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

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

During four terms each year, OLLI at WVU offers courses, lectures, seminars, and field trips in such areas as music, literature, art, science, politics, nature, history, health, medicine, and economics. Live drama, movies, and 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 who love to share their ideas.

Free from the pressures of tests and grades, OLLI members are learning simply for the joy of it.

Supporters

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

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

The Bernard Osher Foundation

The Bernard Osher Foundation seeks to improve quality of life through the support of lifelong learning institutes such as OLLI at WVU. The Foundation was founded in 1977 by Bernard Osher, a respected businessman and community leader. The Foundation has now funded 122 Osher Lifelong Learning Institutes on campuses of colleges and universities from Maine to Hawaii. Funding for OLLI is contingent upon membership growth goals, so membership matters. To learn more about The Bernard Osher Foundation, please visit their website at www.oshерfoundation.org.

OLLI Board of Directors (2018-2019)

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George Trapp, Treasurer
Sarah Woodrum, SPH Rep.
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Nominating Chair: Kathy Hanko
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Staff

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Michelle Klishis, Professional Technologist
Diane Cale, Program Assistant
Dalyn Grimm, Office Assistant

About OLLI at WVU

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

- OLLI member
Welcome to the Osher Lifelong Learning Institute (OLLI) at WVU spring 2019 term. Whether you’ve been a member for several years, just a few years, or are new to our lifelong learning program, I’m sure that you’ll find something in our spring schedule to peak your interest.

With descriptive taglines such as Learning for the Fun of It and Curiosity Never Retires, OLLI strives to inspire us to explore new topics, seek out knowledge, and remain intellectually challenged as we grow older. Lifelong learning has been shown to reduce cognitive decline and enjoy better mental health.

OLLI at WVU does more than just offer classes though. As an affiliate of the WVU School of Public Health, OLLI is uniquely situated to help address the growing concern of social isolation among older adults. Through shared interests, social events, discussion groups, and volunteer opportunities, we provide an environment for people to connect with one another and form new friendships.

With in-depth lectures and presentations in history, literature, and science; hands-on experiences in art, theatre, and forensics; health and wellness classes to get you on your feet and moving; adventurous travel and field trips; and much more, we offer over 200 opportunities annually for you to become a member of the OLLI family.

If you’ve never been a member of OLLI at WVU, we invite you to attend an open house, community event, or a single-session class at no charge. Simply call the OLLI office at 304-293-1793 to ask about a visitor pass. If you’re already a member, help us spread the word and invite a friend to class. Be sure to check with the office about available seating.

I look forward to seeing you in class!

Jascenna Haislet
Director, OLLI at WVU

Be an OLLI Ambassador!

Our members are our best recruiters.
Share your OLLI experience with a friend.

Bring a friend to a class *(please pick up a guest pass from the office)*
Offer a catalog
Suggest a membership*
Give a gift certificate *(available in the OLLI office)*

*If you refer a friend who purchases a new membership, you will be entered in a drawing to receive a free term of OLLI courses. The referral must be confirmed by the new member.
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Classroom Key
All classes are held in the Mountaineer Mall in Morgantown, unless otherwise stated.

A - Classroom next to the OLLI office.  
B - Classroom under the OLLI sign.  
CL - Computer Lab, first door on the left down the hall next to B, near the restrooms.  
CR - Mountaineer Mall Community Room, next to Senior Monongalians.  
FT - Meet outside of Mountaineer Mall South Entrance doors.  
MAAG - Morgantown Art Association & Gallery, Mountaineer Mall.  
MDS - Morgantown Dance Studio, Mountaineer Mall.  
Other - See course description for location.

OLLI members may enroll for any OLLI class, regardless of class location.
Membership is open to curious adults interested in programming designed specifically for those 50 and over who want to engage socially and intellectually.

**The Benefits of OLLI Membership**

- The opportunity to learn and to meet new friends.
- Discounts on travel and various events around the community.
- At least one free Special Member Event per term.
- Access to the OLLI collection of Great Courses DVDs and books.
- Access to OLLI Member Lounge and Computer Lab.
- Quarterly OLLI Connections newsletter and weekly email bulletin.
- A voice in OLLI governance and invitation to the OLLI Annual Meeting.
- The right to run for the OLLI Board or serve on a committee.
- The right to be added to a course wait list.
- Free parking at the Mountaineer Mall.
- Financial assistance for registration fees.

**Term Registration Fee**

- OLLI members may register for **unlimited courses for $30 per term**.
- Other fees may apply and are noted on individual courses, events, or groups.
- **Special Member Events are free** to all current OLLI members unless otherwise noted.

Discounts are available for our volunteer instructors.

Contact the OLLI office at 304-293-1793 for more information.

**Annual Membership**

*Annual membership is $30*

Membership year runs July 1st to June 30th.

**Financial Assistance Available**

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

**How to Register**

Spring term runs April 1st through June 31st. Most programming is scheduled between April 8th and May 18th.

To register, you must have a current membership and have paid the required fees for the term.

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

- **Online** at [www.olliatwvu.org](http://www.olliatwvu.org) using Augusoft Lumens.  
  See page 26 for detailed instructions to register online.
- **In person** at the OLLI office at the Mountaineer Mall in Morgantown.
- **By mail**, using the enclosed membership/registration form.
  Mail the form to:
  
  OLLI at WVU  
  PO Box 9123  
  Morgantown, WV 26506-9123

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

*If you pay with a credit or debit card, the charge will show as: Nesius West Virginia Treasury Basics*

**Spring Registration begins March 18, 2019**
Registration & Attendance Matter

We understand that plans change, especially when you’re asked to commit to something several weeks in advance. However, it is important to register for the classes that you wish to attend. Enrollment records help us demonstrate our members’ active participation in the program when seeking funding from grant-makers and policy-makers. Also, we occasionally have classes which fill quickly so one that you wish to attend may already have a wait list.

If you are unable to attend a class for which you are registered, please notify the OLLI office. Another person may be anxiously awaiting your cancellation so that he or she may participate in the class.

Please be respectful of the time and efforts of our volunteer instructors and your fellow OLLI members.

Mark Your Calendars!

Other Important Dates

March 21 OLLI Open House
April 12 Board meeting
April 22 Summer course proposals due
May 10 Board meeting
June 17 Summer registration begins
June 19 OLLI Annual Meeting
July 8 Summer term begins
July 12 Board meeting
July 13 Fall course proposals due
August 9 Board meeting
September 16 Fall registration begins
September 30 Fall term begins

Look for this icon next to the course titles beginning on page 16!

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

Contact Us

Physical Address:
Osher Lifelong Learning Institute at West Virginia University
Mountaineer Mall, Suite C-17
5000 Green Bag Rd.
Morgantown, WV 26501

Mail Address:
OLLI at WVU
PO Box 9123
Morgantown, WV 26506-9123

(304) 293-1793
www.olliatwvu.org
Email: olli@hsc.wvu.edu
Like us on Facebook at Osher Lifelong Learning at WVU

OLLI Office Hours
9:00 a.m. - 5:00 p.m.
Monday - Friday
Closed Saturdays, Sundays, and University holidays

Can’t make it to your class?

Please call the OLLI office at 304-293-1793 to let us know so we can open your seat to someone on the wait list!
Thank You to Our Sponsors

The Village at Heritage Point

Inspired senior living in the heart of Morgantown

The Village at Heritage Point is proud to be a sponsor of OLLI at WVU.

Please call 304-285-5575 or visit www.Heritage-Point.com

Giving to Your OLLI

The Osher Lifelong Learning Institute at WVU is dedicated to providing the highest quality educational, recreational, and social opportunities possible to our members. For many years, we have been able to offer 200 or more classes, workshops, lectures, discussions, and field trips annually.

In order to sustain and grow the program, your financial support is needed. Although OLLI receives support from WVU and earnings from the Osher Endowment, this funding covers only about 50% of our expenses. Membership and registration fees cover another 25%. Therefore, the remaining 25% must be raised through donations, gifts, sponsorships, and grants.

Your donation to OLLI can help keep the lights on in the classrooms, support community outreach, provide hand-outs in a class, buy coffee for our member lounge, pay the printing and postage for course catalogs, and more.

OLLI members and friends may give during the Annual Giving Campaign, when you renew a membership or enroll for classes, or any time during the year. You may choose to set up a monthly recurring gift.

You can choose to designate your gift to OLLI’s area of greatest need, the $100K Club, the scholarship fund, or the OLLI endowment. You may choose to leave a Legacy Gift, make a Tribute Gift, or give through an IRA Charitable Rollover.

With a variety of giving options, you can choose the gift that works best for you.

For more information, call the OLLI office at 304-293-1793 or Karen Galentine (kegalentine@hsc.wvu.edu) at 304-293-1828.

To give today, visit https://give.wvu.edu/public-health-olli or add your tax-deductible donation to the enclosed class registration form.

Thank you for your continued support of lifelong learning and OLLI at WVU.
Supporting OLLI at WVU & lifelong learning in Morgantown

Harmony at Morgantown
(304) 212-4939
harmonyatmorgantown.com
Over the past three years, OLLI has been working to incorporate improved technology into our operations and create a stronger online presence. By doing so, we are working to provide a better experience for our members while reducing our carbon footprint. Below are some of the resources available to OLLI members. If you have questions or need assistance accessing these resources, please call the OLLI office at 304-293-1793.

**OLLI Website**
The OLLI@WVU website (https://olliatwvu.org) is your resource for a great variety of information about our program, including class schedules, OLLI news, class handouts, FAQs about teaching, the OLLI member handbook, travel opportunities, minutes from board meetings, and much more. You can also access our registration site, https://wvusph-olli.augusoft.net/, from olliatwvu.org.

**Friday E-bulletin**
Every Friday morning, we send out a weekly email bulletin to let you know about upcoming events, as well as a digest of the next week’s classes, meetings, and events. We strongly encourage you to join our ListServ so you’re always in the know.

OLLI does not share your email address with anyone. We use your address only to inform you of news and upcoming events. Make sure you’re signed up for our mailing list so you don’t miss any special news or added classes.

**OLLI Connections**
OLLI Connections is a quarterly email newsletter sent to all members. If you do not have an email address, you can request to be sent a paper copy.

**OLLI on Facebook**
Follow OLLI on Facebook at Osher Lifelong Learning Institute at WVU. Find out when the latest catalog will be available online, see pictures from classes, learn about special events, and read interesting articles from a variety of sources.

**Online Registration**
You can register for your classes online at https://wvusph-olli.augusoft.net/. Instructions can be found on page 26. If you’ve forgotten your username, that’s ok! If you’ve forgotten your password, that’s also ok! There are links for recovering both on our website, so as long as you know your email address, you can get back in.

This online registration system has allowed us to do away with paper receipts, so your receipts are sent directly to your inbox. Please double check to make sure your email address is correct in our system!

Please note that this portion of the WVU OLLI website is run by a third party, so the URL (web address) will be different for online registration than for the main OLLI website.

**Class Materials Online**
We have created an online repository for class handouts: https://olliatwvu.org/for-members/member-resources/document-repository/. This page contains course handouts that instructors have given permission for posting, as well as technology-related handouts we hope you will find useful.

The technology handouts have hyperlinked indexes (so you can just click on a link to jump to the bit you want to learn about) and are regularly updated so you can always access the most up-to-date information we have available.

**Go Green!**
You can opt out of receiving our printed catalog. All classes and special events are listed on the OLLI registration site, and courses that are added after the catalog goes to print will be there as well. Members who opt out of the printed catalog will receive a PDF (electronic) copy of the catalog as soon as it is sent to the printer, before it even goes out in the mail.

OLLI classes are thought-provoking and inspiring.
Register for OLLI Online

Browse the OLLI catalog, purchase or renew a membership, and register for classes and events online.

1. Go to olliatwvu.org

2. Click on Register Here on the left side of the screen.

3. You will be redirected to https://wvusph-olli.augusoft.net Click on LOGIN/CREATE ACCOUNT.

4. If you have been an OLLI member in the last two years, you already have an account. Contact the OLLI office if you need your username and password. Please do not create a new account.

5. You will see Welcome, Your Name in the gold bar above BROWSE on the left side of the screen if your login was successful.

6. Click BROWSE to purchase or renew a membership or browse OLLI classes and events.

7. If you are purchasing or renewing a membership, click on JOIN OLLI, select the appropriate membership and click Submit.

8. To register for classes and events, click on BROWSE, then ALL CLASSES.

9. Browse by day or topic.

10. To select a class or event, click on the Add to Cart button on the right side below the class information.

11. When finished making your selections, click on CHECKOUT next to the VIEW CART on the right in the gold bar.

12. Review your selections and click on the blue CHECKOUT button at the bottom of your order. If there is a balance due, you will be taken to a screen to enter your credit card information. If there is no balance due, you will be taken to the Order Complete screen.
### Spring 2019 Schedule at a Glance

<table>
<thead>
<tr>
<th>Page #</th>
<th>Day, Time</th>
<th>Sessions</th>
<th>Date(s)</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>22</td>
<td><strong>Monday, 10:00 a.m. - 11:50 a.m.</strong></td>
<td>6</td>
<td>April 8 - May 13</td>
<td>A</td>
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<tr>
<td></td>
<td><em>The New Yorker Discussion Group (Racin, Cooper)</em></td>
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<tr>
<td>17</td>
<td>Playing the Lap Dulcimer (Werner)</td>
<td>6</td>
<td>April 8 - May 13</td>
<td>B</td>
</tr>
<tr>
<td>18</td>
<td>Stop the Bleed (Willard)</td>
<td>1</td>
<td>April 15</td>
<td>CR</td>
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<td><strong>Monday, 12:45 p.m. - 2:35 p.m.</strong></td>
<td>5</td>
<td>April 8 - May 13</td>
<td>B</td>
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<td>21</td>
<td>World Religions (Swanson)</td>
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<td>15</td>
<td>Yarn Arts Group</td>
<td>ongoing</td>
<td>April 8 - May 6</td>
<td>A</td>
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<td>23</td>
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<td>April 8</td>
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<td></td>
<td>Microsoft Office: Basics (Klishis)</td>
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<tr>
<td>22</td>
<td><strong>Monday, 3:00 p.m. - 4:50 p.m.</strong></td>
<td>5</td>
<td>April 1 - 29</td>
<td>CR</td>
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<tr>
<td>18</td>
<td>Introduction to Exercise Physiology (Leary)</td>
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<tr>
<td>16</td>
<td>MonRiver New Horizons Band (Harvey)</td>
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<td>April 8 - May 13</td>
<td>B</td>
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<tr>
<td>22</td>
<td><em>The New Yorker Discussion Group II</em></td>
<td>6</td>
<td>April 8 - May 13</td>
<td>Other</td>
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<tr>
<td></td>
<td><strong>Monday &amp; Wednesday, 3:30 p.m. - 4:50 p.m.</strong></td>
<td>7</td>
<td>April 8 - 29</td>
<td>A</td>
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<tr>
<td>22</td>
<td>Geological History of Planet Earth: Evolution (Smosna)</td>
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<td></td>
<td><strong>Tuesday, 9:00 a.m. - 12:00 p.m.</strong></td>
<td>1</td>
<td>May 21</td>
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<tr>
<td>14</td>
<td>The Museum of American Glass</td>
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<tr>
<td>23</td>
<td><strong>Tuesday, 10:00 a.m. - 11:50 a.m.</strong></td>
<td>6</td>
<td>April 2</td>
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<tr>
<td></td>
<td>Spring Wildflowers of the WVU Core Arboretum Lecture (Fowler)</td>
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<tr>
<td>18</td>
<td>Yoga for Wellness (Hnizdo)</td>
<td>6</td>
<td>April 9 - May 14</td>
<td>MDS</td>
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<tr>
<td>20</td>
<td>Spice From Life (Kinkus)</td>
<td>6</td>
<td>April 9 - May 14</td>
<td>B</td>
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<tr>
<td>21</td>
<td>Climate Change, Microbes, and Potable Water... (Thomas)</td>
<td>2</td>
<td>April 30 &amp; May 7</td>
<td>A</td>
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<tr>
<td>20</td>
<td>Official Symbols of West Virginia (Johnson)</td>
<td>1</td>
<td>May 14</td>
<td>Other</td>
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<td><strong>Tuesdays &amp; Thursdays, 10:00 a.m. - 11:50 a.m.</strong></td>
<td>4</td>
<td>April 23, 25, May 2, &amp; 7</td>
<td>Other</td>
</tr>
<tr>
<td>24</td>
<td>Birding West Virginia (Herron)</td>
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<tr>
<td>19</td>
<td>What the Ancients Knew: The East (Reddy)</td>
<td>2</td>
<td>April 16 &amp; 23</td>
<td>A</td>
</tr>
<tr>
<td>17</td>
<td>Evaluating Online Health Information (Desouky)</td>
<td>1</td>
<td>May 14</td>
<td>A</td>
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<tr>
<td></td>
<td><strong>Tuesday &amp; Thursday, 12:45 p.m. - 2:35 p.m.</strong></td>
<td>2</td>
<td>April 16 &amp; 18</td>
<td>B</td>
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<tr>
<td>17</td>
<td>Play and Novel Writing (Fidler)</td>
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</tr>
<tr>
<td>24</td>
<td>Special Places in WV: Famous Places, Part 2 (Johnson)</td>
<td>2</td>
<td>May 14 &amp; 16</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td><strong>Tuesday, 1:00 p.m. - 2:00 p.m.</strong></td>
<td>ongoing</td>
<td>April 9, 23, May 14, 28, June 11, &amp; 25</td>
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<tr>
<td>14</td>
<td>Ask a Geek (Klishis)</td>
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<tr>
<td>23</td>
<td><strong>Tuesday, 1:00 p.m. - 3:30 p.m.</strong></td>
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<td>April 16</td>
<td>CL</td>
</tr>
<tr>
<td></td>
<td>Using Microsoft Word (Klishis)</td>
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<td>23</td>
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<td>16</td>
<td><strong>Tuesday, 3:00 p.m. - 4:00 p.m.</strong></td>
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<td>MAAG</td>
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<td>19</td>
<td>Bizarre Deaths and True Crime (Rauch)</td>
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<td>18</td>
<td>Sexual Health and Safety Beyond Age 50 (Ashcraft)</td>
<td>4</td>
<td>April 9 - 30</td>
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<td><strong>Tuesday, 6:00 p.m. - 7:50 p.m.</strong></td>
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<td>April 30 &amp; May 7</td>
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<td>20</td>
<td>Basic Car Care and Maintenance (Patrick)</td>
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<td>23</td>
<td>Technology Security (Klishis)</td>
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<td>19</td>
<td>Breakthrough or Breakdown? (Hammersmith)</td>
<td>3</td>
<td>April 10, 24, &amp; May 1</td>
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<tr>
<td>21</td>
<td>Aging as a Disease: Are You Crazy? (Thomas)</td>
<td>2</td>
<td>May 1 &amp; 8</td>
<td>A</td>
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<tr>
<td>15</td>
<td>Fall Risk Assessment and Prevention (Benezra)</td>
<td>1</td>
<td>April 10</td>
<td>A</td>
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<tr>
<td>17</td>
<td>More Quaint, Unusual, and Charming Songs (Horacek)</td>
<td>1</td>
<td>May 15</td>
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<td><strong>Wednesday, 12:45 p.m. - 2:35 p.m.</strong></td>
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<tr>
<td>21</td>
<td>DNA, Genetics, and Genealogy (Cockburn)</td>
<td>6</td>
<td>April 10 - May 15</td>
<td>A</td>
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<tr>
<td>16</td>
<td>A History of Film, Part 1 (Held)</td>
<td>6</td>
<td>April 10 - May 15</td>
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<td>18</td>
<td>Senior Strength, Balance, and Mobility (Leary)</td>
<td>5</td>
<td>April 3 - May 1</td>
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<tr>
<td>17</td>
<td>Old Time Radio Shows (Haislet)</td>
<td>7</td>
<td>April 10 - May 22</td>
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<td>14</td>
<td>Old Time Radio Shows Performance</td>
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<tr>
<td>21</td>
<td>Advanced Topics in Forensic Science (Bily)</td>
<td>6</td>
<td>April 10 - May 15</td>
<td>Other</td>
</tr>
<tr>
<td>20</td>
<td>Too Good to Waste - Learn to Compost (Dolan)</td>
<td>1</td>
<td>April 17</td>
<td>B</td>
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<td><strong>Thursday, 8:00 a.m. - 9:00 a.m.</strong></td>
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<td>14</td>
<td>The Columbus Zoo</td>
<td>1</td>
<td>June 6</td>
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<td>16</td>
<td>The Great Hits of 1966 (Wendell)</td>
<td>6</td>
<td>April 11 - May 16</td>
<td>A</td>
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<td>15</td>
<td>Writers’ Interest Group</td>
<td>ongoing</td>
<td>April 11 - May 16</td>
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<td>19</td>
<td>West Virginia Glass, A Brief History (Venable)</td>
<td>1</td>
<td>April 11</td>
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<td>20</td>
<td>Dreams: Your Magic Mirror (Sneathen)</td>
<td>2</td>
<td>April 11 &amp; 18</td>
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<td>16</td>
<td>The Bristol Session (Paull)</td>
<td>1</td>
<td>April 25</td>
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<td>20</td>
<td>Made and/or Grown in WV, Part 2 (Johnson)</td>
<td>1</td>
<td>May 9</td>
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<td><strong>Thursday, 12:45 p.m. - 3:15 p.m.</strong></td>
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<td>23</td>
<td>Using Microsoft Excel (Klishis)</td>
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<td>April 25</td>
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<tr>
<td>23</td>
<td>Mail Merge &amp; a Look at OneNote (Klishis)</td>
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<td>24</td>
<td>Street Festivals of India…(Riedel)</td>
<td>4</td>
<td>April 11 - May 2</td>
<td>A</td>
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<tr>
<td>21</td>
<td>Old Testament Personalities (Hample)</td>
<td>6</td>
<td>April 11 - May 16</td>
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<td><strong>Friday, 10:00 a.m. - 11:50 a.m.</strong></td>
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<td>22</td>
<td>Spring Wildflowers of the WVU Core Arboretum (Fowler)</td>
<td>1</td>
<td>April 5</td>
<td>Other</td>
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<tr>
<td>20</td>
<td>American Weapons and Military Tactics…(Ornick)</td>
<td>2</td>
<td>April 26 &amp; May 3</td>
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<td><strong>Friday, 12:45 p.m. - 4:00 p.m.</strong></td>
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<td>16</td>
<td>Film Forum: 1939 (Held)</td>
<td>8</td>
<td>April 5 - May 31</td>
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<td><strong>Friday, 3:00 p.m. - 4:50 p.m.</strong></td>
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<td>19</td>
<td>Where Have All the Railroads Gone?… (Gray)</td>
<td>1</td>
<td>April 5</td>
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<td><strong>Saturday, 10:00 a.m. - 10:50 a.m.</strong></td>
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<td>17</td>
<td>Introduction to Tai Chi and Qigong (Myers)</td>
<td>6</td>
<td>April 13 - May 18</td>
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<td><strong>Saturday, 11:00 a.m. - 11:50 a.m.</strong></td>
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<td>18</td>
<td>Intermediate Tai Chi (Myers)</td>
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<td>April 13 - May 18</td>
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</table>
Special Member Events and Opportunities

Special Member Events, unless otherwise noted, are free for current OLLI members!
Payment of term enrollment fee is not required.

Ask a Geek
Michelle Klishis
Tuesdays, April 9, 23, May 14, 28, June 11, & 25
1:00 - 2:00 p.m.
OLLI Computer Lab

Sometimes you have questions about technology that don’t fit into a specific class or course or maybe you just have something that is driving you crazy. For those times, OLLI’s Professional Technologist, Michelle Klishis, has created a regular technology question & answer session.

Be aware that sometimes the answer is “No, you can’t do that,” and sometimes the answer is, “I don’t have a clue.” As long as you’re okay with getting “No” for an answer, Michelle is willing to field any and all questions. Also, feel free to send an email ahead of time if you think your question is going to be really complicated or beyond the scope of an hour long session. Reach out to olli@hsc.wvu.edu with the subject Geek Question.

No question is too small or too silly to answer! And even if you think you don’t know enough to ask your own question, you can usually learn a lot listening to someone else’s questions! And Michelle can always ramble on about any tech topic if you get her started.

As a warning, Michelle’s strengths are Android phones, Windows PCs, MS Office software, and digital security and privacy. Her weaknesses are Apple products and AV equipment. (i.e. Apple questions are most likely to be answered, “I don’t know, I’ll have to look into it.”)

The Museum of American Glass
Tuesday, May 21, 9:00 a.m. - 5:00 p.m.
Fee for OLLI members: $25.00
Non-OLLI members: $35.00

Payment is due at the time of reservation.
No refunds after May 13.

Join OLLI on a bus trip to Weston, WV, to visit the Museum of American Glass and Appalachian Glass. We will divide into two groups for a tour and demonstration before lunch and after. Lunch will be on your own at one of the quaint diners in town.

The Museum of American Glass in West Virginia was established in 1993 to preserve the history of the glass industry in the state and around the country.

Appalachian Glass, where we will be treated to a glass-blowing demonstration, is a family-owned and operated studio producing high quality mouth-blown, hand-crafted glass and home of West Virginia’s Annual Glass Fest.

Old Time Radio Shows Performance
Wednesday, May 22, 3:30 - 5:00 p.m.
Classroom B

After six weeks of rehearsal, OLLI members enrolled in Old Time Radio Shows this spring will share their work in a free performance for their friends and family. Show titles will be announced in late April.

The Columbus Zoo
Thursday, June 6, 8:00 a.m. - 9:00 p.m.
Fee for OLLI members: $50.00
Non-OLLI members: $60

Payment is due at the time of reservation.
No refunds after May 29.

With nearly 600 species and over 11,000 animals from around the world and numerous daily activities such as Keepers’ Talks, feedings, and demonstrations, the Columbus Zoo and Aquarium offers an adventurous and delightful outing for animal lovers. We will travel by bus, leaving the Mountaineer Mall at 8:00 a.m., and arrive at the zoo around noon. You’ll have five hours to explore the 580 acre zoo. There are several options for lunch and dinner in the park or you can bring your own food. For more information about the Columbus Zoo and Aquarium, visit their website at https://columbuszoo.org/home.

OLLI will travel to Weston and Columbus come rain or shine. Refunds will not be offered for weather events. Please consider this and dress accordingly.

An Evening of Music with Rachel Eddy
Hosted by Joseph Paull
Date TBA
Classroom B

Rachel Eddy, of Morgantown, is a multi-instrumentalist who focuses on old time music. She will discuss the music and instruments she plays, delighting the audience with her talent!

OLLI membership has opened a whole new world for me and has given me a challenging and very rewarding activity for my retirement years.

- OLLI member
**Community Event**

*These events, hosted by OLLI at WVU, are free and open to the public. OLLI membership not required although reservations are encouraged.*

**Fall Risk Assessment and Prevention**
Clifford Benezra
Wednesday, April 10, 10:00 - 11:50 a.m.
Classroom A

Falls are the leading cause of injury-related visits to emergency rooms in the U.S. and responsible for 70% of accidental deaths of adults 75 years and older. Dr. Clifford Benezra will share vital information and insight into the causes of falls by this age group and review how one’s home should be arranged in order to prevent potential falling.

**About the Presenter:** Dr. Clifford Benezra is a retired geriatric physician, whose practice emphasis was largely home visits to make the patient’s home a safer environment. He spent 36 years in medical practice in South Florida performing Internal Medicine, Pulmonary Medicine, Geriatric Care, Quality Assurance and Utilization Review. He went on to become owner and operator of HouseCall Resources, a community-based primary care health care delivery system. Dr. Benezra received his formal medical training at the University of Buffalo, Georgetown University, and University of California.

**Yarn Arts Group**
On Mondays from 12:45-2:35 pm in Classroom B, join others to share ideas, patterns, workshop information and to support each other in knitting, crocheting, needle-point, and other yarn and thread arts.

**Writers’ Interest Group**
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.

**Thursdays, 10:00 - 11:50 a.m. Classroom B**

**WVU School of Theatre and Dance 2019**

The WVU School of Theatre and Dance presents another exciting series of performances during the 2019 season. Join your fellow OLLI members for matinee performances at the Creative Arts Center. Special group ticket prices are available. Mark your calendars now for the following performances and watch the OLLI website and the Friday eBulletins for more details about the productions and corresponding events.

**You Can’t Take It With You**
by George F. Kaufman and Moss Hart
Sunday, April 14, 2:00 p.m.
Gladys G. Davis Theatre

**Enjoying the OLLI Annual Meeting.**

**OLLI Interest Groups**
OLLI Interest Groups are open to all OLLI members for $10 per term per interest group. If a member is taking additional OLLI classes and has therefore paid the $30 term registration fee, the Interest Group fee is waived.

**Yarn Arts Group**
On Mondays from 12:45-2:35 pm in Classroom B, join others to share ideas, patterns, workshop information and to support each other in knitting, crocheting, needle-point, and other yarn and thread arts.

**Writers’ Interest Group**
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.

**Thursdays, 10:00 - 11:50 a.m. Classroom B**

**Your OLLI Name Badge**
OLLI provides a name badge on a lanyard for each of our members. Please wear your badge when you attend OLLI classes and events. It helps us get to know each other!

New members can pick up their name badge in the member lounge and then keep it. If you need a new badge, please visit the OLLI office.
Basic Watercolors
Susan Hall Witt
Tuesdays, April 9 - May 14
1:30 - 4:00 p.m.
MAAG
Maximum Enrollment: 15
The class will explore how watercolors work and will apply that knowledge to painting greeting cards and small works. No experience is needed and no supplies are necessary for the first couple of lessons. Participants from previous sessions are welcome as we will expand our knowledge and apply it to more advanced work.

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

The Bristol Session
Joe Paull
Thursday, April 25
12:45 - 2:35 p.m.
Classroom A
The Bristol Session took place in Bristol, TN, in 1927. It was conducted by Ralph Peer for RCA records and resulted in the stardom of Maybelle Carter and Jimmie Rodgers. Also recorded at that time was Blind Alfred Reed, a fiddler. Using CDs and video, we will take a detailed look at music from this time.

About the Instructor: Dr. Paull has taught in the public schools and also the graduate school at WVU.

Film Forum: 1939, the Best Year Ever!
Jim Held
Fridays, April 5 - May 31
12:45 - 4:00 p.m.
Classroom B
1939 holds the record for the most popular, most critically acclaimed, most-everything-ever in Hollywood history! We’ll celebrate this year with these eight films: *Mr. Smith Goes to Washington*, *Wuthering Heights*, *Young Mr. Lincoln*, *Goodbye Mr. Chips*, *Gone With the Wind*, *Drums Along the Mohawk*, *Ruggles of Red Gap*, and *The Wizard of Oz*. These are the winners of the vote we took in the fall. We will not be seeing the two most popular films: *Gone With the Wind* and *The Wizard of Oz* because they are either on TCM’s list for the Regal cinema or are on TCM a LOT!

About the Instructor: Jim wasted his youth working at the movies, learning useful things like making change, popping corn, not burning out his eyes with the arc-light projectors, and oh, yes, how to kiss a woman, challenge a dude to a duel, and turn into a monster, just by going out on the Mojave desert during atom tests!

MonRiver New Horizons Band
Damon Harvey
Mondays, April 8 - May 13
3:00 - 4:50 p.m.
Classroom B
The organization’s motto, "It’s never too late," means that one is never too old to make music. Founded by Dr. Lindsey Williams in 2016, the MonRiver New Horizons Band gives OLLI members the opportunity to explore the joy of making music. Whether you once played a band instrument but did not continue later in life or never played before, the New Horizons Band will help you tap into the music within.

Course Materials: *Essential Elements Method* book and music stand. Participants must provide their own instrument.

About the Instructor: Damon Harvey is a PhD student in Music Education at WVU. Previously, he taught music for grades 5-12 in Wheeling, WV. Before teaching, Damon completed a master’s degree in Music Ed at Case Western Reserve University.

A History of Film, Part 1
Jim Held
Wednesdays, April 10 - May 15
12:45 - 2:35 p.m.
Classroom B
We begin an 8-9 part exploration of the invention, maturation and success of America’s favorite art form. Each term, we’ll view clips of films, two complete films, and a wealth of visual material to showcase the genres, geniuses, and humbugs of the movies. For starters, we’ll review how movies were invented, how they quickly killed off vaudeville, how movie inventors spent their first 20 years figuring out vocabulary (establishing shot, fade, black-out, et al.), as well as building the studio system and the star system. We’ll see some silent goodies and meet some of those stars and their works.

About the Instructor: See above.
Health and Wellness

Evaluating Online Health Information
Virginia Desouky
Tuesday, May 14, 12:45 - 2:35 p.m.
Classroom A

What should you look for when evaluating the quality of health information on the internet? Some of the information is reliable and up-to-date; some is not. How can you tell the good from the bad? With a bit of detective work, you can find information that you can trust. This workshop will cover how to determine if the website you find is reliable or not. It will also cover the best consumer health websites (according to the Medical Library Association) and will include looking at websites of well-known health institutions.

About the Instructor: Virginia Desouky is a Scholarly Engagement Librarian at the WVU Health Sciences Library. She teaches classes on library database searching, bibliographic citation management, and publication metrics. She holds a certificate in Consumer Health Specialization from the Medical Library Association.

Introduction to Tai Chi and Qigong
Doug Myers
culturalepidemiologist@gmail.com
Saturdays, April 13 - May 18
10:00 - 10:50 a.m.
Classroom B
Maximum Enrollment: 18

This course is an introduction to a version of Yang Style Tai Chi as modified and taught by Cheng Manching. In this course, students will learn the basic principles of Tai Chi and how to do the Tai Chi form.

About the Instructor: Dr. Myers has studied Tai Chi and other Chinese martial arts for 12 years. While living in North Carolina, he studied with Frank Wong, a student of Cheng Manching.

The Arts

More Quaint, Unusual, and Charming Songs of the Tin Pan Alley Era
Leo Horacek
Wednesday, May 15
10:00 - 11:50 a.m.
Classroom A

Tin Pan Alley refers to the popular sheet music publishing industry of the first half of the 20th century, an unusually productive period in popular song writing. In a follow-up to the winter lecture, the class will view the words and hear the music of a new selection of songs of the period and consider the conditions of their creation.

About the Instructor: Dr. Horacek is a retired professor of the WVU music department.

Old Time Radio Shows
Jascenna Haislet
Wednesdays, April 10 - May 22
3:00 - 4:50 p.m.
Classroom B

Mystery, suspense, drama, or comedy? Participants will choose an old-time radio show to rehearse and perform. No experience necessary.

About the Instructor: Prior to joining OLLI, Jascenna Haislet built a career in professional and academic theatre. As a stage manager, costume designer, carpenter, director, production manager, marketing director, and/or house manager, she has worked for the Williamstown Theatre Festival, the Human Race Theatre, Theatre l’Homme Dieu, the Strayer-Wood, and the Sturgis Youth Theatre.

Playing the Lap Dulcimer
Judy Werner
judywerner@frontier.com
Mondays, April 8 - May 13
10:00 - 11:50 a.m.
Classroom B

Enjoy learning to play more songs on the Appalachian lap dulcimer. Each week we will focus on different types of songs including fiddle tunes, waltzes, Irish songs, and Stephen Foster songs. No previous musical experience is necessary to learn to play this simple instrument. Lap dulcimers will be available to use during the class.

About the Instructor: Judy Werner has enjoyed playing the lap dulcimer for more than 12 years and she plays in two different dulcimer groups. She likes old-time traditional music and enjoys going to concerts and music festivals. She and her husband co-direct the Gardner Winter Music Festival held every February. She also enjoys playing the tin whistle and the bowed psaltery.

Play and Novel Writing
Donald Fidler
Tuesday & Thursday, April 16 & 18
12:45 - 2:35 p.m.
Classroom B

Mr. Fidler will read excerpts from his play Boogieban, which is touring Akron, Chicago, New York, and London and being made into a film in London. The instructor will discuss writing loglines to pitch novels, plays, or screenplays.

Class members will write loglines and as a group edit the loglines. Additionally, the speaker will discuss how, in writing dialogue, to (1) raise the stakes, (2) delete words that distance us from characters, and (3) change words to be active voice rather than passive. Those enrolled in this course will write dialogue and with guidance from the instructor, discuss and edit it.

About the Instructor: Donald Fidler has combined a career in academic and cultural psychiatry with a lifetime of playwriting, acting, directing, composing music, and teaching the dramatic arts. He served on the faculty at UNC-CH and WVU. His plays have been produced in many venues, including Los Angeles, Boston, Chicago, St. Louis, San Diego, and New York City.

Tai Chi and Qigong
Doug Myers
culturalepidemiologist@gmail.com
Saturdays, April 13 - May 18
10:00 - 10:50 a.m.
Classroom B
Maximum Enrollment: 18

This course is an introduction to a version of Yang Style Tai Chi as modified and taught by Cheng Manching. In this course, students will learn the basic principles of Tai Chi and how to do the Tai Chi form.

About the Instructor: Dr. Myers has studied Tai Chi and other Chinese martial arts for 12 years. While living in North Carolina, he studied with Frank Wong, a student of Cheng Manching.

Information
Virginia Desouky
Tuesday, May 14, 12:45 - 2:35 p.m.
Classroom A

What should you look for when evaluating the quality of health information on the internet? Some of the information is reliable and up-to-date; some is not. How can you tell the good from the bad? With a bit of detective work, you can find information that you can trust. This workshop will cover how to determine if the website you find is reliable or not. It will also cover the best consumer health websites (according to the Medical Library Association) and will include looking at websites of well-known health institutions.

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Introduction to Tai Chi and Qigong
Doug Myers
culturalepidemiologist@gmail.com
Saturdays, April 13 - May 18
10:00 - 10:50 a.m.
Classroom B
Maximum Enrollment: 18

This course is an introduction to a version of Yang Style Tai Chi as modified and taught by Cheng Manching. In this course, students will learn the basic principles of Tai Chi and how to do the Tai Chi form.

About the Instructor: Dr. Myers has studied Tai Chi and other Chinese martial arts for 12 years. While living in North Carolina, he studied with Frank Wong, a student of Cheng Manching.
Intermediate Tai Chi
Doug Myers
culturalepidemiologist@gmail.com
Saturdays, April 13 - May 18
11:00 - 11:50 a.m.
Classroom B
Maximum Enrollment: 18
Enrollment by permission of instructor.

This course builds upon the Introduction to Tai Chi course. In this course, students will learn some of the deeper concepts of Tai Chi while advancing their practice of the Tai Chi form. This course is open to those who are able to do the entire form that is taught in the Introduction to Tai Chi course.

About the Instructor: See previous page.

Introduction to Exercise Physiology
Miriam Leary
Mondays, April 1 - 29, 3:00 - 4:50 p.m.
Community Room

This course will cover a brief introduction to exercise physiology and will include a supervised walking program that investigates the effects of acute and chronic exercise on blood pressure.

About the Instructor: Dr. Miriam Leary is an assistant professor in the division of Exercise Physiology at WVU and a registered clinical exercise physiologist from the American College of Sports Medicine. As an OLLI course instructor, she is supervising WVU seniors who will be creating and implementing this educational workshop.

Senior Strength, Balance, and Mobility
Miriam Leary
Wednesdays, April 3 - May 1
3:00 - 4:50 p.m.
Community Room
Maximum Enrollment: 25

This course will include weekly lessons on the importance of maintaining strength and mobility with aging and includes applied practice. You will be performing strength training, mobility, and balance exercises under supervision. All abilities are invited with chair exercises available.

About the Instructor: See above.

Sexual Health and Safety Beyond Age 50
Amie Ashcraft
Tuesdays, April 9 - 30, 3:00 - 4:50 p.m.
Classroom A

Rates of sexually transmitted infections (STIs) in middle-aged and elderly adults are increasing. Many older adults fail to protect themselves because they don’t need birth control and don’t appreciate their risk for STIs. This course provides knowledge of risk and self-protection and facilitates dialog on a critical health topic not often discussed due to social stigma, discomfort, and lack of awareness. Related topics to be covered include the relationship between erectile dysfunction drugs and STIs, HPV and cancer, strategies for negotiating sexual safety with a partner, barrier methods for protection from disease, misconceptions about douching, and masturbation.

About the Instructor: Amie Ashcraft has extensive education and training in sexual health communication and HIV/STI prevention. She loves empowering people to take control of their own sexual health and has a great deal of experience presenting this material in a classroom setting with sensitivity and humor.

Stop the Bleed
Leslie Willard
willardl@wvumedicine.org
Monday, April 15, 10:00 - 11:50 a.m.
Community Room

A person can bleed to death in 3-5 minutes. Survival from bleeding depends on rapid control of hemorrhage. Arrival of first responders takes time so control of bleeding by non-medical bystanders is essential. Stop the Bleed is a program to train the public and non-medical bystanders how to stop bleeding when injury occurs.

About the Instructor: Leslie Willard has been an RN for 30 years, working in a combination of emergency medicine, flight nursing, and emergency medical services. She is currently the Injury Prevention and Outreach Coordinator for the WVU Medicine Jon Michael Moore Trauma Center. Her role is to educate the public as well as other healthcare professionals on ways to prevent injury.

Yoga for Wellness
Eva Hnizdo
Tuesdays, April 9 - May 14
10:00 - 11:50 a.m.
Morgantown Dance Studio
Maximum Enrollment: 20

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

About the Instructor: Eva Hnizdo, PhD in epidemiology, is an Experienced Registered Yoga Teacher (E-RYT). Since 2006, she has taught yoga at NIOSH where she also worked as a research scientist and at Lakeview Fitness Center. She has been a practitioner of the iyengar style of yoga since 1976.
Bizarre Death and True Crime Cases in West Virginia
Henry Rauch
Tuesdays, May 7 & 14
3:00 - 4:00 p.m.
Classroom: A

The first session of this course will feature two stories: the first of the accidental death of a WVU student in 2007, involving a student club for which the instructor was faculty advisor; and the second, a review of the true-crime murder cases committed by WV killer Jack Hart in 1967 and 1979, for which the instructor was a chief prosecutor witness. The second session will present a true-crime murder-suicide case from 1975 that occurred in Pocahontas County.

About the Instructor: Henry Rauch is a retired WVU professor of geology. His specialty was hydrogeology, and his course teaching included crime stories involving geology scenarios with which he had personal experience.

West Virginia Glass, A Brief History
Wally Venable
Thursday, April 11
12:45 - 2:35 p.m.
Classroom B

Glass has been produced in West Virginia since about 1800. Products have included tableware, containers, window glass, stained glass, lamp glass and bulbs, and construction materials. This class will provide highlights of innovations, products, companies, and glassworkers’ lives. This is presented as a preparatory class for the OLLI trip to the West Virginia Museum of American Glass, but all OLLI members are welcome to attend.

About the Instructor: Wally Venable has been studying glass, particularly West Virginia glass companies, for approximately 20 years.

What the Ancients Knew: The East
Sumitra Reddy
Tuesdays, April 16 & 23
12:45 – 2:35 p.m.
Classroom: A

Three ancient countries of the East (China, Japan and India) will be discussed with accompanying videos.

About the Instructor: Sumitra Reddy grew up in India and came to the US for graduate studies in Physics. Her favorite hobby is traveling.

Where Have All the Railroads Gone?: 20th Railroad History Through Industry Advertising
Ian Gray
Friday, April 5, 3:00 - 4:50 p.m.
Classroom A

Whatever happened to the local depot, the little red caboose, and the cries of “all aboard” ringing out from nearly every small town? How can an industry woven into the very fabric of the American landscape seemingly disappear inside a generation? In this course, attendees will explore the fascinating tale of latter 20th century American railroad history through the lens of period print and television ads. Discover how American railroads plummeted to near extinction only to bounce back stronger than ever...in a very unfamiliar form.

About the Instructor: Ian Gray is currently employed at the Royce J. and Caroline B. Watts Museum at WVU. Gray received his MA in public history from WVU in 2016 and a BA in history from Clarion University in 2014. Ian’s railroad “roots” run deep. His father and grandfather were career railroaders who imparted a childhood interest that turned into an academic passion.

OLLI members enjoy hands-on learning opportunities.
American Weapons and Military Tactics 1775-1918
Donald Ornick
Fridays, April 26 & May 3
10:00 - 11:50 a.m.
Classroom A

The course will review the characteristics and capabilities of weapons and their basic influence on U.S. military tactics from 1775-1918, with an emphasis during the second class session on World War I and the U.S.'s participation. The presentation will show how the loading, rates of fire, and effectiveness of the weapons determined the tactics, military formations, and fortifications of the period.

About the Instructor: The instructor is a retired Federal Special Agent and former airborne infantry officer and infantry tactics instructor. He directed major Federal security and counter-terrorism programs and trained over 30 American and foreign police and military organizations in Special Weapons and Tactics and in prevention and response to terrorism incidents. He has a BA in history and a masters in criminology.

Basic Car Care and Maintenance
Kevin Patrick
Tuesdays, April 30 & May 7
6:00 - 7:50 p.m.
Classroom B

Learn the basics of taking care of your car from a professional mechanic. The class will cover such topics as checking your fluid levels and tires, including pressure and wear patterns. Learn emergency roadside repairs, including changing a flat tire. Other topics covered will include the WV state inspection process and what is needed to pass. Participants can learn how to protect themselves from unethical garages. This class is a repeat but also extension of the winter term class with more time for questions.

About the Instructor: Kevin Patrick has been a professional mechanic for the past 34 years. He is the shop foreman at Mercedes Benz of Morgantown. Kevin won the Mercedes Benz Master Guild award and was a Stars of Service champion, ranking in the top 32 Mercedes technicians in the U.S.

Dreams: Your Magic Mirror
Elizabeth Sneathen
Thursdays, April 11 & 18
12:45 – 2:35 p.m.
Classroom A

Our dreams come to us only to offer health and service. Most frequently dreams have multiple meanings. Open yourself to interior harmonizing, allowing the light and the dark to come together for necessary transformation. Bring your significant and seemingly insignificant dreams to class and learn Jungian approaches to interpreting your dream symbology. This course is only for those not involved in a current dream group outside of OLLI.

About the Instructor: Elizabeth M. Sneathen has a MA and MSW. The MA, from Goddard College, VT, is based on a thesis premise that uses Jungian approaches to interpreting your dream imagery to enhance creativity.

Made and/or Grown in West Virginia, Part 2
Ed Johnson
Thursday, May 9, 12:45 - 2:35 p.m.
Classroom A

Previously, in Part 1 of this class celebrating our West Virginia roots, we looked at food and beverages. In this part of the course, we will look at pottery and glass, along with several miscellaneous items you may be shocked to find are made in WV.

About the Instructor: Ed Johnson is the creator and curator of MH3WV.org, a website for students and educators of West Virginia Studies.

Official Symbols of West Virginia
Ed Johnson
Tuesday, May 14, 10:00 - 11:50 a.m.
The Village at Heritage Point

Sure, you probably know our state animal, bird, or flower and a few others. But do you know our state fossil, gem, firearm, soil, rock, or our four official songs? You will after this class!

About the Instructor: See previous course.

Spice From Life
Paul Kinkus
Tuesdays, April 9 - May 14
10:00 - 11:50 a.m.
Classroom B

There are things that we discover through life, like nuggets and gems, that become a part of us. Has a book ever changed your life? Is there a song that makes you cry? Has food ever startled you with how good it is? Come to connect and share some of the joys you’ve mined from life.

About the Instructor: Paul is rich and poor in life’s lessons and experience. He is eager to share what life has taught and has to offer. He worked his whole life and is now trying to quit. He dreams of being an onironaut.

Too Good to Waste: Learn to Compost
Cristin Dolan
Wednesday, April 17
6:00 - 7:50 p.m.
Classroom B

Food scraps are just too good to waste! In this course, students will explore the valuable process of composting. An engaging presentation will help lead a discussion on the various methods of converting food scraps to rich soil. Come prepared for hands-on learning. In this class, a small compost jar will be constructed. Throughout this course, students will find that place where organic waste lives again, in compost!

About the Instructor: Cristin Dolan is a senior Chemical Engineering student at WVU who is passionate about sustainability. Composting was an integral part of her upbringing and she hopes to inspire others to live with sustainability in mind. She is currently working to implement a community program for composting in the Morgantown area.

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Advanced Topics in Forensic Science
Christopher Bily
Wednesdays, April 10 - May 15
6:00 - 7:50 p.m.
WVU Crime Scene Complex
Advanced Topics in Forensic Science builds upon topics covered in the two series of introductory classes. One session will meet on a Saturday, date to be determined. Enrollment by permission of instructor only.

About the Instructor: Chris Bily is the Forensic Science Instructional Coordinator for the Next Generation Forensic Science Initiative. He specializes in impression evidence.

Aging as a Disease: Are You Crazy?
John Thomas
Wednesdays, May 1 & 8
10:00 - 11:50 a.m.
Classroom A
Over the years, gerontologists and researchers have developed three pathways to aging: good, bad, and non-controversial... Until now! In 2016, the Europeans proposed aging as a disease. This proposal was subsequently echoed by the NIH. Here, we hope to make sense of this evolving story, underlining the genetic contribution of our other brain, the GUT microbiota. Is it possible that aging is a manageable, infectious disease?

About the Instructor: See above.

World Religions
Freya Swanson
Mondays, April 8 - May 6
12:45 - 2:35 p.m.
Classroom A
This class will present a survey of the five most practiced religions in the world: Hinduism, Buddhism, Judaism, Christianity, and Islam.

About the Instructor: Freya Swanson is an ordained Universalist minister.

Climate Change, Microbes, and Potable Water: The Next Global Crisis
John Thomas
Tuesdays, April 30 & May 7
10:00 - 11:50 a.m.
Classroom A
Water covers 75% of the globe but only a fraction is potable. Drinking water is a huge force in population movement and sustainability, migration, and disease, particularly in lower socioeconomic regions. Climate change, enhanced by microbes, has amplified this problem. Foreign government control affects the availability of potable water. What are some solutions and what is the significance of aged U.S. water supplies? If we can fluorinate water, can we “buginate,” adding beneficial bacteria?

About the Instructor: See above.

DNA, Genetics, and Genealogy
Andy Cockburn
Wednesdays, April 10 - May 15
12:45 - 2:35 p.m.
Classroom A
What is your genetic background? DNA testing services, like 23andMe.com, offer their kits directly to consumers. They provide ancestry reports, genetic matches to near and distant relatives, and raw data that can be used to determine the risk of disease. The course will explore the background, accuracy, and usefulness of these. Participants who already have DNA test results will get the most out of the course, but these results are not necessary.

About the Instructor: Andrew Cockburn has a PhD in Biology and 40 years of experience working in genetics and DNA research. He is an amateur genealogist.
Spring Wildflowers of the WVU Core Arboretum Field Trip
Zachariah Fowler zfowler@mail.wvu.edu
Friday, April 5, 10:00 - 11:50 a.m.
WVU Core Arboretum
Maximum Enrollment: 20
Participants will meet at WVU Core Arboretum, where we will hike and observe spring ephemeral wildflowers in their natural setting. The pace will be slow, but the terrain is hilly. For those students who would prefer not to walk the hilly terrain, there is a separate class listing for a classroom discussion about what spring ephemeral wildflowers are and a slide show introduction to species that occur in the Arboretum. Field trip participants are encouraged to also attend the classroom discussion. The WVU Core Arboretum has an unrivaled display of spring ephemeral wildflowers!
About the Instructor: See above.

Spring Wildflowers of the WVU Core Arboretum Lecture
Zachariah Fowler zfowler@mail.wvu.edu
Tuesday, April 2, 10:00 - 11:50 a.m.
Classroom A
Participants will learn about the spring ephemeral wildflowers of the WVU Core Arboretum. This will be a classroom discussion about what spring ephemeral wildflowers are and a slide show type introduction to species that occur in the Arboretum. There is a separate class listing for a field trip to the Arboretum, where we will observe these flowers in their natural setting. The WVU Core Arboretum has an unrivaled display of spring ephemeral wildflowers!
About the Instructor: Zach Fowler is Director of WVU Core Arboretum and Clinical Assistant Professor of Biology at WVU. He has a passion for learning about nature in a scientific fashion and for sharing his knowledge with others.

The New Yorker Discussion Group
Margot Racin, Kristen Cooper
Mondays, April 8 - May 13
10:00 - 11:50 a.m.
Classroom: A
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 strongly recommended.
About the Instructors: Margot Racin is retired after 30 years in the WVU English Department. She has coordinated these discussions in previous terms and looks forward to even more stimulating discussions. Kristen Cooper is a publicist with experience in the publishing industry at magazines including The New Yorker, Better Homes & Gardens, Travel & Leisure, and House & Garden.

Spring Wildflowers of the WVU Core Arboretum Field Trip
Zachariah Fowler zfowler@mail.wvu.edu
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WVU Core Arboretum
Maximum Enrollment: 20
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About the Instructor: See above.

Wildflower Identification Using Newcomb’s Wildflower Guide
Zachariah Fowler zfowler@mail.wvu.edu
Tuesday, April 9, 10:00 - 11:50 a.m.
Classroom A
Learn how to confidently identify flowering wild plants! Newcomb’s Wildflower Guide is a popular, easy to use book for identifying blooming plants in this area. Participants will learn how to use this book and practice identifying plants that grow in the Morgantown area. Participants will need to bring a copy of Newcomb’s Wildflower Guide.
About the Instructor: See above.

Geological History of Planet Earth: Evolution
Richard Smosna
Mondays & Wednesdays
April 8 - 29, 3:30 - 4:50 p.m.
Classroom A
This course will present Charles Darwin’s theory of evolution and how life on Earth has evolved over the last one billion years. We will examine the theory itself, corroborating biological and geological evidence, and the workings of DNA. The course will also touch on the relationship between science and religion.
About the Instructor: Richard Smosna, an emeritus professor at WVU, has taught geology there since the Jurassic period, presenting courses in environmental hazards, history of Earth, dinosaurs, human evolution, oceanography, and petroleum.

The New Yorker Discussion Group II
TBA
Mondays, April 8 - May 13
3:00 - 4:50 p.m.
The Village at Heritage Point
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 strongly recommended.
About the Instructors: Margot Racin is retired after 30 years in the WVU English Department. She has coordinated these discussions in previous terms and looks forward to even more stimulating discussions. Kristen Cooper is a publicist with experience in the publishing industry at magazines including The New Yorker, Better Homes & Gardens, Travel & Leisure, and House & Garden.

Wildflower Identification Using Newcomb’s Wildflower Guide
Zachariah Fowlerzfowler@mail.wvu.edu
Tuesday, April 9, 10:00 - 11:50 a.m.
Classroom A
Learn how to confidently identify flowering wild plants! Newcomb’s Wildflower Guide is a popular, easy to use book for identifying blooming plants in this area. Participants will learn how to use this book and practice identifying plants that grow in the Morgantown area. Participants will need to bring a copy of Newcomb’s Wildflower Guide.
About the Instructor: See above.
The following technology classes will be held in the OLLI Computer Lab. Maximum Enrollment is 14 for each.

The classes will be taught by Michelle Klishis, OLLI’s professional technologist. Michelle is a jack-of-all-trades and certifiable geek. Her degree in biology and work in a microbiology lab gave her absolutely no preparation for becoming a technology consultant, yet here we are. When not in front of computers, she is likely to be found reading or hiking (current accomplishment: hiking all of the state parks and forests in WV).

Technology Security
Wednesday, April 3 9:30 a.m. - 12:30 p.m. Skill Level I

“If you are not paying for it, then YOU are the PRODUCT.” As more of our lives becomes digitized, it’s important to make sure you are being safe with your electronic gadgets and online information. Anti-virus, malware, hacking, identity theft; all of these things make computers and smart phones sound terrifying, but there are simple steps you can take to make your data more secure and to feel more comfortable surfing the web and shopping online.

Technology Skill Level Key

Level I
No experience necessary. We’ll go slowly so you can ask lots of questions. If you fear technology, this is the place for you.

Level II
Still plenty of time for questions but you’ll be expected to have a basic understanding and familiarity with the operating system and generally how programs within the operating system work.

Level III
This is no place for the faint of heart. You should be comfortable with navigating the operating system and using programs within that operating system. There will probably be prerequisites.

Microsoft Office: The Basics
Tuesday, April 2, 10:00 - 12:30 p.m. Monday, April 8, 12:45 - 3:15 p.m. Skill Level I

The course will take you through commands that are common to all programs in the Microsoft Office suite. We’ll look at using the ribbon, shortcuts, formatting text and documents, adding images and more. Even if you have used Microsoft Office in the past, you will still walk out of this class learning something you didn’t know. This class is a required prerequisite for the rest of the Microsoft Office suite.

Using Microsoft Word
Tuesday, April 16 9:30 a.m. - 12:00 p.m. & 1:00 - 3:30 p.m. Prerequisite: Office Basics Skill Level I

This class will look at making Microsoft Word do what YOU want it to do (instead of Word making you fit into its preferences). We’ll cover tricks of moving around and selecting text, how to format the text and layout of a document, as well as using tables and columns. We’ll even look at page numbering and tables of contents, all of which allow you to create a document you can be proud of!

Using Microsoft PowerPoint
Tuesday, April 30, 1:00 - 3:30 p.m. Prerequisite: Office Basics Skill Level I

If you’d like to teach an OLLI class—or make the class you do teach even better—PowerPoint is the most common tool for giving presentations. This class will show you how to make a slide show, and the tools that exist within PowerPoint that will make giving your presentation easier. We will also look at how to use PowerPoint to make a photo album—an automatic slide show that displays pictures, such as you might see at a family reunion or wedding.

Using Microsoft Excel
Thursday, April 25, 12:45 - 3:15 p.m. Prerequisite: Office Basics Skill Level II

Excel is Microsoft’s spreadsheet program, which makes it sound like something for business use only, but Excel is really an amazing organizational tool for information. Some things you can use Excel for are address books, tracking daily exercise, maintaining a budget, or even creating a database to keep track of all the books you buy for kids.

Mail Merge & a Look at OneNote
Thursday, May 2, 12:45 - 3:15 p.m. Prerequisites: Microsoft Word, Excel Skill Level II

If you’ve ever had to send a letter to multiple people—or to address envelopes for a mass mailing—you know how time consuming it can be. Mail merge is a way to take a list of names and addresses and automatically insert them into letters or mailing labels. We’ll also take a quick peek at OneNote, Microsoft’s notebook program—possibly the most underused but useful program MS has ever created.

Classroom AV Training
Tuesday, March 19, 10:00 - 11:50 a.m. Classrooms A, B, CL Skill Level I

This hands-on workshop is open to all instructors and members interested in learning about the equipment and technology available in the OLLI classrooms. New ideas are welcome as we develop quick reference sheets and instruction manuals. Want to teach or host a course and concerned about the technical side? This workshop is for you!
Travel and Adventure

Special Places in WV: Famous Places, Part 2
Ed Johnson
Tuesday & Thursday, May 14 & 16
12:45 - 2:35 p.m.
Classroom B

We will continue our virtual tour in the Metro Valley, Hatfield-McCoy Mountains, New River/Greenbrier Valley, and perhaps even into the Mountain Lakes region.

About the Instructor: See page 20.

Street Festivals of India in Fall 2018, A Personal Video Odyssey
Heimo Riedel
Thursdays, April 11 - May 2
3:00 - 4:50 p.m.
Classroom A

This is a continuation of earlier presentations now set in a personal travel story with a focus on street festivals in India. It will highlight the vibrant and colorful streets of India with high-resolution video clips and sound, often taken immersed in crowds of people. It will tell a personal story of exotic sights, trains, and adventures. Participants will learn about India along the way but without any focus on a systematic overview of the whole country. Requirements are an interest in foreign culture and travel or at the minimum an open mind for colorful streets, sights, and people.

About the Instructor: Heimo Riedel, PhD, has been a professor at WVU, Wayne State, and Harvard University with a focus on Cell Biology. He has taught courses at every level for more than 20 years. With an interest in foreign cultures, their history, and in the visual arts, including photography and videography, he has visited a majority of countries and will present recent travels.

Travel Opportunities

Collette Travel

Spotlight on San Antonio
February 16 - 20, 2020

Highlights:
Mission San Jose, The Alamo, Paseo del Rio Cruise, LBJ Ranch, Fredericksburg, Stock Show & Rodeo, Choice of South Texas Heritage Center or San Antonio Botanical Gardens, El Mercado, Olive Orchard

Reservation & Deposit Due: September 12, 2019
Double occupancy from $2,149 pp

For more information about this trip and others, pick up a brochure in the OLLI Member Lounge or contact the OLLI office at 304-293-1793.

Birding West Virginia
Joey Herron
Tuesday, April 23, 10:00 - 11:50 a.m.
Thursdays, April 25 and May 2, 10:00 - 11:50 a.m.
Tuesday, May 7, 10:00 - 11:50 a.m.
Classroom A
Prickett’s Fort State Park
Prickett’s Fort State Park

Experience our West Virginia birds up close and personal during an initial lecture and then three outdoor banding field trips at Prickett’s Fort State Park at a local banding station in Marion County. Banded birds will be shown as they are captured and some birding will be done while at the banding station.

About the Instructor: Joey Herron is a certified Master Bander with the U.S. Geological Survey under the Department of Interior and has banded hundreds of birds and raptors. He has a BS degree in Biology from Glenville State College and 48+ years of birding experience, published three books and numerous articles on birds and local research.
1939: the Best Year Ever at the Movies

April 5: Mr. Smith Goes to Washington

It seems almost too ironic to begin our journey through the films of 1939 with an unashamed political drama that became one of the greatest films of all time and was added to the Library of Congress’s National Film Registry. It was nominated for 11 Oscars and made Jimmy Stewart a star. A young man is appointed to the Senate from some western state, seems way out of his depth, but finally rises to talk to exhaustion in a 25-hour filibuster to convince senators to block a really awful bill supported by a political machine. Only at the last moment does it all work out. Jean Arthur, Claude Rains, Eddie Arnold and Harry Carey co-star under the direction of Frank Capra. Initially, the Hays Office (censor) thought the film would be an attack on democracy and do great harm to our hard-working politicians. They were wrong. 1939, Columbia Pictures, 126 minutes.

April 12: Ninotchka

The penultimate Garbo film, we have the great actress in her first full comedy, produced and directed by Ernst Lubitsch, written by Billy Wilder, Charles Brackett and Walter Reisch—a team that could do no wrong, ever! In 1939, WWII was just getting under way, Stalin was supreme leader in the USSR, and they needed to sell some of those imperial jewels. Three bumbling Russians are sent to sell the goods. Chaos ensues and the Soviets send the stern, rigid envoy played by Garbo, to complete the sale and bring the bunglers back to Moscow. What happens when the colorless Soviets encounter the light, color, and gaiety of Paris? Witness the satirical conflict of Western capitalism vs. Soviet communism. Who can possibly win? 1939, MGM, 110 minutes.

April 26: Wuthering Heights

Here we are presented with one of the most popular romantic dramas ever written (by Emily Bronte) and brought to the screen by director William Wyler, with screenplay by Charles MacArthur and Ben Hecht from 16 of the novel’s 34 chapters. Rich girl plus handsome orphan raised together fall in love only to be thwarted by class. Many complications thicken the plot until Heathcliff returns rich and debonair, only to have Cathy die in his arms. Later, the grieving Heathcliff finds a way to be reunited with the love of his life. The audience breaks down into uncontrollable weeping…bring a hanky. The main players are Lawrence Olivier, Merle Oberon, David Niven and Geraldine Fitzgerald. The film was also added to the National Film Registry of the Library of Congress. Produced by Samuel Goldwyn for United Artists, 1939, 103 minutes.

May 3: Young Mr. Lincoln

“Of all American films made up to now, this is the film that I would wish, most of all, to have made.” That’s Sergei Eisenstein speaking, who considered this film a masterpiece. When you combine the iconic director John Ford with the equally iconic actor Henry Fonda—well, what else would you expect…oh, and it’s a biographical look at our most iconic president! How could you go wrong with all that? Ford started in 1928 and made 140 films, three of which were released in 1939! So, this is a story about a young icon learning and coming into his own by way of a fledgling law practice. The film is set around a notable trial in 1858 that may have set Lincoln on his destiny to be president during the Civil War. Twentieth Century Fox, 1939, 100 minutes.
May 10: Goodbye Mr. Chips
Beloved by generations of teachers and pupils, we have the story of Mr. Chipping, a British public school teacher whose life story is deeply moving, eventful and tragic. Nominated for seven Oscars, Robert Donat won for Best Actor, beating out Olivier, Gable and Stewart! All of its other nominations were won by *Gone with the Wind*. Voted the 72nd greatest British film ever and Mr. Chips as 41st greatest film hero of all time. The story was written by James Hilton, author of *Lost Horizon* that was on our series in summer 2017. This is one of those special film stories that likely would have won Best Picture in any other year, a film that resonates so deeply for those of us who educate the young and admire the great teachers who influenced us. MGM, 1939, 114 minutes.

May 17: Of Mice and Men
If you are a John Steinbeck fan, this film is for you. His 1937 novella was turned into a very successful play that caught the attention of Hollywood, which released this film at the very end of 1939. It was one of Burgess Meredith's first films and the first starring role for Lon Cheney Jr., though he had made at least 50 films before this one. The film has been rightly lauded for being such a faithful interpretation of Steinbeck's novella. This story would make a perfect partner to *The Grapes of Wrath*, since both stories share the masterful drafting of characters thrown together by the Great Depression that must find their way to some acceptable life when there seems to be nothing but heartbreak and death, good and evil evenly matched. United Artists, 1939, 107 minutes.

May 24: The Hunchback of Notre Dame
Not a monster movie, this is Victor Hugo’s other great novel. If you have ignored it in favor of Les Miserables, shame on you! This is the second version of *The Hunchback*, the first was Lon Chaney’s silent star turn. Charles Laughton actually loved doing intense character roles and this would be a landmark for him, sharing the screen with Maureen O’Hara, Thomas Mitchell, and Edmund O’Brien, and Cedric Hardwick and Walter Hampden as the Frollo brothers. We’re in 15th century Paris with the crown fighting the church and all sorts of agitation over gypsies. The real villain of the piece is Jean Folio, the Chief Justice of Paris who has ulterior motives of his own, set against the tragic story of the hunchback Quasimodo and his impossible love for Esmeralda. RKO, 1939, 116 minutes.

May 31: Drums Along the Mohawk
It is July, 1776. Henry Fonda and Claudette Colbert are a revolutionary couple trying to make a life in the Mohawk Valley of central NY. The British have allied with Indian tribes, including the Seneca, that attack the settlers, trying to smash any resistance…but you know how this turns out, right? You did pass American history, right? The film shows mostly Indians attacking the settlers, but the British army was very strongly involved in the battles. Once again we have director John Ford, in his first Technicolor film, teaming with Fonda and an excellent supporting cast including Edna May Oliver, John Carradine, and Ward Bond, in what would be a huge hit for producer Darryl F. Zanuck near the end of this great year of film! Twentieth Century Fox, 1939, 103 minutes.
Personal Assistive Hearing Devices
OLLI classrooms A and B are now equipped with personal assistive hearing devices for member use. A small personal receiver enhances sound projected through the audio-visual system in the classroom. Users may choose to use ear-buds, surround earphones, or a headset. Some hearing aids are able to use a neckloop telecoil coupler. To use a personal assistive hearing device, come to the OLLI office prior to your class to sign one out.

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

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

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

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

Class Disclaimer
OLLI at WVU presents programs of interest for general guidance only. It does not engage in rendering legal, medical, financial, or other professional advice and services. Information presented in an OLLI program should not be used as a substitute for consultation with a professional legal, medical, financial, or other competent adviser. Before making any decision or taking any action, program participants should consult a professional legal, medical, financial, or other competent adviser.

All information is provided “as is,” with no guarantee of completeness, accuracy, timelines or of the results obtained from the use of the information, and without warranty of any kind, expressed or implied, including, but not limited to warranties of performance, merchantability, and fitness for a particular purpose. Neither OLLI at WVU nor its information providers will be responsible to any program participant or anyone else for any decision made or action taken in reliance on the information presented by OLLI at WVU, or for any consequential, special or similar damages, even if advised of the possibility of such damages.

Refunds
Membership is non-refundable. Refunds for registration and other fees are considered on a per-case basis.

Non-Discrimination Statement
WVU is an EEO/Affirmative Action Employer. Underrepresented class members are encouraged to apply. This includes minorities, females, individuals with disabilities, and veterans.

OLLI members visit the Pearl S. Buck Birthplace in Hillsboro, WV.
Benefits of OLLI Membership

Staying intellectually stimulated and socially active are proven components of healthy aging. Membership in OLLI provides these benefits through:

- More than 200 courses and activities per year in such areas as the arts, health and wellness, humanities, math and science, and more.
- Social events
- Travel programs
- Interest Groups
- Volunteer opportunities