA Gadsden Center to carpool
[ ] G301  BLU Chop House, Jan 23
[ ] G302  Classic on Noble, Feb 13
[ ] G303  The Bright Star, Feb 27

On-line Registration available via the internet at:  olli.ua.edu
Phone-in registration to:  (205) 348-3000 or 1-866-432-2015
Mail form and fee to:  Registration Services College of Continuing Studies  The University of Alabama  Box 870398, Tuscaloosa, AL 35487-0398
TUSSALOOSA COURSES
[ ] A101 Latin for Thrill Seekers
[ ] A102 Travel the World Through My Lens
[ ] A103 Art of Losing
[ ] A104 Introduction to Genealogy
[ ] A105 Knitting For The Beginner
[ ] A106 Media Matters
[ ] A107 The Business of Government
[ ] A108 Let Us Now Praise Famous Men
[ ] A109 Sharing and Exploring American Art Treasures
[ ] A110 Mini Medical School
[ ] A111 Talking About Books: UA Press
[ ] A112 Advanced Knitting and Crocheting
[ ] A113 Facts or Fables of the Wild West
[ ] A114 Personal Computer Tutoring, Jan 22 – Feb 12
[ ] A115 Personal Computer Tutoring, Feb 19 – Mar 5
[ ] A116 Writing Your Family Stories
[ ] A117 Building for the Future
[ ] A118 Mad About These Movies
[ ] A119 The Art of Scrapbooking
[ ] A120 Beginning Sun Style Tai Chi I
[ ] A121 Science for Non-Scientists
[ ] A122 Pioneers on America’s Frontier of Freedom and Equality
[ ] A123 Your Money Your Life
[ ] A124 Nordic Walking
[ ] A125 There’s a Book in You
[ ] A127 Beginning Crochet
[ ] A128 Playing with Clay, $25
[ ] A129 Splendor in the Glass: Fused Glass Jewelry, $30
[ ] A130 Design Secrets for Flower Arranging, $35
[ ] A131 Art, Religion, and Politics
[ ] A132 Advanced Working with the Mac
[ ] A133 History of Modern China
[ ] A134 Beginning Line Dancing
[ ] A135 The Path to Empathy: A Conversational Experiment
[ ] A136 Retro Reports
[ ] A137 Nutrients in our Food
[ ] A138 Nutrition
[ ] A139 Managing Life After a Stroke, Part II
[ ] A140 Jewelry Making for Fun, $60
[ ] A141 Discovering Alabama
[ ] A142 The Space Race
[ ] A143 Alabama Politics
[ ] A144 Social Guidance Films
[ ] A145 Four Levels of Senior Living
[ ] A146 Getting to Know your Heart
[ ] A147 Card Tricks
[ ] A148 Enlightenment Thought
[ ] A149 Mostly French Romantic Comedies
[ ] A150 The Impact of African-American Music
[ ] A151 Talladega College Rising, Part II
[ ] A152 Beginning Guitar
[ ] A153 Become an MVP (Most Valued Person)
[ ] A154 Spanish II
[ ] A155 Advanced Birding
[ ] A156 Energy and Its Effects on You
[ ] A157 Introduction to Oil Painting, $35
[ ] A158 Beginning Weaving, $50
[ ] A159 Common Sense Approach to Estate Planning
[ ] A160 The Four Gospels and More
[ ] A161 U.S. Army Infantry
[ ] A162 Bling & Things: Crafting Jewelry, $45
[ ] A163 Cure It with Color: Annie Sloan Chalk Paint, $50
[ ] A164 Watercolor Painting Basics, $40
[ ] A165 Yoga for Healthy Aging

GADSDEN COURSES
[ ] G101 Monday Morning Quarterback
[ ] G102 “Behind the Curtains”
[ ] G103 Monday at the Movies
[ ] G104 World Religions
[ ] G105 The Civil War
[ ] G106 Mah Jong
[ ] G107 Can You Come For Dinner?, $25
[ ] G108 Bridge for Beginners
[ ] G109 String Along With Amelia, $15
[ ] G110 History Over Easy
[ ] G111 The Vietnam War
[ ] G112 Pulp Fiction
[ ] G113 Exercise for Your Health
[ ] G114 Genealogy Club
[ ] G115 Armchair Travel

GREATER BIRMINGHAM COURSES
[ ] B101 Founding of America - Part II
[ ] B102 19th and 20th Century Short Stories
[ ] B103 The Gilded Age
[ ] B104 Greek and Roman Classics
[ ] B105 Ancient American Civilizations
[ ] B106 Healthy Practices That Enhance Life
[ ] B107 Russia: History and Controversial Leaders – Part II
[ ] B108 Research in Brain, Stem Cells, and DNA
[ ] B109 Explorations
[ ] B110 All Things Political
[ ] B111 Fresh Eyes/New Vision: Ikebana Floral Design
[ ] B112 Franklin Delano Roosevelt
[ ] B113 WWII German Prisoners of War Camps

GREENSBORO BONUS PROGRAMS – See page 29
PICKENS COUNTY BONUS PROGRAMS – See page 29

All Bonus Programs are open to members and their guests. No registration is needed. All chapters have Bonus Programs.
Spring into Lifelong Learning

TUSCALOOSA
DEC. 5, 4-5 p.m.
INFORMATION SESSION
JAN. 11, 3-5 p.m.
OPEN HOUSE
Bryant Conference Center
240 Paul W. Bryant Dr.
Tuscaloosa, AL

GREATER BIRMINGHAM
DEC. 6, 1-3 p.m.
OPEN HOUSE
Vestavia Hills Senior Lodge
1973 Merryvale Road
Vestavia Hills, AL

GADSDEN
DEC. 14, 4-6 p.m.
OPEN HOUSE
UA Gadsden Center
121 North First Street
Gadsden, AL