

Winter 2023 Course Descriptions

The Asia-Pacific War, Part 2

Frank Broz, Instructor

Wednesdays, January 18 – February 22 (6 weeks)

9:00 – 10:30 | Pebble Hill and Zoom OLLI Shares AU

In-person enrollment limit: 40

A continuation of the class from fall term, this course is designed to view WWII in the Pacific as not just a U.S. vs Japan event but as a major part of a world war with many other nations involved. A key focus early in the war will be the role of China. We will look at battles, tactics, and the weapons used by each participant and how these changed as the war went on. In this course, we will show how the Japanese attempt to rule Asia eventually led to the end of colonial rule and created the Asia we know today.

*Frank Broz has a BA in history from Loyola University of Chicago. He has studied military history his entire life and has taught numerous classes on the subject for OLLI including War in the Pacific, The Atomic Bomb and the End of WWII, How the Industrial Revolution Changed the Nature of Warfare, and several others.

Baseball in American Life

Roger Launius, Instructor

Mondays, January 23 – March 6 (7 weeks)

9 -10:30 | Pebble Hill and ZOOM OLLI Shares AU

In-person enrollment limit: 40

This set of presentations will explore the origins, history, and significance of baseball in American life. Contrary to its current conception as a pastoral sport, baseball originated in the American cities of the northeast, especially New York, modeled on British Cricket but with specific changes to make it rougher and exciting. It evolved in the nineteenth century as a game that could be played by both gentlemen and ladies, one in which gambling was common and cheating was routine. This began to change in the 1860s with the development of the first professional players and leagues. The presentations will focus on the professional game, especially Major League Baseball (MLB), although there will be discussion of the amateur sport as well. The course will incorporate discussions of race, ethnicity, class, and gender into this history.

*Roger D. Launius is Principal of Launius Historical Services, Auburn, Alabama. Between 1990 and 2002 he served as chief historian of the NASA. From there he moved to the Smithsonian Institution's National Air and Space Museum in Washington, D.C., where he served most recently as Associate Director for Collections and Curatorial Affairs until retirement in 2017. He is the author of *Apollo's Legacy: The Space Race in Perspective* (Smithsonian Books, 2019); *Reaching for the Moon: A Short History of the Space Race* (Yale University Press, 2019); and *The NASA Archives: From Project Mercury to the Mars Rovers, 60 Years in Space* (Taschen, 2019). He has been a guest commentator on space history for all major television and news radio networks.

The Beginning of the End - D-Day and Beyond

Tennant Lee, Instructor

Mondays, January 30 - March 6 (6 weeks)

10:30 am to Noon / Zoom only UAH OLLI Shares

Operation Overlord (Invasion of German-occupied Western Europe) was the largest amphibious landing ever attempted against a defended coastline. This course will take you from the dramatic landing at Normandy to the glorious liberation of Paris and examine the disparate personalities and leadership styles of Allied leaders Eisenhower, Patton, and Montgomery.

*Tennant Lee is a retired attorney, whose real love is the study of history, especially military history. Tennant has been lecturing at OLLI for over a decade and has presented courses involving World War II, World War I and the Civil War.



Winter 2023 Course Descriptions

Breathing New Life into Old Books: Journal Making and Other Crafts

Laura Murray, Instructor

Thursdays, January 19 – February 23 (6 weeks)

11:00 – 12:30 / Sunny Slope Annex

Enrollment limit: 12

Required Materials: 1) Two hardback books with stitched pages 2) Scrap paper (graph paper, lined paper, craft paper, construction paper, etc.) 3) Ephemera (stickers, stamps, old envelopes, postcards, pictures, etc.) 4) Matte Mod Podge: <https://www.michaels.com/plaid-mod-podge-matte/10047539.html> 5) Small sponge brush

Estimated materials cost: \$10

Don't you hate seeing old books for sale at yard sales and thrift stores? Have you ever bought a book just because the cover was interesting? (I know I have) Did you know you could make some really neat DIY projects out of a few old books and some scraps? During this 6-week class, we will use two old books to make a journal, a mini travel journal, and a few other fun seasonal crafts.

*Laura Murray is a graphic designer, illustrator, author, maker of things, coloring book lover, and student of all things beautiful.

Breaking the Rules: Bold and Brave Wild West Women

Dr. Richard Rhone, Instructor

Tuesdays, January 17 - March 7 (8 weeks)

1:30 - 2:45 p.m. / ZOOM only OLLI Shares UA

Untold numbers of Americans created a new life for themselves in the Wild West. Unfortunately, our history has sometimes overlooked numerous women that played notable roles in the story of the West. While most were respectable ladies, a unique minority of brave and bold women broke the rules and carved out less-than-traditional lives. We'll discuss these fascinating women and have a special guest appearance in one session from Bushwhacker Billy to present his views on wayward women of the Wild West. We'll warn you when this cowboy is coming because his remarks will be for a mature audience if you are of a more sensitive, delicate nature. ¡Hasta luego!

*Richard Rhone has taught American history classes for OLLI for over a decade after retiring from careers in public education administration as well as child abuse and neglect prevention. His topics generally range from the American Colonial/Revolutionary War through the War Between the States and the Wild West, with an emphasis on the personalities and social aspects of history. His doctorate is from The University of Alabama.

Chinese Brush Painting

Dong Shang, Instructor

Wednesdays, January 18 – March 1 (7 weeks)

1:30 – 3:00 | Sunny Slope Annex

Enrollment limit: 12

Materials Fee: \$100, paid to the instructor

Chinese painting supplies: 3 bamboo brushes, Chinese Ink, Chinese watercolor paint, rice paper (54x27") 5 sheets

Chinese Brush Painting supplies may be ordered from Dong by emailing her at dongshang@hotmail.com. She will arrange payment and delivery.

This hands-on course is an introduction to Chinese brush painting and calligraphy. Chinese painting attempts to capture the essence of nature. It is the art of using suggestion and simplicity to imply reality. The sense of harmony that pervades Chinese culture is expressed in the traditional subjects of flowers,



Winter 2023 Course Descriptions

animals, and landscapes. Learn the basic brush strokes, composition, and the spontaneous-style painting techniques.

*Dong Shang is a native of China and has a degree in Art. An art designer, she immigrated to the United States, where she has worked as a freelance artist and an art teacher.

Collage

Margee Bright-Ragland, Instructor

Mondays, January 23 – March 6 (7 weeks)

4:30 -6:00 | Sunny Slope Annex In-person

Enrollment limit: 12

Materials cost: approximately \$45, to be purchased by the student

This class will explore the medium of collage. Students will be introduced to the fascinating imagery and expression offered by collage. Each day the class will create collages based on a variety of themes, materials, and techniques. Students will be encouraged to bring their own images to the class if they wish. Please join us in our adventures in collage! A course packet of materials will be available at J and M Bookstore, 115 S. College St.

*Margee Bright-Ragland earned her B.F.A. from Auburn University (1970) and her MA in Visual Arts from Georgia State University (1974). From 1975 she was a professor of art at Atlanta's Georgia Perimeter College (later Georgia State University Perimeter College), teaching art appreciation, drawing, and watercolor. She is also a professional artist whose works have been exhibited throughout the United States, Europe, and Latin America. Her fiber work, *Birds in Landscape*, is part of Georgia's State Art Collection.

The Columbian Exchange, continued

Rod Rodriguez-Kabana, Instructor

Mondays, January 23 – March 6 (7 weeks)

11:00 – 12:30 | Sunny Slope Annex

Enrollment limit: 40

A continuation of previous classes by the same name, this class will cover new material and be of interest to previous students and newcomers alike. The class examines the repercussions of the "discovery" and settlement of the American continent by Europeans on indigenous populations, on Europeans, and indeed the world as a whole. Emphasis will be given to the effects resulting from deliberate, and fortuitous, interchanges of plants and crops, animals, livestock, and of pathogens and diseases. The course considers the differences between the Spanish world in 1492 and the New World. This will be followed by descriptions of the effects and significance of Eurasian plants and animals in the New World and conversely of New World plants and animals in the Old World. The terrible consequences of the inadvertent interchange of human pathogens between the Europeans and New World indigenous populations will also be discussed. New material will be presented

*Rod Rodriguez-Kabana is Emeritus Distinguished University Professor who taught and performed research for 50 years at Auburn University in the Department of Entomology, Plant Pathology, and Microbiology. He taught courses on cropping systems, plant nematology, plant pathology and presented numerous lectures on the impact of European and American cultures on Agriculture, Science and Engineering, as well as shaping the thinking and ideology of peoples on both sides of the Atlantic and the world in general.



Winter 2023 Course Descriptions

Culinary Creations: Cooking with Ursula Higgins

Wednesdays, January 18 and 25/ February 8 and 15/ March 1: **2:30 – 5:30**

Thursdays, January 19 and 26/ February 9 and 16/ March 2: **2:00 – 5:00**

503 Sanders Street, Auburn

Enrollment limit: 7

Course fee: \$15 per class, paid to instructor.

Ursula Higgins presents a series of hands-on cooking classes. Each week there are two classes with the same menu. Students prepare, cook, and eat their culinary creations. If you have dietary restrictions, please contact Ursula. If a student registers for a class but is unable to attend, he or she is responsible for finding an OLLI academic member to fill the opening.

*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.

Register for individual classes by using the day's course number.

<i>Winter Soups</i>	Time	Course Code
Jan. 18	(2:30 – 5:30)	23109
Jan. 19	(2:00 – 5:00)	23110
<i>Simple suppers</i>		
Jan. 25	(2:30 – 5:30)	23111
Jan. 26	(2:00 – 5:00)	23112
<i>Dessert Time—Pies & Galettes</i>		
Feb. 8	(2:30 – 5:30)	23113
Feb. 9	(2:00 – 5:00)	23114
<i>Winter Salads</i>		
Feb. 15	(2:30 – 5:30)	23115
Feb. 16	(2:00 – 5:00)	23116
<i>A Little South of the Border</i>		
March 1	(2:30 – 5:30)	23117
March 2	(2:00 – 5:00)	23118

Cultural Heritages – An Ongoing Exploration of the World

Adeola Fayemi, Mariela Delgado, Facilitators

Thursdays, January 19 – February 16 (5 weeks)

11:00 – 12:30 | Sunny Slope Main Classroom

Enrollment limit: 12

An ongoing course, each class meeting of this series focuses on different countries from each of the world's continents and discusses elements of its culture including customs, traditions, arts, symbols, food, music, religions, and beliefs. Classes will include discussions with indigenes of the featured country (Auburn International Cultural Center (ICC) staff, students, faculty, and other members of the Auburn Community.) The class underscores how an appreciation of cultural diversity promotes understanding, builds relationships, and enriches community life.

This winter we will be featuring the following countries: Columbia, France, Germany, Iran, and Sudan.

*Dr. Adeola Fayemi is Manager of Inclusion and Diversity at Auburn's International Cultural Center Office of International Programs. Dr. Fayemi is a certified diversity and inclusion professional with over 25 years' experience in higher education, training, and state and municipal government administration.



Winter 2023 Course Descriptions

*Ms. Mariela Delgado, Education Coordinator, is the coordinator of the class presenters from the featured countries. Ms. Delgado is a professional in language acquisition; she has graduate degrees and over 20 years of professional experience in program administration.

Desegregating Alabama Schools: More Voices from the Field

Jason Bryant, Instructor

Thursdays, January 19 – March 2 (7 weeks)

9:00 – 10:30 / Auburn City Library Conference Room

Enrollment limit: 30

A continuation of previous classes by the same name, this class will cover new material and be of interest to previous students and newcomers alike. May 17, 1954 would be a historic day and would influence education in the US with the verdict of Brown v. Board of Education. School leaders grappled with implementation of integration, and in many portions of the country, integration would be a slow and often tumultuous process for African Americans fighting for their rights to attend integrated schools. This course will share the stories of those that lived this time and were instrumental in integrating schools in Lee County.

*Jason Bryant is an associate clinical professor and the Director of the Truman Pierce Institute.

Ethics and Decision-making

Jay (not the sheriff) Jones, Instructor

Wednesdays, January 18 – March 1 (7 weeks)

2:30 – 4:00 / Auburn Public Library Conference Room

Enrollment limit: 30

When it comes to making the little decisions that arise in everyday life, most people have well-established ways of considering how to make ethical choices. But what about the big, tough questions, especially ones we make in an increasingly complex world? This class will articulate and examine models of ethical decision making. Each week will cover a different aspect of ethical dilemma and decision making, including conflict resolution, mental models of decision making, the role of fallacy and bias in decision making, and the virtue continuum

*With almost 40 years of healthcare experience including 20 years of inpatient and outpatient acute and post-acute care including physical rehabilitation, Jay Jones has been active in administration and new business development for numerous national organizations including HealthSouth, Hospital Corporation of America, Tenet Health, and others.

Europe and Its Relationships from the Depression to War

Joseph Kicklighter, Instructor

Tuesdays, January 17 – February 28 (seven weeks)

2:30 – 4:00 | Pebble Hill and Zoom

Recommended Book: Raymond Sontag, *A Broken World 1919-1939*, ISBN: 0060139544

In-person enrollment limit: 40

In this second part of this three-term series on European Diplomatic History, the instructor will describe how European governments conducted their relations with each other and with significant non-European governments such as Japan and the United States. The class will consider the role of dictatorships as those in Germany and the Soviet Union and the efforts of governments in Great Britain and France to maintain their own diplomatic influence in the changing world of the 1930's.

*Dr. Joseph Kicklighter, Professor Emeritus of Medieval History at Auburn University, taught there from 1975 to 2015 and still teaches part time there. An undergraduate at the University of the South, he received his PhD at Emory University. He has been teaching for OLLI since 2015.



Winter 2023 Course Descriptions

From the Page to the Stage: Plays, Directors, and Actors

Daydrie Hague and Dan LaRocque

Tuesdays, January 17 – February 28 (seven weeks)

9:00 - 10:30 / Pebble Hill

Enrollment limit: 40

This discussion-based class will explore 3 plays from a variety of periods and styles through the lens of the actor and director. We will establish the foundations of dramatic structure and performance techniques as a basis from which to examine the plays on the page and on the stage. Among other plays, the class will examine Shakespeare's *Twelfth Night*, which will be performed at Auburn University's Telfair Peet Theatre during the term.

*Daydrie Hague has worked Off Broadway and in regional/repertory theatres in the U.S. and England, including the Alley Theatre, New Dramatists, The Vineyard Lab Theatre, The George St. Playhouse, Repertory Theatre of St Louis, and Alan Ayckbourn's Stephen Joseph Theatre in the Round. She is a Professor Emerita of Theatre and previous Head of Performance at Auburn University, where she taught acting and voice, directed, and served as dialect coach for many of the department's productions.

*Dan LaRocque is Professor Emeritus of Theatre at Auburn University where he was an acting, voice, and movement teacher since 1990; he has directed or performed in over 50 Auburn Theatre productions since then. Professor LaRocque served as the Associate Dean for Academic Affairs in the College of Liberal Arts from 2011-2013, and as Chair and Artistic Director of AU Theatre from 2005-2011. He also served as a member of the Kennedy Center American College Theater Festival National Executive Committee in Washington, D.C. from 2003-2009, earning the KCACTF gold medallion for excellence in college and university theatre in 2007.

The Great American Story: A Land of Hope (PART I)

Jim Barber and Herb Shivers, Instructors

Mondays, January 23 – March 6 (7 weeks)

9:00 – 10:30/ Sunny Slope Annex and [Zoom](#)

In Person Enrollment Limit: 40

In-class instructors Jim Barber and Herb Shivers will facilitate discussion around video lectures by Hillsdale College faculty Larry P. Arnn, Ph.D. and Wilfred M. McClay, Ph.D. The course explores the history of America as a land of hope founded on high principles. In presenting the great triumphs and achievements of our nation's past, as well as the shortcomings and failures, it offers a broad and unbiased study of the kind essential to the cultivation of intelligent patriotism. Part Two will be presented in the spring term.

*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. He was a business owner for 32 years. Science and history are at both ends of his happiness rainbow. His wife Mary Frances is the entire rainbow.

*An AU OLLI member since 2012, Dr. Charles H. "Herb" Shivers, is a member of the OLLI at Auburn Advisory Council Executive Committee and is a retired UAB Professor. Shivers also retired from NASA and the Senior Executive Service and worked with the Tennessee Valley Authority, US Army, and National Guard. Herb and Alisa are from Alexander City and live in Auburn.



Winter 2023 Course Descriptions

Great Mesoamerican Civilizations: The Maya

John Mason, Instructor

Wednesdays, Feb. 1 to March 29 (8 Sessions)

No class March 15

8:30 – 10:00 am / ZOOM ONLY OLLI Shares UAH

Did you know that the Maya were the longest lasting civilization in history or that they created two complex calendar systems? They created a civilization that rivaled any then in existence, but very little is still known of their accomplishments. Join us as we examine a wonderfully advanced people who developed a rich culture of art and architecture, math and science, and even religion. As a bonus, students will learn to write their name in Maya glyphs as well as to count using their number system.

*John Mason was a long-time contracting specialist with the U.S. Government. He now serves as head of the Curriculum Committee at OLLI at UAH and lectures on a variety of subjects including military history, anthropology, and bioanthropology.



History of Architecture and Art, Part II

Philip Fretwell, Instructor

Thursdays, January 19 – March 2 (7 weeks)

2:30pm – 4:00 | Auburn Public Library Conference Room

Enrollment limit: 25

A serialized history of architecture and art with interspersed references to the history and evolution of the cosmos followed by the appearance and evolution of humankind and its creations.

*Philip Fretwell is a local architect who formerly taught at Auburn University. He was also the State Building Commissioner of Alabama. He has previously taught several courses for OLLI.

Introduction to Drawing Faces

John Willer

Thursdays, January 19 – March 2 (7 weeks)

1:30 – 3:30 / Sunny Slope Annex

Enrollment limit: 12

Required materials: Charcoal, sepia sticks, white drawing chalk, paper that has some tooth, rags for wiping.
Other materials such as pastels may be added as students progress.

Materials cost: \$20-25

Learn what to look for, plan and structure facial drawings. Learn to see what makes a recognizable individual. The class will cover use of materials, understanding proportions, bone structure, and shading.

*John Willer (MFA, Memphis Academy of Art) has had a successful lifetime career painting and drawing. His work is represented in galleries and well-known collections, including the Alice Walton private collection.



Winter 2023 Course Descriptions

Introduction to Jamaican Cuisine

Tanisha Stephens, Instructor

Friday, January 20 – March 3 (seven weeks)

11:00 – 1:00 | Sunny Slope Annex

Enrollment limit: 10

Course materials fee: \$80 paid to Tanisha Stephens.

In this seven-week course, we will make six delicious Jamaican inspired entrees and popular side dishes, while touching on the history and culture of the beautiful island of Jamaica. Students will enjoy lunch together during each class. Tentative listing of weekly entrees - one per week: Oxtails, Jerk Chicken, Curry Goat, Escovitch Fish, Stew Chicken, Pepper Shrimp.

*Tanisha Stephens is owner and lead photographer at Intown Imagery, a boutique photography studio based in Opelika, Alabama. She is a world traveler who loves to eat and cook a variety of tasty international dishes.

iPhone Skills: The Personal Trainer Method with 2023 Updates

Mike Akins, Instructor

Wednesdays, January 18 – February 8 (4 weeks)

9:00 – 10:30 / Auburn Public Library Conference Room

Enrollment limit: 20

What if you had a fast way to get the personalized help you need focused just on your iPhone questions and challenges... like having your own iPhone personal trainer? Well, here's your chance to discover "the personal trainer method" in a new iPhone course focused on how to personalize your iPhone and get just the right iPhone skills you need, guided by personal tech trainer and coach, Mike Akins.

* Mike Akins (Ph.D., M.S. Instructional Technology) is an online learning producer, videographer, and personal tech trainer who collaborates with educators and creatives. He lives in Opelika, AL with his wife Betsy. Mike and Betsy are active OLLI members.

King Cotton

Charles C. Mitchell, Instructor

Tuesdays, January 17 – February 28 (seven weeks)

9:00 – 10:30 / Auburn Public Library Program Room

Optional books: Yafa, Stephen. 2005. *COTTON. The Biography of a Revolutionary Fiber*. Penguin Books, New York. 398 pp. Available from Amazon.com and for Kindle.

Yafa, Stephen. 2004. *Big Cotton: How A Humble Fiber Created Fortunes, Wrecked Civilizations, and Put America on the Map*. Available from Amazon.com.

Alabama became a state just as the Industrial Revolution in Europe was underway. There was a tremendous demand for this new crop called "cotton" and Alabama was primed to meet that demand. It had accessible and fertile river bottoms and vast land resources ripe for agriculture. What it lacked in manpower was filled with a uniquely American form of slavery. The resulting cotton empire shaped Alabama's history and continues to influence its politics and social policies. This course will trace imperial cotton from its origins to its development in Alabama and how this simple fiber shaped our state and its people.

*Dr. Charles C. Mitchell is a native Alabamian and retired Extension Agronomist and soils specialist at Auburn University. He has an intense interest in Alabama history and how agriculture has shaped our lives. He was responsible for getting Auburn University's "Old Rotation" (circa 1896) and "Cullars Rotation" (circa 1911) sites on the National Register of Historical Places. Though this is the fourth time he has offered this course, there will be new material, and some guest lecturers may be included.



Winter 2023 Course Descriptions

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

Sylvia Cooke, Instructor

Tuesdays, January 18 – February 28 (seven weeks)

9:00 – 10:30 | Sunny Slope Classroom

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

Enrollment limit: 14

If you have been waiting to start learning Spanish, this class is for you. This first year, first 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, 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 themselves, he teaches a set of learning strategies that will enable you to be a successful language learner and will help you actively use and remember the material.

*Sylvia Cooke is retired after 32 years as a Spanish teacher, twenty of which 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 1**

Sylvia Cooke, Instructor

Mondays, January 23 – March 6 (seven weeks)

9:00– 10:30 | Sunny Slope Classroom

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

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 give you the opportunity 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. Throughout the lessons Sylvia Cook will be your in-class guide as you explore how to learn 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.

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

Lest We Forget

Johnnie Dowdell and Elijah Gaddis, Instructors

Fridays, January 20 – February 10 (4 weeks)

9:00 – 10:30 / Auburn Senior Center, Boykin Community Center

Enrollment limit: 20

This class will explore the often-untold stories of African American life in Auburn before desegregation and examine how Black communities have changed as a result. Presentations will cover African American-owned businesses, community professionals, and civic leaders, African American education, sports and entertainment, and daily life. Each class period will leave ample time for class discussion.



Winter 2023 Course Descriptions

*Mrs. Johnnie Dowdell is manager of the Auburn Senior Center. She grew up in Auburn, and except for her ten years in Chicago has lived here all her life. Before her present employment with Lee Russell Council on Aging, she worked for Auburn University, Tuskegee University, and she owned a successful typing business.

*Dr. Elijah Gaddis is Assistant Professor in the Department of History at Auburn University. In his public history work, and in his teaching, Gaddis focuses on community engagement and collaboration. At Auburn, he teaches courses on landscape and spatial history, material culture, museum studies, and digital humanities.

Line Dancing: Beginners

Betsy Keown and Wanda Knight, Instructors

Tuesdays, January 17 – February 28 (7 weeks)

9:00 – 9:45 | Boykin Community Gym (400 Boykin St., Auburn)

Enrollment limit: 25

This 45-minute class will introduce students to line dancing. Basic steps and dances will be taught. We will dance to a variety of music - everything from Glenn Miller to Willie Nelson, Charlie Daniels, Little Big Town and many more. Not only is it fun, but great exercise for the body and the mind. Wear comfortable shoes, no 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 a little over nine years and has assisted Betsy Keown for several classes.

Line Dancing: Intermediate

Betsy Keown and Wanda Knight, Instructors

Tuesdays, January 17 – February 28 (7 weeks)

10:00 – 10:45 | Boykin Community Gym (400 Boykin St., Auburn)

Enrollment limit: 25

This line dancing class is designed for those with some line dancing experience. We will listen and dance to a variety of music - everything from Glenn Miller to Willie Nelson, Charlie Daniels, Little Big Town and many more. Not only is it fun, but great exercise for the body and the mind. Wear comfortable shoes, no 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 a little over nine years and has assisted Betsy Keown for several classes.



Winter 2023 Course Descriptions

Local Naturalists on Local Nature

Gary Wagoner, Coordinator

Mondays, January 23 – March 6

2:30 – 4:00 / Sunny Slope Annex

Enrollment limit: 40

This team-taught course brings together seven local naturalists to share their expertise on their chosen subjects. Our region possesses amazing natural diversity, and these instructors will each share knowledge of an area they have deeply studied and observed.

- 1/23** Bill Deutsch **Introductory Thoughts about Nature; Alabama Birdwatching**
*Bill Deutsch is a Research Fellow, Emeritus in the AU School of Fisheries, with degrees in Zoology, Biology, Anthropology, and Aquatic Ecology.
- 1/30** Bob Stack **Mushrooms and the Fungi that Make Them: An Introduction**
*Bob Stack taught mycology and related subjects for 30 years at North Dakota State University before retiring to Alabama. Since his student days in upstate New York, he has collected and photographed mushrooms for more than 50 years.
- 2/6** Sarah Wolak **Native Plants of Alabama**
*Sarah Wolak is a wildlife biologist and co-owner of Nemophily Natives, a local native plant nursery.
- 2/13** Curtis Hansen **Lichen Fascination**
*Curtis Hansen is the curator of plants in the John D. Freeman Herbarium at the Auburn University Museum of Natural History. His research focuses on lichens of Alabama, plant floristics, and outreach education about the natural world.
- 2/20** Gary Mullen **Social Behavior in Insects**
*Gary Mullen is Professor emeritus of entomology in the Department of Entomology and Plant Pathology, Auburn University.
- 2/27** Nancy Loewenstein **Alabama non-native invasive plants**
*Nancy Loewenstein is Extension Specialist in the College of Forestry, Wildlife and Environment at Auburn University. She teaches courses in Dendrology at AU and has research interests in the ecology and control of non-native plant invasions.
- 3/1** Anne Randle **Alabama trees**
*Anne Randle is the Urban Forester for the City of Auburn. Anne is a Horticulture and Forestry graduate from Auburn University and joined the city from the University of Georgia Extension

Mahjong SIG

Ann Beale, Judy Jones, and Mary Ann Hanson, Facilitators

Mondays, January 23 – March 6 (7 weeks)

2:30pm – 4:30 | Sunny Slope kitchen and classroom

Enrollment limit: 12 New players will be given priority. Returning players who are interested in continuing should contact Mary Ann Hanson at ma-hanson@att.net to be admitted as space permits.

Mahjong is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is commonly played by four players. Similar to the Western card game rummy, Mahjong is a game of skill, strategy, and luck.

This is a special interest group (SIG). Any OLLI member, general or academic, may register for this SIG. You are encouraged to attend all seven sessions.



Winter 2023 Course Descriptions

Meditation SIG

Roberta Jackel, Facilitator

Thursdays, January 19 – March 2 (7 weeks)

5:00pm – 6:30 pm | Sunny Slope Annex

Suggested book: Sharon Salzberg, *Real Happiness: The Power of Meditation: A 28-Day Program*

Using Sharon Salzberg's book *Real Happiness* and related online resources, our group is meeting to discuss Salzberg's guide to starting and maintaining a meditation practice. Beginning with the simplest breathing and sitting techniques, and based on three key skills--concentration, mindfulness, and lovingkindness—we endeavor to meet, discuss, and meditate together as we build our personal practices.

This is a special interest group (SIG). Any OLLI member, general or academic, may register for this SIG.

Mindful Movement for Improved Health and Wellness

Kitty Frey

Wednesdays, January 18 – March 1 (7 weeks)

10:15 – 11:15 /Trinity Lutheran Church, 446 South Gay Street

Enrollment limit: 20

In this class we will explore some of the key elements that mindful movement practices such as Tai Chi, Qigong, Yoga and others share and how we can apply these to our everyday activities. We will be learning and moving so please wear comfortable clothing and flat shoes (no heels). Bring an open mind and willingness to slow down.

*An occupational therapist and practitioner/instructor of mindful movement, Kitty Frey has been teaching community classed since 2004 with the purpose of improving health, wellness and most recently decreasing the risk of falls through postural and movement awareness.

Opera Potpourri

Dr. Elizabeth Aversa

Thursdays, February 16 – March 9 (4 weeks)

9 -10:15 / ZOOM only OLLI Shares UA

Fun selections from Opera throughout the history of this performing art.

*Elizabeth Aversa is a retired The 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.



Rivers of Alabama

Bill Deutsch, Instructor

Tuesdays, January 17 – February 28 (seven weeks)

11:00 -12:30/ Sunny Slope Annex

Optional Book: *Alabama Rivers: A Celebration and Challenge*, will be for sale in class, at Sunny Slope, and at www.alabamarocksandrivers.com.

Enrollment Limit: 40

This course will cover the human and natural history of rivers in Alabama. Topics include the origin of the river map on the Alabama Great Seal; river geography, geology, and hydrology; the state's world-class aquatic biodiversity; the role of rivers in human settlement, economy, and culture; river politics and policies; and personalizing your river ethic. Participants are encouraged to share their river stories and to discuss all topics in relaxed and enjoyable ways.



Winter 2023 Course Descriptions

*Dr. Bill Deutsch is a Research Fellow, Emeritus, in the School of Fisheries, Aquaculture and Aquatic Sciences at Auburn University. He worked as an aquatic ecologist and environmental educator for forty years, including as the co-founder and director of Alabama Water Watch, an AU-based program for promoting citizen volunteer water monitoring, environmental education, and improved water policies.

Russia-Ukraine: Forward to the Past

Jay West, Instructor

Thursdays, January 19 – March 2 (seven weeks)

9:00am – 10:30 | [Zoom only](#)

Commentators on Russia's war on Ukraine have speculated that Putin may be attempting to restore the USSR, or even the old Russian Empire. This course will suggest that the origins of Putin's aggression may lie in a much more distant past - in the depths of Inner Asia more than a thousand years ago. This course will study the history of the fraught relations between these two cultures over ten centuries.

*James West earned his PhD in Russian History from Princeton. He taught at Trinity College (Hartford) for 24 years, and Middlebury College for 15 years. Retired now, he taught in OLLI NWU Chicago for two years, and for two years in Petersburg, Russia, at European University. A regular instructor for OLLI at Auburn, he also teaches for OLLI at UVM, University of Vermont. He lives in Middlebury, Vermont.

The Science of Climate Change

Dr. David Keellings

Thursdays, February 16, 23; March 2, 9

1:30 - 2:45 / [ZOOM only](#) OLLI Shares UA

This course is an introduction to climate change science. The course will introduce students to the physical science of climate change by exploring the Earth's atmosphere and what drives changes in the climate system. Together we will investigate the impacts of climate change through observations and examine possible future consequences. We will also explore potential solutions to the problems of climate change.

*David Keellings is a former faculty member of the University of Alabama and now works at the University of Florida. He has taught for many years including three years with OLLI and his research focuses on climate extremes, particularly heat waves and hurricanes.

Shining a Light on Alzheimer's

Gerald Johnson

Wednesdays, January 18 – February 8 (4 weeks)

9:00 – 10:30/ Sunny Slope Annex

Enrollment Limit: 40

"Shining a Light on Alzheimer's" presents a personal journey with Alzheimer's. The class will define Alzheimer's disease, its diagnosis, prognosis, and treatment. Then it will explore the "then what," including the journey from personal care to home care to institutional care, to end care, and its personal and financial costs. The third class will look at some successful interventions, and the final class will be devoted to research into spirituality and dementia, coping skills, and the vital role of planning.

*Gerald Johnson is Professor Emeritus in political science at Auburn University.



Winter 2023 Course Descriptions

Shorter Hikes at Chewacla State Park

Harold Bruner, Instructor

Mondays, January 23 – March 6 (seven weeks)

1:30 – 4:00 pm | Meet at Chewacla State Park, in-person

No class fee, but you will need to pay the entrance fee of \$4.00 (People 62 and older are \$2.00)

Enrollment limit: 30

Enjoy a thorough introduction to nearby Chewacla State Park with shorter hikes of 2-3 miles each week. We will visit Town Creek, Moore's Mill Creek, Chewacla Creek, 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 is a retired forester who now hikes for fitness and pleasure. He has hiked extensively in much of the U.S. and in 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 | January 20 – March 6 (7 weeks)

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

All registration for this class is handled 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. To take advantage of those classes you must either sign in as a member of the gym or as a Silver Sneakers member.

OLLI members will be offered a Max Fitness membership at a special discounted price. If you have Silver Sneakers on your insurance or Medicare plan, you can use Max Fitness for free; you just need your Silver Sneakers number and your signature. If you don't have Silver Sneakers, you can join Max for \$25 a month, 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.

Sleep Science: Sleep, Sleepiness, and Sleeplessness

Dr. Kenneth Lichstein

Thursdays, January 26 - February 23 (6 weeks)

10:30 - 11:45 / ZOOM only OLLI Shares UA

This course is a review of healthy and disordered sleep. We will explore normal sleep, sleep measurement, sleep changes across the lifespan, and the health risks of inadequate sleep. We will examine where sleepiness comes from (e.g., brain chemicals and the body's circadian rhythm) and how to mitigate the drag of jet lag. And lastly, we will touch on some of the 80 sleep disorders and typical treatments.

*Kenneth Lichstein is Professor of Psychology Emeritus, The University of Alabama. He has published over 200 articles/chapters and six books most of which are on the subject of sleep science.



Winter 2023 Course Descriptions

Staying Active - Day Hiking

Harold Bruner, Instructor

Thursdays, January 19 – March 2 (seven weeks)

8:00 – 4:00 | Meet at Sunny Slope by 7:45 unless otherwise directed.

Class sessions: We will hike every week, weather permitting.

There will be a \$5 per hike fee to reimburse volunteer drivers if you ride with someone. A payment of \$20 to your account is due the first week that you hike.

Enrollment limit: 25

We will continue our tradition of moderate hikes of 5-10 miles within 60 miles or so of Auburn. This is a more advanced class with somewhat challenging terrain. You should be moderately fit and have experience in hiking these distances. If you have not hiked with this group before you will be asked to demonstrate your hiking proficiency prior to the first class. A small day pack is suggested. Hiking pole(s) are mandatory. The primary locations are different trails on or near Lake Martin, and FDR State Park near Pine Mountain, GA.

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

The Stories, Oratories and Proclamations of Abraham Lincoln

John Syster, Instructor

Thursdays, February 2 - March 30 (8 weeks)

No class March 16

1:15 to 2:45 pm / Zoom only OLLI Shares UAH

Learn how a poorly educated youth became arguably the greatest speaker in our nation's history. Discover Lincoln's own words in his law cases, speeches, and proclamations which will spark conversation about our ever-changing constitution, the expansion of our understanding of freedom, and the role of the spoken word in our comprehension of history.

*John Syster, an ordained minister in the United Church of Christ (Congregational), has been a long-time scholar of Abraham Lincoln. He owns a large collection of Lincoln and Civil War books and has visited many of the places where Lincoln walked and spoke.



Street Railways and American Public Transportation

Glen Bottoms, Instructor

Thursdays, January 19 - March 2 (seven weeks)

11:00 – 12:30/ Auburn Public Library Conference Room

Enrollment limit: 25

The course will examine in depth the critical role of Street Railways in the growth of American Public Transportation and its impact on the development and shape of our nation's cities (1889- Present). In conjunction with this narrative, we will also identify and explore the major factors that have affected the path of public transportation to the present day (pre-pandemic), that have led to a steady decline in transit patronage from which it has never completely recovered. Finally, we will consider the immense impact of the Covid Pandemic on transit ridership in America and speculate on the possibilities for restoring the health of public transportation in the U.S.

*Glen D. Bottoms holds a bachelor's degree from Auburn University (German, History and Political Science) and master's degrees from George Washington University (MAIA, MPA). Glen has worked in the urban transportation field for over thirty years, first with the Federal Transit Administration and finally as Executive Director of the American Conservative Center for Public Transportation. He has written extensively on public transportation issues, principally



Winter 2023 Course Descriptions

focusing on rail transit in the U.S. and Europe. Several of his papers have been published by the Transportation Research Board.

Travels with OLLI

Charles C. Mitchell, Facilitator

Tuesdays, January 17 – February 28 (seven weeks)

11:00 -12:30/ Auburn Public Library Program Room

Enrollment limit: 25

Whether we are heading off on an Alaskan or Mediterranean cruise, a family road trip to a National or State Park or hitting the road to attend festivals or family gatherings, we OLLI members love to travel. Don't let those wonderful travel photos gather dust in the cyber cloud. Share them with other OLLI travelers. This dynamic and interesting course depends on your participation. Everyone will be invited to share as many travel experiences as you wish via digital photos. The first day's program is class coordinator Charles Mitchell and his wife Peggy Mitchell presenting "Experiences on Amtrak," and "Exploring the Amazon." Sign up on the first day of class for a time slot to share your pictures and your experiences of a memorable trip.

*Charles C. Mitchell is Professor Emeritus in the Dept. of Crop, Soil & Environmental Sciences, Auburn University.

The US Intelligence Community and Special Operations

Claude "Frenchy" Fortin, Instructor

Tuesdays, January 17 – February 28 (seven weeks)

11:00 – 12:30 | Pebble Hill

Enrollment limit: 40

This course provides an inside view of the U.S. intelligence community, with a focus on the Big Five (CIA, NSA, NGA, DIA, and NRO). The NSA session will include a discussion of cyber warfare. The course will also provide an overview of Special Operations organizations and technologies.

*Frenchy Fortin served twenty years in the U.S. Air Force as a computer and systems engineer. After retirement from the Air Force, he became a defense contractor focusing on providing intelligence support to the military, the last twenty years at Special Operations Command in Tampa, FL.

Walk This Way

Bob Banks, Instructor

Thursdays, January 19 - March 2 (seven weeks)

8:30– 9:30 | Meet at Toomer's Corner

Enrollment limit: 30

Join us for this seven-week program designed to assist you in developing a walking exercise program. Students will meet at Toomer's Corner by the oaks 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.



Winter 2023 Course Descriptions

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

John Parr, Instructor

Tuesdays, January 17 – February 28 (seven weeks)

9:00 – 10:30 / Sunny Slope Annex

Enrollment limit: 40

With OLLI classroom instructor and facilitator John Parr, this class will cover Part 1 of a 3-part series from The Great Courses taught by Professor Vejas Gabriel Liulevicius, Ph.D. which surveys wars, intervals of peace, and the pursuit of power as a goal of statecraft over the last 500 years. This course will examine the roles of remarkable individuals, governments, overarching structures, and non-state organizations in European international history from 1500 to 1815 and follow the European state system's development, involving many contending dynastic powers.

*John Parr served in US Navy for 22 years, enlisted as Seaman Recruit in 1960, retired as Lieutenant Commander in 1982. Later, John was a professor of Electrical Engineering at the University of Evansville in Indiana. John has a BS in Electrical Engineering from Auburn University; a MS in Electrical Engineering from the Naval Postgraduate School; and earned a PhD in Electrical Engineering from Auburn University. He and his wife are Auburn residents and have been OLLI members since 2013. John was the instructor for several OLLI courses, most recently, The Rise of Communism and Communism in Power in spring and fall of 2022.

“We the People”

Gerald Johnson

Wednesdays, 2/15, 2/22, 3/1

9:00- 10:30/ Sunny Slope Annex and ZOOM / OLLI Shares AU

In person enrollment limit: 40

Upon conclusion of the Constitutional Convention Benjamin Franklin was asked, “Well, Doctor, what have we got, a republic or a monarchy?” Franklin responded, “A republic, if you can keep it.” The jury is still out. This three – meeting class will cover the origin of “We the People,” the Grand Experiment in representative government, and the contemporary application of “We the People” in the United States and Alabama.

*Gerald Johnson is Professor Emeritus in political science at Auburn University.

Whatever Happened to Folk Music, Part VIII

C. Mike Reinke, Instructor

Tuesdays, January 17- February 28 (seven weeks)

2:30pm – 4:00 | Zoom only | OLLI Shares AU

Maximum Zoom enrollment 90 (first come, first served, although those who have enrolled for one or more previous terms will be given priority)

The course features PowerPoint slide-based Zoom presentations that explore the origins and evolution of North American folk and roots music. Embedded within some slides are audio and audiovisual examples of songs ranging from centuries-old British ballads to popular songs during the so-called “folk music revival,” to songs released in the last 10-20 years, best classified as “Americana.” The course incorporates the folk music of African Americans and discusses how this music was separated commercially from Anglo-American folk music. Some emphasis is placed on the folk music of Alabama. During Winter Term 2023, we will complete the topic “Anglo-American (Southern) Gospel Music” and begin the topic “The Instruments of Folk and Roots Music.” If more complete course information is desired, please e-mail the instructor at mikereinke68@gmail.com.



Winter 2023 Course Descriptions

*Mike Reinke grew up in the fifties and sixties during the peak of the folk music revival. While in retirement, he has developed a pronounced avocational interest in the history of American folk and roots music and in how this music has influenced—and continues to influence—North American culture. He has been working on this OLLI course sequence for more than three years.

Wheel-thrown Pottery

Gary Wagoner, Instructor

Mondays and Wednesdays, January 23th - March 6th (7weeks)

Instructional time: Mondays, 9:00 – 11:00

Practice/ Studio Access: Wednesdays 8:00 - Noon

Dean Road Rec Center Clay Studio Enrollment limit: 8

Course fee: \$110 paid to OLLI, covers materials, and will help defray space rental.

Open to beginners and experienced potters alike, this class will cover the basics of throwing on the potter's wheel. Students will learn the essential skills of centering, opening, pulling walls, and forming, and will progress to the creation of a variety of shapes such as cups, bowls, vases, and pitchers. There will be opportunity to work with glazes and other forms of surface decoration. Mondays will be instructional days (9:00 – 11:00), and Wednesdays the studio is reserved for OLLI class members to practice. The studio is available both days from 8:00 and until noon.

*Gary Wagoner holds the MFA in Ceramic Art from the SUNY College of Ceramics at Alfred University. He developed the Ceramics curriculum at Auburn University and taught all levels of pottery and clay sculpture there for 35 years.

Winter Mysteries

Harold Bruner, Instructor

Tuesdays, January 17 – February 28 (seven weeks)

2:30 – 4:00 | Sunny Slope Annex

Enrollment limit: 25

Books, in order that they will be discussed:

Jan 17 - *Call for the Dead* by John LeCarre, led by Jerry Catalano

Jan 24, 31 - *Deja Dead* by Kathy Reichs, led by Harold Bruner

Feb 7, 14 - TBD

Feb 21, 18 - TBD

In this course, we will read and discuss several mystery novels. Each discussion will be led by a different member of the class. There are two slight changes for the winter term: (1) we may expand the book selection beyond just mysteries, and (2) we will be choosing authors we have not read for the last 4+ years.

*Harold Bruner is an active OLLI member who enjoys reading a variety of books. He has been facilitating book discussions for OLLI for a few years.



Winter 2023 Course Descriptions

Writing Our Lives

Terry Ley and Cathy Buckhalt, Instructors

Mondays, January 23 – March 6 (7 weeks)

11:00 – 12:30 | Pebble Hill (101 S. Debardeleben St., Auburn)

Book: Kephart, B. (2013). *Handling the Truth: On the Writing of Memoir*. Gotham.

ISBN: 9781592408153.

Enrollment limit: 35

“Our lives are like a patchwork quilt, and it is only in the evening of life that we can see the pattern of what we have woven” (Richard L. Morgan, *Saving Our Stories: A Legacy We Leave*). We all have life stories to tell! Here is an opportunity to reclaim your memories, write about them, and share them with a receptive audience of peers. We will write each Monday morning, responding to stimulus prompts provided by the instructors. Recommended homework: finishing and revising what you have begun in class and reading self-selected memoirs, biographies, and autobiographies.

*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 each OLLI term for seventeen years.

*Cathy Buckhalt is a retired teacher from Opelika Middle School and Southern Union State Community College. She was also associate director of the Sun Belt Writing Project for many years.



OLLI is a program of Auburn University Outreach, Office of the Vice President for University Outreach.

