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 skills.

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
Greetings OLLI Members and Friends,

We don’t need any reminders that winter is near, just look outside. You can also look forward to OLLI at WVU classes to brighten up your winter. This term has an exciting selection of 51 different courses to choose from, with many new instructors and topics.

I do want to remind you of OLLI’s Inclement Weather policy (see below) and ask that you keep safe and use your best judgment this season. In the event of a weather related cancellation, we will do our best to work with the instructor to reschedule or extend the class schedule.

Do you have friends who love learning? Consider a holiday gift of an OLLI membership as we continue celebrating our 20th year of lifelong learning in this area.

There will be new faces in the office as we say good bye and congratulations to Nancy Merrifield as she retires and we welcome her to OLLI as a member, as curiosity never retires.

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

Open Policy: When Monongalia County Schools are closed for inclement weather, there will be no OLLI classes. Two hour delays will not affect OLLI classes.

We observe WVU holidays.

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OLLI at WVU
Winter Term Reception
Wednesday, January 8, 2014
1:30 pm to 3:00 pm
Mountaineer Mall Atrium

Become a Member! Register for Classes!
Friends Welcome!

Celebrating 20 years of Lifelong Learning
in the Morgantown Area --1993-2013

If you have stories to share about ALL or OLLI, the History Committee asks that you please bring them or send them to the office.

A special Thank You to Peggy Isaack for designing our catalog cover artwork.

Winter Classes start
January 21, 2014

Spring Term: April 7 – May 16, 2014
January: Solicit proposals for Spring Term
January 29: Instructor proposals due
February 14: Instructor commitment forms due
March 26: Pre-term reception
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
♦ Our Distinguished Instructors
♦ Committee Members
♦ OLLI Members and Volunteers

Staff:
Angela Faulkner-Van Deysen, Executive Director
Sonja Jewell Kelley, Program Assistant
Jessica White, Professional Technologist

<table>
<thead>
<tr>
<th>OLLI Board of Directors</th>
<th>OLLI Board of Advisors</th>
</tr>
</thead>
<tbody>
<tr>
<td>◊ E. Jane Martin, President</td>
<td>◊ Mary Ellen Brady</td>
</tr>
<tr>
<td>◊ Anne Nardi, Vice President</td>
<td>◊ Bob Craig</td>
</tr>
<tr>
<td>◊ George Trapp, Secretary</td>
<td>◊ Roger Dalton</td>
</tr>
<tr>
<td>◊ Connie McCluskey, Treasurer</td>
<td>◊ Ann Davidson</td>
</tr>
<tr>
<td>◊ Linda Rudy, SPH Rep.</td>
<td>◊ Phil Faini</td>
</tr>
<tr>
<td>◊ George Chittum</td>
<td>◊ Suzanne Gross</td>
</tr>
<tr>
<td>◊ Hope Covey</td>
<td>◊ Mary Jane Hamilton</td>
</tr>
<tr>
<td>◊ Ruby de la Mata</td>
<td>◊ Betty Maxwell</td>
</tr>
<tr>
<td>◊ James Dylan Held</td>
<td>◊ Art Pavlovic</td>
</tr>
<tr>
<td>◊ Linda Jacknowitz</td>
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<tr>
<td>◊ Royce Heiskell Keller</td>
<td></td>
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<tr>
<td>◊ Karen Long</td>
<td></td>
</tr>
<tr>
<td>◊ Carolyn Nelson</td>
<td></td>
</tr>
<tr>
<td>◊ D. Byron Witt</td>
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</tbody>
</table>
Membership Application

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.)

Annual Membership Dues: July 1, 2013 - June 30, 2014.
Annual members may participate in unlimited courses and activities.
• Full Member ______$85.00. (includes voting rights)
• Faculty Member____ $40.00. Instructors who have taught at least one
course with three or more classes during a fiscal year are eligible to receive
a discounted membership the next year.
• 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: Winter Term Only ______ $45.00.
• Trial Membership Dues: Winter Term Only ______ $25.00. For
people who have never been an OLLI at WVU member to try a term, with
option of becoming a Full Member for an additional $60.00 within the same
fiscal year, or paying $45.00 for an additional 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
Winter 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 to:
OLLI at WVU
PO Box 9123, Mountaineer Mall D-9
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 the 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______________________________
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>Curriculum</td>
<td>Marian Conner</td>
<td>Barbara Howe</td>
<td>Members help plan and develop course offerings and recruit faculty.</td>
</tr>
<tr>
<td>Facilities and Technology</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>Special Events</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>Membership and Publicity</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>Finance</td>
<td>Connie McCluskey</td>
<td>Rita Bajura</td>
<td>Members review reports, revenue and expenses and develop an annual budget.</td>
</tr>
<tr>
<td>Office Assistants</td>
<td>Janet Kemp</td>
<td>Delores Jewell</td>
<td>Members volunteer in the OLLI office, where they perform various vital duties.</td>
</tr>
<tr>
<td>History</td>
<td>Carole Boyd</td>
<td></td>
<td>Members help preserve the history of ALL and OLLI.</td>
</tr>
<tr>
<td>Nominating</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>Course Assistant Volunteers</td>
<td></td>
<td></td>
<td>Each course needs a facilitator to introduce the instructor and to distribute course materials. Many courses also require technology assistants.</td>
</tr>
<tr>
<td>OLLI $100K Club</td>
<td>Linda Jacknowitz</td>
<td></td>
<td>Members assist with this specific fundraising campaign.</td>
</tr>
<tr>
<td>20th Anniversary</td>
<td>Royce Heiskell Keller</td>
<td></td>
<td>Members plan the events of the OLLI 20th Celebration</td>
</tr>
<tr>
<td>Irving Goodman Annual Aging Lecture Series</td>
<td>Art Jacknowitz</td>
<td></td>
<td>Members select topics and speakers for this event.</td>
</tr>
</tbody>
</table>
# WINTER SCHEDULE AT A GLANCE

<table>
<thead>
<tr>
<th>Day of the week/ Time</th>
<th>Date</th>
<th>Classroom</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday, 10:00 – 11:50 am</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. A Photo Tour of London</td>
<td>Jan. 27</td>
<td>A</td>
</tr>
<tr>
<td>2. <em>The New Yorker</em></td>
<td>Jan. 27, Feb. 3, 10, 17, 24, Mar. 3</td>
<td>B</td>
</tr>
<tr>
<td>3. Languages of the World</td>
<td>Feb. 3, 10, 17</td>
<td>A</td>
</tr>
<tr>
<td><strong>Monday, 1:00 - 2:50 pm</strong></td>
<td></td>
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<tr>
<td>4. Three Romantics: Music</td>
<td>Jan. 27, Feb. 3, 10, 17, 24, Mar. 3</td>
<td>A</td>
</tr>
<tr>
<td>5. Windows 8, Is it Bad?</td>
<td>Feb. 10</td>
<td>B</td>
</tr>
<tr>
<td>6. Peru: Highlights</td>
<td>Feb. 24</td>
<td>B</td>
</tr>
<tr>
<td><strong>Monday, 3:00 - 4:50 pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Ken Burns Documentaries</td>
<td>Jan. 27, Feb. 3, 10, 17, 24, Mar. 3</td>
<td>A</td>
</tr>
<tr>
<td><strong>Monday/Wednesday, 3:30 - 4:30 pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Earth Through Time</td>
<td>Jan. 22, 27, 29, Feb. 3, 5, 10, 12, 26, 19, 24, 26</td>
<td>B</td>
</tr>
<tr>
<td><strong>Monday, 6:00 - 7:50 pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Health Care and Retirement</td>
<td>Feb. 3</td>
<td>A</td>
</tr>
<tr>
<td>10. Online Learning</td>
<td>Feb. 10</td>
<td>B</td>
</tr>
<tr>
<td><strong>Tuesday, 10:00 - 11:50 am</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. <em>A Midsummer Night's Dream</em></td>
<td>Jan. 21, 28, Feb. 4, 11, 18</td>
<td>A</td>
</tr>
<tr>
<td>13. Healing Yoga</td>
<td>Jan. 21, 28, Feb. 4, 11, 18, 25</td>
<td>MCR</td>
</tr>
<tr>
<td>14. Volunteering</td>
<td>Feb. 25</td>
<td>A</td>
</tr>
<tr>
<td><strong>Tuesday, 1:00 - 2:50 pm</strong></td>
<td></td>
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</tr>
<tr>
<td>15. Cajun Music</td>
<td>Jan. 21</td>
<td>A</td>
</tr>
<tr>
<td>16. West Virginia Poets</td>
<td>Jan. 21, 28, Feb. 4, 11, 18, 25</td>
<td>B</td>
</tr>
<tr>
<td>17. The Appalachians</td>
<td>Feb. 4, 11, 18</td>
<td>A</td>
</tr>
<tr>
<td>18. Cambodia, Laos, Vietnam</td>
<td>Feb. 25</td>
<td>A</td>
</tr>
<tr>
<td><strong>Tuesday, 2:00 - 4:30 pm</strong></td>
<td></td>
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<tr>
<td><strong>Tuesday, 3:00 - 4:50 pm</strong></td>
<td></td>
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</tr>
<tr>
<td>20. Beyond Grammar</td>
<td>Jan. 21, 28, Feb. 4, 11, 18, 25</td>
<td>A</td>
</tr>
<tr>
<td>21. Chair Caning</td>
<td>Jan. 21, 28, Feb. 4, 11, 18, 25</td>
<td>BR</td>
</tr>
<tr>
<td>22. Tax-free Investing</td>
<td>Jan. 28</td>
<td>B</td>
</tr>
<tr>
<td>23. Long Term Care</td>
<td>Feb. 11</td>
<td>B</td>
</tr>
<tr>
<td>Day of the week/ Time</td>
<td>Date</td>
<td>Classroom</td>
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<tr>
<td><strong>Tuesday, 6:00 - 7:50 pm</strong></td>
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<td></td>
</tr>
<tr>
<td>24. Windows 8, Is it Bad?</td>
<td>Feb. 11</td>
<td>B</td>
</tr>
<tr>
<td><strong>Wednesday, 10:00 - 11:50 am</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26. Where is Mauritius</td>
<td>Feb. 26</td>
<td>A</td>
</tr>
<tr>
<td>27. Personal and Family History</td>
<td>Feb. 26, Mar. 5</td>
<td>B</td>
</tr>
<tr>
<td><strong>Wednesday, 1:00 - 2:50 pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29. Guitar Basics</td>
<td>Feb. 5, 12, 19, 26</td>
<td>B</td>
</tr>
<tr>
<td>30. Writing Discussion Group</td>
<td>Feb. 5, 19, Mar. 5, 12</td>
<td>A</td>
</tr>
<tr>
<td>31. Hawaii: Birds and Delights</td>
<td>Feb. 12</td>
<td>A</td>
</tr>
<tr>
<td><strong>Wednesday, 3:00 - 4:50 pm</strong></td>
<td></td>
<td></td>
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<tr>
<td>32. Theatre History, Part 2</td>
<td>Jan. 22, 29, Feb. 5, 12, 19, 26</td>
<td>A</td>
</tr>
<tr>
<td>33. Climate Reality</td>
<td>Feb. 5</td>
<td>BR</td>
</tr>
<tr>
<td><strong>Monday/Wednesday, 3:30 - 4:30 pm</strong></td>
<td></td>
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<tr>
<td>8. Earth Through Time</td>
<td>Jan. 22, 27, 29, Feb. 3, 5, 10, 12, 17, 24, 26</td>
<td>B</td>
</tr>
<tr>
<td><strong>Wednesday, 6:00 - 7:50 pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>34. Meet the Androids</td>
<td>Feb. 12</td>
<td>A</td>
</tr>
<tr>
<td><strong>Thursday, 10:00 - 11:50 am</strong></td>
<td></td>
<td></td>
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<tr>
<td>35. Writing &quot;Retreat&quot;</td>
<td>Jan. 23, 30, Feb. 6, 13, 20, 27</td>
<td>B</td>
</tr>
<tr>
<td>36. History of the Symphony 1</td>
<td>Jan. 23</td>
<td>A</td>
</tr>
<tr>
<td>37. History of the Symphony 2</td>
<td>Jan. 30</td>
<td>A</td>
</tr>
<tr>
<td>38. Jane Austen's <em>Persuasion</em></td>
<td>Feb. 6, 13, 20, 27</td>
<td>A</td>
</tr>
<tr>
<td><strong>Thursday, 1:00 - 2:50 pm</strong></td>
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<td></td>
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<tr>
<td>39. Hospice 101</td>
<td>Jan. 23, 30</td>
<td>B</td>
</tr>
<tr>
<td>40. Sing-Along with the Oldies</td>
<td>Feb. 6</td>
<td>A</td>
</tr>
<tr>
<td>41. Your State Judicial System</td>
<td>Feb. 13, 20</td>
<td>A</td>
</tr>
<tr>
<td><strong>Thursday, 3:00 - 4:50 pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>42. Zumba Gold</td>
<td>Jan. 23, 30, Feb. 6, 13, 20, 27</td>
<td>MCR</td>
</tr>
<tr>
<td>43. Appalachian Music</td>
<td>Jan. 23, 30, Feb. 6, 13, 20, 27</td>
<td>A</td>
</tr>
<tr>
<td>44. Turn Back the Clock</td>
<td>Jan. 23</td>
<td>B</td>
</tr>
<tr>
<td>45. Climate Reality</td>
<td>Jan. 30</td>
<td>B</td>
</tr>
</tbody>
</table>
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<tbody>
<tr>
<td><strong>Thursday, 6:00 - 7:50 pm</strong></td>
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</tr>
<tr>
<td>46. Violence in Video Games</td>
<td>Feb. 6</td>
<td>A</td>
</tr>
<tr>
<td><strong>Friday, 1:00 - 2:50 pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>47. Christology</td>
<td>Jan. 24, 31, Feb. 7, 14, 21, 28</td>
<td>B</td>
</tr>
<tr>
<td>48. Meet the Androids</td>
<td>Jan. 31</td>
<td>A</td>
</tr>
<tr>
<td>49. Valentine's Day Sing-Along</td>
<td>Feb. 14</td>
<td>A</td>
</tr>
<tr>
<td><strong>Friday, 3:00 - 4:50 pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>50. Disease Self-Management</td>
<td>Jan. 24, 31, Feb. 7, 14, 21, 28</td>
<td>A</td>
</tr>
<tr>
<td>51. Stress Less with Mindfulness</td>
<td>Jan. 24, 31, Feb. 7, 14, 21</td>
<td>B</td>
</tr>
</tbody>
</table>

## Classroom Key

- **A** – The classroom next to the OLLI Office
- **B** – The classroom across from the Nail Salon
- **Back Room (BR)** - Behind Main Office
- **CL** - Computer Lab, enter door from hallway just before Classroom B
- **MAAG** - Morgantown Art Association and Gallery
- **MCR** - Mall Community Room

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**We want your ideas!**

The Curriculum Committee is looking for new courses and instructors.

**Send your ideas to:**
learners@hsc.wvu.edu
Did you know?

- Members may use the OLLI computers to practice their skills, check email, digitize their files and register for classes during business hours.
- Once you have paid your dues, you may register for courses online at www.olliatwvu.org or bring and send in the Registration Form.
- 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.
1. A Photo Tour of the Chelsea Flower Show and London Area Gardens

Instructors: Bill and Emilie Johnson
Monday, 10:00 - 11:50 am
Classroom: A
Jan. 27

Course Description: The instructors are avid gardeners with family living in London. Join them as they visit the 2011 and 2012 Chelsea Flower Shows, Hampton Court Palace Gardens, and Wisley Gardens.

Instructors’ Backgrounds: Bill and Emilie Johnson are Mon County Master Gardeners and have gardened in three states over the past 35 years.

2. The New Yorker Discussion Group

Instructor: Margot Racin
Email: mbracin@comcast.net
Monday, 10:00 - 11:50 am
Classroom: B
Jan. 27, Feb. 3, 10, 17, 24, Mar. 3

Course Description: Come join us to discuss a range of topics from recent issues of The New Yorker. Members of the group choose articles, fiction, and topics to be discussed each week. All viewpoints welcome! A subscription to The New Yorker is not required.

Instructor’s Background: Margot Racin is retired after 30 years in the WVU English Department. She has coordinated these discussions in 11 previous terms and looks forward to even more stimulating discussions next term. Margot is on the OLLI at WVU Honor Roll.
3. **Languages of the World 101: Sanskrit, Latin, Ancient Greek**

Coordinator: Barbara Howe  
Monday, 10:00 - 11:50 am  
Classroom: A  
Feb. 3, 10, 17  
Please register for each session.

**A. Sanskrit**  
Instructor: Sumitra Reddy  
Email: smreddy@mail.wvu.edu  
Feb. 3

**Course Description:** Sanskrit is an ancient language still alive. Words like Avatar, Guru, Karma, Mantra, and Yoga have already found their way into English. Highlights such as the history, alphabets and scripts, grammatical features and various uses of this Indo-European language will be presented in the class.

**Instructor’s Background:** Sumitra Reddy learned Sanskrit in school and continues to use it. She has taught Natural Language Processing by computers in courses on Artificial Intelligence.

**B. Latin**  
Instructor: Alice Frost  
Email: alice.e.frost@gmail.com  
Feb. 10

**Course Description:** This course will cover the history and structure of Latin which was an Indo-European Language spoken by the Ancient Romans. It became the forerunner of modern Romance languages. We will consider some ancient literature, how the Church continued its use, and how Latin still occurs in English today.
Instructor’s Background: Alice Frost attended the University of London, specializing in Roman Britain and Classics.

C. Ancient Greek
Instructor: Janet Kemp
Email: elkemp31@aol.com
Feb. 17

Course Description: This course will cover the history and structure of ancient Greek.

Instructor’s Background: Janet Kemp has a degree in Classics from the University of London. She taught in the Humanities program at WVU.

4. Three Romantics: The Music of Mendelssohn, Schumann and Brahms
Instructor: John Ashton
Email: ashtonjohn@comcast.net
Monday, 1:00 - 2:50 pm
Classroom: A
Jan. 27, Feb. 3, 10, 17, 24, Mar. 3

Course Description: This class will listen to the music and briefly look at the lives of some remarkable nineteenth century composers.

Instructor’s Background: John Ashton is a performer, composer, conductor, and semi-retired professor from Fairmont State University.

WWW.OLLIATWVU.ORG
5. Windows 8: Is It Really That Bad?
Instructor: Wallace Venable
Email: wallace.venable@mail.wvu.edu
Monday, 1:00 - 2:50 pm
Classroom: B
Feb. 10

Course Description: Despite the bad vibes about Microsoft’s latest operating system in the techie community, Wally bought a Windows 8 laptop. Win 8 is challenging enough that he also ordered a fat book since computers now seem to come without paper documentation. In this class he will demonstrate some of the new ways of working which are required and summarize about three months of experiences. (He is still sticking with Win XP on several computers.) Wally has been using Windows since Win 3.1

Instructor’s Background: Wally Venable is a WVU mechanical and aerospace engineering emeritus faculty member. Since he has retired he has had time to study local history, glass, and music. He and his wife Norma are authors of the Arcadia book Around Morgantown. Wally is on the OLLI at WVU Honor Roll.

6. Peru: Highlights of Our Journey
Instructors: D. Byron and Susan Hall Witt
Monday, 1:00 - 2:50pm
Classroom: B
Feb. 24

Course Description: This course will be a review of the instructors' trip to Peru with presentation of photos.

Instructors’ Backgrounds: Byron and Susan Witt are avid travelers, and enjoy experiencing different cultures, and foods, while engaging with the natives. They relish sharing these experiences with others, and are active OLLI members. Susan Witt has been an OLLI instructor for several years.
7. Ken Burns Documentaries
Instructor: Clyde Hurst Richey
Email: HurstRichey@Gmail.com
Monday, 3:00 - 4:50 pm
Classroom: A
Jan. 27, Feb. 3, 10, 17, 24, Mar. 3

Course Description: Ken Burns has produced a number of award-winning documentaries with widespread appeal. In the six sessions, several of his shorter films will be shown. National Parks, Prohibition, The Shakers, and Baseball histories will be covered. Time permitting, other film histories may be included such as The Dust Bowl.

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. Clyde is on the OLLI at WVU Honor Roll.

8. Earth Through Time: Origins
Instructor: Dr. Richard Smosna
Email: rsmosna@wvu.edu
Monday and Wednesday, 3:30 - 4:30 pm
Note: Special Time
Classroom: B
Jan. 22, 27, 29, Feb. 3, 5, 10, 12, 17, 19, 24, 26

Course Description: This course examines (1) the origin and early history of planet Earth and (2) how Earth scientists are able to decipher that history.

Instructor’s Background: Dr. Richard Smosna has been teaching geology at WVU for 35 years.
9. Health Care and Your Retirement
Instructor: Brian Kurcaba
Monday, 6:00 - 7:50 pm
Classroom: A
Feb. 3

Course Description: This presentation addresses what steps investors should take to prepare for health care costs to help ensure their retirement savings stay healthy (including Medicare and long term care costs).

Instructor’s Background: Brian Kurcaba has been a Financial Advisor with Edward Jones in Morgantown since 2003. He is on the OLLI at WVU Honor Roll.

10. Online Learning
Instructor: Timothy Broadwater
Email: twbroadwater@hsc.wvu.edu
Monday, 6:00 - 7:50 pm
Classroom: B
Feb. 10

Course Description: This course introduces the student to online learning through a learning management system. Part in class, and part online, the student is exposed to online communication tools, test taking, submitting assignments, the online classroom environment, and group discussions and projects.

Instructor’s Background: Tim Broadwater received his AS in Commercial Design and BS in Graphic/Fine Arts at Fairmont State University, and later his MA in Art from WVU. From the early 2000s to date, Tim has been employed in various areas of print production, multimedia design, software media development, web design and design project management. All of Tim's education and experience have been focused in the field of design, and specific subfields of graphic, hypermedia, instructional, interactive and web design.
11. *A Midsummer Night's Dream*: Shakespeare's Magical Comedy
Instructor: Byron Nelson
Email: bnelson2@wvu.edu
Tuesday, 10:00 - 11:50 am
Classroom: A
Jan. 21, 28, Feb. 4, 11, 18

**Course Description:** Shakespeare's youthful comedy, *A Midsummer Night's Dream* (1593), is today Shakespeare's most frequently-performed play. It combines characters from four distinct groups--aristocrats, lovers, workmen and fairies--in one of Shakespeare's most concise, poetic and charming plots. The play raises a number of questions, such as: How do people fall in love? What is the role of the supernatural in controlling our lives? Are dreams more "real" than reality? Is life even more weird, dangerous and pleasurable than we had imagined? The course will examine one act of the play each week for five weeks. Please bring any edition of the play to class, and read the first act in preparation for the first class.

**Instructor’s Background:** Byron Nelson taught English (Shakespeare, Milton, Bible as Literature) at WVU for forty years. He is also teaching this year's opera classes for OLLI.

12. Living the Questions: Introduction to Progressive Christianity
Instructors: Linda Yoder, Sue Overman and Bonnie Anderson
Email: lindakyoder@gmail.com
Tuesday, 10:00 - 11:50 am
Classroom: B
Jan. 21, 28, Feb. 4, 11, 18, 25

**Course Description:** Do you have all the answers to life's metaphysical questions? If so, this course is not for you. If
you are a questioner and a seeker, it may be. Through this course, we will be sharing DVD presentations on questions being discussed by progressive Christian theologians of today. The class will consist of listening together to such discussions and then sharing in conversation about these issues.

**Instructors’ Backgrounds:** The three collaborating discussion leaders for this course, Bonnie Anderson, Sue Overman, and Linda Yoder, all describe themselves as seekers, learners, and explorers. Among them are a librarian, a speech therapist, and an English professor. They share interest in exploring ideas and countries; between them they have lived in Finland, Canada, China, Australia, Indonesia, and Japan.

**13. Healing Yoga**
Instructor: Eva Hnizdo
Tuesday, 10:00 - 11:50 am
Classroom: MCR
Jan. 21, 28, Feb. 4, 11, 18, 25

**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 through meditation. Practicing yoga has a holistic impact on the whole body.

**Instructor’s Background:** Eva Hnizdo, PhD in Epidemiology, is a Registered Yoga Teacher since 2006 and teaches yoga in 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.
14. Volunteering
Instructors: Sue Overman and Terry Green
Email: overmangreen@gmail.com
Tuesday, 10:00 - 11:50 am
Classroom: A
Feb. 25

Course Description: This class will be about the instructors' experiences in long term volunteering, including pictures of the experiences. It will include local possibilities as well as some resources for finding things all over the world.

Instructors’ Backgrounds: Terry Green and Sue Overman met as volunteers in Albuquerque, NM. Sue brought Terry back to WV where it was green, and they enjoy travel, visiting family and OLLI classes. They have volunteered in Alaska, New York, Pennsylvania, and West Virginia.

15. Cajun Music
Instructor: Joseph A. Paull
Email: jpaull921@comcast.net
Tuesday, 1:00 - 2:50 pm
Classroom: A
Jan. 21

Course Description: Using a combination of video and recorded music, Cajun music will be presented. The history and social context will presented as well as the music. Prospective students may contact the instructor directly by email to obtain a course syllabus.

Instructor’s Background: Joe Paull began teaching in the public schools and has taught in the graduate school at WVU. He has previously taught several other OLLI classes.
16. West Virginia Poet Laureates: Reading Their Poems, Writing Our Own Poems
Instructor: Susan Shaw Sailer
Email: susansailer@gmail.com
Tuesday, 1:00 - 2:50 pm
Classroom: B
Jan. 21, 28, Feb. 4, 11, 18, 25

Course Description: This class will read selected poems from West Virginia's poet laureates: Louise McNeill, Irene McKinney, and Marc Harshman. Then with their subjects and craft in mind, class members will write original poems using some of their techniques.

Instructor’s Background: Susan Shaw Sailer taught in the English Department at WVU from 1989-2000. Her poems have appeared in national and regional journals. She has published two books.

17. The Appalachians
Instructor: Barbara Rasmussen
Email: brasmu47@gmail.com
Tuesday, 1:00 - 2:50 pm
Classroom: A
Feb. 4, 11, 18

Course Description: This series of three one-hour films document Appalachian history from the earliest Native Americans to the present day. The documentary, *The Appalachians: A Land and Its People* explores history, culture, religion and music in the region.

Instructor’s Background: Barbara Rasmussen is a retired historian and public history consultant. She is a native West Virginian with 25 years of college teaching experience.
18. Cambodia, Laos, Vietnam: a Memorable Trip to Southeast Asia
Instructor: Sumitra Reddy
Email: smreddy@mail.wvu.edu
Tuesday, 1:00 - 2:50 pm
Classroom: A
Feb. 25

Course Description: Sumitra and her husband Ramana Reddy toured this part of the world in December 2012 by air, car and boat. Who can forget orchids growing in coconut shells, doing Tai Chi on the upper deck of a boat before the sunrise on Halong Bay, dance performance of puppets on water, or trees growing like huge serpents wrapping the ancient temples? Come along and share her experience of the trip.

Instructor’s Background: Sumitra Reddy is a faculty member in the Lane Department of Computer Science and Electrical Engineering at WVU. She and her husband enjoy traveling around the world.

19. Introduction to Basic Watercolor Techniques
Instructor: Susan Hall Witt
Email: knitwit1120@yahoo.com
Tuesday, 2:00 - 4:30 pm
Classroom: MAAG
Jan. 21, 28, Feb. 4, 11, 18, 25

Course Description: This class will explore how watercolors work and will apply that knowledge to small paintings, greeting cards, and “failed art” bookmarks.

Instructor’s Background: 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.
20. Beyond Grammar: A Primer on Semantics and Pragmatics
Instructor: Bill Yahner
Email: byahner@comcast.net
Tuesday, 3:00 - 4:50 pm
Classroom: A
Jan. 21, 28, Feb. 4, 11, 18, 25

Course Description: The simple statement, "thanks a lot," is grammatical; the statement "thanks lot a" is not grammatical, nor does it possess any intrinsic meaning. We know that "thanks lot a" is absurd because we know the rules of English syntax (e.g., the article "a" precedes its noun), a very important part of the grammar of every native English speaker. But we also know that, depending on the situational context, the grammatical sentence "thanks a lot" could express genuine gratitude, or its exact opposite, disdain and disgust. How do we know? The answer is beyond grammar.

Instructor’s Background: Bill Yahner is a former Professor of English whose current interests include cycling, wood chopping, vegetarian cooking, and preparing and presenting OLLI classes. Bill has previously taught several OLLI

21. Chair Caning
Instructor: Kay Beamer
Email: kaybeamer1@aol.com
Tuesday, 3:00 - 4:50 pm
Classroom: BR
Jan. 21, 28, Feb. 4, 11, 18, 25

Course Description: Learn to cane a chair or small bench. You will need a chair frame or stool to work on and must contact the OLLI office by January 2nd if you think you want to take the class so that materials can be ordered.

Instructor’s Background: Kay Beamer is a “graduate” of Carl Taylor’s caning class and has continued to cane a number of projects since then. She has helped friends on a one-to-one basis.
Instructor: Brian Kurcaba
Tuesday, 3:00 - 4:50 pm
Classroom: B
Jan. 28

Course Description: This course will discuss the features, benefits, tax law implications, and three ways to purchase municipal bonds.

Instructor’s Background: Brian Kurcaba has been a Financial Advisor with Edward Jones in Morgantown since 2003. He is on the OLLI at WVU Honor Roll.

23. Long Term Care: Help Protect Your Assets, Your Family and Your Future
Instructor: Brian Kurcaba
Tuesday, 3:00 - 4:50 pm
Classroom: B
Feb. 11

Course Description: This course will explain the importance of planning for potential long term care needs. It will show how long term care insurance can help protect your assets and your future. The right age to buy will also be discussed.

Instructor’s Background: Brian Kurcaba has been a Financial Advisor with Edward Jones in Morgantown since 2003. He is on the OLLI at WVU Honor Roll.
24. Windows 8: Is It Really That Bad?
Instructor: Wallace Venable
Email: wallace.venable@mail.wvu.edu
Tuesday, 6:00 - 7:50 pm
Classroom: CL
Feb. 11

Repeat of Course 5

Course Description: Despite the bad vibes about Microsoft's latest operating system in the techie community, Wally bought a Windows 8 laptop. Win 8 is challenging enough that he also ordered a fat book since computers now seem to come without paper documentation. In this class he will demonstrate some of the new ways of working which are required and summarize about three months of experiences. (He is still sticking with Win XP on several computers.) Wally has been using Windows since Win 3.1

Instructor’s Background: Wally Venable is a WVU mechanical and aerospace engineering emeritus faculty member. Since he has retired he has had time to study local history, glass, and music. He and his wife Norma are authors of the Arcadia book Around Morgantown. Wally is on the OLLI at WVU Honor Roll.

WEDNESDAY

25. Famous Kings of England
Instructor: Earl Melby
Email: emelby1@gmail.com
Wednesday, 10:00 - 11:50 am
Classroom: A
Jan. 22, 29, Feb. 5, 12, 19

Course Description: This course will explore the life and reign of five famous English monarchs: Alfred the Great, William the Conqueror, Richard the Lionheart, Henry VIII and Charles I. The course will include videos with ample time for class discussion.
Instructor’s Background: Earl Melby is an organic polymer chemist who recently retired after working at universities and in industry for many years. An additional interest of his is medieval history. He has previously taught OLLI courses on the Vikings, the Normans and King Alfred the Great as well as on polymers, adhesives and safety of plastics.

26. Where in the World is Mauritius
Instructors: Sue Overman and Terry Green
Email: overmangreen@gmail.com
Wednesday, 10:00 - 11:50 am
Classroom: A
Feb. 26

Course Description: This course is a description of the instructors' recent trip to visit their son and family in Mauritius.

Instructors’ Backgrounds: Terry Green and Sue Overman met as volunteers in Albuquerque, NM. Sue brought Terry back to WV where it was green, and they enjoy travel, visiting family and OLLI classes. They have volunteered in Alaska, New York, Pennsylvania, and West Virginia.

27. Personal and Family History Writing Projects
Instructor: Rae Jean Sielen
Email: rsielen@populore.com
Wednesday, 10:00 - 11:50 am
Classroom: B
Feb. 26, Mar. 5

NEW THIS TERM: EXPANDED TO TWO SESSIONS

Course Description: Topics for this course will include strategies for organizing your material and considerations as you compile, write, and produce your work (e.g., sources, voice, truth, scope, photographs, printing/binding).
Participants will begin identifying approaches suitable for their own goals, materials, audience, and budget. Handouts will be provided and examples of many completed projects shared. Topics related to commercial publishing ventures such as how to sell manuscripts, find agents, and negotiate contracts will not be covered.

**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.

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**28. Nature Photography**  
Instructor: Karel Schubert  
Email: karel.schubert@gmail.com  
Wednesday, 1:00 - 2:50 pm  
Classroom: B  
Jan. 22, 29

**Course Description:** The instructor will cover the basic operation of the camera and principles of photography using examples from his nature and landscape photography. Topics will include focus, depth of field, composition, lighting, exposure, editing, printing, and presentation. Students should bring their own camera with any questions they have on its use.

**Instructor’s Background:** Karel Schubert, a certified master gardener and naturalist and award-winning nature photographer, grew up in Morgantown and received his BS degree from WVU. He has been taking photos his entire life in his work and travels. His primary interests are in nature and landscape photography with special emphasis on the Appalachian Highlands of West Virginia and surrounding region.
29. Guitar Basics
Instructor: Ray Crist
Email: bigday84@yahoo.com
Wednesday, 1:00 - 2:50 pm
Classroom: B
Feb. 5, 12, 19, 26

Course Description: This course will cover basic finger-style playing and chord playing. (Instructor has a limited number of guitars for rental.)

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

30. Writing Discussion Group
Instructor: Mary Ann Samyn
Email: maryann.samyn@mail.wvu.edu
Wednesday, 1:00 - 2:50 pm
Classroom: A
Feb. 5, 19, Mar. 5, 12

Course Description: This class, comprised of OLLI members and MFA students from WVU, will meet to share their poetry and prose and discuss possibilities for revision and/or future writing.

Instructor’s Background: Mary Ann Samyn is Director of the MFA Program in Creative Writing at WVU and the author of five collections of poetry.

31. Hawaii: Birds and Other Tropical Delights
Instructor: Norma Venable
Email: wallace.venable@mail.wvu.edu
Wednesday, 1:00 - 2:50 pm
Classroom: A
Feb. 12

Course Description: Exchange Morgantown's cold weather for the tropical wonders of sunny Hawaii. This course
lecture and DVDs feature Hawaii's birds, wildlife, and spectacular volcanic landscapes.

**Instructor’s Background:** Norma Jean Venable is a retired naturalist with the WVU Extension Service and has taught many OLLI classes.

### 32. Theatre History, Part 2: Roman and Medieval Period
Instructor: James Dylan Held  
Email: Jim.Held@mail.wvu.edu  
Wednesday, 3:00 - 4:50 pm  
Classroom: A  
Jan. 22, 29, Feb. 5, 12, 19, 26

**Course Description:** This course will be a brief history of the Roman and Medieval theatre, its architecture, major plays and dramatists. We'll view and discuss *Pseudolus* as re-imagined for the musical *A Funny Thing Happened on the Way to the Forum* and *Everyman*, the best known Medieval Morality play.

**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*. He is a member of the OLLI at WVU Honor Roll.

### 33. Climate Reality
Instructor: Sandra Fallon  
Email: sfallon3@comcast.net  
Wednesday, 3:00 - 4:50 pm  
Classroom: BR  
Feb. 5

**Course Description:** This course reviews the impacts and explains the link between climate change and extreme weather events, identifies sources of greenhouse gasses, reviews climate scientists' analyses of temperature increases,
identifies trends in the growing use of renewable energy, and presents options for addressing the climate crisis.

**Instructor’s Background:** Sandra Fallon is a concerned citizen and a member of Climate Reality Project’s Leadership Corps, one of 6,000 volunteers worldwide trained by former Vice-President and Nobel Laureate Al Gore to educate community members about climate change.

**34. Meet the Androids**
Instructors: Wallace Venable and Dee Quaranto
Email: wallace.venable@mail.wvu.edu
dee.quaranto@gmail.com
Wednesday, 6:00 - 7:50 pm
Classroom: A
Feb. 12

**Course Description:** The Android operating system was developed by Google for portable devices. Tablets using this system can be purchased for well under $100. They can connect with the world using WIFI, and are not phones. In September Wally and Dee independently bought tablets mostly to see what these "bargain basement" devices can, and can not, do. They will present views based on their experiences. Come find out whether you should buy one or throw out the one you received for Christmas.

**Instructors’ Backgrounds:** Wally Venable and Dee Quaranto regularly teach OLLI computer classes and are proponents of the low-cost approach to computer hardware and of using free software when possible. Wally is on the OLLI at WVU Honor Roll.

**THURSDAY**

**35. Writing "Retreat”**
Instructor: Rae Jean Sielen
Email: rsielen@populore.com
Thursday, 10:00 - 11:50 am
Classroom: B
Jan. 23, 30, Feb. 6, 13, 20, 27
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.

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.

Instructor: Leo Horacek
Thursday, 10:00 - 11:50 am
Classroom: A
Jan. 23

Course Description: Before the development of the symphony there was no significant music for the orchestra. The earliest important works came about in the middle of the 18th century. This development occurred almost entirely with German composers. Participants will hear samples of each step along the way.

Instructor’s Background: Leo Horacek is professor emeritus of music at WVU. He is on the OLLI at WVU Honor Roll, and this is his 56th OLLI course.
38. Jane Austen's *Persuasion*
Instructors: Carolyn Nelson and Barbara Howe
Email: cnelson2@wvu.edu; bhowe@wvu.edu
Thursday, 10:00 - 11:50 am
Classroom: A
Feb. 6, 13, 20, 27

**Course Description:** This course will focus on Jane Austen's final completed novel, *Persuasion*, set in 1814. We will discuss Austen's life experiences and family relationships and then talk about the novel. The class will watch a video of the novel as well. (Please read chapter one before the first class.)

**Instructors’ Backgrounds:** Carolyn Nelson taught courses on women writers in the WVU English Department. Barbara Howe taught American Women's History at WVU and has published articles on the subject.
39. Hospice 101 and Advance Care Planning
Instructor: Carrie W. O'Neil MSW
Email: coneil@hospicecarecorp.org
Thursday, 1:00 - 2:50 pm
Classroom: B
Jan. 23, 30

Course Description: This course will provide an in-depth overview of hospice services, with a special focus on palliative end of life care for not only patients but also their families. It will also address an overview of advance care planning, its importance, and how it affects the end of life.

Instructor’s Background: Carrie O'Neil is a Morgantown native and WVU alumna with BS and MA degrees in Social Work with specialization in aging and health care. She has worked for Hospice Care Corporation for 12 years as a primary social worker, with roles in management and education. Carrie will also have an RN, chaplain and bereavement counselor with her as specialized presenters.

40. Sing-Along with the Oldies but Goodies
Instructor: Brenda Meneely
Thursday, 1:00 - 2:50 pm
Classroom: A
Feb. 6

Course Description: Do you remember "sing along; just follow the bouncing ball"? This course will explore the oldies but goodies based on Sing Along with Mitch Miller, a TV program in the 60s, which started the bouncing ball over the words, sing along phenomena. Come and enjoy songs from the 20s forward, like Let Me Call You Sweetheart. Live piano and great YouTube videos will make this class fun for all voices.

Instructor’s Background: Brenda Meneely has an AA in pipe organ and is a member of the American Guild of Organists. She has enjoyed playing dinner music and sing-alongs thru the years for various private and church functions.
41. Understanding Your State Judicial System
Instructor: Judge Larry V. Starcher
Email: larrystarcher@comcast.net
Thursday, 1:00 - 2:50 pm
Classroom: A
Feb. 13, 20

Course Description: Most of this course will deal with the Supreme Court of Appeals. That is the court in Charleston from which appeals are made from local circuit court decisions. It is the court system most people are least familiar with. Time permitting, some discussion may be devoted to the entire state judiciary.

Instructor’s Background: Larry Starcher has served as a local Circuit Court Judge (1977-1996) for 18 years and as a Supreme Court Justice (1997-2008) for 12 years. In both of these positions he served as Chief Judge. He has extensive experience in all phases of the state judiciary. He currently serves as a lecturer at the WVU College of Law and has the title of Senior Status Justice.

42. Zumba Gold/Silver Sneakers
Instructor: Dawn O'Dell
Email: dawn.odell@yahoo.com
Thursday, 3:00 - 4:50 pm
Classroom: MCR
Jan. 23, 30, Feb. 6, 13, 20, 27

Course Description: This easy to follow program lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh and exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

Instructor’s Background: Dawn O'Dell has been teaching Zumba for over five years. She enjoys encouraging people at all ages and all fitness levels to be a part of the most fun activity she has ever done. Come join her and Zumba for joy!
43. **Appalachian Music by WV Musicians**  
Instructor: Butch Neal  
Email: bneal@augusta-wv.com  
Thursday, 3:00 - 4:50 pm  
Classroom: A  
Jan. 23, 30, Feb. 6, 13, 20, 27  

**Course Description:** The class will listen to vinyl albums of WV musicians and discuss the music and the musicians. This will be old-time, string band Appalachian music.

**Instructor’s Background:** Butch Neal has been collecting Appalachian music since 1972 and has known most, if not all, of the musicians he will be discussing.

44. **Turn Back the Clock: Lifestyle, Nutrition, and Aging**  
Instructor: Liz Quintana  
Thursday, 3:00 - 4:50 pm  
Classroom: B  
Jan. 23  

**Course Description:** The aging process depends on a combination of both genetic and environmental factors. Discussion will focus on the impact of lifestyle and nutrition on disease and the aging process. How can we turn back the clock?

**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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**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.**
45. Climate Reality
Instructor: Sandra Fallon
Email: sfallon3@comcast.net
Thursday, 3:00 - 4:50 pm
Classroom: B
Jan. 30

Repeat of Course 33

Course Description: This course reviews the impacts and explains the link between climate change and extreme weather events, identifies sources of greenhouse gases, reviews climate scientists' analyses of temperature increases, identifies trends in the growing use of renewable energy, and presents options for addressing the climate crisis.

Instructor’s Background: Sandra Fallon is a concerned citizen and a member of Climate Reality Project’s Leadership Corps, one of 6,000 volunteers worldwide trained by former Vice-President and Nobel Laureate Al Gore to educate community members about climate change.

46. Violence in Video Games
Instructor: Jacob Mullett
Email: jakemullettwv@gmail.com
Thursday, 6:00 - 7:50 pm
Classroom: A
Feb. 6

Course Description: From your six-year-old playing Mario Kart to a college student fighting off zombies--what violence do these gamers see and experience? What do these players think about this violence? How does it affect them? This course will be a survey of popular video games played by children, teens, and adults. Backgrounds, explanations, and video clips of game play and violence in each game will be shown. Questions will be answered and discussion will follow the presentation.

Instructor’s Background: Jake Mullett is a 17-year-old University High School student. His interests include football, airsoft, computers, drones, and video games. He intends to study engineering.
FRIDAY

47. Christology: The Humanity and Divinity of Jesus of Nazareth
Instructor: Freya Swanson
Email: freyaswa@gmail.com
Friday, 1:00 - 2:50 pm
Classroom: B
Jan. 24, 31, Feb. 7, 14, 21, 28

Course Description: This course will examine the historical evolution of Christian belief regarding the nature of Jesus and its effects, and the separation into different denominations.

Instructor’s Background: Freya Swanson had so much fun teaching the World Religions class over the summer, she had to create another! Taking the suggestion to focus on one religion, this class is constructed to focus on Christianity.

48. Meet the Androids
Instructors: Wallace Venable and Dee Quaranto
Email: wallace.venable@mail.wvu.edu
dee.quaranto@gmail.com
Friday, 1:00 - 2:50 pm
Classroom: A
Jan. 31

Course Description: The Android operating system was developed by Google for portable devices. Tablets using this system can be purchased for well under $100. They can connect with the world using WIFI, and are not phones. In September Wally and Dee independently bought tablets mostly to see what these "bargain basement" devices can, and can not, do. They will present views based on their experiences. Come find out whether you should buy one or throw out the one you received for Christmas.

Instructors’ Backgrounds: Wally Venable and Dee Quaranto regularly teach OLLI classes and are proponents of the low-cost approach to computer hardware and of using free software when possible. Wally is on the OLLI at WVU Honor Roll.
49. Valentine's Day Sing-Along and Potluck Lunch
Instructor: Brenda Meneely
Friday, 1:00 - 2:50 pm
Classroom: A
Feb. 14

Course Description: Join us for a potluck lunch and sing along with a Valentine’s Day theme. Be sure to register early. Bring your favorite dish to share and your voice.

Instructor’s Background: Brenda Meneely has an AA in pipe organ and is a member of the American Guild of Organists. She has enjoyed playing dinner music and sing-alongs thru the years for various private and church functions.

50. Chronic Disease Self-Management Class
Instructor: Johnna Bailey
Email: Johnna.r.bailey@wv.gov
Friday, 3:00 - 4:50 pm
Classroom: A
Jan. 24, 31, Feb. 7, 14, 21, 28

Course Description: This program, developed by Stanford University, provides valuable resources to those suffering from, or the caretakers of those suffering from, a chronic condition such as depression, high blood pressure, cancer, diabetes, asthma, and obesity. This course teaches techniques such as healthy eating, communicating effectively, making an action plan, dealing with difficult emotions, and more. The participants will receive a copy of Living a Healthy Life with Chronic Conditions.

Instructor’s Background: Johnna Bailey, the Healthy Community Developer for Monongalia County, is an AmeriCorps member through the Change the Future WV program. Johnna is a certified Community Health Education Resource Person and earned her degree from Marshall.
51. Stress Less with Mindfulness
Instructor: Eric Murphy
Email: Eric.Murphy@mail.wvu.edu
Friday, 3:00 - 4:50 pm
Classroom: B
Jan. 24, 31, Feb. 7, 14, 21

Course Description: Learning how to gently, "mindfully" shift one's awareness is fun and healthy for our minds and bodies. This research-based class will combine 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, choosing to focus on pleasant/funny experiences. Please dress comfortably.

Instructor’s Background: Eric Murphy is a clinically trained health educator, psychotherapist and has been employed in corporate, private, academic and community settings since 1992. After receiving a BA in liberal arts with an emphasis in special education and art education, he earned an MA in Community Counseling and an MS in Community Wellness from WVU. Mr. Murphy is continually training to improve and expand his skills by facilitating educational community workshops and providing health education to various organizations and helps community members review and evaluate their life situation and clarify their true goals.

Once you have paid your dues, you may register for courses online or send in the Registration Form.
www.olliatwvu.org
SPECIAL INTEREST GROUPS

On the first Monday of each month, for individuals who enjoy good conversation with friends,

_The Carl Taylor Chat ‘n Chew,_

It has been meeting at Shoney’s and will meet at 9:00 am at a **New Location TBD in the New Year.**

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On the **second Wednesday** of the month at 3:00 pm in Classroom B 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.

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**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.**

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**Watercolor**

On Tuesdays from 2:00 pm - 4:30 pm at the Morgantown Art Association and Gallery, be creative and paint with watercolors, **between OLLI terms.**
OLLI goes to the
WVU School of Theatre and Dance

Coordinator: Stan Cohen

- Saturday, February 7, 2014 - *DANCE NOW* (followed by talkback session with performers)
- Sunday, March 23, 2014 - *THE GLASS MENAGERIE*, by Tennessee Williams, Gladys G. Davis Theatre
- Sunday, April 27, 2014 - *HENRY IV*, by William Shakespeare, Gladys G. Davis Theatre

Course description: The WVU School of Theatre and Dance (http://theatre.wvu.edu/) presents another exciting series of performances. OLLI members can purchase group tickets for the last matinee performance of the play at reduced rates. You can attend any or all of the plays in the series.

Additional cost to students: Cost of ticket ($10.00) for each performance.

Payment through the OLLI office is required no later than the Monday preceding the date of the performance.

Please make checks payable to Stan Cohen.

Tickets will become available at the WVU CAC box office prior to the day of the performance.

Further details and informational web links will become available in the OLLI Friday Bulletin.

Coordinator’s background: Stan Cohen taught a variety of psychology courses at WVU from 1972 to 2008.
Transportation Available
We are pleased to announce that In Touch and Concerned (ITAC) will continue to provide our members with free transportation to and from OLLI classes for the upcoming term.

Donations are welcome and encouraged.

Please call ITAC as soon as you register for your classes as scheduling is on a first come, as available, appointment basis.

To schedule transportation, please contact ITAC:
(304) 296-6109; www.itacwv.org

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.
Gilbert and Sullivan’s  
_Utopia Limited_  
Pittsburgh Savoyards  
March 9, 2014

This Spring, the Pittsburgh Savoyards celebrate their 75th season with the Pittsburgh Premiere of Gilbert and Sullivan’s _Utopia Limited_, with Music Director and Conductor Guy Russo, and Stage Director and Choreographer Robert B. Hockenberry.

**Price:** $55.00  
**Bus leaves from Mountaineer Station at 10:30 am.**  
**Lunch is on your own at Papa J’s Restaurant in Carnegie, PA.**

Registration for _Utopia Limited_, March 9, 2014  
Last day to register: February 21, 2014

Name ________________________________________  
Phone ________________________________________  
Email _________________________________________  

_____Number of tickets  
______________ Amount enclosed

Mail check, payable to: **WVU Foundation, Inc.**,  
to: OLLI at WVU  
Mountaineer Mall Unit D-9  
PO Box 9123  
Morgantown, WV 26506-9123
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.

$100K 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.

There are many ways to 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](http://www.mountaineerconnection.com/givetoOLLI). In the designation, please select ‘100K Club’.

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

100% of all contributions will be deposited in the OLLI $100K Club fund # 2W769, established at the WVU Foundation, Inc., and are accessible for the immediate and long-term benefit of the Osher Lifelong Learning Institute at West Virginia University.
La Bohème
Pittsburgh Opera
Benedum Center
April 6, 2014

ROMANCE, FRIENDSHIP, AND A STRUGGLE FOR SURVIVAL IN THE CITY OF LIGHTS

It’s Christmas Eve in Paris, and a young poet meets the love of his life. Their time together is a poignant picture of poverty and illness, shared by friends. The entrancing set captures the charm and vigor of 19th-century Paris.

Bus leaves from the Mountaineer Station at 10:30 am. Lunch is on your own.

Registration for La Bohème, April 6, 2014
Last day to register: March 21, 2014

Name______________________________________
Phone _____________________________________
Email______________________________________

Orchestra seats ($75.00) _____ Number of tickets _____
First Tier seats ($60.00) _____ Number of tickets _____
Bus trip only ($30.00) _____
Amount enclosed _______

Mail check payable to: WVU Foundation, Inc., to:
OLLI at WVU
Mountaineer Mall Unit D-9
PO Box 9123
Morgantown, WV 26506-9123
A Special Between-Terms Lecture

March 12, 2014
1:00 pm
OLLI Classroom B

The West Virginia Rosie the Riveter Project:
A Model for America

“How West Virginia is Leading a National
Rosie the Riveter Movement”

An afternoon with Anne Montague
If possible, a Rosie the Riveter will help present.

For five years, the West Virginia Rosie the Riveter Project has worked to create a unique and outstanding project so that American communities can know and work with living Rosie the Riveters. Part I explains how women "on the home front" did thousands of jobs critical to shortening World War II; the women's movement; and helping combat soldiers adjust back to civilian life. Part II demonstrates how Thanks! Plain and Simple ("Thanks!"), a West Virginia nonprofit organization, has worked with "Rosies" to create projects and educational tools in West Virginia that are being replicated or used nationwide.

Anne Montague, Founder and Executive Director of "Thanks!" has a history of creating projects that improve people's productivity and desire to work together. She returned to West Virginia, her home state, to apply her experiences to creating projects in West Virginia that need to be done in America.

Light refreshments will be served following the presentation.
THE LIFE OF AN ARTIST, BETWEEN WORLDS OF THE LIVING AND THE DEAD
The myth of Orpheus and Eurydice gets a “lyrical, even seductive” (*Washington Times*) makeover from Philip Glass, via French visionary Jean Cocteau: the poet Orphée becomes involved with a mysterious Princess. Love eventually triumphs...but not without a price.

**Bus leaves from the Mountaineer Station at 10:30 am.**
**Lunch is on your own.**

Registration for *Orphée*, May 4, 2014
**Last day to register: April 18, 2014**

Name______________________________________
Phone_______________________________________
Email_______________________________________

Orchestra seats ($75.00) _____ Number of tickets _____
First Tier seats ($60.00) _____ Number of tickets _____
Bus trip only ($30.00) _____
Amount enclosed _______

Mail check payable to: WVU Foundation, Inc., to:
OLLI at WVU
Mountaineer Mall Unit D-9
PO Box 9123
Morgantown, WV 26506-9123
LOOKING AHEAD
(Dates subject to change)

Annual Meeting: June 8, 2014 *(WVU Health Science Center)*

**2014 Summer Term:** July 7 - August 1, 2014
April: Solicit proposals for Summer
April 28: Instructor proposals due
May 16: Instructor commitment forms due
June 25: Pre-term reception

**2014 Fall Term:** September 22 – October 31, 2014
July: Solicit proposal for fall
July 31: Instructor proposal due
August 13: Instructor Commitment Forms due
September 10: Pre-term Reception

Holiday Reception: December 10, 2014

Are you missing out?
Call the office (304.293.1793) or send an email
(learners@hscl.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!
Thank You!

Nancy Merrifield
For your dedicated service to ALL, OLLI, the Center on Aging and West Virginia University.

Following 32 years of service to West Virginia University, of which 30 years have been with the Center on Aging, Nancy Merrifield is retiring. Her last day will be January 2, 2014. She has been an invaluable asset to the organization and will be greatly missed.
Celebrating 20 years of Lifelong Learning in our community
1993-2013

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