



 West Virginia University®



*Summer 2016  
Course Catalog  
Osher Lifelong Learning Institute  
[www.olliatwvu.org](http://www.olliatwvu.org)*

# OLLI AT WVU

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The Osher Lifelong Learning Institute at West Virginia University, known as OLLI at WVU, provides programs and educational opportunities designed for adults 50 and over.

OLLI at WVU is a membership organization affiliated with the School of Public Health at WVU that recognizes the unique experiences, capabilities, and wisdom of mature members of the community. OLLI at WVU emphasizes the sharing of ideas through peer learning, member participation, and collaborative leadership.

During four terms each year, OLLI at WVU offers courses, lectures, seminars and field trips in such areas as music, literature, art, science, politics, nature, history, health, medicine, and economics. Live drama, movies, and special interest groups add to the choices.

Courses are developed and taught by volunteers from the community who are passionate about their topics, avocations, and interests, and love to share their ideas.

Free from the pressures of tests and grades, this is learning simply for the joy of it.

## Supporters

OLLI at WVU continues to grow as an organization with the unwavering commitment and generosity of our patrons and supporters. We acknowledge and thank the following:

- ◆ The Bernard Osher Foundation
- ◆ West Virginia University, President's Office
- ◆ WVU School of Public Health (SPH)
- ◆ OLLI Board Members, Committee Members, and Volunteers
- ◆ OLLI \$100K Club
- ◆ Our Distinguished Instructors
- ◆ OLLI Members

## The Bernard Osher Foundation

The Bernard Osher Foundation seeks to improve quality of life through the support of lifelong learning institutes such as OLLI at WVU. The Foundation was founded in 1977 by Bernard Osher, a respected businessman and community leader. The Foundation has now funded 119 Osher Lifelong Learning Institutes on campuses of colleges and universities from Maine to Hawaii. Funding for OLLI is contingent upon membership growth goals, so **membership matters**. To learn more about The Bernard Osher Foundation, please visit their website at [www.osherfoundation.org](http://www.osherfoundation.org).

# A MESSAGE FROM OUR BOARD PRESIDENT

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As you read this, the trees are clothed in their summer foliage, the spring flowers have done their duty, the rhododendrons are still blooming and the weather is warming. The “snowbirds” have pretty much returned from their winter hideaways and it’s time to renew our OLLI memberships, bring in a friend or two, and sign up for Summer Term classes. The Curriculum Committee has assembled a nice selection of classes, a summer film series, and the usual on-going interest groups that continue through the year.



It’s also my very great privilege to introduce you to our new Director, Jascenna Haislet, who started with us on May 2. She prefers to be called Jae and, to my particular delight, her background is in theater management and marketing, as well as working with the senior set, folks like you and me. She was the Manager of the OLLI at the University of Montana in Missoula, so she is already quite familiar with Osher. I know you’ll all make her feel welcome.

Please join me in taking some stimulating classes in July and August!

Jim Held, President  
OLLI at WVU Board of Directors

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for our catalog cover artwork.*

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*Courses that are also Special Interest Groups  
are marked with an asterisk \* following the title.*

Physical Address: *(for mailing address, see page 10)*  
Osher Lifelong Learning Institute at West Virginia University  
Mountaineer Mall, Suite C-17  
5000 Greenbag Rd.  
Morgantown, WV 26501

(304) 293-1793

[www.olliatwvu.org](http://www.olliatwvu.org)

Email: [learners@hsc.wvu.edu](mailto:learners@hsc.wvu.edu)

Like us on Facebook at *Osher Lifelong Learning at WVU*

**OLLI Office Hours:**

9:00 a.m. - 5:00 p.m., Monday - Friday

Closed Saturdays, Sundays, and University holidays

**Registration begins June 15!**

*Look for this icon next to the course titles  
beginning on page 14!*



This indicates that the instructor is a member of the OLLI Honor Roll and has taught at least 10 courses and 60 class session hours. If more than one instructor is listed, the Honor Roll member is in ***bold italics***.

## **OLLI BOARD OF DIRECTORS (2015-2016)**

James Dylan Held, President  
Stan Cohen, Vice President  
Royce H. Keller, Secretary  
Tom Rogers, Treasurer  
Linda Alexander, SPH Rep.  
Karen Long  
Connie McCluskey

Earl Melby  
Judy Kelley Minor  
Judy Morris  
Carolyn Nelson  
Barbara Rasmussen  
Sumitra Reddy  
Bill Weiss

## **OLLI Board of Advisors**

Mary Ellen Brady  
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Roger Dalton

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Phil Faini  
Suzanne Gross

E. Jane Martin  
Betty Maxwell  
Art Pavlovic

## **OLLI Committees**

Curriculum  
Facilities and Technology  
Finance

Chair: Bob Craig  
Chair: Ed Johnson  
Chair: Tom Rogers  
Vice Chair: Connie McCluskey

History  
Membership and Publicity  
Nominating  
Office Assistants  
Special Events

Chair: Carole Boyd  
Chair: Nancy Wasson  
Chair: Ann Davidson  
Chair: Vacant  
Chair: Judy Kelley Minor  
Co-chair: Janet Rogers

Irving Goodman Annual Aging Lecture Series

Chair: E. Jane Martin

## ***Want to be more involved?***

OLLI is seeking volunteers to serve as course facilitators, help out in the office, be an OLLI greeter, teach a class, or join a committee listed above.

For more information, visit our website at <http://www.olliatwvu.org/> or stop by the OLLI office!

## **Staff**

Jascenna Haislet, Executive Director  
Diane Cale, Program Assistant  
Sonja Jewell Kelley, Professional Technologist  
Steve Fleming, Technology Consultant

# A MESSAGE FROM OUR DIRECTOR

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The summer of 2016 represents a new beginning for me and for OLLI at WVU. I am honored to join this program and am looking forward to the many exciting opportunities in store for all of us.

Accepting the position as your new director allowed me to move back east, closer to home and family. Equally as important, it allows me to continue working with people who share my passion for lifelong learning.

The hard work and dedication of our members have built a solid foundation on which OLLI at WVU is ready to forge a new chapter. Membership is the backbone of all OLLI programs. A strong membership represents the recognition by a community of older adults of the numerous benefits of an active, intellectually challenging pursuit of knowledge throughout their lives. It inspires others to join and promises a sustainable future for the program.

Now is the time to renew your OLLI membership. If you have not been a member in the past, I encourage you to grab a cup or glass of your favorite beverage, find a comfortable chair, and take a few minutes to read about the many exciting opportunities that we have to offer this summer. I also encourage past Term Members to consider upgrading to Full Annual Membership, with which you will be able to participate in activities and special interest groups that meet between terms.

Over the next few months, you will notice changes here and there. I hope that you will embrace the challenge of helping OLLI at WVU grow, reaching out to friends and family in Morgantown and beyond. Building a strong, growing membership is important to maintaining our current funding from the Osher Foundation that allows us to offer a wide variety of quality educational and social opportunities. Input from current and future members is welcome as we continue to move forward. My door is always open. Please stop by for a moment to share an idea or email me at [jascenna.haislet@hsc.wvu.edu](mailto:jascenna.haislet@hsc.wvu.edu).

Jascenna Haislet

# OLLI AT WVU MEMBERSHIP

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Membership is open to curious adults interested in programming designed specifically for those over 50, who want to engage socially and intellectually with their peers. An individual must be a member - full, term or trial - of OLLI to take classes.

In addition to the opportunities to discover a new passion or rekindle an old interest, share a love of learning with peers, and meet new people, members also enjoy such benefits as:

- a weekly e-news bulletin
- discounts on travel and various events around the community
- access to ongoing special interest groups
- financial assistance for membership fees
- free parking at the Mountaineer Mall.

Annual membership runs July 1st through June 30th each year. Members may participate in unlimited courses, activities, and interest groups throughout the year or within a specific term, based on membership level.

## Membership Levels

### **Full Member: \$100**

In addition to unlimited access to OLLI activities throughout the year (July 1 to June 30), full members have voting rights.

### **Term Member: \$50**

Term members may participate in unlimited courses and activities within a specific term as determined by the OLLI calendar.

### **Trial Member: \$25**

Individuals who have not previously been a member of OLLI can join at this discounted rate for one term.

Discounts are also available for our volunteer instructors. Contact the OLLI office at 304-293-1793 for more information or to see if you are eligible for a Faculty or Honor Roll discount.

## Scholarships

While OLLI at WVU tries to keep fees to a minimum while providing the highest quality experiences to our members, we recognize that membership fees may be out of the reach of some individuals. Therefore, scholarships are available. To apply, ask for a confidential application at the OLLI office or fill out the form on our website at [www.olliatwvu.org](http://www.olliatwvu.org).

# TEACHING FOR OLLI AT WVU

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OLLI at WVU draws volunteers from all walks of life to teach a wide variety of courses for adults 50 and older. Many OLLI instructors are current and retired teachers, university professors and administrators, business and civic leaders, and other professionals from the community who wish to share their knowledge and passion.

*Experience the joy of teaching free of tests and grades.* OLLI classes are offered simply for the joy of learning. Members are enthusiastic, engaged, and eager to learn.

Courses are offered during Fall, Winter, Spring, and Summer terms in the areas of the Arts; Economics, Business, and Retirement Planning; Health and Wellness; Hobbies and Interests; Humanities; Science and Math; Technology and Training; and Travel and Adventure. Courses may be from one to six sessions. Most sessions last about two hours.

Most courses are held in the Mountaineer Mall in Morgantown, although OLLI has a branch in Charleston as well.

Interested in teaching for OLLI? Visit our website at [www.olliatwvu.org](http://www.olliatwvu.org) or call the OLLI office at 304-293-1793 for more information.

*“For many folks, OLLI is a second alma mater”*  
- OLLI Member

## Save the Date

Wednesday, September 14, 2016

*Irving Goodman Aging Lecture Series*

Guest Lecturer: **Amy Rodgers Smith**  
MT-BC Neurologic Music Therapist

# HOW TO REGISTER

## for courses with OLLI at WVU

*To register for OLLI classes, you must have a current membership.  
Full memberships run July 1 through June 30.*

Individuals may purchase or renew a membership and register for classes in any of the following ways:

- Online at [www.olliatwvu.org](http://www.olliatwvu.org) using Augùsoft Lumens
- In person at the OLLI office at the Mountaineer Mall in Morgantown
- By mail, using the enclosed membership/registration form. Mail the form to:  
OLLI at WVU  
PO Box 9123  
Morgantown, WV 26506-9123

**Please make checks payable to the WVU Foundation.**

**Summer Registration begins June 15, 2016**

**Summer Courses begin July 11, 2016**

## MARK YOUR CALENDARS!

June 17	RSVP deadline for OLLI at WVU Annual Meeting
June 22	OLLI at WVU Annual Meeting, Knights of Columbus, Star City
July 11	Summer term classes begin
July 22	Fall instructor proposals due
September 14	Irving Goodman Aging Lecture Series 1:00 p.m. Classroom B
September 14	Taste of OLLI Reception Open House in Mall Atrium 2:00 p.m., following lecture
September 26	Fall term begins
October 17	Winter instructor proposals due
December 7	OLLI Holiday Open House & Bazaar
January 4	Taste of OLLI Open House in Mall Atrium
January 13	Spring instructor proposals due

# SPECIAL INTEREST GROUPS

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## **The Carl Taylor Chat ‘n Chew**

Meets on the **first Monday** of each month, for individuals who enjoy good conversation with friends at the Shoney’s in Sabraton at 9:00 a.m.

## **Knit and Purlers, Crocheters Too**

On **Mondays** from 1:00 p.m. - 2:50 p.m. in Classroom B, join others to share ideas, patterns, workshop information and to support each other in *knitting and crocheting*.

## **Yoga for Wellness**

This course typically continues as an interest group meeting between the Spring through Fall Terms on **Tuesdays**, from 10:00 a.m. - 11:50 a.m. in the MDS.

## **Watercolor**

On **Tuesdays** from 1:30 p.m. - 4:30 p.m. at the MAAG, be creative and paint with watercolors.

## **Film Forum**

Join us for a film and discussion! This series will be new this year--an 8 week series on **Wednesdays**, July 13 to August 31, at 3:00 p.m., featuring recent independent and foreign films that never played Morgantown.

## **Writing Interest Group**

This open, flexible group offers a quiet, nurturing atmosphere for writing your stories and memoirs. This group, coordinated by Dave Ornick (lead) and Cathy Samargo (back-up), will meet in Classroom B on **Thursdays**, from 10:00 a.m. – 11:50 a.m.

## **Astrology Interest Group**

This group meets to discuss the basic information needed to recognize yourself in your horoscope: signs, planets, aspects and houses. Beginners welcomed! This group will meet on **Fridays** in Classroom A from 1:00 p.m. – 2:50 p.m.

*Special Interest Groups typically meet between terms  
unless otherwise determined by the class.*

# SUMMER 2016 SCHEDULE AT A GLANCE

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Day, Time	Sessions	Date(s)	Location
<b><u>Monday, 10:00 a.m. - 11:50 a.m.</u></b>			
AV Equipment Training	1	July 11	A
Microscope Exploration	2	July 11 & 18	B
<b><u>Monday, 1:00 p.m. - 2:50 p.m.</u></b>			
Knit and Purlers, Crocheters Too*	6	July 11-Aug. 15	B
Inching Toward Forgiveness: Indonesia in the '60s	3	July 18, 25, & Aug. 1	A
Merci - The Gratitude Train	2	Aug. 8 & 15	A
<b><u>Monday, 6:00 p.m. - 7:50 p.m.</u></b>			
Friends in the Journey	1	July 11	A
<b><u>Monday, Wednesday, Friday, 3:00 p.m. - 4:30 p.m.</u></b>			
More Eat Right, Eat Well: What IS Healthy Cooking and Eating?	3	July 11, 13, & 15	A
Shakespeare's <i>Romeo and Juliet</i>	1	July 18	B
<b><u>Tuesday, 10:00 a.m. - 11:50 a.m.</u></b>			
How (and Why!) To Sequence a Genome	2	July 12 & 19	B
Yoga for Wellness	6	July 12 - Aug. 16	MDS
<b><u>Tuesday, 1:00 p.m. - 2:50 p.m.</u></b>			
New Horizons Band Introduction & Instrument Petting Zoo	1	July 12	B
Mosquito-Borne Viral Infections	2	July 12 & 19	A
Scam Proof Your Life	1	Aug. 9	B
<b><u>Tuesday, 1:30 p.m. - 4:00 p.m.</u></b>			
Basic Watercolors*	6	July 12 - Aug. 16	MAAG
<b><u>Tuesday, 3:00 p.m. - 4:50 p.m.</u></b>			
New Horizons Band Introduction & Instrument Petting Zoo	1	July 12	B
Outsmart the Scammers	1	July 19	A
Edward Jones Perspective Market Update	1	July 26	A
India on the Move: a Personal Video Odyssey	3	Aug. 2-16	A
<b><u>Tuesday, 6:00 p.m. - 7:50 p.m.</u></b>			
New Horizons Band Introduction & Instrument Petting Zoo	1	July 12	B

*Class location may change due to technology needs and enrollment.*

*Watch for signs.*

**Wednesday, 1:00 p.m. - 2:50 p.m.**

Getting the W-i-t out of Writing:

Learning to Create Effective Satire	1	July 13	A
Chautauqua: a Learning Vacation	2	July 13 & 20	B
The Legacy on Film of Robin Williams	3	July 27, Aug. 3 & 10	B

**Wednesday, 3:00 p.m. - 4:50 p.m.**

Summer Film Forum*	8	July 13 - Aug. 31	B
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**Wednesday & Thursday, 11:30 a.m. - 12:30 p.m.**

Marketing Lunch and Learn	2	Aug. 3 & 11	Other
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**Thursday, 10:00 a.m. - 11:50 a.m.**

Writing Retreat*	6	July 14 - Aug. 18	B
What To Do With Summer Produce and More	1	July 21	A
Basics of Hearing and Hearing Aids	1	July 28	A

**Thursday, 1:00 p.m. - 2:50 p.m.**

Learn How to Register On-line with Augüsoft Lumens	1	August 4	A
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**Thursday, 3:00 p.m. - 4:50 p.m.**

Great Lakes Tall Ships Challenge	1	July 14	B
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**Thursday, 6:00 p.m. - 7:50 p.m.**

Great Lakes Tall Ships Challenge	1	July 14	B
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**Friday, 10:00 p.m. - 11:50 a.m.**

The Splendor of Gothic Cathedrals	1	July 15	A
Alignment Exercises for Health	3	July 15-29	Other

**Friday, 1:00 p.m. - 2:50 p.m.**

Cancer Is Serious Business	6	July 15 - Aug. 19	A
Basic Astrology: Learn to Read Your Own Birth Chart*	4	July 15 - Aug. 5	B

**Saturday, 9:00 a.m. - 1:00 p.m.**

AARP Smart Driver - Driver Safety	2	July 30 & Aug. 6	B
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**Saturday, 9:30 a.m. - 11:00 a.m.**

Tai Chi	2	July 16 & 23	B
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**Classroom Key:**

All classes are held in the Mountaineer Mall in Morgantown, unless otherwise stated.

A - Classroom next to the OLLI office.

B - Classroom across from the Nail Salon.

CL - Computer Lab, first door on the left down the hall next to B,  
near the restrooms.

MAAG - Morgantown Art Association & Gallery, Mountaineer Mall.

MDS - Morgantown Dance Studio, Mountaineer Mall.

Other - See course description for location.



## Basic Watercolors\*

Susan Hall Witt

6 Sessions Tuesday, July 12 – August 16 1:30 p.m. – 4:00 p.m.  
Classroom: MAAG

This course will explore how watercolors work and will apply that knowledge to painting greeting cards and small paintings. No experience is needed and no supplies are necessary for the first couple of lessons. Second, third, and fourth, etc. session people are welcome as we will expand our knowledge and apply it to more advanced work.

**About the Instructor:** Susan Hall Witt is a stained glass and watercolor artist. She teaches stained glass for the community schools program and continues to take classes and workshops to improve her skills.



## Chautauqua: a Learning Vacation

Jim Held Email: jim.held@mail.wvu.edu

2 Sessions Wednesday, July 13 & 20 1:00 p.m. - 2:50 p.m.  
Classroom: B

This two session course will provide an overview of the Chautauqua Institution in New York State, show a one-hour documentary on the place and allow for discussion and questions.

**About the Instructor:** Jim taught theater design, history and drama at WVU for 35 years. He designed scenery, directed a number of successful productions, created the popular World Theater & Drama course and its textbook, and served as an accreditation specialist for the National Association of Schools of Theater for 27 years. He has been visiting Chautauqua for over 25 years, serving as a chaplain for his church at the Institution for seven years.



## The Legacy on Film of Robin Williams

Jim Held Email: jim.held@mail.wvu.edu

3 Sessions Wednesday, July 27, August 3 & 10  
1:00 p.m. - 2:50 p.m.

Classroom: B

Robin Williams may be the most talented and beloved of all stand-up comics of the 20th century. In a depressed state, he took his own life, shocking the world and his devoted following. We'll look at his career and see his work through abundant film clips and interviews. With his lightning-quick wit and shotgun delivery, he could make anything hilarious. His mentor was Jonathan Winters; his best buddies were Billy Crystal, Christopher Reeve, Mandy Patinkin, and Whoopie Goldberg. Films included: *Mrs. Doubtfire*, *Good Morning Vietnam*, *Good Will Hunting*, *Dead Poets Society*, and *Mork & Mindy* on TV.

**About the Instructor:** See above.

## **New Horizons Band Introduction and Instrument Petting Zoo**

Dr. Lindsey Williams Email: [lindsey.williams@mail.wvu.edu](mailto:lindsey.williams@mail.wvu.edu)

1 Session Tuesday, July 12 1:00 p.m. - 2:50 p.m.  
3:00 p.m. - 4:50 p.m.  
6:00 p.m. - 7:50 p.m.

(session repeats, members need come only to one session)

Classroom: B

OLLI New Horizons Band is open to adults of any age and experience level who have always wanted to play in a band or once played in band, but didn't continue later in life, yet the love of music persisted. Now you have an outlet to make music with like-minded folks again. This course is an introduction to the New Horizons Band concept, a chance to meet the director, and an opportunity to connect or reconnect with an instrument. Some instruments will be provided for this demonstration or bring your own, dust it off, and have a go!!

**About the Instructor:** Lindsey Williams teaches music education and conducting courses at WVU. A life-long band director, he was most recently the music director for the Roeland Park New Horizons Band.



## **Shakespeare's *Romeo and Juliet***

**Jim Held** and Jerry McGonigle

1 Session Monday, July 18

3:00 p.m. - 4:50 p.m.

Classroom: B

This session will provide a wrap-up to the WV Public Theater production in July of Shakespeare's story of star-crossed lovers by its director, Jerry McGonigle with additional discussion of Shakespeare and his world.

**About the Instructors:** *Jim Held* (see previous page). Jerry McGonigle is currently serving WVU's School of Theater & Dance as professor of Acting and associate director of the School. He directs frequently for the school, teaches the Meisner acting technique and is the co-artistic director of the New WV Public Theater, now in partnership with the College of Creative Arts.

# ECONOMICS, BUSINESS, & RETIREMENT PLANNING

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## Marketing Lunch and Learn

Karen Blaney

2 Sessions      Wednesday, August 3, & Thursday, August 11

11:30 a.m. - 12:30 p.m.

Panera Bread, 357 Patteson Drive, Morgantown

What is the secret to getting customers to purchase your goods and services that your business or you as an individual have available to sell? The answer is that there is not a secret, it is marketing. Marketing your new or existing products and services is time consuming and at times extremely challenging. We will cover the five basic marketing techniques to assist with marketing your product or service. Your ideas (hobby/passion) may become a new part-time career for you.

**About the Instructor:** Karen Blaney has an M.S. in marketing from WVU and has taught at the College of Business and Economics for the past eight years. Additionally, she works with small companies on launching their ideas into products.



## Edward Jones Perspective Market Update

Brian Kurcaba

1 Session      Tuesday, July 26

3:00 p.m. - 4:50 p.m.

Classroom: A

With today's market and economic uncertainty, it can be difficult to stay focused on your long-term goals. Join us for our seminar to discuss timely market topics and potential solutions to help you stay on track toward your financial goals.

**About the Instructor:** Brian Kurcaba is a lifelong resident of Morgantown and graduated with an MS in Industrial Relations from WVU. He has 12 years of experience as a financial advisor for Edward Jones.

# HEALTH AND WELLNESS

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## **Alignment Exercises for Health**

Julie Pascoe      Email: [juliekaypascoe@yahoo.com](mailto:juliekaypascoe@yahoo.com)

3 Sessions      Friday, July 15, 22, & 29

10:00 a.m. - 11:50 a.m.

Fit Future Studio, Seneca Center, Morgantown

In this course you will learn some simple exercises and movement patterns to improve your health through better alignment. These simple strategies can help you begin to extending your years of independent living and travel, and preserve your ability to participate in the activities that bring purpose and meaning to your life. All exercises are safe for those with osteopenia and osteoporosis. The level of intensity of the exercise sessions is low to moderate and the class is appropriate for everyone who can get onto the floor with a chair to assist them.

**About the Instructor:** Julie Pascoe is the owner of Fit Future and teaches exercise and movement for people 50 and older.

## **Basics of Hearing and Hearing Aids**

Stacia DeMoss, Au.D., CCC-A      Email: [sdlewis13@gmail.com](mailto:sdlewis13@gmail.com)

1 Session      Thursday, July 28

10:00 a.m. - 11:50 a.m.

Classroom: A

This will be an introduction to the basics of how the human ear functions, why people lose their hearing, prevention of hearing loss, treatment for hearing loss, hearing aids, assistive listening devices, as well as a brief look into current hearing aid technology.

**About the Instructor:** Stacia DeMoss received her Doctor of Audiology degree in May 2012 from WVU and is licensed by the state of West Virginia as well as certified by the American Speech-Language Hearing Association. She practices at Hearing Central in the Sabraton Plaza and focuses on the adult population. Dr. DeMoss is eager to become more involved in the community she serves.

## **Friends in the Journey**

Holly Setal      Email: [friendsinthejourney@gmail.com](mailto:friendsinthejourney@gmail.com)

1 Session      Monday, July 11

6:00 p.m. - 7:50 p.m.

Classroom: A

Come and learn more about Friends in the Journey, a program of The Connecting Link, implementing the Trusted Mentor Model. Friends in the Journey uses the power of mentoring to help adults establish stable lives by reducing the chaos brought about by poverty, homelessness, under-employment and the effects

*continued on next page*

# HEALTH AND WELLNESS

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of incarceration. All our mentees are housed and are referred to Friends in the Journey by our partnering agencies.

**About the Instructor:** Holly Setal is the Program Coordinator of Friends in the Journey and has received training from Trusted Mentors, Inc. out of Indiana to lead this new program in Monongalia County. Holly is thankful for this opportunity through The Connecting Link, Inc. to serve the area in this way.



## **More Eat Right, Eat Well: What IS Healthy Cooking and Eating?**

Stan Cohen, Ph.D. Email: [scohen@wvu.edu](mailto:scohen@wvu.edu)

3 Sessions Monday, Wednesday, Friday, July 11, 13, & 15

3 :00 p.m. - 4:50 p.m.

Classroom: A Maximum Enrollment: 25

Fee: \$5.00 *for food samples*

This course continues its healthy focus seeking the latest information about cooking and eating. Featured is a series of six-30 minute *The Great Courses* videos from the Culinary Institute of America: *The Everyday Gourmet: Making Healthy Food Taste Great* [<http://www.thegreatcourses.com/courses/the-everyday-gourmet-making-food-taste-great.html>], followed by lectures and class discussion. Sample dishes are tasted in each session that complement the CIA reviews. Handouts, including guides and recipes, are also distributed. Most importantly, everyone is requested to share tips, tricks, and techniques from their own kitchen.

**About the Instructor:** Stan Cohen taught a variety of psychology courses at WVU from 1972 – 2008. Since 1968, he has engaged in a variety of eating and cooking experiences. He is a life-long advocate of a wellness lifestyle, including healthy eating. He will be assisted by his partner, Judy.

## **Tai Chi**

Doug Myers Email: [culturalepidemiologist@gmail.com](mailto:culturalepidemiologist@gmail.com)

2 Sessions Saturday, July 16 & 23

9:30 a.m. – 11:00 a.m.

Classroom: B

Introduction to Tai Chi as developed and taught by Cheng Manching, a modified version of Yang Style Tai Chi.

**About the Instructor:** Dr. Myers has studied Tai Chi and other Chinese Martial Arts for 12 years. While living in North Carolina, he studied with Frank Wong, a student of Chong Munchin.

# HEALTH AND WELLNESS

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## What To Do with Summer Produce and More

Cindy Gay, RD, LD      Email: [cndgay@comcast.net](mailto:cndgay@comcast.net)

1 Session      Thursday, July 21

10:00 a.m. - 11:50 a.m.

Classroom: A

Recipes and techniques for utilizing summer produce, meats and grains in meals will be featured, with an emphasis on local foods. The course will highlight picnic meals taken to nearby scenic parks, complete with pictures of the location.

**About the Instructor:** Cindy Gay, a registered dietitian, retired from her job in health care where she planned health recipes and meals for 1000. She now enjoys making food for two at home. Cindy writes for the magazine, *Food and Nutrition*, published by the Academy of Nutrition and Dietetics. She is the historian for the West Virginia Affiliate of the Academy. This summer she will conduct culinary demos at the Morgantown Farmers Market. Many of these healthy creations are published on the food blog: <http://cindyshealthymeals.blogspot.com>.

## Yoga for Wellness\*

Eva Hnizdo      Email: [evahnizdo@gmail.com](mailto:evahnizdo@gmail.com)

6 Sessions      Tuesday, July 12 – August 16

10:00 a.m. – 11:50 a.m.

Classroom: MDS

The beginner yoga class is focused on correct body alignment, is well suited for senior practitioners and is designed to teach participants how to renew vital energy and create physical and mental well-being through regular practice of appropriate yoga poses. Generally, yoga poses increase strength and flexibility of the body, and help to relax the mind through controlled breathing and meditation. Regular practice of yoga has a holistic impact on the body. Participants should bring a yoga mat, 2 yoga blocks, and a yoga belt, 1.5 meters in length.

**About the Instructor:** Eva Hnizdo, Ph.D. in epidemiology, is an Experienced Registered Yoga Teacher (E-RYT). Since 2006 she has taught yoga at the National Institute for Occupational Safety and Health (NIOSH), where she also worked as a research scientist, and Lakeview Fitness Center. She has been a practitioner of the Iyengar style of yoga since 1976.

# HOBBIES AND INTERESTS

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## **Basic Astrology: Learn to Read Your Own Birth Chart\***

Julia Wilson      Email: jrw3055@tidewater.net

4 Sessions      Friday, July 15 – August 5

1:00 p.m. – 2:50 p.m.

Classroom: B

This challenging course provides the basic information needed to recognize yourself in your horoscope: signs, planets, aspects and houses. Please do not confuse this course with the newspaper column titled “Your Horoscope” as that column is to this course what canned soup is to fine dining.

**About the Instructor:** Rev. Julia Wilson is a member of the New England Conference of the United Methodist Church, and recently retired from active ministry.

## **Knit and Purlers, Crocheters Too\***

Judy Kelley Minor, Joann King, and Joyce Moore

Email: bminor404@comcast.net

6 Sessions      Monday, July 11 – August 15

1:00 p.m. – 2:50 p.m.

Classroom: B

This group meets all year long except for WVU Holidays and is an interest group for knitters and crocheters. It is for artists who enjoy sharing ideas, patterns and workshop information. We welcome members who design their own patterns, ones who teach others to complete projects or repair mistakes, and all who want to expand their own skills. We communicate with our members through email. This year we have added two sweater knit-along groups. It is very important that you register each term for this course in order to receive notifications.

**About the Instructors:** Judy Kelley Minor, Joann King and Joyce Moore all have different skill levels and share a sincere love for knitting, crocheting and sharing their expertise. They are willing to assist members with their projects and skills or find someone who can. Cecilia Graves, owner of the Needlecraft Barn, also serves as a resource.

***Share your OLLI experience with a friend!  
Guest passes are available in the office***

## **Getting the W-i-t out of Writing: Learning to Create Effective Satire**

Jim Wilkie      Email: [jwilk9718@gmail.com](mailto:jwilk9718@gmail.com)

1 Session      Wednesday, July 13

1:00 p.m. - 2:50 p.m.

Classroom: A

Satirical writing has a long history. This workshop will introduce basic concepts of writing with wit and humor. Discussion will center around the characteristics of good satire. The course will focus on fundamentals of style, criteria used for proper topic selection, and the readings of satire from such writers as S.J. Perelman and Woody Allen.

**About the Instructor:** Dr. Jim Wilkie has taught journalism for over 30 years at the college/university level. He has taught proper use of wit in writing, including April Fools publications.

## **Inching Toward Forgiveness: Indonesia in the '60s**

Linda Yoder      Email: [lindakyoder@gmail.com](mailto:lindakyoder@gmail.com)

3 Sessions      Monday, July 18, 25, & August 1

1:00 p.m. - 2:50 p.m.

Classroom: A

This course will explore the violence in Indonesia 50 years ago and its continued repercussions as reported in Josh Oppenheimer's award-winning recent documentaries, *The Act of Killing* and *The Look of Silence*. There will be time for discussion. This is not a travelogue and some of the viewing may be difficult.

**About the Instructor:** Linda Yoder is a retired teacher and international educator. She and her family were living and working in Indonesia at the time the upheaval took place.

## **Merci - The Gratitude Train**

Linda Newcome      Email: [lnewcome@atlanticbb.net](mailto:lnewcome@atlanticbb.net)

2 Sessions      Monday, August 8 & 15

1:00 p.m. - 2:50 p.m.

Classroom: A

At the end of the presentation, the audience will understand the tie that made the United States and France allies. They will learn about the train that became the Merci Gratitude Train and the Freedom Train that helped to create the tie that binds.

**About the Instructor:** Linda Newcome is a retired elementary teacher with a Bachelors from Fairmont State and a Masters from WVU. She also has a 5-8th grade certification in Science and enough hours to obtain a degree in geography from Concord University in Athens, WV.

# HUMANITIES

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Honor  
Roll  
Member

## The Splendor of Gothic Cathedrals

Leo Horacek      Email: leo\_horacek@yahoo.com  
1 Session      Friday, July 15      10:00 a.m. - 11:50 a.m.  
Classroom: A

In both technology and beauty, Gothic cathedrals represent a triumph of mankind. In them, art, religion, philosophy and technology were combined harmoniously to a degree not found in any other works of man. Slides of the many aspects of many cathedrals will be viewed to note the techniques and qualities that mark Gothic aesthetics and the clever building techniques used.

**About the Instructor:** Leo Horacek is a professor emeritus of the music department at West Virginia University.



Honor  
Roll  
Member

## Writing Retreat\*

Rae Jean Sielen      Email: rsielen@populore.com  
6 Sessions      Thursday, July 14 – August 18  
10:00 a.m. – 11:50 a.m.  
Classroom: B

Having a hard time finding time to work on your life story, novel, poetry, journal, or letters? Come write in a quiet, comfortable, supportive environment. Bring paper, pen, laptop, etc. There will be at least 1.5 hours of quiet writing time each session. At the last session, if there is interest, we will stay an extra hour or so to talk about what we've been working on and to share (optional) some of our writing.

**About the Instructor:** Rae Jean Sielen is the co-founder/owner of Populore Publishing Company in Westover. For 20 years she has helped individuals, families, organizations, and businesses with a wide variety of publishing projects. She is especially passionate about encouraging others to preserve their personal and family stories.



Honor  
Roll  
Member

## **Cancer Is Serious Business**

Clyde Richey Email: clydehurst01@gmail.com

6 Sessions Friday, July 15 - August 19 1:00 p.m. - 2:50 p.m.

Classroom: A

Award winning documentary film maker Ken Burns has dealt with the subject of cancer. His longer film is titled *Cancer is the Emperor of Maladies*. A shorter continuing film, *Cancer is Serious Business*, covers the subject of cancer treatment programs. Both documentaries are based on two authoritative books on the subject. Both the cultural and scientific aspects of cancer are covered.

**About the Instructor:** Clyde Richey has viewed numerous early outstanding American films, as well as movies set in other countries and cultures. He has done college-level teaching and has written and directed outdoor historic productions.

## **How (and Why!) To Sequence a Genome**

Dr. Dana Huebert Lima Email: djhuebertlima@mail.wvu.edu

2 Sessions Tuesday, July 12 & 19 10:00 a.m. - 11:50 a.m.

Classroom: B

It is now possible to have your genome sequenced by a variety of companies. But the value for genome sequencing extends far past human genomes. Learn how genome sequencing works and DNA is isolated and discuss the many uses for genome sequencing in agriculture, medicine, history and biological research.

**About the Instructor:** Dana Huebert Lima is an assistant teaching professor in the Biology Department at WVU. She has previously taught courses on genetics and epigenetics for OLLI.

***“OLLI stimulates one’s mind with great courses and provides social interaction to enliven the whole person”***

**- OLLI Member**



# TECHNOLOGY AND TRAININGS

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## **AARP Smart Driver - Driver Safety**

Terry Stone and Anne Stone      Email: lbunn@aarp.org  
2 Sessions      Saturday, July 30 & August 6      9:00 a.m. - 1:00 p.m.  
Classroom: B

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. For over 30 years, the AARP Driver Safety Program classroom course has taught millions of drivers proven safety strategies so they can maintain their independence on today's roads. This course provides driving safety tips and information to help you be confident on the road. Learn how you can become a safer driver today.

**About the Instructor:** Terry Stone has been an AARP Driver Safety Instructor for 8+ years and am now the State Coordinator for Driver Safety. Anne Stone has been an AARP Driver Safety Instructor for three years and has provided over 15 classes.

## **AV Equipment Training**

Sonja Kelley      Email: sljewellkelley@hsc.wvu.edu  
1 Session      Monday, July 11      10:00 a.m. - 11:50 a.m.  
Classroom: A

This hands-on course is open to all instructors, facilitators and members who are interested in learning how to operate the classroom equipment. New ideas are welcome as we develop quick reference sheets and instruction manuals. Want to teach or facilitate a course, and concerned about the technical side? This class is for you!

**About the Instructor:** Sonja Kelley is the on-site OLLI Professional Technologist. She provides information technology support and develops and maintains various websites and databases.

## **Learn How to Register On-line with Augusoft Lumens**

Sonja Kelley      Email: sljewellkelley@hsc.wvu.edu  
1 Session      Thursday, August 4      1:00 p.m. - 2:50 p.m.  
Classroom: A

OLLI at WVU is using a new software called Augusoft Lumens to assist with membership and registration. This software allows new and existing members to pay for memberships and trips online, as well as register for classes. This course will give an overview of the features for members, steps for instructors and more. Handouts with instructions will be provided. Please bring your laptop, smart phone, and/or tablet to dabble in the software.

**About the Instructor:** see above.

# TECHNOLOGY AND TRAININGS

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## **Outsmart the Scammers**

Brian Kurcaba

1 Session

Tuesday, July 19

3:00 p.m. - 4:50 p.m.

Classroom: A

This presentation will help give attendees the information they need to Outsmart the Scammers. Incidents of fraud are on the rise and scammers' tactics are becoming more complex. That's why it's important to educate yourself about fraud. And while no one is immune, there are steps you can take to Outsmart the Scammers. We'll share: how to spot certain red flags that may indicate a fraudulent encounter, resources you can turn to in the event you or a loved one are targeted, and steps you can take now to help protect yourself and your loves ones.

**About the Instructor:** see page 14.

## **Scam Proof Your Life with the AARP Fraud Watch Network**

Rich Stonestreet and Linda Bunn

Email: [lbunn@aarp.org](mailto:lbunn@aarp.org)

1 Session

Tuesday, August 9

1:00 p.m. - 2:50 p.m.

Classroom: B

Identity theft occurs every 2 seconds. Learn how you can safeguard yourself and your family, gain access to real time fraud alerts and warnings, and learn how scammers think. Find out how you can take part in local and national campaigns to fight identity theft and fraud.

**About the Instructors:** Rich Stonestreet, AARP West Virginia State President, is a retired educator and labor relations professional. He has an undergraduate degree from West Liberty State College and a master's degree from the University of Tennessee. Linda Bunn is Associate State Director for Community Outreach for AARP West Virginia. Prior to coming to AARP, Bunn worked for the Office of the WV Attorney General. She holds a bachelor's degree and a law degree from the University of Santa Clara in Santa Clara, California.

# TRAVEL AND ADVENTURE

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## **India on the Move, a Personal Video Odyssey**

Heimo Riedel, Ph.D. Email: [hriedel@hsc.wvu.edu](mailto:hriedel@hsc.wvu.edu)

3 Sessions Tuesday, August 2, 9, & 16 3:00 p.m. - 4:50 p.m.

Classroom: A

This is the continuation of a personal travel story through India following up on sessions presented in Winter 2016. It will highlight the vibrant and colorful streets of India with high-resolution video clips – many taken immersed in crowds of people. It will tell a personal story of exotic sights, travels and experiences. You should learn about India along the way but no effort will be made to provide any systematic overview of the country. The only requirements are an interest in travel and foreign culture or at the minimum an open mind for colorful streets, sights and people.

**About the Instructor:** Heimo Riedel, Ph.D., is a professor in the WVU Department of Biochemistry with an interest in Cell Biology and teaching various courses each term. He has traveled to a majority of countries on five continents over many years and has combined this with a long-standing interest in photography and videography.



## **Great Lakes Tall Ships Challenge**

Wally Venable Email: [wallace.venable@mail.wvu.edu](mailto:wallace.venable@mail.wvu.edu)

1 Session Thursday, July 14 3:00 p.m. - 4:50 p.m.  
6:00 p.m. – 7:50 p.m.

(Session repeats, members need only attend one session)

Classroom: B

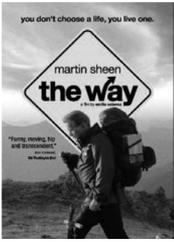
Between July and September sailing ships will visit ports on the Great Lakes as part of the “Tall Ships Challenge.” The ships operate primarily as sail training vessels, and most are of rather modern construction. This class will describe the ships and how they are sailed. We will consider how they are managed and financed. We will also cover where you might visit the ships as part of a day, or longer, trip, or even take a day-sail on one.

**About the Instructor:** Wally Venable owns a sailboat based at Erie, and has sailed on several schooners. He enjoyed the 2013 Tall Ships - Erie

# SUMMER OLLI FILM FORUM

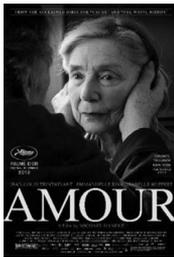
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Wednesdays at 3:00 p.m. in classroom B

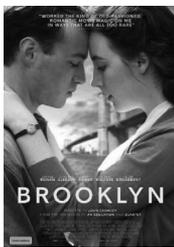


**July 13:** *The Way*. Martin Sheen plays Tom, an irascible American doctor who comes to France to deal with the tragic loss of his son (played by Emilio Estevez, Sheen’s own son). Rather than return home, Tom decides to embark on the historical pilgrimage “The Way of St. James” to honor his son’s desire to finish the journey. What Tom doesn’t plan on is the profound impact this trip will have on him. Tom discovers the difference between the life we live and the life we choose.

Written and directed by Emilio Estevez. 2010. 121 minutes.



**July 20:** *Amour*. Winner of the 2012 Oscar for Best Foreign film, *Amour* also won a Golden Globe and many other awards including the Palme d’Or at Cannes. It features Emmanuelle Riva and Jean-Louis Trintignant as a long married couple about to meet their greatest challenge. Anne and Georges are retired music teachers with a daughter (Isabelle Huppert) who lives abroad. Anne suffers a stroke which paralyzes her on the right side of her body. Written and directed by the Austrian filmmaker Michael Haneke, who says the main theme of his script is not old age and death, but “the question of how to deal with the suffering of a loved one.” 127 minutes.



**July 27:** *Brooklyn*. Irish-British-Canadian drama directed by John Crowley and written by Nick Hornby, based on Colm Tóibín’s novel of the same name. The film stars Saoirse Ronan, Emory Cohen, Domhnall Gleeson, Jim Broadbent, and Julie Walters. Set in 1951 and 1952, the film tells the story of a young Irish woman’s immigration to Brooklyn, where she quickly falls into a romance. When her past catches up with her, however, she must choose between two countries and the

lives that exist within them for her.

2015, 112 minutes.

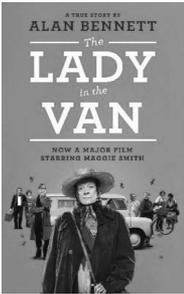


**August 3:** *The Danish Girl*. British biographical romantic drama film directed by Tom Hooper, based on the 2000 fictional novel of the same name by David Ebershoff and loosely inspired by the lives of Danish painters Lili Elbe and Gerda Wegener. The film stars Eddie Redmayne as Lili Elbe, one of the first known recipients of sex change surgery, Alicia Vikander as Gerda Wegener, Matthias Schoenaerts as Hans Axlger, and Ben Whishaw as Henrik. For her performance as Gerda, Vikander won the Academy Award for Best Supporting

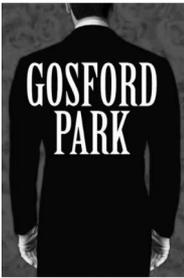
Actress. 2015. 119 minutes.



**August 10:** *Hero* is a 2002 Chinese wuxia (marshal hero) film directed by Zhang Yimou. Starring Jet Li as the nameless protagonist, the film is based on the story of Jing Ke's assassination attempt on the King of Qin in 227 BC. *Hero* was first released in China on 24 October 2002. At that time, it was the most expensive project and the highest-grossing motion picture in Chinese film history. Its use of color to set the theme of each act and its use of flying fight choreography are astonishing. 99 minutes.



**August 17:** *The Lady in the Van* is a British comedy-drama film directed by Nicholas Hytner, written by Alan Bennett, and starring Maggie Smith and Alex Jennings. It tells the true story of Mary Shepherd, an elderly woman who lived in a dilapidated van on Bennett's driveway in London for 15 years. Smith previously portrayed Shepherd twice: in the original 1999 theatrical production, which earned her a Best Actress nomination at the 2000 Olivier Awards; and in the 2009 BBC Radio 4 adaptation. 2015. 104 minutes.



**August 24:** *Gosford Park*. Did you love *Downton Abbey*? This film was also written by Julian Fellowes, directed by the great Robert Altman, and starred Eileen Atkins, Bob Balaban, Alan Bates, Charles Dance, Stephen Fry, Michael Gambon, Richard E. Grant, Derek Jacobi, Kelly Macdonald, Helen Mirren, Jeremy Northam, Clive Owen, Ryan Phillippe, Maggie Smith, Kristin Scott Thomas, and Emily Watson. The story follows a party of wealthy Britons and an American, and their servants, who gather for a shooting weekend at Gosford Park, an English country house. A murder occurs after a dinner party, and the film goes on to present the subsequent investigation from the servants' and guests' perspectives. Seeing the ultra-realistic manner in which the upstairs and downstairs people were treated was a revelation to people seeing this world of the English country house for the first time. 2001. 137 minutes.



**August 31:** *Where To Invade Next*. Michael Moore has presented us with often controversial but always dead-on honest reports in films like *Sicko*, *Capitalism: a Love Story*, *Bowling for Columbine* (Oscar) and *Fahrenheit 9/11*. To show what the USA can learn from rest of the world, director Michael playfully visits various nations in Europe and Africa as a one-man “invader” to take their ideas and practices for America. Whether it is Italy with its generous vacation time allotments, France with its gourmet school lunches, Germany with its industrial policy, Norway and its prison system,

Tunisia and its strongly progressive women's policy or Iceland and its strong female presence in government and business among others, Michael Moore discovers there is much that America should emulate. 2016. 120 minutes.

# UPCOMING TRAVEL OPPORTUNITIES

## Collette Travel

### *Costa Rica: A World of Nature-736817*

January 15-25, 2017



11 Days • 19 Meals • 10 Breakfasts • 4 Lunches • 5 Dinners  
Highlights... Tortuguero National Park, Chocolate-Making  
Demonstration, River Rafting, Maleku Indigenous Tribe, Tenorio  
Volcano, Manuel Antonio National Park,  
Villa Blanca Cloud Forest, Farm Tour

**Contact the OLLI office for more information.**



## Old World Prague and The Blue Danube

Grand Circle Cruise Line welcomes OLLI at WVU, along with several OLLIs around the US, to travel to Old World Prague and on the Blue Danube. This river cruise will be

aboard the Line's privately owned 140-164 passenger ship exclusively for American travelers.

This trip is scheduled for April 6, 2017, and contains two optional pre-trip and post-trip extensions. Pricing starts at about \$3,195 for the 12 day River Cruise Tour. (Information and prices are estimates based on 2016 departure dates, 2017 dates, pricing and itineraries are subject to change.) More information and brochures are available in the OLLI office. For more details and to make reservations contact, toll-free 1-800-597-2452 option 2. Be sure to mention code G7-27140.

# **POLICIES AND PROCEDURES**

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## **Registration and Attendance Matters**

Please be respectful of the time and efforts of our volunteer instructors. It is important to register for the classes that you wish to attend. If you are unable to attend a class for which you are registered, please notify the instructor or the OLLI office.

## **Classroom Temperature**

To save energy, the classroom thermostats are set to specific temperatures. Please dress accordingly to help make your class experience comfortable.

## **Weather and Holiday Policy**

OLLI members are personally responsible for their own safety and must exercise good judgment when making travel choices in inclement weather. When West Virginia University, Monongalia or Kanawha County Schools are closed for inclement weather, OLLI activities are cancelled. County school delays do not affect OLLI activities. The decision to cancel activities is at the discretion of the Director when a county calls for early dismissal due to the weather. The decision to cancel weekend activities due to weather is at the discretion of the instructor. Registered participants will be notified. The OLLI office observes WVU holidays.

## **Media Releases**

Media releases are available and kept on file in the OLLI office. Please be sure to fill one out and let us know if you do not want to be shown in OLLI photographs and media.

## **Liability Disclaimer**

Individuals acknowledge and assume any and all risk associated with participation in OLLI at WVU activities. OLLI at WVU makes no representation regarding the appropriateness of any activity for an individual. OLLI at WVU disclaims any and all liability for each individual's participation in any activities. If a course involves physical activity, participants are responsible for wearing the proper attire and using the proper equipment (if applicable). It is highly recommended that participants consult their physician before participating in physical activity.

## **Non-Discrimination Statement**

West Virginia University is an Equal Opportunity/Affirmative Action Institution. The University does not discriminate on the basis of race, sex, age, disability, veteran status, religion, sexual orientation, color, or national origin in the administration of any of its educational programs, activities, or with respect to admission or employment.



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A dark green, multi-pointed starburst graphic with a jagged, sunburst-like edge.

**Summer Term begins  
July 11, 2016!**

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Website: [www.olliatwvu.org](http://www.olliatwvu.org)  
Email: [learners@hsc.wvu.edu](mailto:learners@hsc.wvu.edu)**