



AUBURN UNIVERSITY

Fall 2023 Course Descriptions

Africa and the South American Connection

Elizabeth Quansah, Sonny Dawsey, & Bill Deutsch, Instructors

Tuesdays | 11:00 am – 12:30 pm | Pebble Hill

Enrollment Limit: 40

Students will review the physical geography of Africa and South America and the history of the age of exploration, slave trade, environmental and water issues, China-Africa relations, food, and other related topics. The course aims to enhance awareness and encourage multicultural learning and understanding through classroom participation and practical experiences.

Dr. Elizabeth I. Quansah is a Ghanaian American and the AU Office of the Outreach Global Director. Elizabeth holds a Ph.D. in Administration of Higher Education from AU and an MBA from Indiana University, College of Business. She's a recipient of the UPCEA 2020 International Leadership Award for pioneering global programs. Additionally, Elizabeth has been teaching OLLI classes for the past six years.

Dr. Sonny Dawsey, a former professor at AU, specialized in cartography and quantitative methods in the Department of Geography. Over the past ten years, he has taught over twelve OLLI courses.

Dr. Bill Deutsch is a Research Fellow Emeritus in the Auburn University School of Fisheries, Aquaculture, and Aquatic Sciences. He has a lifelong interest in fossils and has written the book *Ancient Life in Alabama: The Fossils, the Finders & Why It Matters*.

Ancient Life in Alabama

Bill Deutsch, Instructor

Mondays | 11:00 – 12:30 pm | Sunny Slope Annex

Enrollment Limit: 30

This course will show Alabama's unique fossil diversity in the context of the developing science of paleontology. An emphasis will be placed on how people have discovered and interpreted fossils to reveal the deep-time story of life on Earth and what our response to that story could be.

Optional Materials: *Ancient Life in Alabama: The Fossils, the Finders & Why It Matters*. Deutsch, William G. (2022), Mindbridge Press. Available for purchase at Sunny Slope Main Office. Make checks payable to Bill Deutsch.

Dr. Bill Deutsch is a Research Fellow Emeritus in the Auburn University School of Fisheries, Aquaculture, and Aquatic Sciences.

Art and Monuments: presented by Smithsonian American Art Museum (SAAM)

SAAM Group Leaders, Instructors

September 14 (single session) | 9:00 am – 10:30 am | Zoom only

Enrollment limit: 35

Honor, sacrifice, and service are themes that artists and war memorial designers have brought to life using many different forms of symbolism and allegories. During this *interactive* program, representatives of ABMC and SAAM help contextualize the history of overseas WWI and WWII memorials, monuments,

and art in their collections. Participants will compare what specific artworks and cemeteries meant when first created versus what they mean now.

Smithsonian American Art Museum study group leaders are a corps of seasoned volunteer presenters deeply familiar with the Museum's collections and how to facilitate conversations about artworks.

Art of Storytelling

Jack Day, Instructor

Thursdays | 11:00 am – 12:30 pm | Sunny Slope Classroom

Enrollment limit: 14

Through interactive exercises and practical examples, you will learn the essential elements of storytelling and how to apply them to your own work. With the skills and knowledge gained from this course, participants can create compelling stories that capture their audience's attention from start to finish.

Jack Day taught the Art of Storytelling for OLLI at Auburn from 2008 - 2012 and at the University of Alabama from 2014-2017. He is a performing storyteller and has written several books related to the subject.

The Beauty of Intergenerational Mentoring

Venus Hewing, Instructor

Thursdays | 2:30 pm – 4:00 pm | Sunny Slope Conference Room

Enrollment Limit: 10

Explore how intergenerational mentoring can help young people navigate challenges such as bullying, social media pressure, isolation, trauma, and uncertainty. Learn effective mentoring techniques that foster intergenerational relationships, and gain valuable insights through interactive activities, discussions, and legal analysis of issues faced by youth. Aspiring mentors may also participate in an optional Young Professionals in Training (YPIT) session at the conclusion of the course.

Venus Hewing holds a Ph.D. in Higher Education Administration and has a strong background in counseling and working with K-12 youth. With expertise in program development and administration, Dr. Hewing has dedicated her career to empowering young individuals and creating impactful educational experiences.

Be Yoga presents Yin

Donna Johnson Kell, Instructor

Thursdays | 2:00 pm – 3:15 pm | Be Yoga Auburn

1212 Gatewood Dr., Unit B5, Auburn, AL 36830

Enrollment Limit: 25

Indulge in the serenity of Yin Yoga at Be Yoga's spa-like Auburn studio. This gentle, all-level class targets connective tissues and joints, focusing on the hips, pelvis, and lower spine. Experience extended holds of postures for 3-5 minutes, accompanied by hands-on deep relaxation assistance. Suitable for everyone, regardless of experience. Join us for a blissful Yin Yoga session and unwind your body and mind.

Donna Johnson Kell is an experienced Yoga instructor trained in Hatha, Vinyasa, Restorative, and Yin Yoga. She offers a tranquil environment with hands-on assistance for proper alignment and deep relaxation. Her class includes breathing techniques and essential oils to leave you feeling centered and relaxed.

BE YOGA



AUBURN UNIVERSITY

China and the USA: A Closer Look at Relations and Beyond

Gary Bischoff and Wang Wei, Instructors

Wednesdays | 9:00 am – 10:30 am CST | Zoom Only

Enrollment limit: 25

Explore China's past and present development, government structure, and relationship with the USA. Review various historical periods, the emergence of modern China, the Chinese government, the role of Xi Jinping, and current issues through engaging class discussions.

Gary Bischoff is a retired electronics engineer, business owner, and former adjunct professor at SUNY New Paltz. He's traveled to China 18 times and understands the Chinese language well. He talks with colleagues in China about various topics and has studied Chinese at multiple schools there.

Weng Wei is an English graduate with 20 years of experience in auto sales. She is now an auditor for China Classification Society Certification Co. She enjoys gardening, music, travel, fitness, and calligraphy in her free time.

The Coldest War, Part II

Mike Jernigan Instructor

Wednesdays | 9:00 am – 10:30 am | Sunny Slope Main Classroom

Enrollment limit: 14

In this course, participants will explore the historical events of World War II in Denmark & Norway, the sinking of the formidable Tirpitz, the challenges faced during the Arctic Convoys, and the significance of the Battle of the Atlantic I & II.

Mike Jernigan is a regular lecturer on George Petrie & other Auburn topics for the AU Center for Arts & Humanities. He has an M.A. in history and has served as an Auburn World & AP European history teacher at Lee-Scott Academy for 13 years. Mike is a destination lecturer for Viking Ocean Cruises & other exotic locations.

Common Ethics in World Religions

Richard Brooks, Instructor – OLLI Shares UAH

Tuesdays, September 19 – October 24 | 10:30 am – 12:00 pm | Zoom OLLI

Discover the shared values and ethical principles most of the world's population upholds through their religious beliefs. This course invites you to delve into religious texts and discuss how they may be misinterpreted for personal gain, leading to global conflict. Join us in exploring the common moral teachings of the world's largest religions.

Dr. Richard Brooks received his undergraduate degree in economics and a master's in theology. As a businessman and clergyman, he completed his doctorate, studying the topic of new funding sources for the homeless.



Culinary Creations: Cooking with Ursula Higgins

503 Sanders Street, Auburn

Enrollment limit: 7

Course fee: \$15 per class to be paid to OLLI at the time of registration.

Ursula Higgins presents a series of hands-on cooking classes. Students prepare, cook, and eat their culinary creations. If a participant has dietary restrictions, please get in touch with Ursula. **The class fee is non-fundable.**

Register for individual Culinary Creations: Cooking with Ursula Higgins classes by using the day's course code:

Date	Time	Class	Course Code
9/13	2:30p – 5:30p	Weeknight Dinners	A232411
9/14	2:00p – 5:00p	Weeknight Dinners	A232412
9/27	2:30p – 5:30p	Fall Soups	A232413
9/28	2:00p – 5:00p	Fall Soups	A232414
10/11	2:30p – 5:30p	Sturdy Stews	A232415
10/12	2:00p – 5:00p	Sturdy Stews	A232416
10/18	2:30p – 5:30p	A Pasta Dinner	A232417
10/19	2:00p – 5:00p	A Pasta Dinner	A232418
11/1	2:30p – 5:30p	Easy Seafood Suppers	A232419
11/2	2:00p – 5:00p	Easy Seafood Suppers	A232420

Ursula Higgins is a retired restaurateur and professional caterer who pioneered good food and fine dining in the Auburn/Opelika area. She is chair of the OLLI at Auburn Social Committee.

Engineering an Empire

Herb Shivers and Jim Barber, Instructors

Mondays | 9:30 am – 11:00 am | Sunny Slope Annex and Zoom

Enrollment Limit (In-Person): 40

Discover the architectural and engineering achievements of some of the world's most renowned civilizations in *Engineering an Empire*. This series delves into the cultures of the Maya, Aztecs, and Ancient Egyptians, as well as recent empires such as Britain, Russia, and France. It pays homage to the incredible accomplishments of the Roman Empire and other dominant powers like Carthage, Macedonia, Byzantine Empire, and Czarist Russia. These great nations accomplished awe-inspiring engineering feats, such as aqueducts in Roman and Aztec cultures and grand palaces that likely required aerial access built by the Ancient Egyptians and the Maya. Although these empires eventually declined, their legacy lives on through their impressive architecture and the pages of history books. The course consists of recorded episodes and is a History Channel series hosted by Peter Weller, famous for his acting role as Robocop but also a lecturer at Syracuse University, where he completed his Master's in Roman and Renaissance Art. The executive producer is Delores Gavin.

Dr. Charles H. "Herb" Shivers has been an AU OLLI member since 2012. He is a retired UAB Professor who worked with NASA and the Senior Executive Service. In addition, he has worked with the Tennessee Valley Authority, the US Army, and the National Guard. Herb is a retired Licensed Professional Engineer in Alabama and holds degrees from Auburn University, Texas A&M University, and The University of Alabama in Huntsville.



Jim Barber holds a BCE degree from Auburn University with additional studies at Villanova University, University of Houston, and Sacramento State. He has 54 years of experience in construction, engineering design, project management, and international shipping/transportation and trade. Science and history are at both ends of his happiness rainbow.

Desegregating Schools in Alabama: Voices from the Field, Part 2

Jason Bryant, Instructor

Thursdays, 9/14, 21, 28, 10/5 (4 Sessions) | 9:00 am – 10:30 am | Auburn Public Library Conference Room

Enrollment Limit: 20

This course will delve deeper into the topic of desegregation in Alabama. Guest speakers will share firsthand experiences with integration. The focus is on exploring the concepts of integration, desegregation, and freedom of choice.

Jason Bryant is an Associate Clinical Professor and Director of the Truman Pierce Institute. He also serves as a board member for the Lee County Remembrance Project.

Dementia 101 - Normal Memory Loss vs. When to be Concerned

Leisa Askew, Instructor

Tuesdays | 2:30 pm - 4:00 pm | Sunny Slope Annex

Enrollment Limit: 40

Examine the difference between average and abnormal memory decline as you age. Learn about the various stages of Alzheimer's, different types of dementia, and when to seek professional help. Additionally, helpful resources and services for those caring for loved ones with dementia will be provided.

Leisa Askew is a licensed Social Worker with 27 years of working with the aging population. She is also a certified Dementia Care Specialist and Aging Resource Specialist.

The Early Middle Ages in the West, 300-800

Joseph Kicklighter, Instructor

Tuesdays | 2:30 pm – 4:00 pm | Pebble Hill and Zoom - OLLI Shares AU

In-Person Enrollment Limit: 40

This course will focus on the early Middle Ages in the Western world, covering the period from 300 to 800. Its main objective is to provide an in-depth exploration of the origins of Western civilization.

Required Materials: *Medieval Europe a Short History* (11th edition), by Judith M. Bennett

ISBN 978-0-07-338550-1

Dr. Joseph Kicklighter, a retired professor of Medieval History from Auburn University, has been teaching at the university since 1975 and still teaches there part-time. He completed his undergraduate studies at the University of the South and obtained his Ph.D. from Emory University. Since 2015, he has also been teaching for OLLI.



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Emperors of Rome: The Julio-Claudian Dynasty

John Mason, Instructor

Tuesdays, September 12 – October 17 | 10:30 am – 12:00 pm | Zoom – OLLI Shares UAH

Enrollment Limit: 25

In ancient Rome, the people did not favor autocratic leadership for centuries. However, this all changed when a patrician general's ego clashed with that of the aristocratic senate, ultimately leading to the fall of the Roman Republic after he crossed the Rubicon. This course delves into the life of this general and the dynasty he established, which profoundly impacted Rome. By the end of the course, you will understand why Suetonius, the historian, regarded this period as one of the most significant and influential times in world history. "Alea iacta est!" (The die is cast!)

John Mason is a retired contracting specialist who worked for the U.S. Government. Apart from his research and writing work, he enjoys reading, traveling, and leisurely walks.

Exploring Artistic Expressions: Open Studio

John Willer, Instructor

Thursdays | 11:00 am – 1:00 pm | Sunny Slope Annex

Enrollment Limit: 12

Experience the art world in a course catering to artists of all levels. This open studio concept allows for diverse media, including acrylic paint, oil paint, pencils, pastels, and more – the choice is yours. With the freedom to experiment and explore your unique artistic voice, you'll be able to connect with other art enthusiasts in an inspiring and engaging environment. Our class coordinator and fellow students are available to provide assistance, if necessary, but the final product and the approach taken to create is entirely up to you. **Please note that you must bring your own supplies.**

John Willer, a Memphis Academy of Art graduate with an MFA degree, has established a successful career in painting and drawing. His exceptional artwork is showcased in prestigious galleries and private collections, such as the Alice Walton Collection.

Fall Mysteries

Harold Bruner, Instructor

Tuesdays | 11:30 am – 1:00 pm | Sunny Slope Annex

Enrollment limit: 25

Throughout this course, we will explore several mystery novels and participate in group discussions. A member of the class will lead each discussion. Book titles are forthcoming.

Harold Bruner is a dedicated OLLI member who enjoys exploring a diverse range of books. He has led book discussions for OLLI for a few years and serves on the Executive Committee of the OLLI Advisory Council.



AUBURN UNIVERSITY

Free Tickets Around the Globe! Connecting World Heritages & Cultures

Dr. Adeola Fayemi & Mariela Delgado, Instructors

Tuesdays | 2:30 pm - 4:00 pm | Sunny Slope Classroom

10/10, 17, 24, 31 (4-week session)

Enrollment Limit: 10

Join Auburn international students in interactive discussions as they share their heritage and culture. Learn about their country's history, customs, food, music, etc. Compare and contrast with your cultural background. Experience cultural artifacts and enjoy snacks while engaging in intercultural dialogue. Meet the presenters one-on-one at the end. This intergenerational class is offered in partnership with Auburn's International Cultural Center.

Dr. Adeola Fayemi is the Intercultural Education & Inclusion Director at the Office of International Programs. She has over 25 years of experience in higher education, training, and state and municipal government administration, and is a certified diversity and inclusion professional.

Mrs. Mariela Delgado is the Education Coordinator at the Office of International Programs. With over 20 years of experience, she is an expert in language acquisition and program administration. She holds graduate degrees as well.

Grief Stories of Wounded Healers

Jack Day, Instructor

Thursdays | 9:00 am – 10:30 am | Sunny Slope Classroom

Enrollment limit: 14

It's natural to feel heartache when we lose someone or something that holds great significance in our lives. Coping with grief is one of life's biggest challenges. Grief has two sides to it - the pain of our loss and our reaction to it. Losing someone or something important is like being thrown off a boat into a vast ocean. The waves may be gentle or tumultuous, but the ocean of grief can overpower us if we don't learn to swim. Throughout this course, we'll explore different types of grief, learn techniques for navigating the ocean of grief, and draw inspiration from stories of those who've successfully swam through it.

Jack Day is the author of the forthcoming book *Grief Stories of Wounded Healers*.

The Instruments of Folk and Roots Music - Whatever Happened to Folk Music?

Mike Reinke, Instructor – OLLI Shares AU

Tuesdays | 2:30 pm – 4:00 pm | Zoom

Enrollment limit: 40

This class explores the origins and development of American folk and roots music, including the incorporation of African American folk music and the commercial separation from Anglo-American folk music. Special attention is given to the folk music of Alabama. An overview of the structure and composition of traditional folk, roots, and blues music and the (mostly) stringed instruments used to play them. The classification, meaning, and historical background of numerous 20th-century folk, roots, and blues songs are explored in a structured manner. The musical impact of various folk, roots, and blues musicians is assessed. Enjoy a wide variety of music, including old favorites and lesser-known contemporary tunes that are equally enjoyable.



Mike Reinke is an Auburn University professor specializing in antimicrobial medications, infectious diseases, and adverse drug reactions. He received a Bachelor of Arts in chemistry from Jamestown College and a Ph.D. in microbiology from the University of Michigan. Reinke also served in Vietnam before obtaining his Doctor of Pharmacy degree. He has won several teaching awards and teaches at the Osher Lifelong Learning Institute at Auburn.

Introduction to Watercolor

Margee Bright-Ragland, Instructor

Mondays | 4:00 pm - 6:00 pm | Sunny Slope Annex

Enrollment limit: 12

Explore color theory, brush techniques, and various papers as you create geometric abstractions, still life, landscapes, and your own chosen subjects. Whether you're a beginner or have some experience, this course offers a solid foundation and encourages artistic growth in the world of watercolors.

Required materials to be purchased by the participant before the first class:

- Watercolor Tubes: The specific colors will be sent to participants before the class begins.
- Palette: Participants will need a palette for mixing and holding the watercolor colors.
- Watercolor Brushes: The following teardrop-shaped watercolor brushes are required: #6, #8, and # 10
- (2) Watercolor paper blocks
- (2) Large water containers
- Paper towels
- Sponge

Margee Bright-Ragland is an artist and educator with a B.F.A. from Auburn University (1970) and an MA in Visual Arts from Georgia State University (1974). As a professor at Georgia Perimeter College, she taught art appreciation, drawing, and watercolor. Her art has been exhibited in the United States, Europe, and Latin America, including her piece *Birds in Landscape* in Georgia's State Art Collection.

iPhone Photography ON-THE-GO 2023 Special Edition

Mike Akins, Instructor

Thursdays | 11:30 am – 12:30 pm | Auburn Public Library Conference Room

9/14, 21, 28, 10/5 (4 Sessions)

Enrollment Limit: 20

This course allows iPhone camera users to build photo skills through personalized, guided activities. It focuses on shooting travel photos and making photo gifts. The course covers camera app settings, controls, best practices, tips, and tricks for taking photos on the go. Participants will also explore the best photo editing tools and techniques to get pro-looking results.

Mike Akins is an online learning producer, videographer, and personal tech trainer. He collaborates with educators and creative professionals. (Ph.D. and M.S., Educational Technology)

King Cotton and the History of Alabama Agriculture

Charles Mitchell, Instructor

Tuesdays | 9:00 am - 10:30 am | Auburn Public Library Program Room

September 26 - November 14

Alabama played a significant role in the cotton industry during the Industrial Revolution because of its rich land resources. The shortage of labor was eventually compensated using a uniquely American form



of slavery. This course focuses on the history of imperial cotton, from its origins to its development in Alabama and how it influenced the state and its inhabitants. Guest lecturers may be featured; if weather permits, participants can visit the Old Rotation and/or Cullars Rotation sites to learn more about their historical significance.

Suggested books:

- *COTTON. The biography of a revolutionary fiber.* Yafa, Stephen. (2005), Penguin Books, New York. ISBN-10: 0143037226; ISBN-13: 978-0143037224
- *Big Cotton: How A Humble Fiber Created Fortunes, Wrecked Civilizations, and Put America on the Map.* Yafa, Stephen (2004), Viking. ISBN: 0670033677, 9780670033676

Dr. Charles C. Mitchell is a retired Extension Agronomist and soils specialist from Auburn University. He has an intensive interest in Alabama's rich history and the impact of agriculture on our lives. Charles was instrumental in getting two historical sites, "Old Rotation" and "Cullars Rotation," recognized and listed on the National Register of Historic Places.

Korean Culture in Cooking

Teresa Byun, Instructor

Thursdays | 1:30 pm – 3:30 pm | Sunny Slope Annex

Enrollment limit: 10

Immerse yourself in the world of Korean culture through this interactive cooking class. Discover Korea's traditions and culinary heritage as you explore various aspects of Korean cuisine. From basic food seasoning to daily diets, party food, holiday dishes, and street food, each week will offer a new adventure in Korean cooking.

Course Fee: \$80 to be paid to the instructor at the first class. The fee is non-refundable.

This fee covers the cost of providing ingredients for each session, ensuring an authentic and immersive culinary experience.

Teresa Byun holds a Korean Food Overseas Instructor's license and has experience giving special lectures on Korean cuisine at the King Sejong Institute at Auburn University. She has also taught Korean culture classes and served as a Korean language instructor for middle and high school students.

Learning Spanish: How to Understand and Speak a New Language, Level 1, Part III

Sylvia Cooke, Instructor

Tuesdays | 9:00 am – 10:30 am | Sunny Slope Classroom

Enrollment limit: 14

This first year, 3rd quarter Spanish is the perfect class for a beginner. This Great Courses DVD class is designed to cover the curriculum of a first-semester college course in Spanish. Throughout the lessons, you'll explore how to learn a language and start communicating. With Instructor Sylvia Cook as your classroom guide, the Great Courses instructor, and world-class language instructor Professor Bill Worden of the University of Alabama, will present his step-by-step system that works the best for adult learners. As an integral part of the language lessons, he teaches a set of learning strategies that will enable you to be a successful language learner and help you actively use and remember the material.



Required Book: *Learning Spanish Workbook* available during the first session for \$20, check only, payable to Auburn University.

Sylvia Cooke is retired after 32 years as a Spanish teacher; twenty were at Auburn High School. She taught all levels of Spanish, from beginning speakers through preparation for Advanced Placement and International Baccalaureate examinations.

Learning Spanish: How to Understand and Speak a New Language, Level 2, Part III

Sylvia Cooke, Instructor

Mondays | 9:00 am – 10:30 am | Sunny Slope Classroom

Enrollment limit: 14

If you've completed the first level of Learning Spanish or have the equivalent of a first-year Spanish course, this class will allow you to practice what you know while advancing into new territory, which will prepare you for more advanced conversations and enhance your ability to express yourself in Spanish on a wide range of subject matter. Sylvia Cook will be your in-class guide throughout the lessons as you explore how to learn the language. The Great Courses instructor, Professor Bill Worden of The University of Alabama, presents a cutting-edge language-learning system that has worked brilliantly for adult learners for over twenty years.

Required Book: *Learning Spanish II Workbook* available during the first class for \$20, check only, payable to Auburn University.

Sylvia Cooke is retired after 32 years as a Spanish teacher; twenty were at Auburn High School. She taught all levels of Spanish, from beginning speakers through preparation for Advanced Placement and International Baccalaureate examinations.

Lee County Remembrance Project: Stories of our Past

Jason Bryant & Ashley Brown Instructors

Thursdays, 10/12, 19, 26, 11/2 | 9:00 am – 10:30 am | Auburn Public Library Conference Room

Enrollment limit: 20

This course examines the history of Lee County lynching victims in Lee County and explores the efforts of The Legacy Museum and Memorial to keep their stories alive.

Jason Bryant is an Associate Clinical Professor and Director of the Truman Pierce Institute. He also serves as a board member for the Lee County Remembrance Project.

Dr. Ashley Brown holds a Ph.D. in Counseling and has played a pivotal role as a founding member of the Lee County Remembrance Project.



Line Dancing: Beginners

Betsy Keown and Wanda Knight, Instructors

Tuesdays | 9:00 am – 9:45 am | Boykin Community Center Gym

400 Boykin St., Auburn

Enrollment limit: 25

New AC in the Gym Join us for a 45-minute line dancing class where you'll learn basic steps and dances. We'll be moving to an eclectic mix of music ranging from Glenn Miller to Willie Nelson, Charlie Daniels, Little Big Town, and more. Line dancing is enjoyable and a fantastic way to get a workout for your body and mind. For comfort, please wear shoes without taps and bring a water bottle.

Betsy Keown has been line dancing twice weekly for twelve years and teaching for the past seven. She loves the exercise and the joy of performing at nursing homes and other venues.

Wanda Knight has been line dancing for over nine years and has assisted Betsy Keown in several classes.

Line Dancing: Intermediate

Betsy Keown and Wanda Knight, Instructors

Tuesdays | 10:00 am – 10:45 am | Boykin Community Center Gym

400 Boykin St., Auburn

Enrollment limit: 25

New AC in the Gym This class is intended for individuals with some line dancing experience. We will dance to various music genres, ranging from Glenn Miller to Willie Nelson, Charlie Daniels, Little Big Town, and more. In addition to being enjoyable, this class is also an excellent workout for both the body and mind. Please wear comfortable shoes without taps and bring a water bottle.

Betsy Keown has been line dancing twice weekly for twelve years and teaching for the past seven. She loves the exercise and the joy of performing at nursing homes and other venues.

Wanda Knight has been line dancing for over nine years and has assisted Betsy Keown in several classes.

Local Naturalists on Local Nature, Part III

Gary Wagoner, Coordinator

Mondays | 2:00 pm – 3:30 pm | Sunny Slope – OLLI Shares AU

In-Person Enrollment limit: 40

This course is taught by a team of eight local naturalists who take a multi-disciplinary approach to exploring various subjects such as botany, ichthyology, ornithology, geology, and ecology. Their areas of expertise will be shared as they discuss the incredible natural diversity of our region that they have deeply studied and observed.



September 11

Dr. Jonathan Armbruster: Natural History Museums and Exploring Life

Jonathan Armbruster is a professor in the Department of Biological Sciences, Director of the Auburn University Museum of Natural History, and Curator of Fishes.



September 18

George Martin: Soils of Alabama

George Martin is a retired US Department of Agriculture soil scientist and a recent recipient of the Alabama Avocational Paleontologist Award.

September 25

Dr. Craig Guyer: Common Snakes of Lee County, Alabama

Craig Guyer is an emeritus professor of biological sciences at Auburn University, with special concentrations in herpetology, tropical ecology, and biogeography.

October 2

Dr. Ed Loewenstein: Forest types of Alabama

Ed Loewenstein is a Ph.D. forester specializing in Silviculture and has 21 years of experience with AU faculty and six years with the US Forest Service.

October 9

Dr. Bob Stack: Molds and More: The Non-Mushroom Fungi

Bob Stack taught Mycology for 30 years at North Dakota State University.

October 16

Curtis Hansen: Mosses, Liverworts, and Hornworts, Oh My!

Curtis Hansen is the curator of plants in the John D. Freeman Herbarium at Auburn University. He has focused his research on herbarium management, lichens of Alabama, vascular plant floristics, and outreach education about the natural world.

October 23

Kelly Homan: Alabama Wildlife Corridors

Kelly Homan is an assistant professor in the AU College of Architecture, Design, and Construction's Environmental Design program, with research interests in studying Alabama grassland communities, ecologically focused urbanism, and biodiversity design.

October 30

Emma Rhodes: The Basics of Bird Migration

Rhodes is a Ph.D. student in the AU Department of Biological Sciences studying various aspects of bird migration from an ecological and physiological perspective.

Lost Chapters in American History

Richard Rhone, Instructor

Tuesdays | 1:30 pm – 2:45 pm | Zoom Only – OLLI Shares UA

Enrollment limit: 25

Uncover forgotten stories from our national history. Dive into intriguing events and fascinating characters that have been lost in time. Explore tales of goat glands, cannibalism, U.S. army camels, mail-order brides, and more. Prepare for a mix of disturbing, sad, and humorous stories that shed light on our shared past. Get ready to discover the hidden gems of history.



Dr. Richard Rhone has taught American history classes for OLLI for over a decade after retiring from careers in public education administration and child abuse and neglect prevention.

Maps: From Greeks to Google

Sonny Dawsey, Instructor

Mondays | 9:00 am – 10:30 am | Pebble Hill

Enrollment limit: 40

Throughout human history, maps have played a crucial role in our understanding of the world around us. From the earliest depictions of hunting trails to the navigational charts of ancient mariners and the modern-day digital maps on our smartphones, maps have always been valuable for relating to our environment. This course aims to explore the evolution of maps, from their earliest beginnings to their increasing accuracy and adaptability over time. Additionally, future course sessions will examine the latest technologies and applications in the field. Topics covered will include the earliest maps, the contributions of Eratosthenes and Ptolemy, the Middle Ages, the Age of Exploration, projections and increasing accuracy, physical maps, and more.

Dr. Sonny Dawsey, a former professor at AU, specialized in cartography and quantitative methods in the Department of Geography. Over the past ten years, he has taught over twelve OLLI courses.

The Mormon Experience

Roger Launius, Instructor

Wednesdays | 9:00 am – 10:30 am | Sunny Slope Annex – OLLI Shares AU

In-Person Enrollment limit: 40

This course will delve into the captivating history of the Mormon journey. The focus will primarily be on Mormonism in America, but we will also examine the role of the church on a global level.

Roger D. Launius is a space history expert and author of several books. He served as NASA's chief historian and Associate Director for Collections and Curatorial Affairs at the National Air and Space Museum before retiring in 2017. He is a frequent guest commentator on major television and news radio networks.



The Past as a Foreign Country: New Approaches to the Study of History

Elijah Gaddis, Class Coordinator

Fridays | 3:00 pm – 4:30 pm | Auburn Public Library

Enrollment Limit: 20

Discover the past like never before in this team-taught course, presented in partnership with the Auburn Public Library! Each week, delve into a different historical subject in depth, led by talented graduate students in History. Engaging lectures and discussions will showcase their research interests, focusing on new and original findings. Join us for a unique opportunity, open to the public, to interact with and learn from a new generation of historians as they embark on their teaching careers.



Practicing Public Deliberation

Mark Wilson, Facilitator

Wednesdays | 9:00 am – 10:30 am | Pebble Hill

Enrollment limit: 24

Deliberation can be defined as "the talk we use to teach ourselves before we act." This course offers an opportunity to discuss complex issues affecting our country, state, and local communities and current policy proposals. Through established guidelines, a neutral moderator, and a little luck, individuals from varying political viewpoints can work together to uncover commonalities despite their differences. The group will collectively determine which topics to address on the first day of class.

Mark Wilson is an experienced OLLI course instructor, having previously taught similar courses. He is also a skilled facilitator of public issues forums and is talented in leading complex discussions.

Remedial Opera for Everyone

Dr. Elizabeth Aversa, Instructor

Mondays | 9:00 - 10:15 am | Zoom only - OLLI Shares UA

Enrollment limit: 25

Explore the essence of opera dated from 1600 to the present, learn how to appreciate its beauty, and delve into its rich history. Uncover what separates opera and why it remains a timeless and extraordinary art form. Prepare for an informative and enjoyable journey!

Elizabeth Aversa is a retired University of Alabama faculty member. Although her professional career was in library & information science education, she was "raised on opera" and has enjoyed it all her life thanks to her parents, who introduced her to opera at an early age to her husband, with whom she enjoys operas at venues from the Met to The University of Alabama Opera Theatre.

Russia-Ukraine: Forward to the Past

Jay West, Instructor

Tuesdays | 9:00 am – 10:30 | Zoom only

Enrollment limit: 40

Experts analyzing Russia's conflict with Ukraine have suggested that Putin's intentions could be to revive the USSR or the Russian Empire. However, this course aims to propose a different perspective by exploring the possibility that the roots of Putin's aggression can be traced back to the ancient history of Inner Asia over a millennium ago. The course will delve into these two cultures' complex and turbulent relationships spanning ten centuries.

James West is a retired professor with a Ph.D. in Russian History from Princeton University. He taught for 39 years at Trinity College and Middlebury College before continuing to teach at OLLI NWU Chicago and European University. He is now a frequent instructor for OLLI at Auburn and the University of Vermont. He resides in Middlebury, Vermont.



Shorter Hikes at Chewacla State Park

Harold Bruner, Instructor

Mondays | 8:30 am – 10:30 am | Meet at Chewacla State Park

Participants will need to pay the entrance fee of \$4.00 in person (People 62 and older are \$2.00)

Enrollment limit: 30

Enjoy a thorough introduction to nearby Chewacla State Park with shorter weekly hikes of 2-3 miles. We will visit Town Creek, Moore's Mill Creek, Chewacla Creek, and Hidden Falls and cover most of the trails in the park. A small day pack is suggested. At least one hiking pole is mandatory; two poles are preferred.

Harold Bruner is a retired forester who now hikes for fitness and pleasure. He has hiked extensively in many U.S. and several Canadian provinces. Having spent more than 60 years in Indiana and Florida, he now enjoys the biodiverse landscape of Alabama.

Silver Sneakers

David Tillman, Instructor

Mondays and Fridays | 11:30 am – 12:30 pm | Max Fitness Center (189 E. University Dr. Auburn)

All registration for this class is managed through Max Fitness.

Max will be offering Silver Sneakers classes to OLLI members twice a week. This workout includes fall prevention drills and exercises to improve strength and endurance. A chair and handheld weights or tubing are provided and recommended. You must either sign in as a gym or Silver Sneakers member to take advantage of those classes.

OLLI members will be offered a Max Fitness membership at a special discounted price. Check your insurance to determine if Silver Sneakers is covered at no cost. If not, you can join Max for \$25 monthly, provided you sign a 6-month contract. This OLLI-exclusive package gives full access to the gym, waives the \$49 enrollment fee, reduces the 18-month commitment to 6 months, and reduces the monthly fee by 17%.

David Tillman is a certified Silver Sneakers instructor.

Sketching Our Lives

William "Bill" Squires, Instructor

Wednesdays | 2:30 pm – 4:00 pm | Sunny Slope Annex

Enrollment Limit: 12

If you're a beginner in sketching, all you need to bring are open eyes, hands, and expectations. We'll provide everything else you need. If you're an experienced artist, please bring your preferred sketching tools and materials.

William Squires is an emeritus professor of art with earned degrees from three universities. After fifty years of artwork and thirty years of teaching, exhibiting, and publishing, your workshop host is still having fun.



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Staying Active - Day Hiking

Harold Bruner, Instructor

Thursdays | 9:00 am – 4:00 pm | Meet at Sunny Slope by 8:45 am unless otherwise directed.

Enrollment limit: 25

Our hiking group will maintain its tradition of taking moderate hikes spanning 5-10 miles within a 60-mile radius of Auburn. This class is designed for more advanced hikers and involves challenging terrain. To join, you should have a moderate fitness level and prior hiking experience of these distances. If you are new to our group, we will require a demonstration of your hiking proficiency before the first class. You should bring a small day pack, and hiking poles are mandatory. The primary locations for our hikes will be on or near Lake Martin and FDR State Park near Pine Mountain, GA.

Required: 2 hiking poles

Participants typically carpool from Sunny Slope to our out-of-town destinations. At the end of the term, you will be assessed \$5 for each time you ride with the carpool. The money will be distributed among the drivers to offset their expenses.

Harold Bruner is a retired forester who has found a passion for hiking to stay fit and enjoy the natural beauty around him. Throughout his lifetime, he has explored various regions of the United States and ventured into several Canadian provinces. After spending over six decades in Indiana and Florida, he has now set his sights on the biodiverse landscapes of Alabama.

Tai Chi for Health: A Meditative Moving Art

Kitty Frey, Instructor

Wednesdays | 10:30 am – 11:20 am | Boykin Community Center Gym (400 Boykin St., Auburn)

Note: Boykin Gym is now air-conditioned.

Enrollment limit: 20

This class teaches Tai Chi, a Chinese art form involving movement and many health benefits. Tai Chi focuses on breath and posture awareness, movement control, and visualization, which can lead to relaxation and improve strength, flexibility, and balance. The aim is to cultivate life force energy for better health. Tai Chi is an internal art that strengthens the mind, body, and spirit. It is practiced worldwide.

Kitty Frey is an occupational therapist, certified instructor, and Master Trainer for the Tai Chi for Health Institute; Frey has been teaching in the community for 20 years.

Understanding Psychological Metaphor

William (Bill) Confer, Instructor

Mondays, September 11 – October 16 | 8:30 – 10:00 am | Zoom – OLLI Shares UAH

Enrollment limit: 25

Comparing two unlike things to conclude phenomena has been a significant part of human thought for thousands of years. This process, known as analogical thinking and metaphorical understanding, has inspired and misled people throughout history. In this session, we will explore the concept of metaphors, delve into how psychology measures meaning, and examine how the mythical hero's journey has influenced psychological and spiritual growth. Additionally, we will examine under-recognized real-life heroes in contrast to those who seek fame and glory.

Dr. William (Bill) Confer retired from clinical psychology after 38 years. His first degree was in English Literature, and he continues to pursue etymology as a hobby. He has long believed science and the humanities are



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complementary ways of understanding and guiding humankind. He and his wife, Karin, have lived in Huntsville since 1987 and have two children and five grandchildren.

Understanding Viruses

Bert C DelVillano, Instructor

Diane Delmain, Guest Instructor

Wednesdays, September 20 – November 1 | 2:30 pm – 4:00p, | Sunny Slope Main Classroom

Enrollment limit: 14

This course introduces the fundamental concepts of virology for individuals without a medical background. It covers various topics, such as the characteristics of viruses, their replication process, how they induce illnesses, and potential remedies. Specific viruses include Covid, HIV, Herpes, Hepatitis, HPV, Feline, and “odd-ball viruses.”

Bert C DelVillano holds a Ph.D. from the University of Pennsylvania and has retired after a successful research, teaching, and business career.

Diane Delmain is an Associate Clinical Professor of Community Practice at Auburn University College of Veterinary Medicine. She is a Diplomate of the American Board of Veterinary Practitioners in the Feline Specialty. She holds an ISFM Advanced Certification in Feline Behavior. She received her DVM from the University of Florida.

Untold-But-Inspiring History

Theo Moore, Instructor

Wednesdays September 13, 20, 27, October 4, 11 | 9:30 am – 11:00 am | Boykin Community Center Auditorium

Enrollment limit: 40

Join us on a journey of exploration through Alabama's rich African American history. These sessions provide a nuanced and insightful understanding of this region's complex and multi-layered history. Don't miss this opportunity to broaden your intellectual horizons and deepen your appreciation of Alabama's past.

Theo Moore II is an Alabama writer, historian, and documentarian specializing in Southern and African American history. He works to preserve and promote African American heritage as the coordinator for the Black Heritage Council and through his non-profit, Hizational Vision Productions.

Walk This Way

Bob Banks, Instructor

Thursdays | 8:30 am – 9:30 am | Meet at Auburn Public Library

Enrollment limit: 30

Join us for this weekly program designed to assist you in developing a walking exercise program. Students will meet at Auburn Public Library each Thursday to learn about the benefits of walking. This course is open to novice and veteran walkers.

Bob Banks is an avid runner. He is a retired ALFA insurance professional.



War, Peace, and Power: Diplomatic History of Europe, 1500-2000, Part III

John Parr, Instructor

Tuesdays | 9:00 am – 10:30 am | Sunny Slope Annex

(6 sessions) No class on September 26 or October 31, 2023

Enrollment limit: 40

Over the course of the last five hundred years, Europe has experienced several conflicts that have been rooted in a variety of factors, including territorial disputes, power struggles, and diplomatic tensions. These conflicts have led to a great deal of instability and have often required reconfiguring the European state system to restore order and stability. In Part 3 of this course, we will explore the period from 1914 to 2000 and examine the impact of the two World Wars, the decline of European global dominance, and the ways in which the European state system was restructured in response to these changes.

John Parr served in the US Navy for 22 years, starting as a Seaman Recruit and retiring as a Lieutenant Commander. He now lives in Auburn with his wife and has been a member of OLLI since 2013. John holds a BS, MS, and Ph.D. in Electrical Engineering.

Writing Our Lives

Terry Ley, Instructor

Mondays | 11:00 am – 12:30 pm | Pebble Hill

Enrollment limit: 35

Our lives are like patchwork quilts, writes Richard L. Morgan in *Saving Our Stories: A Legacy We Leave*, and as we age, we detect the patterns we have woven and seek to understand them. Explore your life's patterns and the stories they prompt. Revisit memories, reflect on them, write about them, and share your stories with an empathetic audience of peers.

Suggested Text: *Second Cup: Collected Columns*, Mary Adams Belk

ISBN-10: 0985340495; ISBN-13: 978-0985340490

Terry Ley taught high school English in Iowa before coming to Auburn University, where he was a professor of English education. He has taught Writing Our Lives for OLLI for sixteen years.

Writing Poetry: Learning from 8 U.S. Poet Laureates

Ken Autrey, Instructor

Tuesdays | 9:00 am – 10:30 am | Pebble Hill

Enrollment limit: 40

In this class, we'll consider poetry as a way of understanding ourselves and the world around us. We'll work on techniques for writing and revising poems as we discuss poems from a different U.S. poet laureate each week. Occasionally, we will look at work in progress by class members. All writers are welcome; you need not be an experienced poet to benefit from the pleasures of poetry.

Ken Autrey taught poetry workshops at Francis Marion University in South Carolina for many years. He has written four poetry chapbooks, and his work has been published in several magazines. Moreover, he has also taught poetry classes for OLLI on multiple occasions.



Special Interest Groups (SIG)

Any OLLI member, general or academic, may register for a SIG.

Mah Jongg SIG

Kim Scarborough, Facilitator

Tuesdays | 1:00 pm – 3:30 pm | Sunny Slope Kitchen

Enrollment Limit: 16

You must have had some previous experience playing. **Please note that there won't be any formal instructors available, as this is not a course for learning the game.** It's an opportunity to meet and play with other game enthusiasts. OLLI provides 12 cards and one set, but please bring your own cards and game sets if you have them.

Meditation SIG

Roberta Jackel, Facilitator

Thursdays | 5:00 pm – 6:30 pm | Sunny Slope Annex

The OLLI Meditation SIG convenes weekly to meet, discuss, and meditate together as we aspire to build our meditation practices of concentration, mindfulness, and lovingkindness. The responsibility of choosing readings for discussion is divided among the members. Beginners and veteran meditators of all disciplines are welcome.

Looking at Photography with a Critical Eye SIG

Curtis Shannon, Facilitator

Thursdays | 11:00 am – 12:00 pm | Sunny Slope Conference Room

Enrollment limit: 10

If you have ever wondered why contemporary photography is interesting and how to engage with it, this Special Interest Group (SIG) is for you. Join us, as we explore, the power of observation, the nature of photographs, developing a critical eye, mapping photographs, and picturing the South.



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Brown Bag Series

BYOL (Bring your own lunch) & learn.

Free and Open to the Public. OLLI Membership is not required.

Wednesdays | 11:30 am – 1:00 pm | Pebble Hill

Date	Presenter	Title/Topic
Sept 13	Adam Dombay	Journey Through History: Exploring the American Civil War with Adam Dombay
Sept 20	Mark & Laura Steltenpohl	A Journey Through the <i>Roadside Geology of Alabama</i>
Sept 27	Christopher Basgier	The AI Revolution: Unraveling the Wonders of Artificial Intelligence with Christopher Basgier
Oct 4	Marcus Briggs-Cloud	Ekvn-Yefolecv Maskoke Ecovillage: A Holistic Decolonial Paradigm Shift for Linguistic, Cultural and Ecological Regeneration.
Oct 11	Lawrence Grinter	Christopher Columbus: The Legacy and Controversies with Lawrence Grinter
Oct 18	OLLI Travels: Hikers Edition	A Coast-to-Coast, Inn-to-inn Hike Across Northern England
Oct 25	Gorham Bird & AU Architect Students	The Architecture of Sunny Slope: history as context for design students
Nov 1	Jaimie Roper	The Science of Movement: Insights from Jaimie Roper's Locomotor & Movement Control Laboratory



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****Register for OLLI at Auburn University Fall Courses****

Welcome to OLLI at Auburn University! We are thrilled to offer diverse, exciting, and enriching courses for the upcoming Fall semester. Whether you're looking to pursue a new interest or enhance your existing skills, OLLI has something for everyone.

Important Notes:

- OLLI membership is required to enroll in courses. You can sign up during registration if you still need to become a member.
- OLLI Fall Course Registration begins August 21, 2023, at 9:00 am
- OLLI Membership runs August 1, 2023 – July 31, 2024
- Some courses may require additional materials or equipment. Check the course description for specific requirements.
- The OLLI office can assist you with any registration inquiries or support you may need. Contact us at 334-844-3146 or olli@auburn.edu

To make registration even more convenient, you can use the QR code provided below to access the registration page directly:



Thank you for choosing OLLI at Auburn University. We look forward to a wonderful Fall semester filled with exciting learning opportunities and engaging experiences. Happy learning!