Summer Term Begins
July 7, 2014.
JOIN TODAY!

Phone: 304-293-1793
Fax: 304-293-4779
Website: www.olliatwvu.org
Email: learners@hsc.wvu.edu

Nonprofit
Organization
U.S. Postage
Morgantown, WV
Permit No. 230
Who We Are

The Osher Lifelong Learning Institute at West Virginia University, known as OLLI at WVU, provides programming and educational opportunities designed for adults, 50 and older, who wish to stay mentally alert and active through mental and cultural stimulation, and social interaction.

OLLI at WVU is a membership organization, housed within the School of Public Health at West Virginia University, 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 day and evening courses, lectures, seminars, and field trips, with course selections in music, literature, art, sciences, politics, nature, history, health, medicine, economics and many more. 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.

Most courses are taught in the OLLI classrooms at the Mountaineer Mall. Others are held at off-campus locations, such as the Morgantown Dance Studio, the Village at Heritage Point and the Morgantown Art Association and Gallery.

Come and renew your enthusiasm for learning in a relaxed environment that is supportive and filled with humor, wisdom, diversity and insight. Offerings are entirely free of the pressures of grades and exams and you may choose as many as you like.

WWW.OLLIATWVU.ORG
304.293.1793

If you are interested in teaching:

OLLI welcomes your skill, talent, and passion.

Terms run for six weeks (4 weeks in the summer) with weekly, approximately two-hour presentations. Some instructors choose to offer shorter courses or a one-time presentation.

**Fall Term: September 22 to October 31, 2014**
- Fall class proposals due: July 7, 2014
- Response from Curriculum Committee: July 10, 2014
- Due date for faculty commitment form: July 15, 2014

**Looking Ahead**
- *Irving Goodman Annual Aging Lecture* and Fall Pre-term Reception: September 10, 2014
- Holiday Reception: December 10, 2014
- Winter Term: January 26 - March 6, 2015
- Winter Pre-term Reception: January 14, 2015

**Are you missing out?**
Call the office (304.293.1793) or send an email (learners@hsc.wvu.edu) if you are not receiving the OLLI Friday E-bulletin in your email. It is also posted in the office and we can make copies for you!
A Message from Our Director

OLLI Members and Friends,

Happy Summer! OLLI at WVU is such a success because of the many volunteers who serve on the Board of Directors and on our many committees. These people are your friends and colleagues, neighbors and fellow lifelong learners, and we’d like you to be familiar with who they are. They deserve recognition, praise and honor! Our members of the Board of Directors are listed on page 5 and Committee Chairs and descriptions are on page 9. Please consider joining a committee or contacting our Nominating Committee if you would like to be considered for the Board of Directors.

Summer Term has a selection of 35 courses, with many new instructors and topics as well as some classes carried over from our Spring Term.

Do you have friends who ask a lot of questions, are curious or love learning? Please invite them to our pre-term reception or to join you for a class (please get a voucher from the office). We welcome new faces and ideas! Remember OLLI at WVU could possibly be your last Alma Mater!

Angela Faulkner-Van Deysen, Executive Director
ACFaulkner@hsc.wvu.edu

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OLLI at WVU
Summer Term
Reception
Wednesday, June 25, 2014
1:30 pm to 3:00 pm
Mountaineer Mall Atrium

Become a Member!
Register for Classes!
Friends Welcome!

A special Thank You to
Bobbie Brandt
for our catalog cover artwork.

Summer Classes begin
July 7, 2014

Fall Term: September 22 – October 31, 2014
June/July: Solicit proposals for Fall Term
July 7: Instructor proposals due
July 15: Instructor commitment forms due
September 10: Pre-term reception and the
Irving Goodman Annual Aging Lecture Series ~ Aging in Place
featuring Jane Nyce.

Irving Goodman Annual Aging Lecture Series

Eighth Annual Lecturer, Jane Nyce,
Former Director,
Staying Put in New Canaan

Jane Nyce is a graduate of Smith College, with doctoral studies in psychology at Cornell University and an additional degree in health advocacy from Sarah Lawrence. She will be speaking about a virtual retirement community in Connecticut as seen on Good Morning America, which has been characterized as an aging in place initiative. She is starting a new community in Maine.

Aging in Place

Wednesday, September 10, 2014
1:00 pm - 2:00 pm
Osher Lifelong Learning Institute
Mountaineer Mall, Classroom B

Reception to follow
**And the Legal Details......**

**Media Releases** are available and kept on file in our office. Please be sure to fill one out and let us know if you do not want to 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 said 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. OLLI at WVU disclaims any and all liability for each individual’s participation in any course.

**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.

**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)
- Our Distinguished Instructors
- Committee Members and Volunteers
- OLLI Members

**Staff**

Angela Faulkner-Van Deysen, Executive Director
Jessica White, Professional Technologist
Heather Rockwell, Program Assistant
Kaleb Hamrick, Intern
Steven Mitchell, Intern

<table>
<thead>
<tr>
<th>OLLI Board of Directors</th>
<th>OLLI Board of Advisors</th>
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</thead>
<tbody>
<tr>
<td>◊ George Chittum</td>
<td>◊ Mary Ellen Brady</td>
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<tr>
<td>◊ Hope Covey</td>
<td>◊ Bob Craig</td>
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<td>◊ James Dylan Held</td>
<td>◊ Roger Dalton</td>
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<td>◊ Tony Hylton</td>
<td>◊ Ann Davidson</td>
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<td>◊ Linda Jacknowitz</td>
<td>◊ Phil Faini</td>
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<tr>
<td>◊ Royce H. Keller</td>
<td>◊ Suzanne Gross</td>
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<tr>
<td>◊ Karen Long</td>
<td>◊ Betty Maxwell</td>
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<tr>
<td>◊ E. Jane Martin</td>
<td>◊ Art Pavlovic</td>
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<td>◊ Connie McCluskey</td>
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<td>◊ Anne Nardi</td>
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<td>◊ Carolyn Nelson</td>
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<td>◊ Linda Rudy</td>
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<td>◊ Bill Weiss</td>
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<td>◊ D. Byron Witt</td>
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**Items for the Friday E-Bulletin** need to be submitted to learners@hsc.wvu.edu by Thursday at 4:00 pm. for that Friday’s edition.
Name ________________________________________________
Address_______________________________________________
City ______________________ State_______ Zip code ________
Phone #__________________ E-Mail _______________________
Emergency Contact:_________________ Relationship:__________
Phone #________________________________________________

Check one:  New member ______ Renewal _______

Please check if you are interested in volunteering with OLLI _____
Do you wish to receive the catalog in the mail______ online______
How did you learn about OLLI? (radio, newspaper, banner, friends etc.)
___________________________________________________________

Membership Dues:  July 1, 2014 - June 30, 2015.
Annual members may participate in unlimited courses and activities and are
eligible to vote.
• Full Member _____$100.00. (includes voting rights)
• Faculty Member____$40.00. Instructors who taught at least one course with
three or more classes during 2013-14 are eligible to receive a discounted
membership.
• Honor Roll Member or Spouse _____Free. For instructors (and their
spouses) who have taught at least ten courses of three or more classes.
• Term Membership Dues: Summer Term Only _______ $50.00.
• Trial Membership Dues: Summer Term Only _______ $25.00. For
people who have never been an OLLI at WVU member to try a term.
• Scholarships are available for those needing them. Ask for a confidential
application or fill out the form on our website.
• Contributions are always welcome and appreciated.

Send your check (payable to the WVU Foundation) and this form to:
OLLI at WVU
Mountaineer Mall, Unit D-9, PO Box 9123
Morgantown, WV  26506-9123

OLLI at WVU $100K Club
One Hundred Members,
One Gift at a Time!

The $100K Club is a fundraising campaign to sustain OLLI's
operations, support the future expansion of classes and
technology, and keep OLLI at WVU sustainable without a
significant increase in dues.

$10K Club Member Benefits
• Be recognized with a nameplate on the $100K Club plaque
and in OLLI's print media.
• Receive a special OLLI lapel pin and an invitation to a
$100K Club event.
• Affirm the contribution of lifelong learning in our
community
• Experience the satisfaction of helping to support OLLI
today and in the future.

Become a member of the
$100K Club by donating or pledging
a gift of $1,000 or more.

A one-time gift can be made via credit card by visiting
www.mountaineerconnection.com/givetoOLLI.
In the designation, please select "$100K Club" from the menu.

Please contact Angela for more information or if you are
interested in helping with this campaign.

Contributions will be deposited in the OLLI $100K Club,
fund # 2W769, established at the WVU Foundation, Inc., or any other
donor directed OLLI account, and are accessible for the immediate
and long-term benefit of the Osher Lifelong Learning Institute at West
Virginia University.
SPECIAL INTEREST GROUPS

On the first Monday of each month, for individuals who enjoy good conversation with friends,
The Carl Taylor Chat 'n Chew
meets at Shoney's, Earl Core Rd., at 9:00 am.

On the second Wednesday of the month
at 3:00 pm in Classroom A
the OLLI Independent Film Group
meets and watches a film.
Check out the Friday E-Bulletin (also posted on the office door)
for details on this well-attended group.

OLLI Writing Interest Group
This open, flexible group offers a quiet, nurturing atmosphere for writing your stories and memoirs. Get your ideas out of your head and into a more permanent format.
This group, coordinated by Dave Ornick (lead) and Cathy Samargo (back up), will meet in Classroom B on Thursdays, from 10:00 am – 11:50 pm, between OLLI terms.

Knit & Purlers
On Mondays from 1:00 pm - 2:50 pm in Classroom B, join others to share ideas, patterns, workshop information and to support each other in knitting, between OLLI terms.

Summer 2014 Course Registration Form
Once you have paid your dues, you may register on-line at: www.olliatwvu.org.

Name ____________________________________________ Phone __________________________ E-mail __________________________
Emergency Contact—Name and Phone

Please be respectful of the time and efforts of our volunteer instructors and register accordingly. Contact the office or instructor if your plans change.

To register, enter the course number, title and day.

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ex. #40</td>
<td>How to Register 101</td>
<td>Sunday</td>
</tr>
</tbody>
</table>

Please attach sheet for additional courses.

Please check here if you are willing to serve as class facilitator_____

Please return this form and any needed payment (payable to the WVU Foundation) to: OLLI at WVU
Mountaineer Mall D-9, PO Box 9123
Morgantown, WV 26506-9123
Frequently Asked Questions

Can we register online?
⇒ Yes! Once you are a member, go to the website (www.olliatwvu.org) and fill out the online Course Registration Form. You will receive an e-mail copy of your registration.

What is a facilitator and what does he/she do?
⇒ Each course needs a facilitator to introduce the instructor, welcome members, distribute course materials, collect feedback forms, and assist as needed.

Will I receive a confirmation of courses in the mail?
⇒ Confirmations will not be mailed. You will be notified if a class is full and you are waitlisted. Please keep a copy of the Schedule at a Glance to know when and where each class meets. (The catalog is also on the website: www.olliatwvu.org).

May I bring a friend to class?
⇒ Yes. Ask at the office for a class voucher to attend a single class. We welcome the opportunity to showcase OLLI and to entice others to join. Please consider sharing the joy of OLLI with a gift certificate.

Is there an age requirement?
⇒ Our programs are specifically designed for those over 50. We welcome mature members of the community with a curious mind and a love of learning.

If you would like to join an OLLI committee, fill out this form and send it in with your registration form to OLLI.

Name:_________________________Ph:_________________________
E-mail:___________________________________________________

Committees: ☐ Curriculum ☐ Facilities/Technology ☐ Special Events ☐ Membership/Publicity ☐ Finance
☐ Office ☐ Course Assistant ☐ Nominating ☐ History ☐ Other_______________________________________

FRIDAY

34. The Story of the Motorcar
Instructor: Leo Horacek
Friday, 10:00 - 11:50 AM
Classroom: A
July 25

Course Description: The automobile is possibly the most important object in our lives today. We love our cars. We cannot live without them. The automobile today is a wonderful machine which is the result of a very long series of inventions and evolutions, involving much cleverness and ingenuity. We will examine with diagrams and photos each step along the way and look at the lives of the men who contributed to the end product.

Instructor’s Background: Leo Horacek is professor emeritus of music at WVU. This is his 58th OLLI course.

35. Lewis and Clark: Journey to the West
Instructor: Clyde Richey
Friday, 1:00 - 2:50 PM
Classroom: B
July 11, 18, 25, August 1

Course Description: Sent by President Jefferson, Lewis and Clark led the most courageous and important expedition in American history. It was the United States’ first exploration of the West. This course will cover their journey, the first time the North American continent was crossed by American settlers. The Ken Burns documentary and two other will be shown.

Instructor’s Background: 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.
**Instructor’s Background:** Karen Long taught clinical microbiology and immunology in the WVU Medical Technology Program for 20 years and also worked as a clinical microbiologist in the hospital setting for several years. After retirement, Karen has been an on-call technologist in the microbiology lab at Monongalia General Hospital. Karen loves talking about interesting organisms and infectious diseases!

### 32. Origins of War
Instructor: John Pearson  
Thursday, 3:00 - 4:50 PM  
Classroom: A  
July 10, 17, 24, 31

**Course Description:** This course offers a review of the events preceding various wars in history: Peloponnesian War, World War I, Hannibal’s War, and World War II, along with some current events in the Ukraine.

**Instructor’s Background:** Dr. John Pearson holds MD, MPH and MA degrees from Cambridge and Yale. He is a retired physician and professor.

### 33. Facebook Demystified
Instructor: Dee Quaranto  
Email: dee.quaranto@gmail.com  
Thursday, 6:00 - 7:50 PM  
Classroom: CL  
July 10, 17, 24

**Course Description:** This introduction to the social network will cover the nuts and bolts of using the site, with an emphasis on safety and security.

**Instructor’s Background:** Dee Quaranto has a Master’s degree in social work and an A+ computer technician's certification. She has been building and fixing computers and buying and selling online since 2001 and has over 2000 online sales.

### JOIN AN OLLI COMMITTEE!!!

<table>
<thead>
<tr>
<th>Committee</th>
<th>Chair</th>
<th>Vice Chair</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Curriculum</strong></td>
<td>Marian Conner</td>
<td></td>
<td>Members help plan and develop course offerings and recruit faculty.</td>
</tr>
<tr>
<td><strong>Facilities and Technology</strong></td>
<td>George Chittum</td>
<td></td>
<td>Members assist in the planning and maintenance of the OLLI facilities and technology resources.</td>
</tr>
<tr>
<td><strong>Special Events</strong></td>
<td>Hope Covey</td>
<td></td>
<td>Members organize the Open House for each term, receptions, and the Annual Meeting.</td>
</tr>
<tr>
<td><strong>Office Assistants</strong></td>
<td>TBD</td>
<td>Delores Jewell</td>
<td>Members volunteer in the OLLI office, where they perform various vital duties.</td>
</tr>
<tr>
<td><strong>Nominating</strong></td>
<td>Ann Davidson</td>
<td></td>
<td>Members propose a slate of candidates from the membership for election to the OLLI Board.</td>
</tr>
<tr>
<td><strong>History</strong></td>
<td>Carole Boyd</td>
<td></td>
<td>Members help preserve the history of ALL and OLLI.</td>
</tr>
<tr>
<td><strong>Membership and Publicity</strong></td>
<td>Nancy Wasson, Suzanne Gross</td>
<td></td>
<td>Members assist in the growth of OLLI by planning and developing marketing strategies.</td>
</tr>
<tr>
<td><strong>Irving Goodman</strong></td>
<td>Art Jacknowitz</td>
<td></td>
<td>Members select topics and speakers for this event.</td>
</tr>
<tr>
<td><strong>Course Assistant Volunteers</strong></td>
<td>Linda Jacknowitz</td>
<td></td>
<td>Members assist with this specific fundraising campaign.</td>
</tr>
</tbody>
</table>

**JOIN AN OLLI COMMITTEE!!!**

- **Curriculum Chair:** Marian Conner  
  - **Curriculum Vice Chair:** Barbara Howe  
  - **Description:** Members help plan and develop course offerings and recruit faculty.

- **Facilities and Technology Chair:** George Chittum  
  - **Facilities and Technology Vice Chair:** Delores Jewell  
  - **Description:** Members assist in the planning and maintenance of the OLLI facilities and technology resources.

- **Special Events Chair:** Hope Covey  
  - **Description:** Members organize the Open House for each term, receptions, and the Annual Meeting.

- **Finance Chair:** Jim Held  
  - **Description:** Members review reports, revenue and expenses and develop an annual budget.

- **History Chair:** Carole Boyd  
  - **Description:** Members help preserve the history of ALL and OLLI.

- **Irving Goodman Annual Aging Lecture Series Chair:** Art Jacknowitz  
  - **Description:** Members select topics and speakers for this event.

- **OLLI $100K Club Chair:** Linda Jacknowitz  
  - **Description:** Members assist with this specific fundraising campaign.
### SUMMER SCHEDULE AT A GLANCE

<table>
<thead>
<tr>
<th>Day of the week/ Time</th>
<th>Sessions</th>
<th>Date</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thursday, 10:00 - 11:50 AM</strong></td>
<td>1</td>
<td>July 3</td>
<td>B</td>
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<tr>
<td>X. Classroom AV &amp; Tech</td>
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</tr>
<tr>
<td><strong>Monday &amp; Friday 10:00 - 11:50 AM</strong></td>
<td>2</td>
<td>July 7, 11</td>
<td>A</td>
</tr>
<tr>
<td>1. Prevention of Dementia</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Monday, 1:00 - 2:50 PM</strong></td>
<td>4</td>
<td>July 7,14,21,28</td>
<td>B</td>
</tr>
<tr>
<td>2. The Knit and Purlers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Monday, Wednesday &amp; Friday 1:00 - 2:50 PM</strong></td>
<td>3</td>
<td>July 14, 16, 18</td>
<td>A</td>
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<tr>
<td>3. Candide: Voltaire to Bernstein</td>
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<tr>
<td><strong>Monday &amp; Tuesday 1:00 - 2:50 PM</strong></td>
<td>2</td>
<td>July 28, 29</td>
<td>A</td>
</tr>
<tr>
<td>4. More Eat Right, Eat Well</td>
<td></td>
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<td></td>
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<tr>
<td><strong>Monday, 3:00 - 4:50 PM</strong></td>
<td>5</td>
<td>July 14</td>
<td>B</td>
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<tr>
<td>5. Mind-Body Skills Workshop</td>
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<tr>
<td>6. Introduction to Hebrew</td>
<td>1</td>
<td>July 28</td>
<td>A</td>
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<tr>
<td>7. Retirement: Making Your Money Last</td>
<td>1</td>
<td>July 28</td>
<td>B</td>
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<tr>
<td><strong>Tuesday, 10:00 - 11:50 AM</strong></td>
<td>3</td>
<td>July 8, 15, 22</td>
<td>A</td>
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<tr>
<td>8. Nature vs. Nurture: Exploring Genes ...</td>
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<tr>
<td>9. Collecting: Daguerreotypes, Ambrotypes...</td>
<td>3</td>
<td>July 8, 15, 22</td>
<td>B</td>
</tr>
<tr>
<td>10. Healing Yoga</td>
<td>4</td>
<td>July 8, 15, 22, 29</td>
<td>MC</td>
</tr>
<tr>
<td><strong>Tuesday, 1:00 - 2:50 PM</strong></td>
<td>1</td>
<td>July 8</td>
<td>A</td>
</tr>
<tr>
<td>11. Journey to Bumpe</td>
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<td>12. Quilting for Beginners</td>
<td>4</td>
<td>July 8, 15, 22, 29</td>
<td>B</td>
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<tr>
<td>13. Honor Flight</td>
<td>1</td>
<td>July 15</td>
<td>B</td>
</tr>
<tr>
<td><strong>Monday &amp; Tuesday 1:00 - 2:50 PM</strong></td>
<td>2</td>
<td>July 28, 29</td>
<td>A</td>
</tr>
<tr>
<td>4. More Eat Right, Eat Well</td>
<td></td>
<td></td>
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<tr>
<td><strong>Tuesday, 3:00 - 4:50 PM</strong></td>
<td>4</td>
<td>July 8, 15, 22, 29</td>
<td>A</td>
</tr>
<tr>
<td>14. Discovering Islam</td>
<td></td>
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<tr>
<td>15. How to Recognize &amp; Fight Fraud...</td>
<td>1</td>
<td>July 29</td>
<td>BR</td>
</tr>
<tr>
<td>16. Using Gene Therapy to Treat Diseases</td>
<td>1</td>
<td>July 29</td>
<td>B</td>
</tr>
<tr>
<td><strong>Tuesday, 6:00 - 7:50 PM</strong></td>
<td>4</td>
<td>July 8, 15, 22, 29</td>
<td>A</td>
</tr>
<tr>
<td>17. Project Management 101</td>
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</tbody>
</table>

### CLASSROOM KEY

| A: Classroom next to OLLI office | CL: Computer Lab |
| B: Classroom across from Nail Salon | MC: Mall Community Room |
| BR: Back Room - Behind Main Office | |

**Instructor’s Background:** Rae Jean Sielen is the co-founder/owner of Populore Publishing Company in Westover. For nearly 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. Rae Jean is on the OLLI at WVU Honor Roll.

### 30. Thomas Hardy, Poet and Novelist
Instructor: Joanna Ham
Thursday, 1:00 - 2:50 PM
Classroom: A
July 10, 17, 24, 31

**Course Description:** This course is a brief study of *Under the Greenwood Tree*, *The Return of the Native*, and *Tess of the D’Urbervilles*, which capture the struggles of people attempting to rise above their class or gender roles in the traditional rural society of 19th century Wessex, England.

**Instructor’s Background:** Joanna Ham has a BA Hons. in English from the University of London. Her area of expertise is 19th century English literature and social history.

### 31. Foodborne and Waterborne Diseases
Instructor: Karen Long
Thursday, 1:00 - 2:50 PM
Classroom: B
July 10, 17

**Course Description:** "Food poisoning" has unfortunately afflicted most of us, whether from home-prepared foods or from food eaten in restaurants. This course will review foods, locales, and food preparation that can be dangerous and organisms implicated in recent outbreaks in the U.S. The instructor will also discuss why food safety is important and what preventive measures are in place in the U.S.
THURSDAY

28. Fitness 411
Instructor: Debbie Turner
Email: debe.turner@yahoo.com
Thursday, 10:00 - 11:50 AM
Classroom: A
July 10, 17, 24, 31

Course Description: This course will take a broad approach to fitness and wellness. The instructor will discuss the basics of weight management and exercise, weight training, and ways to get moving and stay motivated. Fitness is multidimensional. Our lives change over time and these changes influence the choices we make.

Instructor's Background: Born and raised in Morgantown, Debbie Turner has spent the last 25 years in Arizona. She is a certified Personal Trainer and certified Nutrition and Wellness Consultant, which lets her combine her love of teaching with her passion for fitness. She has a BA in Recreation, an MA in Special Education and Certificates in Personal Training, Nutrition and Wellness.

29. Writing "Retreat"
Instructor: Rae Jean Sielen
Thursday, 10:00 - 11:50 AM
Classroom: B
July 10, 17, 24, 31

Course Description: 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.

SUMMER SCHEDULE AT A GLANCE

<table>
<thead>
<tr>
<th>Day of the week/ Time</th>
<th>Sessions</th>
<th>Date</th>
<th>Room</th>
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<tbody>
<tr>
<td>Wednesday, 10:00 - 11:50 AM</td>
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<tr>
<td>18. Guitar 1.0</td>
<td>4</td>
<td>July 9, 16, 23, 30</td>
<td>A</td>
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<tr>
<td>19. Personal &amp; Family History: Project Slots</td>
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<td>July 23, 30</td>
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<tr>
<td>Monday, Wednesday &amp; Friday 1:00-2:50 PM</td>
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<td>3. Candide: Voltaire to Bernstein</td>
<td>3</td>
<td>July 14, 16, 18</td>
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<td>Wednesday, Friday, Wednesday 1:00 - 2:50 PM</td>
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<tr>
<td>20. Share More Stories</td>
<td>3</td>
<td>July 16, 25, 30</td>
<td>BR,A</td>
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<td>Wednesday, 1:00 - 2:50 PM</td>
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<td>21. Introduction &amp; Application of Genetics</td>
<td>3</td>
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<td>22. Personal &amp; Family History: Project Slots</td>
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<td>July 23, 30</td>
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<td>Wednesday, 3:00 - 4:50 PM</td>
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<tr>
<td>23. Investment Perspectives</td>
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<td>July 9</td>
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<tr>
<td>24. Stress Less w/Mindfulness</td>
<td>4</td>
<td>July 9, 16, 23, 30</td>
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<tr>
<td>International Film Interest Group</td>
<td>1</td>
<td>July 16</td>
<td>A</td>
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<tr>
<td>25. Make No Bones About It: Osteoporosis</td>
<td>1</td>
<td>July 30</td>
<td>A</td>
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<tr>
<td>Wednesday, 6:00 - 7:50 PM</td>
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<tr>
<td>26. Bluegrass in the Evening</td>
<td>3</td>
<td>July 9, 16, 23</td>
<td>A</td>
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<tr>
<td>27. Online Storytelling...Blogging</td>
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<tr>
<td>Thursday, 10:00 - 11:50 AM</td>
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<tr>
<td>28. Fitness 411</td>
<td>4</td>
<td>July 10, 17, 24, 31</td>
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<tr>
<td>29. Writing &quot;Retreat&quot;</td>
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<td>July 10, 17, 24, 31</td>
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<td>Thursday, 1:00 - 2:50 PM</td>
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<tr>
<td>30. Thomas Hardy, Poet...</td>
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<td>July 10, 17, 24, 31</td>
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<td>31. Foodborne &amp; Waterborne Diseases</td>
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<td>Thursday, 3:00 - 4:50 PM</td>
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<td>32. Origins of War</td>
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<td>Thursday, 6:00 - 7:50 PM</td>
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<td>33. Facebook Demystified</td>
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<td>Monday &amp; Friday 10:00 - 11:50 AM</td>
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<tr>
<td>1. Prevention of Dementia</td>
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<td>Monday, Wednesday &amp; Friday 1:00 - 2:50 PM</td>
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<td>3. Candide: Voltaire to Bernstein</td>
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<td>Friday, 10:00 - 11:50 AM</td>
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<tr>
<td>34. The Story of the Motor Car</td>
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<td>July 25</td>
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<td>Friday, 1:00 - 2:50 PM</td>
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<tr>
<td>35. Lewis &amp; Clark...</td>
<td>4</td>
<td>July 11, 18, 25, Aug.1</td>
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</table>
Our volunteer instructors invest a great deal of time and energy preparing for and teaching classes for OLLI. Please be respectful, register responsibly, and arrive on time.

Did you know that OLLI at WVU has a scholarship fund? We accept donations and applications for funds all year long!

We want your ideas!

The Curriculum Committee is looking for new courses and instructors. Send your ideas to: learners@hsc.wvu.edu

26. Bluegrass in the Evening
Instructor: Joseph Paull
Wednesday, 6:00 - 7:50 PM
Classroom: A
July 9, 16, 23

Course Description: Three groups of musicians will perform bluegrass and old time music on successive Wednesday evenings. Elmer Rich & Friends, Almost a Song and Logantown will perform.

Instructor’s Background: Joe Paull taught in the public schools and also in the graduate school at WVU.

27. Online Storytelling: The Art of Blogging
Instructor: Marz Corbeau
Email: marz.holtzworth@gmail.com
Wednesday, 6:00 - 7:50 PM
Classroom: CL
July 30

Course Description: Bring your wealth of knowledge and experience to new audiences! This course will cover how to create, maintain, and promote your very own blog. Blogs serve as one of the internet's primary modes of instruction and storytelling. Come learn how to make your own blog and share your stories and skills with your friends, family, and the world!

Instructor’s Background: Marz Corbeau is a writer and musician originally from Frankfort, Kentucky. She enjoys blogging about her days as a car-dwelling nomad, former radio DJ, and the interesting people she met along the way. She has been blogging for over ten years, has been published in various publications, and won local awards. Her other interests include hiking, bird watching, and finishing her Women’s Studies degree.
and choosing to focus on pleasant/funny experiences. Please dress comfortably.

**Instructor’s Background:** Eric Murphy is a clinically trained health educator and psychotherapist. He has been employed in academic and community settings since 1992. Eric has a BA in liberal arts, an MA in Community Counseling and an MS in Community Wellness from WVU. Mr. Murphy is continually helping community members review and evaluate their life situations and clarify their true goals. He is currently employed as an Extension Agent for Families and Health at West Virginia University.

**25. Make No Bones About It: Strategies for Preventing & Managing Osteoporosis**

Instructor: Elizabeth Quintana

Wednesday, 3:00-4:50 pm

Classroom: A

July 30

**Course Description:** There is a higher prevalence of low bone mineral density among older adults. This presentation will focus on strategies to achieve and maintain optimal bone health.

**Instructor’s Background:** Liz Quintana is a Registered Dietitian and certified Diabetes Educator at WVU School of Medicine. She conducts the nutrition modality of the Dr. Dean Ornish Program for Reversing Heart Disease.

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**Did you know?**

- Members may use the OLLI computers during business hours to practice their skills, check email, digitize their files and register for classes.

- Dues are $100 for full membership for 4 terms, or $50 per term.

- OLLI at WVU is on Facebook. Friend us at: Osher Lifelong Learning Institute at WVU

Please check the OLLI Office Board for information on opportunities to participate in a variety of research studies that incorporate relaxation techniques, swimming, physical activity, or meditation.

**For Our OLLI at WVU Members**

**Healing Yoga** with Eva Hnizdo will continue between terms on Tuesday mornings from 10:00 am – 11:50 am in the Mountaineer Mall Community Room.
X. Classroom A/V & Tech for Members and Instructors
Instructor: Jessica White
Thursday, 10:00 - 11:50
Classroom: B
July 3
Course Description: This hands-on class is open to all instructors, lecturers, facilitators, and members who are interested in learning the operational procedures for all classroom technology equipment. New ideas are welcome as we develop quick reference sheets and instruction manuals.

Instructor’s Background: Jessica White is a professional technologist for the WVU School of Public Health. She provides information technology support and develops and maintains various websites and databases.

MONDAY

01. Prevention of Dementia
Instructor: Penny Dacks
Monday & Friday, 10:00 - 11:50 AM
Classroom: A
July 7, 11
Course Description: Can your choices today reduce your chances of Alzheimer’s disease or other causes of dementia later in life? Scientists have been asking these questions for decades but the answers are typically unclear. This course will review the evidence for some common and uncommon therapies to prevent dementia, in part using the Alzheimer’s Drug Discovery Foundation online resource www.cognitivevitality.org, and the types of research used to study dementia prevention.

22. Personal and Family History Project: Meeting Slots
Instructor: Rae Jean Sielen
Wednesday, 10:00—11:50AM and 1:00 -2:50 PM
Classroom: BR
July 23, 30
This is a repeat of course number 19.

23. Investment Perspectives
Instructor: Brian Kurcaba
Wednesday, 3:00 - 4:50 PM
Classroom: A
July 9
Course Description: This course will discuss timely market topics and potential investment strategies.

Instructor’s Background: Brian Kurcaba is a lifelong resident of Morgantown and graduated with an MS in Industrial Relations in 2000 from WVU. He has 11 years experience assisting people as a financial advisor with Edward Jones in Morgantown.

24. Stress Less with Mindfulness
Instructor: Eric Murphy
Email: emericmurphy@gmail.com
Wednesday, 3:00 - 4:50 PM
Classroom: B
July 9, 16, 23, 30
Course Description: Learning how to gently, "mindfully" shift one's awareness is fun and healthy for our minds and bodies. This research-based class combines lecture and discussion with opportunities to practice these skills and others using "Body Barometers" or "Mind Monsters" as signals to lower stress, mindful breathing, mindful eating, defusing upsetting thoughts and feelings, bringing conscious attention to everyday routines,
21. Introduction and Application of Genetics
Instructor: Dana Huebert Lima
Email: djhuebertlima@mail.wvu.edu
Wednesday, 1:00 - 2:50 PM
Classroom: B
July 16, 23, 30

Course Description: Genetics is the study of heritable traits that are passed from generation to generation. This class will start with an introduction to the field of genetics, including what genes are and how they are passed from parent to child. This course will discuss how genetics can be applied to understand relevant topics including health and disease, ancestry and forensic profiling, and the rising field of personal genomics.

Instructor's Background: Dana Huebert Lima, PhD in cellular and molecular biology, with general expertise in molecular biology, genetics, and epigenetics, is on the teaching faculty in the Biology Department at WVU. Her previous work has focused on how genes are used by the body to respond to changing environments. She enjoys talking about genetics with learners of all ages and watching genetics in practice with her new son, Oliver.

Instructor’s Background: Alan Rosenbluth, a retired pharmacy professor and dean, has enjoyed creative writing for more than 25 years. Following retirement in 2001, he attended writing classes and workshops (in WV, NC, and CA) and has written dozens of short stories and memoirs involving sports, grandchildren, strange happenings, and high school memories.

02. The Knit and Purlers
Instructors: Judy Kelley Minor, Joan King, and Joyce Miller
Monday, 1:00 - 2:50 PM
Classroom: B
July 7, 14, 21, 28

Course Description: This course is for knitters who enjoy being with other knitters to share ideas, patterns, and workshop information and who also support each other in knitting.

Instructors’ Backgrounds: Judy Kelley Minor, Joan King, and Joyce Moore, who all have different skill levels of knitting, share a sincere love for the art and a desire to share that love and desire with others. They are willing to assist members with their projects and skills or find someone who can. Cecilia Graves, owner of the Needlecraft Barn, will also be a resource.

Instructor’s Background: Penny Dacks, PhD, is the Assistant Director for Aging & Alzheimer’s Prevention at the Alzheimer’s Drug Discovery Foundation, with the mission to evaluate, communicate, and accelerate the scientific evidence on proposed strategies to prevent brain aging. She is also an Adjunct Professor of Biology at WVU.

03. Candide: Voltaire to Bernstein
Instructor: James Dylan Held
Email: Jim.Held@mail.wvu.edu
Monday, Wednesday & Friday: 1:00 - 2:50 PM
Classroom: A
July 14, 16, 18

Course Description: This course will be a discussion of Voltaire's satirical novel followed by viewing the NY City Opera production of Bernstein's Candide musical, plus discussion.

Instructor’s Background: James Held retired from WVU in May, 2013, after 33 years teaching stage design, theatre history and world theatre and drama. He directed or designed many productions, most recently, scenery for The Cherry Orchard.
04. More Eat Right, Eat Well: Tips, Tricks, and Healthy Package Foods
Instructor: Stan Cohen & Judy Cohen
Email: scohen@wvu.edu
Monday & Tuesday: 1:00 - 2:50 PM
Classroom: A
July 28, 29

Course Description: This continuing course on eating healthy focuses on spending less time in the kitchen preparing food while improving your daily diet through changes in the foods you buy and the way you cook them. Samples from Prevention magazine’s "Best Cleanest Foods" will be tasted in each class session. Handouts will be distributed and short videos will be shown. There will be an additional $5 cost for this course.

Instructors’ Backgrounds: 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.

05. Mind-Body Skills Workshop
Instructor: Terry Selfe
Email: tselfe@hsc.wvu.edu
Monday, 3:00 - 4:50 PM
Classroom: B
July 14

Course Description: This introductory workshop will use lecture, demonstration, and experiential skills practice to provide an overview of various mind-body practices, including Benson's relaxation response, mantra and mindfulness based meditation, qigong and tai chi. Participants will sample a variety of meditative practices and a simple mantra meditation technique will be presented in sufficient depth to allow participants to feel confident that they could continue the practice at home.

19. Personal and Family History Project: Meeting Slots
Instructor: Rae Jean Sielen
Wednesday, 10:00—11:50 AM and 1:00 - 2:50 PM
Classroom: BR
July 23, 30

Course Description: Summer—it can be a great time to begin and make progress on projects! Working on your personal or family history project and stuck or stalled? Procrastinating? Just getting started or on the brink of starting? Do-it-yourselfers can sign up for a one-hour slot with the instructor to ask questions; receive guidance; develop a project timeline, outline, or strategy; or get motivated or inspired. Whether you have taken the instructor's OLLI overview class Personal and Family History Writing or not, you are welcome and will leave ready to take your next step. Eight one-hour, one-on-one slots available.

Instructor’s Background: Rae Jean Sielen is the co-founder/owner of Populore Publishing Company in Westover. For nearly 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.

20. Share More Stories
Instructor: Alan Rosenbluth
Email: rosenbluthg@aol.com
Wednesday, Friday, Wednesday 1:00 - 2:50 PM
Classroom: BR, A
July 16, 25, 30

Course Description: We all have stories—memories of childhood/family, life-changing events, losing loved ones, surprises, and even fantasies. Please READ one or several of
17. Project Management 101
Instructor: Deborah Sartin
Email: drsartin@mail.wvu.edu
Tuesday, 6:00 - 7:50 PM
Classroom: A
July 8, 15, 22, 29

Course Description: Learn the basics of how to manage a project from concept to completion. Understand the steps necessary to organize your project and communicate with others for project success.

Instructor’s Background: Deborah Sartin has over 10 years of experience successfully managing technical and non-technical projects. She is an experienced Project Management Office director. She is a certified Project Management Professional (PMP) with an MS in Information Systems Management and a BA in Communications. She is currently the PMO Director for WVU Information Technology.

18. Guitar 1.0
Instructor: Raymond Crist
Wednesday, 10:00 - 11:50 AM
Classroom: A
July 9, 16, 23, 30

Course Description: This course will provide guitar fundamentals for beginners, intermediate players, and those who need improvement.

Instructor’s Background: Ray Crist has been playing the guitar for over 50 years.

- This workshop is appropriate for anyone wishing to learn basic information about mind-body practices and/or gain a mind-body skill they may incorporate into their own self-care program.

Instructor’s Background: Terry Kit Selfe, DC, PhD, is engaged in researching the effects of mind-body interventions in those with chronic conditions. A long-time meditator, she is a certified tai chi instructor, and trained in the practice of mind-body medicine offered by the Benson-Henry Institute for Mind Body Medicine at Harvard Medical School.

06. Introduction to Hebrew
Instructor: Rabbi Joe Hample
Email: rabbi.joe.wv@gmail.com
Monday: 3:00 - 4:50 PM
Classroom: A
July 28

Course Description: This course will be an overview of the Hebrew language, alphabet, pronunciation, vocabulary, grammar, and history. As the language of the Jewish Bible (Old Testament), Hebrew is an important building block of world civilization.

Instructor's Background: Joe Hample was born and raised in New York state and graduated from Harvard in 1978 with a Russian major. Long employed as a systems analyst in San Francisco, he entered rabbinical school in 2004. He has served as rabbi at Morgantown's Tree of Life Congregation since 2012.

Once you have paid your dues, you may register for courses online or send in the Registration Form. www.olliatwvu.org
08. Nature vs. Nurture: Exploring Genes and Risk for Disease
Instructor: Reyna VanGilder
Email: rvangilder@gmail.com
Tuesday, 10:00 - 11:50 PM
Classroom: A
July 8, 15, 22

Course Description: Our genes and age are in part our link to health and disease. However, there are some controllable factors that predispose us to health and risk for disease such as our diet, exercise and stress levels. This course will explore parts of a cell to understand how these parts function in health and disease. The instructor will provide a holistic perspective on why certain lifestyle choices are beneficial for health promotion and longevity. This course is a follow up to the Molecular Basis of Healthy Aging. However, prior attendance is not required and new material will be presented.

Instructor’s Background: Reyna VanGilder has a PhD in Basic Pharmaceutical Sciences and is pursuing a Doctor of Pharmacy with an emphasis in university teaching.

Prior to coming to AARP, Linda worked for the Office of the West Virginia Attorney General. She holds a bachelor’s degree and a law degree from the University of Santa Clara in Santa Clara, California.

16. Using Gene Therapy to Treat Diseases
Instructor: Laura Christian
Tuesday, 3:00 - 4:50 PM
Classroom: B
July 29

Course Description: This course will explore the biology behind the development of gene therapy to treat diseases. Gene therapy is a very promising field, but there are not currently any FDA-approved treatments available. Topics will include strategies for gene therapy, methods of delivery, and current challenges.

Instructor’s Background: Laura Christian earned her PhD in Cell and Molecular Biology from the University of Texas at Austin and moved to Morgantown for a postdoctoral position in the WVU Department of Biology. Laura has been involved in biology instruction since 2008.

Reflections Booklet!
If you have not yet received the 20th Anniversary Reflections Booklet please stop by the office and pick up a copy today.
14. Discovering Islam
Instructor: Francisco Pena-Ariet
E-mail: arietpatxi@yahoo.com
Tuesday, 3:00 - 4:50 PM
Classroom: A
July 8, 15, 22, 29

Course Description: This course will be an introduction to the history and beliefs of Islam, starting with pre-Islamic Arabia and ending with the Shia-Sunni split.

Instructor’s Background: Francisco Pena-Ariet is a Fairmont State University student. He is currently studying Psychology and Sociology and is active with the local Mosque, the Islamic Center of Morgantown.

15. How to Recognize and Fight Fraud Through AARP's Fraud Action Network
Instructor: Linda Bunn
E-mail: lbunn@aarp.org
Tuesday, 3:00 - 4:50 PM
Classroom: BR
July 29

Course Description: Be a part of local and national campaigns to fight ID theft and fraud. Safeguard yourself and your family, gain access to real time fraud alerts and warnings, and learn how scammers think.

Instructor’s Background: Linda Bunn is the Associate State Director for Community Outreach for AARP West Virginia.

09. Collecting: Daguerreotypes, Ambrotypes, Tintypes, and More
Instructor: Anthony Winston
Tuesday, 10:00 - 11:50 AM
Classroom: B
July 8, 15, 22

Course Description: Collecting can become a passion, even an obsession, and 19th century images are no exception. Beginning with the beautiful daguerreotype that entered the scene in 1839, the course will follow the development of the various types of photographs throughout the 19th century with particular emphasis on collecting, identification, and preservation. The vast collections of the Library of Congress, National Archives, George Eastman House, and others will be examined via the internet. Artifacts from the instructor’s collection will be displayed throughout the course for examination. Participants are encouraged to bring in family images for discussion and identification.

Instructor’s Background: Professor Emeritus Anthony Winston, Department of Chemistry, WVU, is an amateur photographer, a Fellow of the Photographic Society of America, and past chairman of the Pictorial Print Division of the Society. He has been photographing West Virginia for over 30 years and his photographs have won numerous awards in local and international competitions.
10. *Healing Yoga*  
Instructor: Eva Hnizdo  
Email: hnizdo2044@gmail.com  
Tuesday, 10:00 - 11:50 AM  
Classroom: Community Room  
July 8, 15, 22, 29

**Course Description:** This beginner yoga class is designed to renew vital energy and create physical and mental well-being through yoga poses that stretch, strengthen, and relax and through meditation. Practicing yoga has a holistic impact on the body.

**Instructor’s Background:** Eva Hnizdo, PhD in Epidemiology, has been a Registered Yoga Teacher since 2006 and teaches yoga at NIOSH and Lakeview. She has practiced the Iyengar style of yoga since 1976. This yoga style focuses on correct body alignment and is well suited for senior practitioners.

11. *Journey to Bumpe, Sierra Leone*  
Instructors: Jim & Judy Culberson  
Email: jculberson@hsc.wvu.edu  
Tuesday, 1:00 - 2:50 PM  
Classroom: A  
July 8

**Course Description:** This course will address a personal adventure in international development, as the two instructors summarize their experience working with their daughter, Sarah Culberson, to help rebuild Bumpe High School in a remote chiefdom in one of the world’s poorest countries. There will be a review of Leonean history and an update on the current status of work in Bumpe.

**Instructors’ Backgrounds:** Jim Culberson is a long-time Professor (soon to be Emeritus!) of Neurobiology and Anatomy at WVU Health Sciences Center. Judy is a retired, special needs educator from Mon County school system. He and Judy are adoptive parents of Sarah Culberson, who grew up in Morgantown. Sarah trained in theater and moved to Los Angeles before locating her biological father in Sierra Leone and launching the Kposowa Charitable Foundation.

12. *Quilting for Beginners*  
Instructor: Sheila Wise  
E-mail: horseygirl1965@gmail.com  
Tuesday, 1:00 - 2:50 PM  
Classroom: B  
July 8, 15, 22, 29

**Course Description:** This course will include basic quilting tips and instruction to complete a table runner project. A pattern will be provided along with a list of materials that will need to be purchased prior to the first class. If you would like to bring your sewing machine, you may.

**Instructor’s Background:** Sheila has been quilting for 20+ years and has been a member of the Country Roads Quilt Guild in Morgantown, WV. She has shown quilts in the yearly quilt show during Mountaineer Week at the Mountainlair.

13. *Honor Flight*  
Instructors: Jane Julian, Judy Morris and Ken Bond  
E-mail: info@honorflighthuntington.org  
Tuesday, 1:00 - 2:50 PM  
Classroom: B  
July 15

**Course Description:** Honor Flight Network is a non-profit organization created solely to honor America's veterans for their service and sacrifice. It transports our heroes, escorted and free of charge to the veterans, to Washington, D.C., to visit and reflect at the memorials. Top priority is given to senior veterans, WWII survivors, and other veterans who have terminal illnesses. Please watch the YouTube video "This is Honor Flight (Earl Morse)” for a moving description of the program.